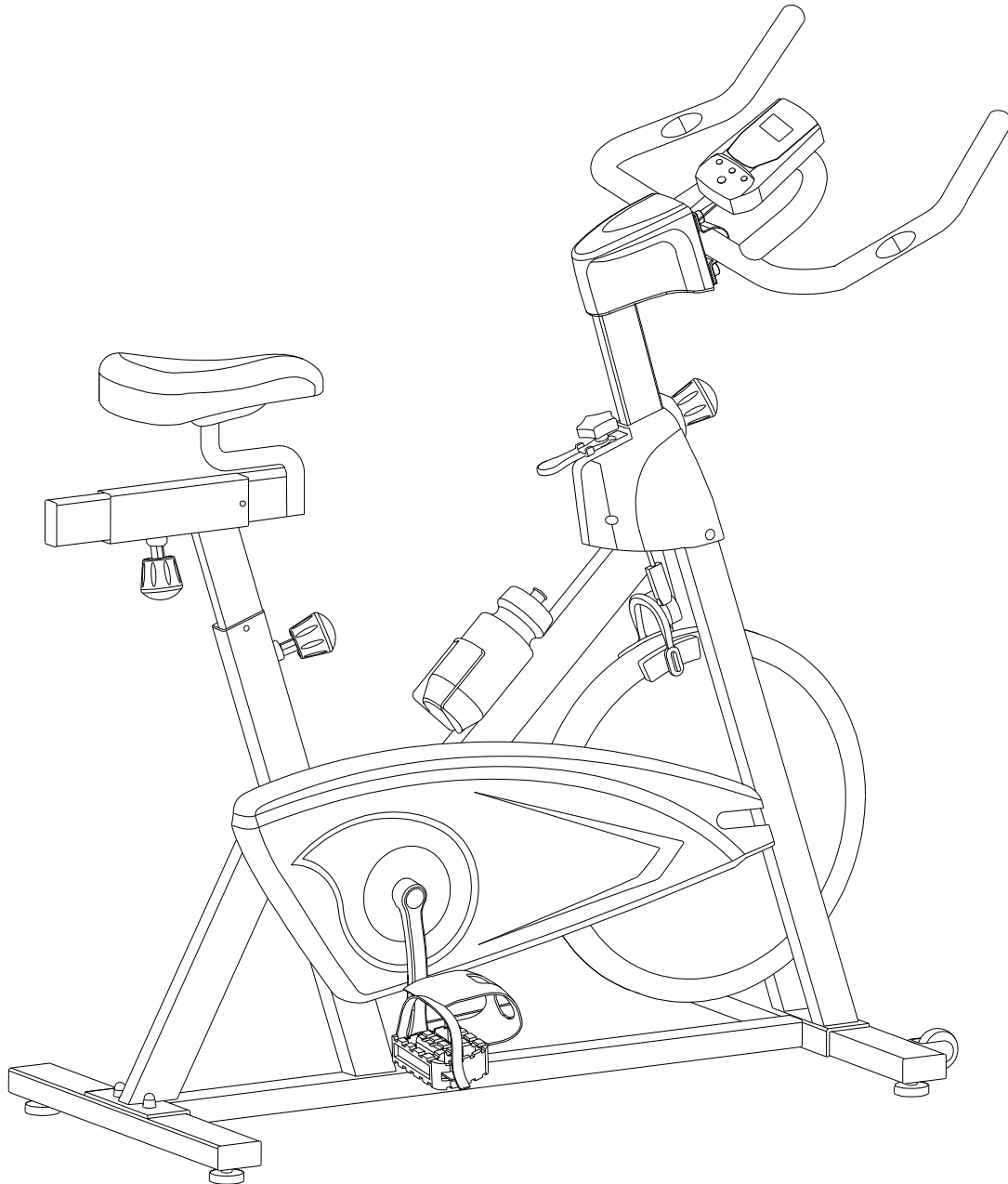




SP620 OWNER'S MANUAL



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 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 machine at all times. Do not leave unattended children in the same room of the machine.
2. Handicapped or disabled persons should not use the machine 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 machine 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 machine 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 machine until it is repaired well.

