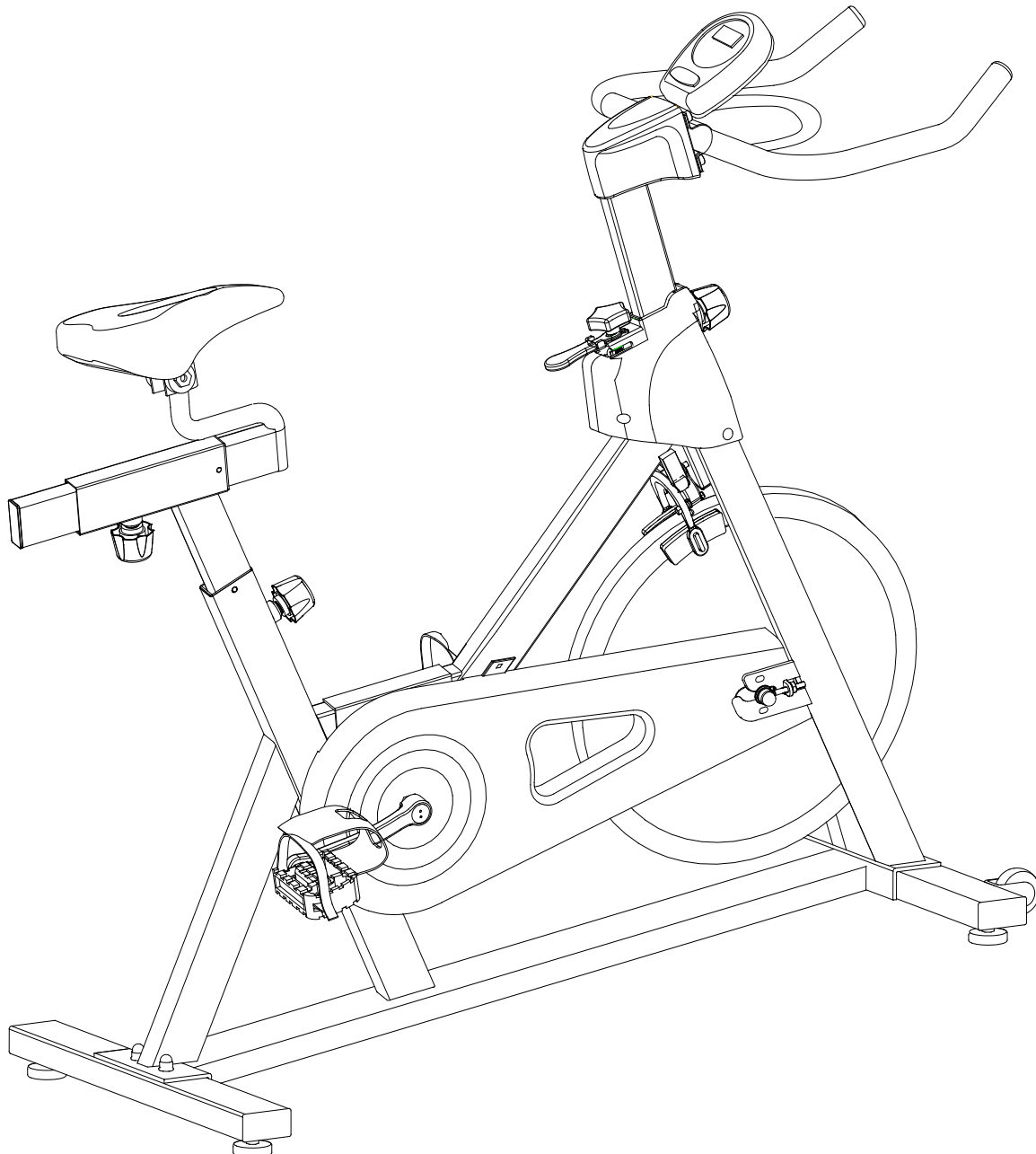# SP-310 OWNER'S MANUAL

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.

