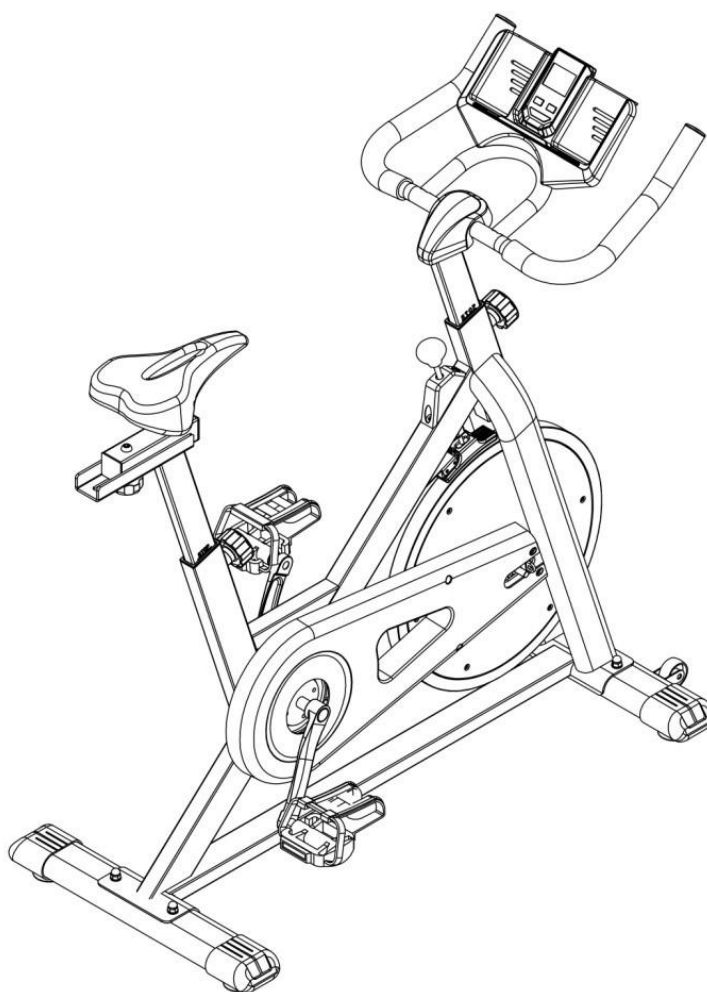


**LSG**

# **SPG-200 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](http://www.lifespanfitness.com.au)

# TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	CARE INSTRUCTIONS	4
3.	ASSEMBLY INSTRUCTIONS	5
4.	OPERATING INSTRUCTION	11
5.	COMPUTER OPERATION	12
6.	EXERCISE GUIDE	13
7.	EXPLODED DIAGRAM	15
8.	PARTS LIST	16
9.	WARRANTY	17

# 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.*

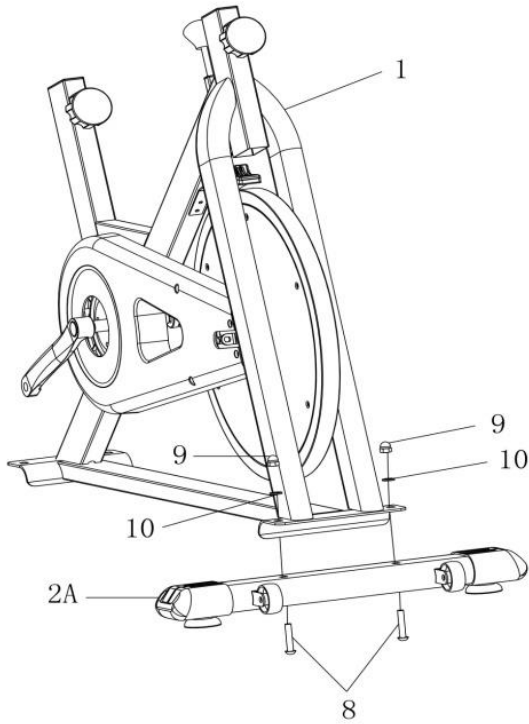
*Please reference the individual assembly steps and make note of all preinstalled hardware*

