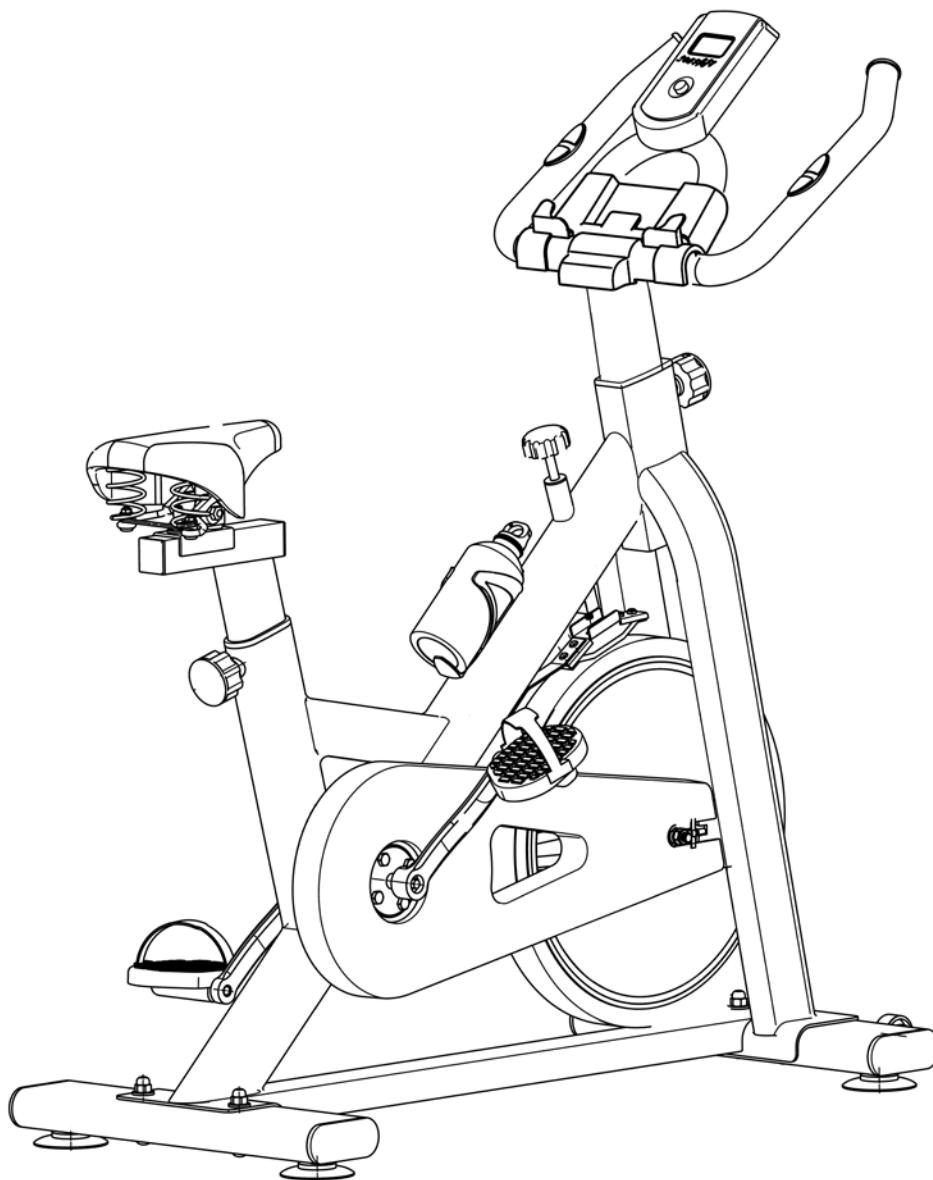


# LSG

## SPG-120 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 may be subject to updates or changes. Up to date manuals are available through our website at [www.lsgfitness.com.au](http://www.lsgfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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## **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.

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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 in 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.

