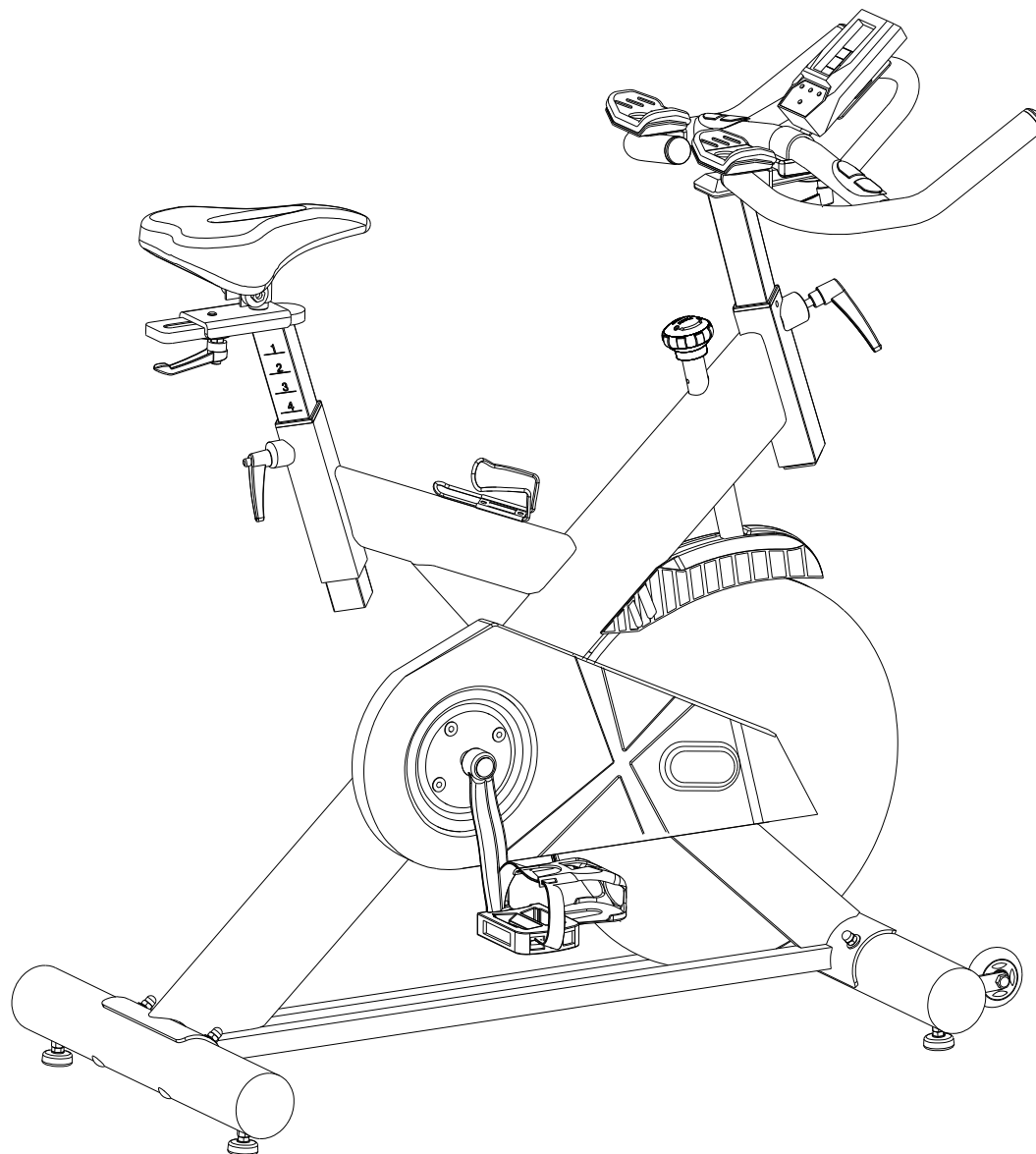




VISIT OUR BLOG FOR FITNESS TIPS,
HEATH TIPS, AND MUCH MORE!

BLOG.LIFESPANFITNESS.COM.AU

SP-710 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

1.	IMPORTANT SAFETY INSTRUCTIONS_____	3
2.	EXPLODED DIAGRAM_____	5
3.	PARTS LIST_____	7
4.	ASSEMBLY INSTRUCTIONS_____	9
5.	ADJUSTMENT_____	14
6.	COMPUTER OPERATION_____	15
7.	EXERCISE GUIDE_____	21
8.	WARRANTY REGISTRATION _____	23

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

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

1. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room of the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the spin bike.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can

only be maintained by doing so. Please don't use the machine until it is repaired well.

