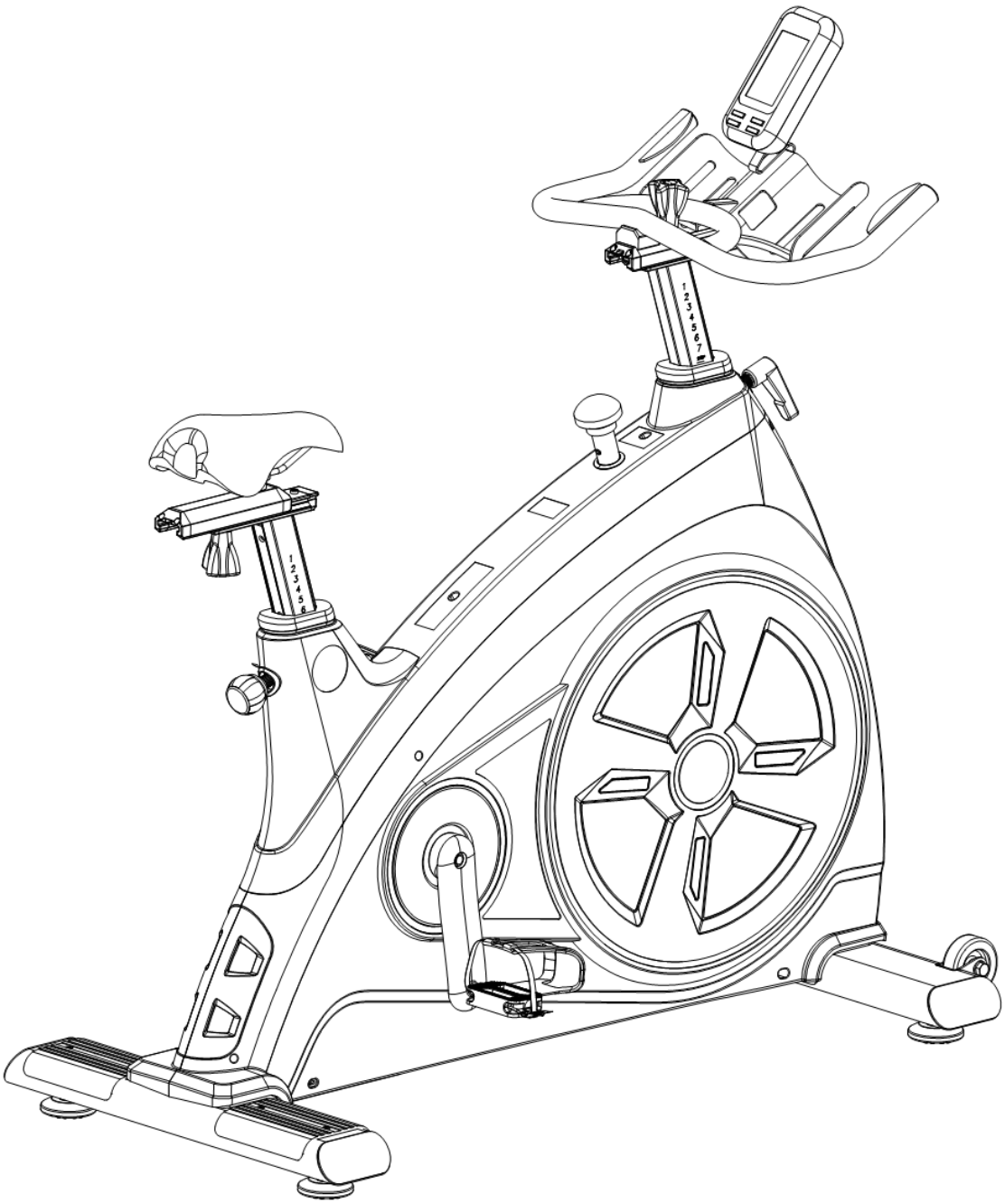
SP-960 OWNER'S MANUAL



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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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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 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

. Lubricate moving joints with grease after periods of usage

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

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

. 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 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

