



SM-700 Spin 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:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au







TABLE OF CONTENTS

I. Important Safety Instructions	04
II. Care Instructions	05
III. Exploded Diagram	06
IV. Parts List	07
V. Assembly Instructions	11
VI. Seat and Handlebar Adjustment.....	16
VII. Computer Operation.....	17
VIII. Exercise Guide	20
IX. Warranty	22
X. Hand Pulse Technology	23



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 always keep this manual with you.

- 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

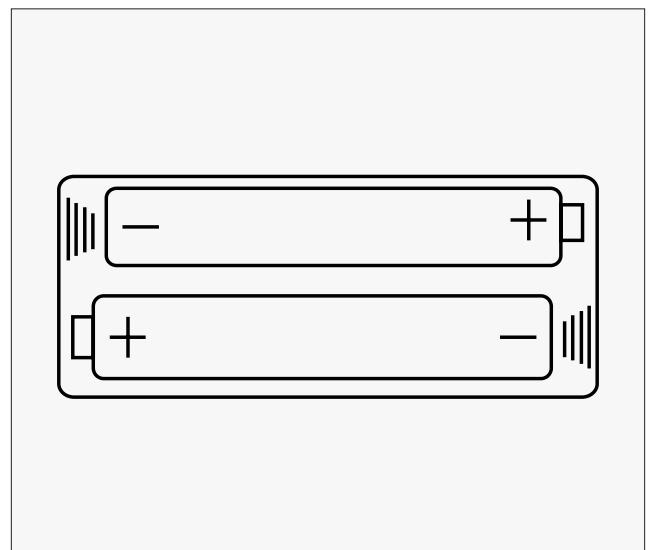


IMPORTANT

- a. 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.**
- b. Lubricate moving joints with grease after periods of usage.
- c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- d. The machine can be kept clean by wiping it down using dry cloth.
- e. Flywheels must be lubricated after certain periods of use to keep the bike running smooth and reduce vibration noise.

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.



This diagram is an exploded view of a mechanical assembly, likely a piece of industrial machinery. It shows the relationship between various components, which are numbered for identification. The parts are arranged in a way that illustrates how they fit together. Key components include a large central frame (49), a motor or actuator (10L, 10R), a large circular disc or flywheel (63), a long horizontal shaft (32), and various gears, bearings, and structural supports. The numbering system is comprehensive, covering hundreds of individual parts and sub-assemblies.

IV. PARTS LIST

NO.	Name	Quantity	Specifications
1	Main Frame	1	Weldment
2	Belt Wheel Holder	1	Weldment
3	Seat Slider	1	Weldment
4	Handlebar Post	1	Weldment
5	Saddle	1	Aq -6010
6	Resistance Line	1	1185 * Ø1.2
7	Belt	1	5Pk
8	Metal Plate	2	Δ2.5
9	Bolt1	2	M6*16
10L/R	Pedal	1pr	Jd -301(9/16")
11L/R	Crank L/R	1pr	170*27
12	Sensor	1	Sr -212
13	Bearing 608Z	4	608Zz
14	Crank Plug	2	Ø23*7.5
15	Bearing 608Z	2	6004Zz
16	Flange Nut	2	M10*1.25
17	Fixing Tube	1	Ø25*20.05*9
18	Brake Positioning Sleeve	1	25*25*2
19	Brake Square Tube	1	Weldment
20	Fixing Nut1	1	20*20*T8
21	Axis	1	Ø8*Ø6*25.8
22	Brake Rail	1	40*22.8*20.8
23	Pullrod	1	Weldment
24	Spring	1	Ø2.0*130
25	Spring	1	Ø1.0X55
26	Magnetic Holder	1	Weldment
27	Silicon Tube 1	1	Ø13*Ø9.5*19
28	Handle Bar	1	Weldment



NO.	Name	Quantity	Specifications
29	Plastic Sleeve	1	70*30*1.5
30	Vertical Seat Post	1	Weldment
31	Seat Tube Front Bushing	1	260*38.3*36.5
32	Seat Tube Rear Bushing	1	300*56.1*36.5
33	Silicon Tube 1	2	Ø 8.5*Ø 5.5*17
34	Sensor Holder	1	Ltf8163
35	Bolt1	3	M6*35
36	Bolt	2	M8*10
37	Bolt	4	M8*15
38	Flat Washer 1	2	8
39	Flat Washer 3	10	8
40	Bolt1	2	M8*15
41	Flat Washer	4	6
42	Fixing Nut M10	1	M6
43	Hexagonal Nut	2	M6
44	Flange Nut	2	M12x1.25
45	Washer Ø10	2	Ø10
46	Left Outer Chain Cover	1	908.5*602.4*84
47	Right Outer Chain Cover	1	908.5*602.4*87.2
48	Plastic Sleeve D	1	73*49*10
49	Screw	5	St4.2*16
50	Screw St 4.2*19	12	St4.2*19
51	Brake Cover-Left	1	260*75*27
52	Brake Cover	1	54.7*33*31.3
53	Brake Cover-Right	1	260*75*32
54	Screw St 4.2*19	3	St2.9*16
55	Magnetic Fixing Holder	1	Weldment
56	Magnetic	7	30*15*10
57	Small Sleeve	2	Ø18*Ø10*10
58	Hexagonal Nut	2	M12*1.25 H=7
59	Fixing Tube	1	Ø16*Ø 12.1*23.5



