



RC-81 Recumbent Bike

USER MANUAL



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**



IMPORTANT

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 threads and void your warranty.

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au





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I. 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 retain this manual properly for future reference.

- 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
- 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.
- 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.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- 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.
- 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.
- 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.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.



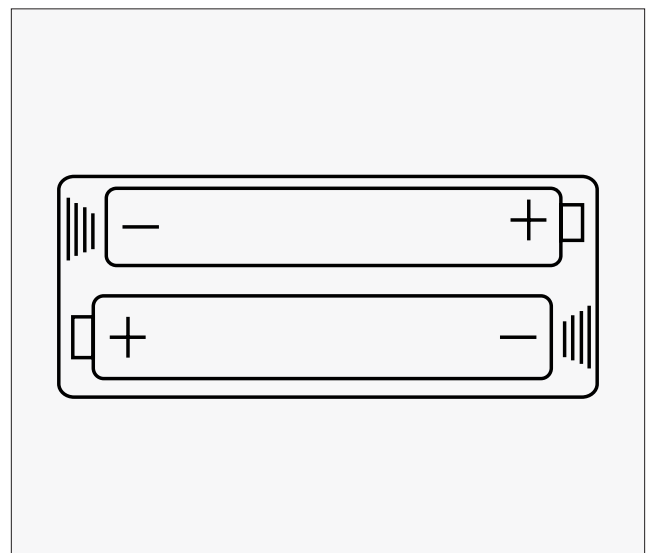
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

II. CARE INSTRUCTIONS

- 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.**
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- 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.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



III. PARTS LIST

NO.	Description	Qty	NO.	Descriptions	Qty
1	Front main frame	1	24	Backrest	1
2	Rear main frame	1	25	Seat	1
3	Seat bracket	1	26	Tension controller	1
4	Handlebar	1	27	Spring knob	1
5L/R	Crank	1pr.	28	Computer	1
6	Rear stabilizer	1	29	End cap	4
7L/R	Pedal	1pr.	30	Cross pan head screw	4
8	Front stabilizer	1	31	Flat washer	1
9	Carriage bolt M8*55*L20	4	32	Cross pan head screw	1
10	Flat washer D8	30	33	Extension pulse wire 1	2
11	Acorn nut M8	6	34	Sensor wire	1
12	Plum bolt	1	35	Extension pulse wire 2	2
13	Adjustable tube	1	36	Tension cable	1
14	Square cap	2	37L/R	Front end cap	1pr
15	Bushing	2	38	Rear end cap	2
16	Carriage bolt M8XL45	2	39	Extension pulse wire 3	2
17	Arc washer $\phi 8.2 \times \phi 16 \times 1.5$ R20	2	40	Extension sensor wire	1
18	Cross pan head screw ST4.2X18	5	41	Handlebar post	1
19	Foam grip	2	42L/R	Handlebar L/R	1pr
20	Knob	1	43	Foam grip	2
21	Inner hex screw M8x15	26	44	Flat washer D6 X1.2 X $\phi 16$	4
22	Extension pulse wire 4	2	45	Inner hex screw M6x40	4
23	Square cap	2	46	Cover	1

 **NOTE:** 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.

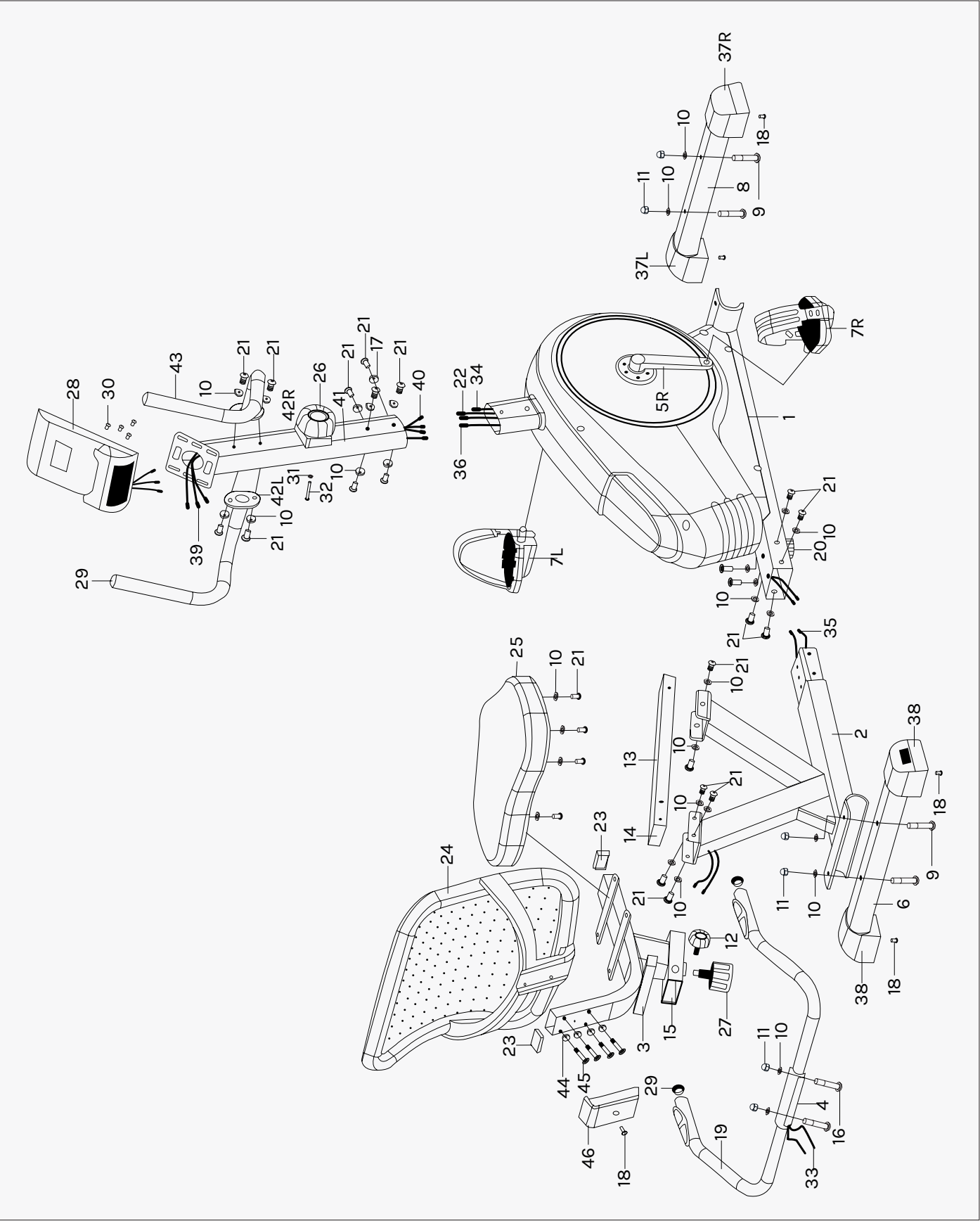
Please reference the individual assembly steps and make note of all preinstalled hardware.