10. NEVER operate the machine if it is not functioning properly.

11. This machine can be used for only one person's training at a time.

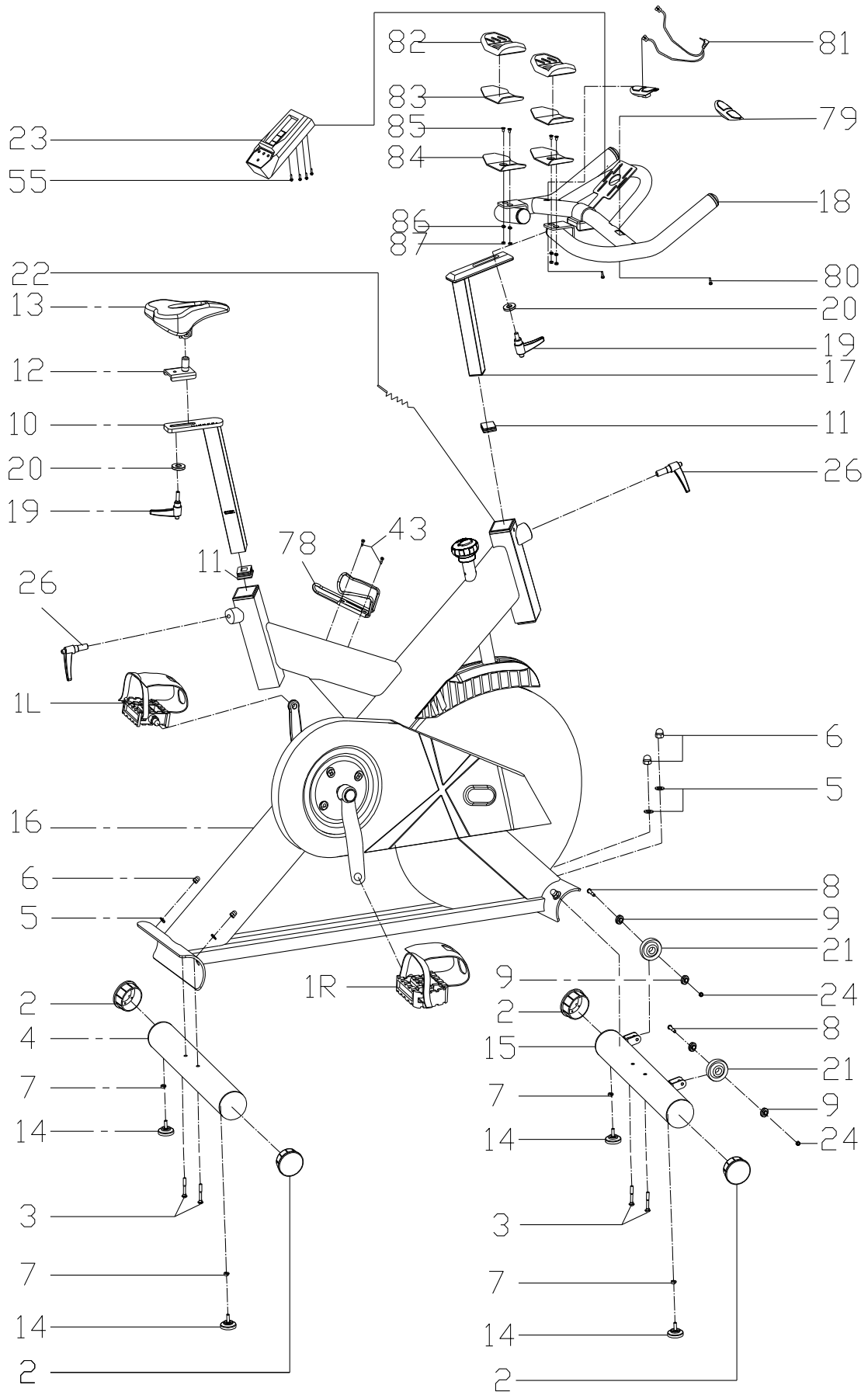
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