TABLE OF CONTENTS

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1. IMPORTANT SAFETY INSTRUCTIONS

<u>**WARNING**</u> **- 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 keep this manual with you at all times

a. 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.

b. 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.

c. 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.

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

e. 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 0.5 meters of free space all around it.

f. 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 assemble, stop immediately. Do not use the equipment until the problem has been rectified.

g. 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.

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

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

j. Always keep this instruction manual and assembly tools at hand for quick reference.

k. The equipment is not suitable for therapeutic use.

l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

2.   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

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

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

Battery Usage

a. Batteries are to be installed or replaced by adult only

b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries

c. Remove batteries when product is not in use

d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation

e. Do not attempt to recharge non-rechargeable batteries

f. Batteries are to be inserted with correct polarity

g. The supply terminals are not to be short-circuited

2. EXPLODED DIAGRAM

LIFESPAN FITNESS

SP-310
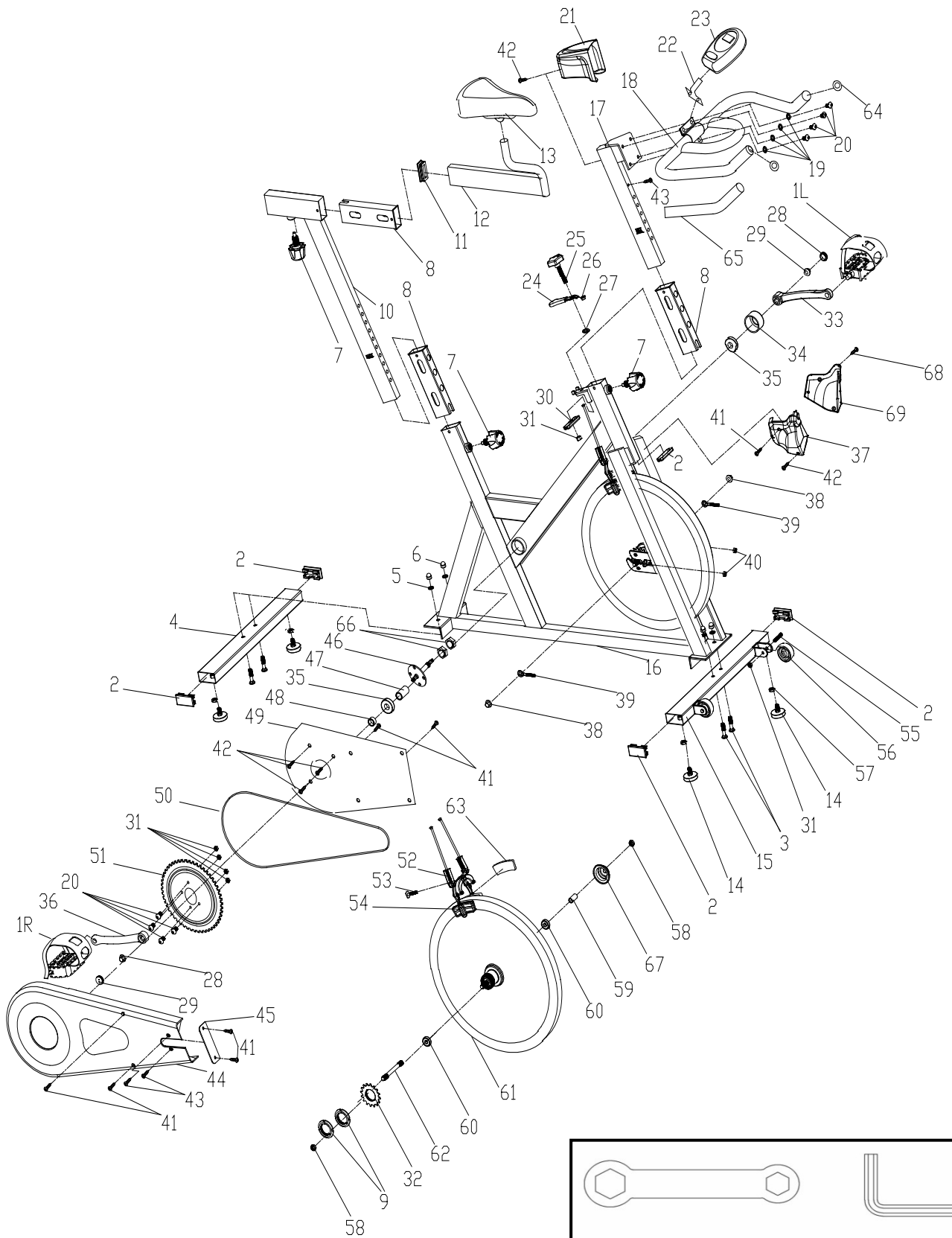
3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1L	PEDAL	1	JD-301（9/16"）L
1R	PEDAL	1	JD-301（9/16"）R
2	END CAP1	5	60*30*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*42
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	3	φ57*62 (M16*1.5)
8	PLASTIC SLEEVE	3	53.5*23.5*1.5
9	LOCK NUT	2	M33*1*4
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	1	53.5*23.5*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	GB/T 859-1987 8
20	BOLT	8	GB/T 70.2-2000 M8*15
21	HANDLEBAR COVER	1	115*89*75 (60g)
22	COMPUTER HOLDER	1	δ2.5
23	COMPUTER	1	HS-6065
24	BRAKE KNOB	1	112*32*7
25	ADJUSTMENT KNOB	1	φ38*79
26	LITTLE PLASTIC RING	1	14*8*9
27	PLASTIC RING	2	φ20*φ9*3
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	SHEET IRON	1	δ5
31	LOCK NUT	7	GB/T 889.1-2000 M8
32	CHAIN WHEEL	1	A7K-16 1/2"*1/8" 16T（1.37"）
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27

