


LSC

SPG-230 Magnetic Spin Bike


USER MANUAL





 **kinomap**

30 DAY FREE TRIAL

*Terms and conditions apply. Offer can be rescinded at any time.



 Find the Digital Manual Online



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



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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 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

IMPORTANT

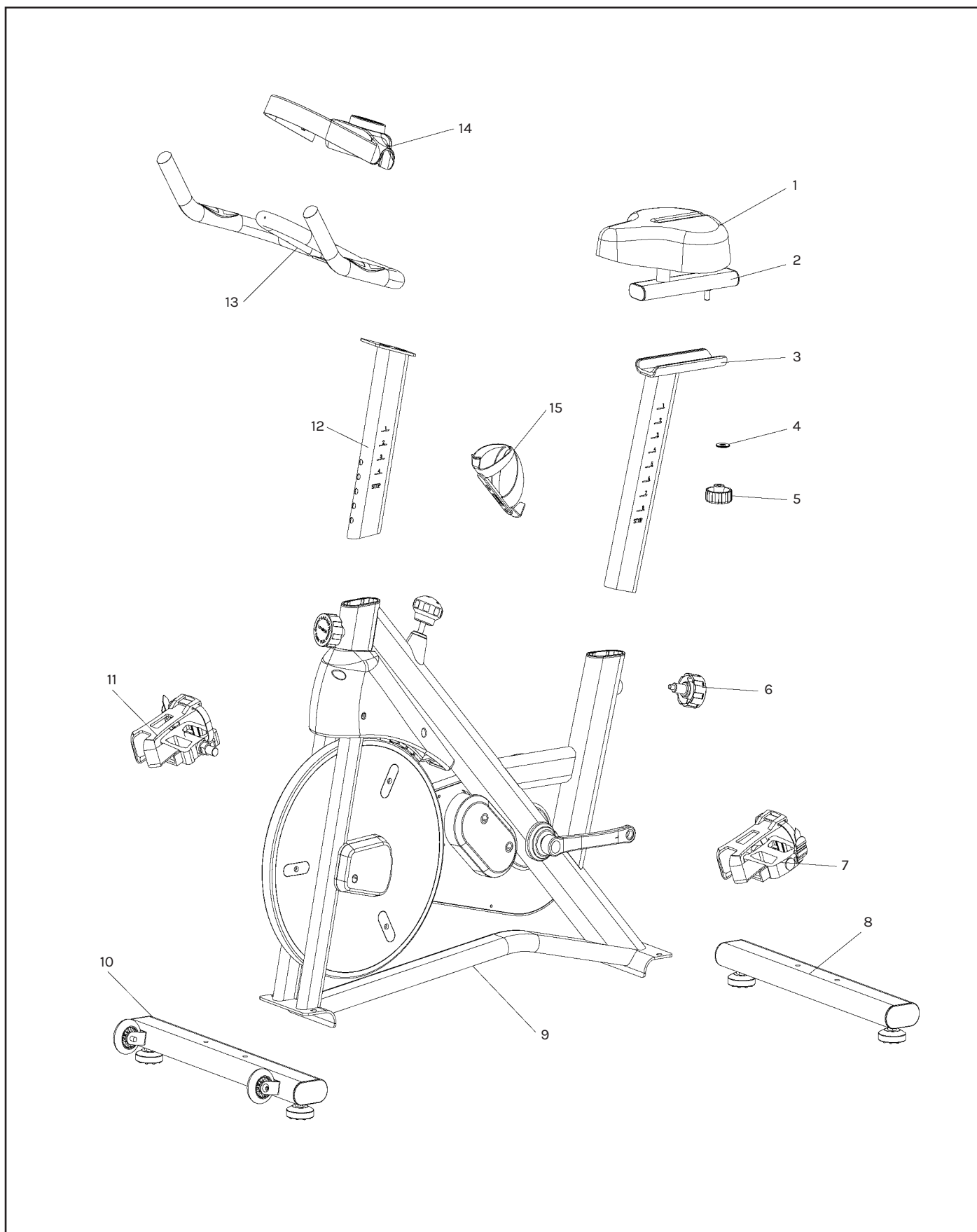
- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - b. Lubricate moving joints after periods of usage.
 - c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
 - d. The machine can be kept clean by wiping it down using dry cloth.
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Power Adapter Information

