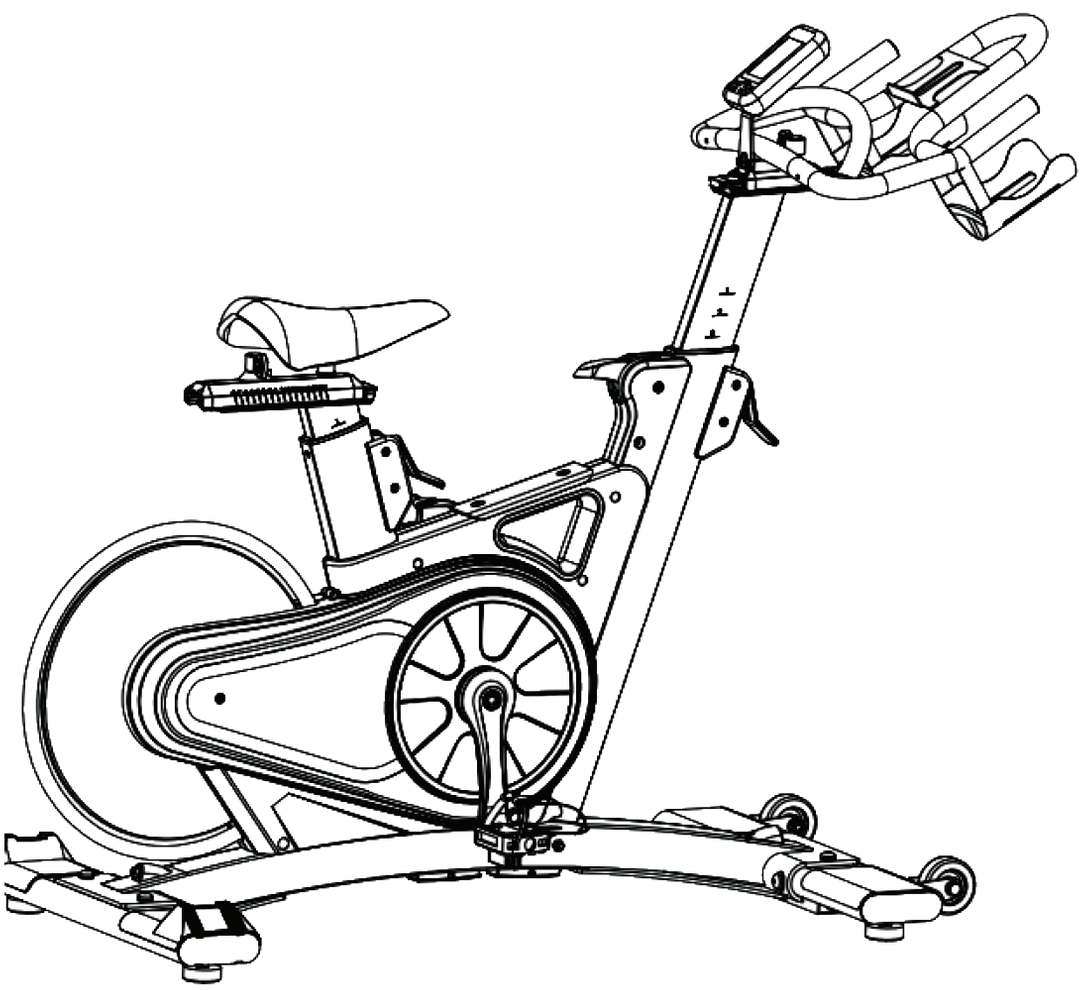
SM-900 Commercial Spin Bike

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.

NOTE:
This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

I. IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING: Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please always keep this manual with you.

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions

- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

- Keep children and pets away from the equipment. This equipment is designed for adult use only.

- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.

- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.

- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught vin the equipment or that may restrict or prevent movement.

- This equipment is designed for indoor and family use only.

- Care must be taken when lifting or moving the equipment so as not to injure your back.

- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

II. CARE INSTRUCTIONS

⚠ IMPORTANT

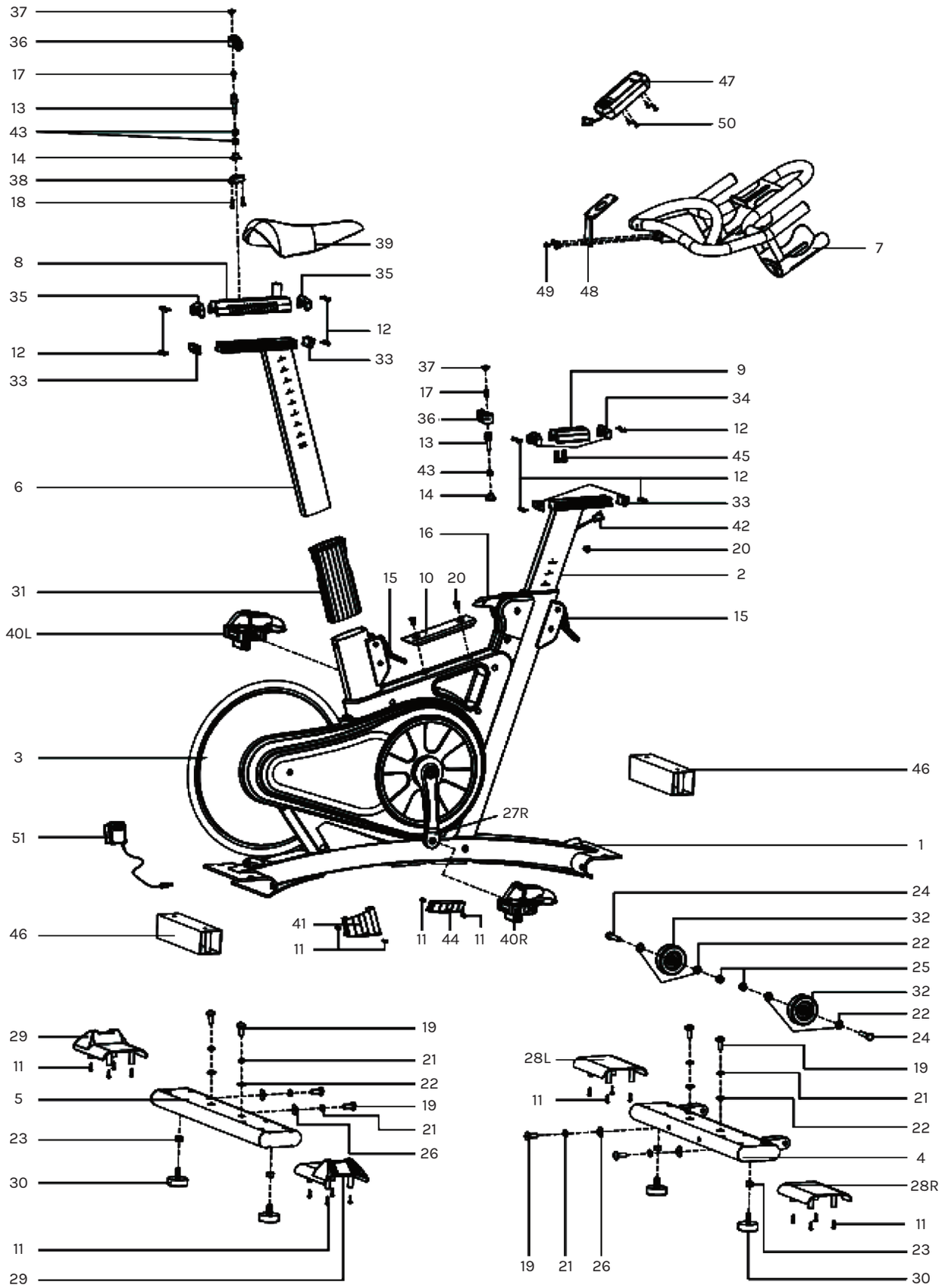
a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**