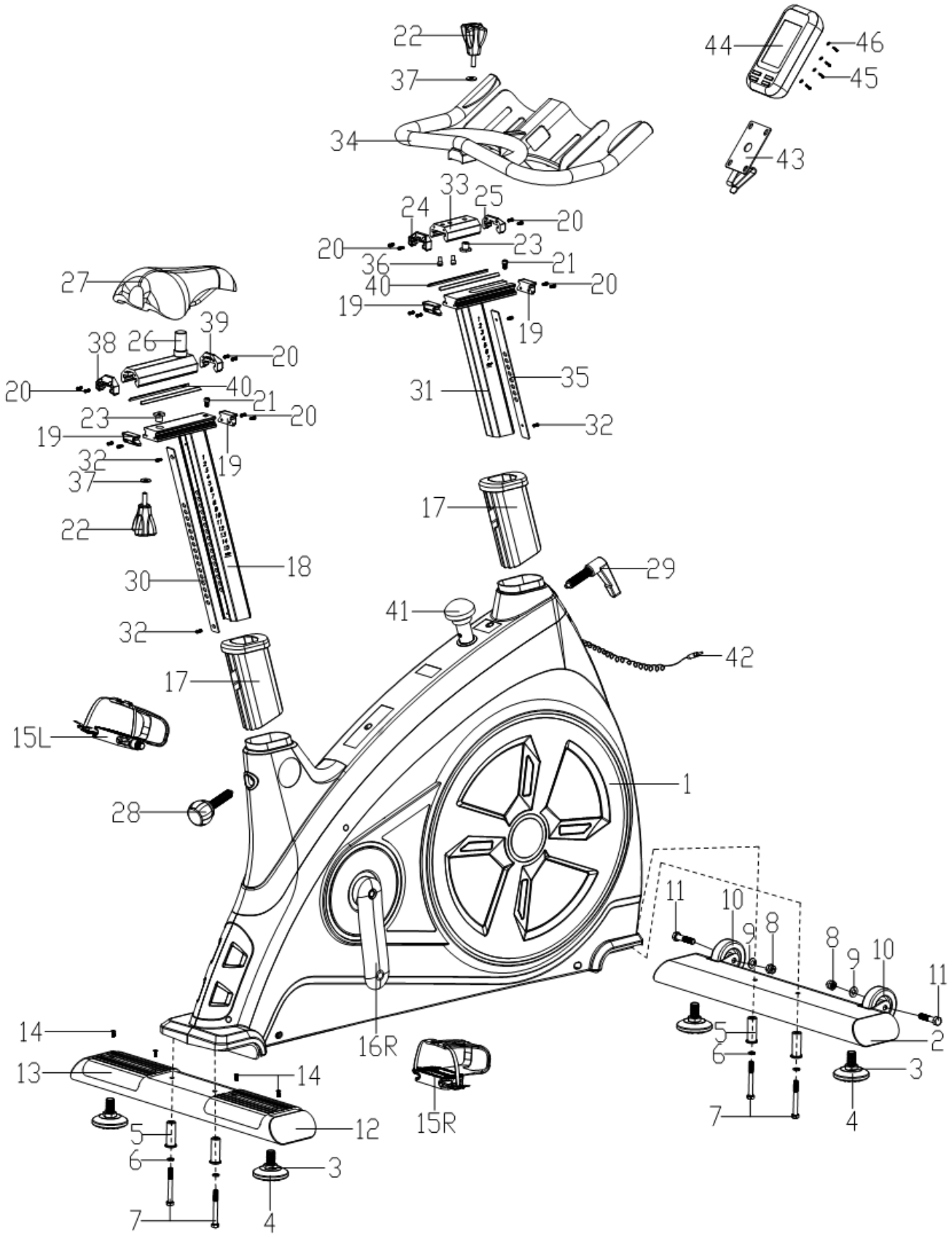
e. Do not attempt to recharge non-rechargeable batteries

