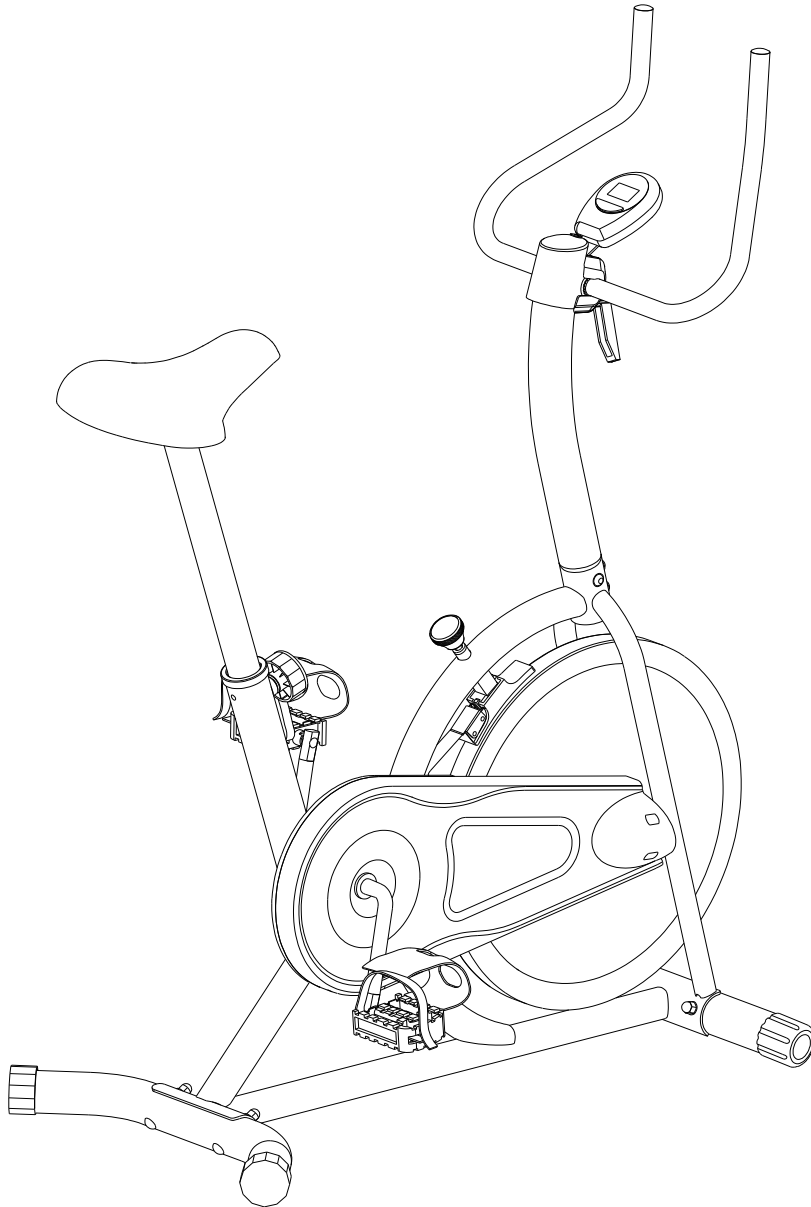




SP150 OWNER'S MANUAL



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.	EXPLODED DIAGRAM_____	5
3.	PARTS LIST_____	6
4.	ASSEMBLY INSTRUCTIONS_____	8
5.	ADJUSTMENT_____	11
6.	EXERCISE GUIDE_____	12
7.	WARRANTY_____	16

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this spinning bike.

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

1. Keep children and pets away from the Spinning Bike at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Spinning Bike without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
5. Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Spinning Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can

only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.

