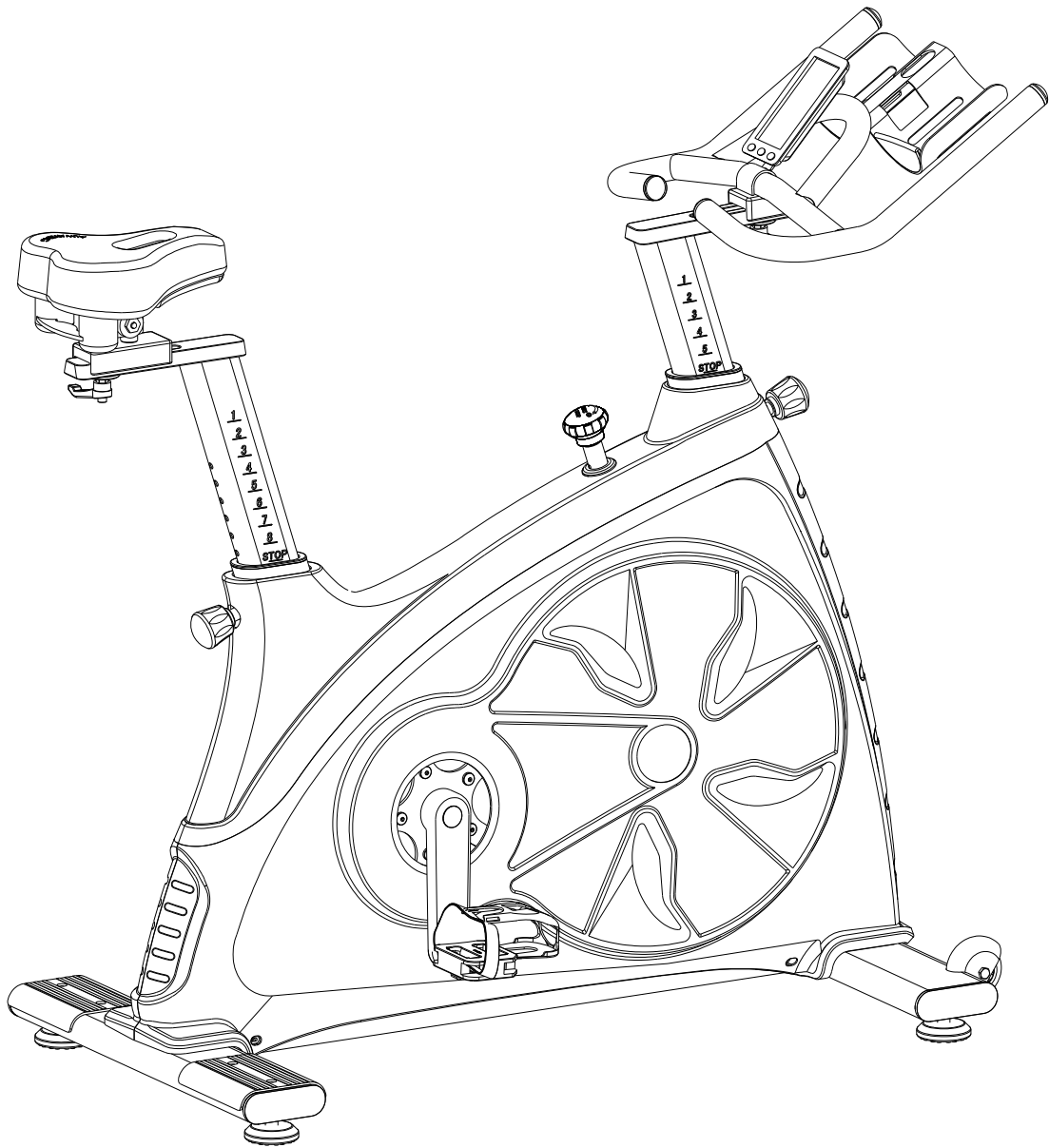




LIFESPAN

FITNESS

SP-950 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.