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

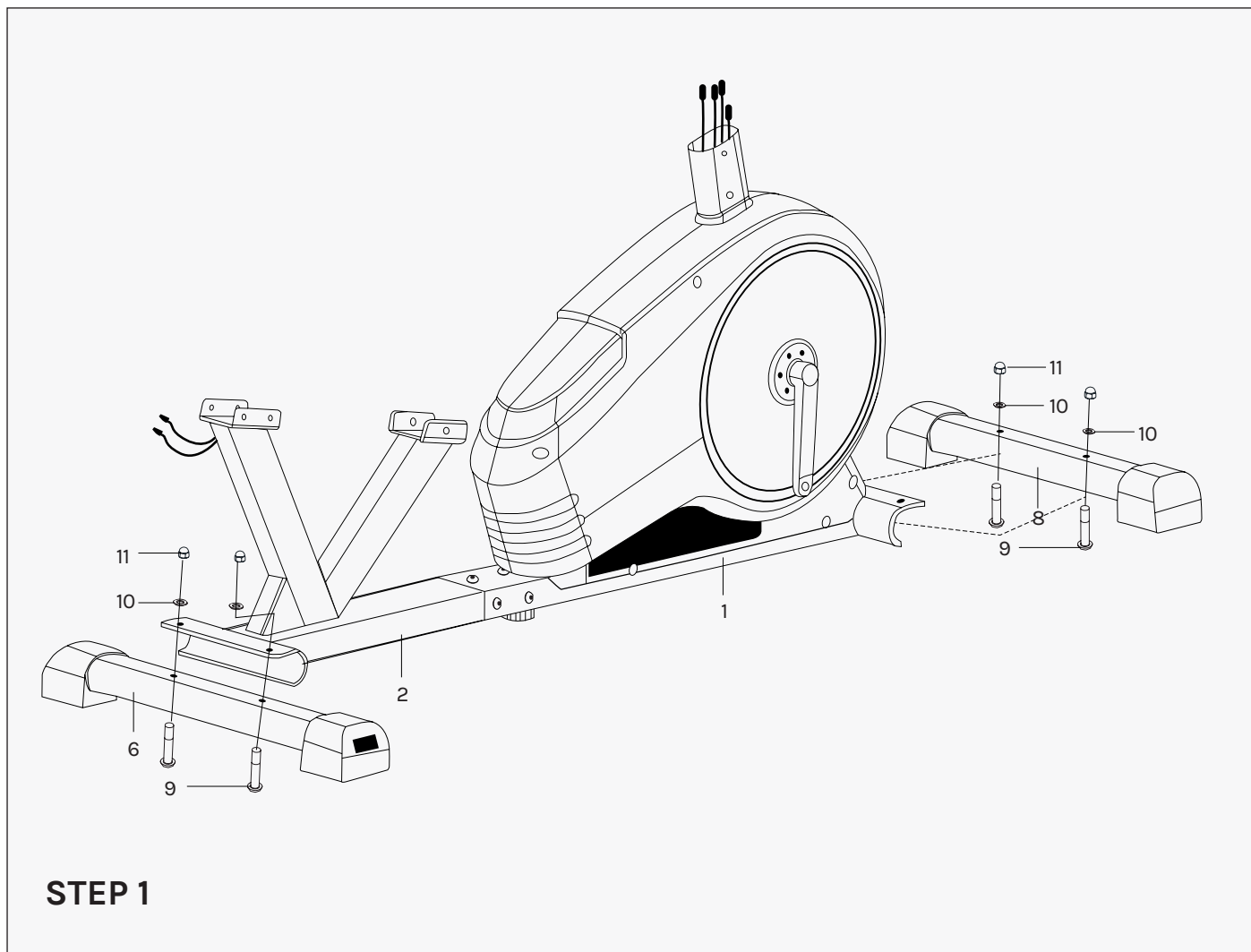
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.



