



SP-870 M3 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.

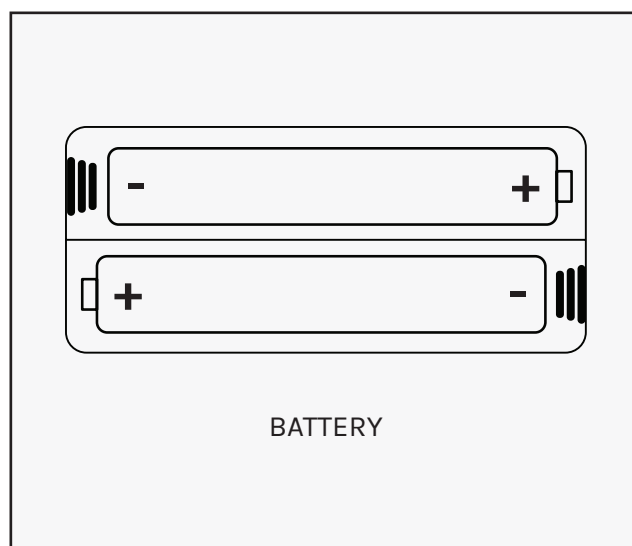
II. CARE INSTRUCTIONS

IMPORTANT

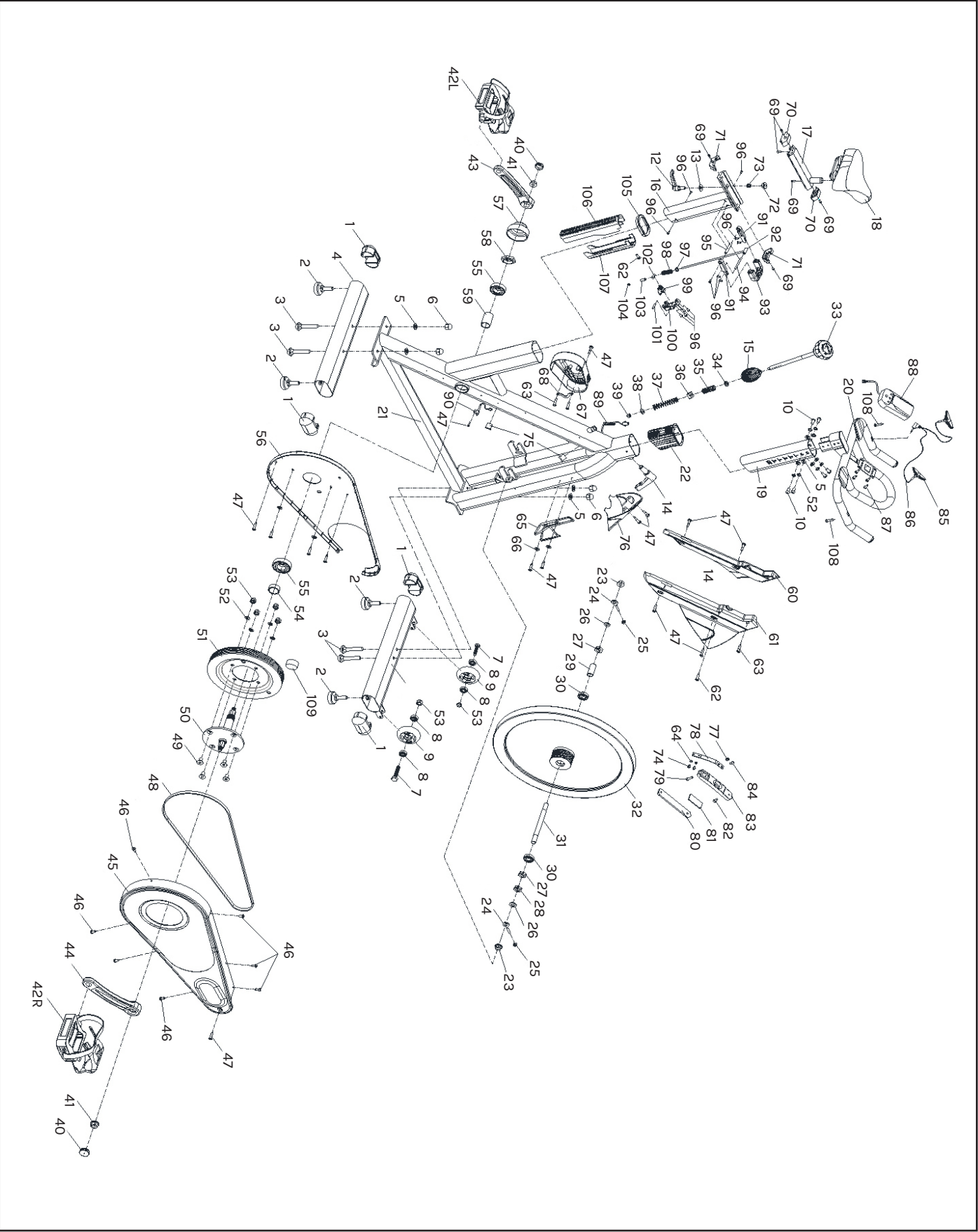
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - Lubricate moving joints after periods of usage.
 - Be careful not to damage plastic or metal parts of 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	Spec.
1	Tube Plug	4	100*50*20
2	Adjustment Foot	4	φ52*43(M8X25)
3	Carriage Bolt	4	M8X62
4	Rear Stabilizer	1	WELDMENT
5	Flat Washer	10	8
6	Domed Nut	4	M8
7	Hex Head Bolt	2	M8*40
8	Bearing	4	608ZZ
9	Wheel	2	φ69X26
10	Bolt	6	M8*15
11	Front Stabilizer	1	WELDMENT
12	Adjustment Knob	1	M10*20
13	Flat Washer	1	φ25*φ11/t2.5
14	Adjustment Knob	1	M16*25
15	Telescopic Tube	1	φ40.6*60
16	Vertical Seat Post	1	WELDMENT
17	Seat Post	1	WELDMENT
18	Seat	1	C-3604T/NT-189
19	Handlebar Post	1	STAMPING PART
20	Handlebar	1	WELDMENT
21	Main Frame	1	WELDMENT
22	Plastic Sleeve	2	100*50*2
23	Hex Flange Surface Nut 1	2	M12X1.25
24	Fixing Bolt	2	M6*57(φ12.5)
25	Hexagonal Nut	2	M6
26	Flat Washer	2	12/t1.5
27	Hexagonal Nut	2	M12X1.25 t7
28	Hexagonal Nut	1	M12X1.25 t3.5
29	Metal Tube	1	φ16*φ12.1*36
30	Bearing	2	6001ZZ
31	Flywheel Mandrel	2	φ12*160
32	Flywheel	1	20kg
33	Brake Knob	1	M10*200
34	Flat Washer	1	Φ16*Φ10.2/t1.5
35	Spring	1	φ1.8*X40
36	Square Nut	1	16.2*16.2δ8 (M10)
37	Spring	1	φ1.0X55
38	Flat Washer	1	Φ14*Φ6/t2.5
39	Domed Nut	1	M6
40	Crank Plug	2	φ28*6.5

