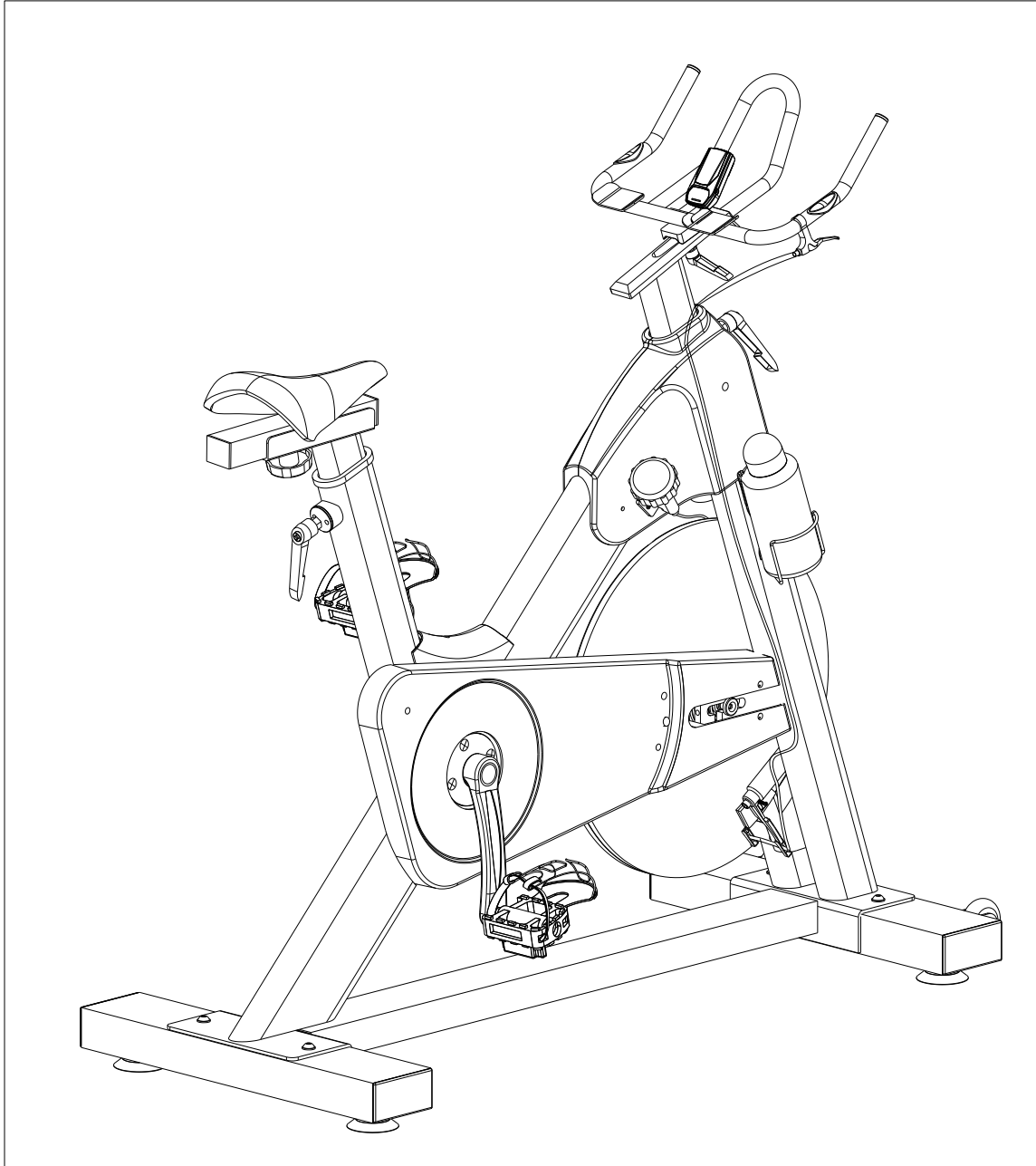


LifeSPAN

SP850 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 machine.

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.