b. Lubricate moving joints after periods of usage.

c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.

d. The machine can be kept clean by wiping it down using dry cloth.

III. EXPLODED DIAGRAM



IV. PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Handlebar Post	1
3	Steel Ring	1
4	Front Stabilizer	1
5	Rear Stabilizer	1
6	Saddle Post	1
7	Handlebar Joint	1
8	Upper Saddle Glider	1
9	Upper Handlebar Glider	1
10	Foot Rest	1
11	Cross Tapping Screw ST4.2x16xΦ8	20
12	Cross Pan Head Screw M4x10	16
13	Locking Screw	2
14	T-shape Nut	2
15	Quick Clamp Handle	2
16	Brake Handle	1
17	Inner Hex Bolt M6x10	2
18	Inner Hex Bolt M5x15	2
19	Inner Pan Head Screw M10x25	8
20	Inner Sank Head Screw M8x15	3
21	Spring Washer D10	8
22	Flat Washer D10xΦ20x2	8
23	Hex Nut M10xH7xS17	4

No.	Description	Qty
24	Hex Bolt M10x50	2
25	Nylon Nut M10	2
26	Arch Washer D10xΦ25x2	4
27L/R	Cranks	1 pr.
28L/R	Front Foot Rest	1 pr.
29	Rear Foot Rest	2
30	Adjusting Foot Pad	4
31	Rear Post Bushing	1
32	Roller	2
33	Lower Glider Cap	4
34	Upper Glider Cap 1	2
35	Upper Glider Cap B	2
36	Locking Handlebar Joint	2
37	Screw Cap	2
38	Handlebar Fixing Holder	1
39	Saddle	1
40L/R	Pedals	1 pr.
41	Battery Box Fixing Holder	1
42	Extension Wire	1
43	Pressure Spring	3
44	End Cap	1
45	Inner Hex Bolt M8x15	2
46	Packing Tube	2

No.	Description	Qty
47	Display	1
48	Computer Bracket	1
49	Cross Pan Head Screw M6x8	3

No.	Description	Qty
50	Cross Pan Head Screw	4
51	Power Adapter	1

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

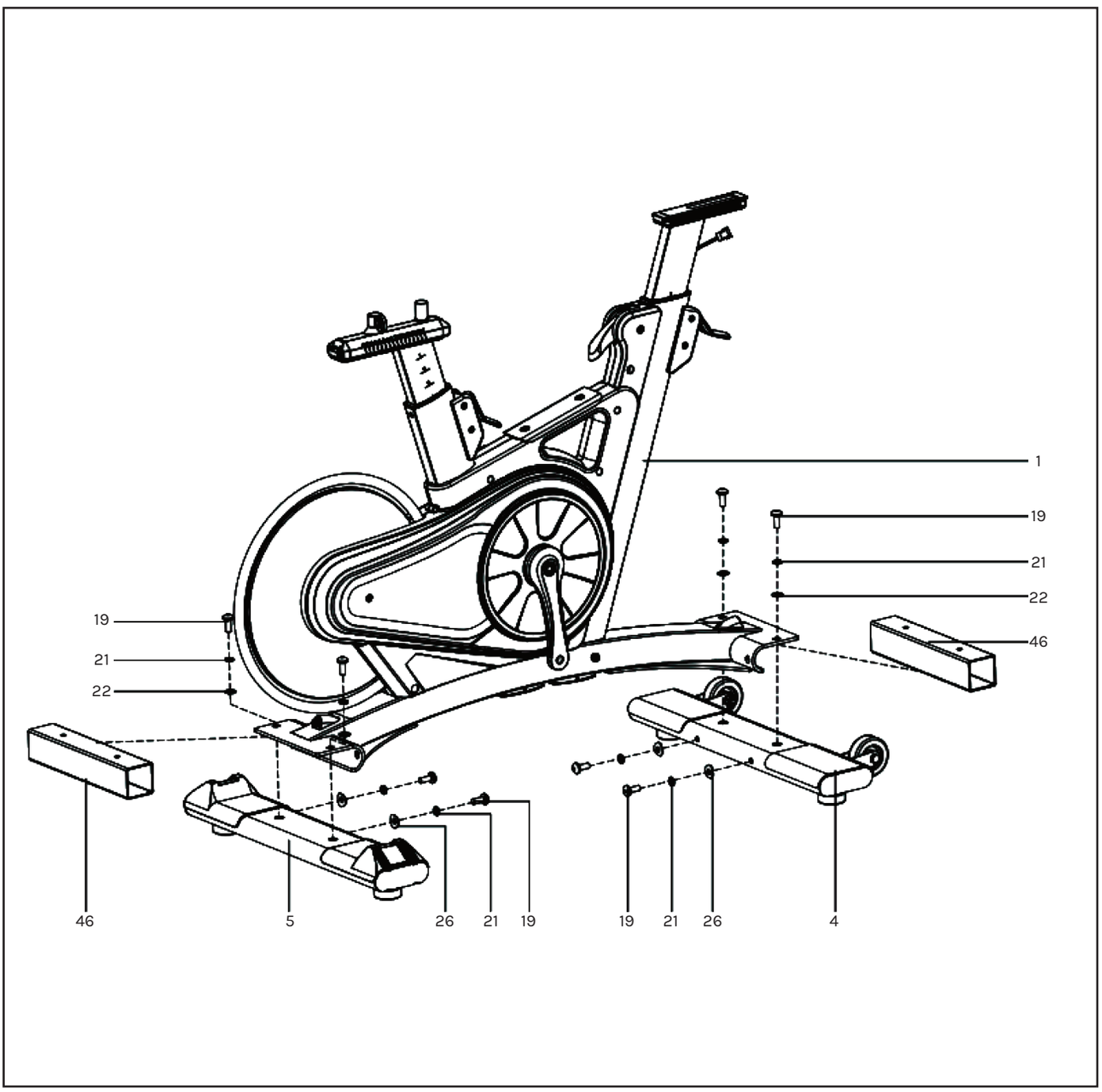
Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item. Use the present tooling for assembling, before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