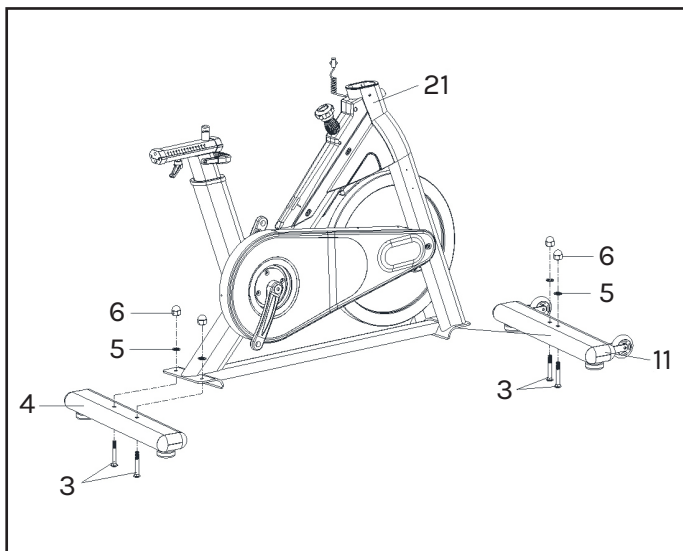
No.	Name	Quantity	Spec.
41	Hex Flange Surface Nut 2	2	M12X1.25
42L	Pedal	1SET	JD-304V M20*1.5/L
42R	Pedal	1SET	JD-304V M20*1.5/R
43	Left Crank	1	M20*1.5-LH
44	Right Crank	1	M20*1.5
45	Protection Cover	1	735*325*67
46	Screw	7	ST4.2X9.5 F
47	Screw	14	ST4.2X19
48	Belt	1	1360mm
49	Bolt	4	M8*18
50	Mandrel	1	φ25*182
51	Pulley	1	φ200*24
52	Elastic Washer	10	8
53	Lock Nut	6	M8
54	Metal Tube	1	φ30*φ25.05*9
55	Bearing	2	6005ZZ
56	Internal Protection Cover	1	729*319*30
57	Crank Cover	1	φ59*35
58	Fixing Nut	1	M25*1
59	Metal Tube	1	φ30*φ25.05*56.1
60	Decorative Cover	1	453*84*205
61	Decorative Cover	1	453*81*205
62	Screw	2	ST2.9*9.5
63	Screw	3	ST4.2*19
64	Elastic Washer	2	5
65	Kettle Holder	1	φ6
66	Flat Washer	2	5
67	Decorative Cover	1	235*155*235
68	Plastic Sheer	1	30*79*4
69	Bolt	6	M4*8
70	Decorative Cover	2	19*59*25
71	Decorative Cover	2	19*59.5*23
72	Nut Block	1	Φ25*10.5 (M10)
73	Spring	1	φ1X11.5
74	Hex Head Bolt	2	M5*10
75	Plastic Plug	2	φ14*14
76	Decorative Cover	1	219.5*120*124
77	Lock Nut	1	M6
78	Elastic Metal Sheet	1	t1.0
79	Bolt	1	M6*25
80	Cowhide Block	1	t5
81	Double-Sided Adhesive	1	60*26.5*3.5
82	Bolt	1	M6*18
83	Aluminum Alloy Block	1	163.2*30*17.5