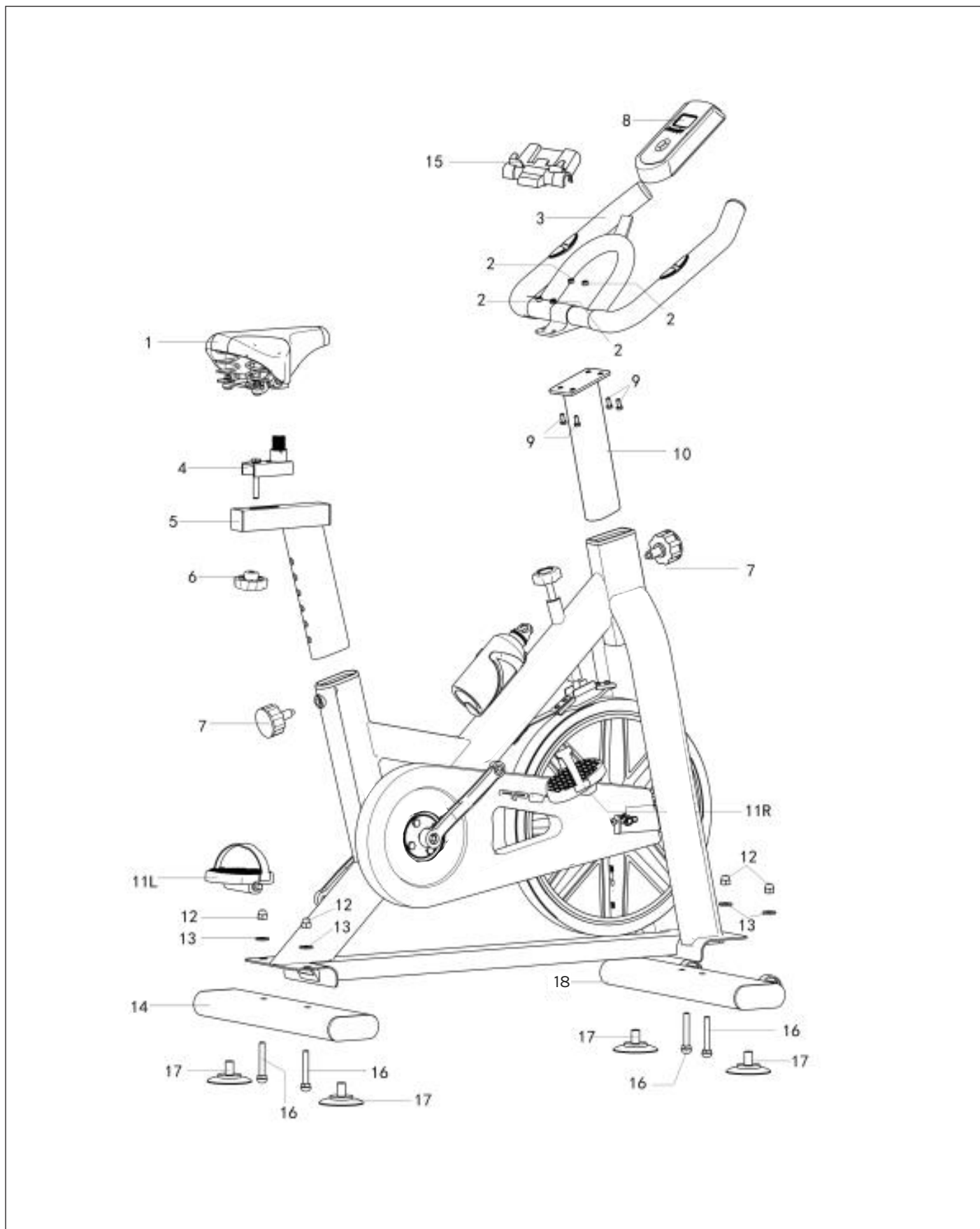
## II. CARE INSTRUCTIONS

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### 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