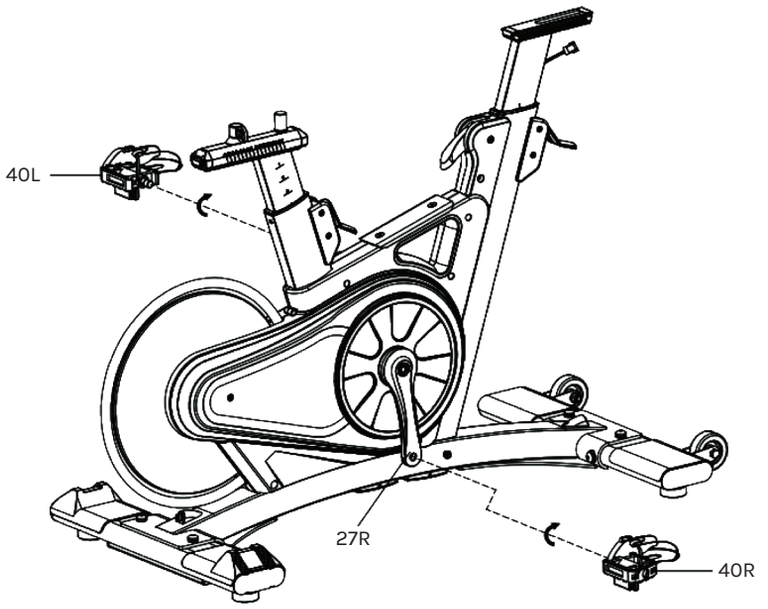
V. ASSEMBLY INSTRUCTIONS



STEP 1

1. Take off Packing Tube (46) from Main Frame (1), keep well the Packing Tube (46) in case of packing next time.

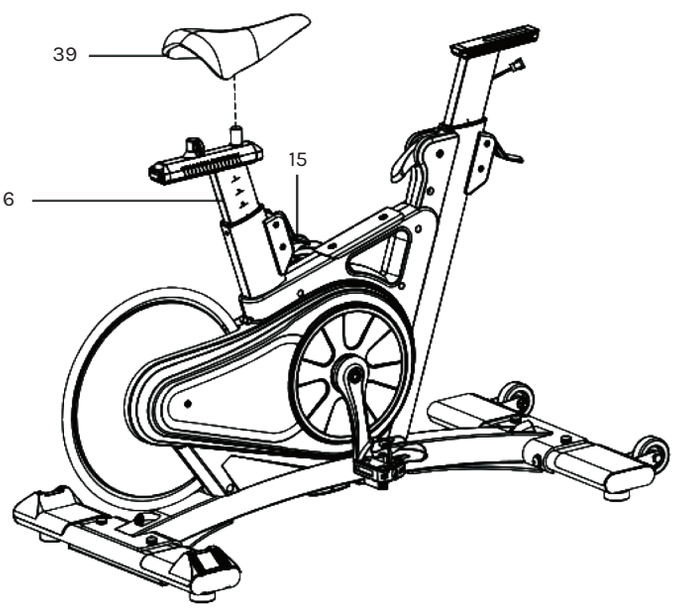
2. Install the Front Stabilizer (4) and Rear Stabilizer (5) to Main Frame (1) by using:
   - Inner pan head screw M10x25 (19)
   - Flat Washer D10xΦ20x2 (22)
   - Spring Washer D10 (21)
   - Arch Washer D10xΦ25x2 (26)



STEP 2

Secure the Pedals (40L/R) to Cranks (27L/R). Tighten the Left pedal (40L) **Counterclockwise**, and tighten the Right pedal (40R) **Clockwise**.

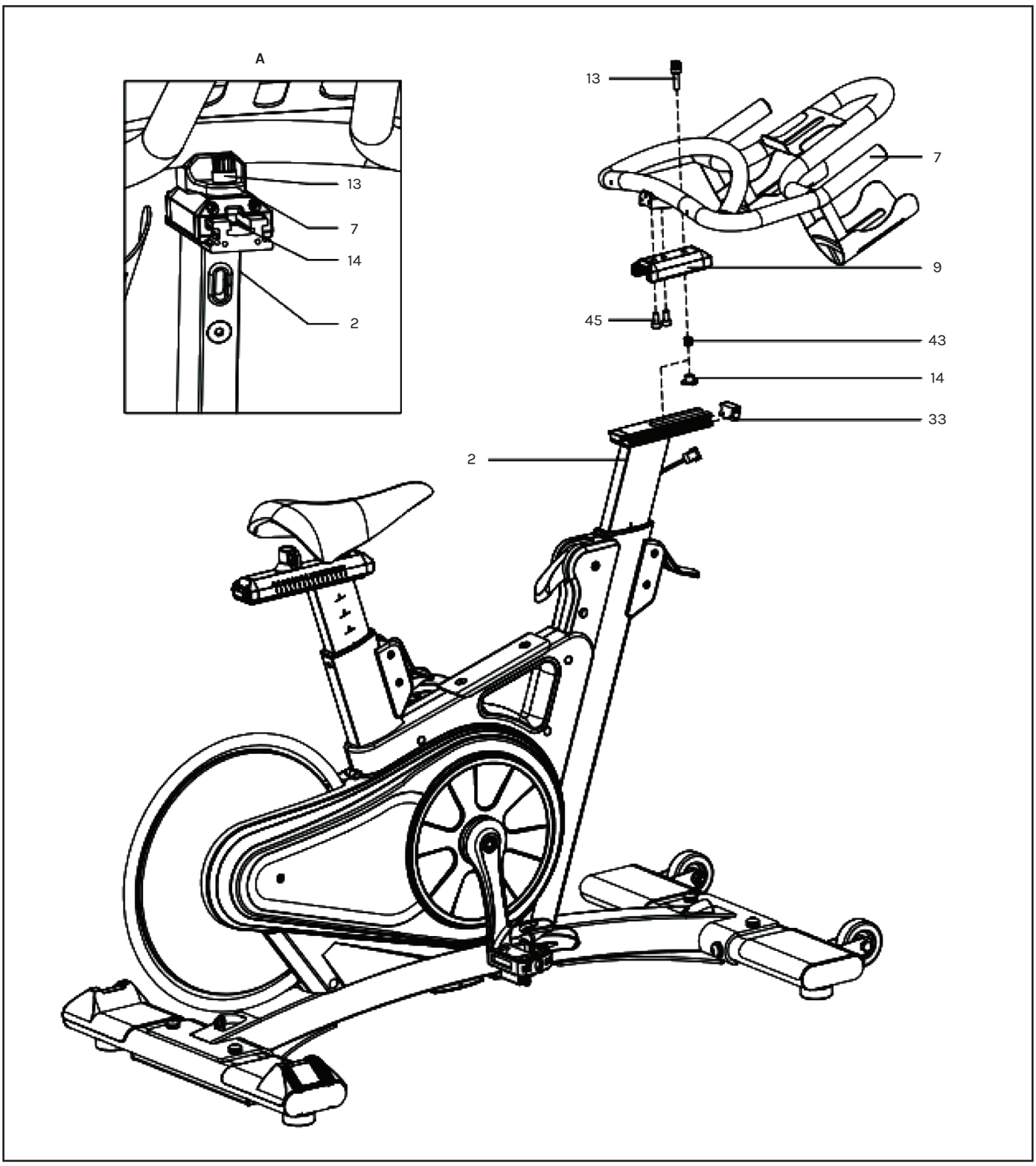
Make sure the Pedals (40L/R) are locked tightly during exercise according to the direction indicated by the arrow in the following figure, otherwise the thread of pedals will be damaged.