#### 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.

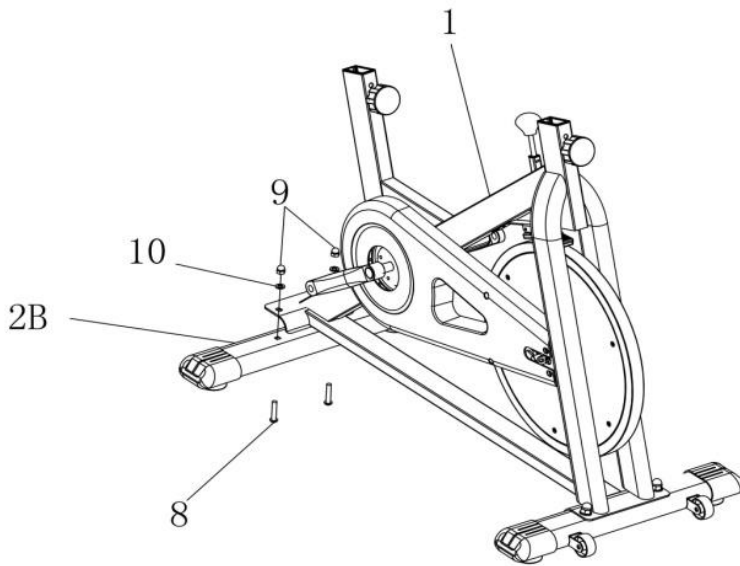
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

**STEP 1:**



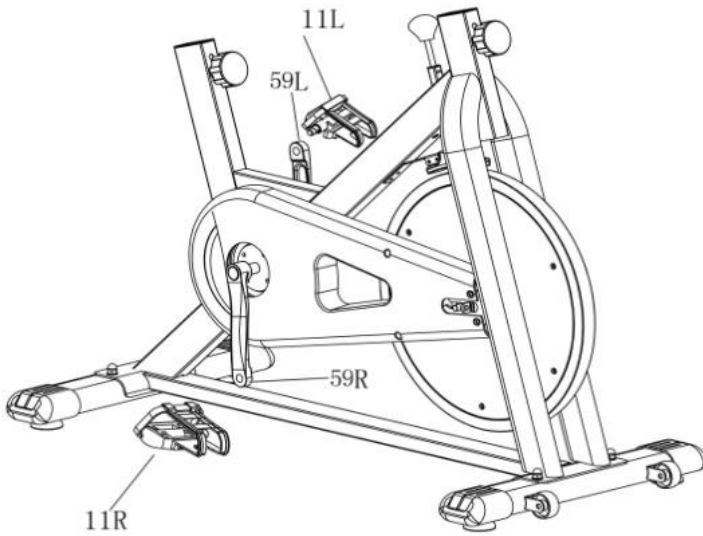
1. Secure the front stabilizer (2A) to the main frame (1), using 2 sets carriage bolts (8), dome nuts (9) and washers (10).

**STEP 2:**



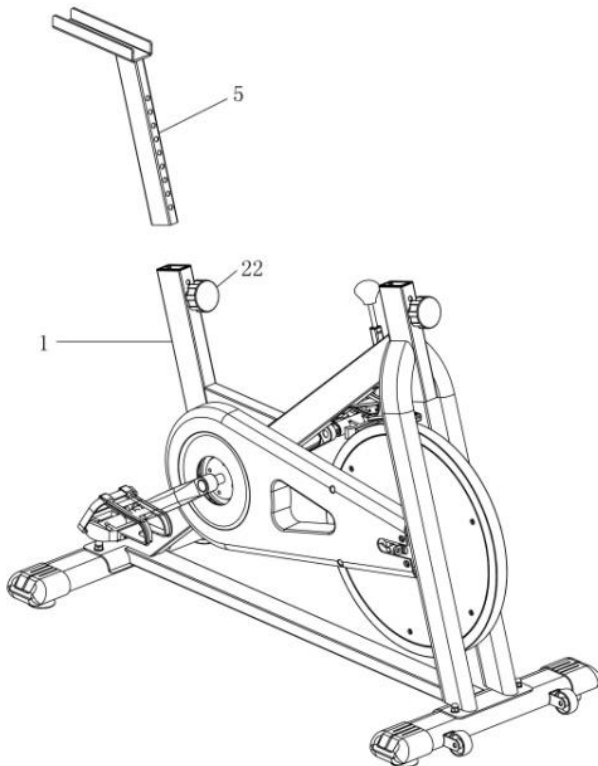
1. Secure the rear stabilizer (2B) to the main frame (1), using 2sets carriage bolts (8), dome nuts (9) and washers (10).