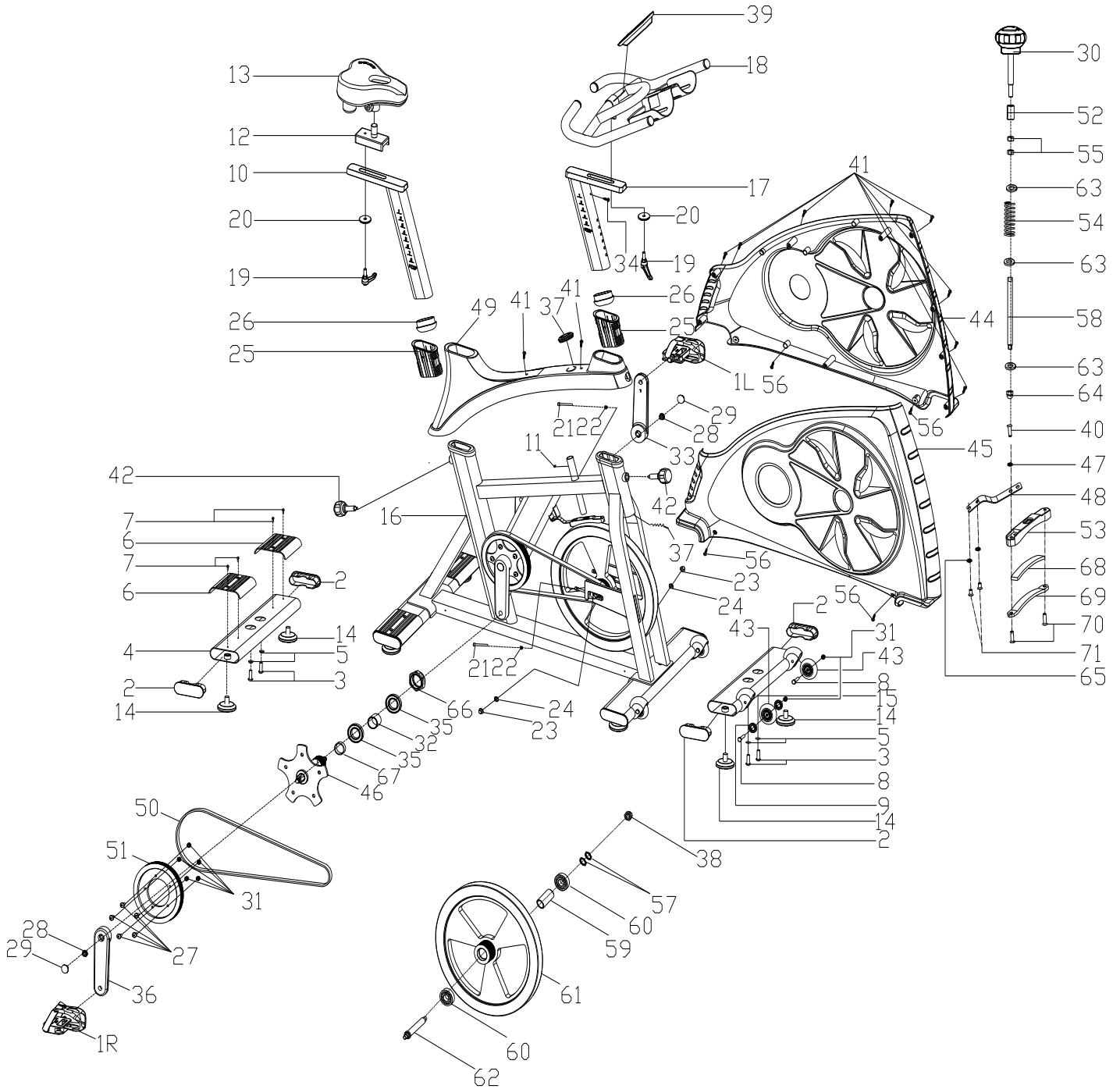
It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

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.