Input: 100-240V 50/60Hz

Output: 9V 1000mA

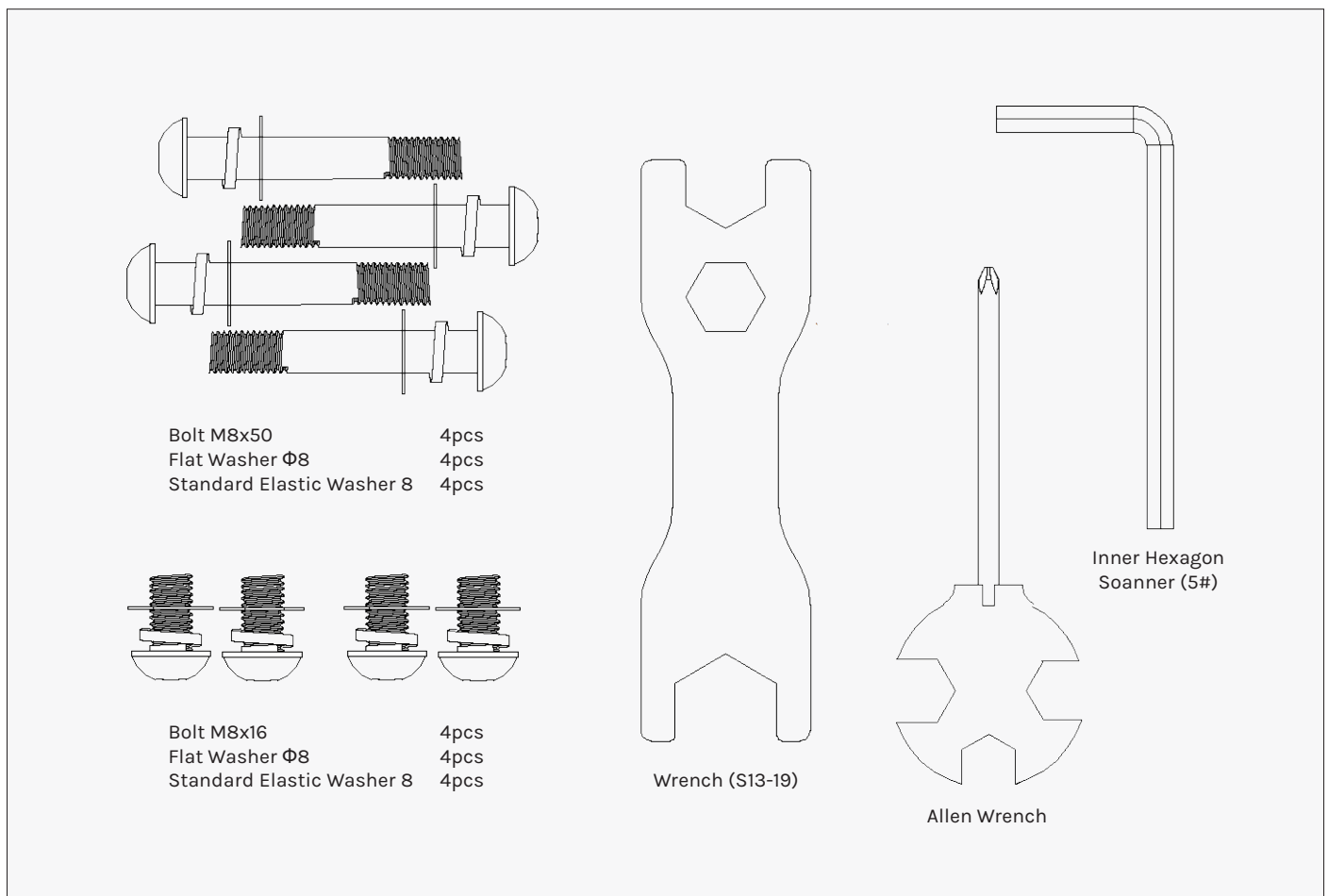
III. EXPLODED DIAGRAM



IV. PARTS LIST

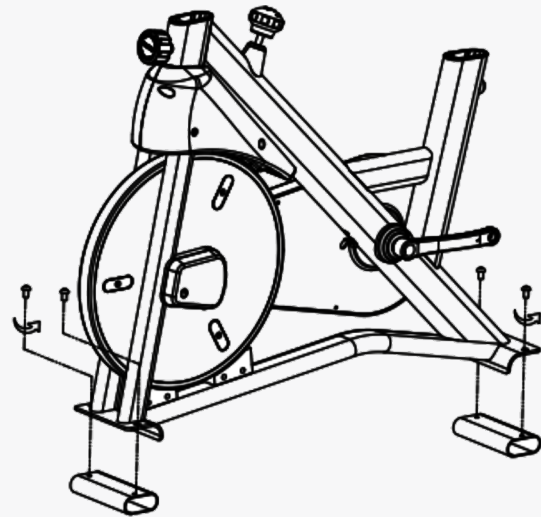
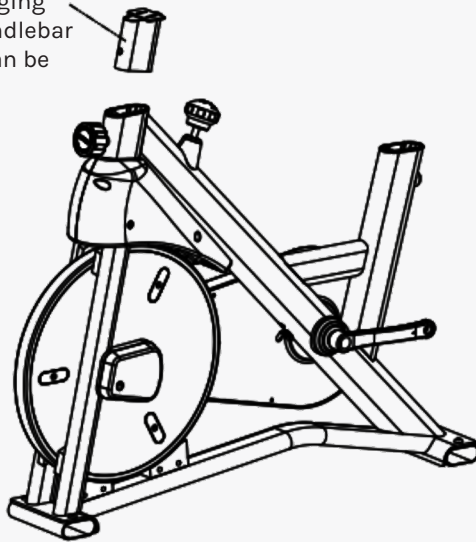
No.	Description	Specs	Qty
1	Seat Saddle		1
2	Seat Post		1
3	Vertical Seat Post		1
4	Flat Washer	Φ10	1
5	Seat Adjustment Nut	Φ50x27.6xM10	1
6	Seat Adjustment Pull Pin	Φ56x70xM16	1
7	Left Foot Pedal		1
8	Back Stabiliser Feet		1

No.	Description	Specs	Qty
9	Main Frame		1
10	Back Stabiliser Feet		1
11	Right Foot Pedal		1
12	Handlebar Adjustment Tube		1
13	Handlebar		1
14	Display		1
15	Bottle Holder		1
16	Power Adapter		1



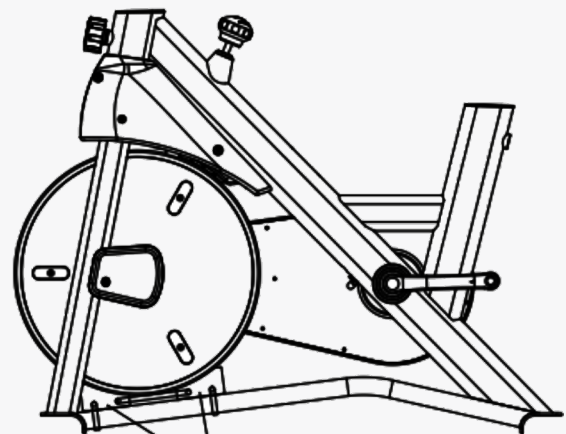
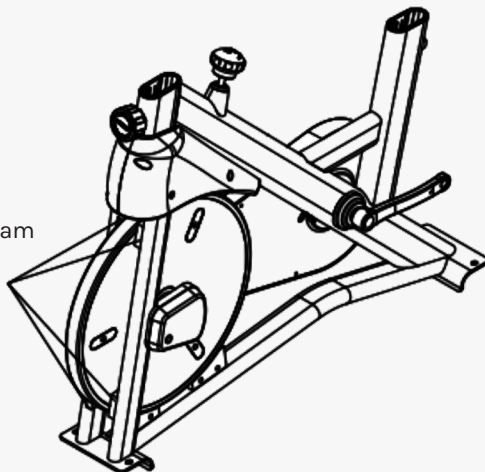
V. ASSEMBLY INSTRUCTIONS

