



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







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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 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.



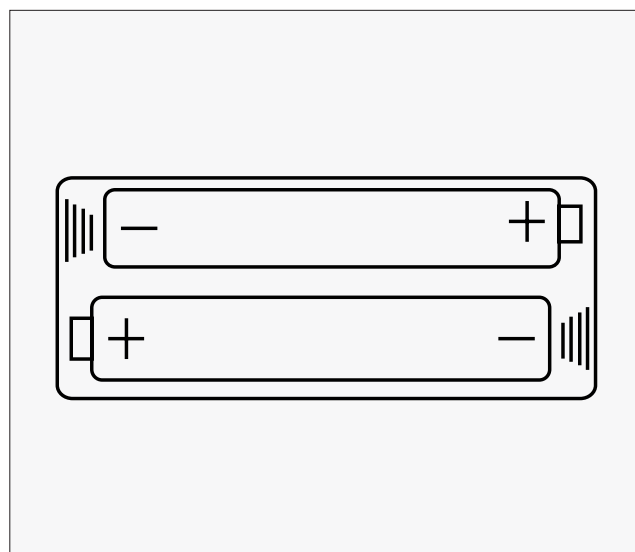
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors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

II. CARE INSTRUCTIONS

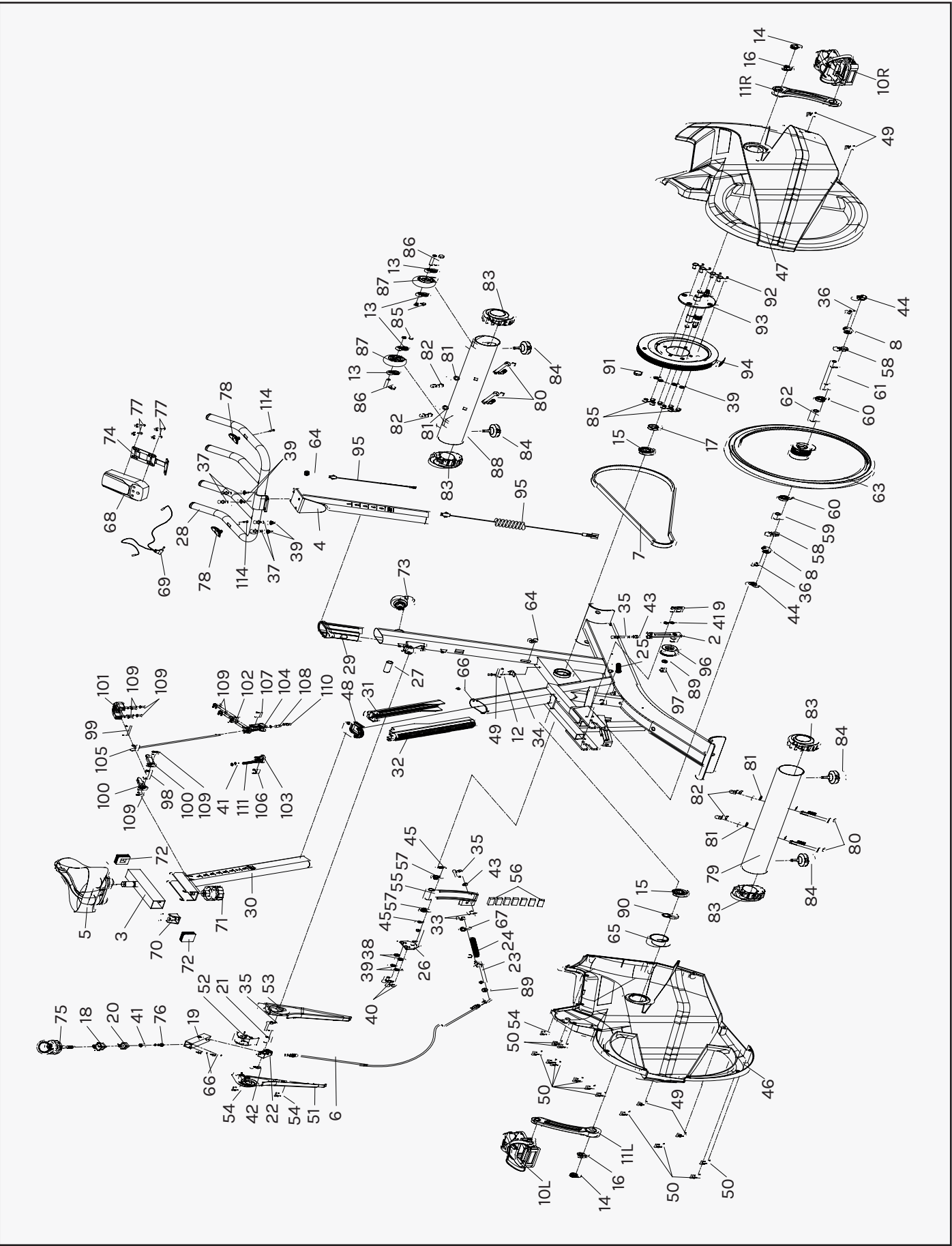
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal 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. EXPLODED DIAGRAM