f. Batteries are to be inserted with correct polarity

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

h. Do not dispose of batteries in fire, batteries may explode or leak

3. EXPLODED DIAGRAM



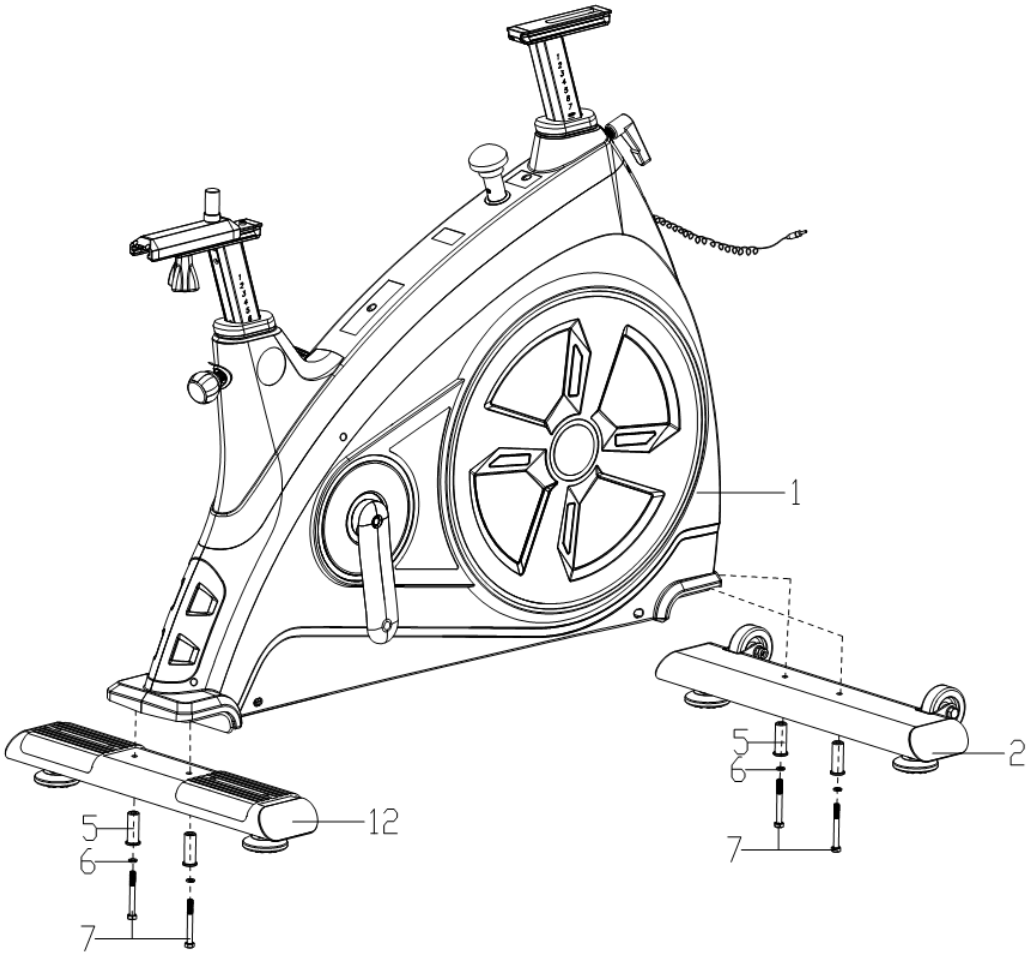
4. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	24	End cap 1	1
2	Front stabilizer	1	25	End cap 2	1
3	Hex nut M16*1.5	4	26	Saddle slider	1
4	Adjust footpad	4	27	Saddle	1
5	Spacer	4	28	Ball knob	1
6	Spring washer D8	4	29	L-shape knob	1
7	Hex bolt M8*70	4	30	Saddle post strengthen board	1
8	Nylon nut M10	2	31	Handlebar post	1
9	Flat washer D10XΦ20x2	2	32	Cross screw M4X12	4
10	Roller wheel	2	33	Handlebar slider	1
11	Hex bolt M10*45	2	34	Handlebar assembly	1
12	Rear stabilizer	1	35	Handlebar post strengthen board	1
13	Footrest plate	2	36	Screw M8X15	2
14	Cross screw M4×12	4	37	Flat washer D8XΦ20x2	2
15L/R	Pedal (L/R)	1 pr	38	End cap B	1
16L/R	Crank(L/R)	1 pr	39	End cap F	1
17	Seat post bushing	2	40	Spacing board	4
18	Saddle post	1	41	Brake knob	1
19	End cap	4	42	Sensor wire	1
20	Cross screw M4x10	16	43	Computer bracket	1
21	Hex bolt M6X10	2	44	Computer	1
22	Handlebar knob	2	45	Screw	4
23	Slider nut	2	46	Flat washer	4