### STEP 3:



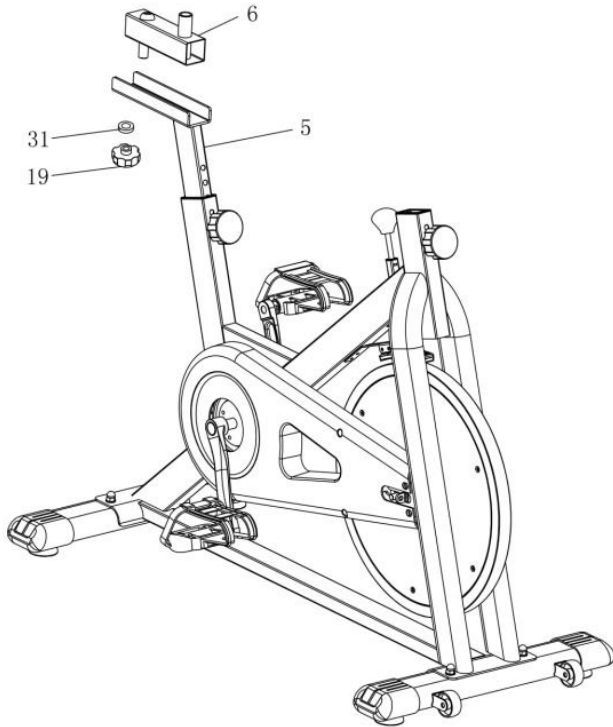
1. Screw the right pedal (11R) into the crank shaft (59R) in the **CLOCKWISE** direction. Screw the left pedal (11L) into the crank shaft (59L) in the **ANTI-CLOCKWISE** direction. You must use a spanner (20) to tighten securely.

### STEP 4:



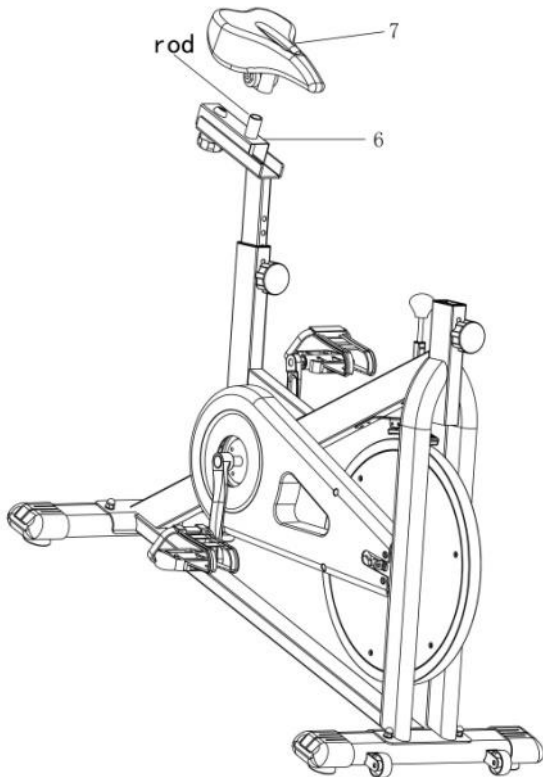
1. Loosen the adjustable knob (22) and insert seat post (5) into the main frame (1). Then align the holes and tighten the fixing knob (22).

## STEP 5:



1. Put the seat slider (6) into the seat post (5). The bolt which is welded on the bar (6) must be located into the slot of the seat post (5). Then tighten it with fixing knob (19).