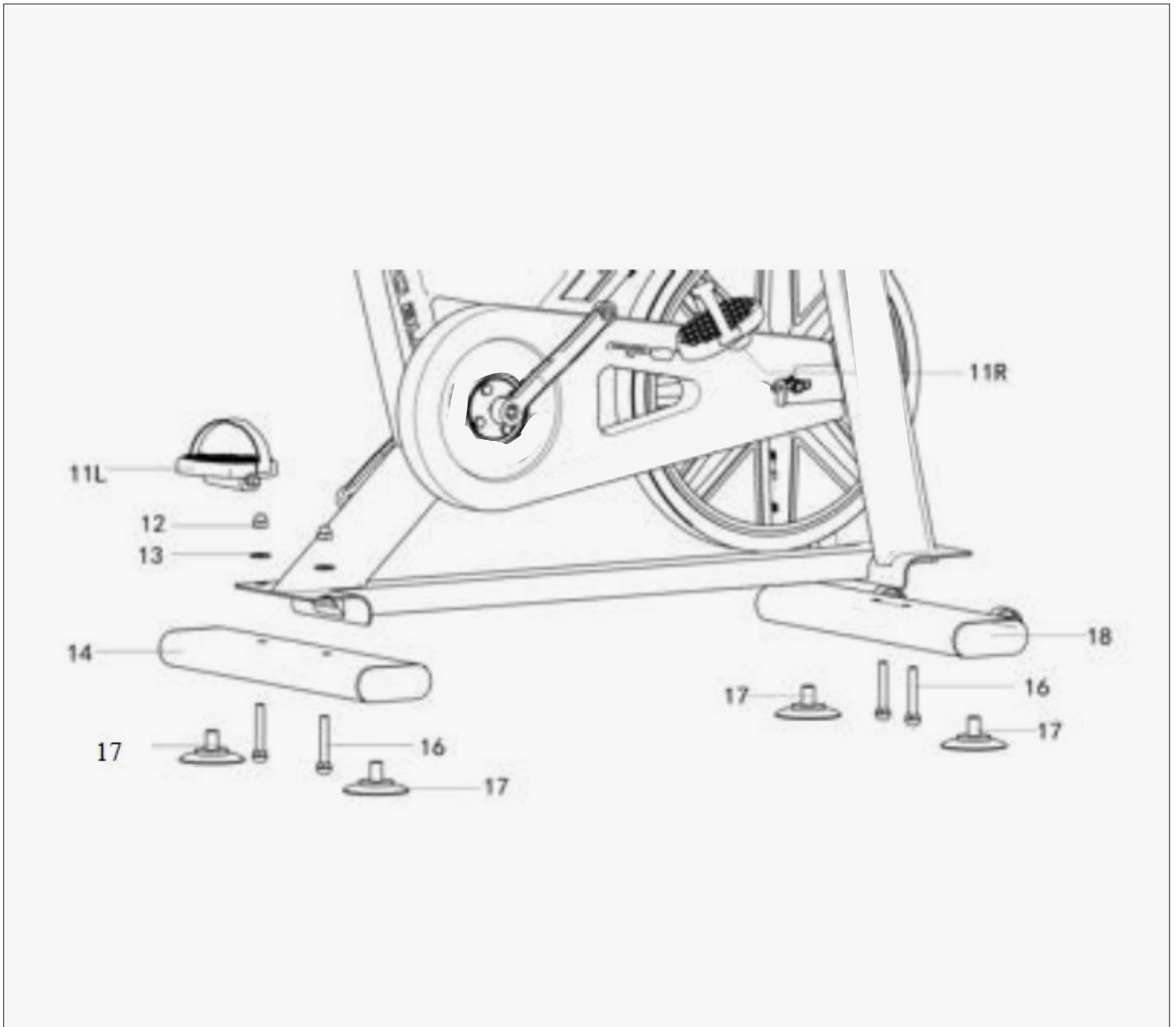
# IV. PARTS LIST

No.	Description	Specs	Qty
1	Cushion		1
2	Nut	M6	4
3	Handlebar		1
4	Cushion sole plate		1
5	Cushion lifting pipe		1
6	Cushion knob		1
7	Knob		2
8	Display		1
9	Hand bolt	M6	4
10	Lifting pipe		1