5. ASSEMBLY INSTRUCTIONS

STEP 1

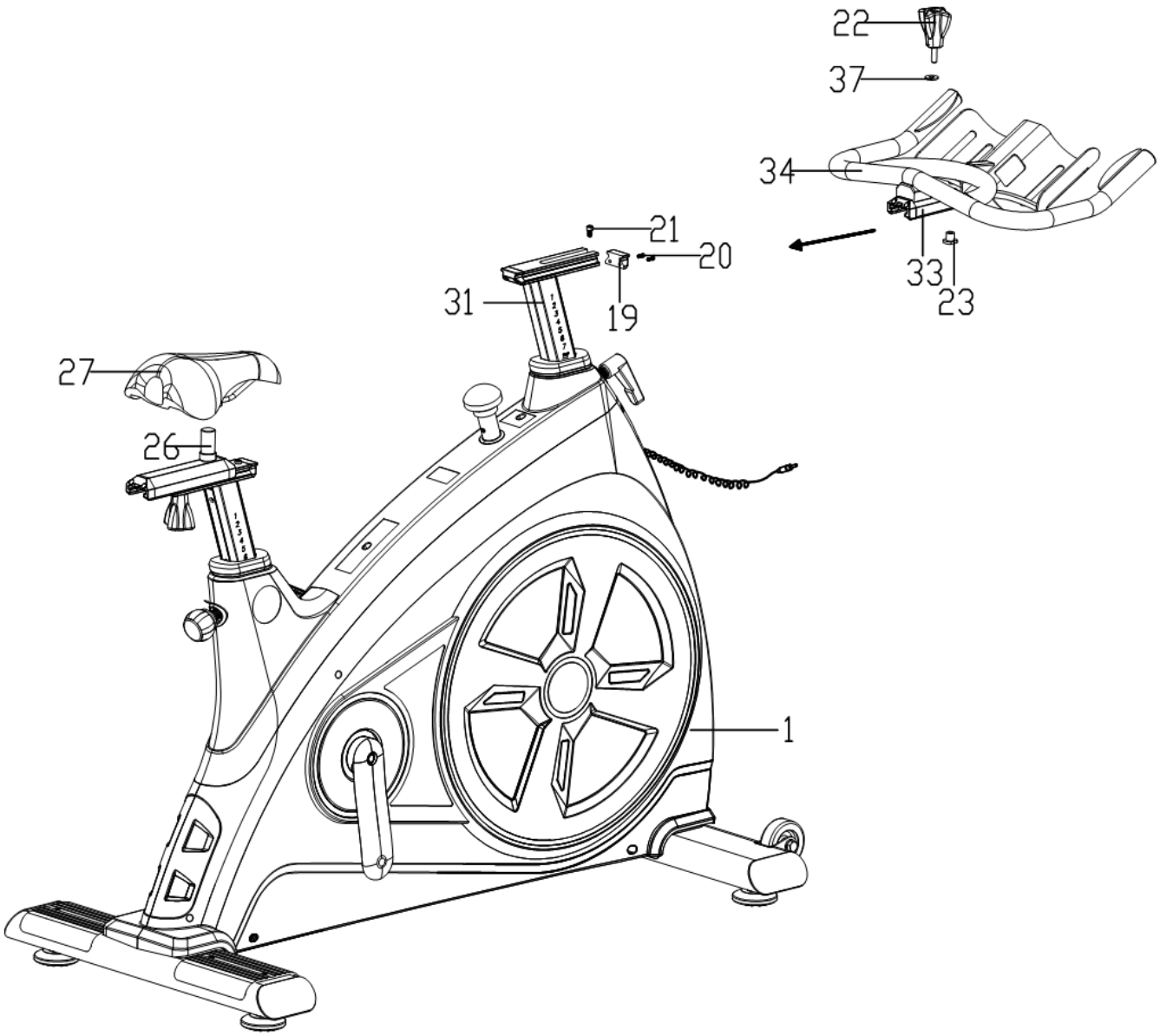
1. Attach the Front stabilizer (2) and Rear stabilizer (12) onto the Main frame (1) with the Hex bolt (7), Spring washer (6) and Spacer (5).



