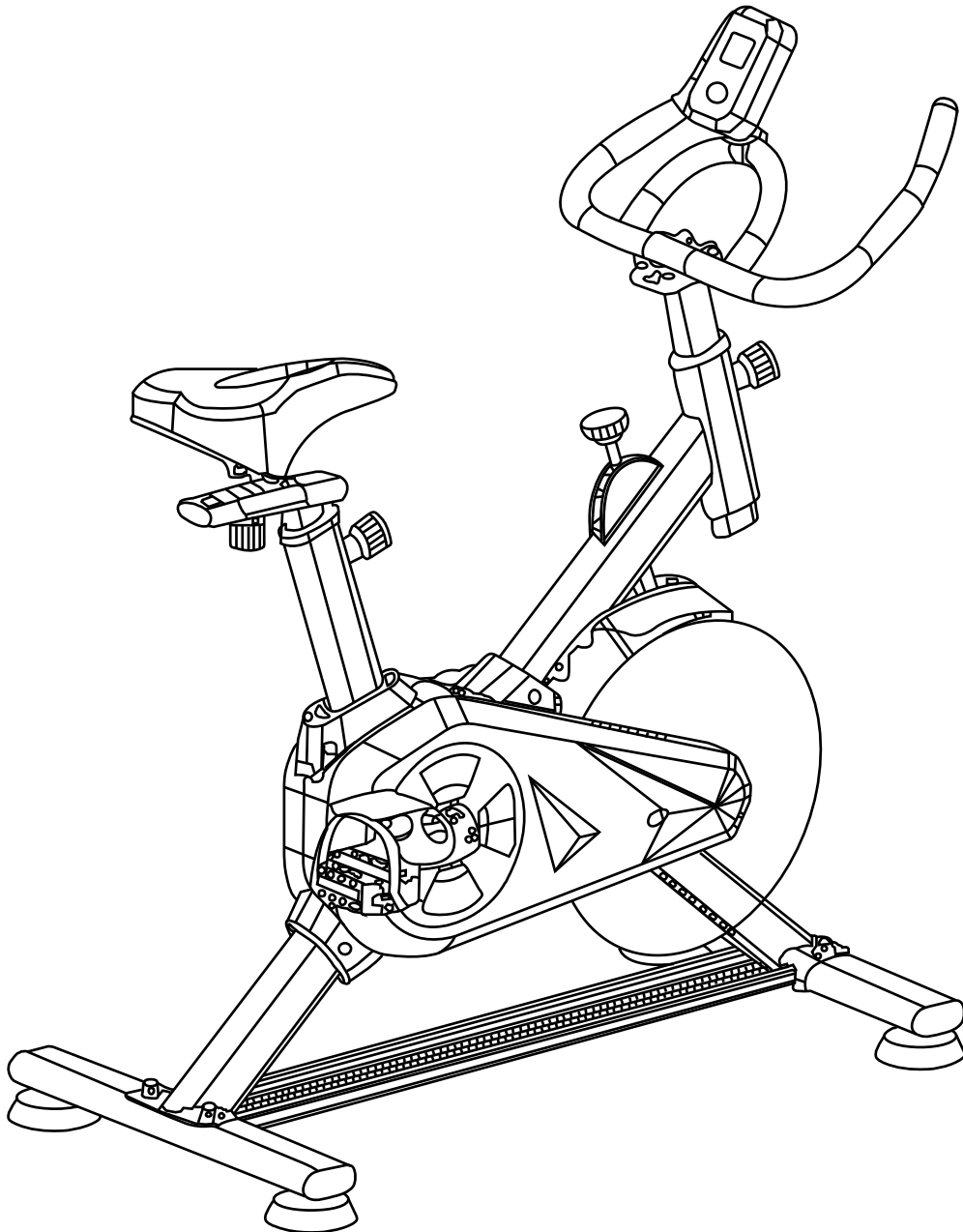


LSG

SPG-100 SPIN BIKE 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

- 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. ASSEMBLY INSTRUCTIONS

Tools

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware

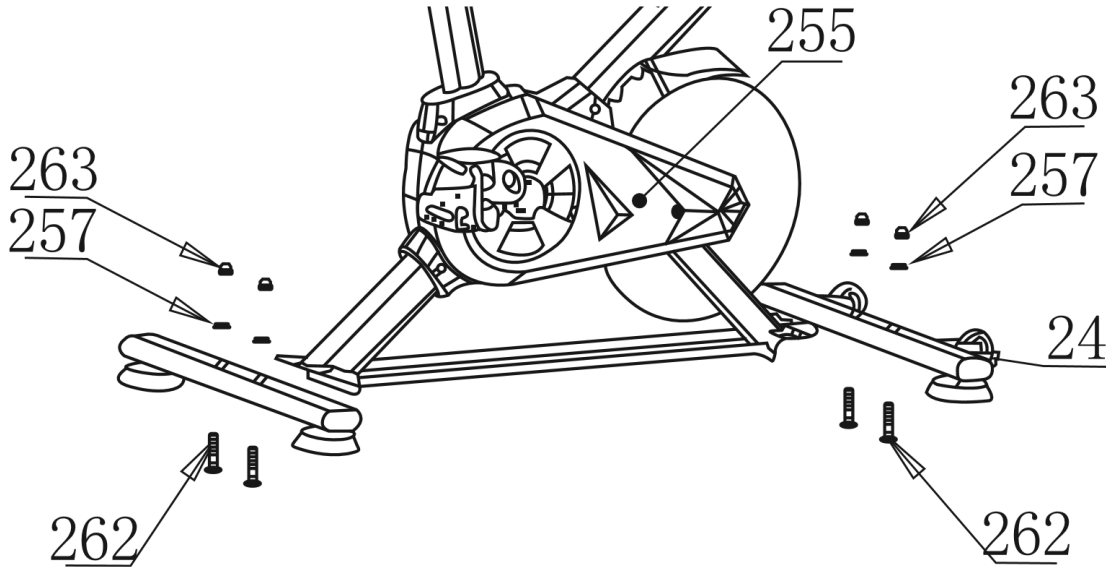
Preparation

