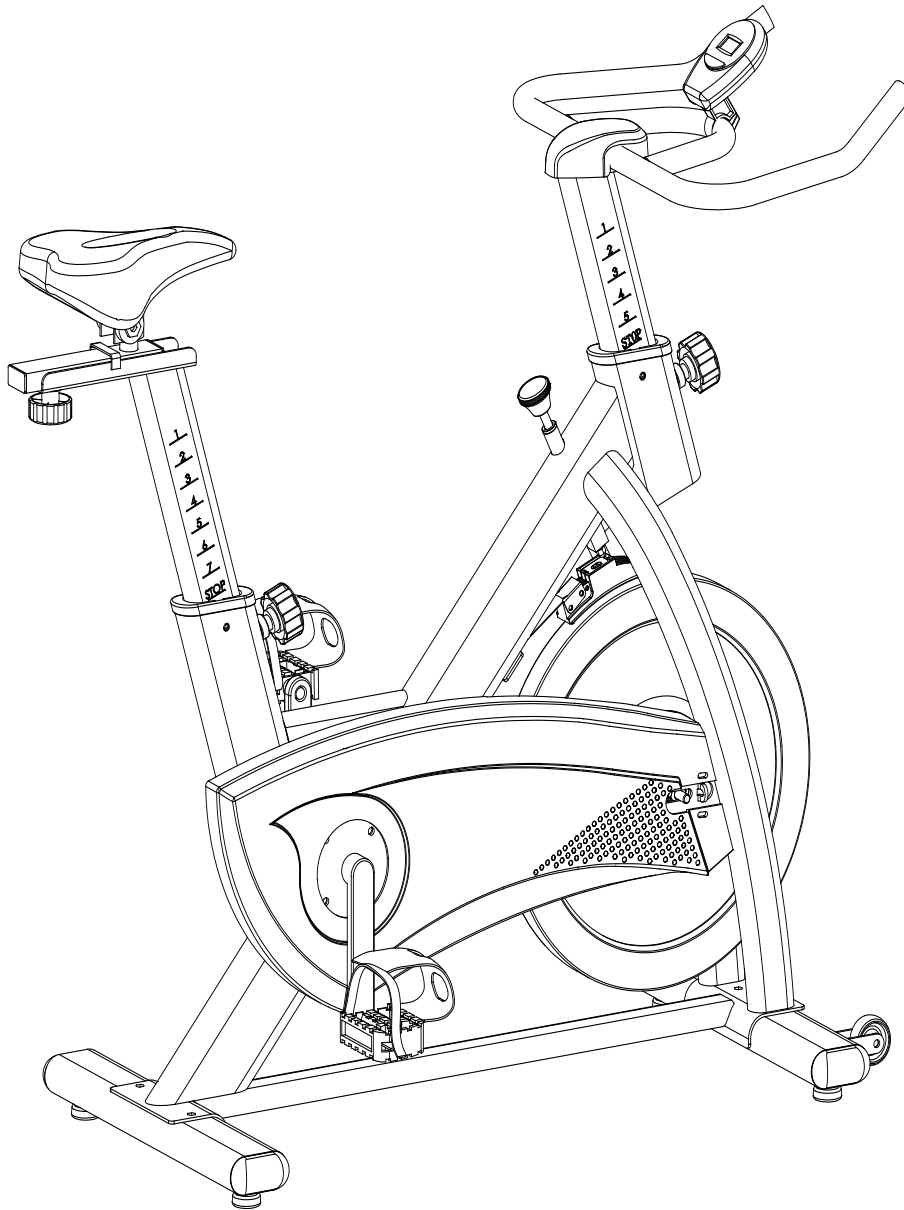


# SP-340 OWNER'S MANUAL



**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.**

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# 1. 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 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



## 3. PARTS LIST

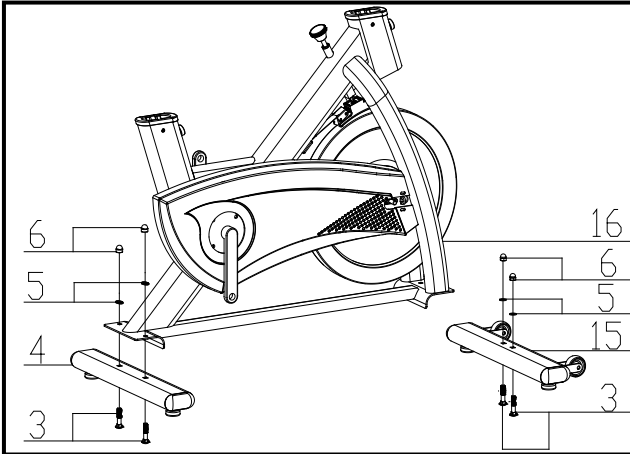
NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	4	80*40*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52