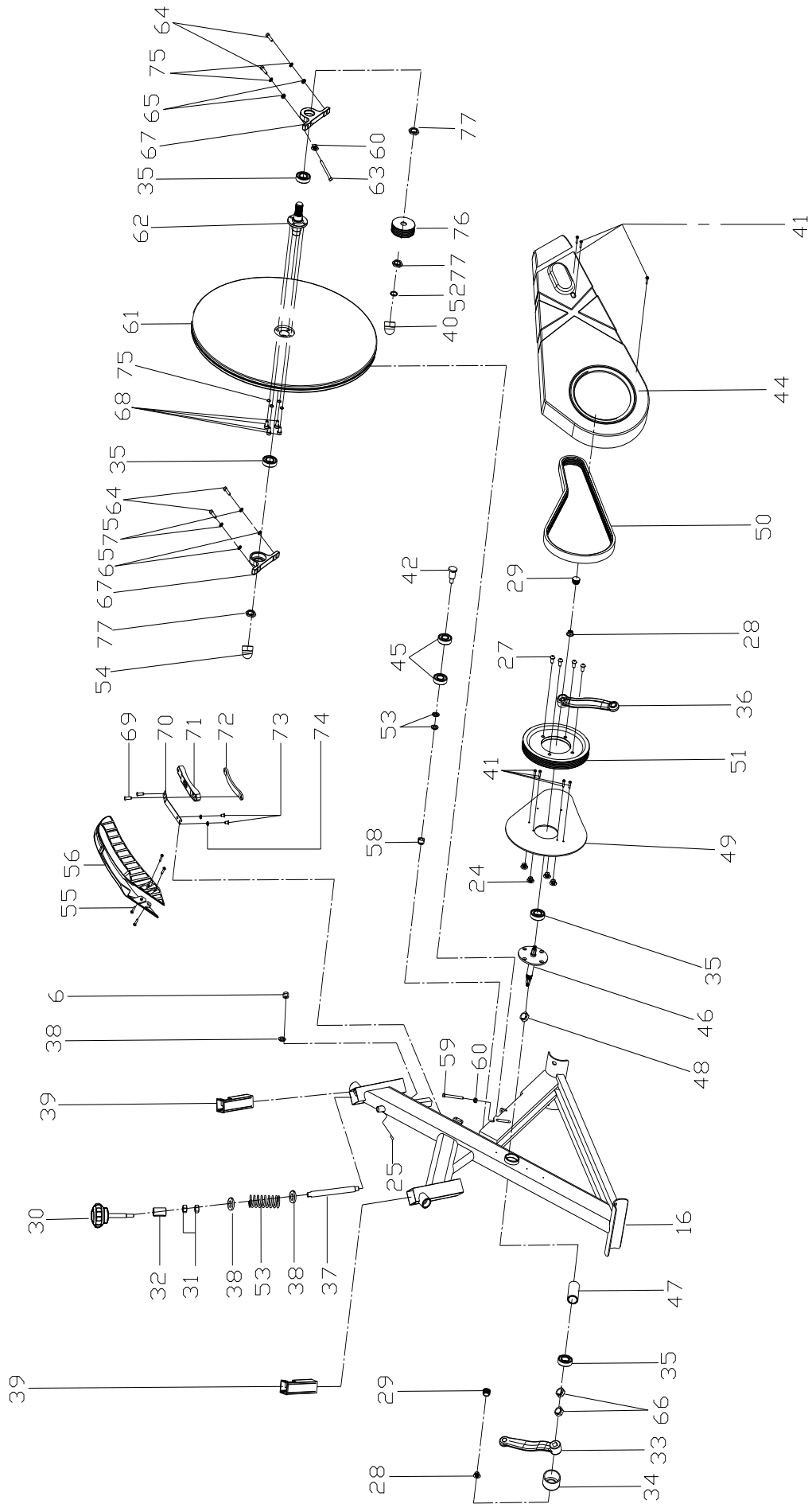
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

14. Before exercising, always do stretching first.

15. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

2. EXPLODED DIAGRAM





3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1L	PEDAL (L)	1	JD-301 (9/16") (L)
1R	PEDAL (R)	1	JD-301 (9/16") R
2	END CAP1	4	φ76
3	CARRIAGE BOLT	4	GB/T 12-1988 M10*90
4	REAR STABILIZER	1	WELDING
5	ARC WASHER	4	φ10
6	DOMED NUT	5	GB/T 802-1988 M10
7	NUT	4	GB/T 41-2000 M8
8	BOLT	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	2	38*38*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-6619
14	STOPPER	4	φ52*39 (M8)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	L SHAPE KNOB	2	M10*25
20	FLAT WASHER 1	3	φ45*φ10.5*4
21	PU WHEEL	2	φ69*23
22	SENSOR	1	SR-202
23	COMPUTER	1	ST-6527(ST-7607)
24	NUT	6	GB/T 889.1-2000 M8
25	BOLT 1	1	GB/T77-2007 M6*6
26	L SHAPE KNOB	2	(M16*1.5)X20mm
27	BOLT 1	4	GB/T 70.2-2000 M8*15
28	FIXING NUT 1	2	M12X1.25 H=8MM
29	CRANK END CAP	1	φ28*6.5
30	KNOB	1	φ60*113
31	NUT	2	GB/T 41-2000 M10
32	Twist The Fixings	1	φ20.5*34
33	LEFT CRANK	1	170*15
34	CRANK COVER	1	φ56*28
35	BEARING	4	6004ZZ
36	RIGHT CRANK	1	170*15
37	Screw rod	1	Φ13.5*187
38	WASHER 2	3	φ20*φ14*2.0
39	PLASTIC SLEEVE 1	2	38*38*1.5
40	BOLT 10	1	M10*21
41	SCREW 2	9	GB/T 15856.1-2002 ST4.2X19
42	SHAFT	1	φ25*45
43	SCREW 3	2	GB/845-85 ST4.8X13