No.	Name	Quantity	Spec.
84	Bolt	1	M6*12
85	Pulse Sensor	2	match Ø25 tube
86	Pulse Sensor Line	1	L=700
87	Bolt	4	M5*12
88	Computer	1	ST-7607 L=50
89	Sensing Line	1	L=850
90	Sensor	1	LTF8163
91	Left and Right Hand	2	80*16*10
92	Connect the Rod Assembly	1	WELDMENT
93	Handle	1	70*58*20
94	Long Shaft	1	Ø5*56
95	Step Shaft	1	Ø8*50.5
96	Bolt	12	M5*12
97	Flat Washer	1	6
98	Spring	1	φ8Xφ0.8X50
99	Aluminum Buckle	1	32*26*15
100	Fixing Frame	1	65*27.5*23.5
101	Short Shaft	1	Ø5*23
102	Fixed Shaft	1	Ø8*16
103	Spacer	1	Ø8*Ø5.2*20
104	Lock Nut	1	M5
105	Upper Cover	1	115*56*12.5
106	Front Bushing	1	257*48*46
107	Rear Bushing	1	332*65*46
108	Screw	2	ST4.2*25
109	Magnet	1	c-02Z

V. ASSEMBLY INSTRUCTIONS

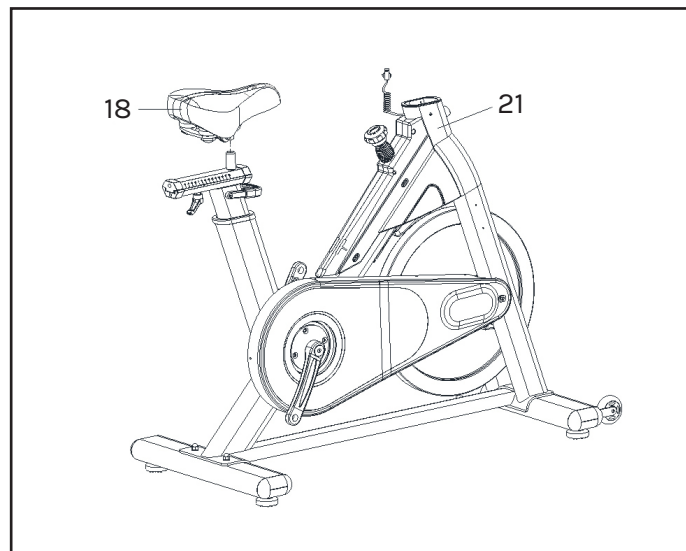
! **NOTE:** Before assembly ensure there is enough space around the item.
Check and count all parts are present.

! **NOTE:** Some nuts and bolts may be already attached to the machine.