NO	NAME	QUANTITY	SPEC
42	SCREW 2	3	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	714*301*60
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ17*165
47	LONG FIXING TUBE	1	φ25*φ20.5*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	454*288*6
50	BELT	1	5PK51
51	BELT WHEEL	1	φ200*24
52	FIXING NUT 2	1	16X16X5 (M10)
53	SPRING 2	1	φ1.0X55
54	SHORT FIXING TUBE	1	φ14*φ10.2*25.5
55	FLAT WASHER	1	Φ16*Φ10.2*1.5
56	WHEEL	2	φ50*23
57	FIXING TUBE	1	φ14*φ10.2*56.2
58	FIXING NUT 2	2	M10X1.25 H=6
59	FIXING TUBE	1	φ14*φ10.2*35
60	BEARING	2	6000ZZ
61	FLYWHEEL	1	φ420*72
62	FLYWHEEL SHAFT	1	φ10*160
63	WASHER	2	φ16*φ10*φ1.5
64	DOMED NUT 1	1	GB/T 802-1988 M6
65	SCREW 6	1	GB/845-85 ST4.8X13
66	END CAP	2	φ25*1.5
67	FOAM GRIP	2	φ23*φ29*465
68	SPRING COVER	1	32*23*2
69	SPRING 3	1	φ2.2
70	PLASTIC FRAME	1	116*30*32
71	LITTLE PLASTIC	1	14*9*14
72	FLAT WASHER2	1	35*20*2.0
73	WOOLLY BLOCK	1	113*25*8
74	BOLT 1	2	GB/T 5780-2000 M5*30
75	SPRING BRAKE	1	δ1.0
76	LOCK NUT	2	GB/T 889.1-2000 M5
77	SPRING WASHER 1	3	GB/T 859-1987 5
78	BOLT 2	2	GB/T 5780-2000 M5*10
79	BOLT	2	GB/T 5780-2000 M8*40
80	COMPUTER HOLDER	1	54*39*19
81	COMPUTER	1	HS-6065
82	SENSOR	1	SR-202

## 4. ASSEMBLY INSTRUCTIONS

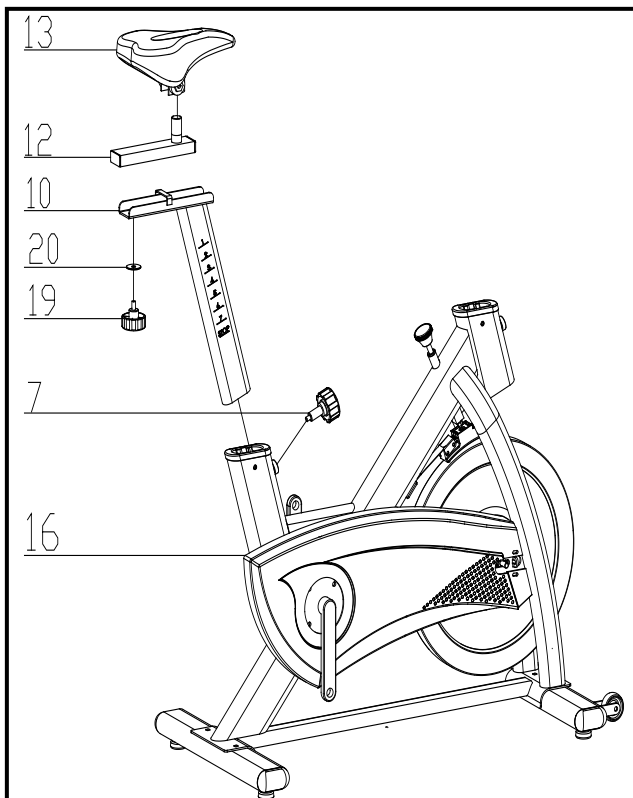
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

