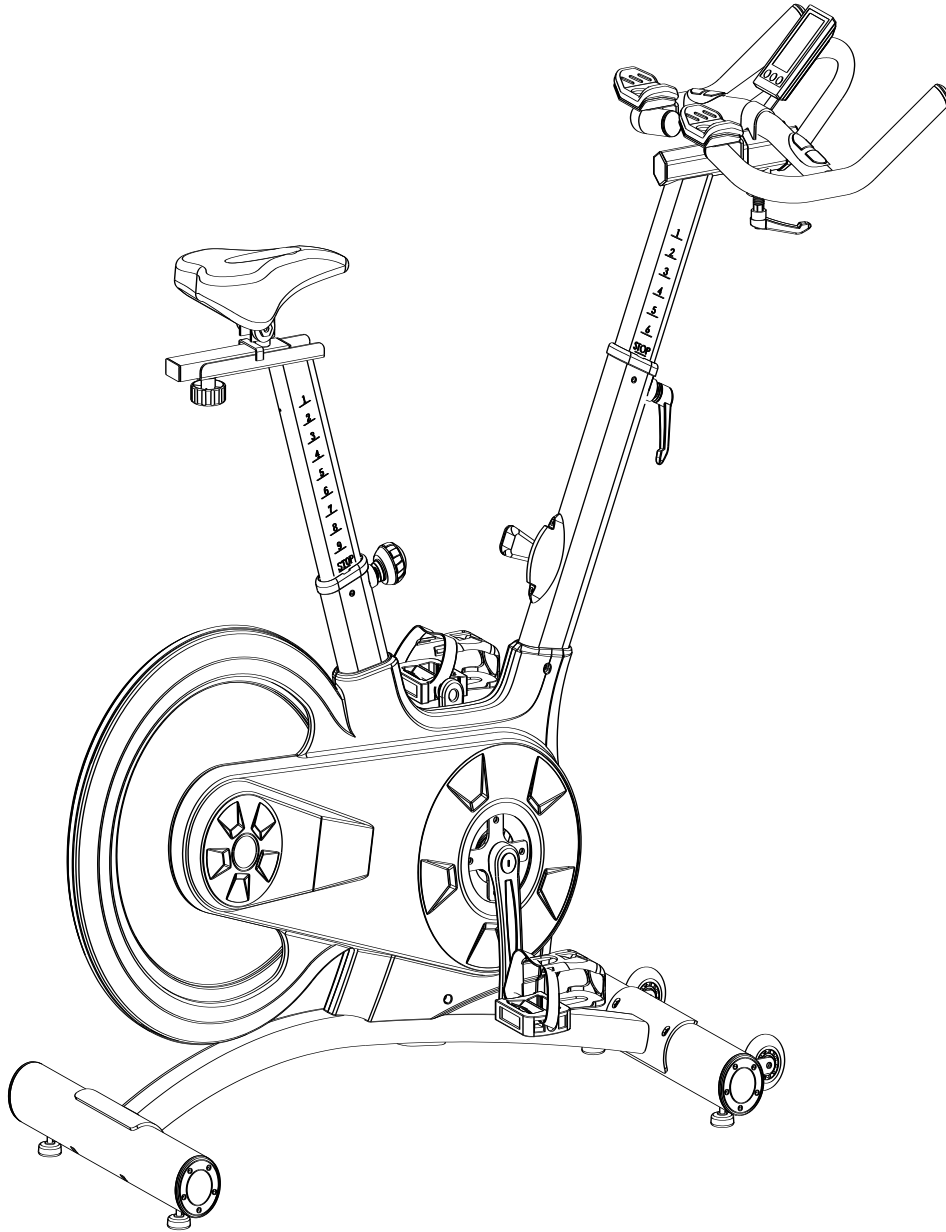


# SP-720 OWNER'S MANUAL



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.	CARE INSTRUCTIONS_____	4
3.	EXPLODED DIAGRAM_____	5
4.	PARTS LIST_____	6
5.	ASSEMBLY INSTRUCTIONS_____	8
6.	COMPUTER OPERATION_____	11
7.	EXERCISE GUIDE_____	13
8.	WARRANTY_____	15

# 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 2 meters of free space 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 assembly, 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 reference.
- k. The equipment is not suitable for therapeutic use.
- l. 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.