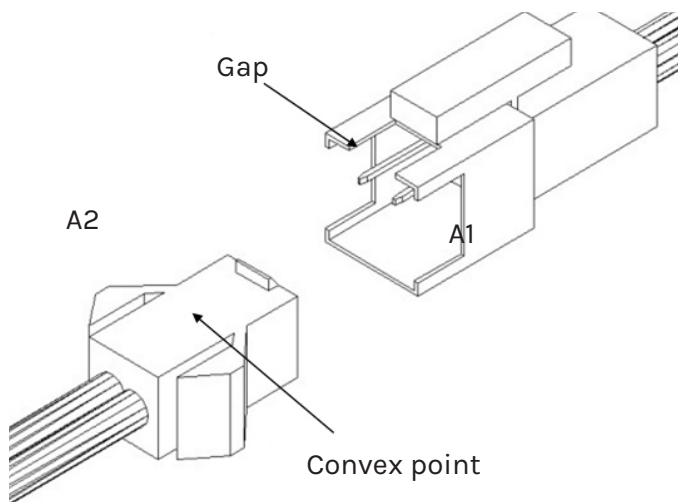
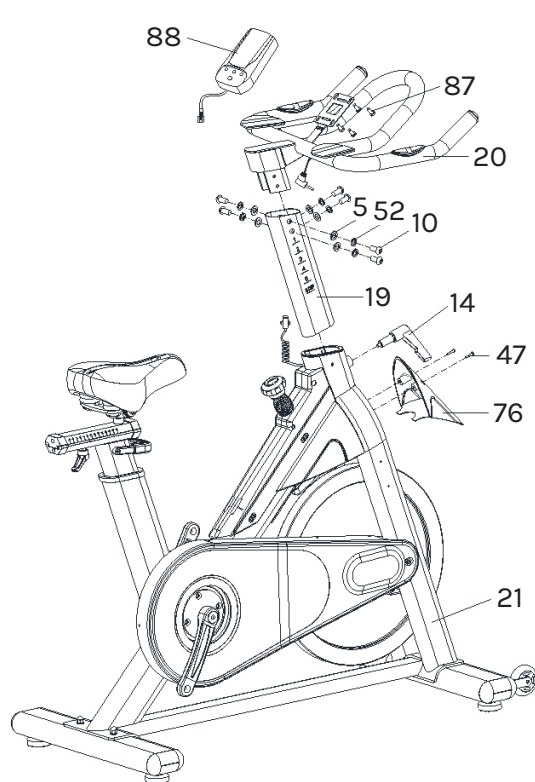
STEP 1

1. Lock the Front Stabilizer (pt.11) to the Main Frame (pt.21) with two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8*62 Carriage Bolt (pt.3).
2. Lock the Rear Stabilizer (pt.4) to the Main Frame (pt.21) with two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8*62 Carriage Bolt (pt.3).



STEP 2

1. The Seat (pt.18) can be fixed on the Seat Post Adjustment Assembly (pt. A) with the nuts of the seat.



ATTENTION:

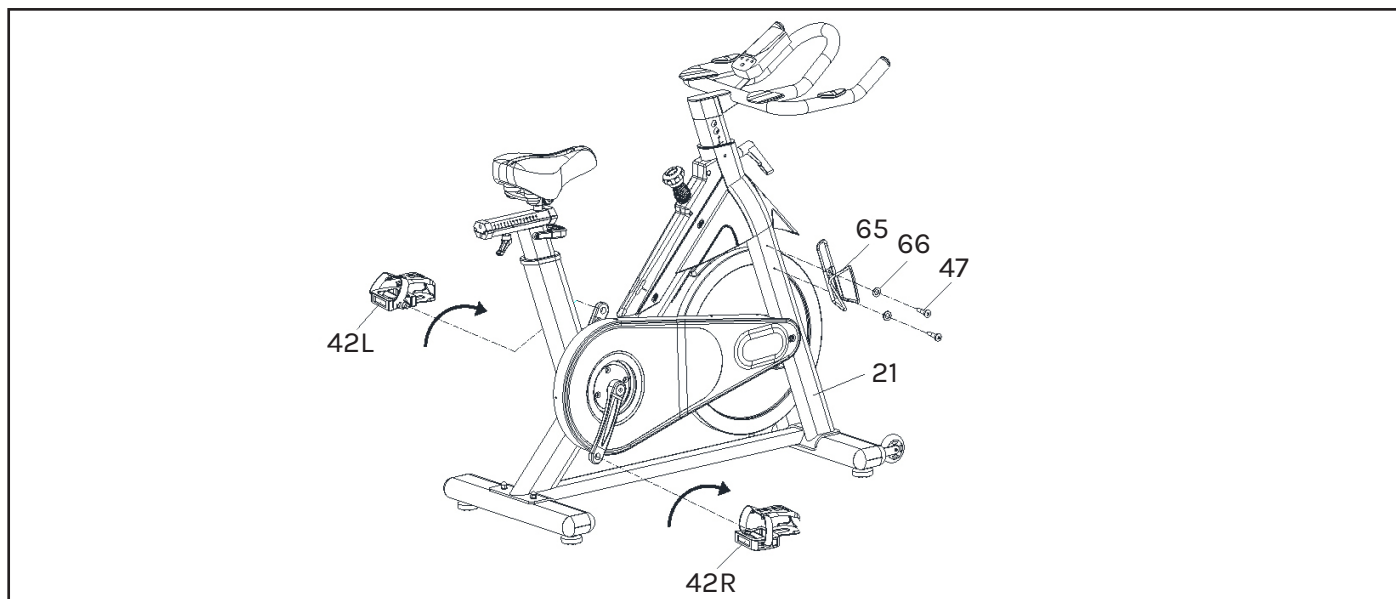
Connected with the computer line, to Gap (A1) corresponding to the convex point (A2) to insert link.