10. NEVER operate the machine if it is not functioning properly.

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

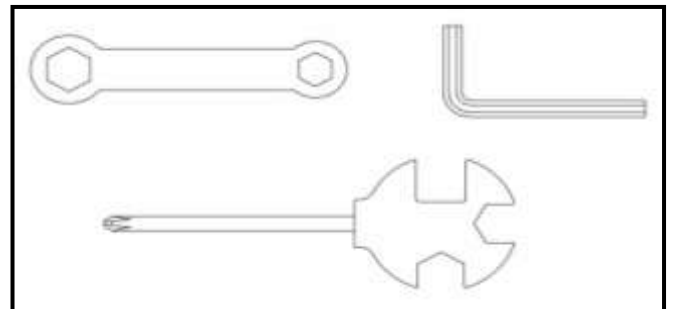
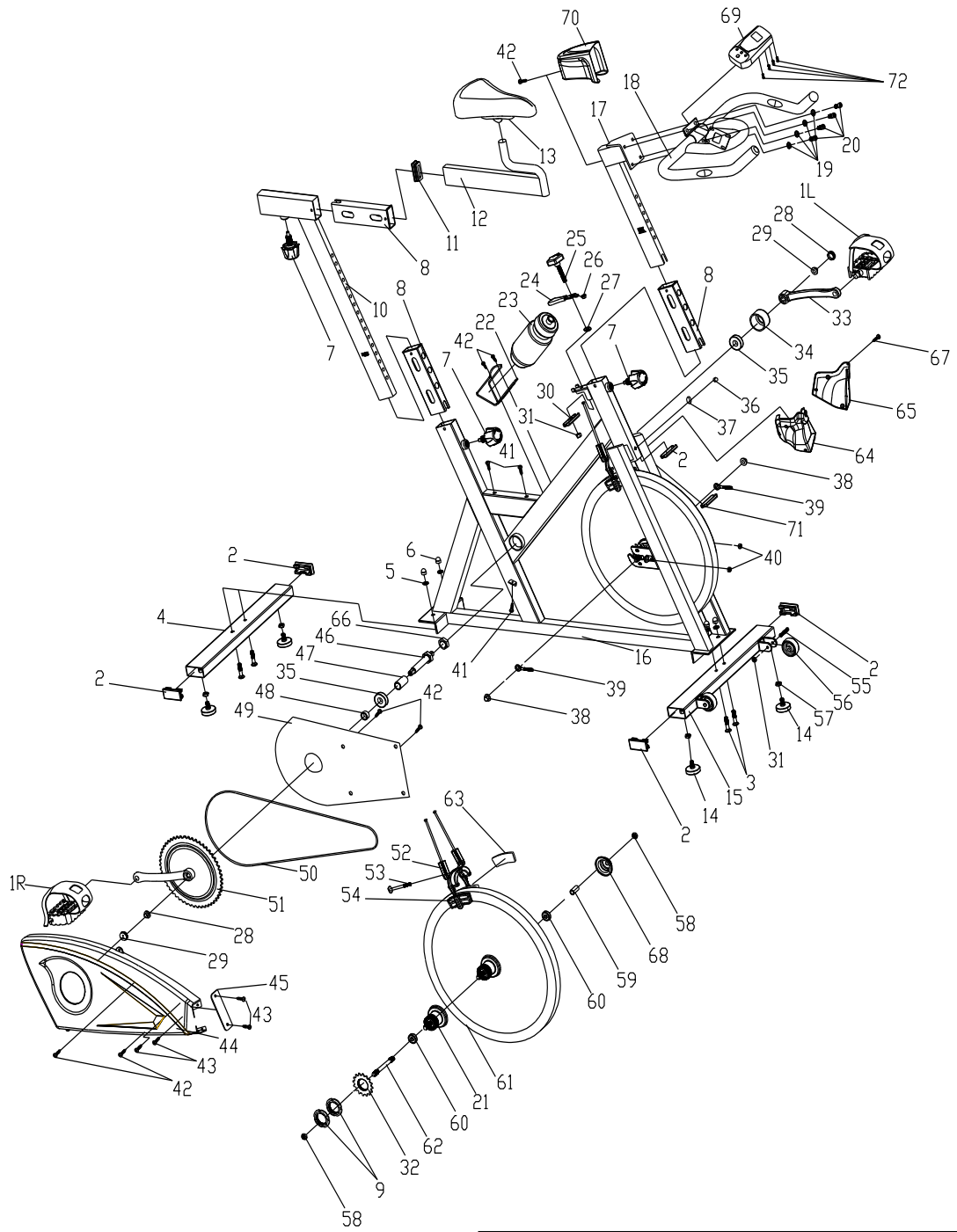
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