No.	Description	Specs	Qty
12	Cap nut	M8	4
13	Washer	Ø8	4
14	Rear foot tube		1
15	Mobile phone holder		1
16	Carriage bolt	M8x50	4
17	Adjustable foot screw		4
18	Front foot tube		1
11R	Right pedal		1
11L	Left pedal		1

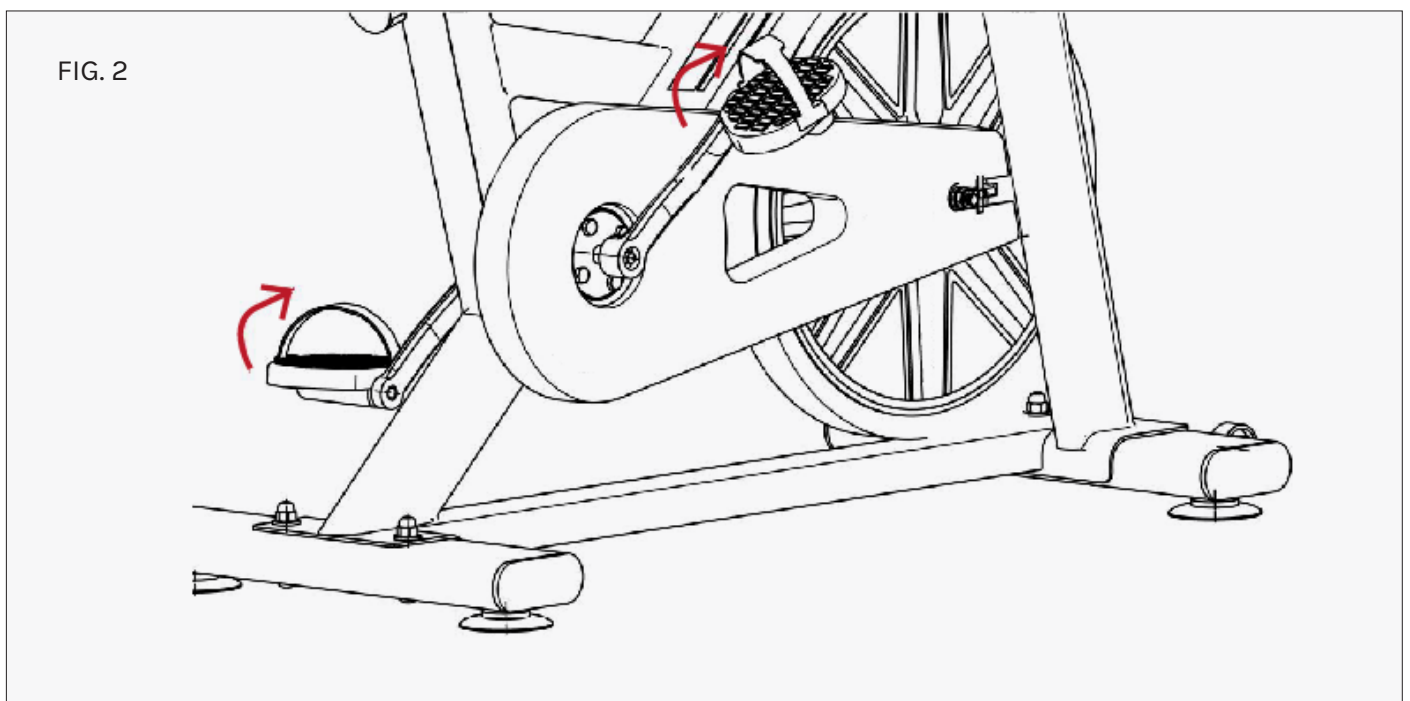
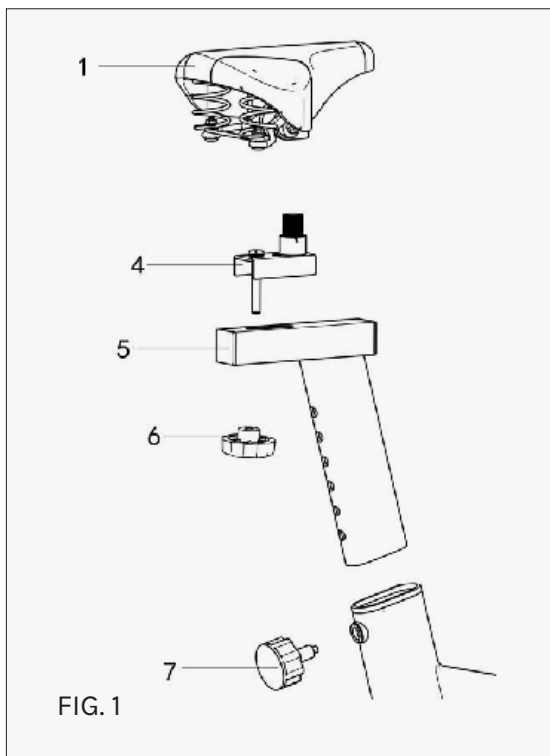
# V. ASSEMBLY INSTRUCTIONS