IV. EXPLODED DIAGRAM

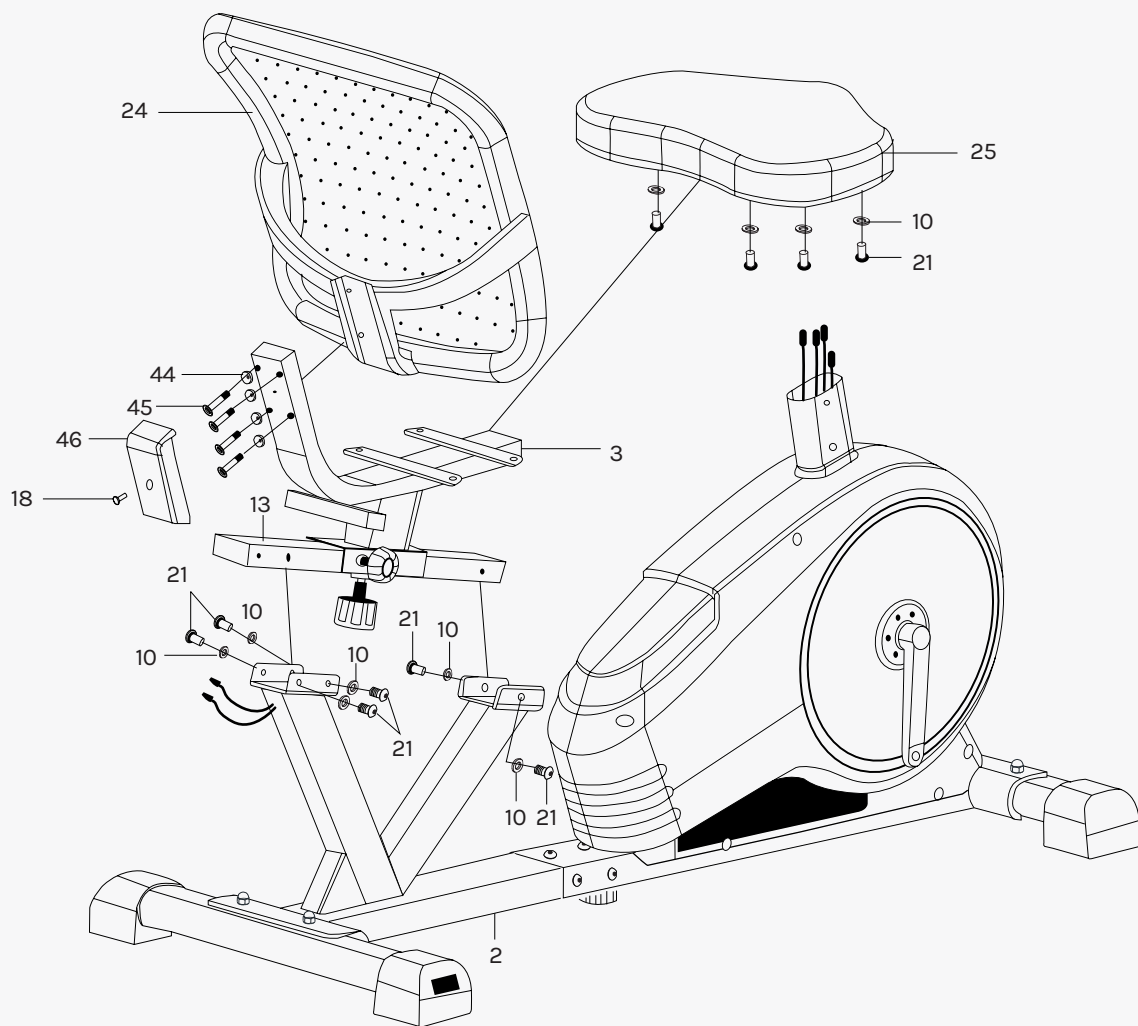


V. ASSEMBLY INSTRUCTIONS



1. Lock the front stabilizer (8) to the front main frame (1) with carriage bolt (9), flat washer (10) and acorn nut (11).
2. Lock the rear stabilizer (6) to the rear main frame (2) with carriage bolt (9), flat washer (10) and acorn nut (11).