Prior to assembly, make sure that you will have enough space around the item; Use the present tooling for assembly; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1:

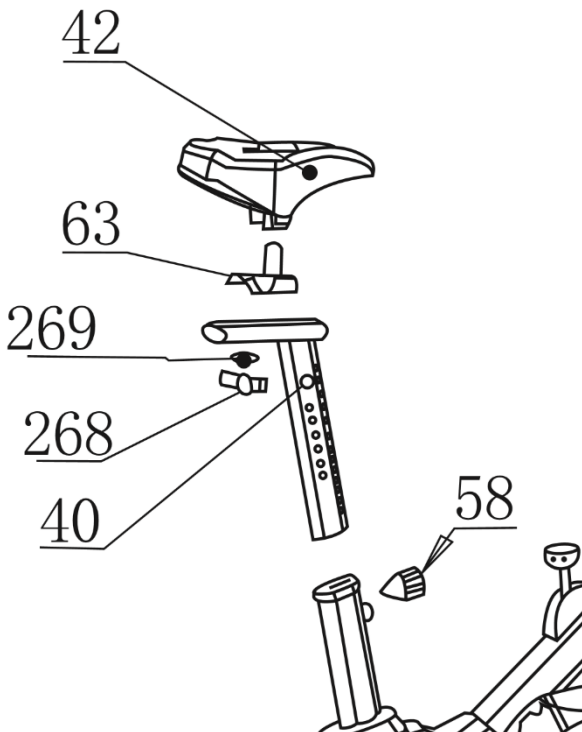
1. Secure the Front and Rear Foot Tube (#24 & #25) to Main Frame (#255) with:
 - Carriage Bolts M8x40mm (#262)
 - Washer $\Phi 8$ (#257)
 - Cap Nut M8mm (#263)



STEP 2:

1. Insert Cushion Lifting Pipe (#40) in to Main Frame (#255) and secure with Knob (#58).

2. Secure the Cushion (#42) to Cushion Soleplate (#63) with:
 - Big Flat Washer (#269)
 - Knob (#268)





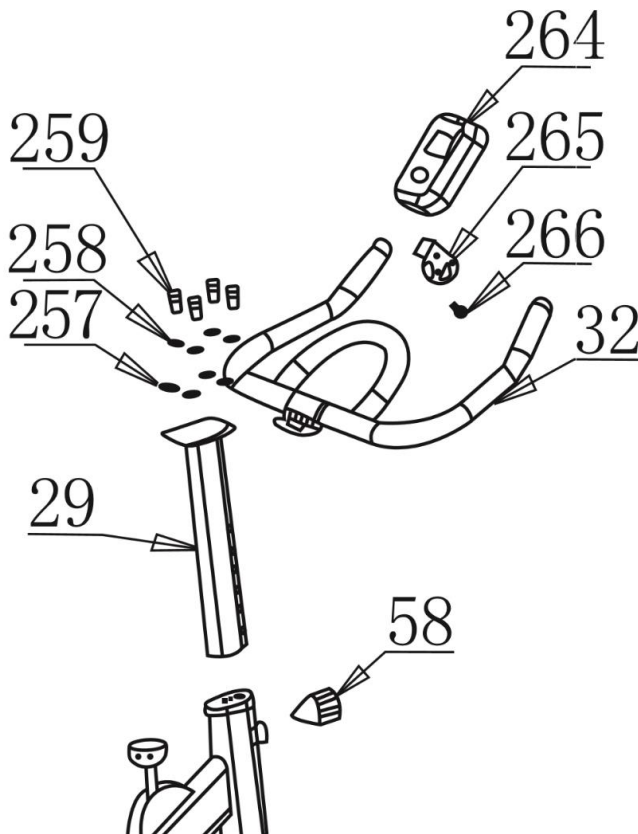
“R” PEDAL LOCKNUT

“L” PEDAL LOCKNUT

Pedal Installation

Every pedal have corresponding note as following photo (“L” means left side, and “R” means right side).

1. Install “L” pedal to Main Frame (#255), turning it in counter clockwise direction.
2. Install “R” pedal to Main Frame (#255), turning it in clockwise direction.
3. After pedal assembly, secure the locknut to “R” and “L” pedals.



STEP 3:

1. Secure the Lifting Pipe (#29) onto the Main Frame (#255) with:
 - Knob (#58)
2. Secure the Handlebar (#32) onto the Lifting Pipe (#29) with:
 - Bolt (#259)
 - Spring Washer $\Phi 8$ (#258)
 - Flat Washer $\Phi 8$ (#257)
3. Secure the Digital Display (#264) onto Digital Display Tower (#265) with:
 - Bolt ST4.2x32mm (#266)

4. DISPLAY GUIDE

Shows:

TIME-----00:00—99:59 min.

SPEED-----0.0—99.9Km/h

DISTANCE-----0.00—99.99Km

CALORIE-----0.0—999.9 Kcal

PULSE-----40—220 beat/min.

Buttons :

Mode: to choose what you want to show. Press this button for 3-4 second s and all numbers will turn back to 0.

Functions:

1. Time: press MODE to time, this shows the time from start exercise to finish.
2. Speed: press MODE to speed, this shows the speed when you use the machine
3. Distance: press MODE to distance, this shows the total distance from you start exercise to finish
4. Calorie: press MODE to calorie, this shows the total calories burned in your exercise.
5. Pulse: press MODE to pulse, and put your both hands on the pulse sensor on the handle bar, keeps for 3 seconds , it will shows the pulse rate.
6. Scan: press MODE to scan, the console will shows “TIME---SPEED---DISTANCE----CALORIE----PULSE” every 4 seconds in turn.

Please note:

1. The console will turn off if no signal input for 4-5mins.
2. The console will shows automatically the now number when signal put in.
3. If the console show dark or not clear, please change the battery.
4. This console only use 1 .5V “AA” or “AAA” battery.

5. 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.

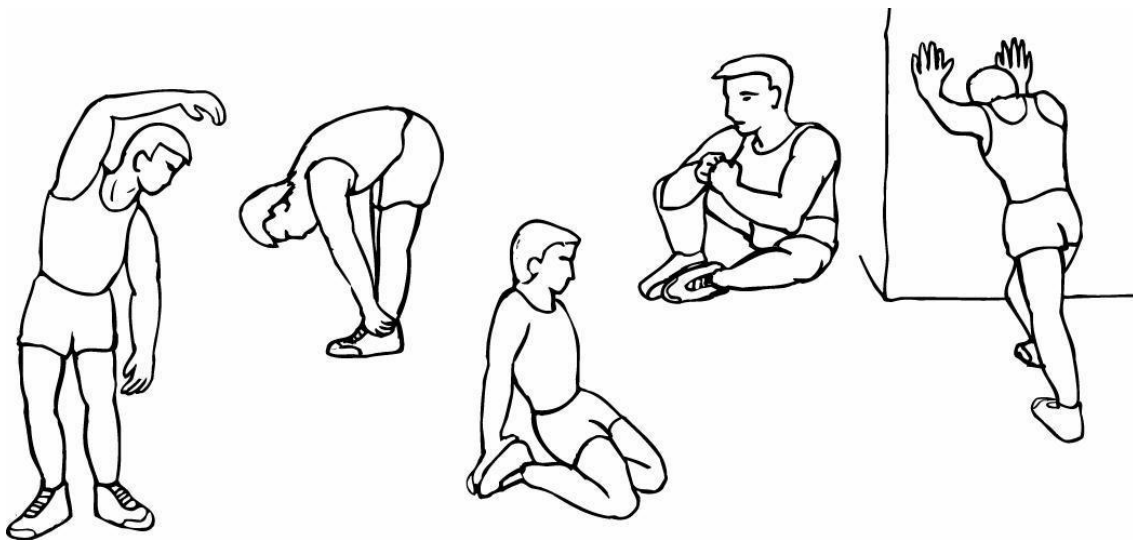
Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood 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