### STEP 1



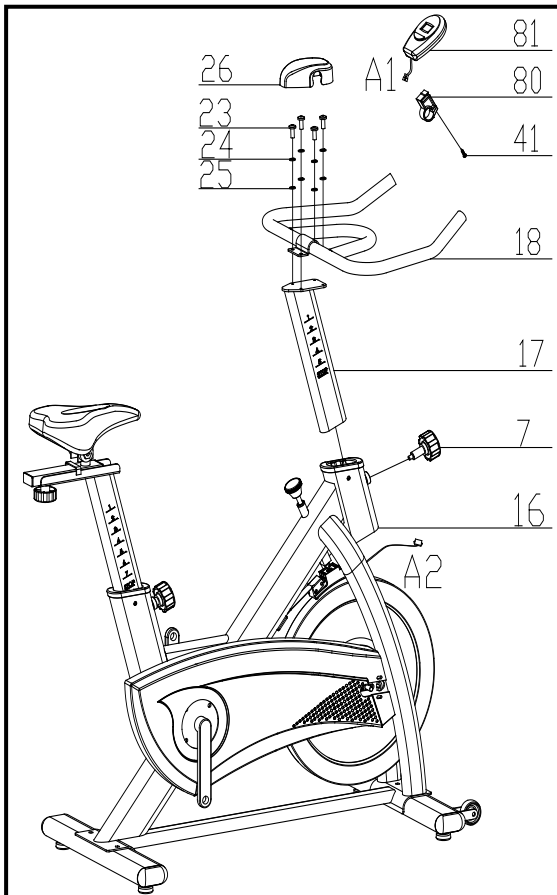
- a) Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8\*52 Carriage bolt (3).
- b) Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8\*52 Carriage bolt (3).

### STEP 2:



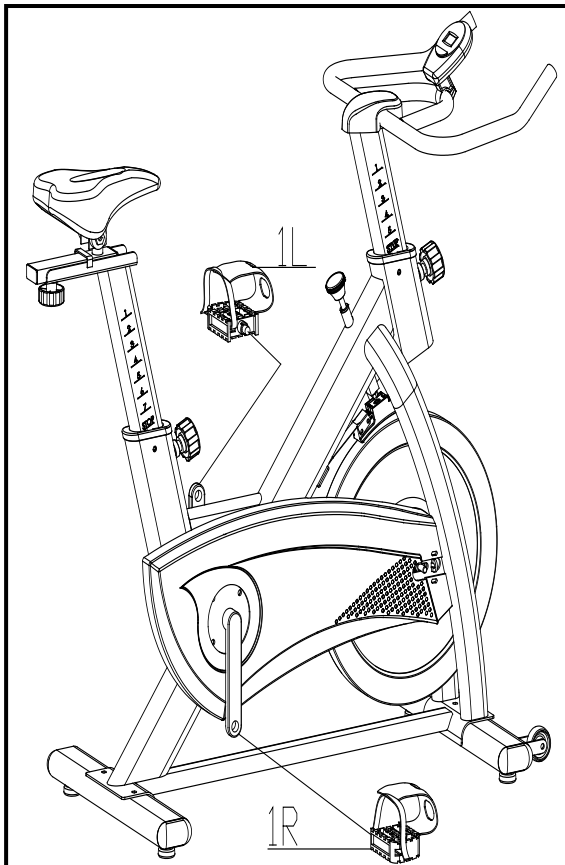
- a) First, the elastic bolt (7) of the large ball head is loosened and pulled down, then the cushion adjusting pipe assembly (10) is inserted into the inner liner of the main frame assembly (16) to make it in an appropriate position, and then the elastic bolt (7) of the large ball head is loosened and locked.
- b) At the same time, the buffer sliding tube assembly (12) is inserted into the buffer regulating tube assembly (10) and the elastic bolt (7) of the large ball head is locked by the buffer.
- c) Finally, the buffer pad (13) is locked with a tool (using a cross wrench).

### STEP 3:



- a) First, the elastic bolt (7) of the large ball head is relaxed and pulled down. Then, the armrest regulating tube assembly (17) is inserted into the inter-tube bushing of the main frame assembly (16) to make it in proper position. Then, the elastic bolt (7) of the large ball head is released and locked.
- b) The armrest tube assembly (18) is then fixed on the armrest regulating tube assembly (17) with a light elastic washer (24), a flat gasket (25) and an inner hexagonal cylindrical screw (23), and the armrest tube assembly (17) is locked. Finally, the armrest cover (26) is clipped to the armrest tube assembly (18).  
**ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY**
- c) Fix the computer (81) onto the Handlebar post (pt18) with 1pcs Bolt (41), connect A1 & A2.