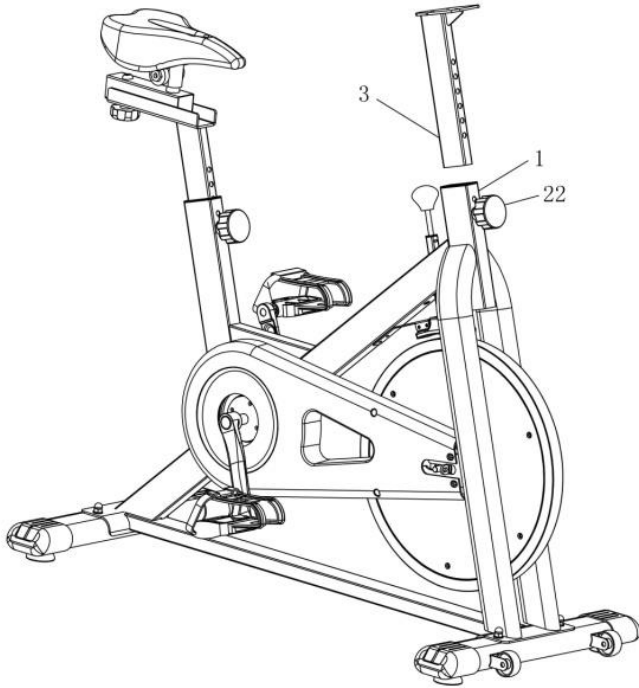
## STEP 6:



1. Slide the seat (7) onto the rod of the seat bar (6). Then tighten the two nuts under the seat (7) securely.

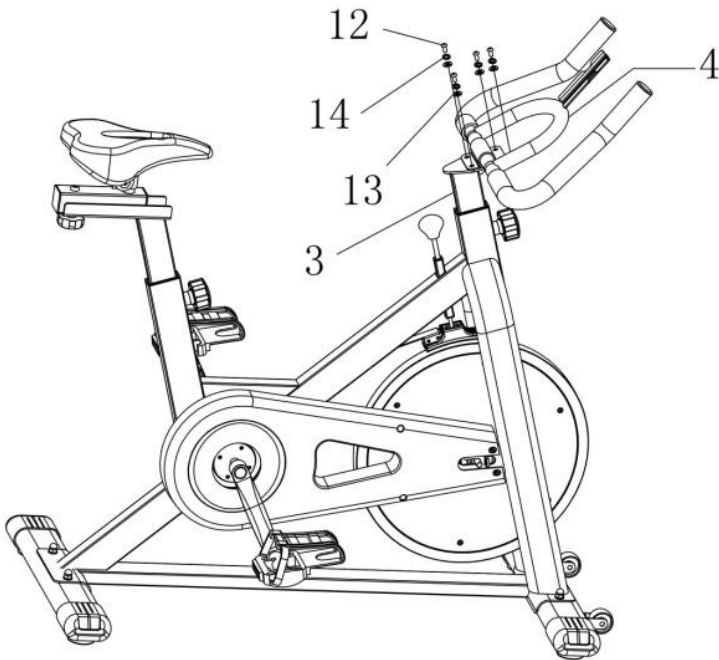


## STEP 7:



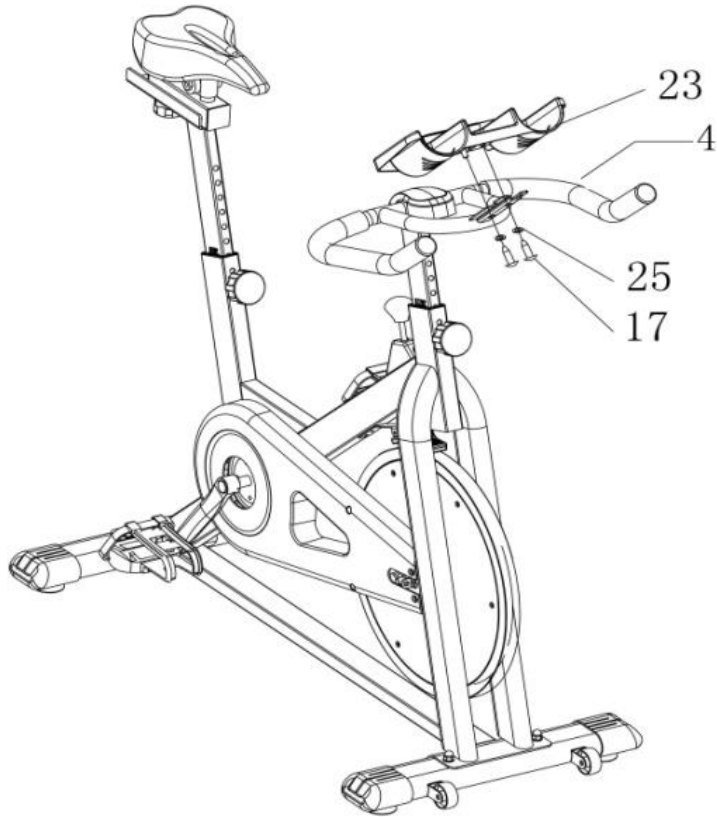
1. Loosen the adjustable knob (22) and insert the handlebar stem (3) into the mainframe (1). After align the hole to the adjustable knob (22), then secure the adjustable knob (22).