NO	NAME	QUANTITY	SPEC
37	RIGHT PROTECT COVER	1	156*80*174 (85g)
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	2	GB/T 889.1-2000 M6
41	SCREW 1	6	GB/T 845-1985 ST4.2*19
42	SCREW 2	8	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	3	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.5*41
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	451*260*2 (220g)
50	CHAIN	1	P＝12.7，106
51	CHAIN WHEEL	1	P=12.7,Z=52T
52	BRAKE	1	2PCS 130mm
53	BOLT	1	GB/T 70.1-2000 M6*20
54	BRAKE PLASTIC	2	82*41*19
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ50*23
57	NUT	4	GB/T 41-2000 M8
58	FIXING NUT 2	2	M12X1.25 H=6
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ450*72(13KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	WOOLLY BLOCK	2	78*38*6
64	END CAP	2	φ25*1.5
65	FOAM GRIP	2	φ23*φ29*465
66	FIXING NUT	2	27*M20*1（5mm）
67	FLYWHEEL COVER	1	φ59*35
68	SCREW 4	1	ST2.9*9.5
69	LEFT PROTECT COVER	1	157*73*157 (85g)

# 4.   ASSEMBLY INSTRUCTIONS

STEP 1

A. Before assembly ensure there is enough space around the item.

B. Use the provided tools for assembly.
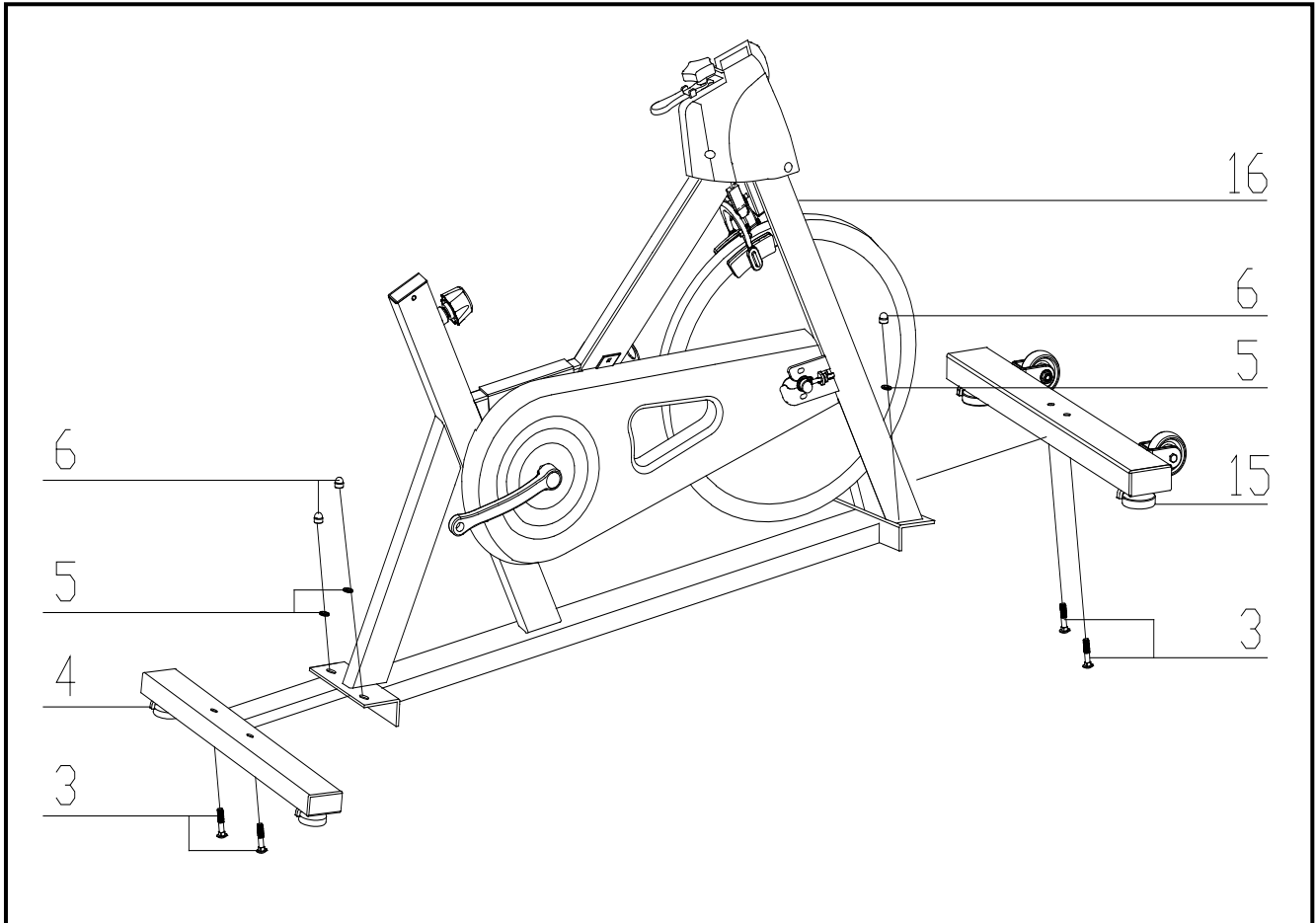
1.   Remove the bolts and nut from the bottom tube

2.   Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*42 Carriage bolt (3).

3.   Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*42 Carriage bolt (3).