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



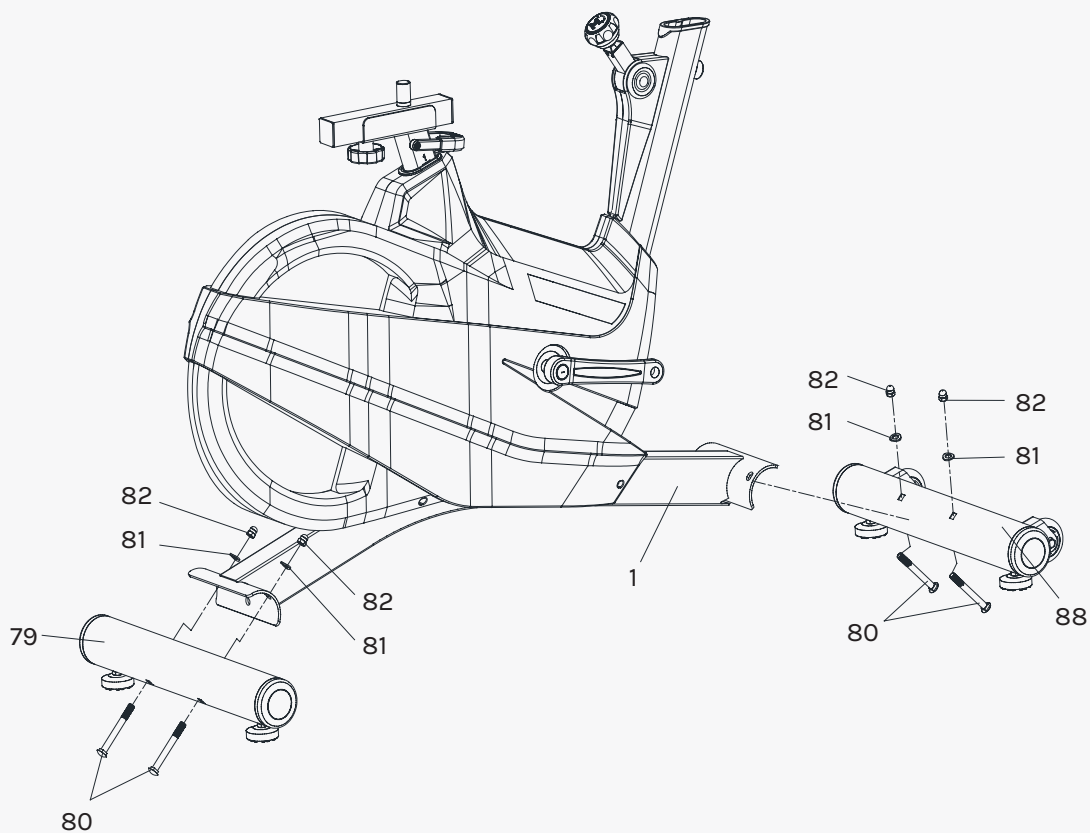
NO.	Name	Quantity	Specifications
91	Magnetic	1	6001Zz
92	Bolt2	4	Ø12*142
93	Middle Axle	1	Ø16*Ø 12.1*49.1
94	Belt Pulley	1	Ø430*Ø58*Ø28
95	Sensor Wire	1	Ø14*14
96	Pulley	1	Ø56*28
97	Bolt1	1	St2.9*9.5
98	Stepped Shaft	1	16 .8 * Ø 10*T 6
99	Long Shaft	1	St-7607
100	Aluminum Handle	2	L=700
101	Gloves	1	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

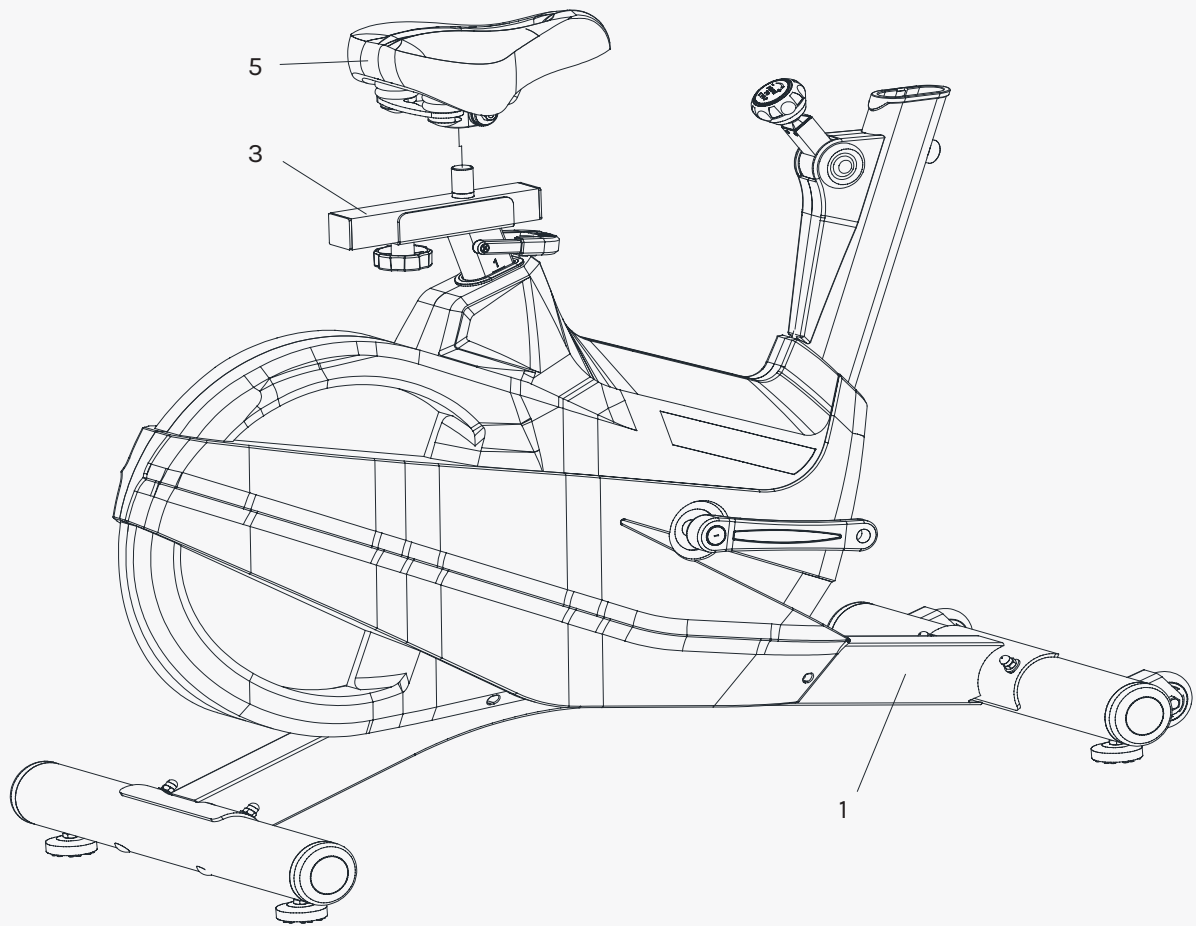
1. Before assembling make sure that you will have enough space around the item.
2. Use the present tooling for assembling.
3. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked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