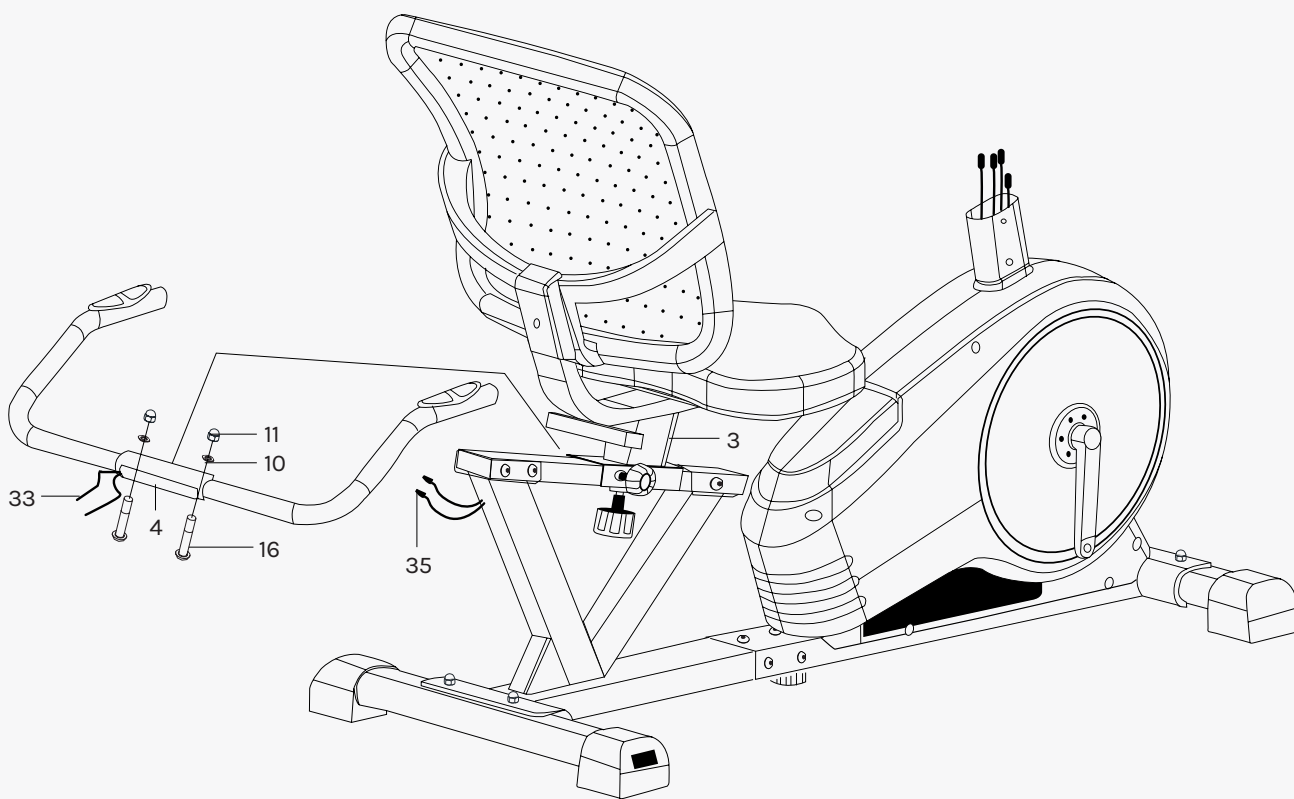




STEP 2

1. Fix the adjustable tube (13) to the rear main frame (2) with inner hex screw (21) and flat washer (10).
2. Fix the seat (25) to the seat bracket (3) with inner hex screws (21) and flat washers (10).
3. Fix the backrest (24) to the seat bracket (3) with inner hex screws (45) and flat washers (44), and then attach cover (46) to seat bracket (3) with cross pan head screw (18).