STEP 3

1. Insert the Handlebar Post (pt.19) into the handlebar post tube of the main frame. You will have to slacken the Knob (pt.14) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.
2. Insert the Handlebar (pt.20) into the Handlebar Post (pt.19) with six sets of Bolt (pt.10), Elastic Washer (pt.52) and Flat Washer (pt.5).
3. The Decorative Cover (pt.76) can be fixed on the front of the main frame with two Screws (pt.47).

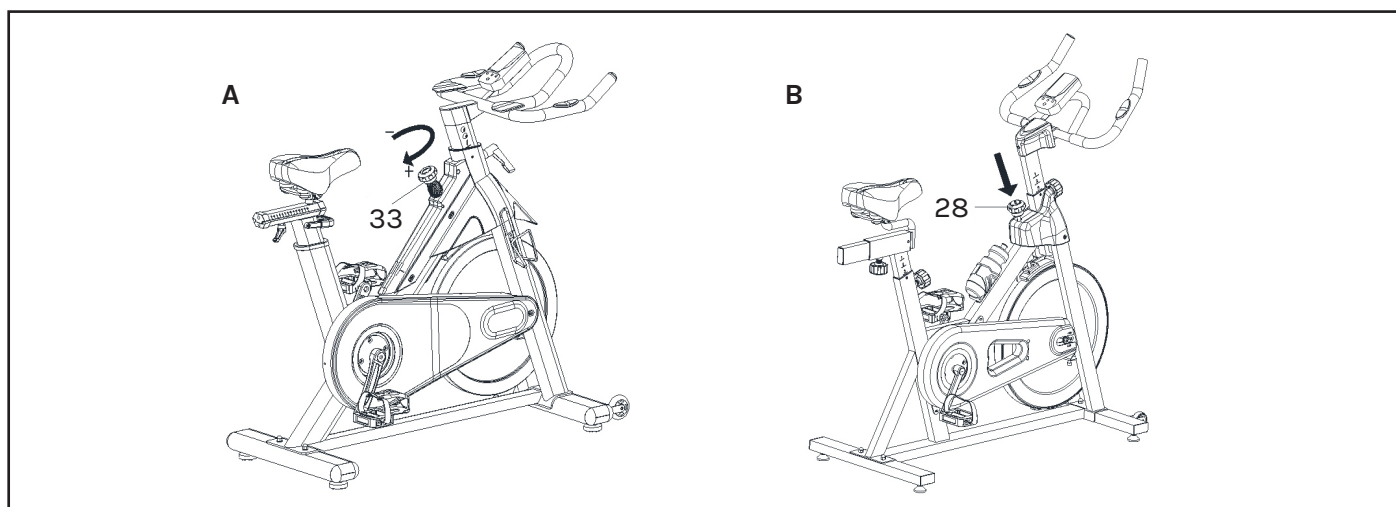


ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY.



STEP 4

1. The Pedals (pt.42L & pt.42R) 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.
2. Lock the Kettle Holder (pt.65) to the main frame with two Screws (pt.47) and two Flat Washers (pt.66).



ADJUSTING THE TENSION

A. Adjust the Resistance:

To increase resistance (requiring more strength to pedal), turn the Emergency Brake & Resistance Control Knob (pt.33) to the right.