STEP 3

1. Use open end wrench to lock Saddle (39) to Saddle Post (6). Make sure to tighten both sides of the bolts at the same time.

2. Loosen the Quick Clamp Handle (15) to adjust Saddle Post (6) height, make sure Saddle Post (6) and Saddle (39) are locked tightly before exercise. Re-tighten Clamp Handle (15) once it's set to your desired height.

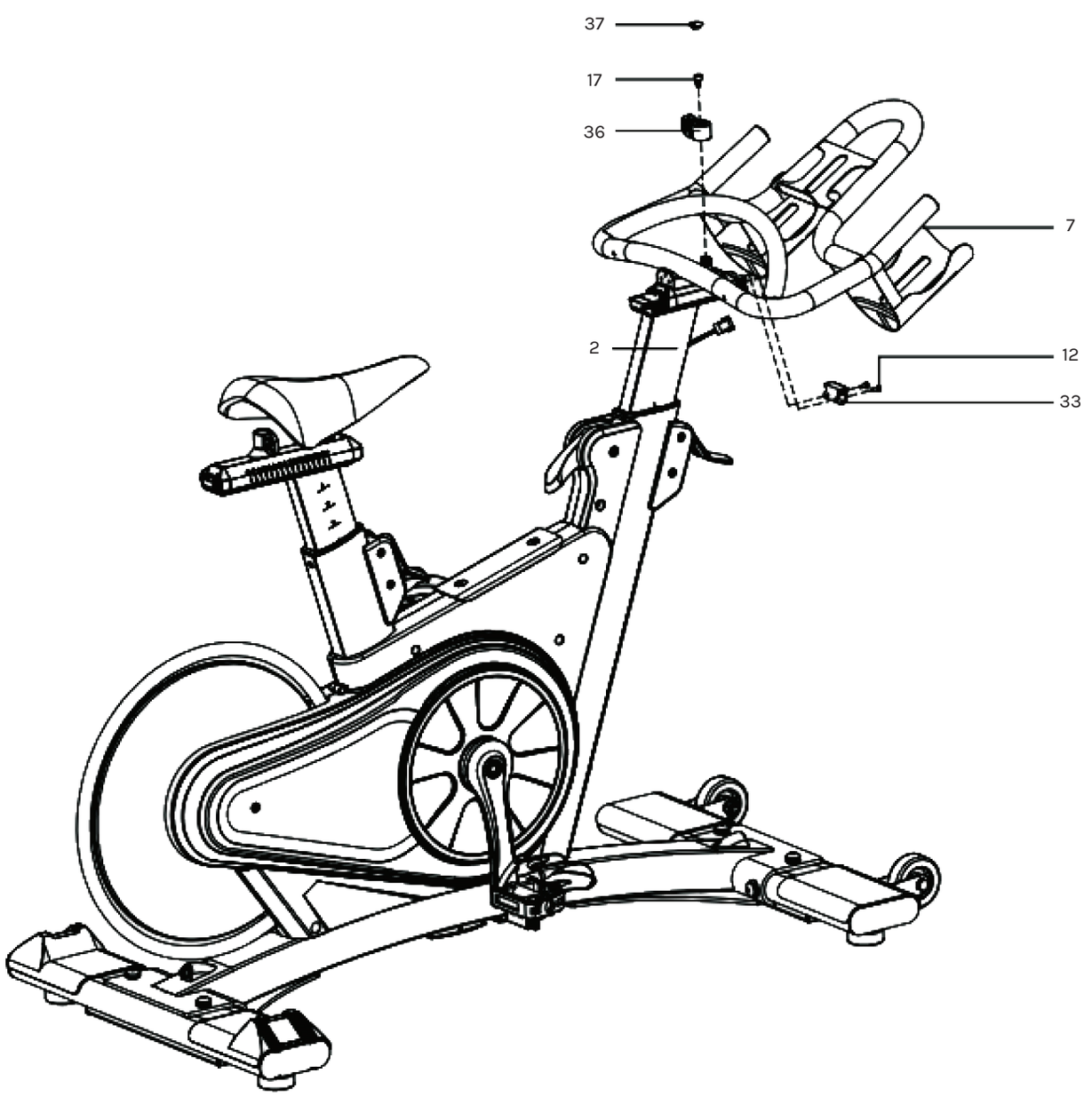


STEP 4

1. Lock the Upper handlebar glider (9) to Handlebar Joint (7) with Inner Hex Bolt M8x15 (45).

2. Take the Locking Screw (13) and thread it over the Handlebar Joint (7). Insert the bottom of Upper handlebar glider (9) to the Locking Screw (13) with Pressure Spring (43) and T-shape Nut (14).