2. EXPLODED DIAGRAM



3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1L	PEDAL L	1	JD-304V L
1R	PEDAL R	1	JD-304V R
2	END CAP3	4	120*40*35
3	BOLT 1	4	GB/T 70.2-2000 M10*30
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 10
6	FRONT COVER	2	160*128*3
7	BOLT 1	4	GB/845-85 ST4.2X19
8	BOLT 2	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	BOLT 8	1	GB/T77-2007 M6*6
12	SEAT POST	1	WELDING
13	SEAT	1	DD-004
14	STOPPER	4	φ70*41/(M16X25)
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	2	φ45*φ10.5*4
21	BOLT 1	2	GB/T 70.1-2000 M6*60
22	NUT	2	GB/T 889.1-2000 M6
23	NUT	2	M12X1.25 H=6
24	FLAT WASHER	2	GB/T 95-2002 12 (H=2)
25	PLASTIC SLEEVE	2	80*40
26	END CAP1	2	80*40*1.5
27	BOLT 1	5	GB/T 70.2-2000 M8*18
28	NUT	2	M12X1.25 H=8MM
29	CRANK END CAP	2	φ28*6.5
30	KNOB	1	φ60*113
31	NUT	7	GB/T 889.1-2000 M8
32	PLASTIC RING	1	φ40*φ35.2*37.2
33	LEFT CRANK	1	MT-338 M18*1.5 L
34	BOLT 3	1	GB/845-85 ST4.8X13
35	BEARING	2	6007ZZ(C&U)

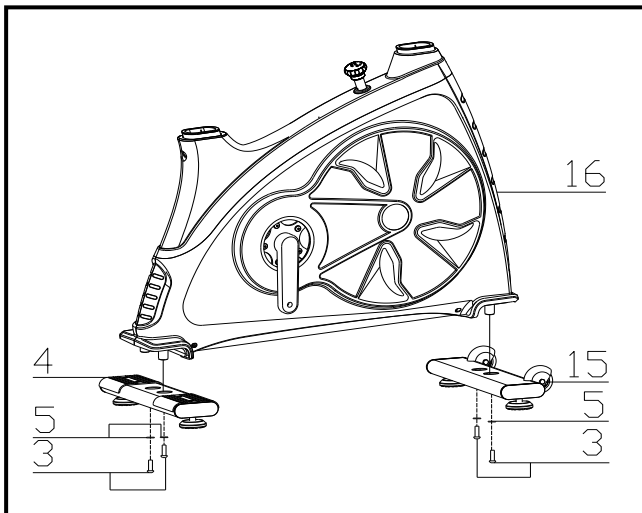
NO	NAME	QUANTITY	SPEC
36	RIGHT CRANK	1	MT-338 M18*1.5T R
37	SENSOR	1	SR-202
38	NUT	1	GB/T 889.1-2000 M20*1.0 H=10
39	COMPUTER	1	JY-81577
40	BOLT 8	1	GB/T 70.1-2000 M6*12
41	BOLT 6	8	GB/T 845-1985 ST4.2*19
42	SHAPE KNOB	2	φ50*101 (M16*45)
43	PU WHEEL	2	φ69*23
44	CHAIN COVER	1	1123*107*717
45	CHAIN COVER	1	1123*101*717
46	AXIS	1	φ35*174
47	FLAT WASHER 1	1	GB/T 859-1987 6
48	ADJUSTING METAL	1	117*14.5*δ1.5
49	CHAIN COVER	1	887*101*498
50	BELT	1	5PK49
51	BELT WHEEL	1	φ200*24
52	TWIST THE FIXINGS	1	φ20.8*34
53	BLOCK	1	161*21*19
54	SPRING 1	1	φ18*62
55	NUT	2	GB/T 41-2000 M10
56	BOLT 6	4	GB/T 845-1985 ST4.2*19
57	FIXING NUT	2	27*M20*1 (5mm)
58	Screw rod	1	Φ13.5*170
59	FIXING TUBE	1	φ25*φ20.2*48.2
60	BEARING	2	6004ZZ
61	FLYWHEEL	1	φ453*35
62	FLYWHEEL SHAFT	1	φ25*160
63	WASHER 2	3	φ20*φ14*2.0
64	DOMED NUT	1	GB/T 802-1988 M10
65	BOLT 2	2	GB/T 5780-2000 M5*10
66	FIXING NUT 1	1	M35*1.0
67	SHORT FIXING TUBE	1	φ40*φ35.5*14
68	EVA paddle	1	95*16*13
69	WOOLLY BLOCK	1	153*16*4
70	BOLT 2	2	GB/845-85 M6*16
71	SPRING WASHER 1	2	GB/T 859-1987 5