A. Remove the Packaging from the Front Handlebar Tube. Packaging can be discarded.



B. Remove the Packaging from the Bottom Feet. Packaging can be discarded.

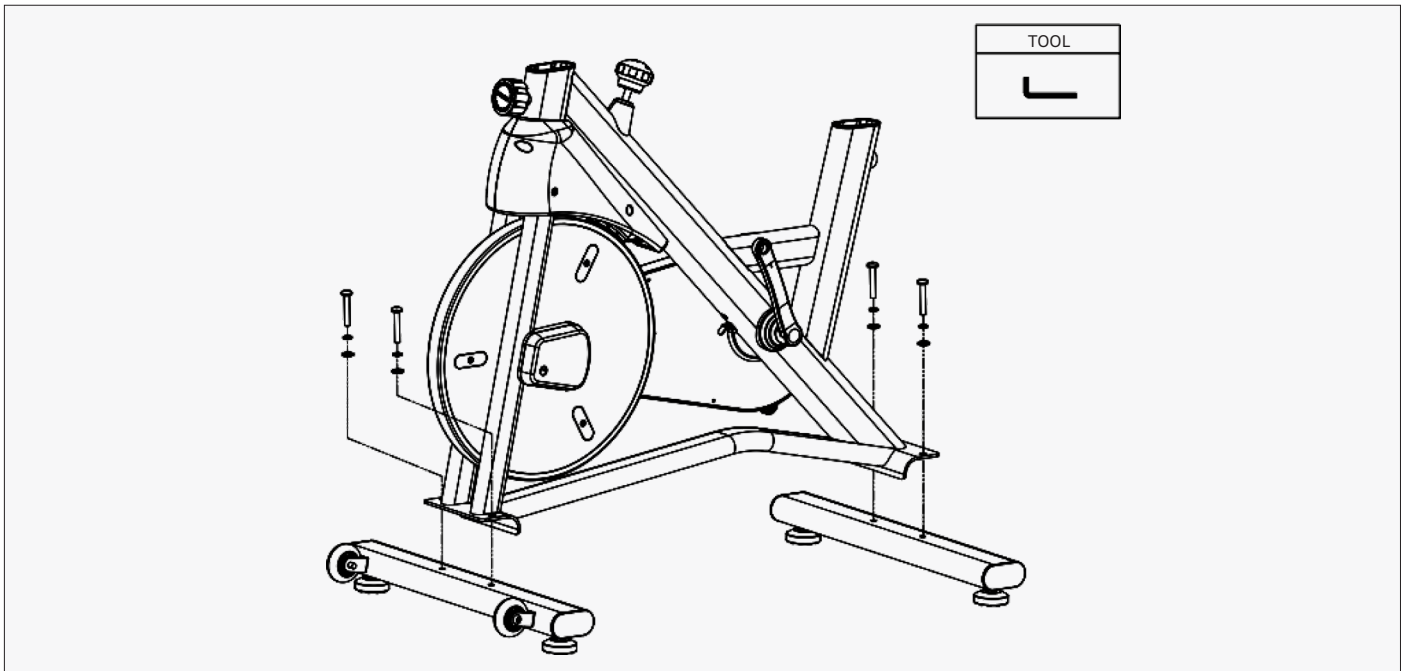
C. Remove Polyfoam from Flywheel



D. Remove the Wood Blocks

STEP 1

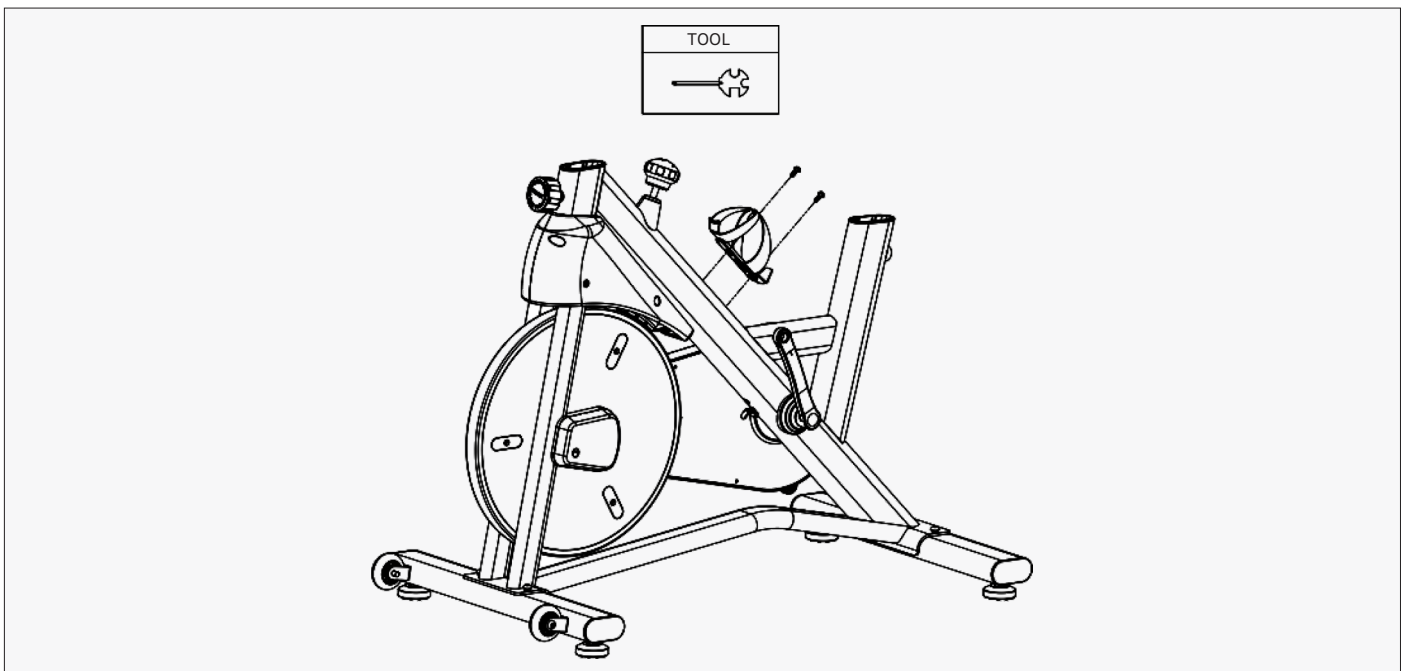
- A. Discard the removed packaging front tube.
- B. Use a 5# Allen wrench to remove the Allen flat head screw installed on the packaging foot tube.
- C. Remove the Polyfoam installed on both sides of the flywheel. Discard packaging.
- D. First, use scissors to cut the straps tied to the wooden blocks and then remove the two wooden blocks fixed to the frame assembly. Discard packaging.



STEP 2

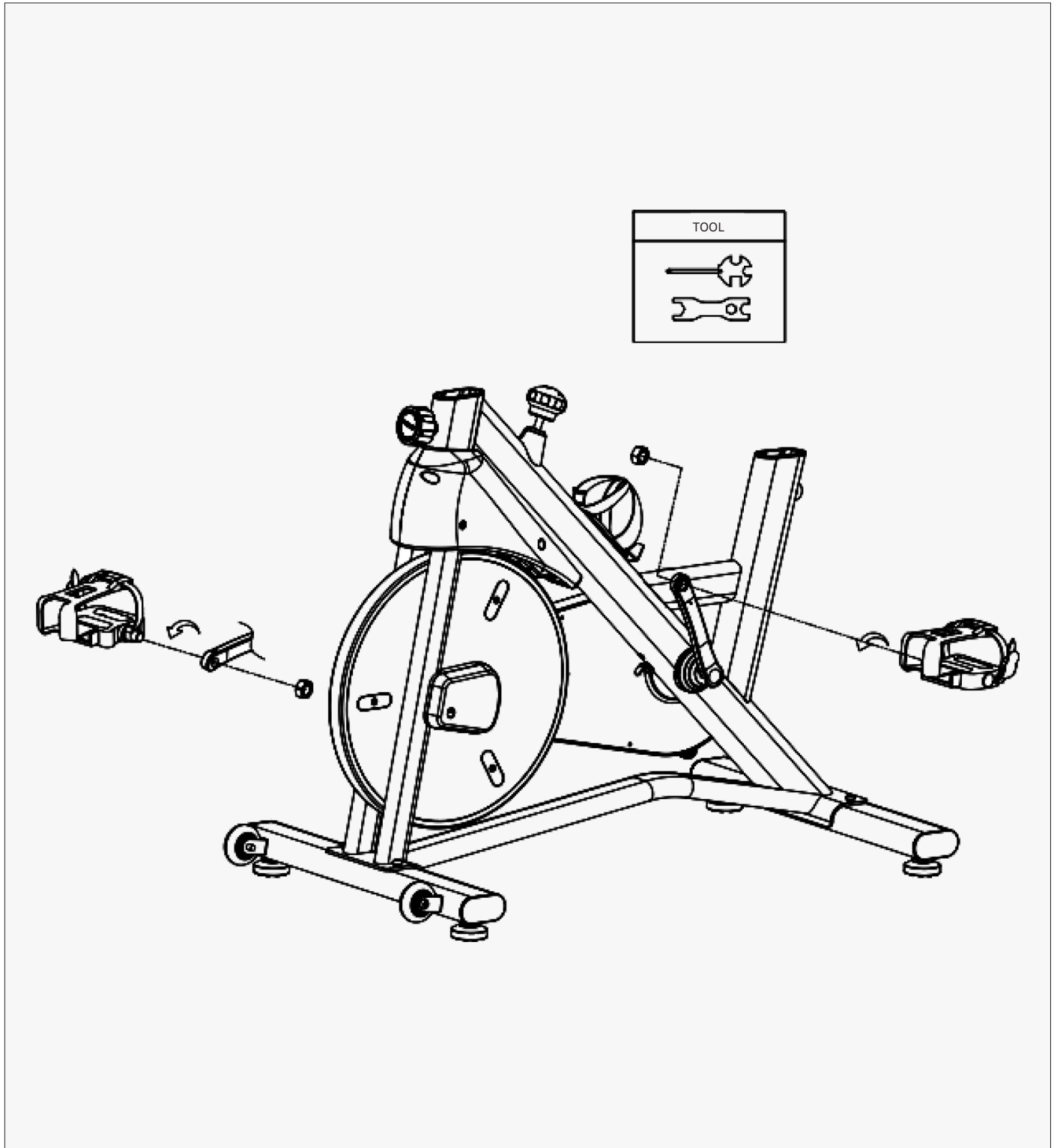
1. Use 4PCS M8x50 bolts, 4PCS M8 flat washers, and 4PCS M8 spring washers to fix the front and rear foot tube to the bottom feet as pictured.

! **ATTENTION:** Before starting assembly, please ensure that all packaging components have been disposed of and the wooden blocks for the flywheel is also removed.