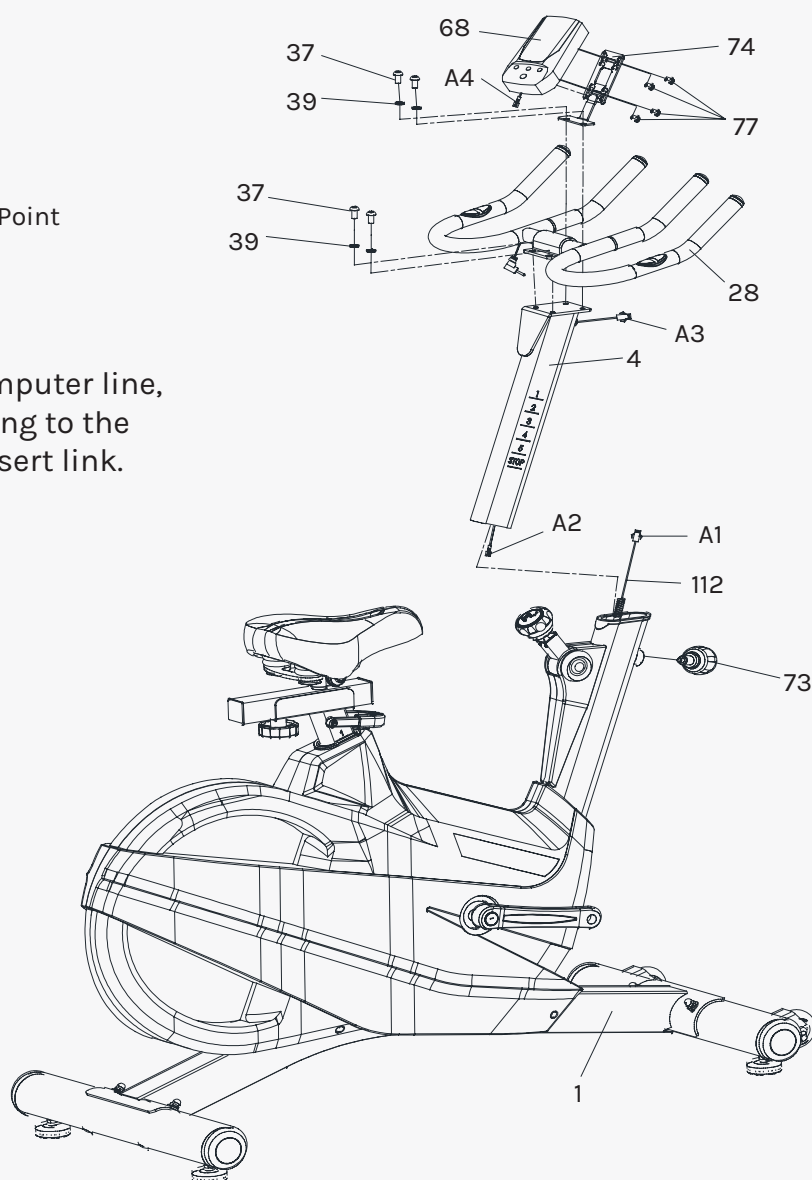
1. The Saddle post is pre-assembled in the main frame. Fix the Saddle (pt.5) on the Seat post (pt.3) as shown



A1
Gap

Convex Point
A2

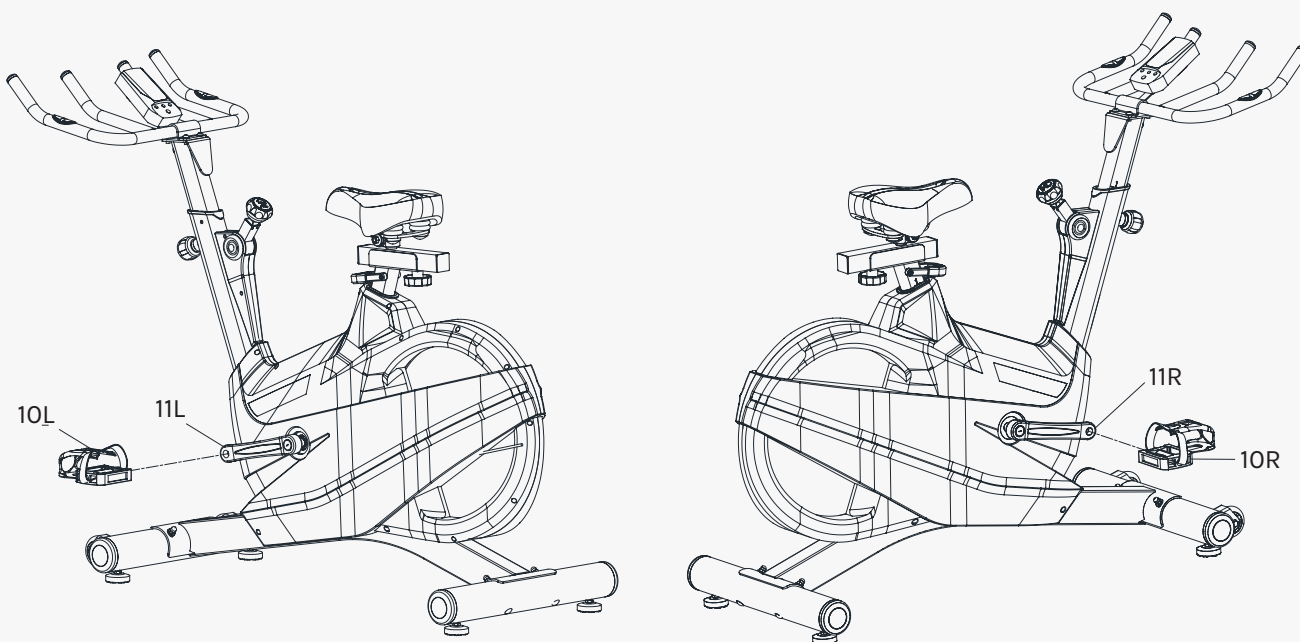
! ATTENTION:
Connected with the computer line,
to **Gap** (A1) corresponding to the
convex point (A2) to insert link.



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

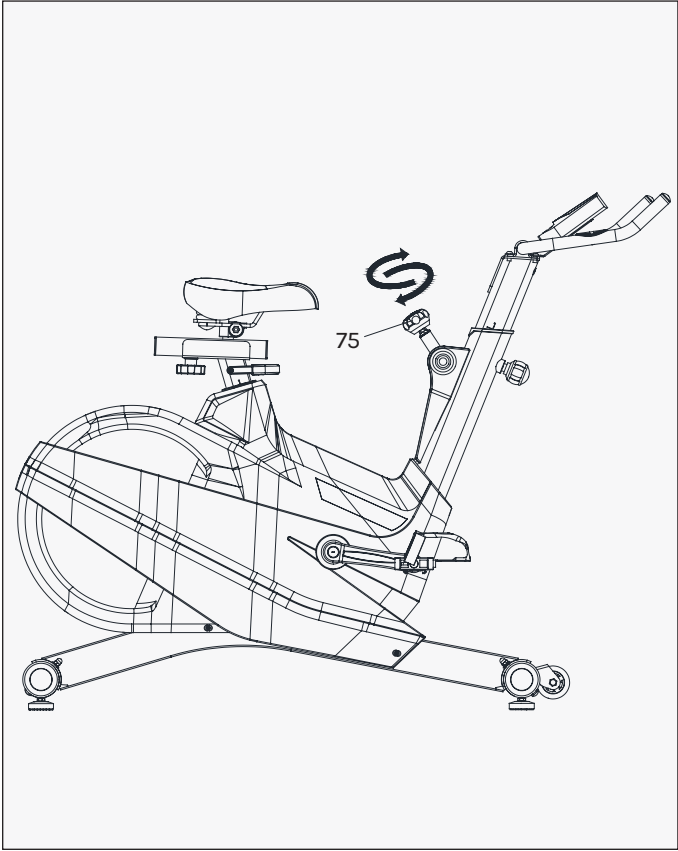
1. The Pedals (pt.10L & pt.10R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.