STEP 2:

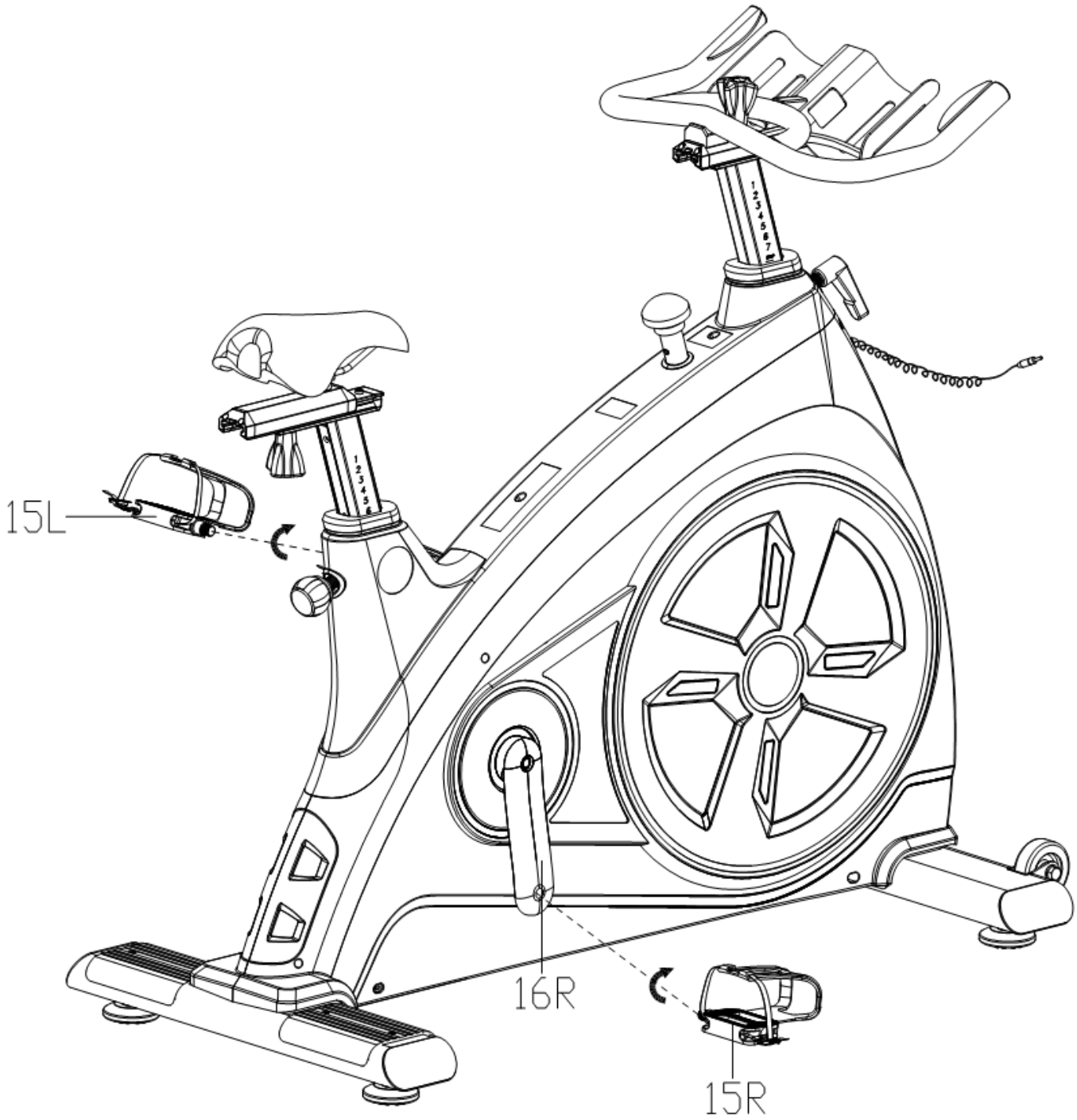
1. Lock the saddle (27) to the Saddle slider (26).
2. Unscrew the Cross screw (20), End cap (19) and Hex bolt (21). Then slip the Handlebar slider (33) into the Handlebar post (31) and adjust the Slider nut (23) to proper position to make it slip into the groove of Handlebar slider (33). Attach End cap (19) to Handlebar post (31) with Cross screw (20), lock Hex bolt (21) back to (31)
3. Adjust the Handlebar slider (33) to a proper position. Lock the Handlebar assembly (34) to the Handlebar post (31) tightly with Handlebar knob (22) and Flat washer (37).

   NOTE: Please make sure that the saddle (27) is tightly locked to the Saddle slider (26) before exercise.