STEP 3

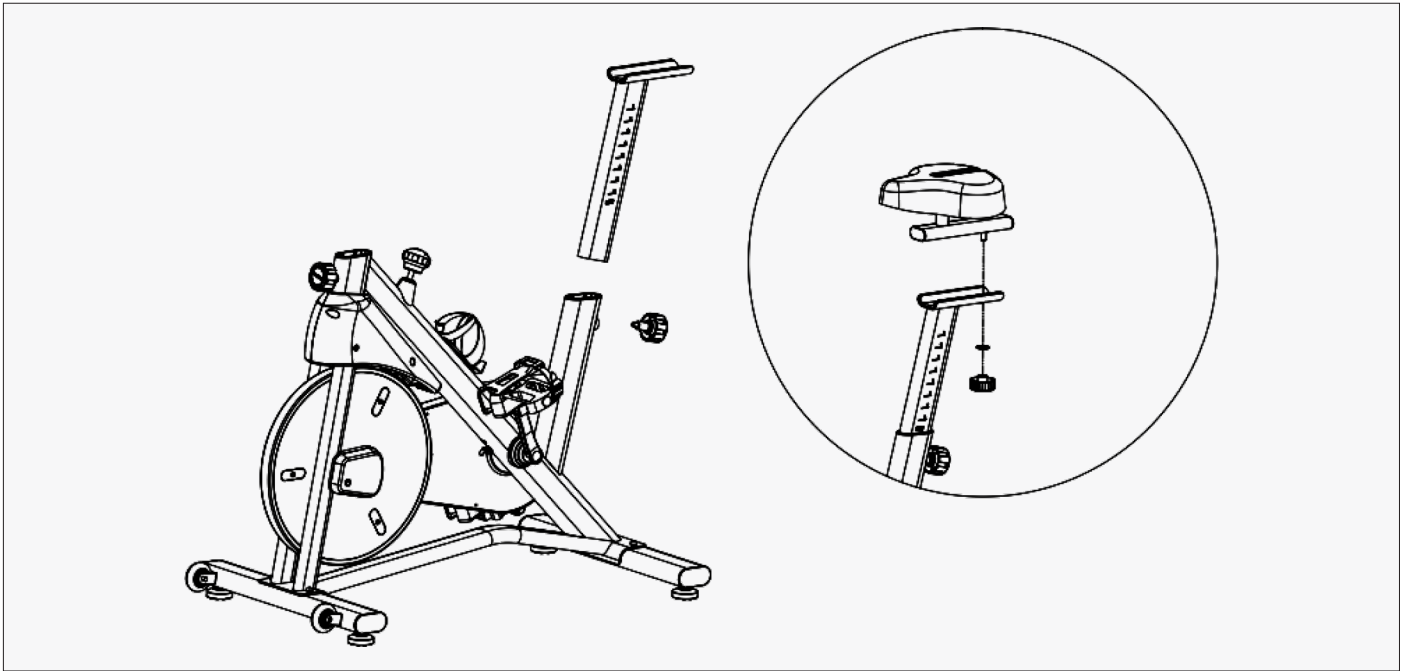
1. First, use a cross wrench to remove the cross-pan head screw ST4.2x16 that is pre-installed on the main frame, and then using the same screws attach the Bottle holder to frame.



STEP 4

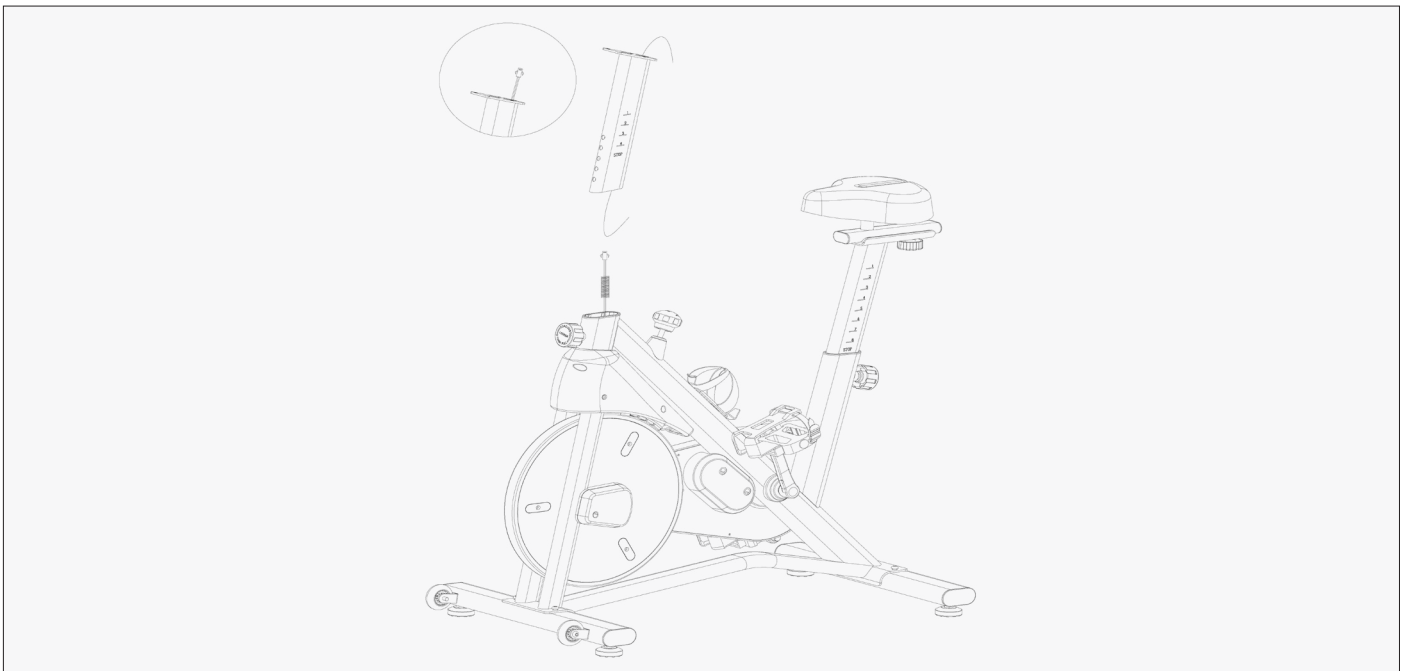
1. Identify between the Left and Right pedals from the labels on pedals.
2. Assemble the pedals, paying attention to keeping the pedals axis and crank perpendicular during assembly. Do not use tools yet, and tighten in the direction as shown in the figure. Once the thread on the foot pedal is basically screwed in, then tighten the foot pedal with a wrench.

! **IMPORTANT:** Right pedal is tightened clockwise and left pedal is tightened anti-clockwise. Ensure to fully tighten both pedals as loose pedals will cause damage to the thread and this will affect your warranty.