## 2. CARE INSTRUCTIONS

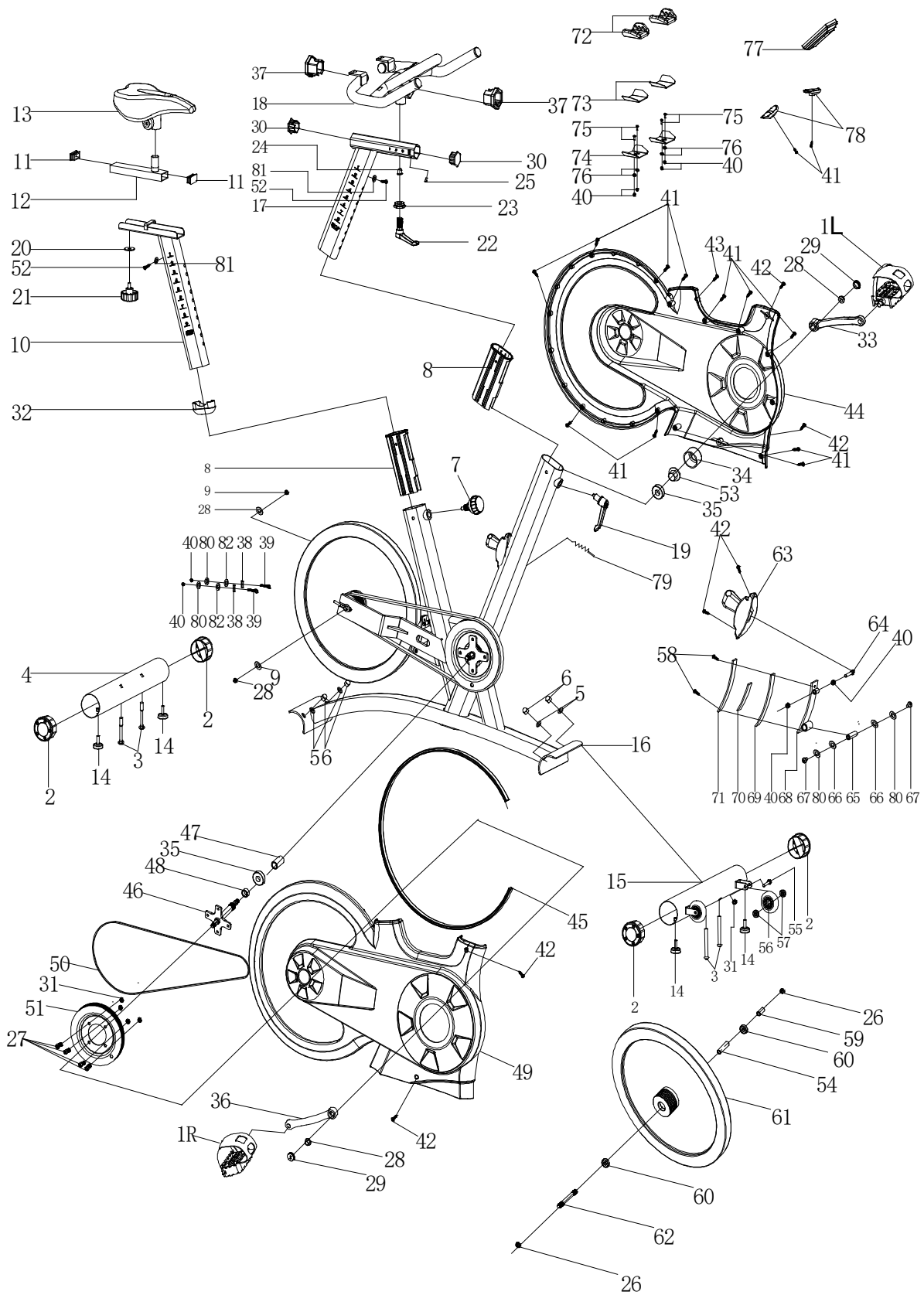
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. All nuts and bolts are to be checked and tightened on a regular basis.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

### Battery Usage

- a. Batteries are to be installed or replaced by adults 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
- h. Do not dispose of batteries in fire, batteries may explode or leak