NO.	Name	Quantity	Specifications
60	Bearing 608Z	2	6001Zz
61	Short Flywheel Shaft	1	Ø12*142
62	Casing Pipe	1	Ø16*Ø 12.1*49.1
63	Flywheel	1	Ø430*Ø58*Ø28
64	Plastic Plug	2	Ø14*14
65	Crank Protective Cover	1	Ø56*28
66	Screw St 4.2 * 1 9	3	St2.9*9.5
67	Brake Spacer	1	16.8 * Ø 10*T 6
68	Computer	1	St-7607
69	Pulse Line	1	L=700
70	Limit Block	1	Weldment
71	Adjust Knob	1	Ø58*33
72	End Cap	2	38*38*1.5
73	Adjust Knob	1	M16*1.5
74	Computer Holder	1	Weldment
75	Brake Knob	1	M6*10
76	Fixing Nut 3	1	M6
77	Bolt	4	M5*12
78	Pulse	2	Ø25
79	Rear Stabilizer	1	Weldment
80	Carriage Bolt	4	M10*90
81	Washer	4	Ø10
82	Fixing Nut 3	4	M10
83	End Cap	4	Ø76*1.5
84	Stopper	4	M8*25
85	Fixing Nut M10	6	M8
86	Bolt9	2	M8*40
87	Wheel	2	Ø69*26
88	Front Stabilizer	1	Weldment
89	Flatwasher 2	2	Ø6
90	Fixing Nut	1	Ø28*M20*1



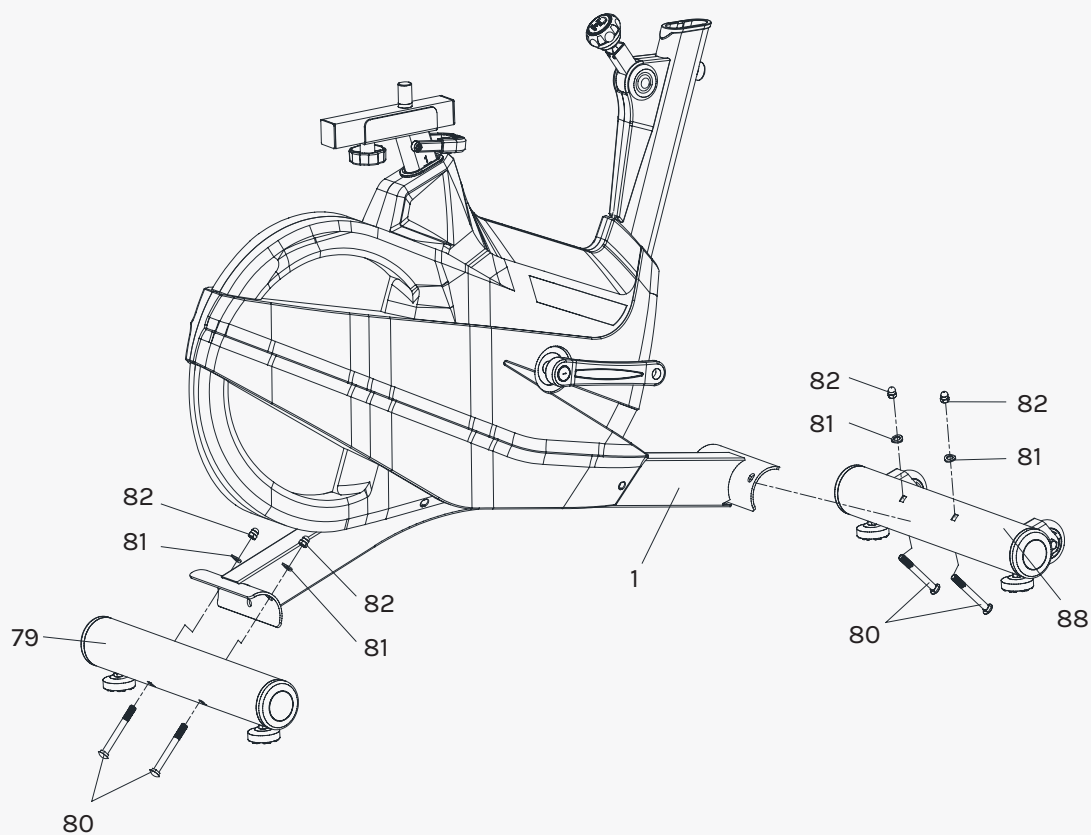
NO.	Name	Quantity	Specifications
91	Magnetic	1	6001Zz
92	Bolt2	4	Ø12*142
93	Middle Axle	1	Ø16*Ø 12.1*49.1
94	Belt Pulley	1	Ø430*Ø58*Ø28
95	Sensor Wire	1	Ø14*14
96	Pulley	1	Ø56*28
97	Bolt1	1	St2.9*9.5
98	Stepped Shaft	1	16.8 * Ø 10*T 6
99	Long Shaft	1	St-7607
100	Aluminum Handle	2	L=700
101	Gloves	1	Weldment
102	Washer	1	Ø58*33
103	Aluminum Clasp	1	38*38*1.5
104	Aluminum Bracket	1	M16*1.5
105	Connecting Rod	1	Weldment
106	Fixed Shaft	1	M6*10
107	Short Shaft	1	M6
108	Small Spacer	1	M5*12
109	Bolt	10	Ø25
110	Fixing Nut M10	1	Weldment
111	Spring	1	M10*90
112	Sensor Wire	1	Ø10
113	Nut	4	M10
114	Screw	2	Ø76*1.5
115	Spanner	1	M8*25
116	Crosshead Spanner	1	M8
117	Inner Hexagon Spanner	1	M8*40