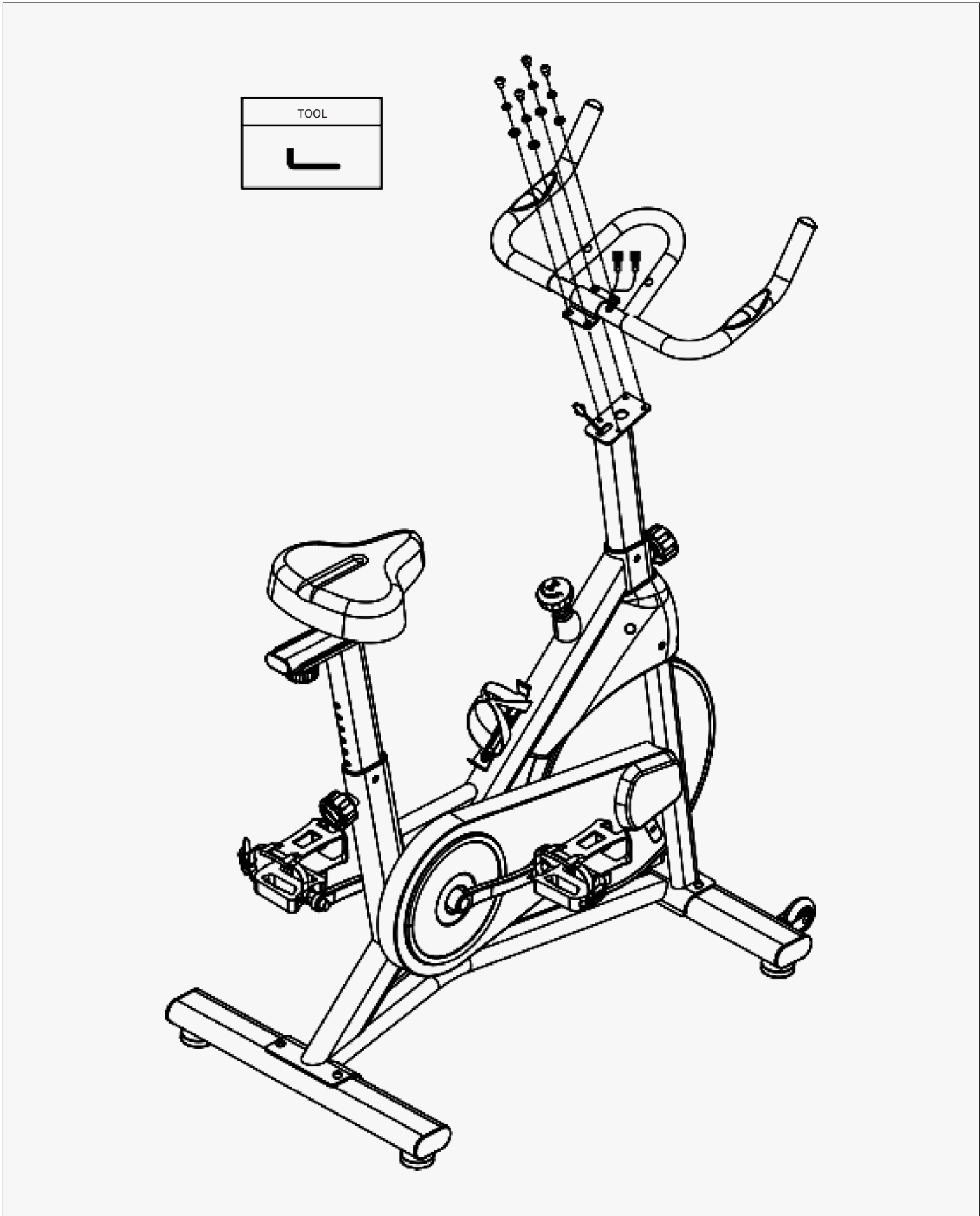
STEP 5

- A. Insert the Vertical Seat Post into the main frame along the direction of the outer sleeve, and secure the Seat Adjustment Pull Pin in a suitable position for the user height.
- B. Place the Seat Post onto the Vertical Seat Post, paying attention to the position with round post at the front as pictured and secure it using an M10 flat washer and Seat Adjustment Nut.



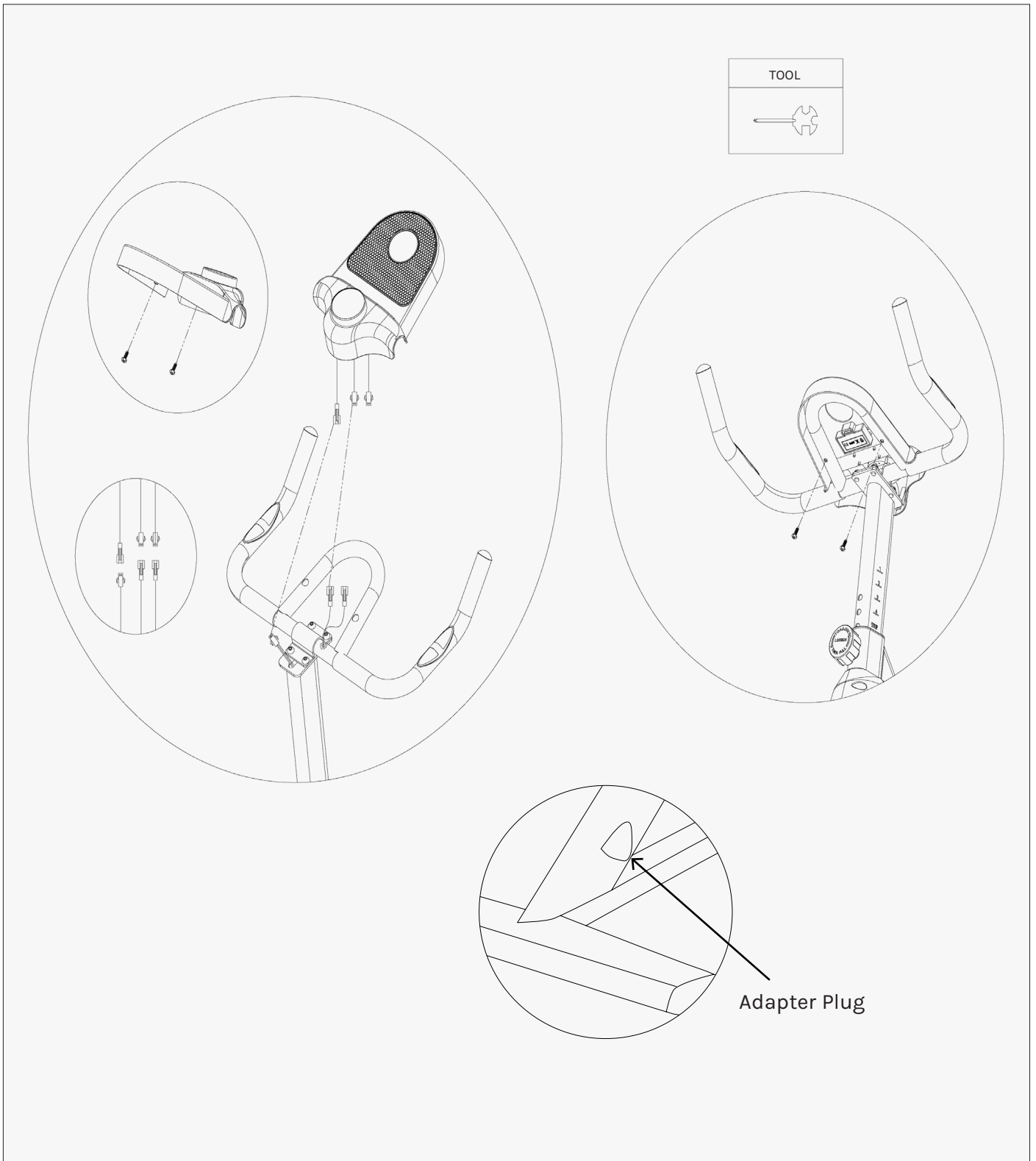
STEP 6

1. Loosen the guide wire and use it to pass through the Handlebar Adjustment Tube. Pass the sensing wire end through the groove of the adjustment tube, and then pass the guide wire through the sheet metal hole on the adjustment tube. Hold it in place to ensure the cord doesn't slide back into the tube.