4. ASSEMBLY INSTRUCTIONS

STEP 1: PREPARATION

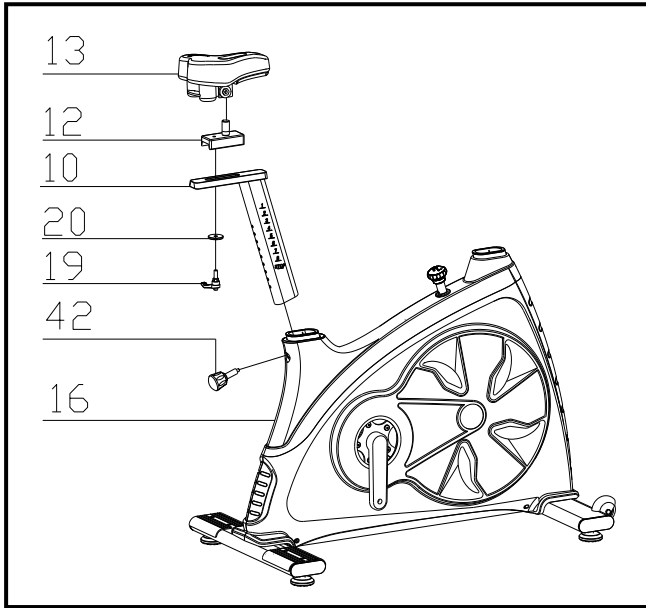
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked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

STEP 2:



1. Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5) and bolt 1 (3).
2. Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5) and bolt 1 (3)

STEP 3:

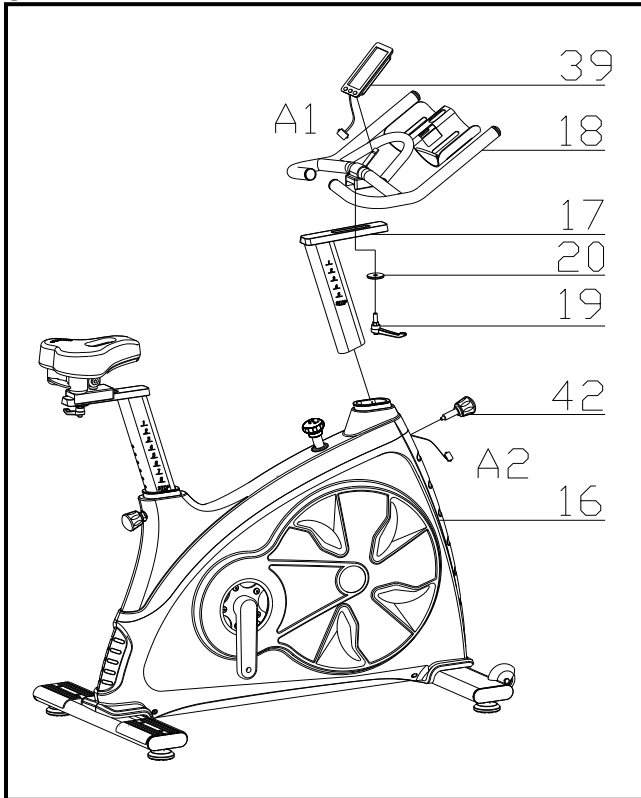


1. Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then release the round nut and slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10).
2. Secure the Seat Post (pt.12) with L shape knob (pt.19) and Flat washer1 (pt.20)

Set the seat height by slackening the knurled section of the Adjustment Knob (pt.42), pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