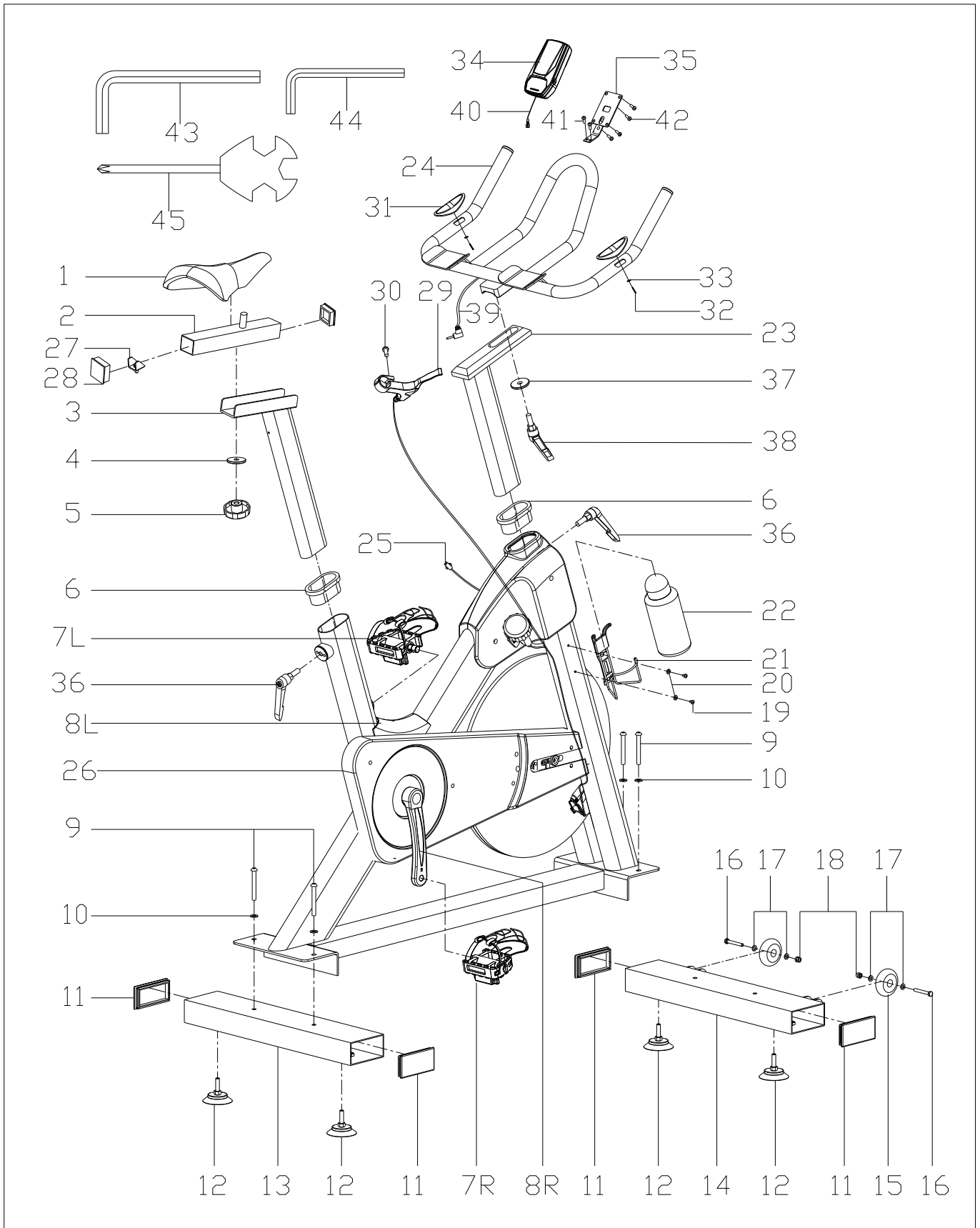
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