V. ASSEMBLY INSTRUCTIONS

PREPARATION

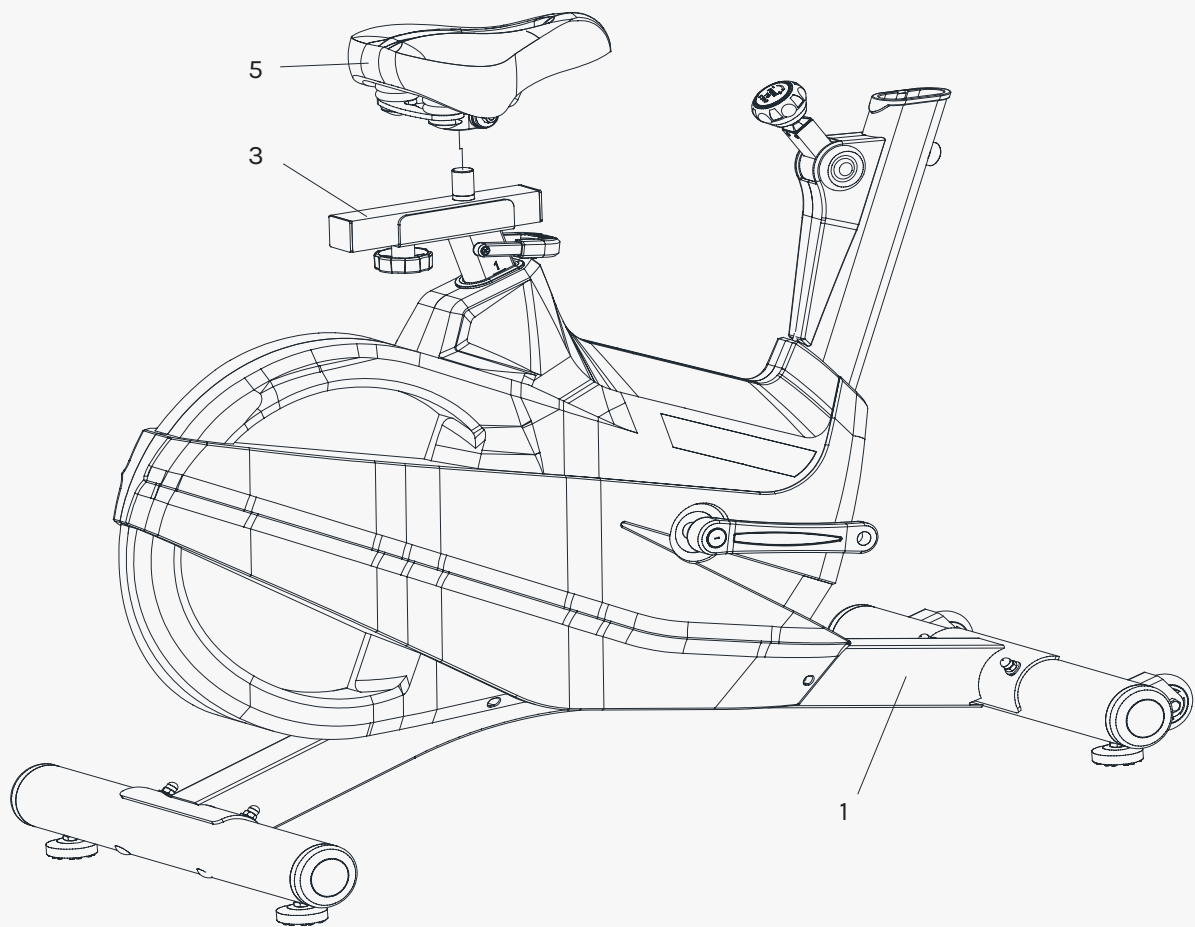
1. Before assembling make sure that you will have enough space around the item.
2. Use the present tooling for assembling.
3. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked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



STEP 1

1. Attach the Front Stabilizer (pt.88) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.81), M8 Domed Nut (pt.82) and M8*42 Carriage Bolt (pt.80).
2. Attach the Rear Stabilizer (pt.79) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.81), M8 Domed Nut (pt.82) and M8*42 Carriage Bolt (pt.80).