### 3. EXPLODED DIAGRAM



## 4. PARTS LIST

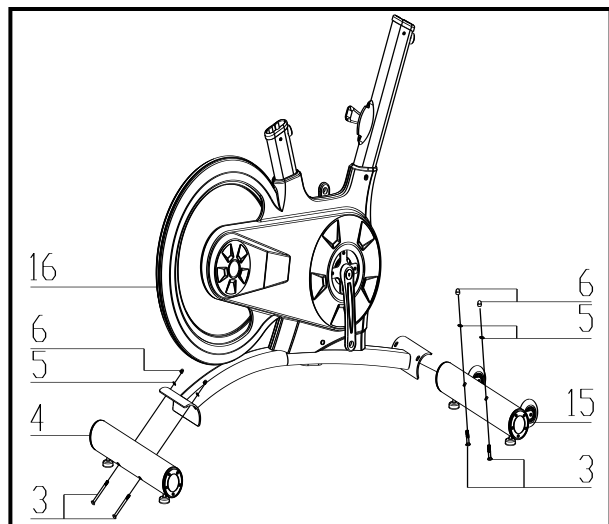
NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-304V (M18X1.5)
2	END CAP1	4	φ76
3	CARRIAGE BOLT	4	GB/T 12-1988 M10*90
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	φ10
6	DOMED NUT	4	GB/T 802-1988 M10
7	SPRING ADJUSTMENT KNOB	1	φ50*82 (M16*1.5)
8	PLASTIC SLEEVE 1	2	70*30*1.5
9	FLAT WASHER	2	GB/T 95-2002 12
10	VERTICAL SEAT POST	1	WELDING
11	END CAP1	2	40*20*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	1	(M16*1.5)X20mm
20	FLAT WASHER 1	1	φ32*φ8.2*2
21	LOCKING KNOB	1	PE+Q235/φ52*47 (M8x15)
22	L SHAPE KNOB	1	M16*25 (M16*1.5)
23	FIXING NUT	2	32*12 (M16x1.5)
24	FIXING SHAFT	2	φ22*20
25	BOLT 3	1	GB/T77-2007 M6*12
26	FIXING NUT 2	2	M12X1.25 H=6
27	BOLT	4	GB/T 70.2-2000 M8*16
28	FIXING NUT 1	4	M12X1.25 H=8MM
29	CRANK END CAP	2	φ28*6.5
30	END CAP 2	2	38*38*2.0
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	END CAP1	1	70*30*1.5
33	LEFT CRANK	1	170*159/16"
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15 9/16"
37	PLASTIC SLEEVE	2	38*38*2.0
38	Pull out the fixed piece	2	δ3
39	FIXING BOLT	2	M6*54
40	NUT	4	GB/T 889.1-2000 M6

41	SCREW 1	13	GB/T 15856.1-2002 ST4.2X19
42	SCREW 2	6	GB/T 15856.1-2002 ST4.2X19
43	SCREW4	1	GB/T 15856.1-2002 ST2.9*9.5
44	OUTER CHAIN COVER	1	872*507*95 (1380g)
45	LITTLE CHAIN COVER	1	15*8.2*1320
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	872*507*116 (1400g)
50	BELT	1	5PK1346
51	BELT WHEEL	1	φ200*24
52	SCREWS5	2	GB/845-85 ST4.8X13
53	NUT	1	M20*1.0
54	FIXING TUBE	1	φ16*φ12.2*56.5
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ69*23
57	BEARING	4	608ZZ
58	BOLT 2	2	GB/845-85 M6*16
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*29 (20KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	Six fine-tuning	1	P=900
64	Fine-tuning pull block	1	M6*41
65	The brake fixed axis	1	φ10*M6*36
66	FLAT WASHER 2	2	GB/T 95-2002 6
67	BOLT 2	2	GB/T 70.2-2000 M6*12
68	The brake block assembly	1	WELDING
69	EVA paddle	1	95*16*9
70	EVA paddle	1	50*20*4
71	WOOLLY BLOCK	1	153*16*4
72	HAND SUPPORT	2	120*65
73	STICKER	2	100*55
74	SUPPORT SHEET	2	110*60*2
75	BOLT	4	GB/T 70.3-2000 M6*18 全牙
76	FLAT WASHER 2	4	GB/T 95-2002 8
77	COMPUTER	1	81477
78	PULSE	2	
79	SENSOR	1	SR-202
80	SPRING WASHER 2	4	GB/T 859-1987 6
81	SPRING WASHER 1	2	GB/T 859-1987 5
82	Big gasket	2	GB/T 95-2002 φ16*φ6 (H=3)