10. NEVER operate the Spinning Bike if it is not functioning properly.

11. This machine can be used for only one person's training at a time.

12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

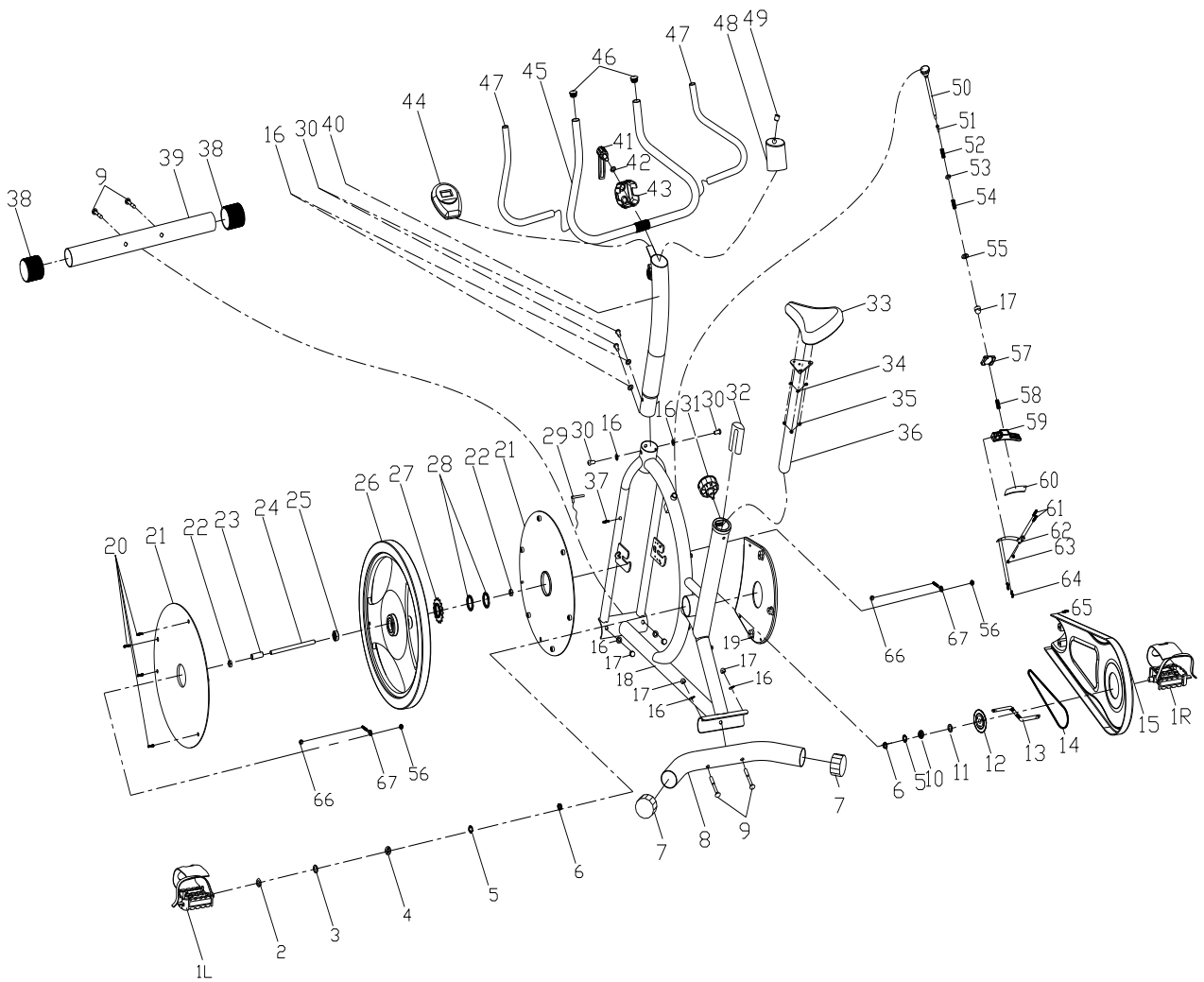
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

14. Before exercising, always do stretching first.

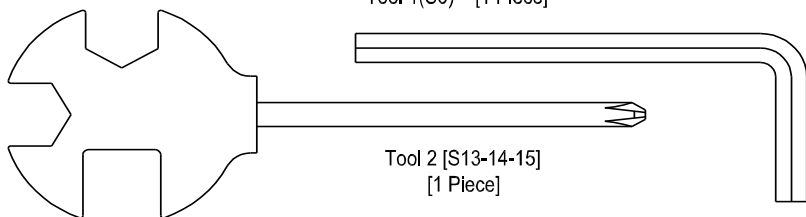
15. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT