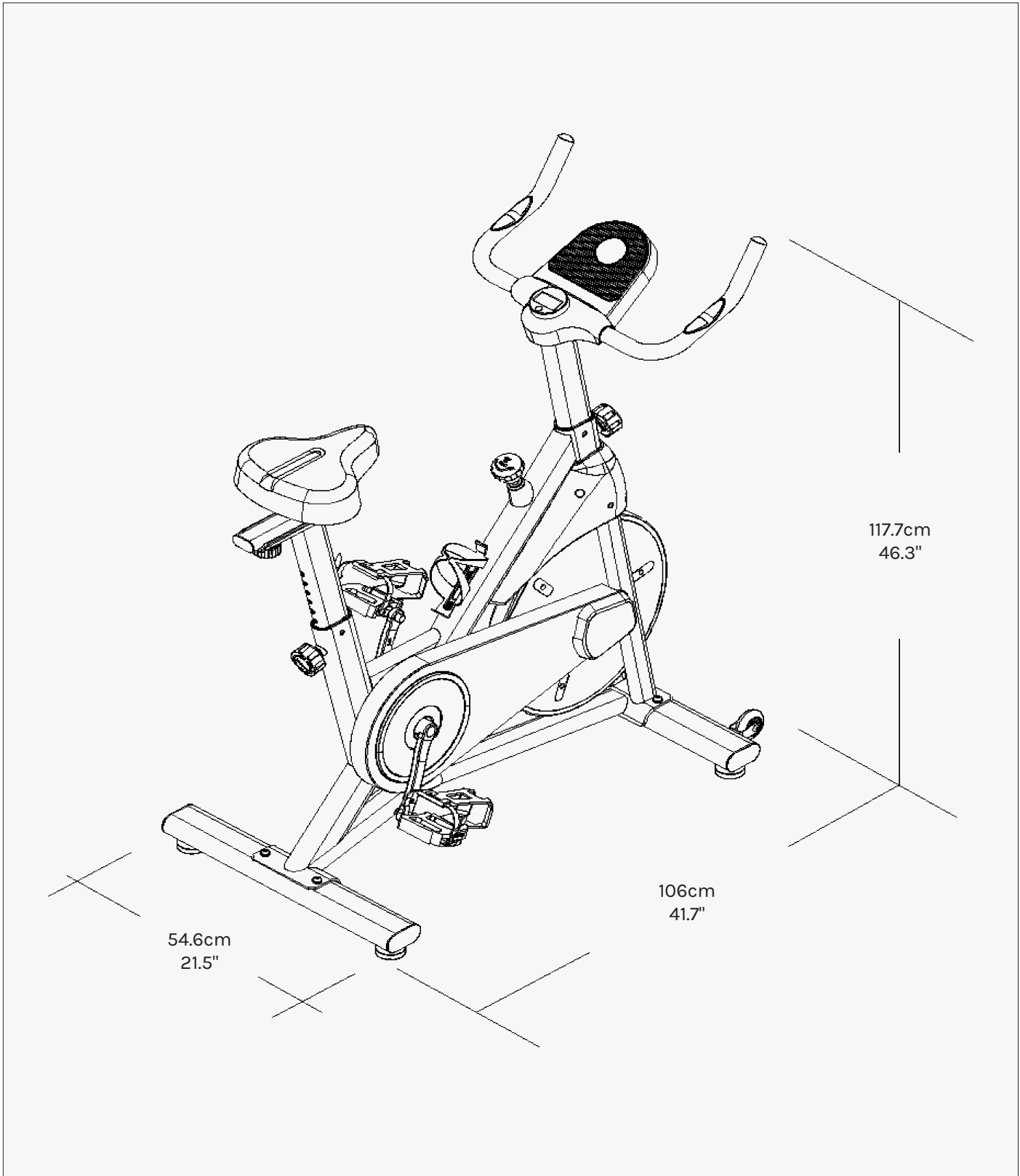
STEP 7

- 1. Use 4PCS M8x15 Hex socket head bolts, 4PCS M8 Spring washers, and 4PCS M8 Flat washers to install the armrest adjustment and armrest together. Tighten the bolts with an external hexagonal wrench.



STEP 8

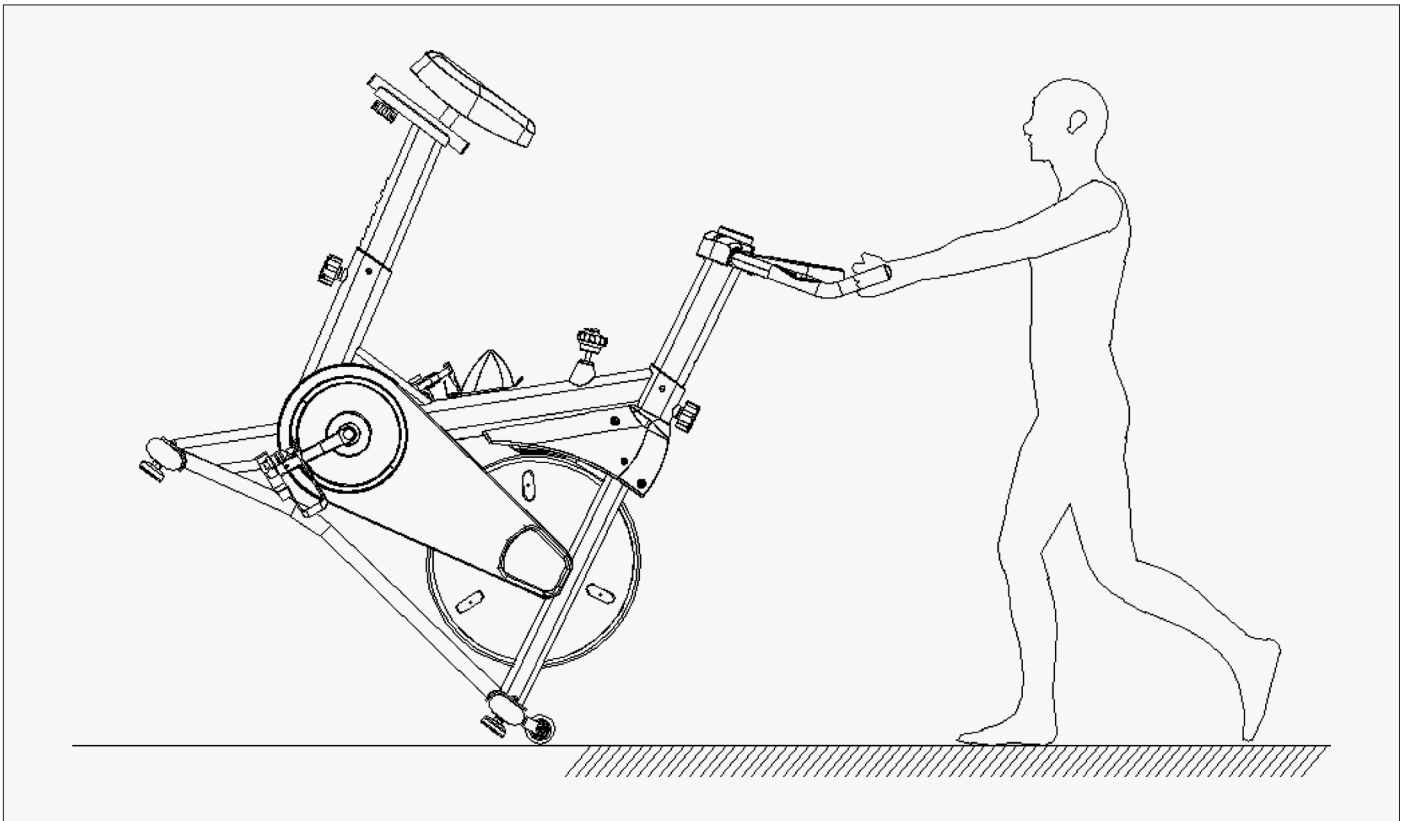
1. Use a cross wrench to remove the cross-pan head tapping screw ST4.2x13 that is pre-installed on the Display.
2. Connect the meter wire and sensing wire, and then connect the heart rate wire.
3. After aligning the holes, place the Display on the armrest and use the same screws ST4.2x13 to install the Display to the mount.
4. Plug the power adapter to the bottom of the frame.