## 5. ASSEMBLY INSTRUCTIONS

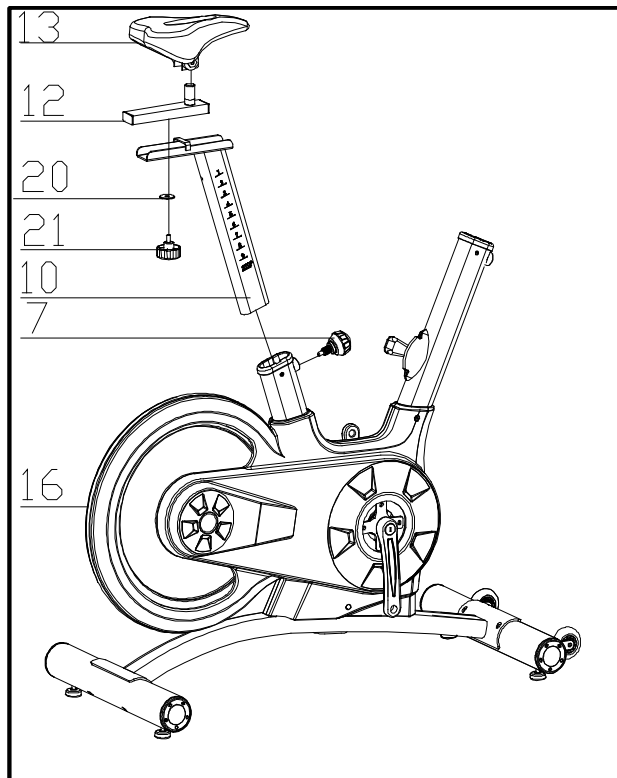
*NOTE: Before assembly ensure there is enough space around the item. Some nuts and bolts may be already attached to the machine*

### STEP 1



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

### STEP 2:



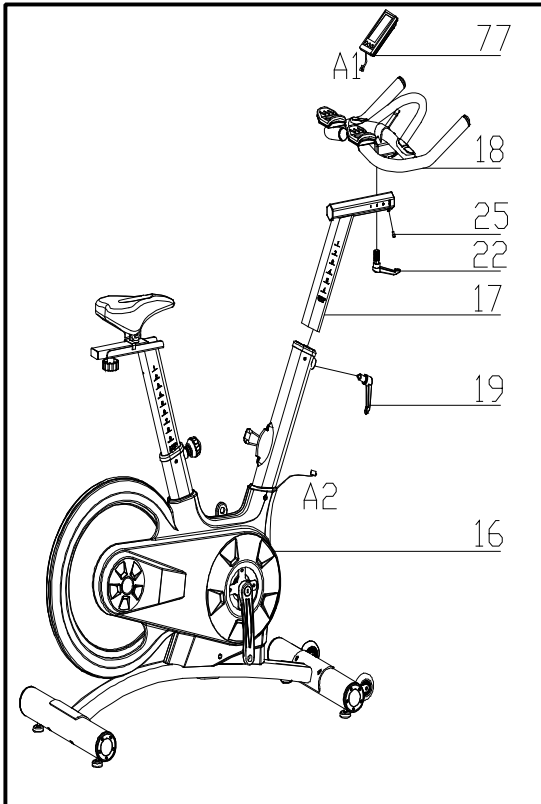
- Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16).
- Slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). Secure using a flat washer 1 (20) and L Shape knob (21).
- Fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

#### **To set seat height:**

Loosen the L Shape Knob (pt.7) then pull it to release the spring lock. Release the knob and retighten the knurled portion.