2. EXPLODED DIAGRAM



Tool 1(S6) [1 Piece]



Tool 2 [S13-14-15]
[1 Piece]

3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-2B 1/2"
2	NUT	1	7/8"
3	WASHER (L)	1	Φ35*22.8*2
4	FIXING WASHER (L)	1	7/8"LEFT
5	COLLAR BALL/COLLAR HOUSING	2	Φ44.5
6	COLLAR HOUSING	2	Φ55.5*16
7	ADJUSTABLE END CAP	2	62*42
8	REAR STABILIZER	1	Φ50*1.5
9	CARRIAGE BOLT	4	GB/T 12-1988 M8X62
10	FIXING WASHER (R)	1	15/16"
11	WASHER (R)	1	Φ40*2.5
12	CHAIN WHEEL	1	P=12.7,Z=52 (25x25)
13	CRANK	1	Φ16*140
14	CHAIN	1	d=7.75,P=12.7,L=96
15	OUTER CHAIN COVER	1	677*280*29
16	ARC WASHER	8	φ8
17	DOMED NUT	5	GB/T 802-1988 M8
18	MAIN FRAME	1	WEDLING
19	INNER CHAIN COVER	1	277*260*18.5
20	SCREW1	11	GB/845-85 ST4.2X9.5
21	FLYWHEEL COVER	2	φ387*6.5
22	FIXING NUT 2	3	GB/T 6173-2000 M10*1.0
23	FIXING TUBE	1	φ13.6*φ10.3*35
24	FLYWHEEL SHAFT	1	φ10*147
25	BEARING	2	6000ZZ
26	FLYWHEEL	1	φ450*15 (13KG)
27	CHAIN WEEL	1	A7K-16 1/2**1/8" 16T (1.37")
28	LOCK NUT	2	M33*1*4
29	SENSOR	1	SR-202
30	BOLT	4	GB/T 70.2-2000 M8*15 (6#)
31	ADJUSTMENT KNOB	1	φ57*62 (M16*1.5)
32	PLASTIC SLEEVE	1	38.1D *2.0
33	SEAT	1	PVC98-2
34	FLAT WASHER	3	GB/T 95-2002 8

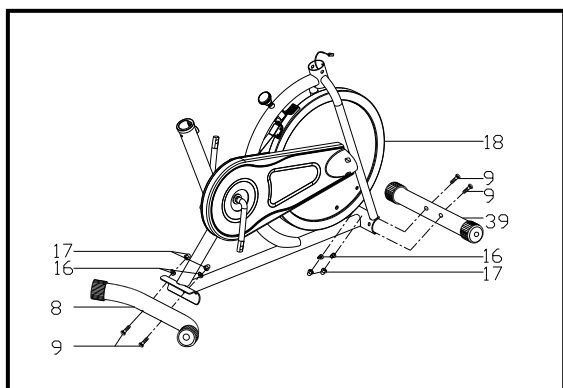
NO	NAME	QUANTITY	SPEC
35	LOCK NUT	3	GB/T 889.1-2000 M8
36	VERTICAL SEAT POST	1	WEDLING
37	SCREW2	3	GB/T 15856.1-2002 ST4.2X16
38	FRONT END CAP	2	Φ65*46
39	FRONT STABILIZER	1	
40	HANDLE BAR POST	1	WEDLING
41	L SHAPE	1	90X68 (M8X25)
42	SPRING WASHER	1	GB/T 859-1987 8
43	PROTECT COVER	1	35, 19g
44	COMPUTER	1	HS-6065
45	HANDLE BAR	1	φ22*1.5
46	END CAP 3	2	φ22*12
47	FOAM GRIP	2	φ30*φ20*500
48	HANDLEBAR COVER	1	115*89*75
49	LITTLE END CAP	1	φ14*14
50	BREAK	1	φ40*118
51	LITTLE PLASTIC 2	1	φ16*25
52	SPRING 1	1	φ1.0X35
53	FIXING NUT 3	1	15X15X4
54	SPRING 2	1	δ1.8X25
55	FLAT WASHER 2	4	GB/T 95-2002 6
56	FIXING NUT 2	2	GB/T 6177.2-2000 M10*1.0
57	RUBBER/SPRING COVER	1	32*23*2
58	SPRING	1	φ2.2
59	PLASTIC FRAME	1	200*47*30
60	WOOLLY BLOCK	1	113*25*5
61	BOLT 2	2	GB/T 5780-2000 M5*30
62	ADJUSTING METAL	1	δ1.0
63	NYLON NUT2	2	GB/T 889.1-2000 M5
64	BOLT 3	2	GB/T 5780-2000 M5*10
65	SCREW3	3	GB/T 15856.1-2002 ST4.2X19
66	BOLT 4	5	GB/T 41-2000 H=5
67	FIXING BOLT	2	M6*55
68			
69			
70			