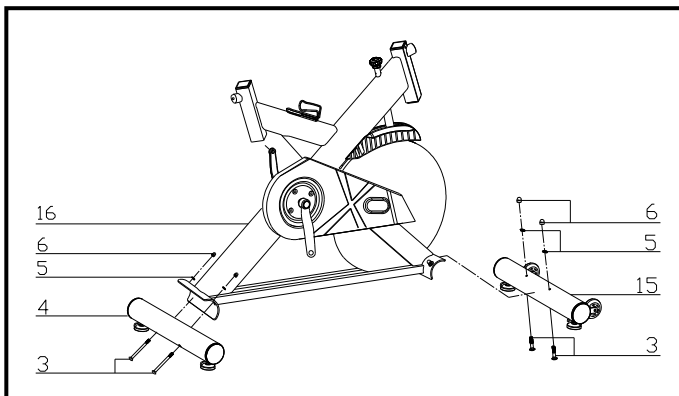
NO	NAME	QUANTITY	SPEC
44	OUTER CHAIN COVER	1	604*281*57(420g)
45	BEARING	2	6203ZZ
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.5*41
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	287*254*10 (205g)
50	BELT	1	5PK1180
51	BELT WHEEL	1	φ200*24
52	SPRING WASHER 3	1	GB/T 859-1987 10
53	FLAT WASHER 3	2	GB/T 95-2002 12
54	FIXING NUT 3	1	M20*1.0
55	BOLT 3	8	GB/T 5780-2000 M5*10
56	FLYWHEEL COVER	1	294*71*92
57	FLAT WASHER 1	2	GB/T 95-2002 10
58	SHAFT NUT	1	φ18*11
59	BOLT 4	1	GB/T 70.1-2000 M6*40
60	NUT 2	2	GB/T 41-2000 M6
61	FLYWHEEL	1	φ460*15(20KG)
62	FLYWHEEL SHAFT	1	φ49*90
63	BOLT 5	1	GB/T 70.1-2000 M6*20
64	BOLT 6	4	GB/T 70.1-2000 M6*30
65	FLAT WASHER 1	8	GB/T 95-2002 6
66	FIXING NUT	2	27*M20*1 (5mm)
67	FLYWHEEL HOLDER	2	129*56.5*15
68	BOLT 7	4	GB/T 70.1-2000 M6*12
69	BOLT 8	2	GB/T 70.1-2000 M6*12
70	ADJUSTING METAL	1	117*14.5*δ1.5
71	BLOCK	1	161*21*19
72	WOOLLY BLOCK	1	156*15.5*10
73	BOLT 9	2	GB/T 5780-2000 M5*10
74	SPRING WASHER 1	2	GB/T 859-1987 5
75	SPRING WASHER 2	8	GB/T 859-1987 6
76	LITTLE BELT WHEEL	1	φ64*23
77	FIXING NUT	2	27*6(M20*1)
78	BOTTLE HOLDER	1	φ6
79	PULSE	2	
80	SCREW 5	2	GB/845-85 ST4.2X25
81	PULSE WIRE	1	L=800
82	HAND SUPPORT	2	120*65
83	STICKER	2	100*55
84	SUPPORT SHEET	2	δ2
85	BOLT	4	GB/T 70.3-2000 M6*18
86	FLAT WASHER 1	4	GB/T 95-2002 8
87	NUT	4	GB/T 889.1-2000 M6

4. ASSEMBLY INSTRUCTIONS

STEP 1: PREPARATION

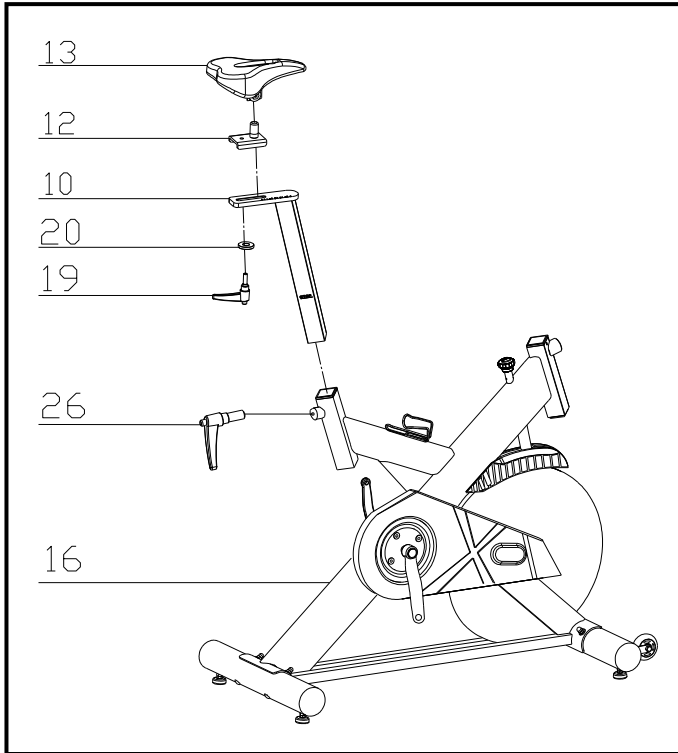
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembly.
- C. Before assembly please check whether all needed parts are available (at the above of this instruction sheet you will find an exploded diagram with all single parts (marked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

STEP 2:



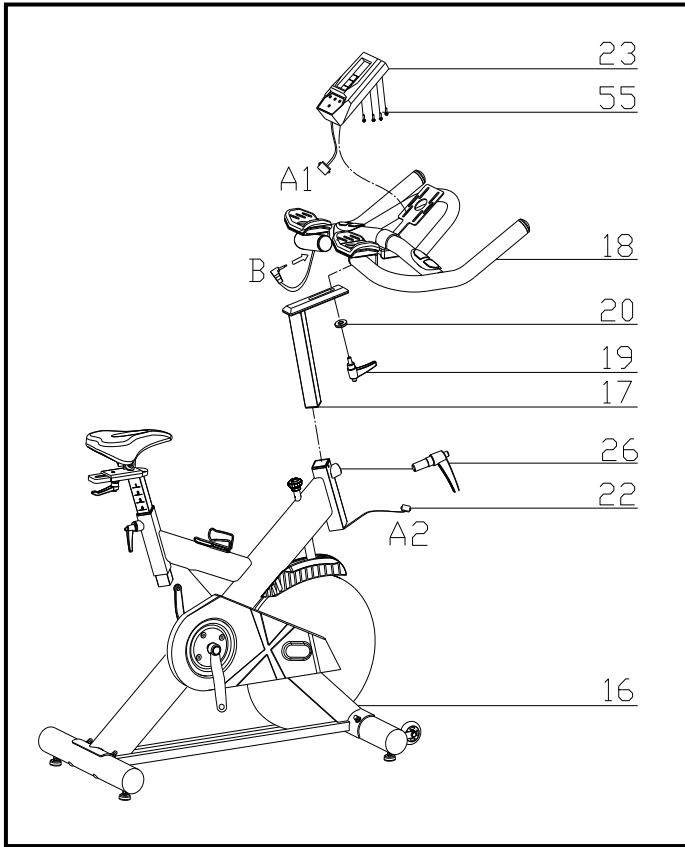
1. Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø10 Arc Washers (pt.5), M10 Domed Nut (pt.6) and M10*90 Carriage bolt (3).
 2. Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Arc Washers (pt.5), M10 Domed Nut (pt.6) and M8*90 Carriage bolt (3).
-

STEP 3:



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), then Secure using a flat washer 1 (20) and L Shape knob (19). You will have to slacken the knurled section of the L Shape Knob (26) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
3. Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

STEP 4:

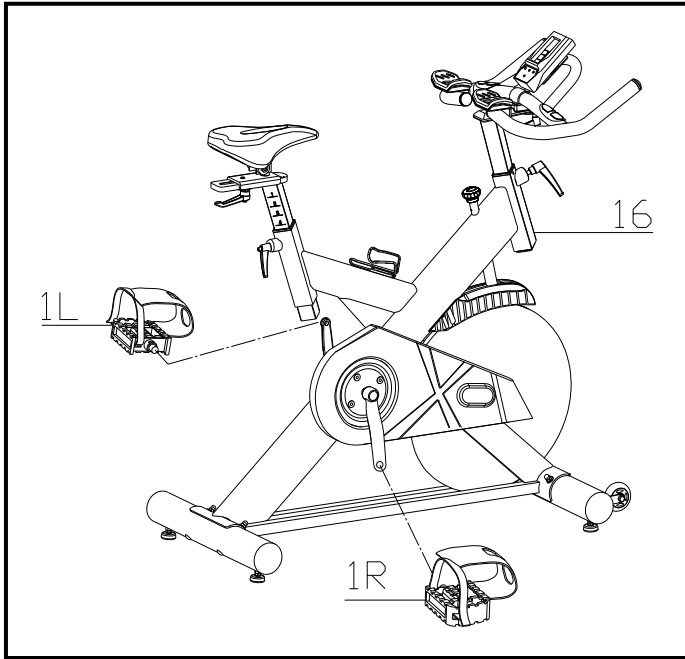


1. Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame (pt.16).
2. You will have to slacken the knurled section of the L Shape Knob (pt.26) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
3. Secure the Handlebar (pt.18) with a flat washer 1 (20) and L Shape knob (19)

ATTENTION: *The handlebar must be attached tightly*

4. Fix the Computer (pt.23) onto the Computer Holder with bolt (pt.55), connect the plug (A1&A2), and then insert the (B) to the back of Computer (pt.23)

STEP 5:

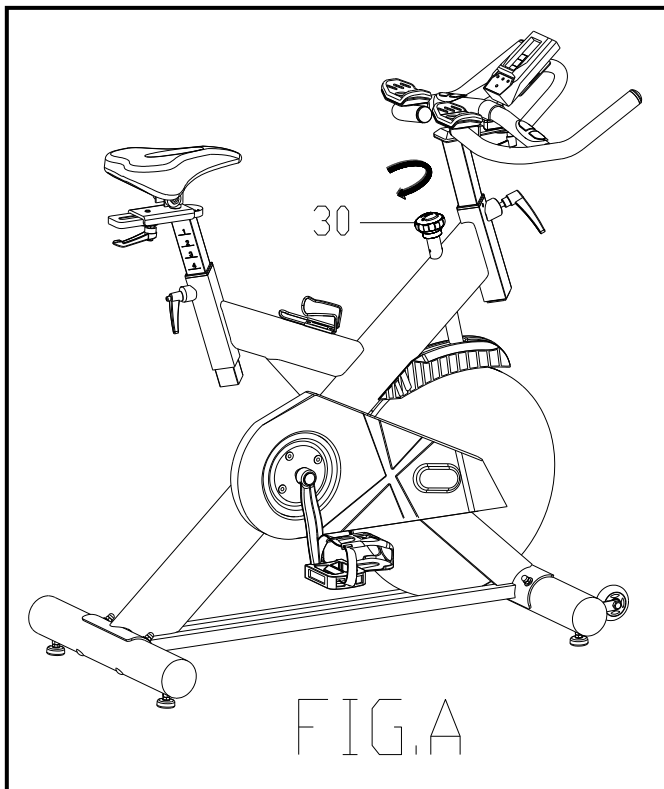


1. The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.
Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

Inspect the tightness of the pedals on a regular basis. Using loose pedals will damage the thread.

TENSION ADJUSTMENT



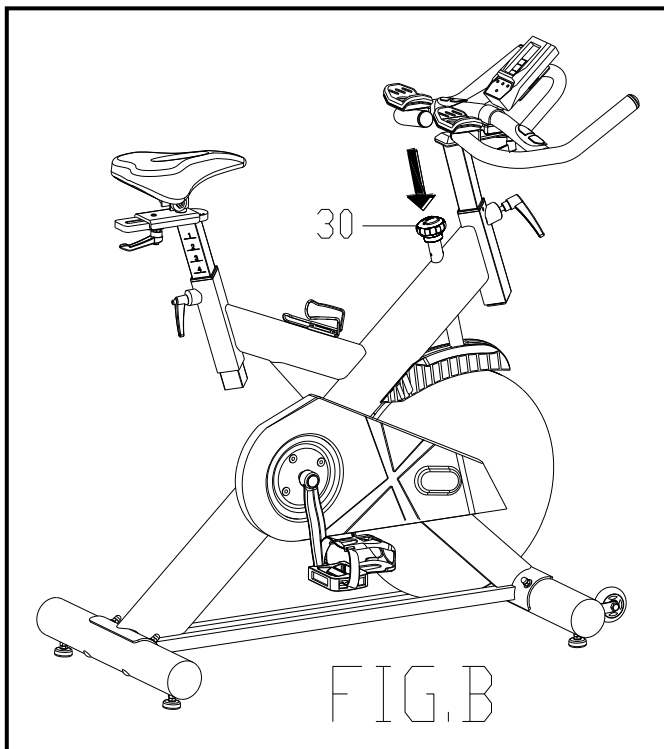
Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance, turn the *Emergency Brake & Tension Control Knob (#30)* to the *right*. (clockwise)

To decrease tension and decrease resistance, turn the *Emergency Brake & Tension Control Knob (#30)* to the *left*. (Counterclockwise)

Using the Emergency Brake Function:

EMERGENCY BRAKE



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 situatio, firmly press down on the *Emergency Brake & Tension Control Knob (#30)*.

5. ADJUSTMENT

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

BUTTON FUNCTION

MODE: Press the "Mode" button for mode selection. This button also functions as an enter button during setup.

SET: To set the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button down to increase the value quickly. (The computer must be in stop condition.)

RESET: The user may press the "RESET" button to reset each function: Time, Distance, Calorie, Pulse. Hold this button down for 2 seconds for total reset. (If batteries are replaced, all values will reset to ZERO automatically.)

RECOVERY: Enable the heart rate recovery function after training.

FUNCTIONS

SCAN: Cycles through all functions from TIME, DISTANCE, CALORIES, PULSE, RPM/SPEED.

RPM: Displays the Rotation Per Minute. The RPM and SPEED will rotate every 6 seconds after exercise starts.

SPEED: Displays current training speed. Maximum speed is 99.9 KM/H.

TIME: Accumulates total workout time when no value is preset. Time will count up from 00:00 to maximum 99:59.

Count down: Press the SET button to set a preset time between 0:00 to 99:50. Time will count down from the preset time to 00:00.

DISTANCE: Accumulates total distance from 00:00 up to 99.99 KM when no value is preset.

Count down: Press the SET button to set a preset distance between 00:00 to 99.99 KM.

Distance will count down from the preset time to 00:00.

CALORIES: Accumulates calories burnt from 0 to 9999 calories when no value is preset.

Count down: Press the SET button to set a preset calorie goal between 0 and 9990. Calories will count down from the preset value to 0.

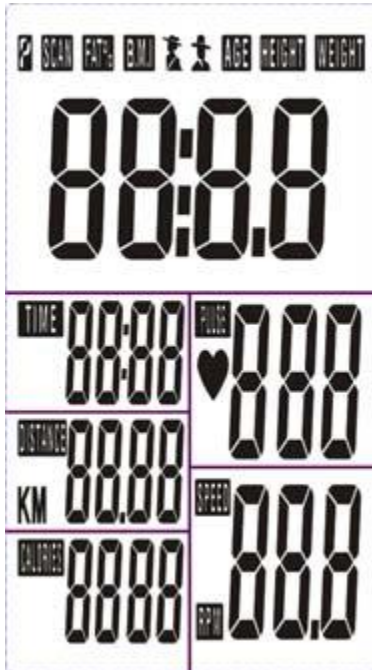
(This data is a rough guide for comparison of different exercise sessions. It must not be used for medical treatment purposes.)