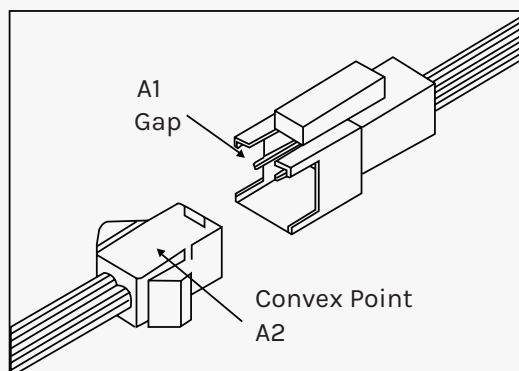




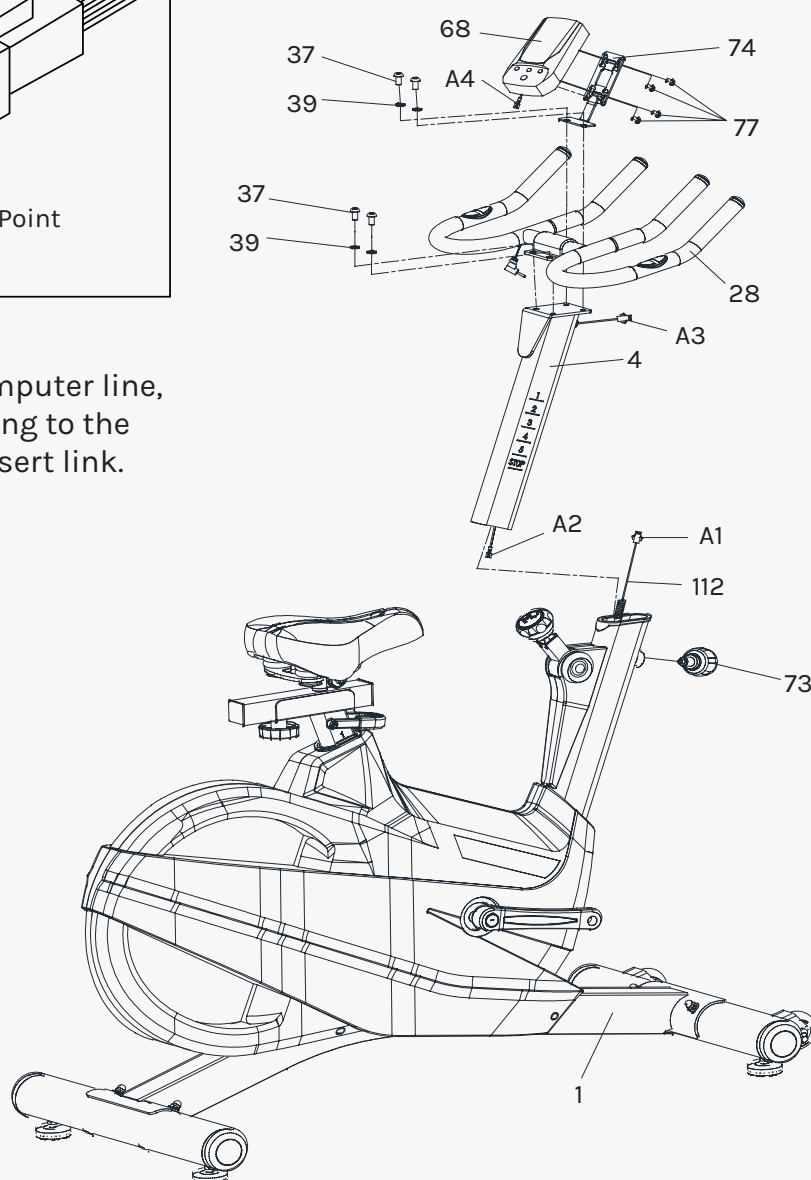
STEP 2

1. The Saddle post is pre-assembled in the main frame. Fix the Saddle (pt.5) on the Seat post (pt.3) as shown





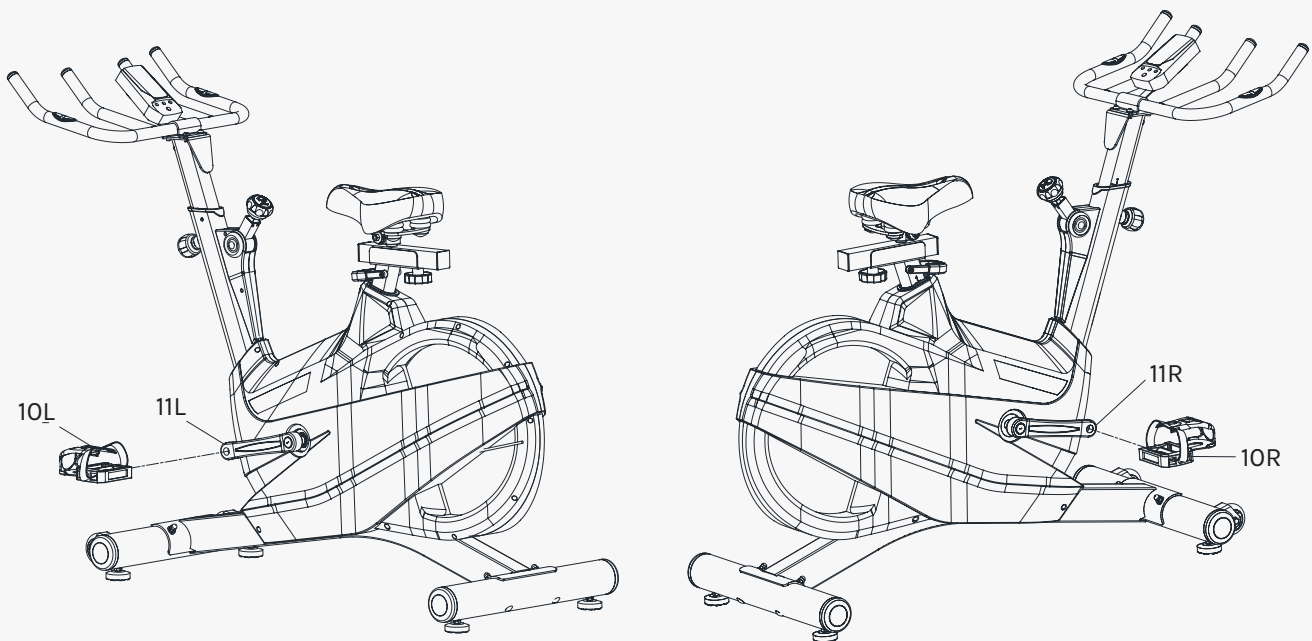
! ATTENTION:
Connected with the computer line,
to **Gap** (A1) corresponding to the
convex point (A2) to insert link.



STEP 3

1. Insert the Handlebar Post (pt.4) into the handlebar post tube of the main frame. You will have to slacken the Knob (pt.73) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.