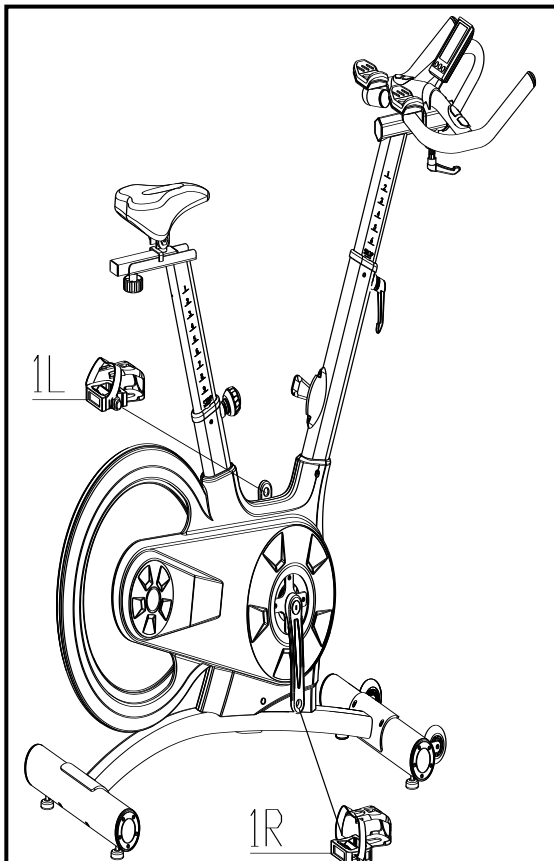
### STEP 3:



- a) Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame (pt.16) with L shape knob (19).
- b) Fix the Handlebar (pt.18) to the Handlebar Post (pt.17) with L Shape knob (22).

Set handlebar height in the same manner as the seat.

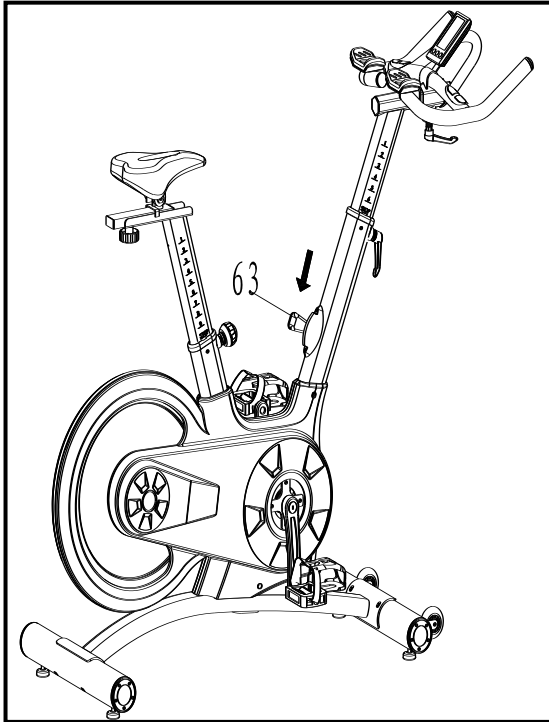
### STEP 4:



- a) The pedals (pt.1 L & pt.1 R) are marked L and R for Left and Right respectively.
- b) Find the correct position for L and R by sitting on the bike facing the display.

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

**STEP 5:**



- a) Use the resistance level (63) to change your resistance while you work out.

## 6. COMPUTER OPERATION

### BUTTONS:

#### ENTER:

1. Press this button to enter setting mode.  
Normal → Time → DIST → CAL → T.H.R (target heart rate)
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.

Time → DIST → CAL → T.H.R

DOWN: Decrease the setting value of the following functions.

Time → DIST → CAL → T.H.R

### BATTERY INSTALLATION:

1. Remove the battery cover and place two of SIZE-AA or UM-4 batteries into battery housing on back of monitor.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
5. Removing the batteries will erase computer memory.

### FUNCTIONS AND OPERATIONS

#### AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If no movement is detected for over 4 minutes, the monitor will turn off and reset all function values to zero.

#### TIME:

Press ENTER until you reach the TIME function. Then press the UP or DOWN buttons to select desired value.

#### Count:

Without setting the time value, the monitor will record your total workout time from 00:00~99:59 in (minutes:seconds).

#### Count down:

Choose a desired exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once the value reaches 0 the monitor will sound an alarm.

**SPEED:**

Displays your workout speed in km per hour .The monitor will display the current speed from 0.00 ~ 99.9 km per hour.

**RPM:**

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

**DISTANCE:**

Press ENTER until you reach the DISTANCE function. Then press the UP or DOWN buttons to select desired value.

Count:

Without setting the distance value, the monitor will record your total workout distance from 0.1~999.km.

Count down:

Choose a desired exercise time from 1.0~999 km, the monitor will count down from your setting values. Once the value reaches 0 the monitor will sound an alarm.

**CALORIE:**

Press ENTER until you reach the CALORIE function. Then press the UP or DOWN buttons to select desired value.