## STEP 8:



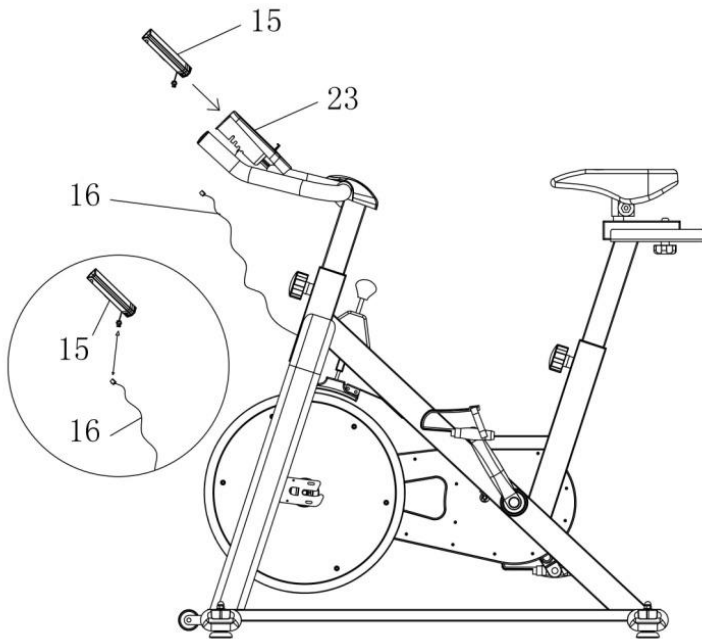
1. Put the handlebar (4) onto the handlebar stem (3) and make the holes aligned completely. Tighten them with 4 sets hexagon socket bolts (12), spring washers (14) and washers (13) securely.

**STEP 9:**



1. Connect the console (23) with the handlebar (4). Then tighten them with 2 sets washers (25), screws (17) securely.

**STEP 10:**



1. Slide the computer (15) into the console (23) along the bulge on console (23). Then plug the sensor connector (16) into the connector of the computer (15).

## 4. OPERATING INSTRUCTION

### Resistance adjustment:

Pedaling resistance is controlled by the tension knob (fig.1) located under the handlebar (middle).

To increase resistance, turn the tension knob clockwise and to decrease resistance, turn the tension knob anti-clockwise.

fig. 1



fig.2



Emergency brake is also equipped in this machine, by pushing down the knob, you can stop the transmission immediately. (fig.2)

### Warning!

Do not dismount the bike or remove your feet from the pedals until the pedals have completely stopped.

While the bike not in use, for safety you should turn the resistance to largest to make the flywheel immobile.

Fig. 2

### Seat adjustment:

Properly adjust the seat to ensure maximum exercise efficiency and comfort. The most appropriate seat position of bike is when knee is slightly bent when one pedal is 90 degrees with ground.

1. To adjust the seat height, simply turn the adjustable knob loose, move the seat up or down to the required height and tighten the knob.
2. To adjust the seat position, simply turn the adjustable knob loose, move the seat forward or backwards to the desired position and tighten the knob.

### Handlebar adjustment:

To adjust the handle bar height, simply turn the adjustable knob loose, adjust the handle bar at required height and tighten the knob.

# 5. COMPUTER OPERATION

## FUNCTIONAL BUTTONS:

MODE – Press it to select functions.

– Hold it for 3 seconds to reset time, distance and calories.

SET (If applicable) – To set value of time, distance and calories when not in scan mode.

RESET (If applicable) – Press to reset time, distance and calories.