STEP 2:
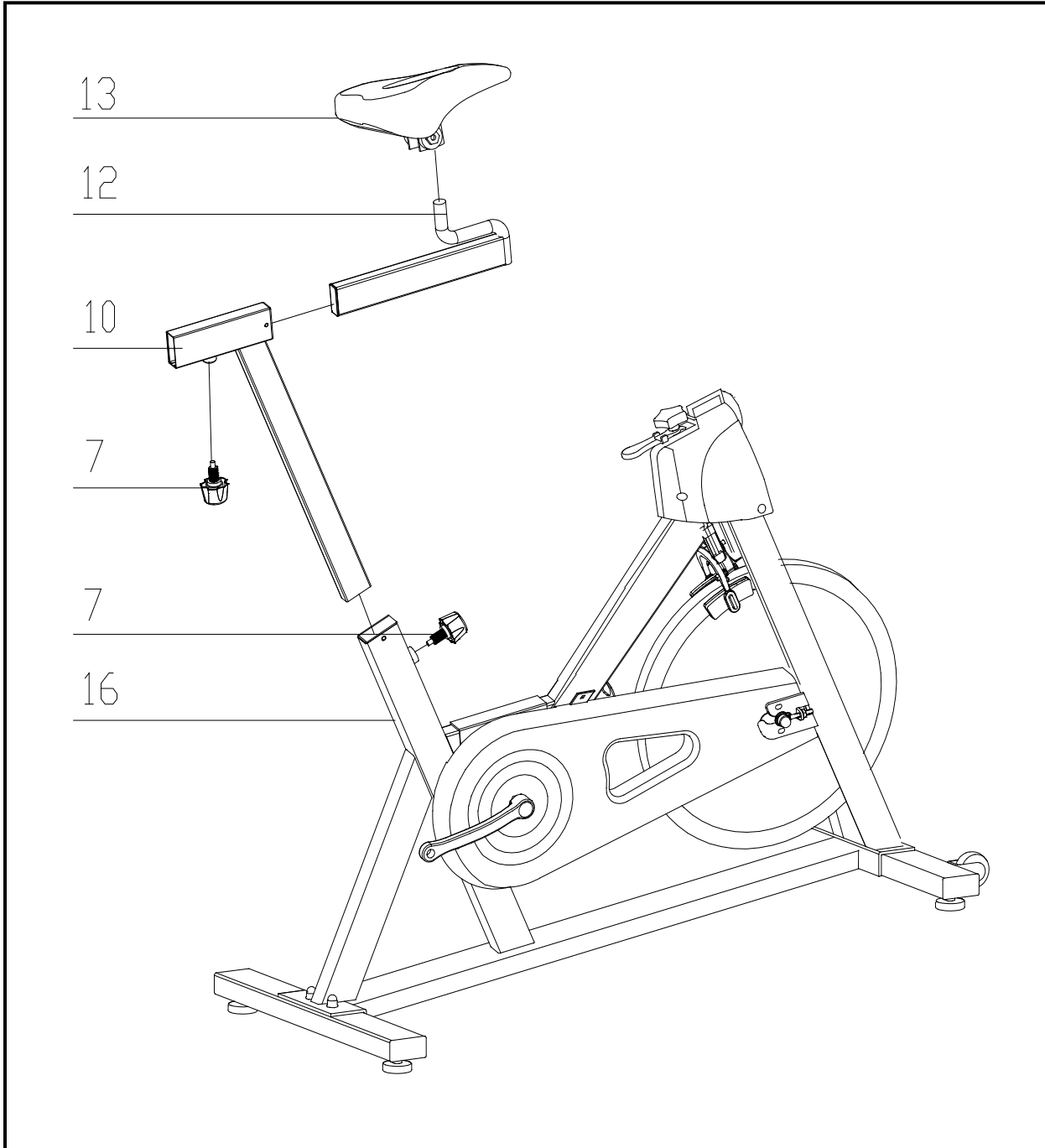
1. Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16).

2. Slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

3. Now fix the Seat (pt.13) to the Vertical Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

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STEP 3:
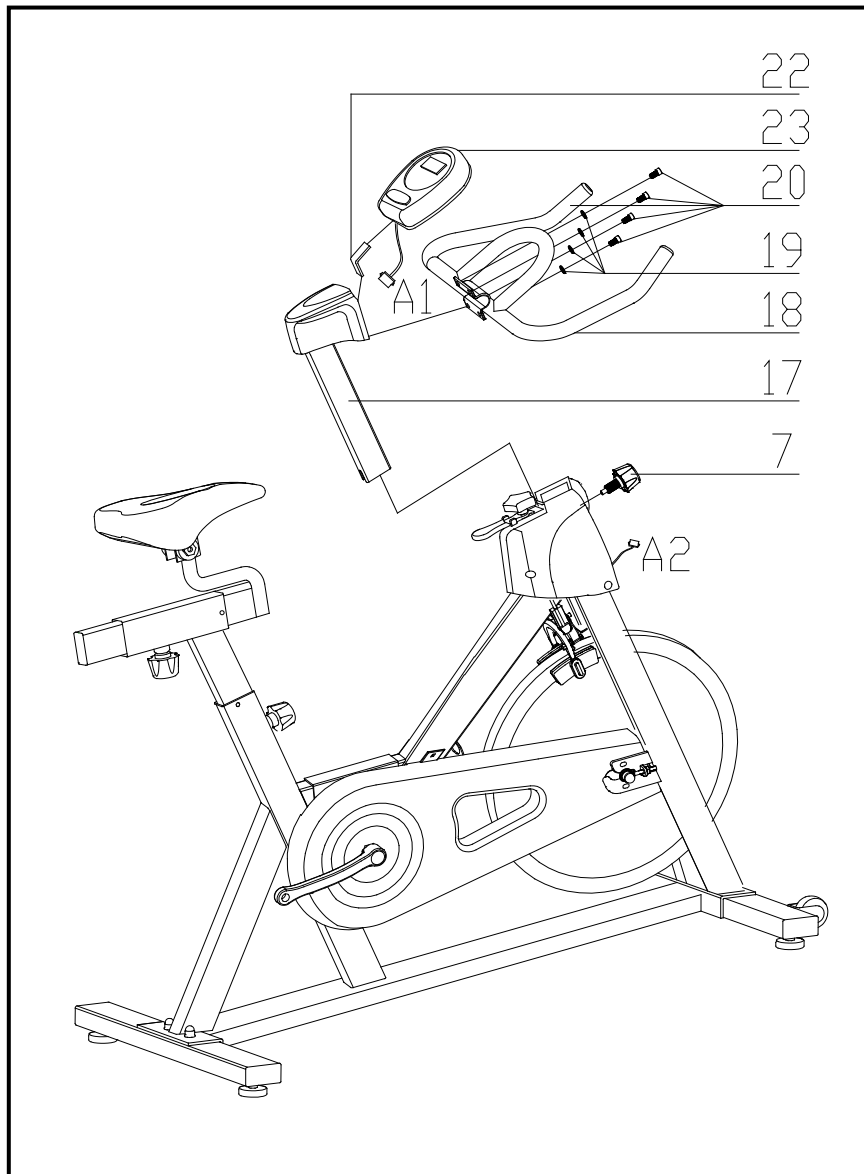
1. Slide the Handlebar Post (pt.17) into the handlebar post housing onto the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