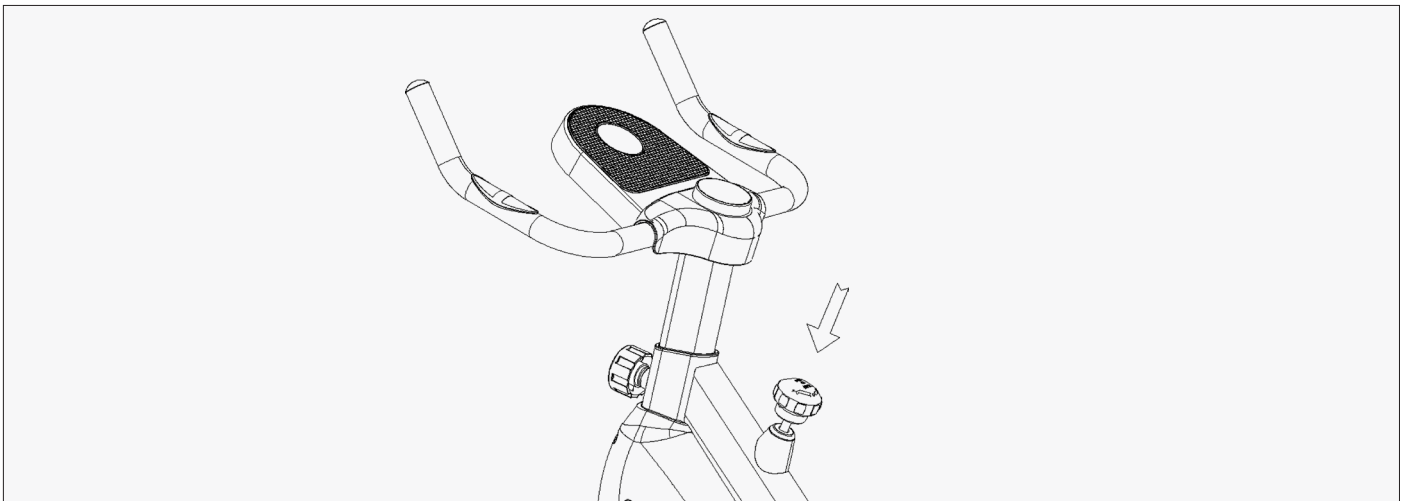
ASSEMBLED SIZE

106cm x 54.6cm x 117.7cm

VI. MOVING THE SPIN BIKE



1. When moving the machine, grab the front end of the handle and push it downwards, so that the roller on the foot tube is fully in contact with the ground. Then, start moving the machine to the desired position and slowly let go.



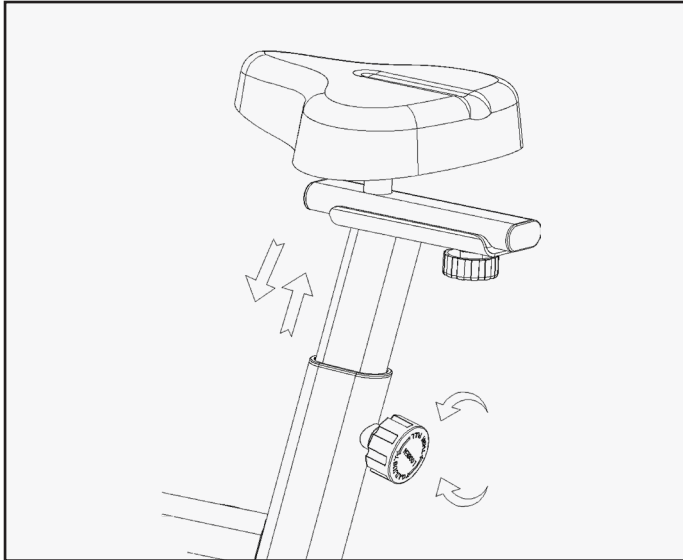
EMERGENCY BRAKE

Emergency Brake Instructions:

If you want to stop after reaching a certain speed during movement, you can place your hand on the knob and press it down to increase resistance to the wheels, causing them to stop quickly to avoid injuring your feet.

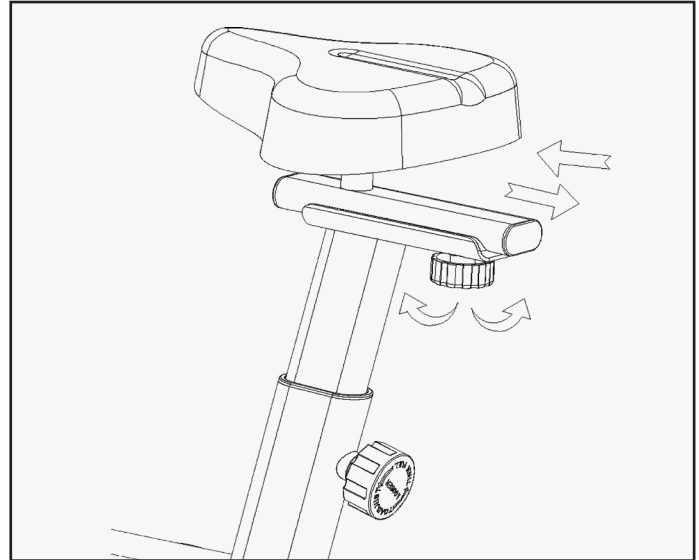
VII. SEAT AND HANDLEBAR ADJUSTMENTS

SEAT ADJUSTMENTS



Height Adjustment

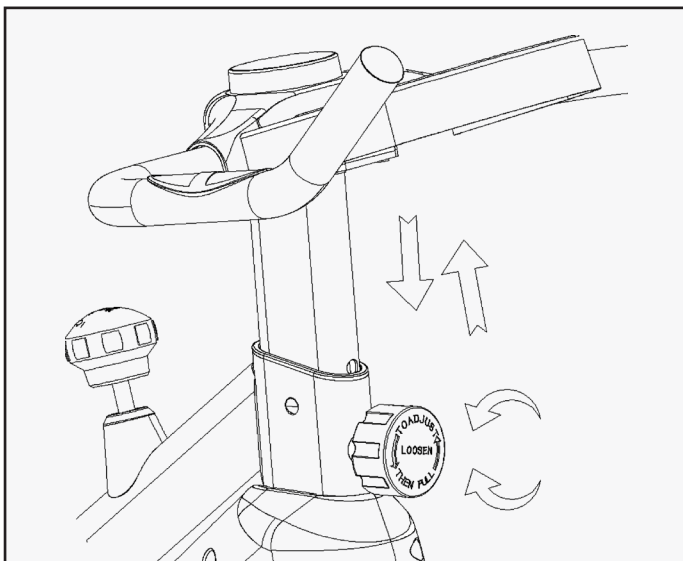
Rotate the adjusting pull pin counterclockwise with one hand and pull it outward. Grasp the seat cushion with the other hand and pull it up (or down) to adjust it to the desired position. Release the pin to lock in place then turn the adjusting pull pin clockwise to tighten.



Fore/Backward Adjustment

Loosen the seat cushion adjustment knob, then slide the seat cushion back and forth to the desired position, and then tighten the knob.

HANDLEBAR ADJUSTMENT



Height Adjustment

Rotate the adjusting pull pin counterclockwise with one hand and pull it outward. Grasp the armrest with the other hand and pull it up (or down) to adjust it to the desired position. Release the pin to lock in place then turn the adjusting pull pin clockwise to tighten.

VIII. OPERATION GUIDE



KEY FUNCTIONS

1. When the machine is not powered on, the central control knob screen displays is not lit up (Fig. 1).
2. When the knob is powered on, the buzzer sounds once, and the screen is fully displayed (Fig. 2). After 2 seconds, it enters standby mode. If there is no action for 20 seconds during operation, the system pauses. If there is no action for 2 minutes during standby or pause, the system enters sleep mode and the screen displays all closed (Fig. 1).