## FUNCTIONS:

1. SCAN: Press MODE button until “▲” appears at SCAN Position (or until “SCAN” appears), computer will rotate through all the 4 functions: Time, Speed, Distance, and Calorie. Each display will be hold for 6 seconds.
2. TIME: Count the total time from exercise start to end.
3. SPEED: Display current speed.
4. DIST: Count the distance from exercise start to end.
5. CALORIES (CAL): Count the total calories from exercise start to the end.
6. AUTO ON/OFF: Without any signal about for 4 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the computer is in action.  
Press MODE to select the function, then press SET to adjust the value.

## SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59(Minute : Second)
	Current Speed	The max pick-up signal is 99.9KM/H or 99.9M/H
	Trip Distance	0.00 ~ 99.99 KM or MILE
	Calories	0.0 ~ 999.9 Kcal
Battery Type		2 pcs of SIZE-AAA
Operating Temperature		0°C ~ +40°C(32°F~ 104°F)
Storage Temperature		-10°C ~ +60°C(14°F~ 140°F)

## 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.

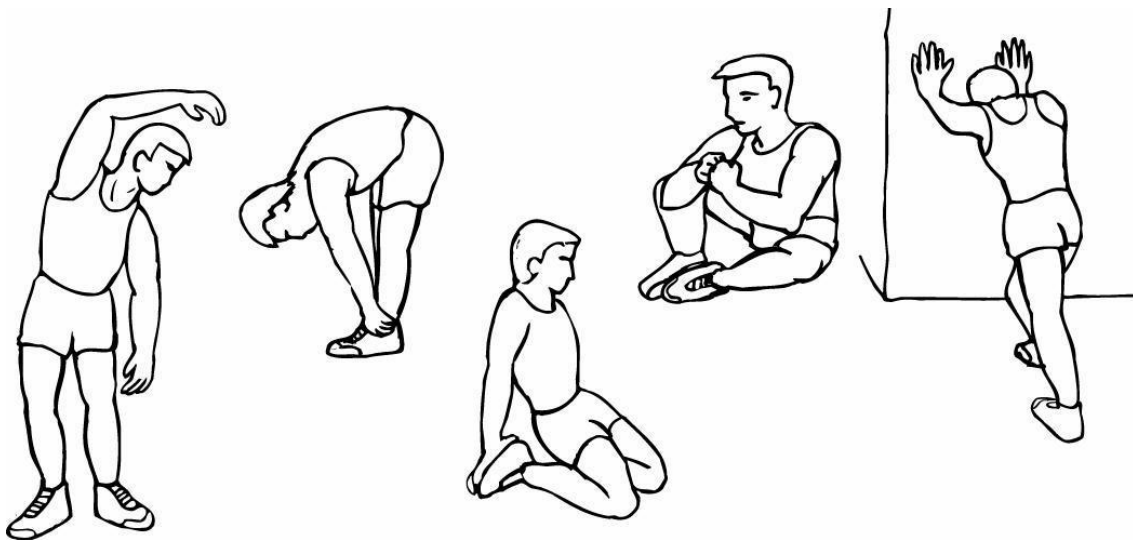
Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood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