PULSE: The user may preset pulse by pressing SET button. (This data is a rough guide for comparison of different exercise sessions. It must not be used for medical treatment purposes.)

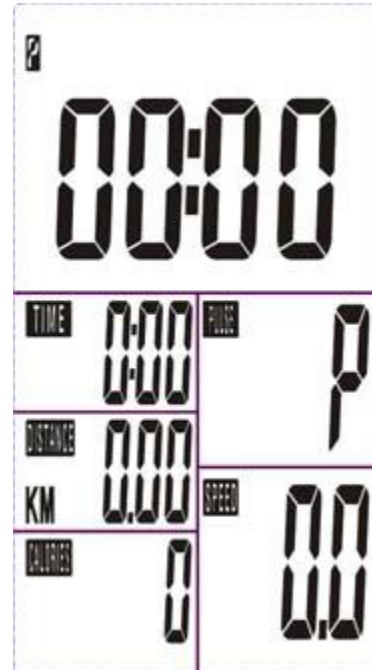
OPERATION ORDER

1. Install 2 x 1.5V UM-4 or AAA batteries. The screen will display in accordance with (Picture A) and “Beep” at the same time. It will then enter to standby mode (Picture B).

Picture A



Picture B



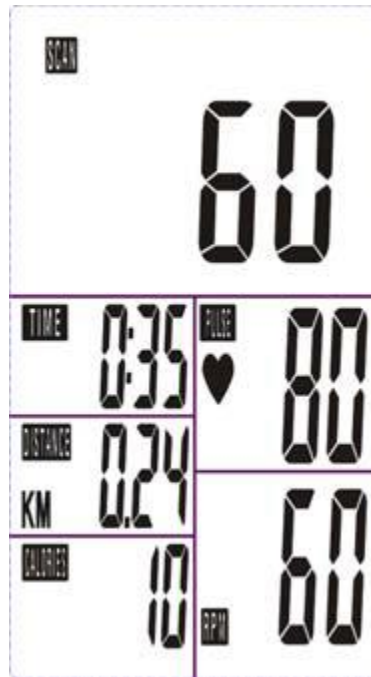
2. Use the SET button to preset values for TIME/DISTANCE/CALORIES/PULSE. SET alters the value for a specific category. MODE confirms a set value.
3. The values RPM/SPEED/TIME/DISTANCE/CALORIES/PULSE will start increasing as soon as the sensor receives a signal that you are pedalling.

If preset values have been set, the monitor will ‘beep’ for 8 seconds once the function counts down to 0. The function will then immediately count up from 0 if the workout is continued. During this, press MODE to confirm and skip to the next set up option.

4. In SCAN mode as shown in Picture C,

RPM/SPEED/TIME/DISTANCE/CALORIES/PULSE will alternate every 6 seconds.

Picture C



5. The MODE button may also be used to select a single function to be displayed on the main display excluding RPM and SPEED. These two functions will always alternate automatically.

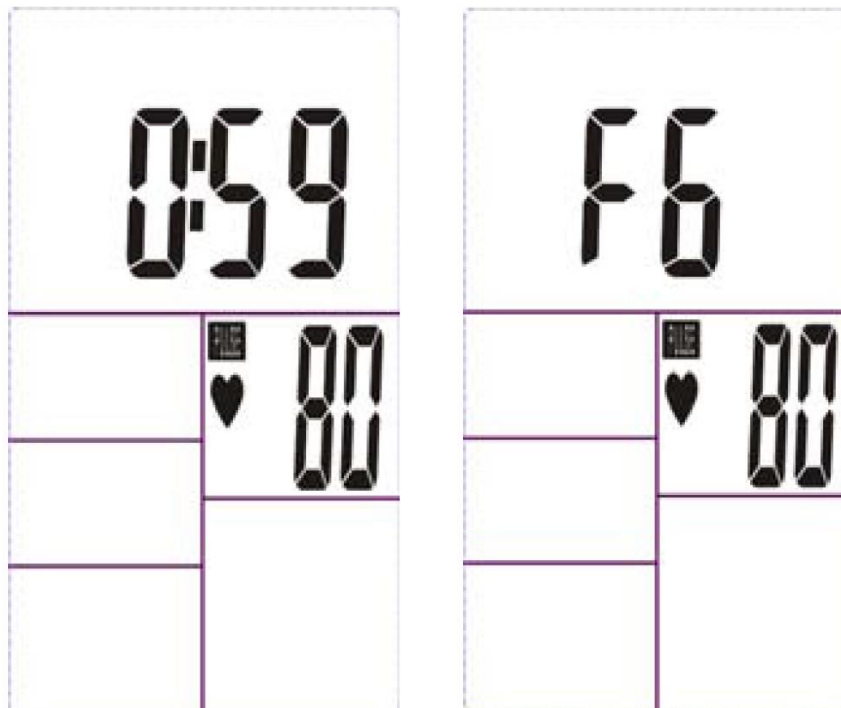
6. RECOVERY

- a. Press the "RECOVERY" button to activate the RECOVERY function. In this function, only PULSE and TIME will display whilst other functions will be inactive. The Sensor Input will not be available.