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.

2. EXPLODED DIAGRAM



3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	5	60*30*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*45
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	3	φ50*92 (M16*1.5)
8	PLASTIC SLEEVE	3	53.5*23.5*1.5
9	LOCK NUT	2	M33*1*4
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	1	53.5*23.5*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-6619
14	STOPPER	4	φ55*40/(M8)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	GB/T 859-1987 8
20	BOLT	4	GB/T 70.2-2000 M8*15
21	BUSHING	1	φ40*65
22	BOTTLE HOLDER	1	117*85*90
23	BOTTLE	1	XS-003(1#)
24	BRAKE KNOB	1	112*32*7
25	ADJUSTMENT KNOB	1	φ58*74
26	LITTLE PLASTIC RING	1	14*8*9
27	PLASTIC RING	1	φ20*φ9*3
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	SHEET IRON	1	δ5
31	LOCK NUT	3	GB/T 889.1-2000 M8
32	CHAIN WEEL	1	A7K-16 1/2**1/8" 16T (1.37")
33	LEFT CRANK	1	170*43
34	CRANK COVER	1	φ45*28
35	BEARING	2	6203ZZ
36	DOMED NUT	1	GB/T 802-1988 M6

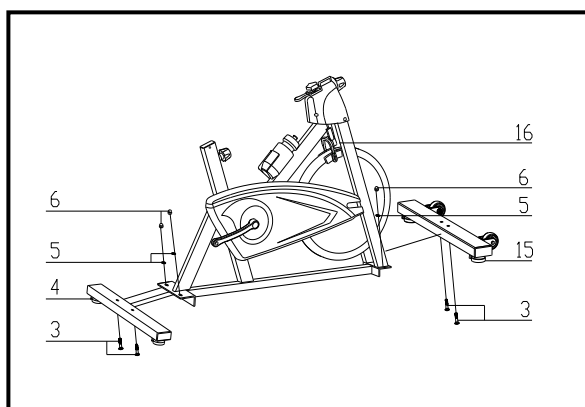
NO	NAME	QUANTITY	SPEC
37	U BRACKET	1	Ø2.5
38	FIXING NUT 2	2	GB/T 6177.2-2000 M10*1.0
39	FIXING BOLT	2	M6*55
40	NUT	2	GB/T 41-2000 M6
41	SCREW 1	10	GB/T 15856.1-2002 ST4.2X19
42	SCREW 2	5	GB/T 845-1985 ST4.2*19
43	SCREW 3	2	GB/845-85 ST4.2X9.5
44	OUTER CHAIN COVER	1	636*265*40
45	LITTLE CHAIN COVER	1	
46	AXIS	1	φ20*137
47	LONG FIXING TUBE	1	φ22*φ17.5*36
48	SHORT FIXING TUBE	1	φ22*φ17.5*11
49	INNER CHAIN COVER	1	451*262*32
50	CHAIN	1	12.7, 106
51	RIGHT CRANK	1	170*48
52	BRAKE	1	2PCS 130mm
53	SPECIAL BOLT	1	M6*75
54	BRAKE PLASTIC	2	85*43*13
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ50*23
57	NUT	4	GB/T 41-2000 M8
58	FIXING NUT 2	2	GB/T 6173-2000 M10*1.0 (H=5.0mm)
59	FIXING TUBE	1	φ13.6*φ10.3*35
60	BEARING	2	6000ZZ
61	FLYWHEEL	1	φ453*27 (17.5KG)
62	FLYWHEEL SHAFT	1	φ10*147
63	WOOLLY BLOCK	2	85*40*6
64	RIGHT PROTECT COVER	1	156*80*174
65	LEFT PROTECT COVER	1	157*73*157
66	FIXING NUT	1	φ28*M20*1
67	SCREW 4	1	ST2.9*9.5
68	FLYWHEEL COVER	1	φ59*35
69	COMPUTER	1	ST-7607
70	HANDLEBAR COVER	1	115*89*75
71	SERSON	1	SR-202 L=500
72	BOLT	4	M5X10