1. During standby and operation, the main window defaults to the carousel mode, and the function displays are switched every 5 seconds: distance (Fig. 3), time (Fig. 4), calories (Fig. 5), step frequency (Fig. 6), resistance range (Fig. 7), speed (Fig. 8), and heart rate (Fig. 9). Short press to switch and lock the desired display content. Long press to clear all data and return to standby mode.





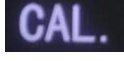


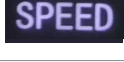
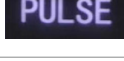

During the movement process, the resistance segment can be adjusted by rotating the direction of the central control knob.

- Clockwise rotation increases the resistance segment, with a maximum adjustment of 32 segments.
- Counterclockwise rotation reduces the resistance segment, and a minimum adjustment of 1 segment. (Fig. 9)



! **PRECAUTIONS:** This machine is a Digital device, please pay attention to the correct use of the power supply. When not in use, the power plug must be unplugged. When using by minors, it is necessary to have a guardian accompanying them to avoid accidental operation, which may cause damage to the machine and accidental injury to personnel.

DATA DISPLAY DESCRIPTION

ITEM	NAME	WINDOW	DISPLAY DESCRIPTION
1	Distance		000.0~999.9
2	Time		00:00~99:59
3	Calorie		000.0~999.9
4	Cadence		10~200
5	Resistance		1-32
6	Speed		Calculated based on wheel diameter (RPM=60 speed 21.5KM)
7	Heart Rate		60-200
8	Bluetooth		Display: Bluetooth connected Not displayed: Bluetooth not connected

IX. EXERCISE GUIDE

ⓘ PLEASE NOTE:

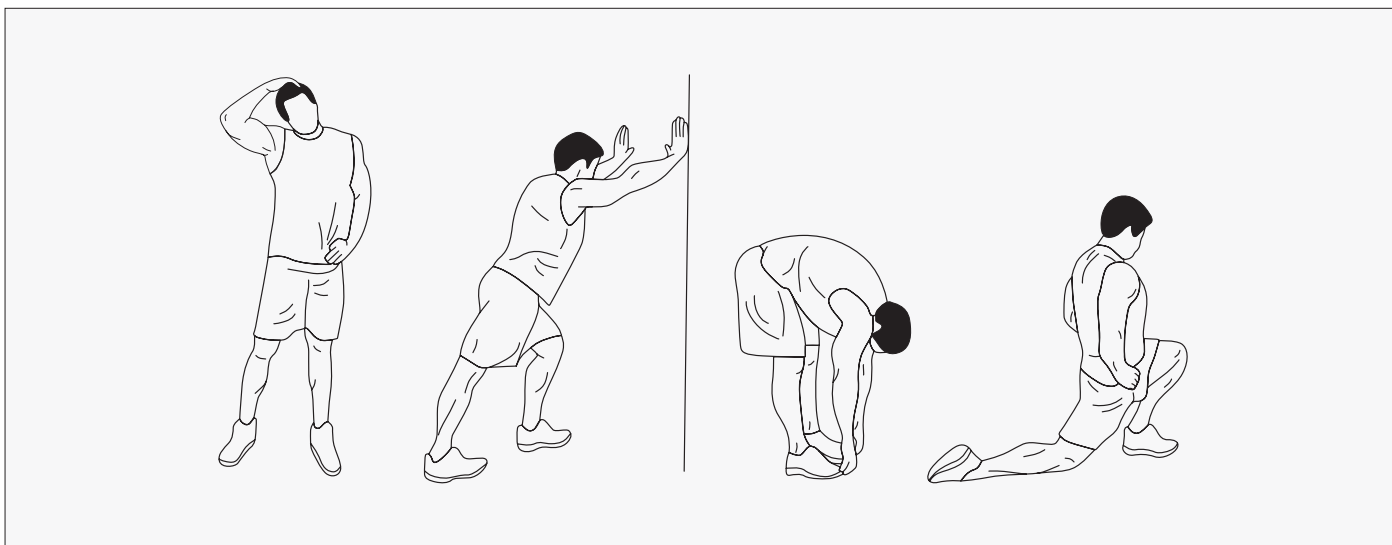
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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, 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

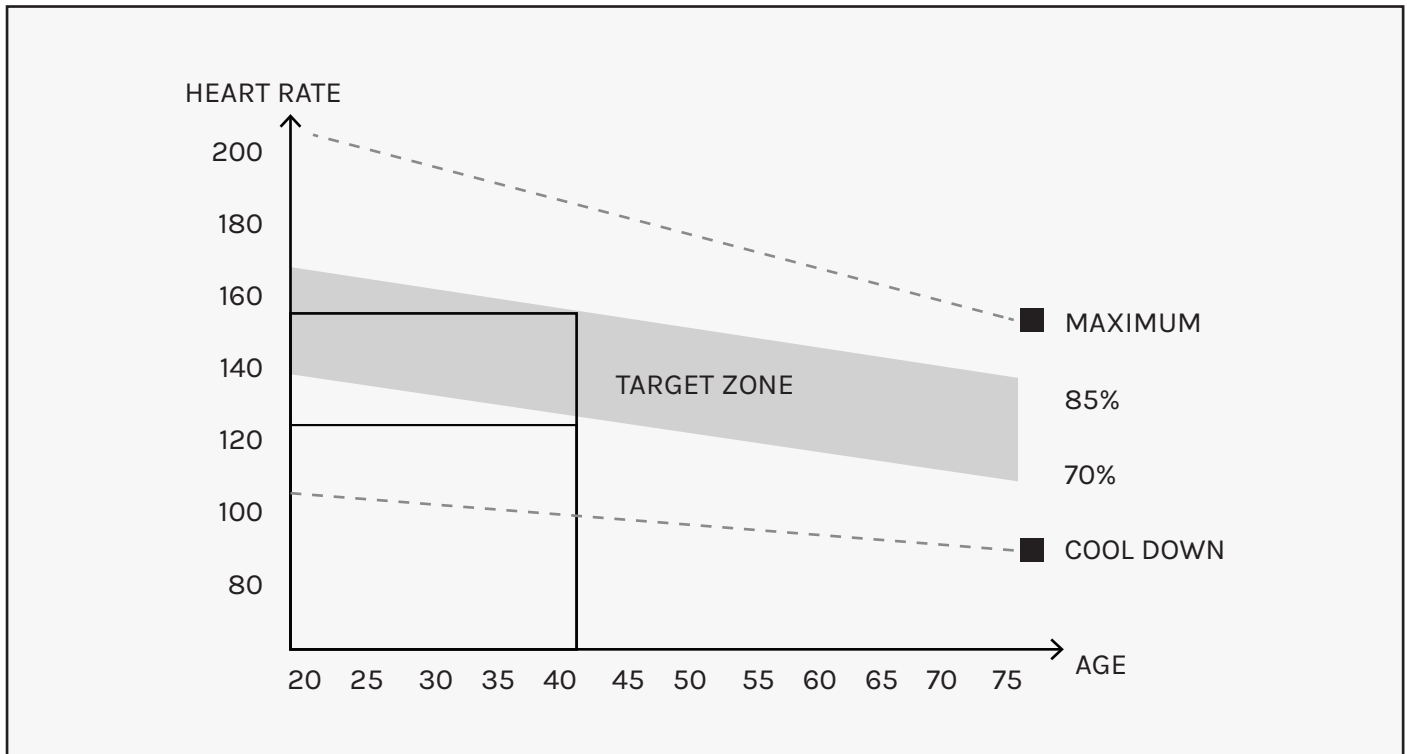
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

X. 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:

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

WARRANTY AND SUPPORT

Please email us at 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.

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