3. Unlock Lower glider cap (33) from Handlebar Post (2) by using multifunctional cross wrench, and then lock Handlebar Joint (7) to the lower glider of Handlebar Post (2), shown as Pic A.

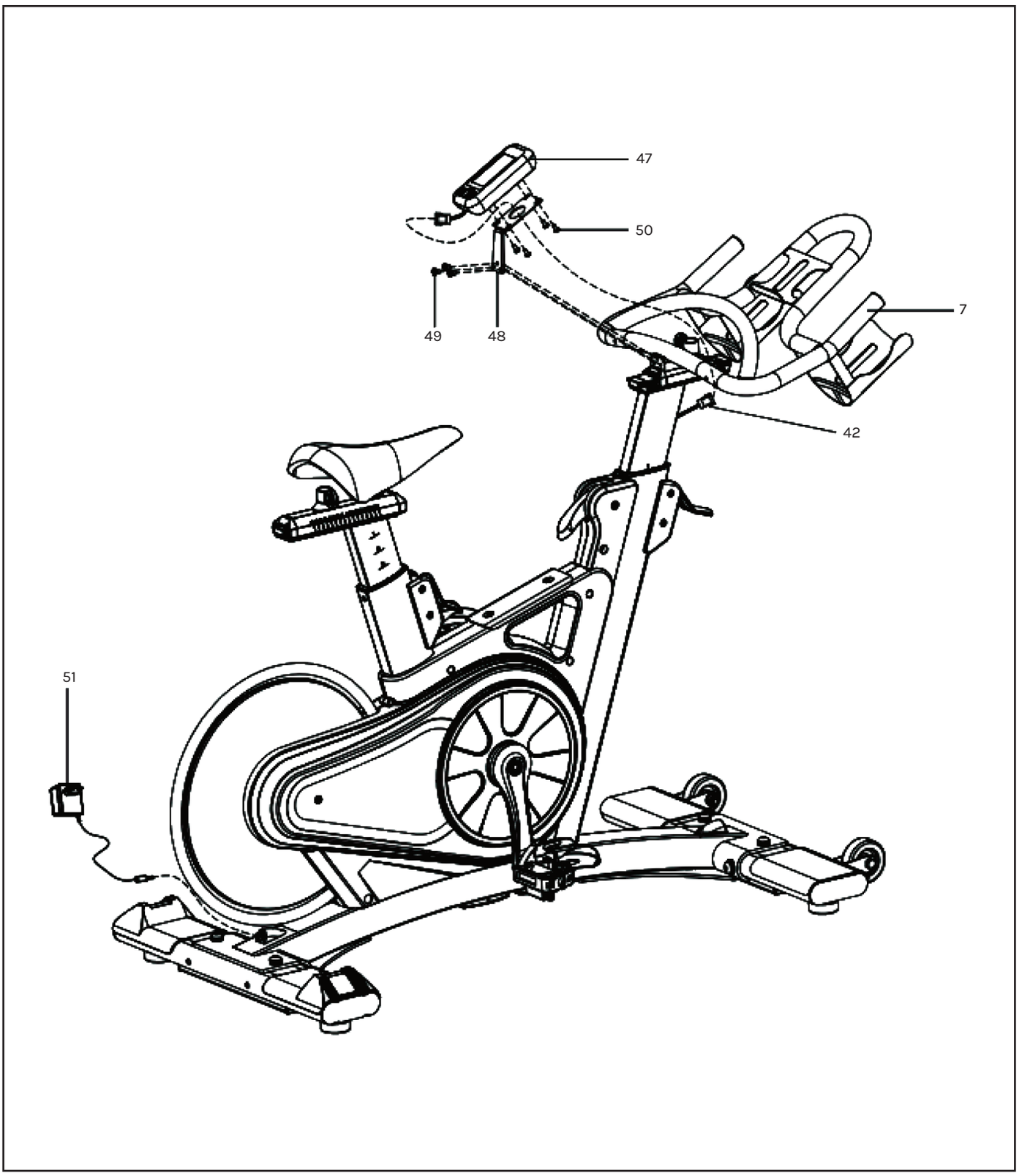


STEP 5

1. Lock the Locking Handlebar Joint (36) to Handlebar Joint (7) with Inner Hex Bolt M6x10 (17), and then cover Screw Cap (37).

   NOTE:
   Make sure the Handlebar Joint (7) is locked tightly before exercise.

2. Lock the Lower glider cap (33) to the Lower glider of Handlebar post (2) tightly with Cross pan head screw M4x10 (12).



STEP 6

1. Connect extension wire (42) through the middle hole of Computer bracket (48) to the line of display (47), and then lock the display (47) to Computer bracket (48) with Cross pan head screw (50).

2. Lock Computer bracket (48) to Handlebar Joint (7) with Cross pan head screw M6x8 (49).

3. Plug one end of the power adapter (51) into the bike, and the other end into the power supply.

VI. OPERATION GUIDE

Specifications	
Speed KM/H(M/H)	Showing your current speed. Range: 0.0～99.9 KM/H(M/H).
RPM	Showing the current rotate per minute. Range : 0～999.
TIME	The accumulative exercise time, range : 0:00～99M59S. the preset time range is 5:00～99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.
DIST	The exercise accumulative distance. Range : 0.0～999.9 KM(MILE) the preset distance range :1.0～999.0. When the distance reaches 0, the program will stop and the computer will alarm.
CALORIE	The exercise accumulative calories burnt. Range : 0.0～999.9 the preset calories range :10.0～990.0. When the calorie reaches 0, the program will stop and the computer will alarm.
PULSE	Showing the exercise heart rate value. Range: 30～240BPM(beat per minute)
RESISTANCE LEVEL	Showing resistance level. Range:1～16/24/32.
WATT	Show the exercise watt.
AGE	Show the user's setting age. Range : 10~99.

Breakdown Display
When the computer displays E1, please check if the motor is good and if the motor wires connect well.