4. ASSEMBLY INSTRUCTIONS

STEP 1: PREPARATION

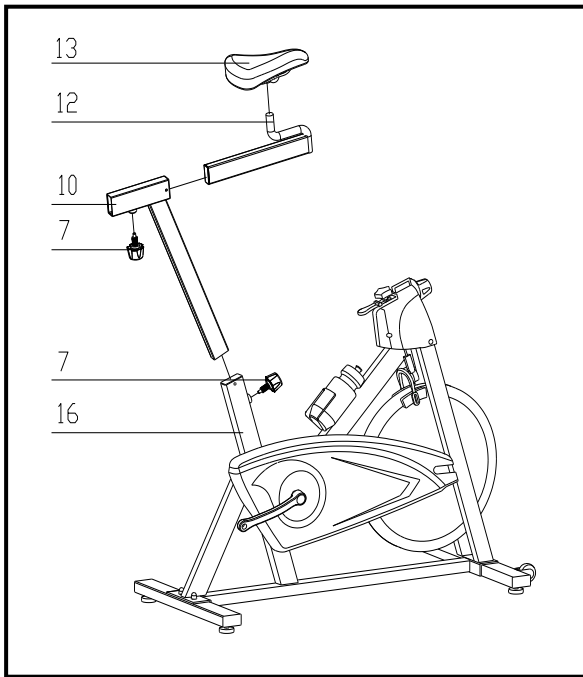
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked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

STEP 2:



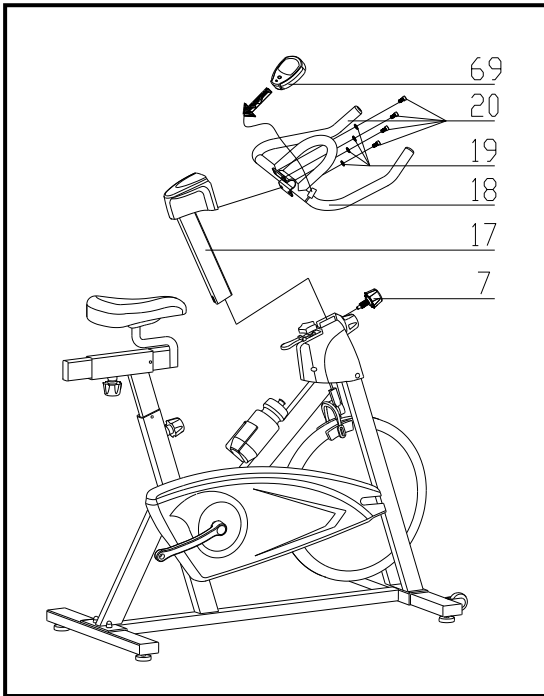
1. Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3).
 2. Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3).
-

STEP 3:



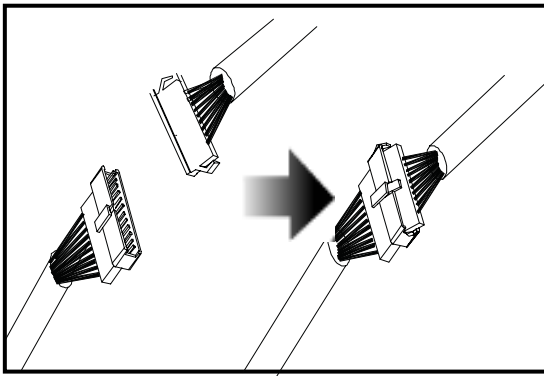
1. Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16).
 2. Slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). You will have to loosen the knurled section of Spring Adjustment knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
 3. Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.
-