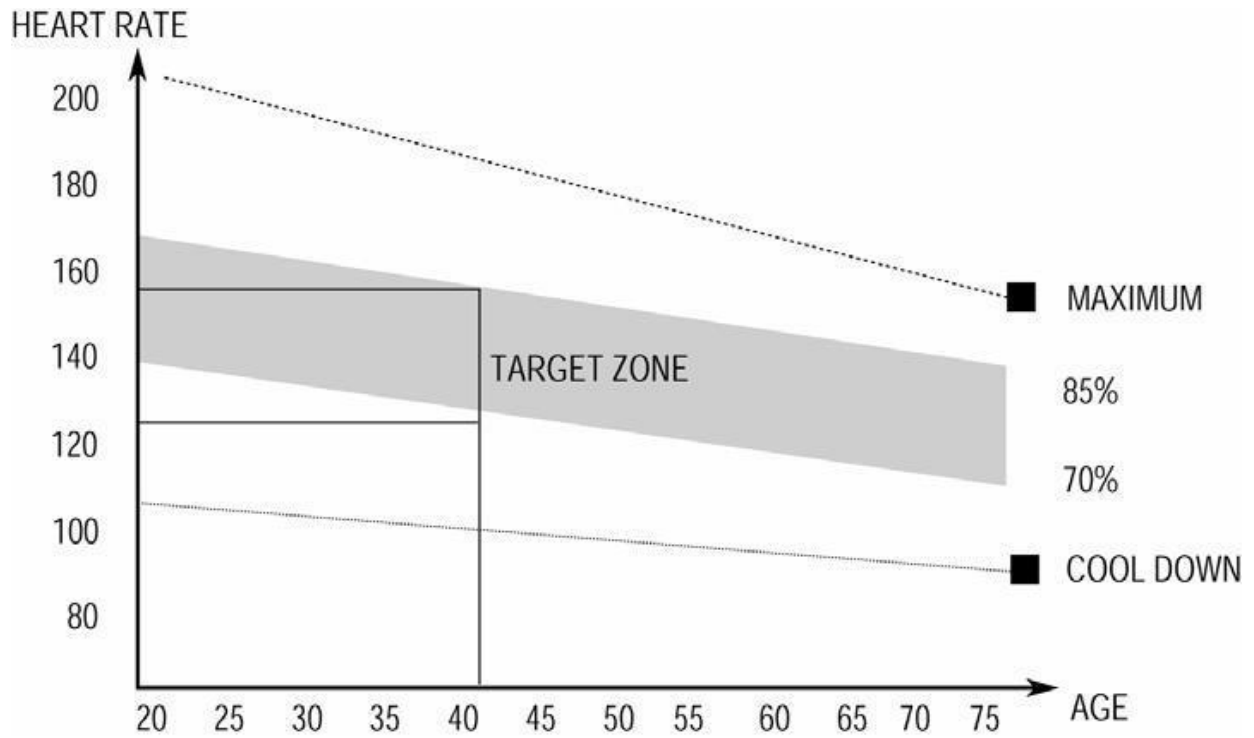
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