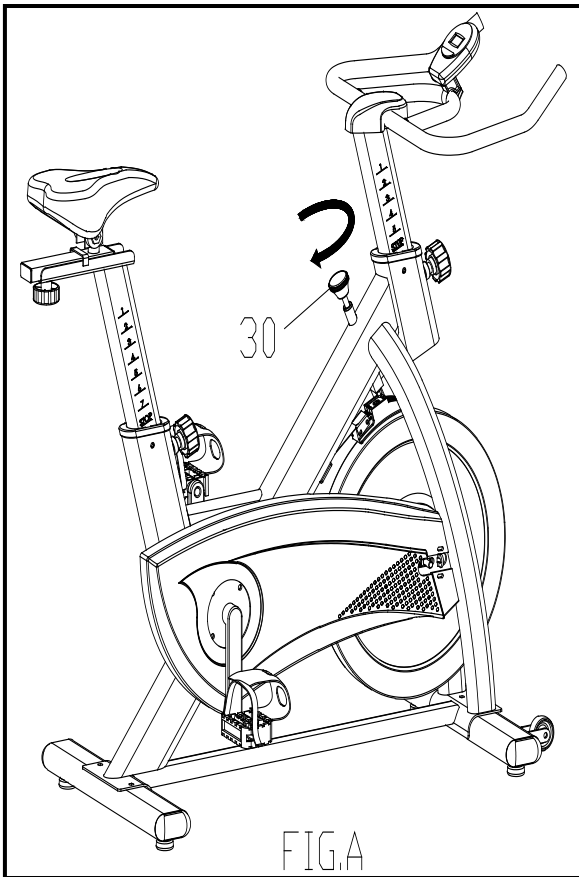
### STEP 4:



- a) 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.**

**PEDALS MUST BE FULLY TIGHTENED TO AVOID DAMAGE TO THE CRANK OR PEDAL THREAD.**

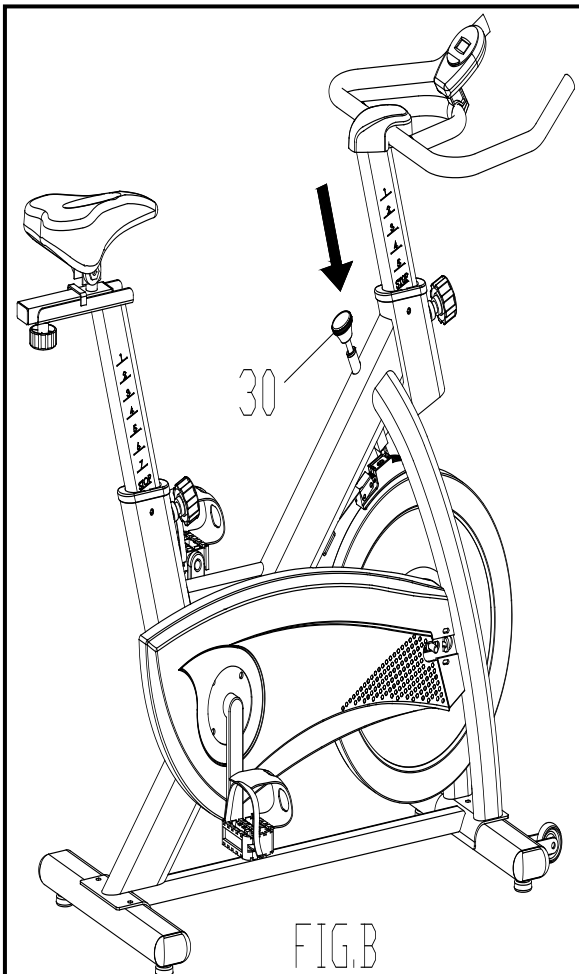
## STEP 5:



### Adjusting the Tension:

- Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting
- the resistance level of the bike.
- To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency
- Brake & Tension Control Knob (#30) to the right.
- To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency
- Brake & Tension Control Knob (#30) to the left.

## STEP 6:



### Using the Emergency Brake Function:

- The same knob that allows you to adjust the tension of the bike also doubles as the Emergency
- Brake. Use this safety feature in any situation where you would need to get off the bike and/or
- stop the bike's flywheel.
- To use the Emergency Brake function in any situation you would need it in, firmly press down
- on the Emergency Brake & Brake Control Knob (#30).