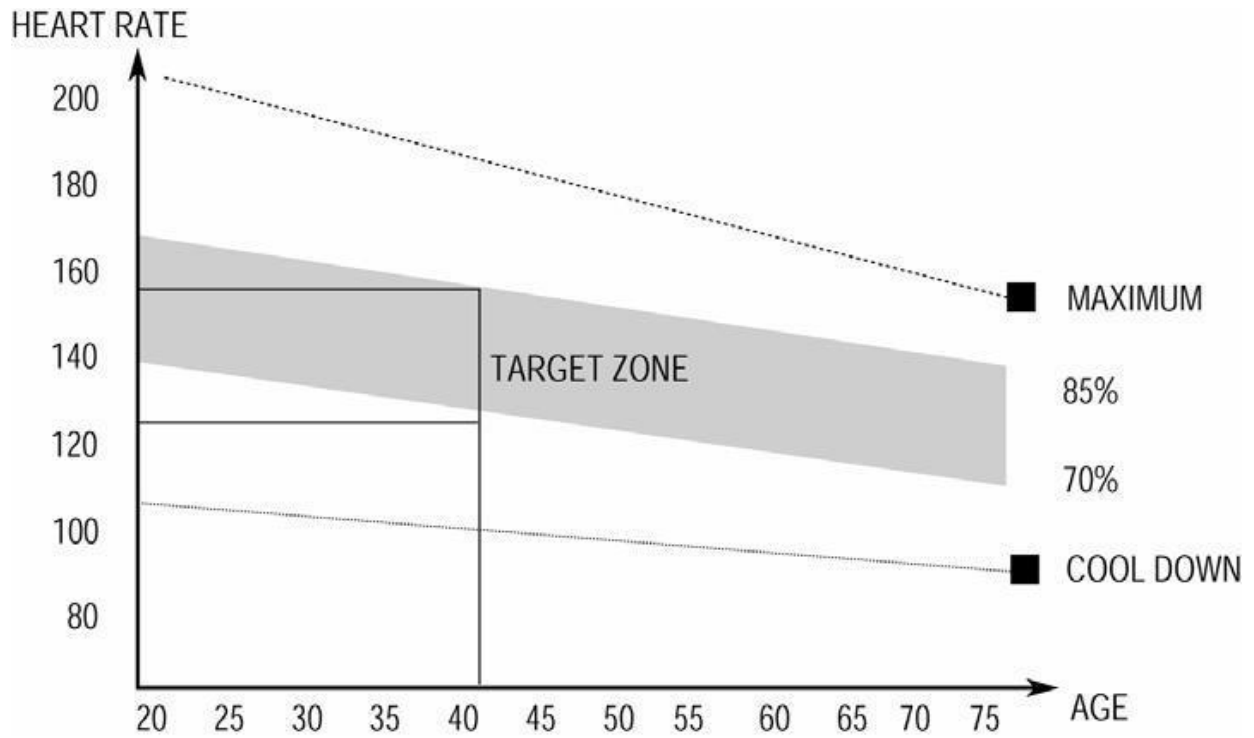
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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