**Note:** Some parts are pre-assembled on the frame and may not be packaged separately.



## STEP 1

1. Open the box, remove the above material from the case, and place the main frame flat on the ground.
2. Install part (17) adjustable foot screw to part (14) rear foot tube and part (18) front feet tube.
3. Place the bolts (16) into parts (14) and (18) tubes then place the main frame onto the pre-installed bolts, then add washer (13) and nut (12) onto bolts and tighten with an open wrench.



## STEP 2

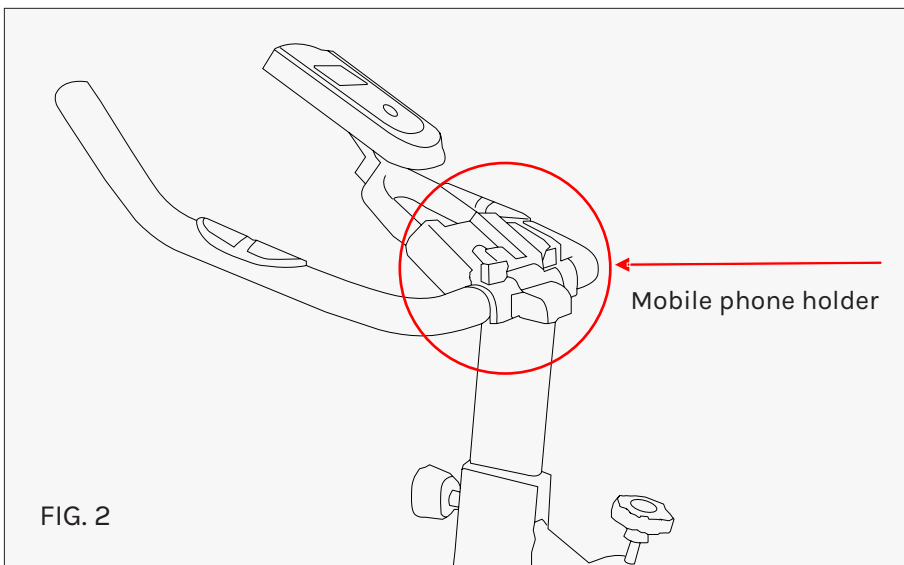
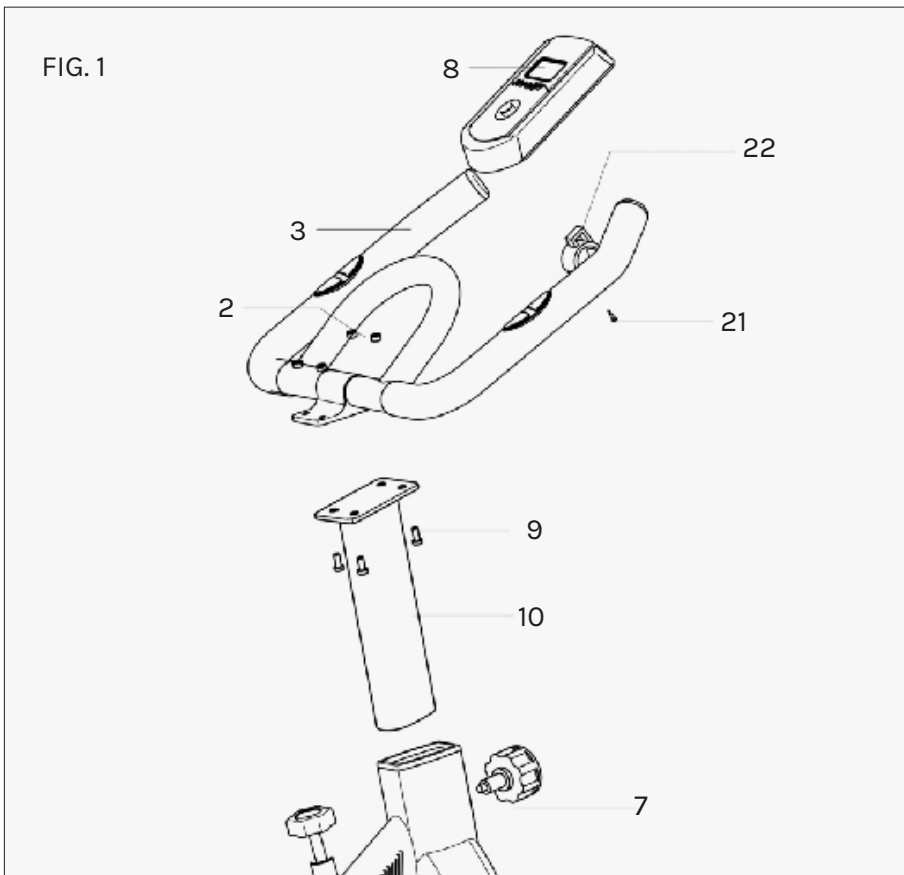
1. Insert (5) cushion lifting pipe into main frame. Unscrew (7) Pull knob and then lock part (5) with part (7) knob for the preferred height.

2. Secure part (4) to part (5) using (6) Cushion knob.

3. Secure the pedals to the frame. There is a Left thread and right thread. Ensure the right pedal is on the right side and tighten it clockwise. The left side pedal is tightened counterclockwise. (Fig. 2)

**IMPORTANT:** Check the pedals are fully tightened all the way as using it while loose can damage the thread and forfeit warranty.





### STEP 3

1. Insert (10) lifting pipe into the main frame and lock with (7) pull knob.
2. Place the handlebar (3) on top of part (10) and secure with bolts (9) and nut (2). (Part 9 and 2 are pre-fitted on part 10)
3. Part 22 and 21 are pre-fitted to the handlebars. Add batteries to the back of the display then attach the display onto part 22.  
Plug the cables from the main frame to the back of the display (Fig. 2) and then plug the handlebar cable to the back of the display.
4. **Optional:** Mount the mobile holder to the middle of the handlebar as pointed out in (Fig. 2). No screws are required, just push it into place.