Adaptor
INPUT: AC (The voltage depends on different country) OUTPUT: PMS: 8VDC 600mA~1200mA SWITCHING POWER SUPPLY ADAPTOR

FUNCTION

1. Program: 20 programs as following:
   A: 1 Manual Program P01 (Fig1)
   B: 10 Preset Program Profile (Fig2~Fig11):

P02: ROLLING P03: VALLEY P04: FATBURN P05: RAMP P06: MOUNTAIN
P07: INTERVAL P08: CARDIO P09:ENDURANCE P10: SLOPE P11: RALLY

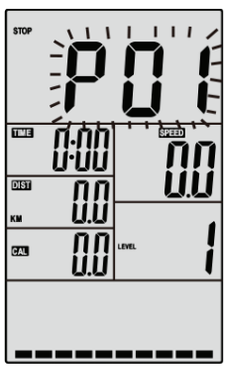


Fig 1

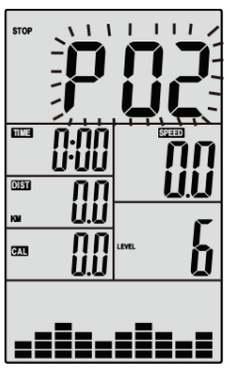


Fig 2

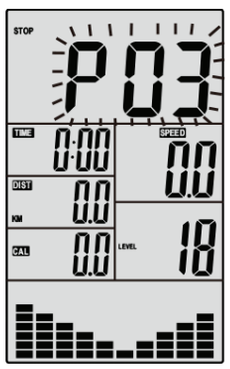


Fig 3

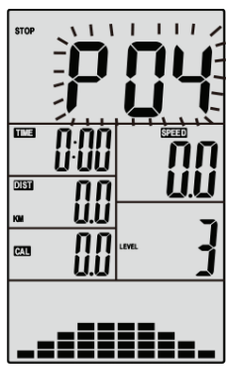


Fig 4

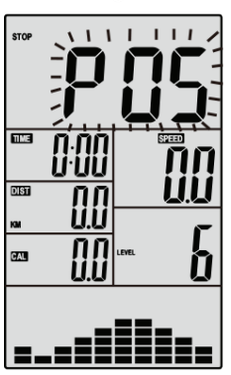


Fig 5

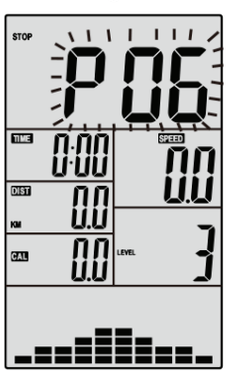


Fig 6

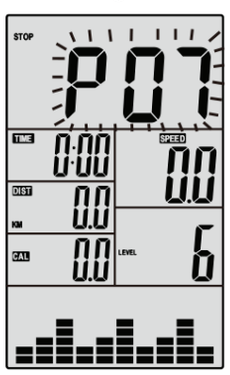


Fig 7

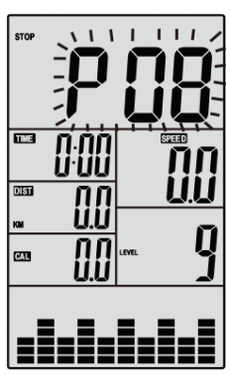


Fig 8

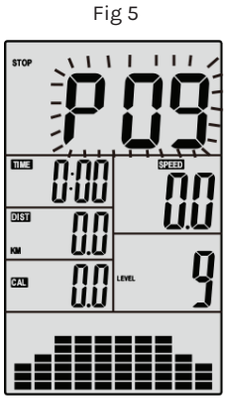


Fig 9

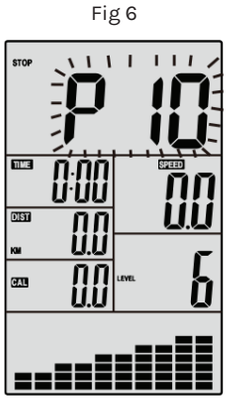


Fig 10

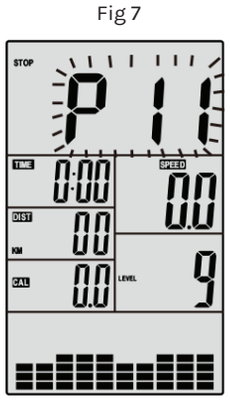


Fig 11

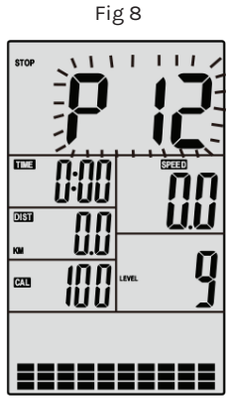


Fig 12

C. 1 Watt Control Program P12 (Fig12)
D. 4 Heart Rate Control Program P13~P16(Fig13~Fig16):
55%H.R, 75%H.R, 90%H.R and TARGET H.R

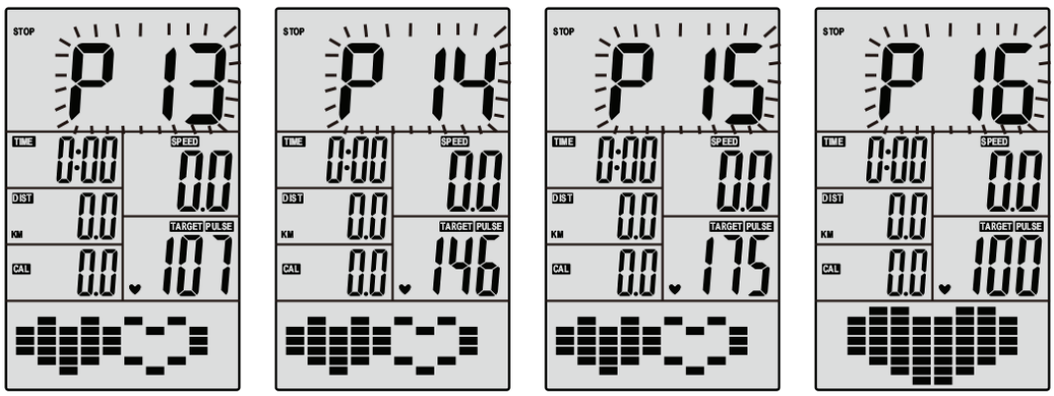


Fig 13 Fig 14 Fig 15 Fig 16

E. 4 User Setting Programs: P17~P20 (Fig17~Fig20)

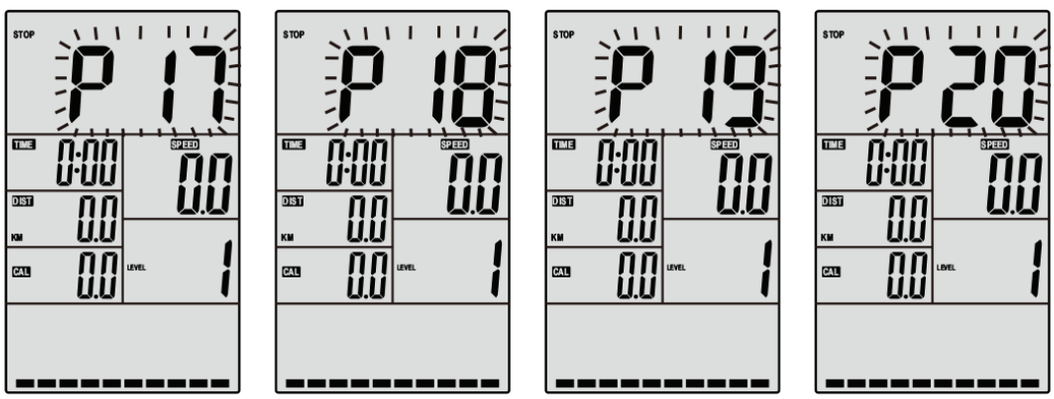


Fig 17 Fig 18 Fig 19 Fig 20

2. Record the user's data of AGE even cut off the power.
3. Display Speed , RPM , TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time.
4. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