TIME will start to count down from "00:60". The Pulse signal will blink according to the user's pulse. When countdown reaches "0", it will show F1~F6.

F1	Outstanding
F2	Excellent
F3	Above Average
F4	Average
F5	Below Average
F6	Poor

- b. The LCD will display as follows: (RECOVERY start condition & end condition)



- c. If the countdown to 00:00 is not completed and there is no pulse signal, F6 will show.
- d. If you press the RECOVERY button prior to the countdown reaching 00:00, this will end the function and no result will show.

NOTE

1. After being inactive for 4 minutes, the main screen will turn off and will display the clock automatically.
2. If the computer displays abnormally, please re-install the battery and try again.

Battery Spec: 1.5V UM-4 or AAA (2PCS).

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.

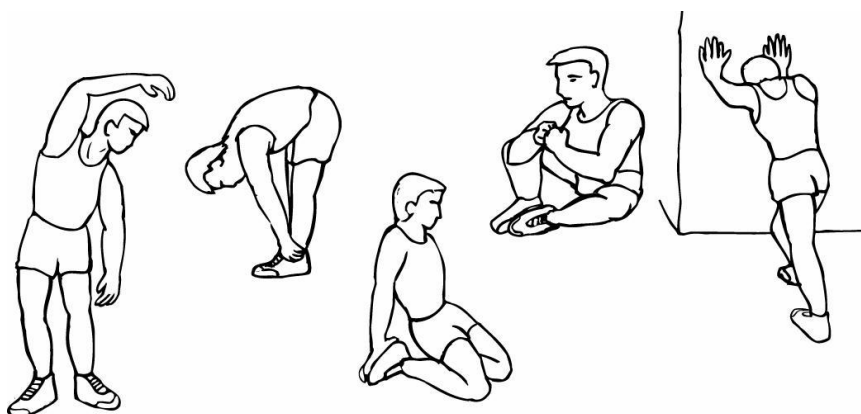
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

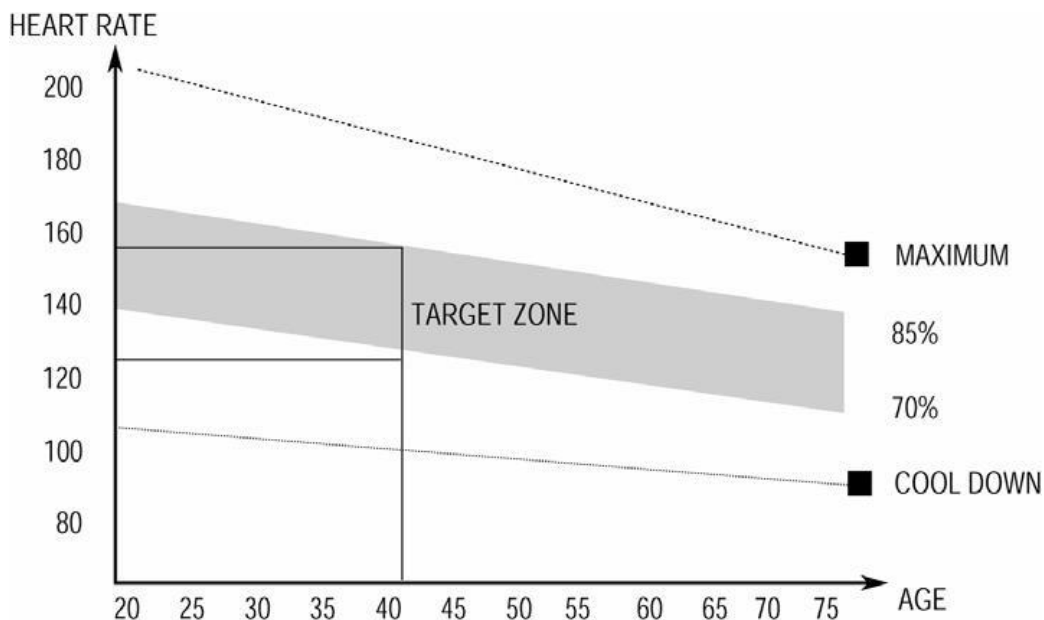
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise - never hold your breath.

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. 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>

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

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 first before contacting us via other means.

Hand Pulse Technology

Lifespan Fitness Spin Bikes come 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 cycling and up to sprinting)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from moving on the spin bike

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 pedaling on a spin bike.

To test if your hand pulse sensors are working up to specification, hold them while stationary, not pedaling, 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