# VI. OPERATION GUIDE

## SPECIFICATIONS

Time:	00:00-99:59
Speed:	0:0-99.9km/h
Distance:	0:000-999.9km
Odometer:	0-9999km
Pulse:	40-240BPM

## BUTTON OPERATION

### 1. Auto On/Off:

- The system turns on when any key is pressed or when it receives a signal input from the speed sensor.
- The system turns off automatically when the sensor has no signal input, or no key are pressed for approximately 4 minutes.

2. Reset: You can reset the display by removing the battery or holding the mode key for 3 seconds.

3. MODE: To choose SCAN mode or LOCK mode if you don't want the display to scan through the work out statistics. Press the MODE key until the pointer is on the function you wish to see.

## FUNCTIONS

**Time:** Press the Mode key until the pointer is on TIME. The total working time will be shown.

**Speed:** Press the Mode key until the pointer is on DISTANCE. The distance during the work out will be displayed.

**Odometer:** Press the Mode key until the pointer is on to ODOMETER. The total accumulated distance will be shown.

**Pulse:** Press the Mode key until the pointer is on PULSE. The user's current hear rate will be shown in beats per minute. Ensure both palms of your hands are holding the contact pads for up to 30 seconds.

**NOTE:** this is not a medical device and will give approximate readings only. If you feel lightheaded, stop exercising immediately.

**Calories:** Press the Mode key until the pointer is on CALORIES. The calories burned will be displayed.

**Scan:** Automatically displays the following functions in the order shown: TIME - SPEED - DISTANCE - PULSE - CALORIES then it repeats.

## BATTERY

**This monitor uses 2 batteries.**

**If the display is light or faded, change the batteries.**

# VII. EXERCISE GUIDE

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## ⓘ 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.

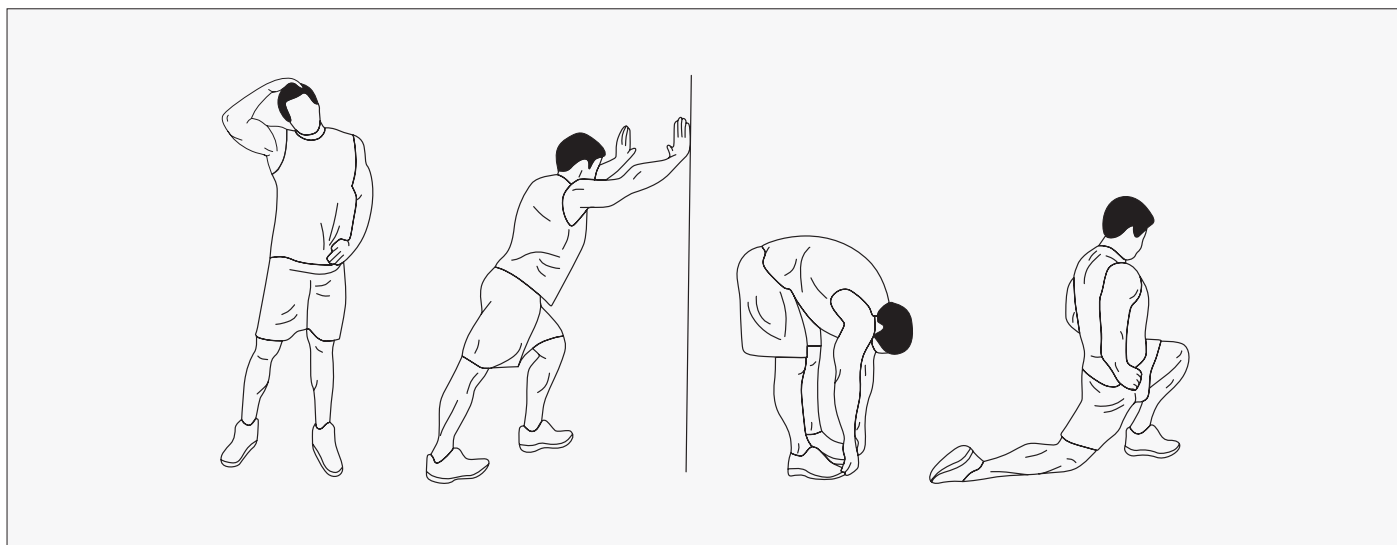
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve 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