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



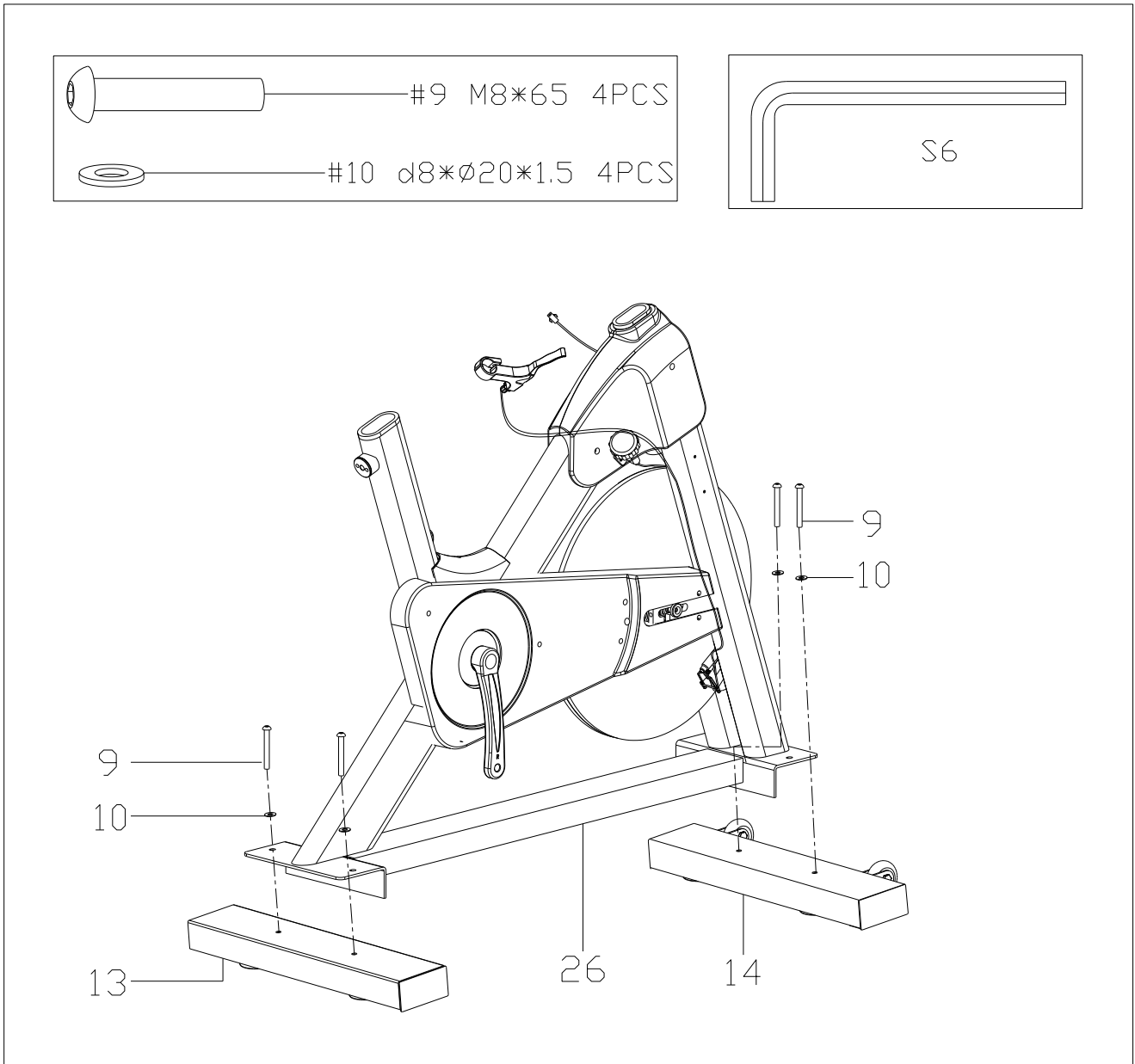
3. PARTS LIST

No.	Description	Qty
1	Saddle	1
2	Saddle tube post	1
3	Saddle join	1
4	Washer d10*Φ20*2	1
5	Knob M10	1
6	Bushing PT80*40*1.5	2
7L/R	Pedal	2
8L/R	Crank	2
9	Screw M8*65	4
10	Washer d8*Φ20*1.5	4
11	Square end cap J100*50*1.5	4
12	Foot pad join	4
13	Rear stabilizer	1
14	Front stabilizer	1
15	Roll wheel	2
16	Bolt M6*45	2
17	Washer d6*Φ12*1.5	4
18	Nylon nut M6	2
19	Screw M5*16	2
20	Washer d5*Φ10*1	2
21	Bottle holder	1
22	Bottle	1
23	Up-right post	1

No.	Description	Qty
24	Handlebar post	1
25	Sensor wire	1
26	Main frame	1
27	U-post	1
28	Square end cap F38*38*1.5	2
29	Brake join	1
30	Screw M5*10	1
31	Pulse pad	2
32	Screw ST4.2*19	2
33	Washer d6*Φ12*1	2
34	Computer	1
35	Computer support join	1
36	L knob M10*18	2
37	Washer d10*Φ40*4	1
38	L knob M10*25	1
39	Pulse wire	2
40	Computer wire	1
41	Screw M5*10	2
42	Screw M5*10	4
43	Wrench S6	1
44	Wrench S5	1
45	Cross wrench S13-14-15	1