2. The Handlebar (pt.28) and computer holder (pt.74) are fixed on the Handlebar Post (pt.4) with four sets of the Bolt (pt.37) and the Elastic Washer (pt.39).
3. The Computer (pt.68) is fixed on the Handlebar with four Bolts (pt.77). Connect the computer line, to Gap (A3) corresponding to the Convex Point (A4) to insert link.





STEP 4

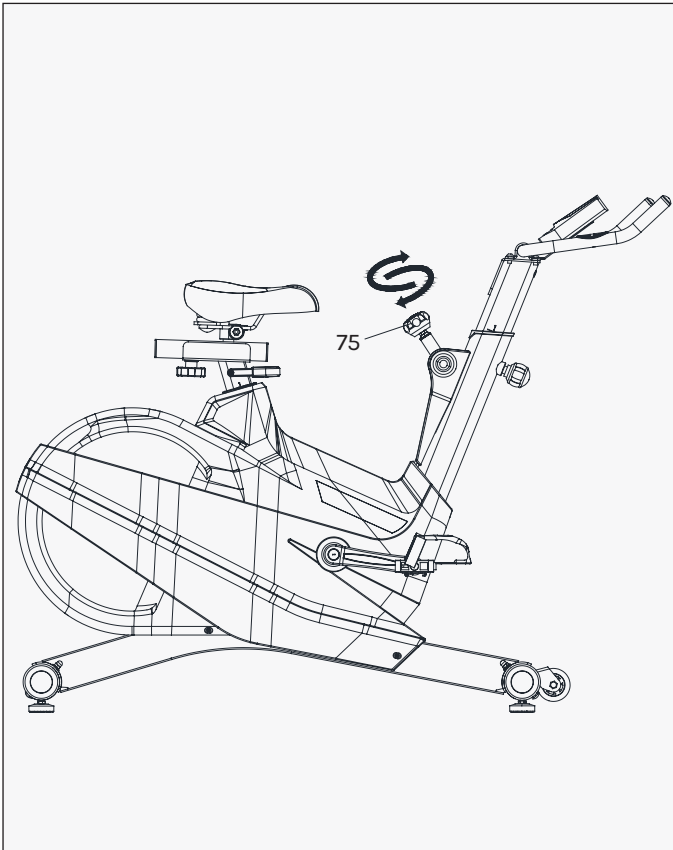
1. The Pedals (pt.10L & pt.10R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.