Count:

Without setting the calories value, the monitor will record total calories burnt from 0.1~999 calories.

Count down:

Choose a desired exercise time from 1.0~999 calories, the monitor will count down from your setting values. Once the value reaches 0 the monitor will sound an alarm.

**PULSE (Target Heart Rate):**

Press ENTER until you reach the THR (Target Heart Rate) function. Use the UP or DOWN buttons to select desired value.

**Pulse Limit:**

The THR function allows you to select a desired target heart rate and will assist you in maintaining it throughout your workout.

The THR range can be set between 60 and 220 beats per minute. Once your heart rate reaches the set value, the monitor will beep if the detected heart rate deviates from the THR

**NOTE:**

If no pulse signal input is detected within 16 seconds, the display will indicate "P". Press any key to restart the THR function.

## 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.

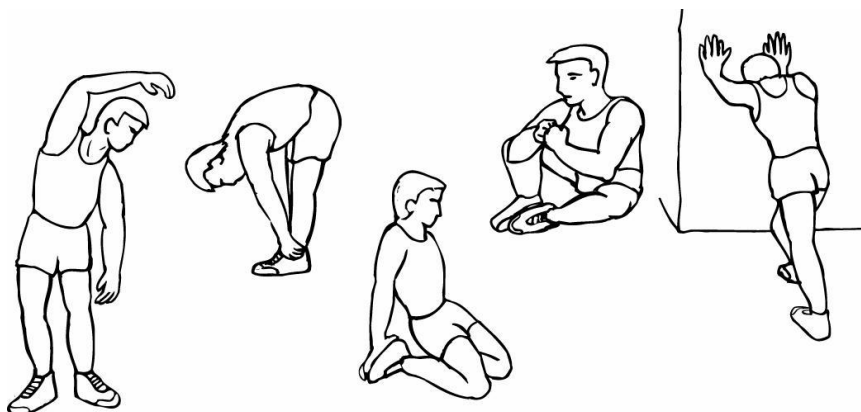
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

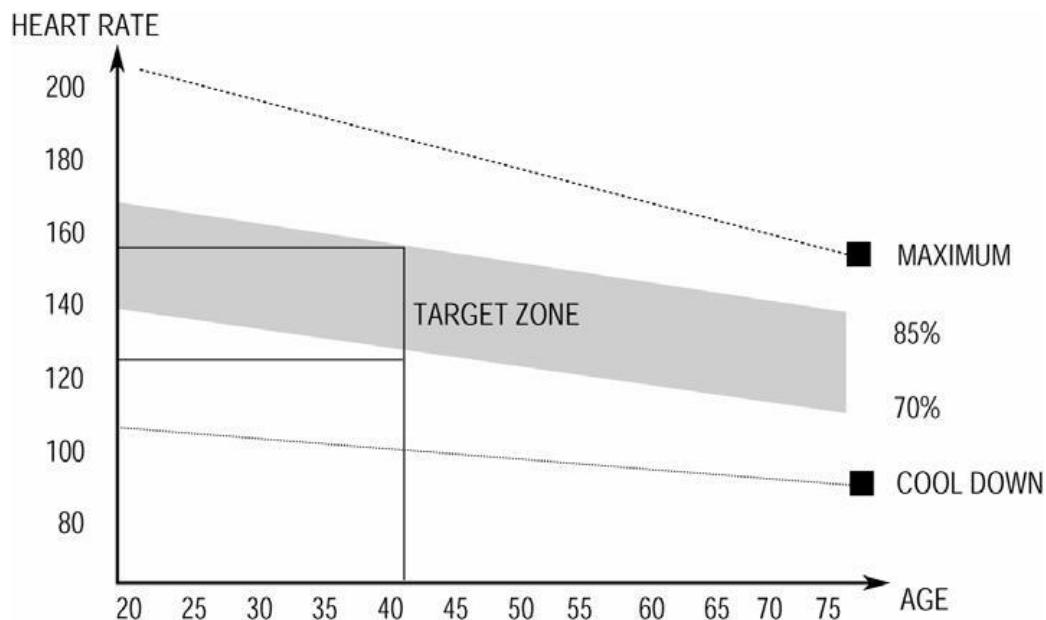
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.**

## 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](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.

# 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](http://www.lifespanfitness.com.au)

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)