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.



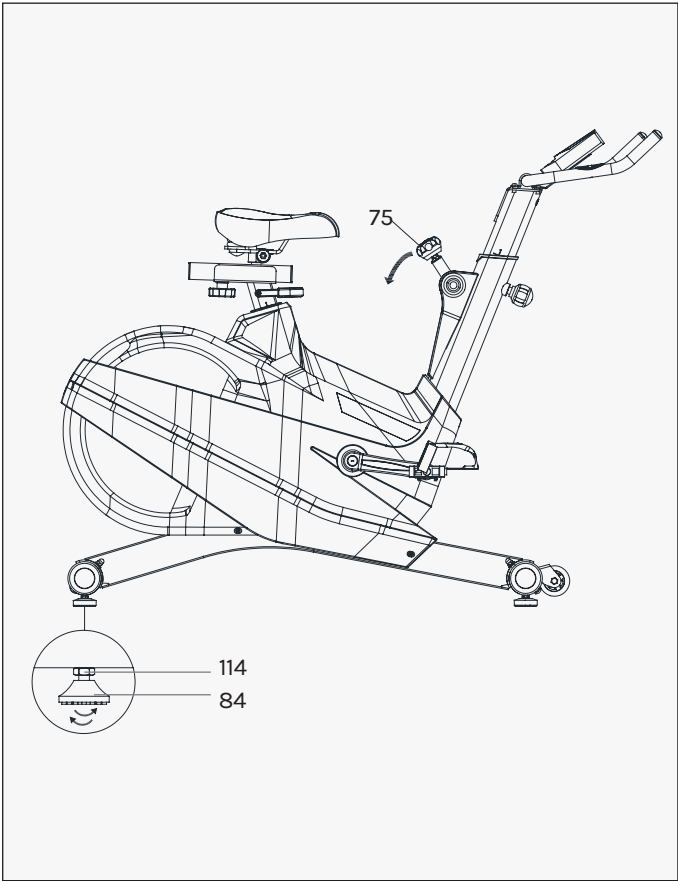
ADJUSTING THE TENSION



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

Up/Down

To adjust the seat height, hold onto the seat and pull the seat post up to your desired height.

To lower it you will need to pull the release lever underneath the seat up and while holding the lever, push the seat down, then release the lever to lock into position.

CAUTION: We recommend to not sit on the seat when pulling up the release lever up as the added weight can jam the release lever.

Forward/Backward

The Adjusting lever under the seat acts like a Wrench.

To loosen:

Loosen the adjusting handle under the seat by turning it fully to the left side then pull the lever down and move it back to the right side. Let go of the lever so it slots back into the bolt and then turn to the left again. Continue doing this until the bolt is loosen enough for you to move your seat.

To tighten:

Once you have set the position you want, tighten by pulling the lever down and move it to the left side. Release the lever until it clicks to the bolt and then turn the lever to the right.

Repeat the by going back to the left side until the seat is full locked into place.

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

DISPLAY OPERATIONS

Item	Description
TIME	Displays the current workout duration. Measuring range: 0:00 to 99:59
SPEED	Displays the user's workout speed. Measuring range: 0.0 to 99.9
DISTANCE	Displays the user's workout distance. Measuring range: 0.0 to 99.9
CALORIES	Displays the user's approximate calories burnt during workout. Measuring range: 0 to 999
HEART RATE	1. Displays the user's approximate heart rate during workout. 2. When the user's heart rate exceeds the preset target value, the warning alarm will sound.
RPM	Displays the user's current revolution per minute. Measuring range: 0 to 999
WATT	Displays the power consumption during workout. Measuring range: 0 to 999 Setting range: 10 to 350

BUTTON FUNCTIONS

Item	Description
Control Wheel UP	Adjust function value or selection up.
Control Wheel DOWN	Adjust function value or selection down.
MODE	Confirm setting or selection.
RESET	1: Hold down RESET for 2 seconds to reboot the system. 2: During setting or Stop mode, press RESET to go back to the main menu.
START/STOP	Start or stop workout.