4. ASSEMBLY INSTRUCTIONS

STEP 1: PREPARATION

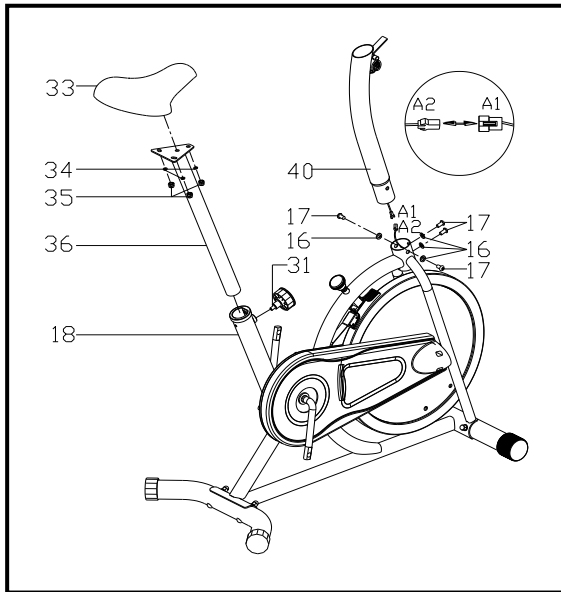
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked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

STEP 2:



1. Attach the Front Stabilizer (pt.39) to the Main Frame (pt.18) using two sets of Ø8 Flat Washers (pt.16), M8 Domed Nut (pt.17) and M8*62 Carriage bolt (9).
 2. Attach the Rear Stabilizer (pt.8) to the Main Frame (pt.18) using two sets of Ø8 Flat Washers (pt.16), M8 Domed Nut (pt.17) and M8*62 Carriage bolt (9).
-

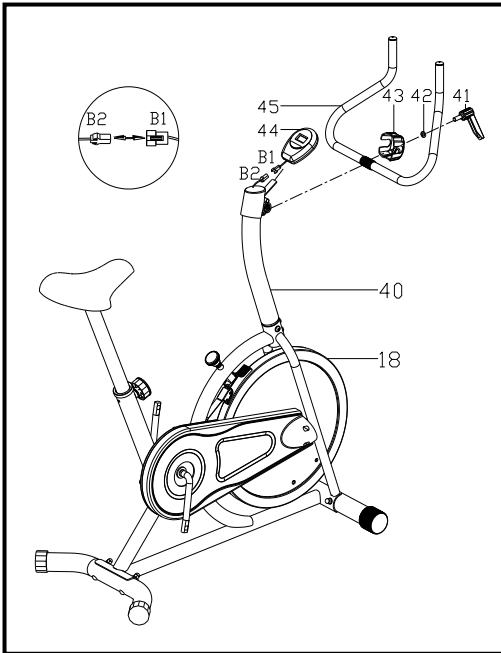
STEP 3:



1. Fix the Seat (33) to the Vertical Seat Post (pt.36) as shown, with the flat washer (34) and the nylon nut (35).
 2. Insert the vertical Seat Post (36) into the main frame (18) and line up the holes.
 3. Secure the saddle in position with the Adjustment Knob (31). The correct height for the seat can be adjusted after the bike is fully assembled.