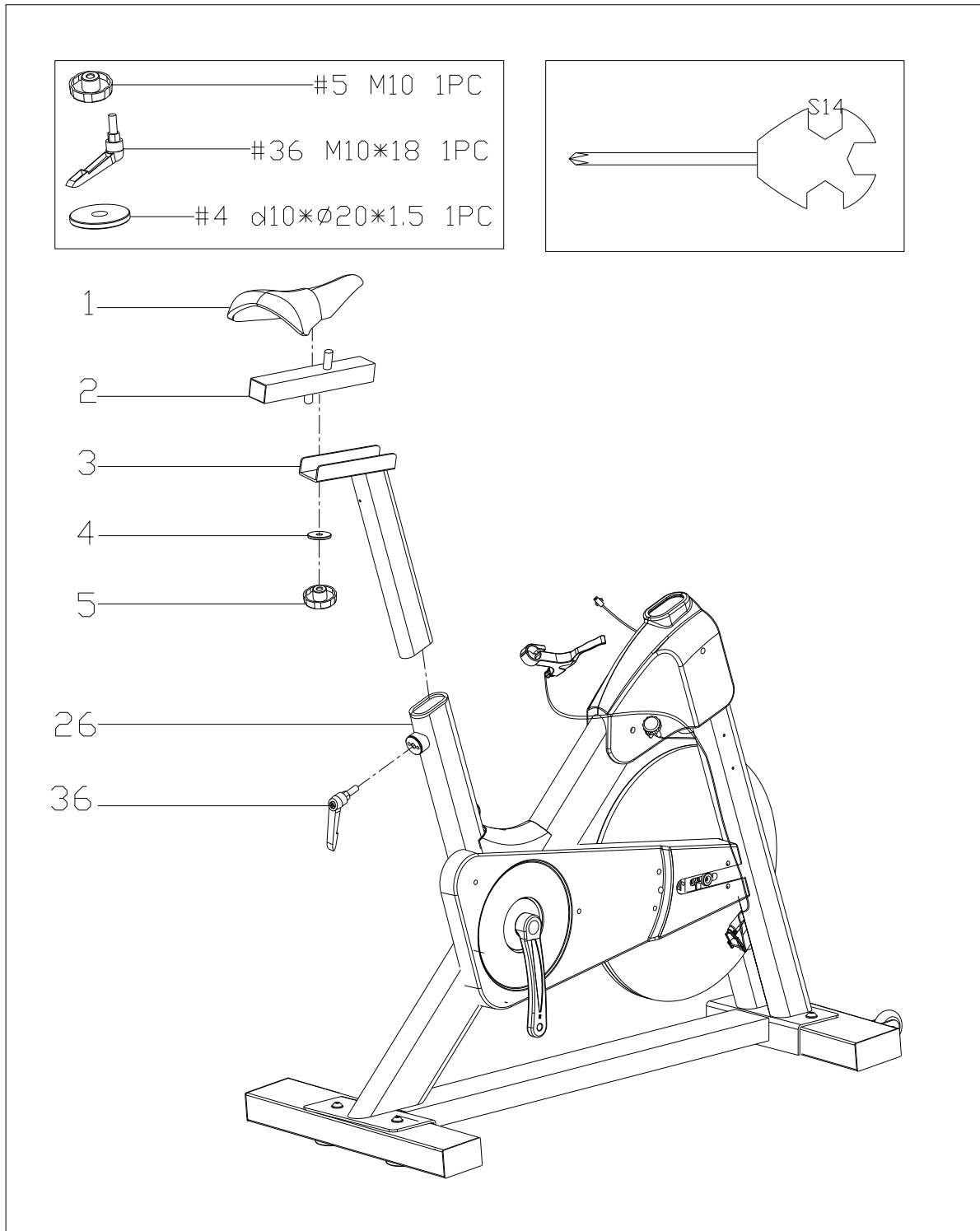
4. ASSEMBLY INSTRUCTIONS

STEP 1



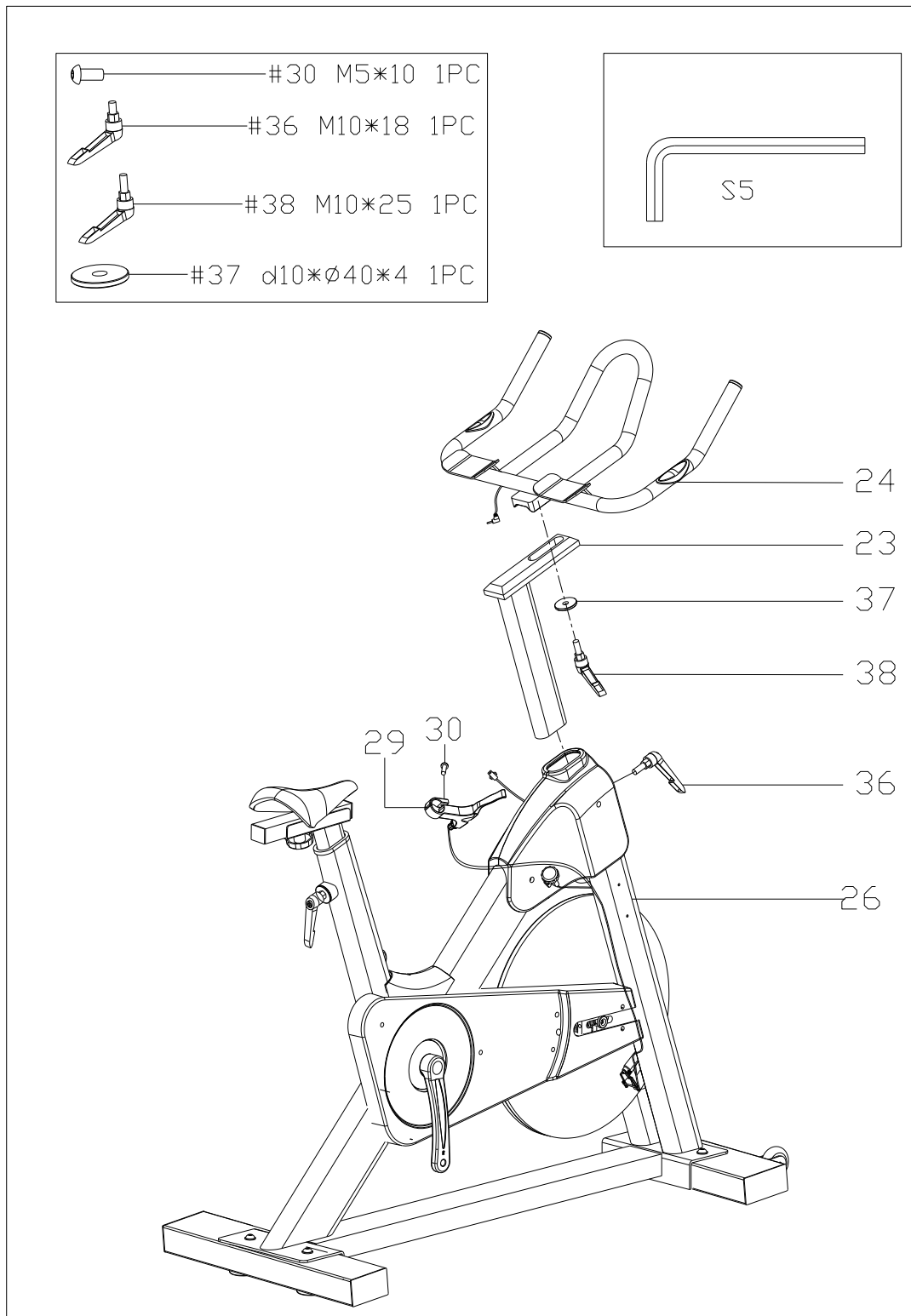
Secure the front stabilizer (14) and rear stabilizer (13) onto the main frame (26) with the screw (9) and washer (10)

STEP 2:



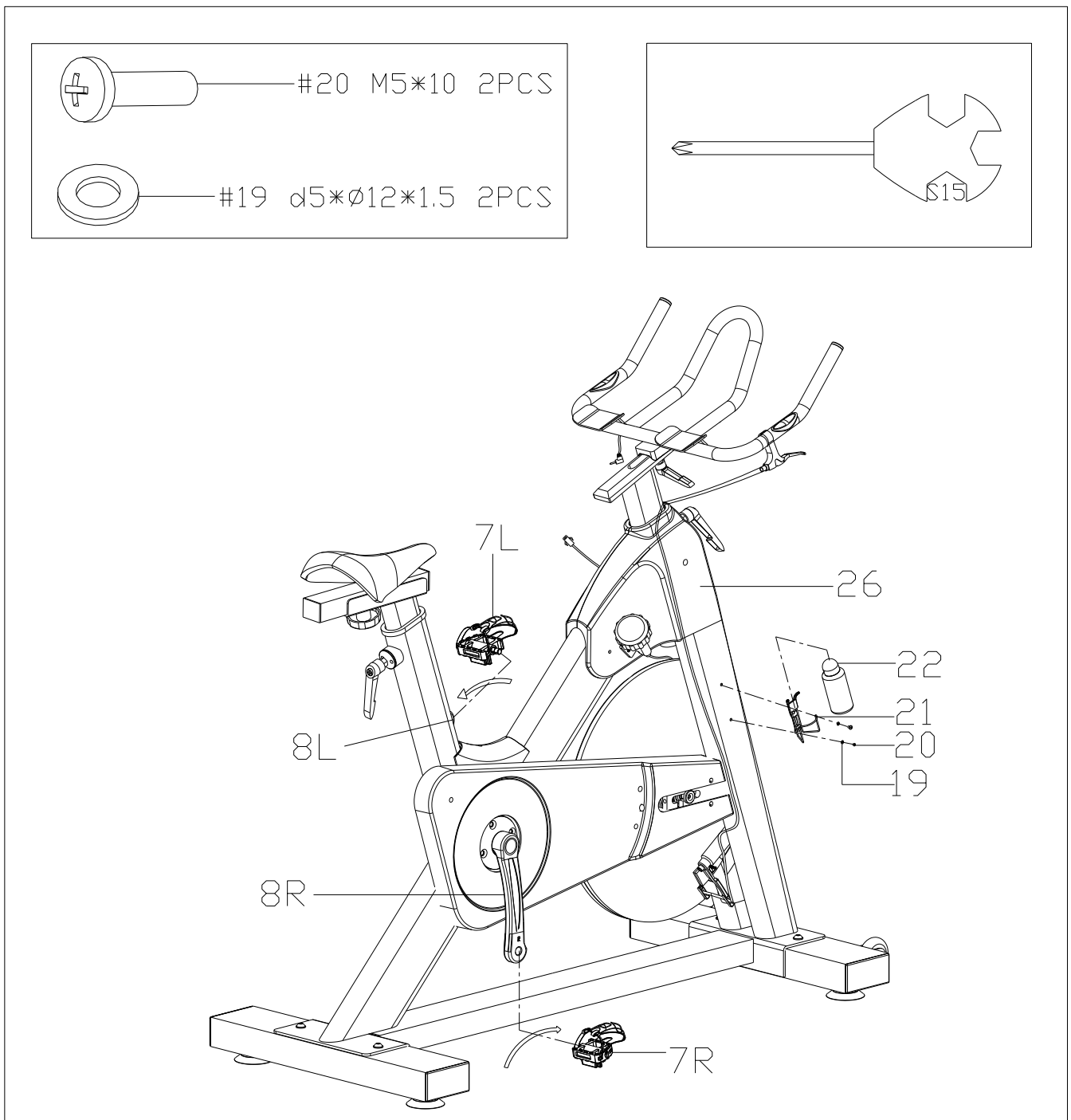
1. Secure the saddle join (3) on the main frame (26) using the L knob (36)
2. Secure the saddle tube post (2) on the saddle join (3) using the nut (5) and washer (4)
3. Secure the saddle (1) on the saddle tube post (2)

STEP 3:



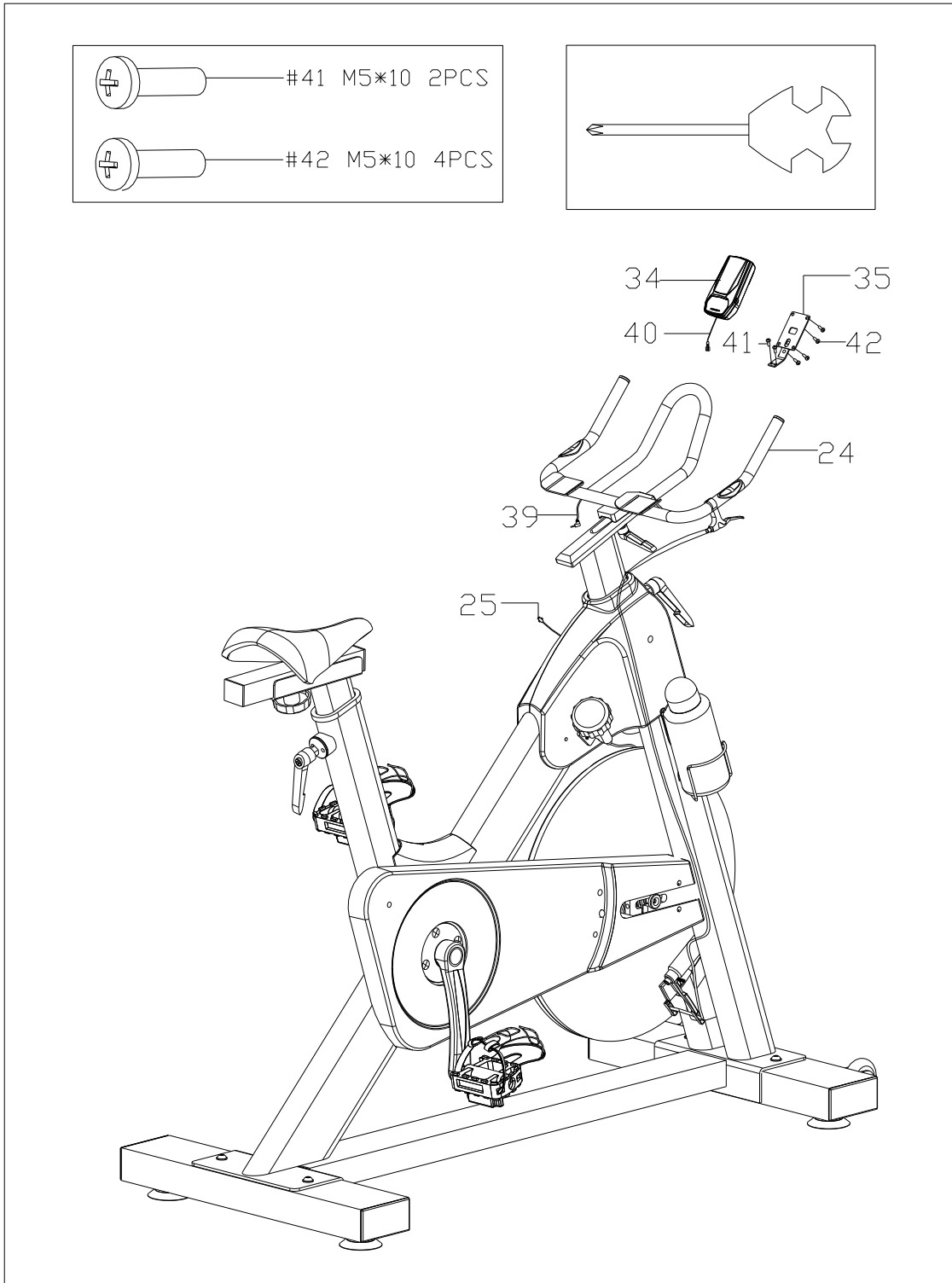
1. Secure the up-right post (23) on the main frame (26) using the L knob (36)
2. Secure the handlebar post (24) on the up-right post (23) using the L knob (38) and washer (37)
3. Secure the brake joint (29) on the handlebar post (24) using the screw (30)

STEP 4:



1. Secure the pedal(7L/R) on each crank(8L/R) of the main frame
2. Secure the bottle holder (21) on the main frame (26) by the screw (20) and washer (19). Put the bottle (22) into the bottle holder (21)

STEP 5:



1. Secure the computer support join (35) on the handlebar post (24) by the screw (41)
2. Connect the computer wire (40) to the sensor wire (25), and then secure the computer (34) onto the handlebar post (24) using the screw (42)
3. Insert the pulse wire (39) into the back of the computer (34)

5. COMPUTER OPERATION

FUNCTION BUTTON

MODE	Press "Mode" button for selection, or enter after setting up.
SET	To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)
RESET	The user may press "RESET" button to reset each function: Time, Distance, Calorie, Pulse or hold on for 2 seconds for total reset. (When the user replace batteries, all the values will reset to ZERO automatically.)
RECOVERY	To act the heart rate recovery function after training.

FUNCTIONS

SCAN	Display all function from RPM - SPEED - DISTANCE - CALORIES - PULSE.
RPM	Displays the Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
DISTANCE	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing SET button. Each increment is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.)
PULSE	The user may preset pulse by pressing SET button.