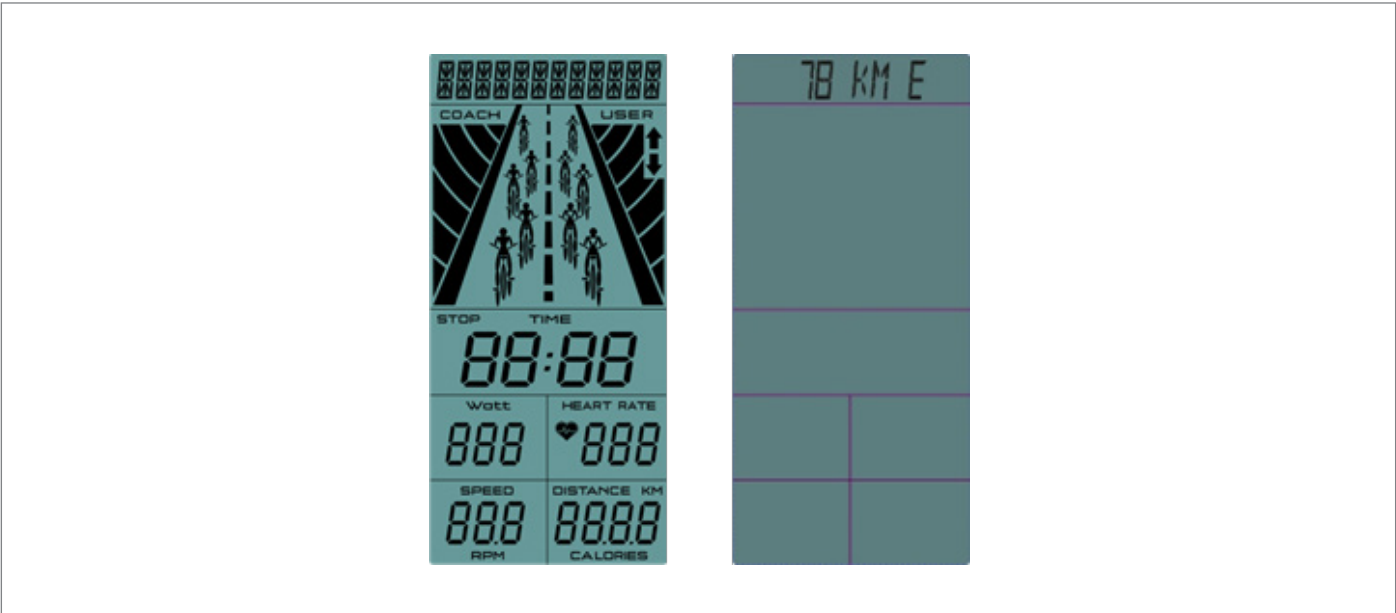


OPERATION PROCEDURE

Powering On the Machine

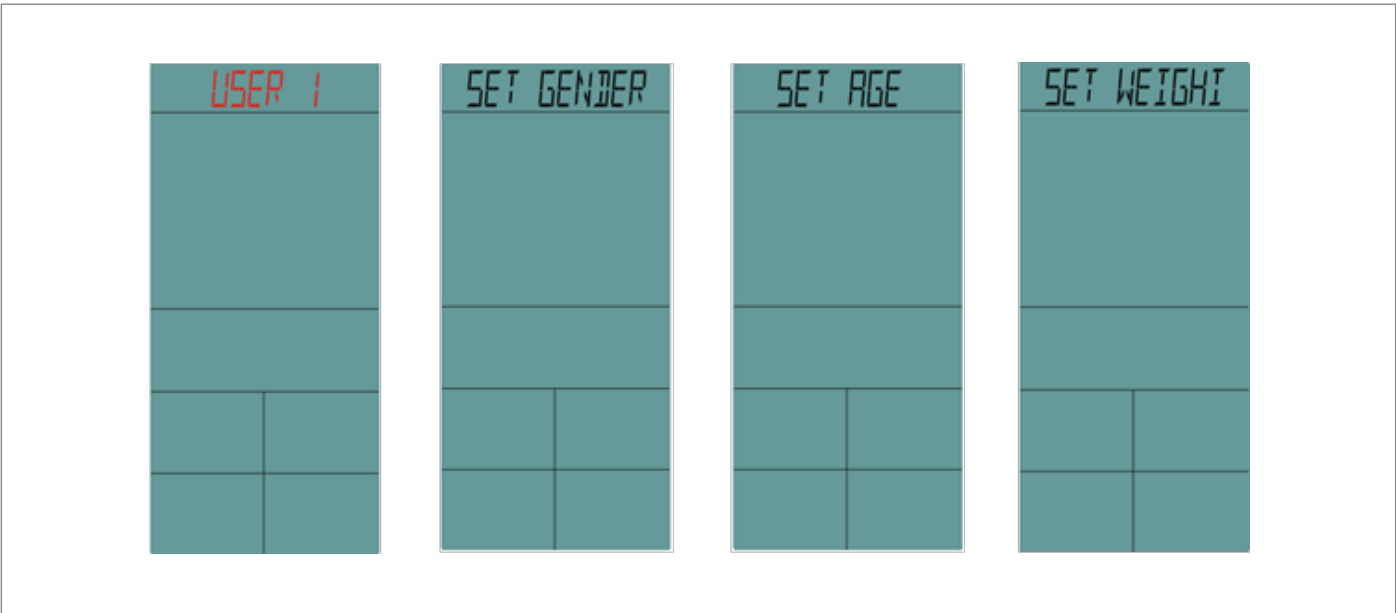
The monitor requires 4x AA batteries to function. Once the batteries are installed, hold RESET for 2 seconds to power on the monitor. The monitor will buzz for 1 second to confirm.

Once powered on, the LCD will display all functions for 2 seconds and then display the wheel diameter and units for 1 second. Next it will enter the USER settings mode. If there is no signal input for 4 minutes, the monitor will enter Sleep mode. Press any key to wake up monitor.



User Data Settings

Use the control wheel buttons to select a USER profile from U1 to U4 and press MODE to confirm. Set the Gender, Age, Height, Weight.



Workout Mode Selection

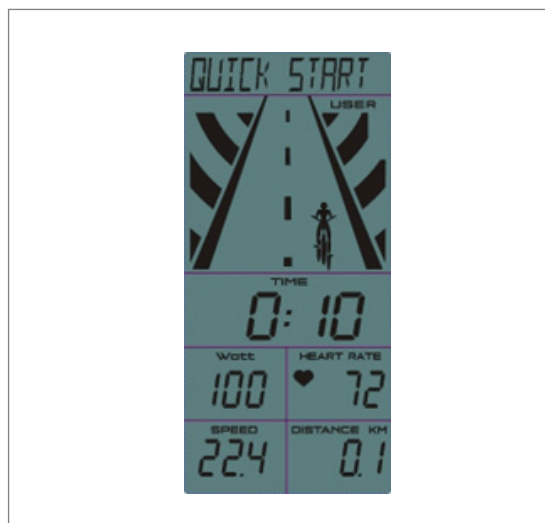
Use the control wheel to select a workout mode:

Choose quick start or set a specific goal for the workout, such as:

1. Target Time
2. Target Distance
3. Target Calories
4. Target Heart Rate
5. Target Watt
6. Watt Program

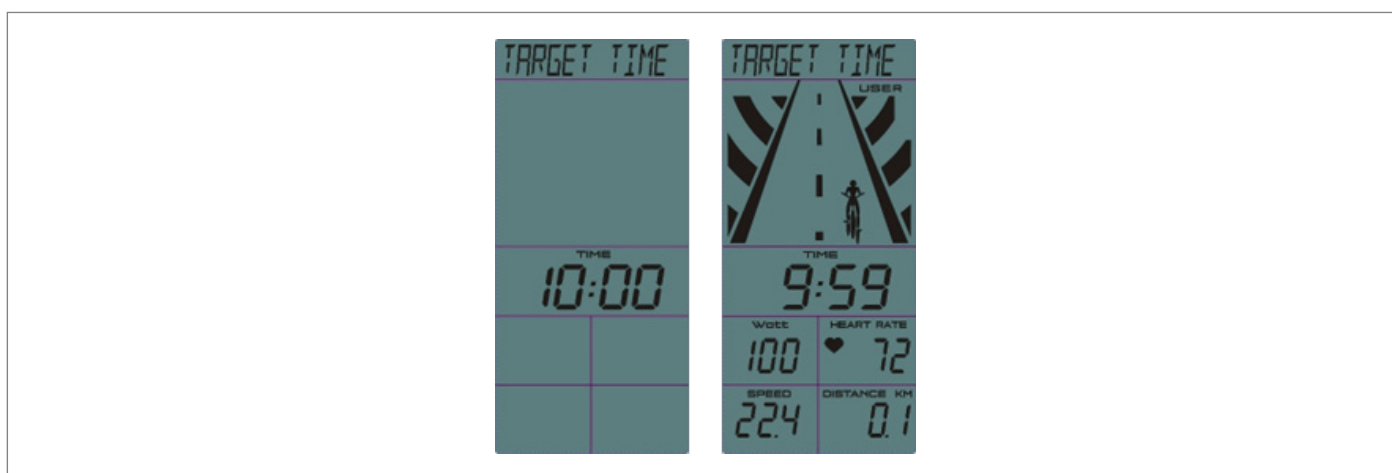
Quick Start

1. When selecting quick start, the TIME will automatically count up. Other metrics such as DISTANCE, CALORIES, RPM, SPEED, WATT, RPM & HEART RATE will also be displayed accordingly.
2. The character animation will update to the next figure after completing every 0.1 km.
3. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
4. During the workout, the wheel controls, RESET and ENTER buttons will not function.
5. In STOP mode, press RESET and the monitor will return to the function settings page.