3. Attach 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).

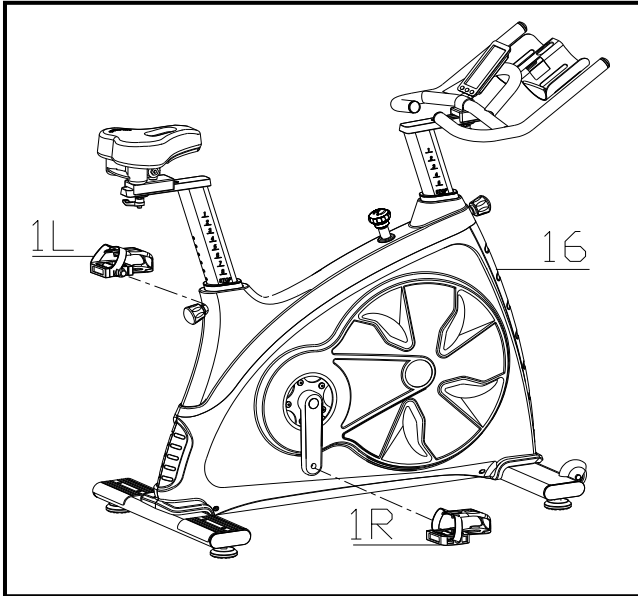
Set the seat height by slackening the knurled section of the Adjustment Knob (pt.42), pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

2. Slide the Handlebar (pt.18) onto the Handlebar Post (pt.17). Secure the Handlebar (pt.18) with L shape knob (pt.19) and Flat washer1 (pt.20)

ATTENTION: ENSURE THE HANDLEBAR IS SECURED TIGHTLY

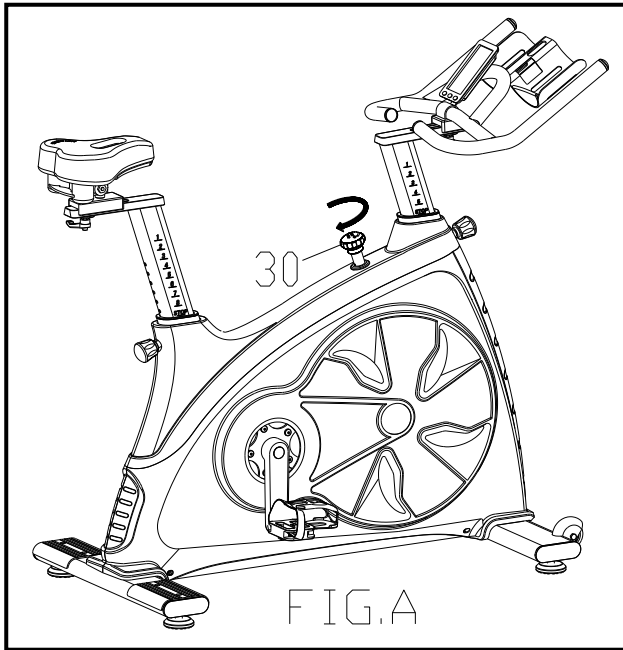
3. Attach the Computer (pt.39) onto the Computer Holder, connect the plug (A1&A2),

STEP 5:



1. The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Secure 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.

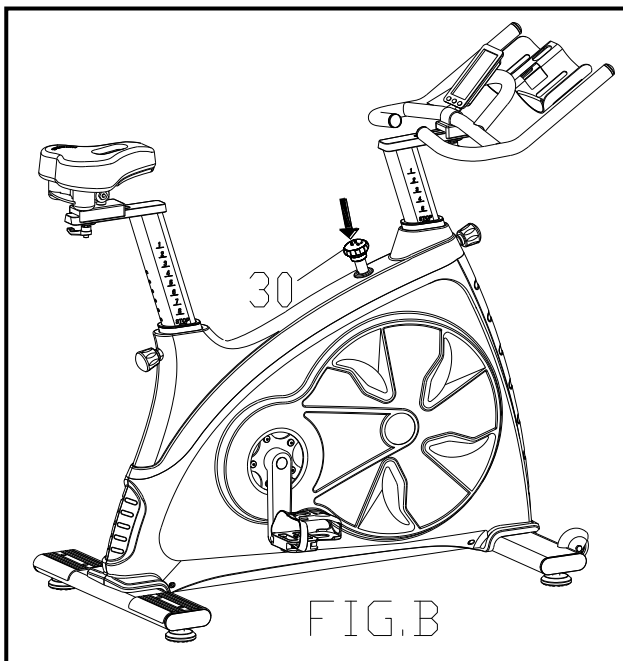


A.) Adjusting the Tension

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 resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the right (clockwise).