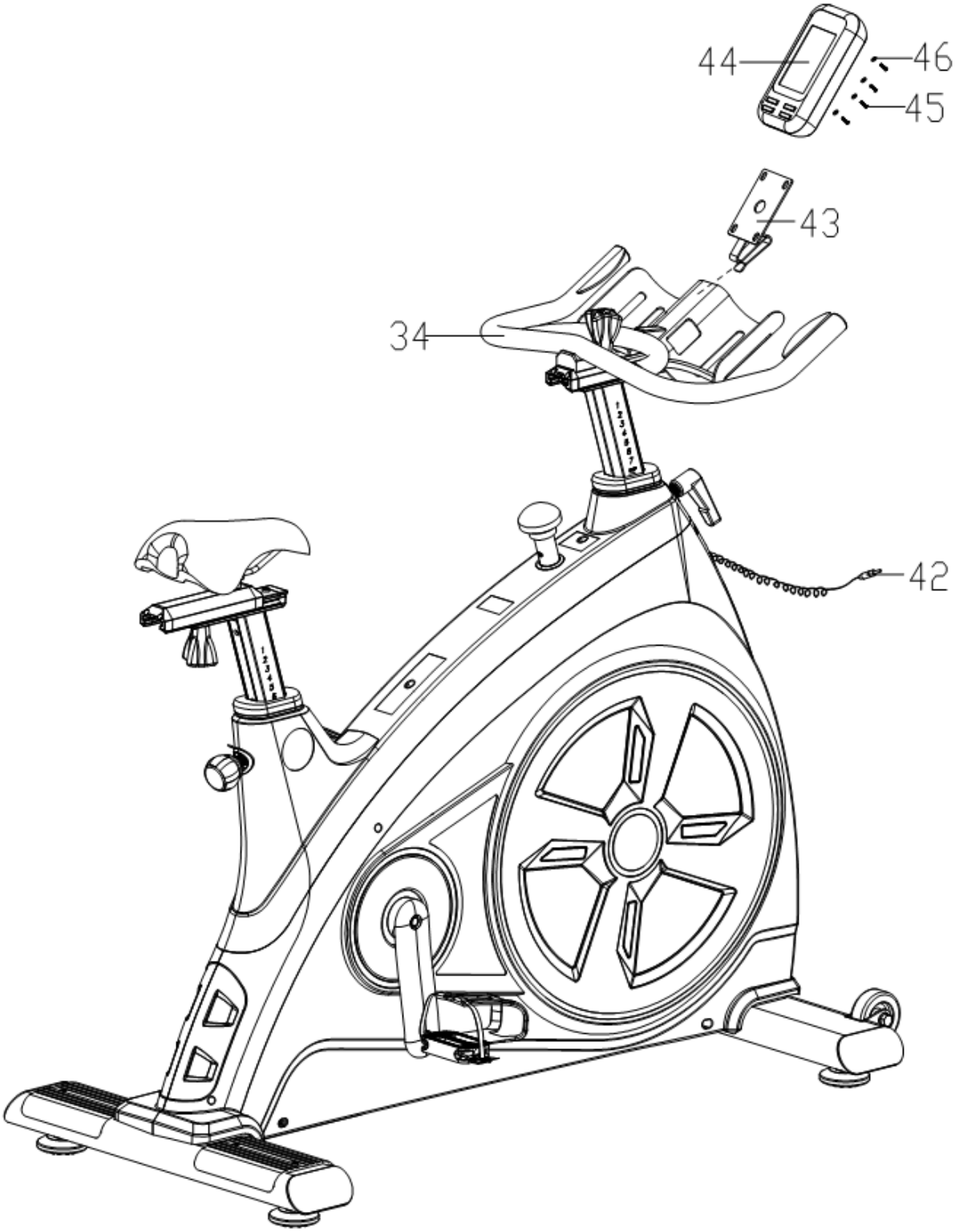
STEP 3:

1. Attach the Pedals (15L/ R) to the cranks (16 L/ R) of the Main frame (1) respectively.
   NOTE: The marks “L “and “R” on the pedal are for left and right side of the crank. The pedal (L) should be turned counter-clockwise to the crank (L). On the contrary, the pedal (R) should be turned clockwise to the crank (R). Please make sure the Pedals (15L/ R) had been locked tighten on the crank (16 L/ R) before exercise.