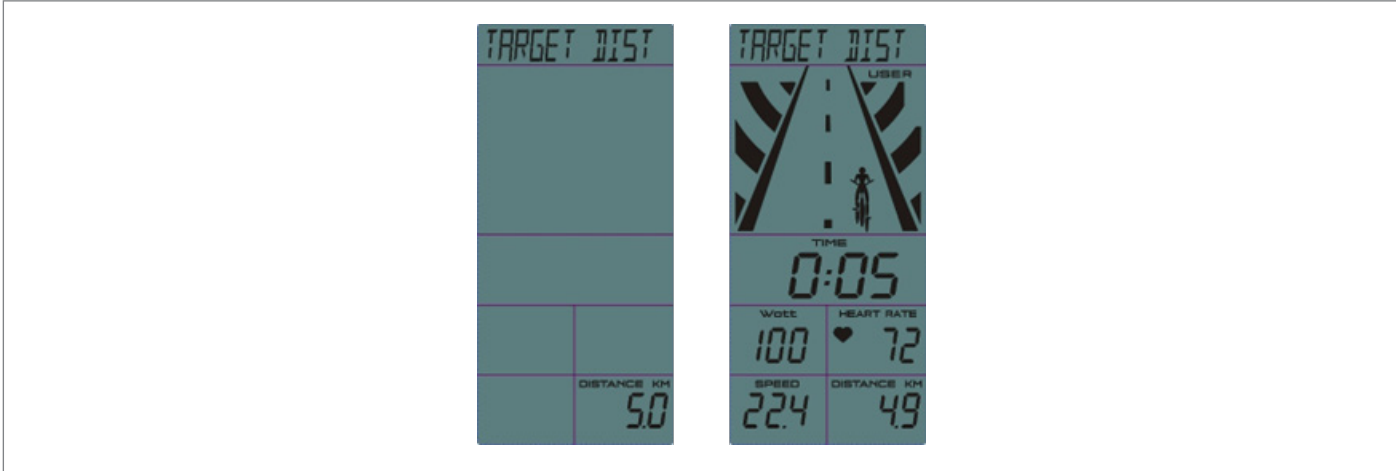
Target Time

1. Use the control wheel to set Target TIME (Preset value = 10:00), then press START/STOP to begin the workout in Target TIME mode.
2. TIME begins to count down from Target value, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every fifth leg of the Target Time.
4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
5. During the workout, the wheel controls, RESET and ENTER buttons will not function.
6. In STOP mode, press RESET and the monitor will return to the function settings page.



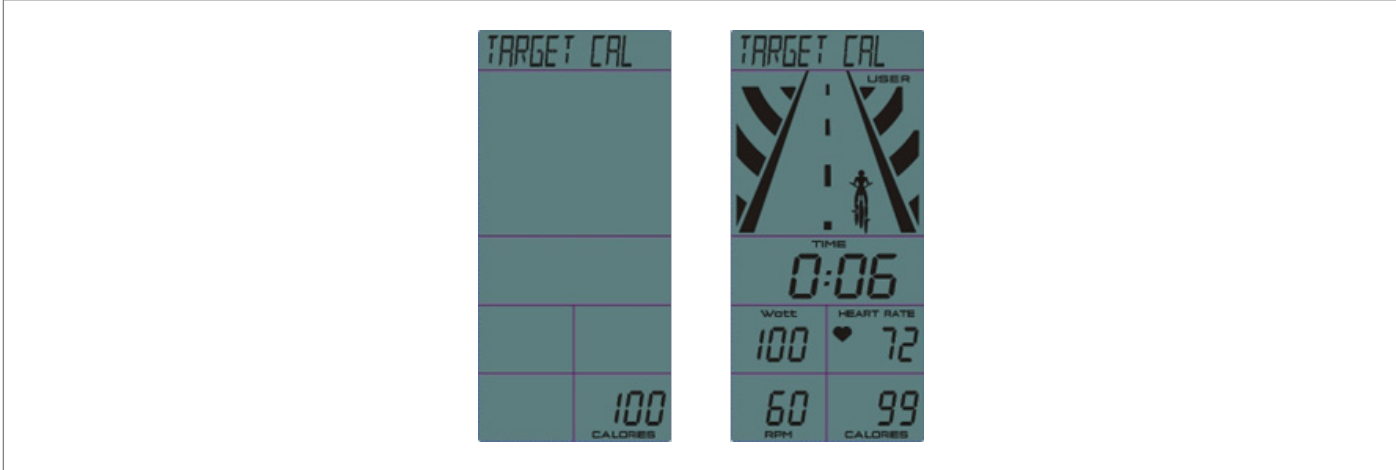
Target Distance

- 1. Use the control wheel to set Target DISTANCE (Preset value = 5.0), press START/STOP to begin workout in Target Distance mode.
- 2. DISTANCE begins to count down from Target value, TIME, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
- 3. The character animation will update to the next figure after completing every fifth leg of the Target Distance.
- 4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
- 5. During the workout, the wheel controls, RESET and ENTER buttons will not function.
- 6. In STOP mode, press RESET and the monitor will return to the function settings page.