OPERATION ORDER

1. Install 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and "Beep" at the same time. Then it will enter to standby mode - Drawing B.

Drawing A



Drawing B



2. Get access to the set-up mode of TIME/DISTANCE/CALORIES

When you are in each set-up mode, e.g. the time set-up, when the time value is blinking, you can press the "SET" button to adjust the number.

Press the "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.

3. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as "Drawing C". RPM/SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as follows.

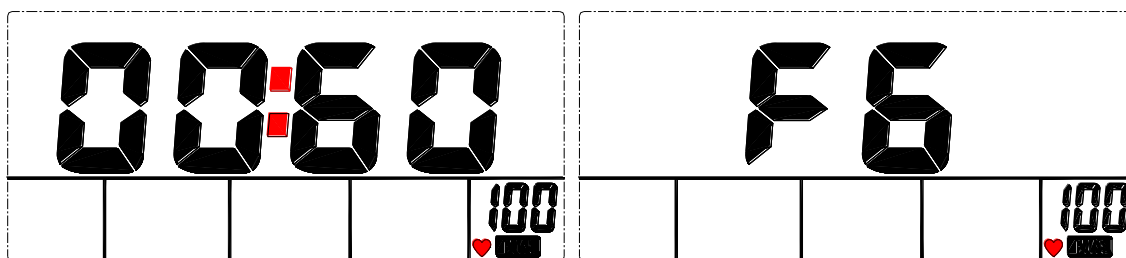


4. You can also press "Mode" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
5. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once value reaches zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going.

6. RECOVERY

(1) When you press "RECOVERY" button, the RECOVERY function will work. At the moment only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is will not be available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When countdown to "0", it will show F1~F6.

(2) LCD display as follows: (RECOVERY start condition & end condition)



(3) If the countdown action to 00:00 is not completed and there is no pulse signal. The countdown action must be completed and F6 will show.

(4) If you press the RECOVERY button prior to count down to 00:00, it will be end the function and there will be no display at all.

NOTE

1. After being inactive for 4 minutes, the main screen will turn off and will display the clock automatically.
2. If the computer displays abnormally, please re-install the battery and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).

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

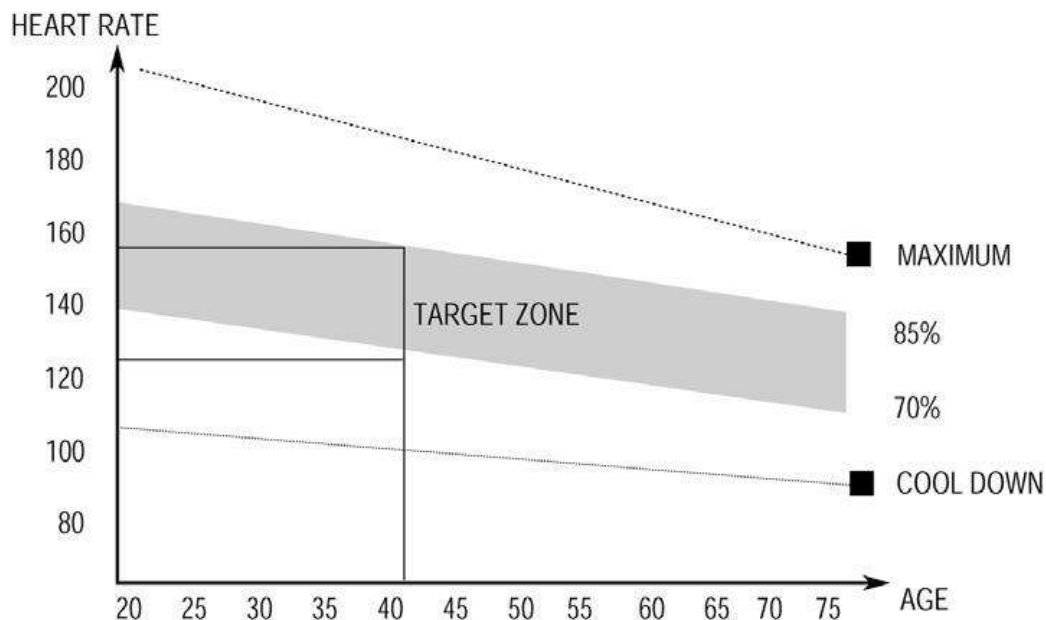
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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 REGISTRATION

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>