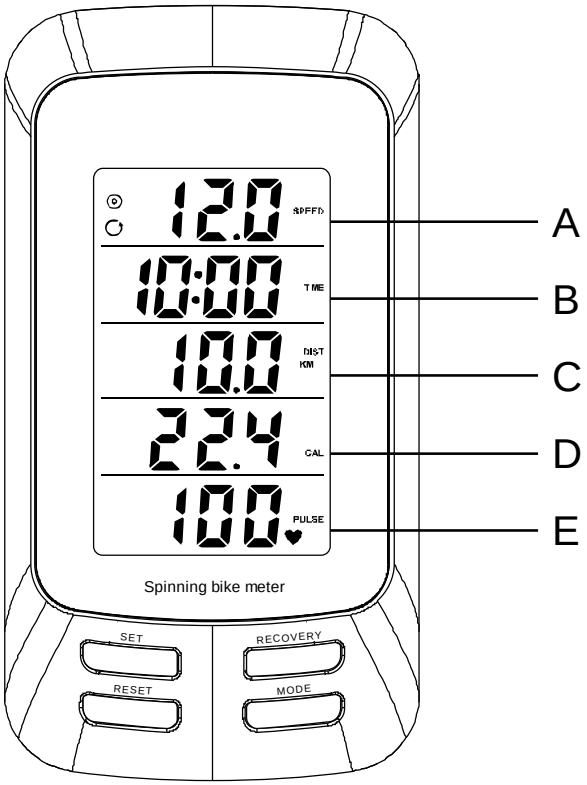


STEP 4:

1. Attach the Computer (44) to Computer bracket (43) with Screw (45) and Flat washer (46).Then insert the Computer bracket (43) into the middle of Handlebar assembly (34).Finally connect Sensor wire (42) with Computer (44).



6. COMPUTER OPERATION



BUTTONS:

1. MODE:
    a. Select the window to be set.
    b. When exercise (icon ◎ display), scan (with icon↻) or display: SPEED / AVG. SPEED / MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.
    c. Reset: hold for 2 seconds to reset all data.
2. SET:
    a. Set the values of the relevant display window, hold for quick increase.
    b. In other modes, scan (with icon↻) or display: SPEED / AVG. SPEED / MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.
3. RESET:
    a. During SET, reset the value of the relevant display window.
4. RECOVERY:
    a. Heart rate recovery function after workout.

FUNCTIONS:

1. SPEED / AVG. SPEED / MAX SPEED: Window A displays
    a. The current exercise speed, and the avg. speed & max speed during exercise.
2. TIME: Window B displays
    a. Counts the cumulative time from the exercise start to the end, and it will automatically stop timing if without exercise signal over 6 seconds.
    b. Exercise time can be set, MAX 99 minutes, and each press to add 1 minute, countdown to zero, the TIME will flash and beep for 5 seconds.
3. DISTANCE: Window C displays
    a. Counts the cumulative distance from the exercise start to the end, KM means metric, MI means imperial.

b. Exercise distance can be set, MAX 99 KM/MI, each press add 0.1, countdown to zero, the DIST will flash and beep for 5 seconds.

4. CALORIE /RPM: Window D displays
   a. Counts the cumulative calories consumed from exercise start to the end, and also the current RPM (or cadence).
   b. The calorie value can be set, MAX 999, each press add 1, countdown to zero, the CAL will flash and beep for 5 seconds.
5. PULSE/AVG. PULSE/ MAX PULSE: Window E displays
   a. Shows your current heart rate, average, and max heart rate during exercise, pulse range: 40～220BPM
6. AUTO OFF
   a. Without any exercise signal or operation over 4 minutes, the computer will turn off automatically and memorize the current data.

INSTALLATION:

1. Take off the computer back's battery cover, put 2pcs 1.5V AAA battery inside correctly.
2. Fix the computer on the front place of exercise bike by screw.
3. Install the magnet and speed sensor on the related place of the bike. Make sure the distance less than 10mm between the magnet and sensor.
4. Connect the speed signal cable plug and the computer back's signal plug. If with pulse, connect the hand pulse cable plug and the computer back's pulse signal plug.
5. Ride the bike, and if the speed value changes, means the installation is correct. Or else check the installation of magnet and sensor, and also the plug connections between sensor and computer.

OPERATION:

1. RESET
   In any displays, hold MODE button for 2 seconds to reset all the data.

2. SET THE TARGET PARAMETERS
   When stop exercise (icon ⊙ not display), press MODE to choose the window to be set or reset, the corresponding window displays SET, meanwhile, the window's digit flash, press RESET to clear the value, and press SET to set the flashing window's value. Hold the button to quick increase.
   Set the value as: TIME→DIST→CAL.