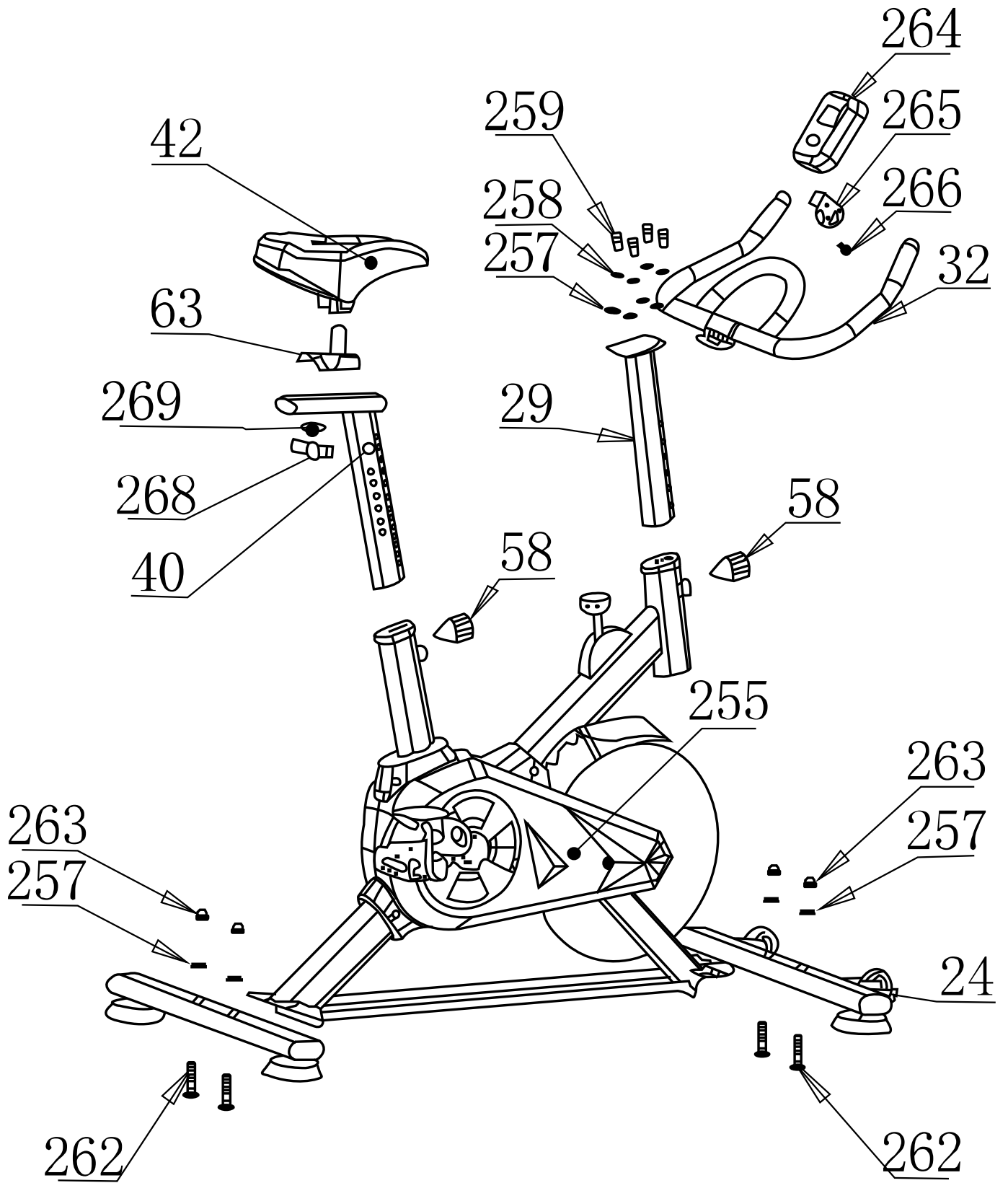
TARGET ZONE



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

6. EXPLODED DIAGRAM



7. PARTS LIST

NO.	DESCRIPTION	SIZE	QTY.
262	Carriage bolt	M8X40mm	4
257	Washer	Φ8	4
263	Cap nut	M8mm	4
25	Rear foot tube		1
	Adjustable foot screw		4
255	Main frame		1
R	Right pedal		1
24	Front foot tube		1
58	Knob		2
L	Left pedal		1
268	Knob		1
269	Big flat washer		1
40	Cushion lifting pipe		1
63	Cushion soleplate		1
42	Cushion		1
29	Lifting pipe		1
32	Handlebar		1
266	Bolt		1
265	Digital Display Tower		1
264	Digital Display		1
259	Hand bolt		4
258	Spring washer	Φ8	4
257	Flat washer	Φ8	4

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.