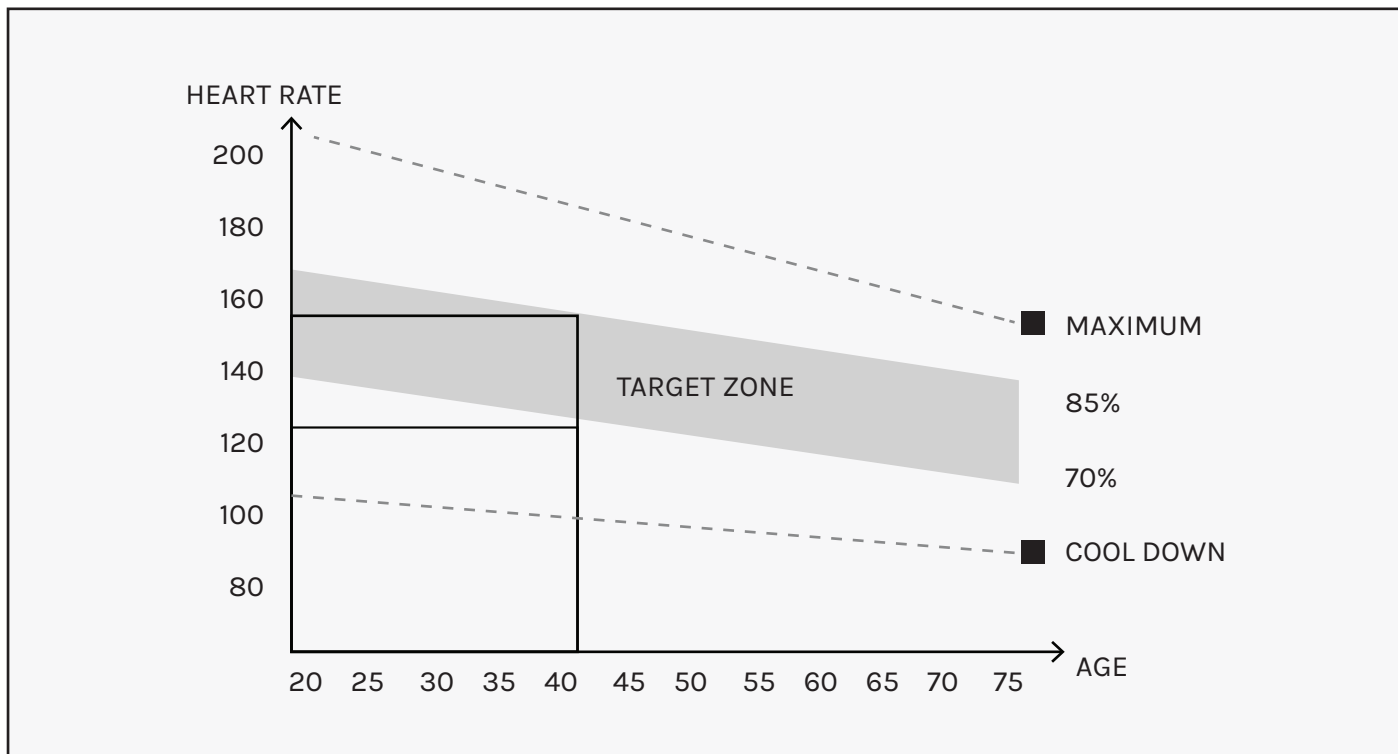
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

# 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](http://www.consumerlaw.gov.au).

Please visit our website to view our full warranty terms and conditions:

<https://www.lsgfitness.com.au/pages/warranty>

## WARRANTY AND SUPPORT

Please email us at [support@lsgfitness.com.au](mailto:support@lsgfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

# 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).



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