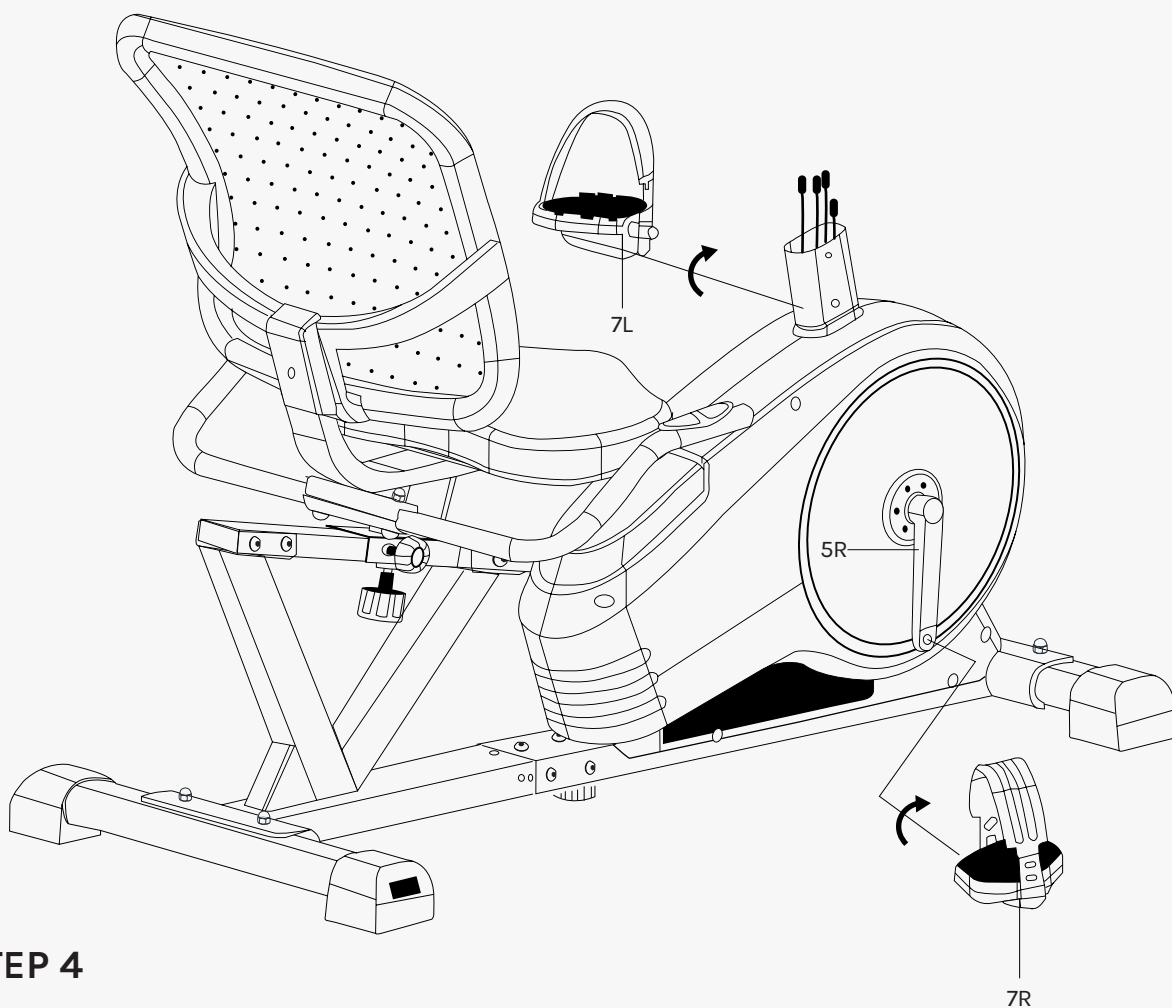




STEP 3

1. Lock the handlebar (4) to the seat bracket (3) with carriage bolt (16), flat washer (10) and acorn nut (11).
2. Connect the extension pulse wire 1 (33) with extension pulse wire 2 (35) together.