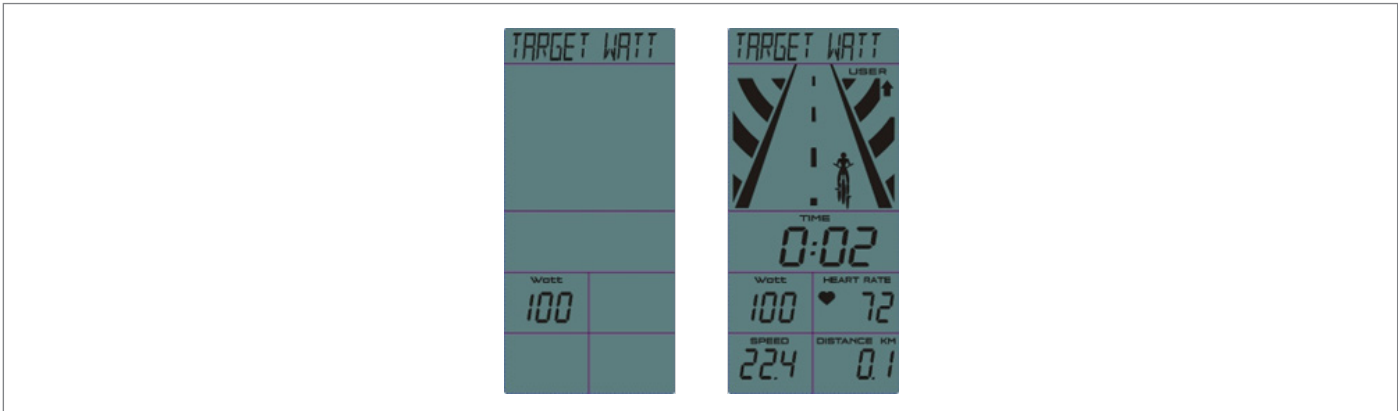
Target Calories

- 1. Use the control wheel to set Target CALORIES (preset value=100), press START/STOP workout in Target Calories mode.
- 2. CALORIES begins to count down from Target value, TIME, DISTANCE, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
- 3. The character animation will update to the next figure after completing every fifth leg of the Target Calories.
- 4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
- 5. During workout, the wheel controls, RESET and ENTER buttons will not function.
- 6. In STOP mode, press RESET and the monitor will return to the function settings page.



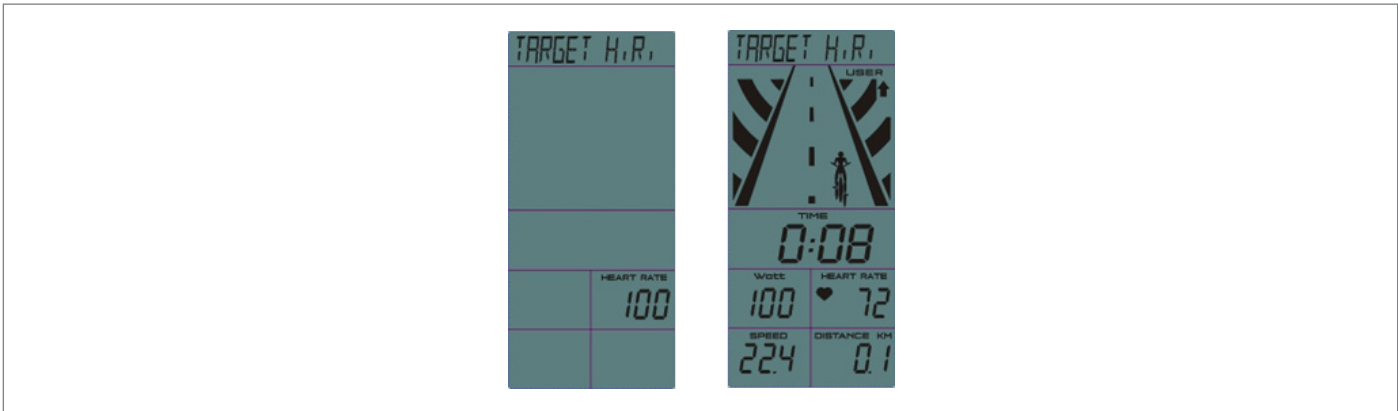
Target Watt

- 1. Use the control wheel to set the Target WATT (preset value = 100), press START/STOP to begin workout in Target Watt mode.
- 2. TIME begins to count up, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
- 3. The character animation will update to the next figure after completing every 0.1 km.
- 4. When the actual WATT value is 25% higher than the Target WATT, ⬆ will flash to remind the user that they are too fast. When the actual WATT value is 25% lower than Target Watt, ⬇ will flash to remind the user that they are too slow.
- 5. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
- 6. During the workout, the wheel controls, RESET and ENTER buttons will not function.
- 7. In STOP mode, press RESET and the monitor will return to the function settings page.



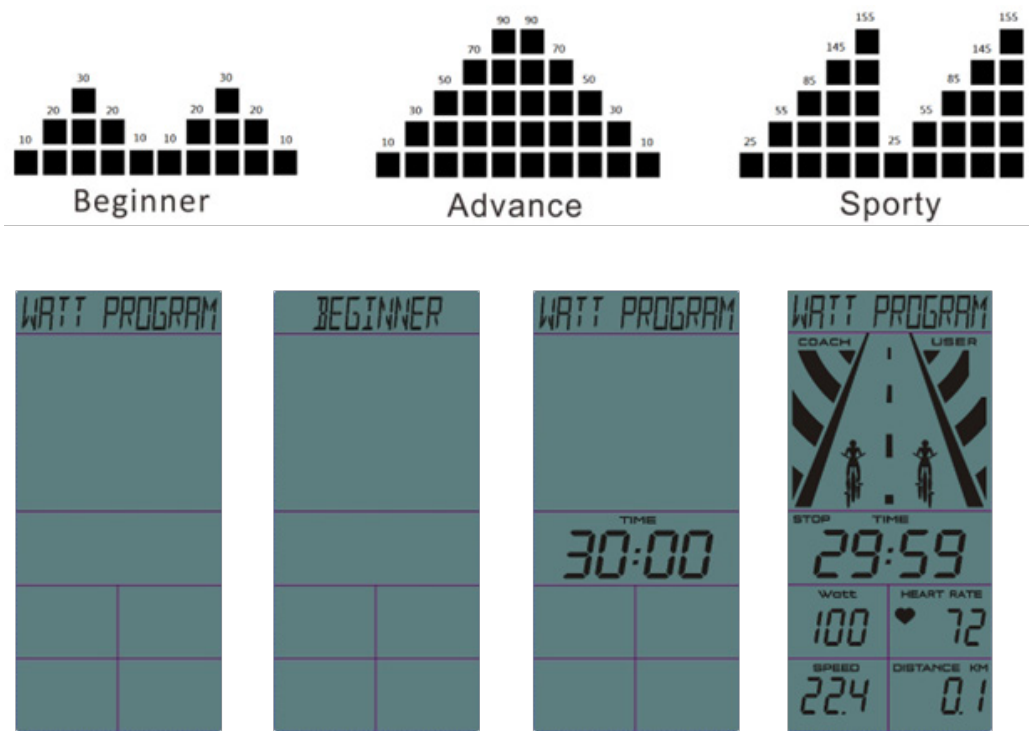
Target Watt

- 1. Use the control wheel to set the Target PULSE (preset value=100), press START/STOP to workout in Target HR mode. Keep both hands placed on the hand grips.
- 2. TIME begins to count up, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
- 3. The character animation will update to the next figure after completing every 0.1 km.
- 4. When actual PULSE value is 50% higher than Target Pulse, ⬆ will flash to remind the user that they are too fast. When actual PULSE is 50% lower than Target Pulse, ⬇ will flash to remind the user that they are too slow.
- 5. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
- 6. During the workout, the wheel controls, RESET and ENTER buttons will not function.
- 7. In STOP mode, press RESET and the monitor will return to the function settings page.