Important Note: The Right pedal should be threaded on clockwise and the Left pedal anticlockwise. Ensure the pedals are fully tighten as using this while loose or not tighten will damage the thread and affect your warranty.



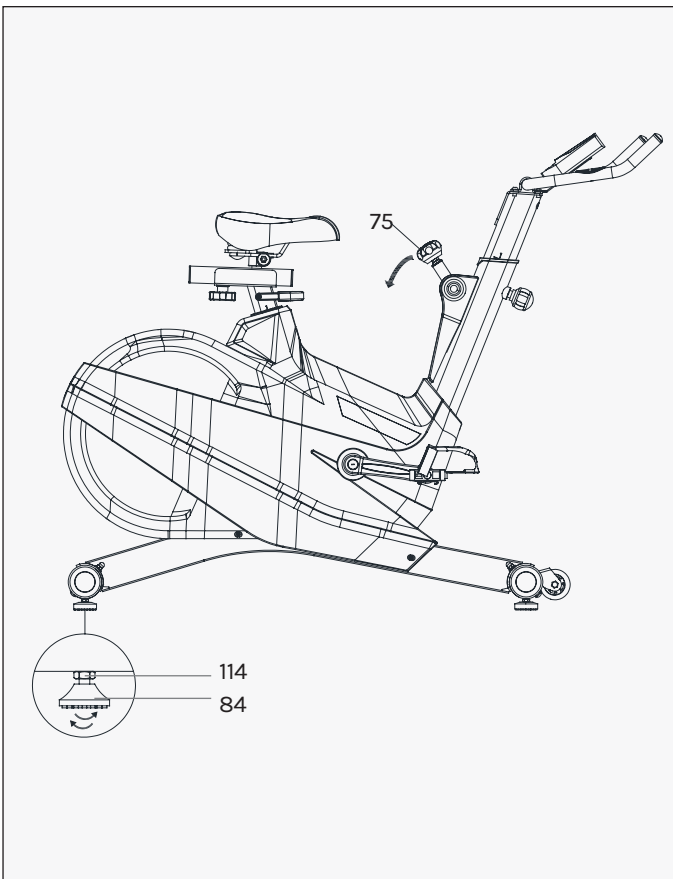
ADJUSTING THE TENSION



1. Adjust the Resistance

To increase resistance (requiring more strength to pedal), turn the Resistance Control Knob (pt.75) to the right.

To decrease resistance (requiring less strength to pedal), turn the Resistance Control Knob (pt.75) to the left.



2. The Emergency Brake Function

The Emergency Brake & Resistance Control Knob can be used as the Emergency Brake. When you want the flywheel to stop turning, you must firmly push down the Emergency Brake (pt.75).



VI. SEAT AND HANDLEBAR ADJUSTMENT

Seat Adjustment

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.

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.

Handlebar Adjustment

To adjust the handlebar height, slacken the spring 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.



VII. COMPUTER OPERATION

BUTTONS

MODE	To confirm all settings.
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	To clear the set-up value. Press RESET key and hold for 2 seconds to reset all function figures.
RECOVERY	To test heart rate recovery status.

FUNCTIONS

SCAN	Displays all function TIME → DISTANCE → CALORIES → PULSE → RPM/SPEED in sequence.
RPM	Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
SPEED	Displays the user's exercise speed.
TIME	1. You can press "SET" button to set target time between 0:00 to 99:00 for count down 2. It can be set up by the user or accumulated automatically for count up function.
DISTANCE	1. You can press "SET" button to set target distance between 0:00 to 99:50 for count down function. 2. It can be set up by the user or accumulated automatically for count up function.
CALORIES	1. You can press "SET" button to set target calories between 0 to 9990 for count down function. 2. It can be set up by the user or accumulated automatically for count up function.
PULSE	Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with "Bi" sound.

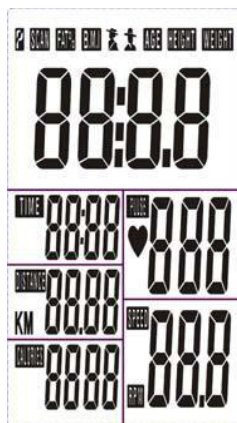
OPERATION PROCEDURE

1. Installs 2 pieces of 1.5V #4 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.

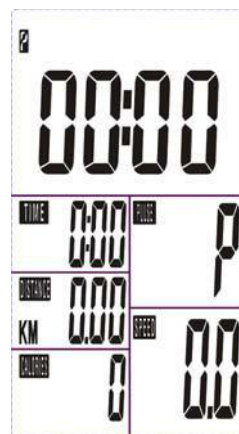
After that, it goes to the next step to the main menu as "Drawing B".