# 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.

## 6. COMPUTER OPERATION

### OVERVIEW:

The unit is an electronic that display all workout parameters on LCD display. The workout parameters include: Scan, Time, Speed, Distance and Calories. All workout parameters may be selected by the select key.

Mode or Function	Action
Power on	If push the button, the unit will be on and display the parameters of the last exercise.
Select function Scan	Push the button, the unit will display 5 parameters one by one. Push the mode key until the "SCAN" signal shows on right downside. The unit will scan by through Time, Speed, Distance, and Calories each for 4 seconds.
Time	Push the mode key until the "TMR" points to "Time" to display the exercises time. If the bike stop moving, the unit will stop count time also.
Speed	When the "SPD" points to "SPD" to display the speed value. unit: km/h.
Distance	When the "DIST" points to "Dist." to display the distance value. unit: km.
Calories	When the "CAL" points to "CAL" to display the calories value. unit: K Cal.
Reset	Push the mode key over 3 seconds the showing will become to zero.
Auto off	The unit will be off if the speed signal stops over 4 minutes.

### SPECIFICATIONS:

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

## 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.

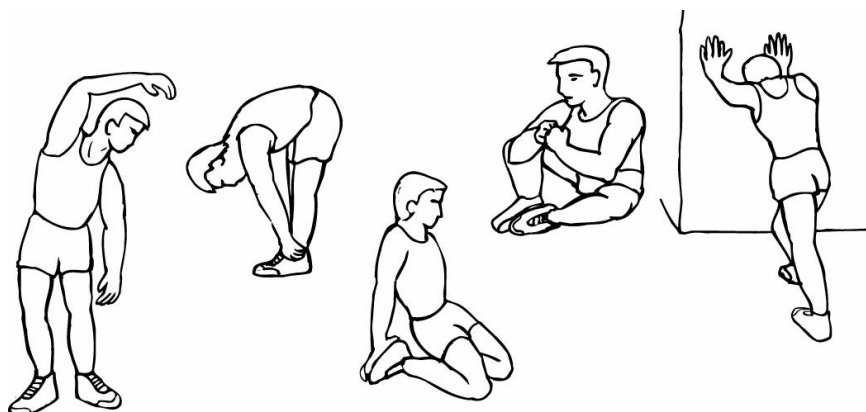
The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

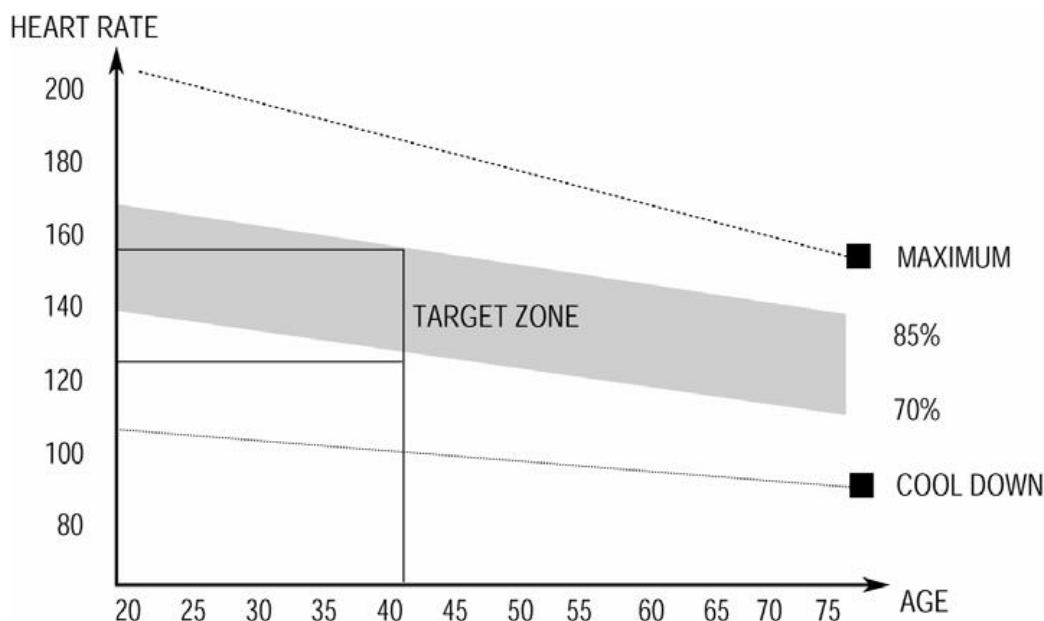
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