### 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

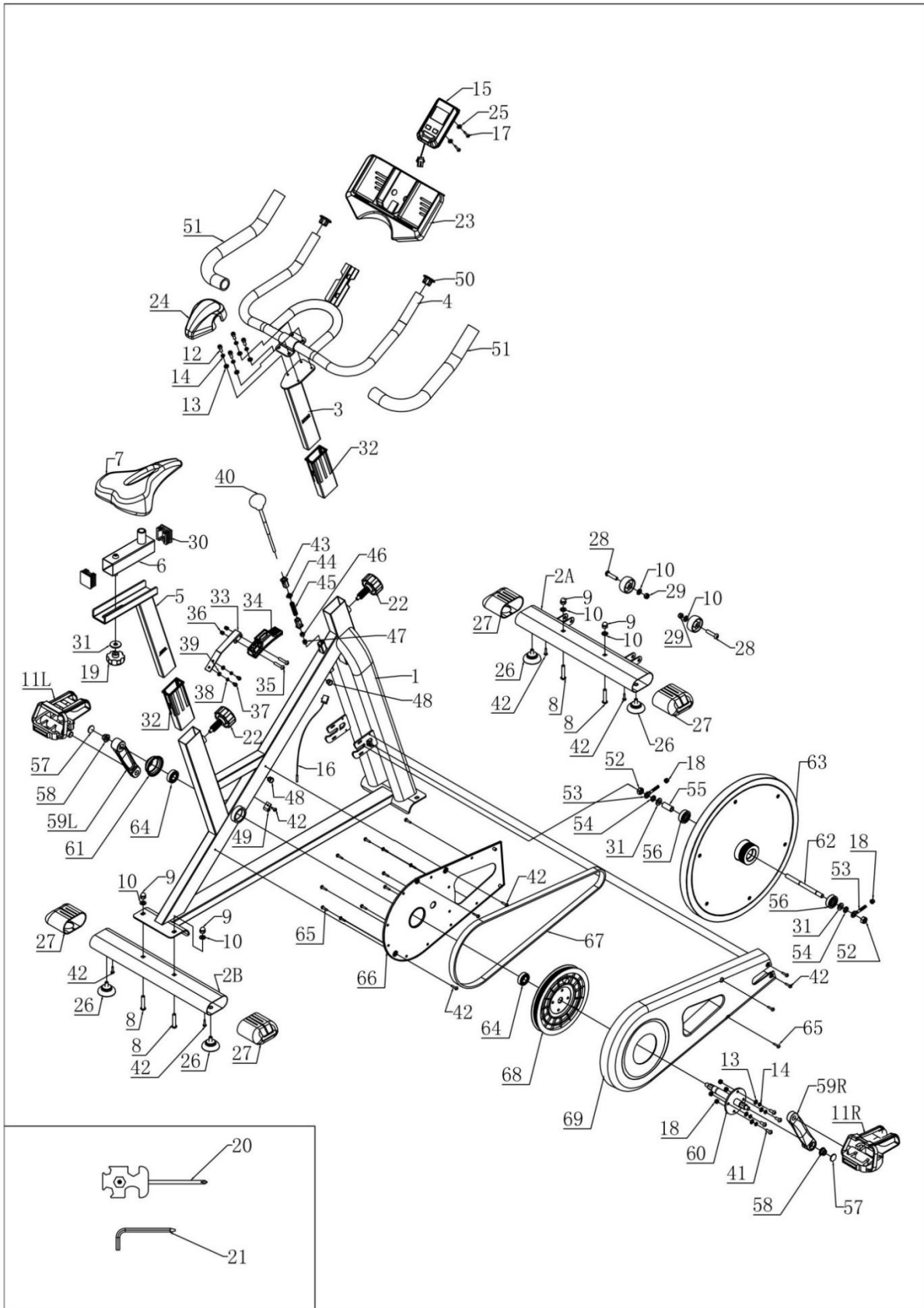
## TARGET ZONE



**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.

# 7. EXPLODED DIAGRAM



## 8. PARTS LIST

PART NO.	DESCRIPTION	QTY	PART NO	DESCRIPTION	QTY
1	Main frame	1	35	Allen head bolt M5*30	2
2A	Front stabilizer	1	36	Nylon nut M5	2
2B	Rear stabilizer	1	37	Allen head bolt M5*15	2
3	Handlebar stem	1	38	Spring washer $\phi 5$	2
4	Handlebar	1	39	Washer $\phi 5 \times \phi 10$	2
5	Seat post	1	40	Brake rod M8	1
6	Seat slider	1	41	Allen head bolt M6	4
7	Seat	1	42	Tap screw ST4.2*16	10
8	Carriage bolt M8*45	4	43	Plastic bushing	2
9	Dome nut M8	4	44	Square nut M8	1
10	Washer $\phi 8.5 \times \phi 16$	6	45	Spring	1
11R	Right pedal	1	46	Hexagon nut M6	1
11L	Left pedal	1	47	Dome nut M6	1
12	Hexagon socket bolt M6	4	48	Sensor cable holder	2
13	Washer $\phi 6$	8	49	Sensor holder	1
14	Spring washer $\phi 8$	8	50	Plug for handlebar	2
15	Computer	1	51	Foam grip	2
16	Sensor cable	1	52	Hexagon nut M10	2
17	Cross head screw ST4.0*8	2	53	Adjusting bolt M6	2
18	Nylon nut M6	6	54	Spring washer $\phi 10.5$	2
19	Fixing knob M10	1	55	Metal spacer 10.5	1
20	Multi-function spanner	1	56	Bearing 6300	2
21	Allen wrench	1	57	Cover for crank	2
22	Adjustable knob M16	2	58	Flange nut M10	2
23	Console	1	59L	Left crank	1
24	Cover for handlebar	1	59R	Right crank	1
25	Washer $\phi 4$	2	60	Central axle group	1



26	Pad for stabilizer M8	4		61	Bearing housing	1
27	End cap for stabilizer	4		62	Axle for flywheel M10	1
28	Allen head bolt M8*35	2		63	Flywheel $\phi$ 420	1
29	Nylon nut M8	2		64	Bearing 6003	2
30	Square end cap 40*40	2		65	Cross head screw	12
31	Washer $\phi$ 10.5* $\phi$ 20	3		66	Inner panel	1
32	Plastic bushing	2		67	Driving belt 500J	1
33	Brake& tension holder	1		68	Belt wheel $\phi$ 200	1
34	Brake & tension group	1		69	Outer panel	1

## 9. 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.