3. CHECK THE EXERCISE DATA
   a. In non-set mode, press SET or during exercise, icon displays, press MODE to separately check the SPEED / AVG. SPEED /MAX SPEED, CALORIES/RPM, PULSE/AVG. PULSE/ MAX PULSE.
   b. When icon ↻ displays, means the computer is scan the display. It will scan display the value in corresponding window every 6 seconds.

4. PULSE RECOVERY
   Wear the transmitter belt properly, or hold the hand pulse place, the computer will display your current heart rate.
   When the pulse window has the display, stop exercise, press RECOVERY to enter the function of pulse recovery. The display will show 1 minute countdown as well as your pulse rate, test your pulse until it counts down to zero. Then it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to the slowest. The fastest recovery F1 shows the best, F6 means the slowest. Press RECOVERY again to exit the pulse recovery function.

REPLACE BATTERY
When the display color fades, or with flash when operate buttons, means the battery has no enough power. Take off the battery cover, and use 2pcs new 1.5V AAA UM-4 battery to replace the old battery.

7. EXERCISE GUIDE

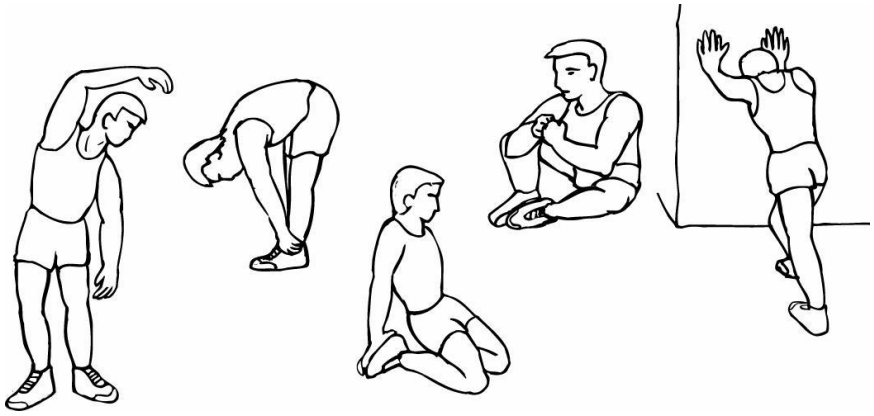
PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

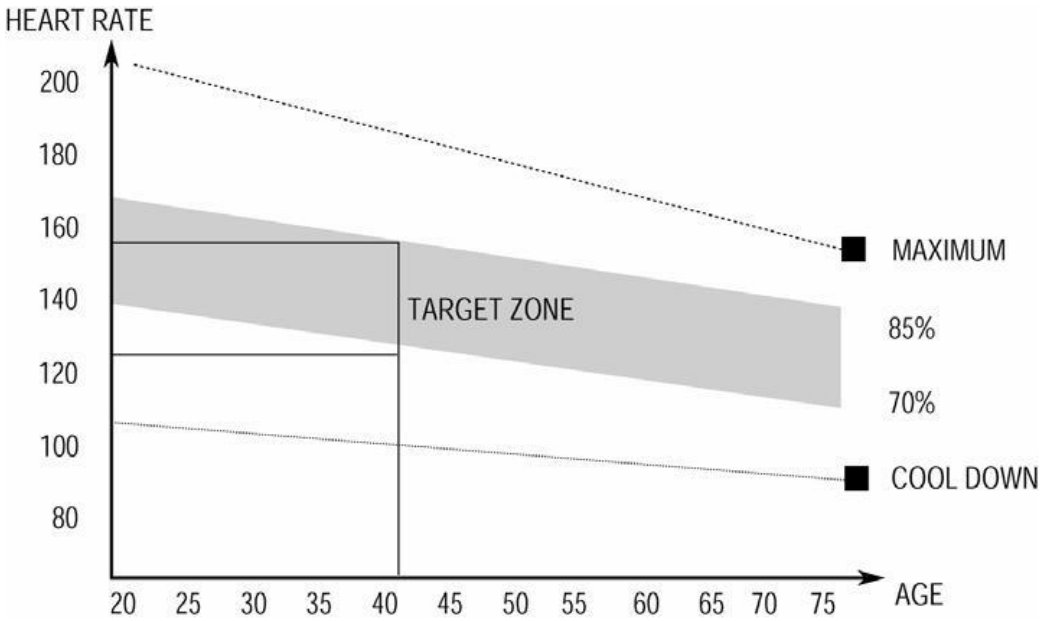
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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

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.

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 Fitness Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au