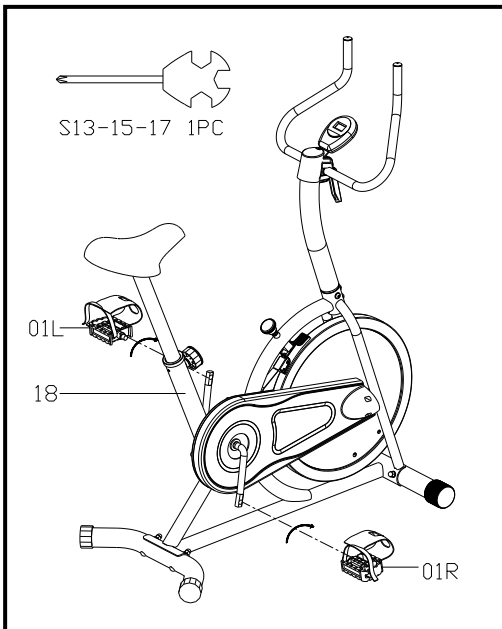
connect the sensor A1&A2 as shown in FIG.2,
 4. Install the Handlebar Post (40) onto the main frame (18) with arc washer (16) and M8 Domed Nut (pt.17).
-

STEP 4:



1. Attach the handle bar (45) to the Handlebar Post (40) as shown in FIG.3, Insert and tighten the L shape (41), the protect cover (43) and the spring washer (42).
 2. Connect the sensor B1&B2 as shown in FIG.3, then Install the computer (23) into the Handlebar Post (40) on the main frame (18)
-

STEP 5:



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

5. ADJUSTMENT

1. 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 increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#50) to the right.
- To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#50) to the left B.)

2. Using the Emergency Brake Function:

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 you would need it in, firmly press down on the Emergency Brake & Tension Control Knob (#50).

3. Seat Height

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob.

- Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL NUTS AND BOLTS WELL BEFORE BEGINNING YOUR WORKOUT. NOTE: THE END CAP ON THE FRONT STABILIZER TUBE IS MOVABLE, WHICH IT IS EASY FOR YOU TO MOVE YOUR TRAINING BIKE, AND THE END CAP ON THE REAR STABILIZER CAN ADJUST THE PARALLELISM.

6. EXERCISE GUIDE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

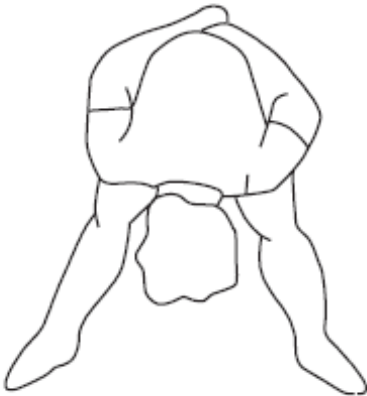
Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

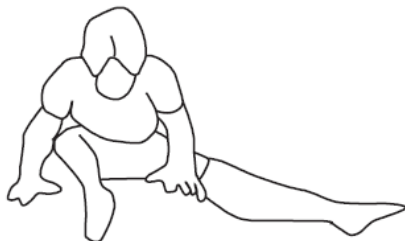
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope and running on the spot.

Stretching: Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.



Lower Body Stretch:

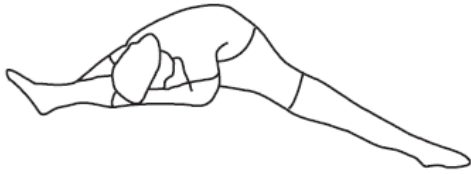
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.



Bent Torso Pulls:

While sitting on the floor have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.





Floor Stretch:

While sitting on the floor open your legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times.

Bent Over Leg Stretch:

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the

Cool-Down: The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

Remember to always check with your physician before starting any exercise program

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.lifespanonline.com.au/Warranty-Policy>