STEP 4:



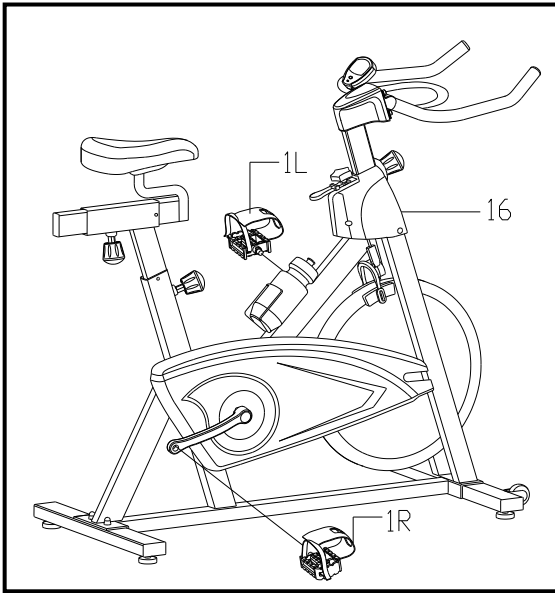
1. Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to loosen the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
2. Fix the Handlebar (pt.18) and the Computer Holder (pt. 68) with four sets of Ø8 the Spring Washer (pt.19) and M8*15 the Bolt (pt.20).

PLEASE ENSURE THE HANDLEBAR IS FIXED TIGHTLY



3. Connect the sensor A1&A2 as shown in FIG.5, then Install the computer (68) into the support tube of the main frame (10) with the bolt (72)
4. Insert the hand pulse (B) cable into the bushing located on the backside of the computer (68).

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. To adjust the seat height, loosen 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.

2. To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position.

Align holes and then retighten the adjusting knob.

3. To adjust the handlebar height, loosen the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

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

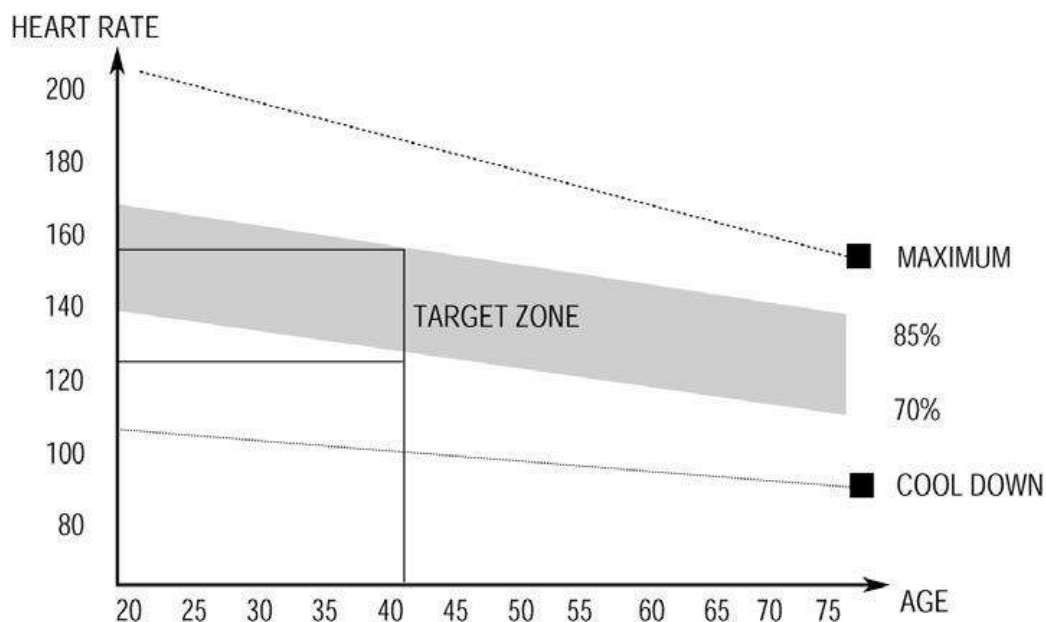
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.lifespanonline.com.au/Warranty-Policy>