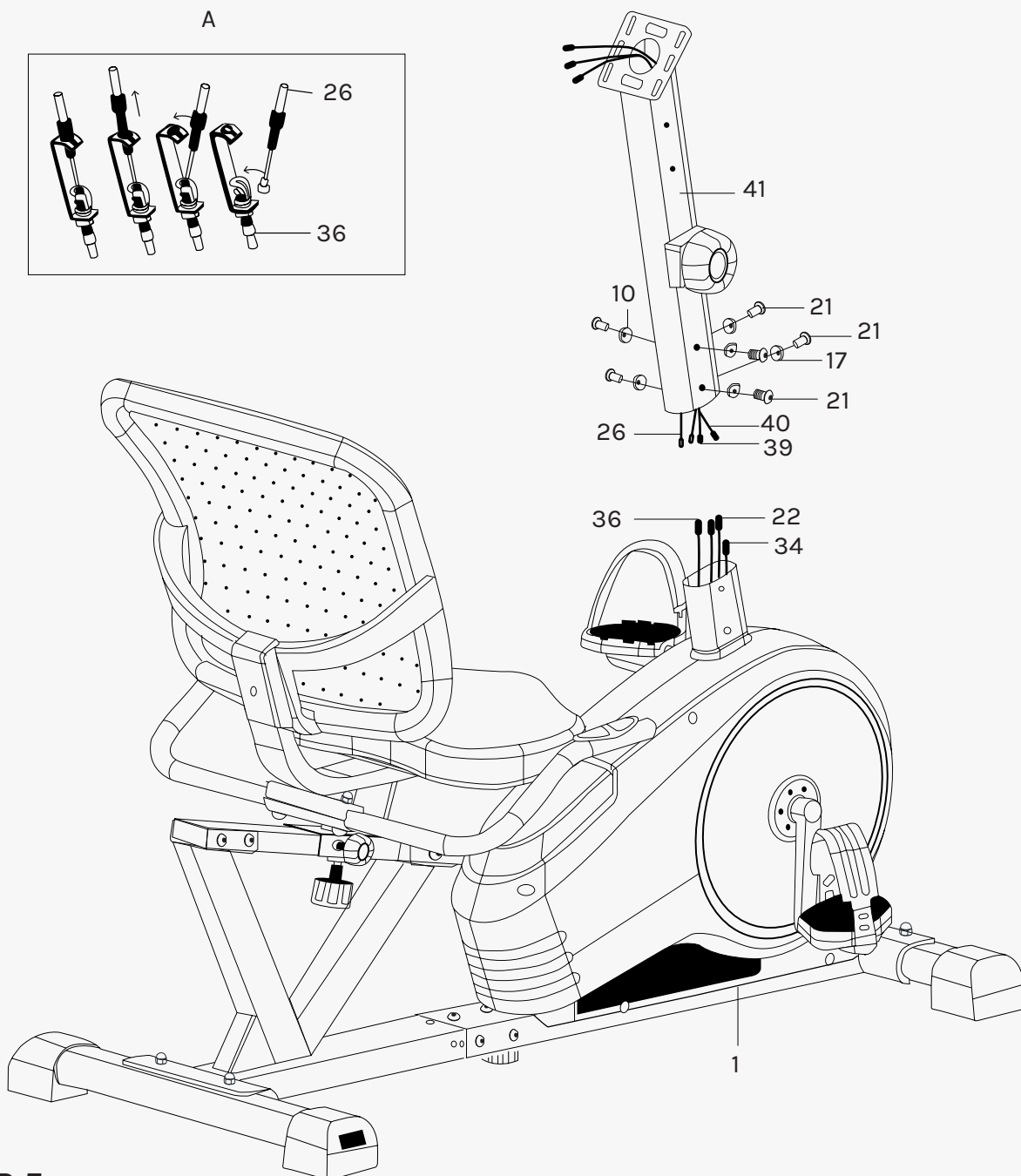
STEP 4

1. Attach the pedals (7L/R) to the crank (5L/R) with cross wrench respectively.

NOTE: To tighten the LEFT pedal; you must screw counter-clockwise; it is reversed threaded. The RIGHT pedal tightens by screwing clockwise.

IMPORTANT: Failure to follow procedures may result in permanent damage to your bike.





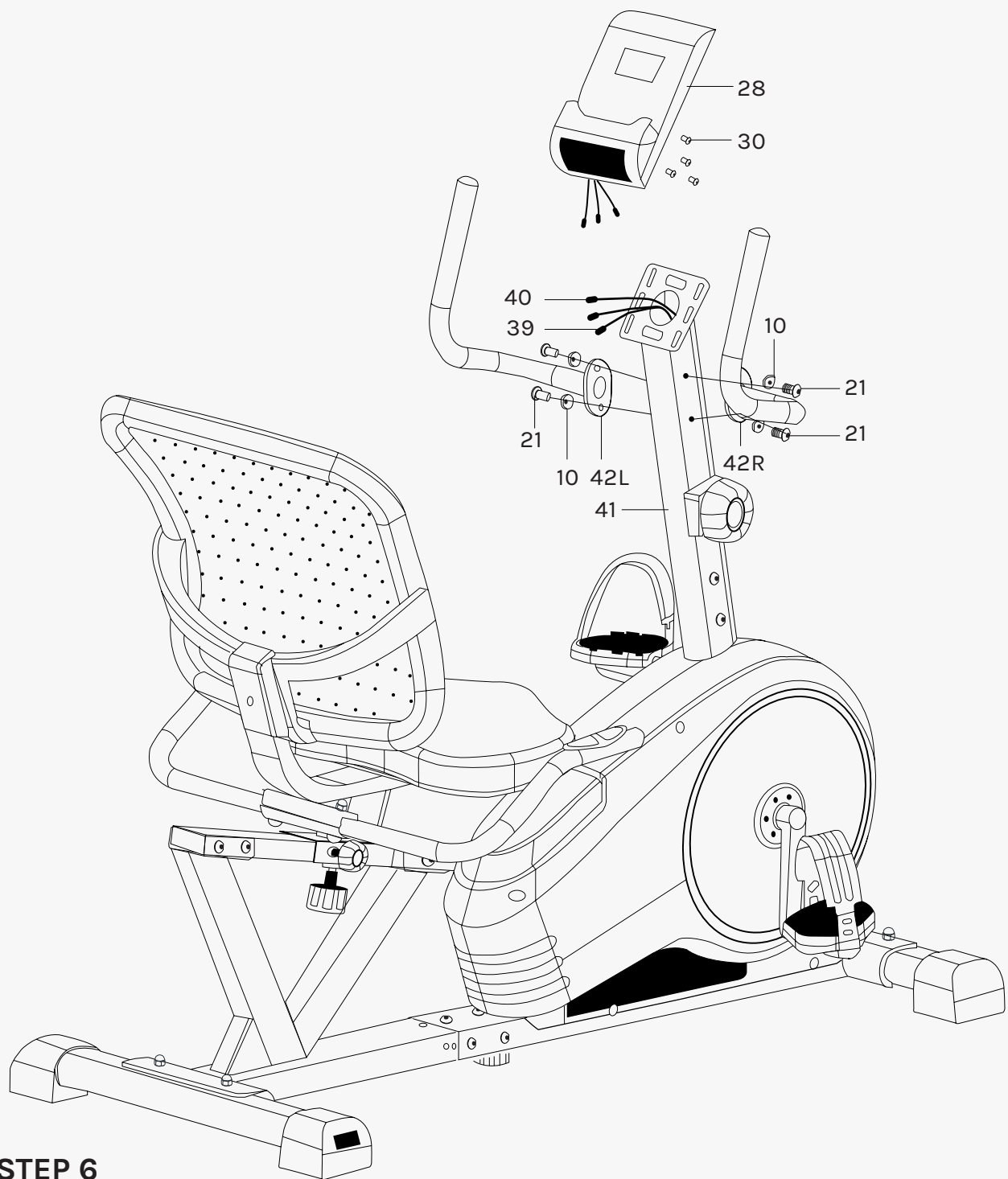
STEP 5

! **NOTE:** Set the Tension controller to the highest setting, this will provide a little more slack in the cable and allow you to assemble the cable easier.