Drawing A



Drawing B



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

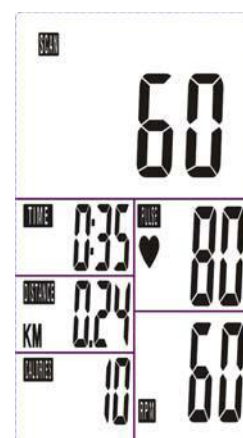
When you are in each set-up mode, for example in the time set-up mode: time value is blinking, you can press "SET" button to adjust the value and press "MODE" for confirmation. The set-up of DISTANCE, CALORIES & PULSE is the same as TIME.

3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been pre-set the target (TIME or DISTANCE or CALORIES), the function will be counting down from the pre-set to zero while the training starts.

Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press "MODE" button for confirmation and skip to next set-up.

4. In SCAN mode shown as "Drawing C". RPM/ SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.
5. You can also press "MODE" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

Drawing C

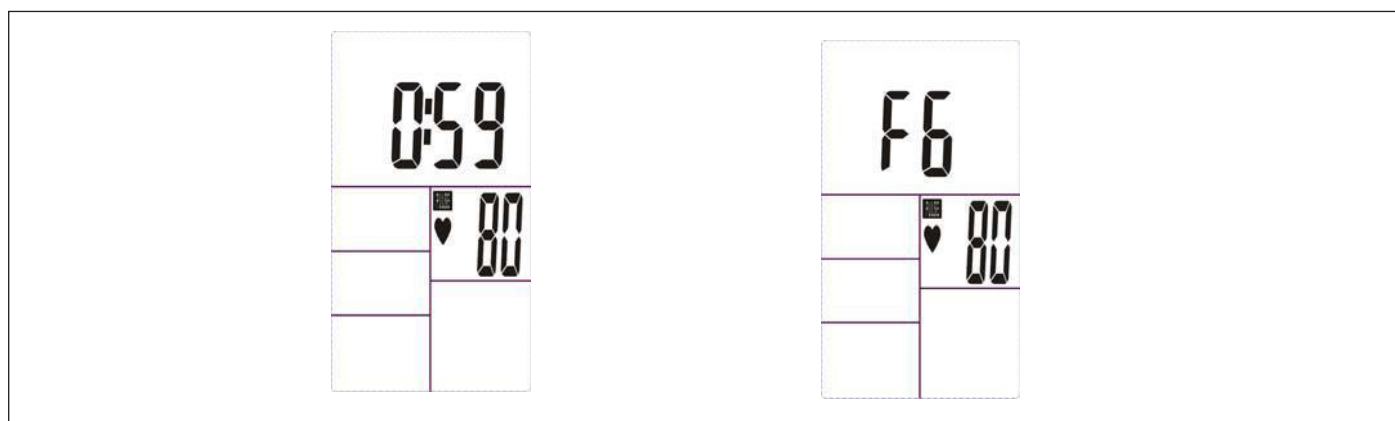


6. Recovery:

- a. When the user presses "RECOVERY" button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from "0:60", Pulse signal will be blinking according user's heart rate BPM. When Time counts down to "0", it will show F1~F6.
(F1 is the best, F6 is the worst)

F1	OUTSTANDING
F2	EXCELLENT
F3	GOOD
F4	FAIR
F5	BELOW AVERAGE
F6	POOR

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



- b. If the countdown action to **0:00** is not completed and there is no pulse signal, the countdown action must be done and shown F6.
- c. If you press the RECOVERY button prior to count down to **0:00**, it will be end and return to the main menu.

! NOTE:

1. Stop training for 4 minutes, the computer will enter to Sleep mode.
You may press any button to have the computer restart working, the original value will retain.
(If re-install batteries, the original value will remove.)
2. If the computer displays abnormally, please re-install batteries and try again.
3. Battery Spec: 1.5V UM-4 or AAA (2PCS).



VIII. EXERCISE GUIDE

! PLEASE NOTE:

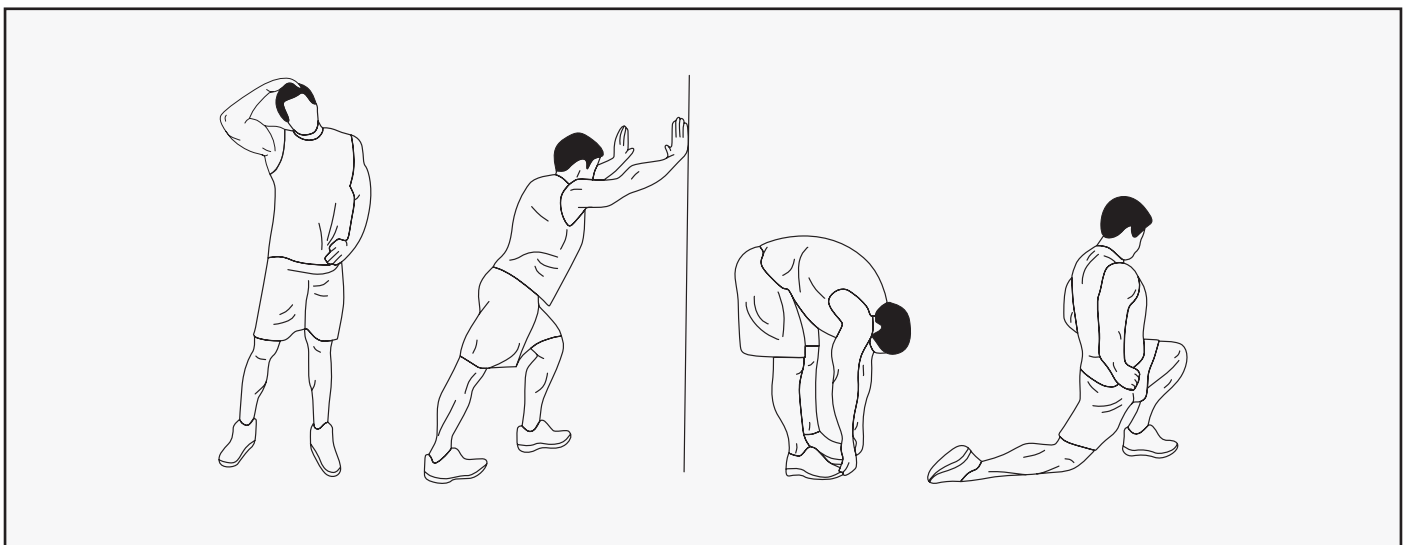
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

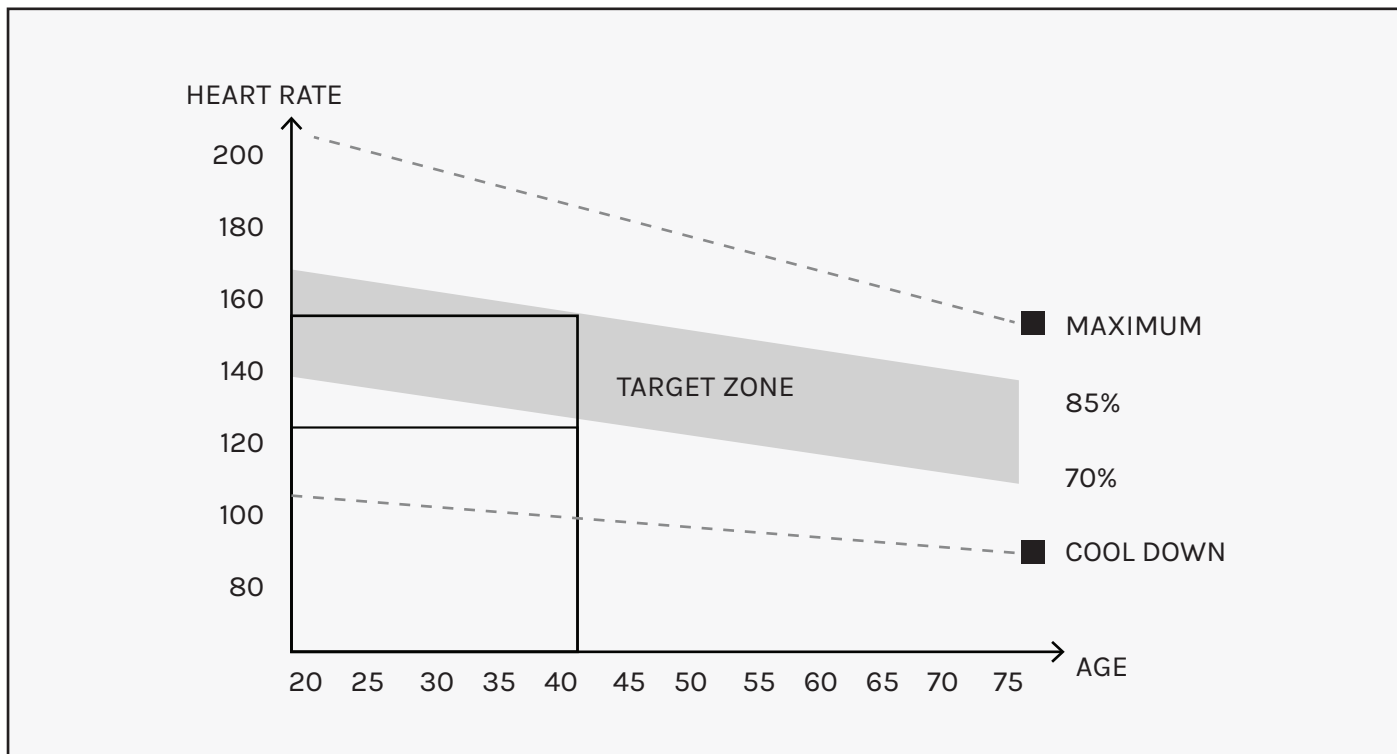
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.



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.



IX. 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



X. 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 sidestep 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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