To decrease tension and resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the left (anti-clockwise).



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

5. 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 maintain that heartrate 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". It is a power saving device. Press any key to restart the THR function.

6. 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.

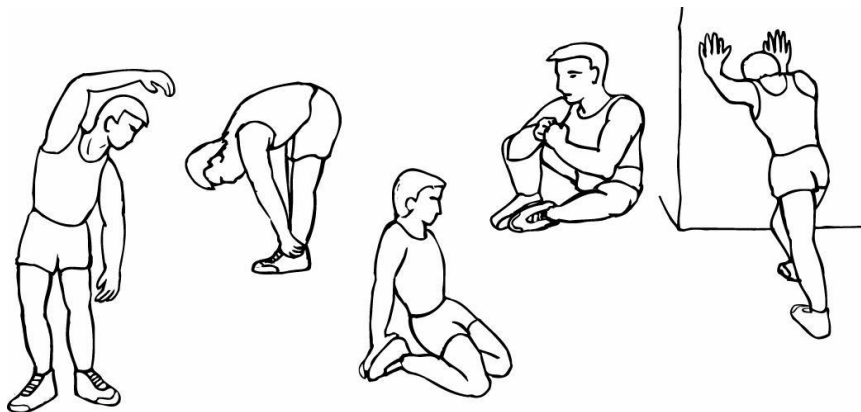
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

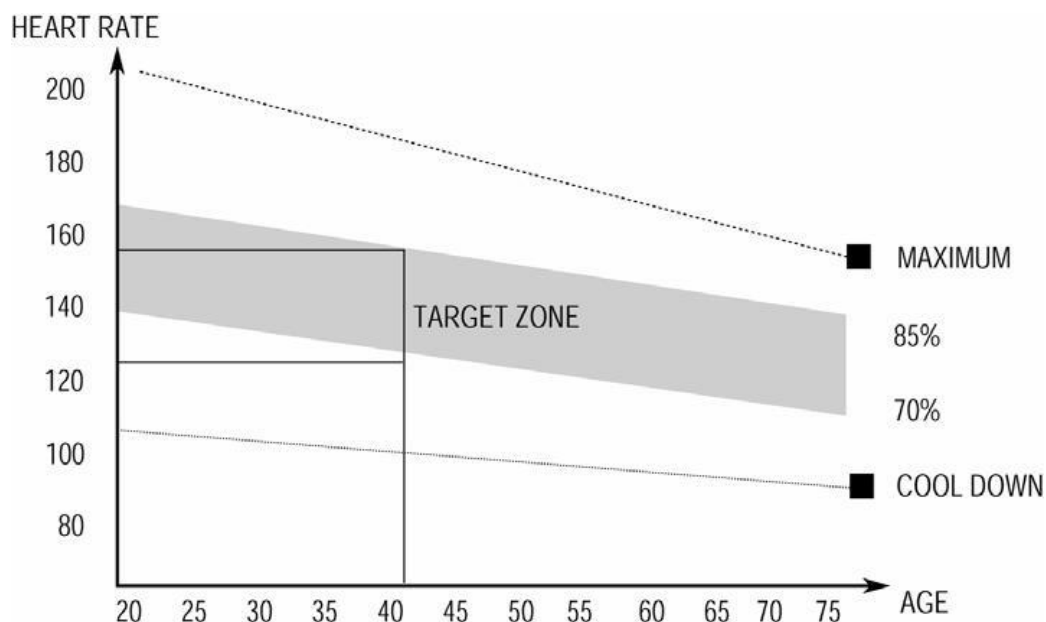
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.

7. 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.