1. Firstly, connect Extension sensor wire (40) and sensor wire (34), pulse sensor wire 3 (39) and pulse sensor wire 4 (22) respectively.
2. Then, connect tension cable (36) and tension controller (26) like below Picture (A).
3. Finally, lock handlebar post (41) to the front main frame (1) with inner hex screw (21), arc washer (17) and flat washer (10).

Video Tutorial for Connecting a Tension Cable: <https://www.youtube.com/watch?v=hsoOD0sCxRI>





STEP 6

1. Firstly, lock handlebar (42L/R) to handlebar post (41) with inner hex screw (21), flat washer (10).
2. Then, connect pulse sensor wire 3 (39), Extension sensor wire (40) and computer (28) accordingly.
3. Finally, lock computer (28) to the handlebar post (41) with cross pan head screw (30).



VI. COMPUTER OPERATION

I. USER DATA

You should input your personal data before workout. Press BODY FAT key to enter your personal data of sex, age, height and weight then the computer can save the data unless take out the batteries.

II. CLOCKMODE

- A. The computer will enter the clock mode when there is no signal input or no keys be pressed after 4 minutes. You can press ENTER key to switch the clock and temperature at the clock mode or press other keys to quit the clock mode.
- B. Press the ETNER button 2 seconds, reset the display, can adjust the time by UP or DOWN, use the ENTER key to select the next adjustment. If not adjust the time reset automatically after 30 seconds to start time.

FUNCTIONS AND FEATURES:

1. CLOCK

Display the current clock in hour and minute.

2. TEMPERATURE

Display the current temperature.

3. TIME

Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys from 0:00 to 99:00. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

4. SPEED

Displays your workout speed value in KM/MILE per hour.

5. DISTANCE

Displays the accumulative distance traveled during each workout up to a maximum of 999.9KM/MILE.

6. CALORIES

Your computer will estimate the cumulative calories burned at any given time during your workout.



7. AGE

Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

8. PULSE

Your computer displays your pulse rate in beats per minute during your workout.

9. RPM

Your pedal cadence.

10. SCAN

As long as the start, the display will automatically scan Time, Distance, Calorie, Rpm, Pulse, Speed functions, each function will remain the main screen for 6 seconds.

11. PULSE RECOVERY

During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, all function displays will stop except "TIME". Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0	means OUTSTANDING
$1.0 < F < 2.0$	means EXCELLENT
$2.0 \leq F \leq 2.9$	means GOOD
$3.0 \leq F \leq 3.9$	means FAIR
$4.0 \leq F \leq 5.9$	means BELOW AVERAGE
6.0	means POOR



NOTE: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "Err" on the message window, Keep your hands up in the induction sheet test after test, need to press the ENTER key, and then press the RECOVERY key.



KEY FUNCTION

There are 6 button keys and the function description as follows:

1. UP KEY

During the setting mode, press the key to increase the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

2. DOWN KEY

During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

3. ENTER/RESET KEY

- A. Press the key to accept the current data entry.
- B. During the no speed mode, by holding this key for over 3 seconds then the computer will re- power-on.

4. BODY FAT KEY

Press the key to enter your personal data before measure your body fat ratio.

5. MEASURE KEY

Press the key to get your body fat ratio and BMI and BMR.

- A. FAT %: Indicate your body fat percentage after measurement.
- B. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
- C. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

 **NOTE:** Press the MEASURE key, need to keep both hands on the holding sheet, after about 10 seconds will show the test result; if not in the hands holding the sheet, it will display "Err". Then according to the ENTER, UP, DOWN three is one of the key to exit the test results.

6. PULSE RECOVERY KEY

Press the key to activate heart rate recovery function.

BATTERY

If improper display on monitor, please reinstall the batteries to have a good result.



VII. EXERCISE GUIDE

! PLEASE NOTE:

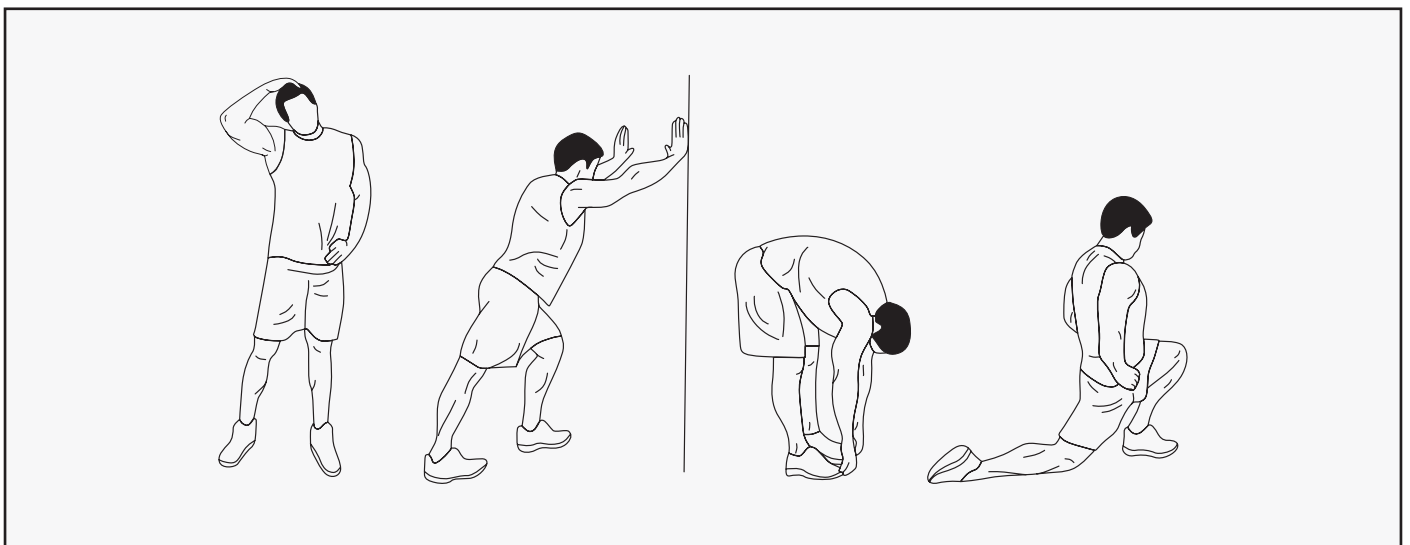
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

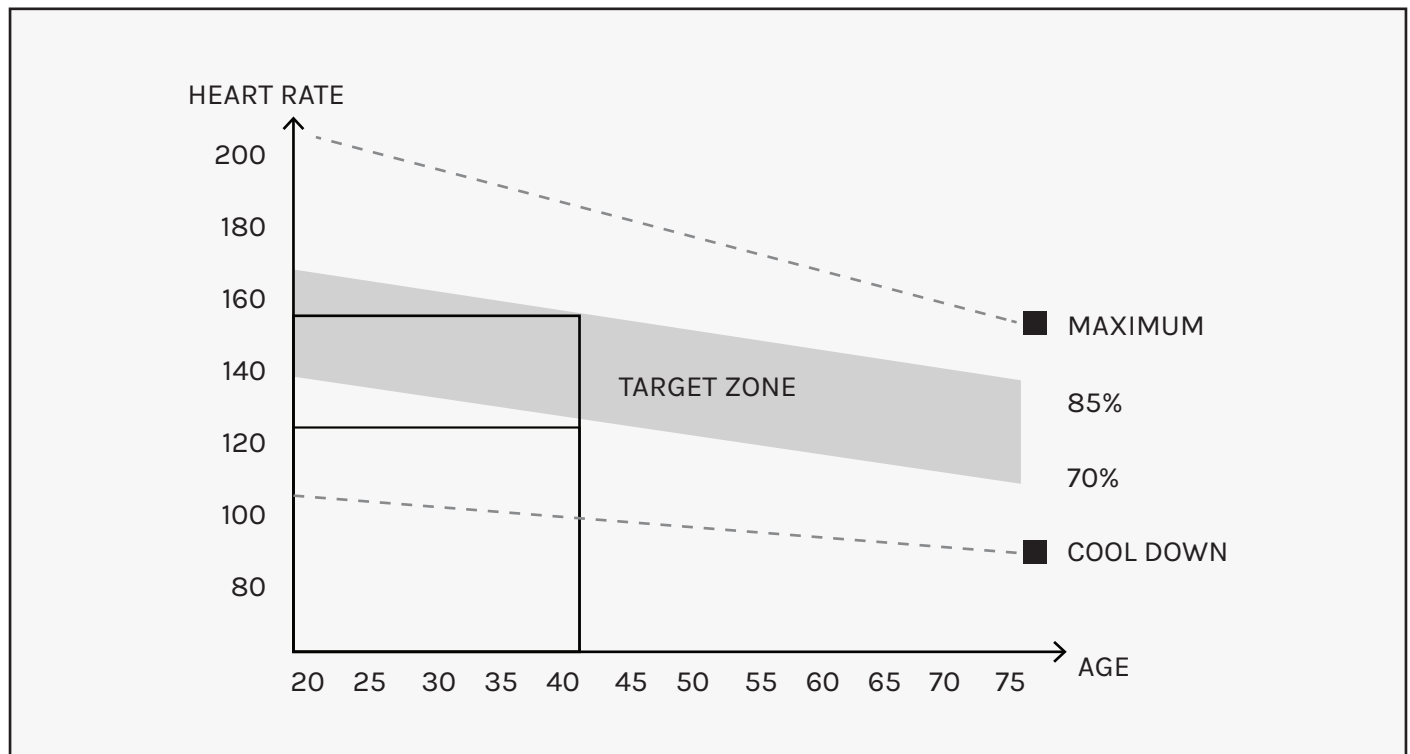
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.



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



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



VIII. 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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



IX. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG Sensors may filter through actual EKG/ECG signals and “Noise” factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).





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