Watt Program

- 1. Use control wheel to select: Beginner, Advanced or Sporty and press MODE to confirm.
- 2. Use control wheel to set Time (preset value = 30:00), press START/STOP to begin workout in Watt Program mode.
- 3. TIME begins to count down from Target value, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
- 4. The character animation will update to the next figure after completing every fifth leg of the preset Time.
- 5. When the USER WATT value is 10% less than the Coach WATT value, the Coach figure will climb up one position. When the USER WATT value 10% more than the Coach WATT value, Coach figure will fall behind one position. If the difference in value is within $\pm 10\%$, the Coach and USER will remain in the same position.
- 6. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
- 7. During the workout, the wheel controls, RESET and ENTER buttons will not function.
- 8. In STOP mode, press RESET and the monitor will return to the function settings page.



VIII. EXERCISE GUIDE

 PLEASE NOTE:

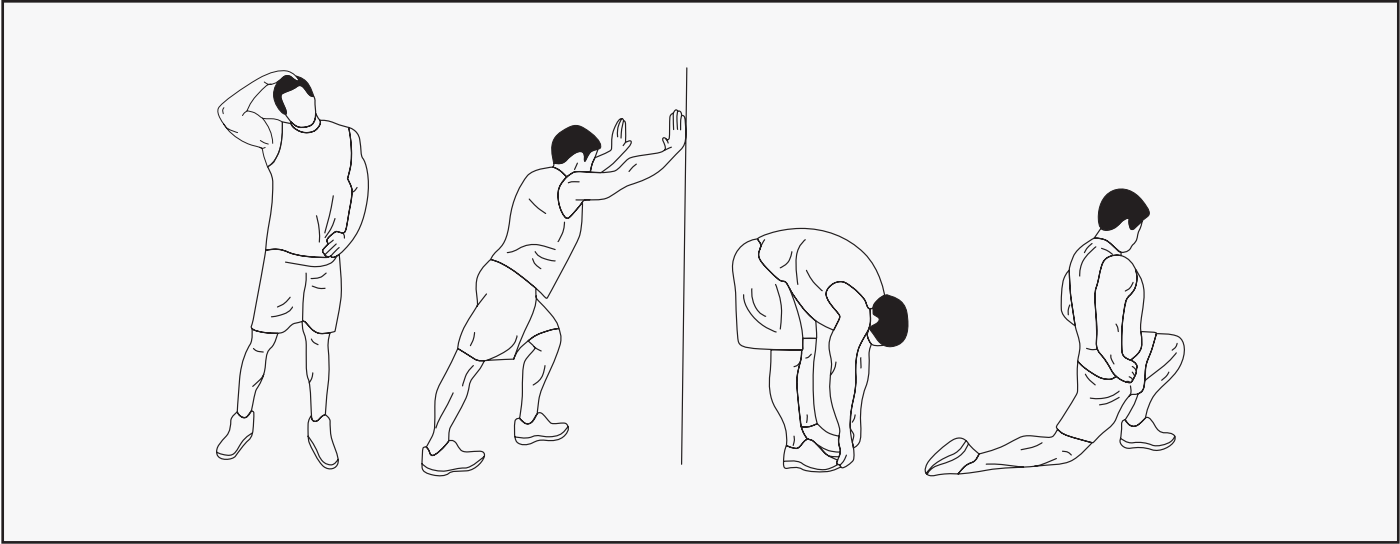
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

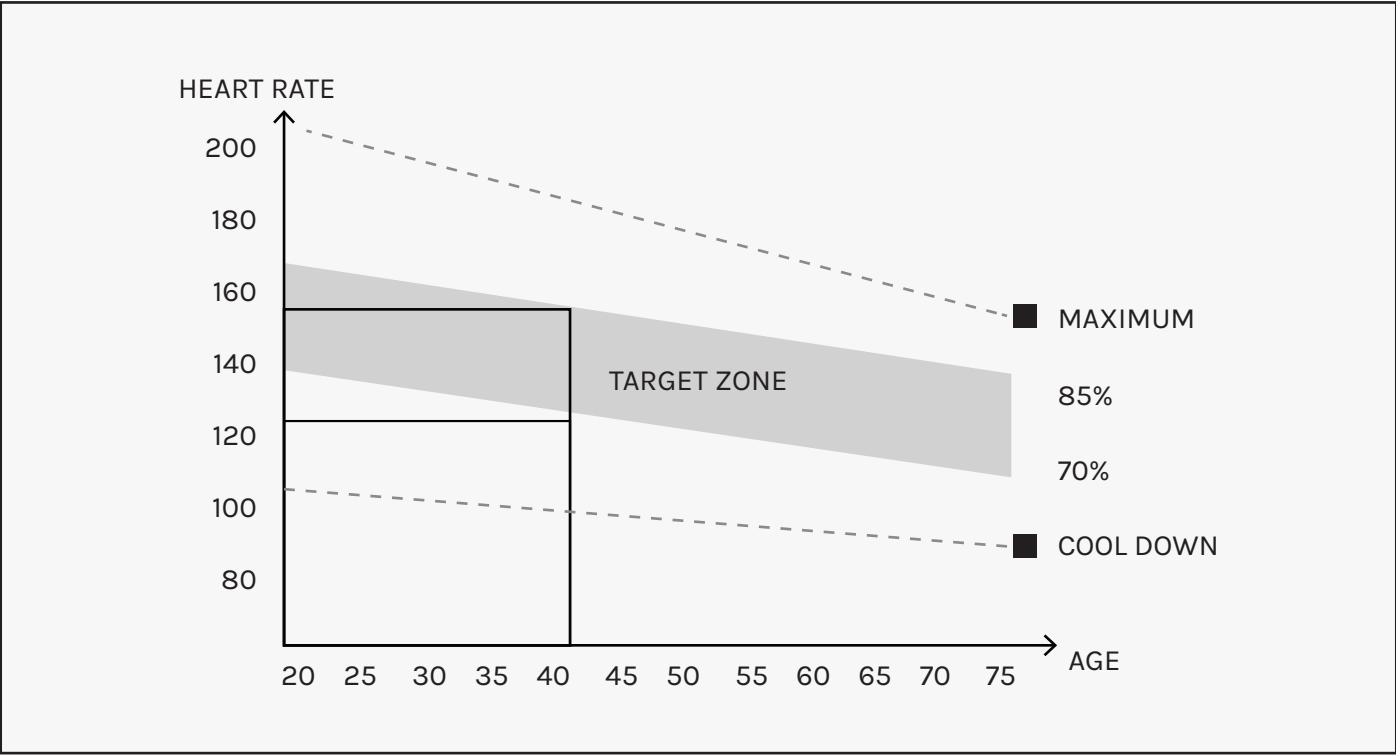
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.



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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