BUTTONS

1. **MODE**

- In "STOP" mode(display STOP), press MODE button to enter into program selection and setting value which flash in related window.
- In "START" mode(display START), press MODE button to quit SCAN mode and select main display function.

A: SCAN Sign shows up, all functions show on the main display in their turns in every 6 seconds.
B: The main window displays the function corresponding to the small window flashing function sing.

- During any mode, hold down this button for 2 seconds to totally reset the computer.

2. **START/STOP:**
- Press START/STOP button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. **UP:**
- In stop mode and, press MODE button to select the program or set parameters. If the related window value flash, press this button to increase the value.
- During the start mode (display START), press this button to increase the training resistance.

4. **DOWN:**
- In stop mode and, press MODE button to select the program or set parameters. If the related window value flash, press this button to decrease the value.
- During the start mode(display START), press this button to decrease the training resistance.

OPERATION

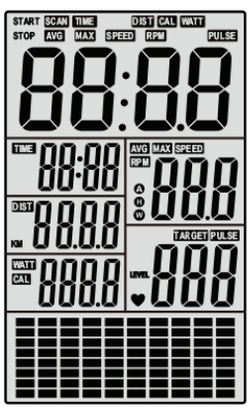


Fig 21

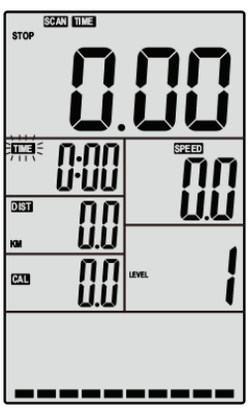


Fig 22

1. **Turn on the computer**
   Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer. The computer will beep and enter into initial mode.(Fig21, Fig22).

2. **Program select and value setting**
- Manual Program and Preset Program P01～P11
  A. Press MODE button to enter program selection, Press UP, DOWN button to select the program that you like. (Fig1~Fig11)
  B. Press MODE button to confirm the selected program and enter time setting window.
  C. The time will flash, and then press UP/DOWN button to set up your desired time. Press MODE to confirm the value.
  D. The distance will flash, and then press UP/DOWN to set up the desired distance value. Press MODE to confirm the value.
  E. The calories will flash, and then press UP/DOWN to set up the desired calories to be consumed Press MODE to confirm the value.
  F. Press START/ STOP to begin exercise.

- Watt Control Program P12
  A. Press MODE button to enter program selection Press the exercise. Press UP/DOWN to select the watt control program P12.

B. Press MODE to confirm the selected watt control program, and enter into time setting window.
C. The time will flash, and then press UP/DOWN button to set up the desired time. Press MODE to confirm the value.
D. The distance will flash, and then press UP/DOWN to set up the desired distance value. Press MODE to confirm the value.
E. The calories will flash, and then press UP/DOWN to set up the desired calories to be consumed. Press MODE to confirm the value.
F. The watt display will flash, and then press UP/DOWN to set up the watt to do the exercise. Press MODE to confirm the value.
G. Press START/ STOP to begin exercise.

NOTE:
The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increaseto ensure you at the same watt value.

- **HEART RATE CONTROL PROGRAM: P13 55%H.R, P14 75% H.R and P15 90% H.R**

The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

A. Press MODE button to enter program selection heart rate control program P13 or P14 or P15.
B. Press MODE to confirm the heart rate control program, and enter into time setting window.
C. The time will flash, and then press UP/DOWN button to set up the desired time. Press MODE to confirm the value.
D. The distance will flash, and then press UP/DOWN to set up the desired distance value. Press MODE to confirm the value.
E. The calories will flash, and then press UP/DOWN to set up the desired calories to be consumed. Press MODE to confirm the value.
F. The age will flash, and then press UP/DOWN to set the user's age and the target heart rate value also changes at the same time. Press MODE to confirm the value.
G. Press START/ STOP to begin exercise.

- **HEART RATE CONTROL PROGRAM P16: TARGET HEART RATE**

The user can set any target heart rate to do the exercise.

A. Press MODE button to enter program selection, Press TARGET HEART RATE program P16.
B. Press MODE to confirm your choice and enter time setting window.
C. The time display will flash, and then press UP/DOWN to set the desired time to do the exercise. Press MODE to confirm the value.
D. The distance will flash, and then press UP/DOWN to set up the desired distance value. Press MODE to confirm the value.
E. The calories will flash, and then press UP/DOWN to set up the desired calories to be consumed. Press MODE to confirm the value.
F. The target heart rate will flash, and then press UP/DOWN to set up your target heart rate. Press MODE to confirm the value.
G. Press START/ STOP to begin exercise.

NOTE:
During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

- **User Profile Programs: P17～P20**

A. Press MODE button to enter program selection P17 or P18 or P19 or P20.
B. Press MODE to confirm your choice, and enter into time setting window.
C. The time display will flash, and then press UP/DOWN to set up the desired time to do the exercise. Press MODE to confirm the value.
D. The distance will flash, and then press UP/DOWN to set up the desired distance value. Press MODE to confirm the value.
E. The calories will flash, and then press UP/DOWN to set up the desired calories to be consumed. Press MODE to confirm the value.
F. The first resistance level will flash, and then press UP/DOWN to set the desired load resistance. Press MODE to confirm. Then repeat above operation to set the resistance from 2 to 10.
G. Press START/ STOP to begin exercise.

3. **Pulse Measurement**
Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

During the measurement, heart icon will flash. During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. So when the testing, please keep the palms stillness relatively, and do not rub the pads. The measurement value cannot be regarded as the basis of medical treatment.