2. Then fix the Handlebar (pt.18) with two sets of Ø8 the Spring Washer (pt.19) and M8*15 Bolt (pt.20).

ATTENTION: YOU SHOULD SECURE THE HANDLEBAR TIGHTLY

3. Slide the Computer (pt.71) onto the Computer Holder (pt.7)

4. Plug the Sensor Wire and Pulse Wire to the back of the Computer (pt. 71), connect the plug (A1&A2),

STEP 4:
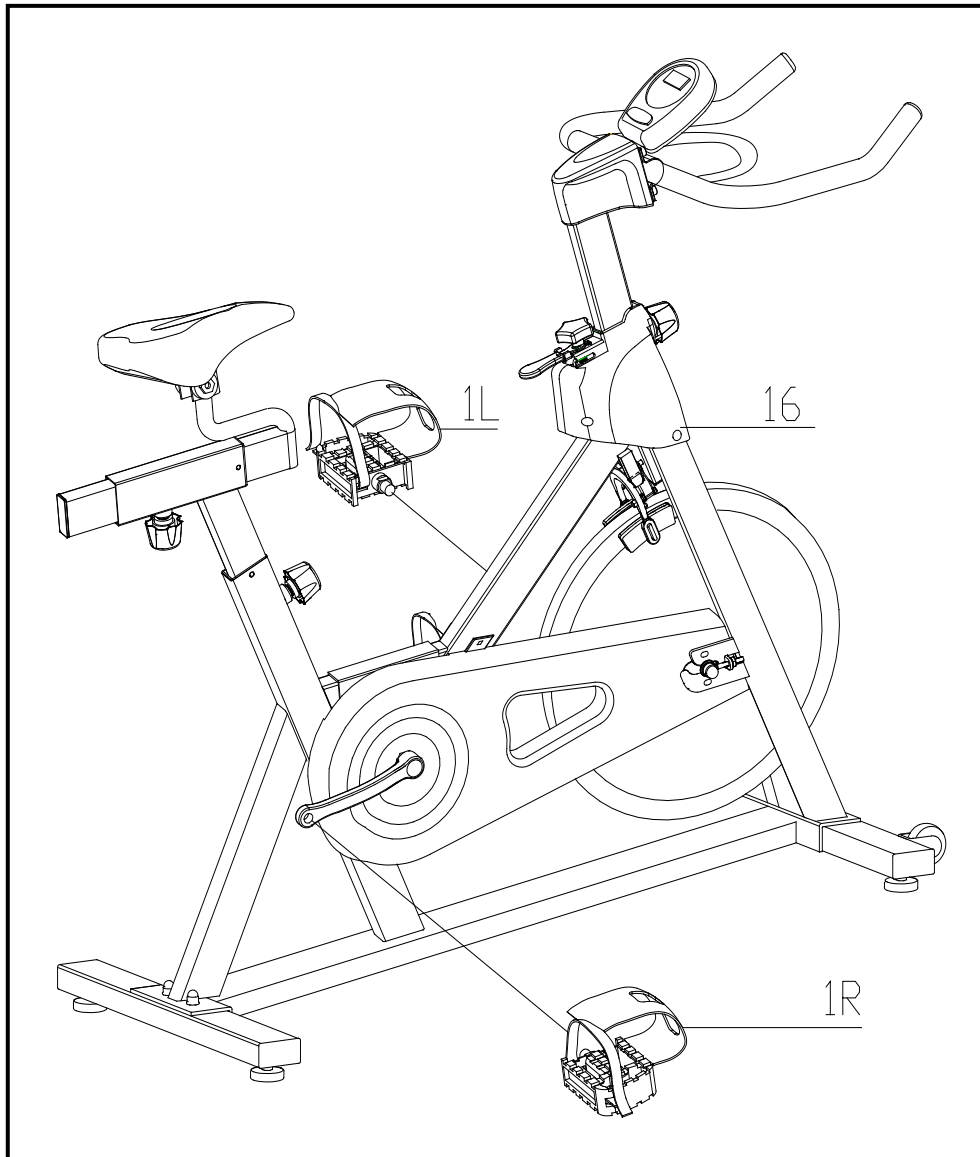
1. The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their
    appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.
    Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

5. ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

Horizontal Seat Adjustment

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

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6. COMPUTER OPERATION

PARAMETERS

Odometer (if applicable), Time, Speed, Distance and Calories. All workout parameters may be selected by the select key.

FUNCTION

POWER ON: Pushing the button on the display will turn the display on and display the parameters of the previous workout.

SCAN: when the symbol "►" points to SCAN, The monitor will display the functions listed below. Each function will remain on the screen for 4 seconds. The following modes will automatically cycle through respectively: TIME –SPEED-DISTANCE-CALORIES-PULSE

TIME: when the symbol "►" points to TMR. The monitor will display total workout time.

SPEED: when the symbol "►"points to SPD, The monitor will display the current speed in km/h.

DISTANCE: when the symbol "►" points to DIST. The monitor will display the total workout distance in km.

CALORIES: when the symbol ""◄" points to CAL. The monitor will display the total workout caloric consumption in K CAL.

Reset: Hold the button down for more than 3 seconds and all functions will reset to 0.