## 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

### TARGET ZONE

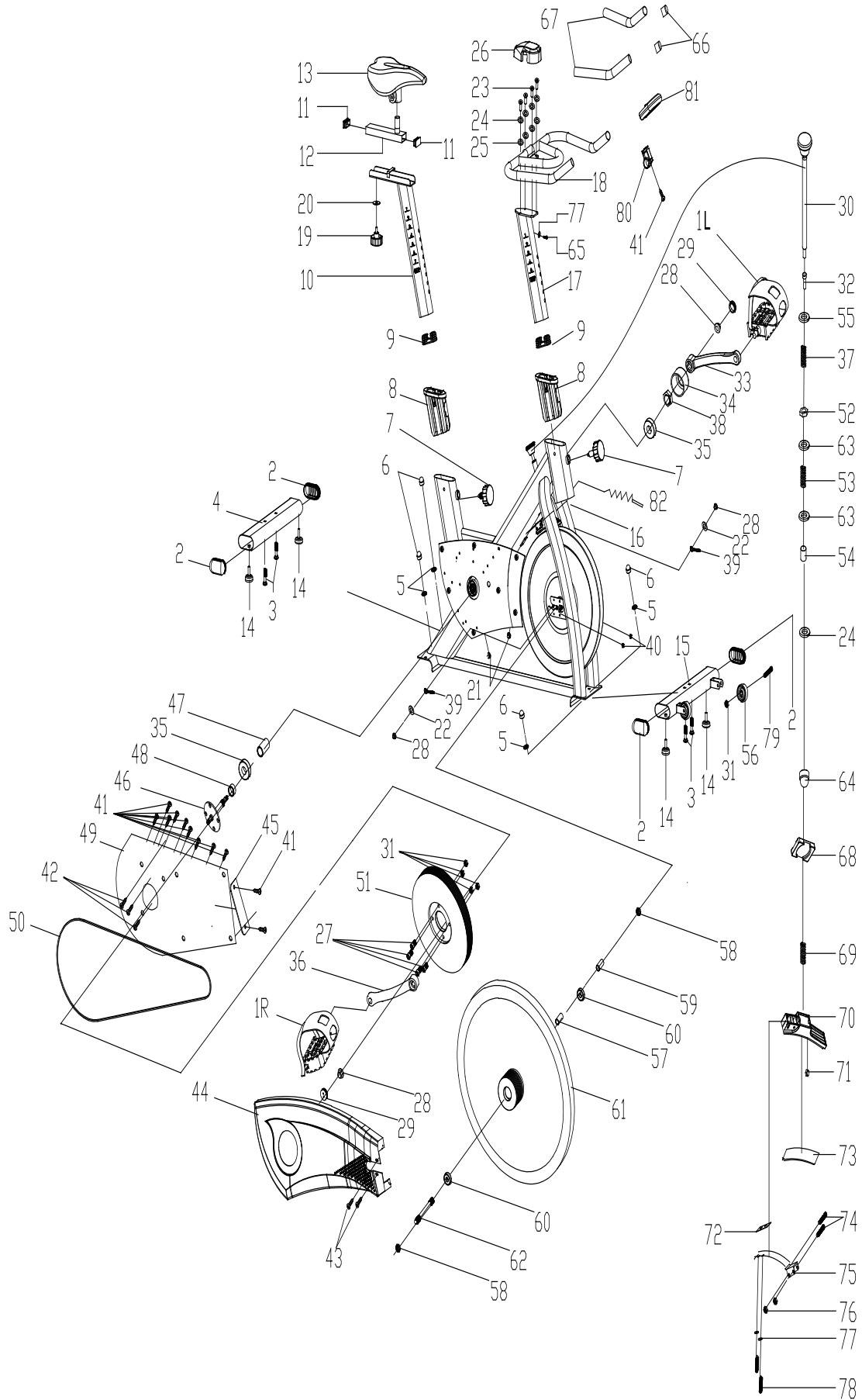


**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.**

**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.

# 8. EXPLODED DIAGRAM



# 9. 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:

<http://www.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto: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:**

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