NOTE:
If the computer is also equipped with wireless heart rate measuring via the transmitter belt, the hand measurement signal detecting is preferred.

VII. EXERCISE GUIDE

! PLEASE NOTE:

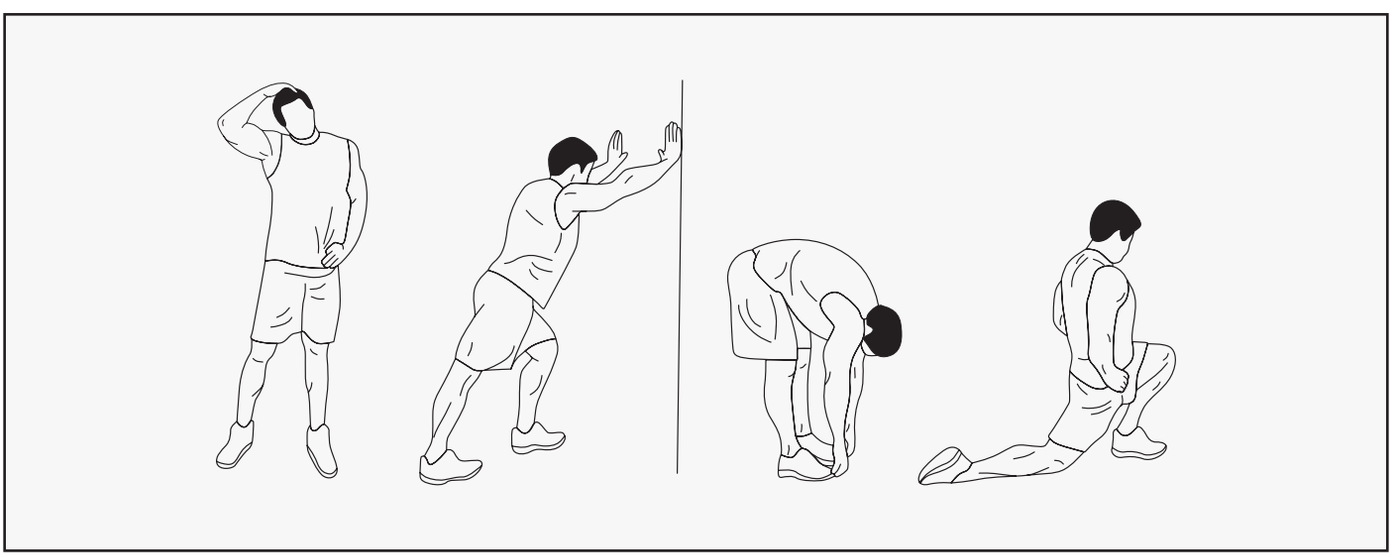
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

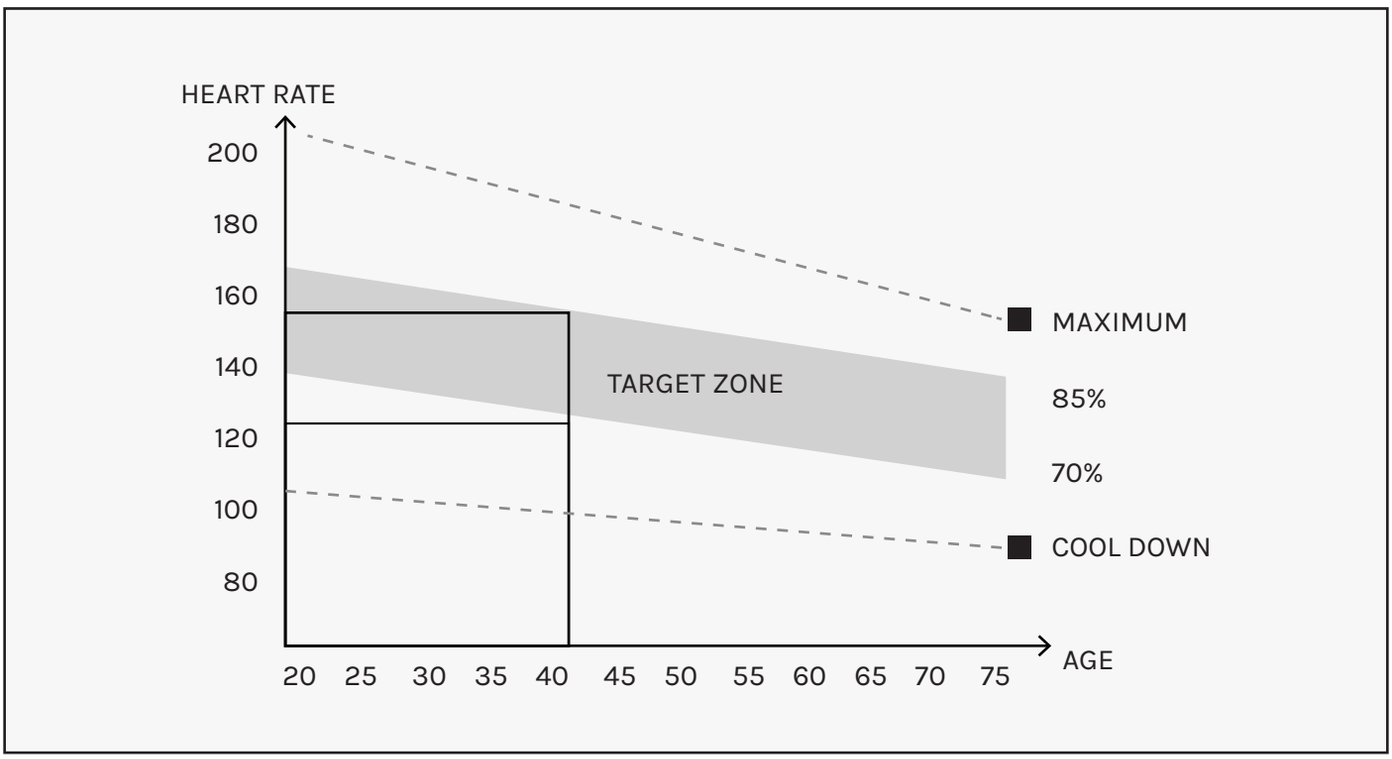
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VIII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
http://www.lifespanfitness.com.au/warranty-repairs

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase.
Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit
https://lifespanfitness.com.au/warranty-form

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to **lifespanfitness.com.au/warranty-form**

IX. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and must be amplified 1000 times to make the signal viable for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may also affect pulse readings.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of $3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technologies work well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn’t bother you).

LIFESPAN FITNESS

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