SLEEP: The display will automatically enter sleep mode if it does not receive a signal after 4 minutes of inactivity.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 4 seconds
	Elapsed Time	00:00~99:59
	Speed	0.0~99.9km/h
	Distance	0.00~99.99km
	Calorie	0.00~999.9kcal
Controller	4 bit single chip microprocessor	
Sensor	No-contace magnetic type	
Battery type	2 pcs of Size-AA or UM-3	
Operating temperature	0°~+40℃	
Storage temperature	-10°~＋60℃	

7. 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.
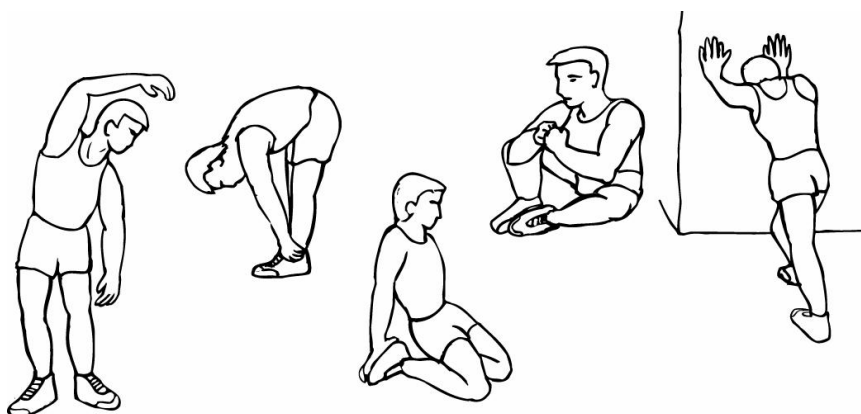
Training Zone Exercise

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-never hold your breath.

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

<u>**TARGET ZONE**</u>
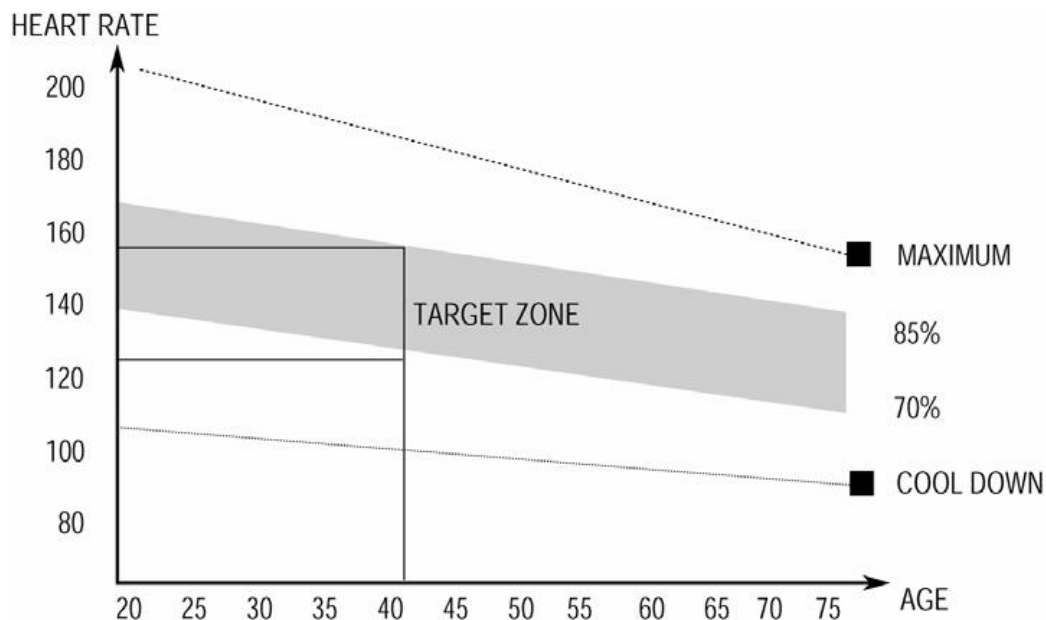
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

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8. 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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other

means.

Head Office and Customer Service:

Global Fitness and Leisure Pty Ltd
17 Fordson Rd
Campbellfield
VIC, 3061
Australia
PH: 03 9357 2166

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 that they must be amplified 1000 times to make the signal useful 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 signals
- 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 affect pulse readings as well.

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 technology works 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 a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step 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).

For more information, please contact our Lifespan Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au