To decrease resistance (requiring less strength to pedal), turn the Emergency Brake & Resistance Control Knob (pt.33) to the left.

B. 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 press down the Emergency Brake & Tension Control Knob (pt.33).

VI. 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

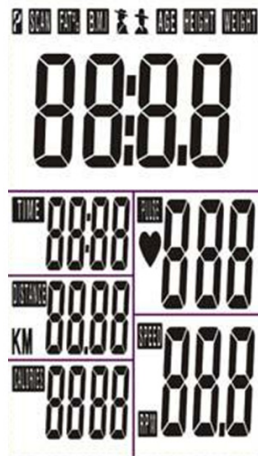
SCAN	Displays all function TIME→DISTANCE→CALORIES→PULSE→RPM/SPEED in sequence.
RPM	Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
SPEED	Displays the user's exercise speed.
TIME	<ol style="list-style-type: none">1. 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	<ol style="list-style-type: none">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.
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

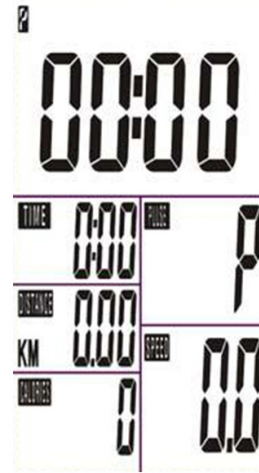
1. Installs 2 pieces of 1.5V #4 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.

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.

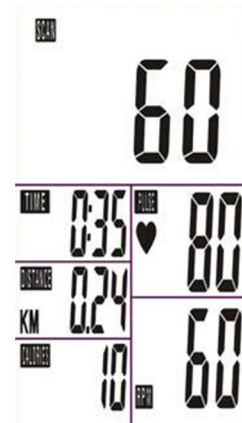
4. In SCAN mode shown as "Drawing C". RPM/SPEED TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.

5. You can also press "MODE" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

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)

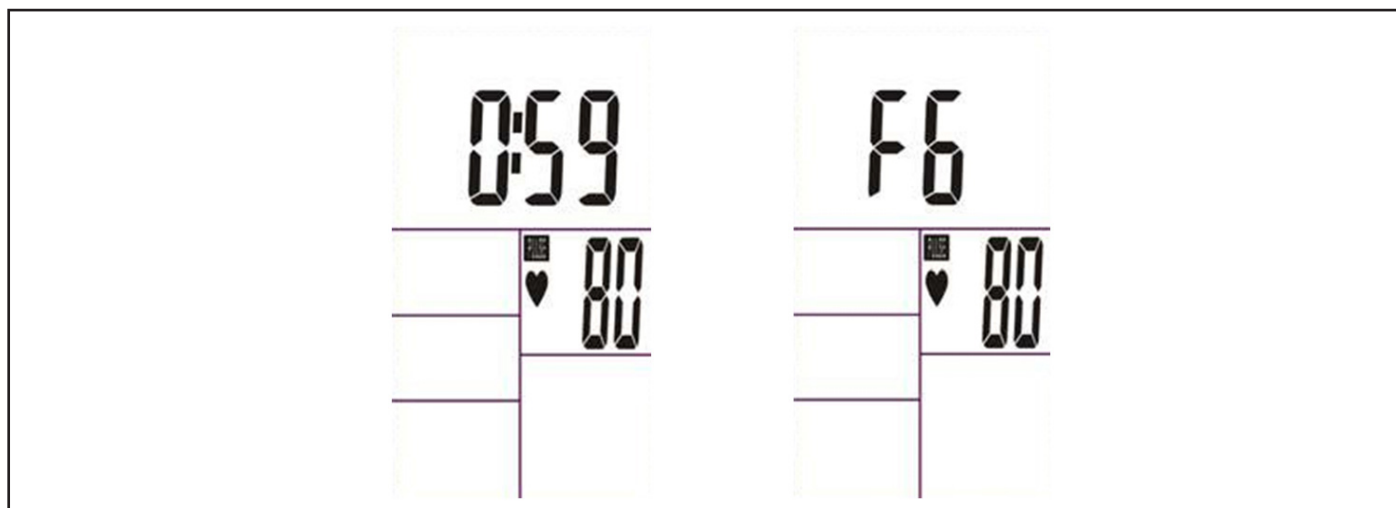
Drawing C



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

VII. EXERCISE GUIDE

! PLEASE NOTE:

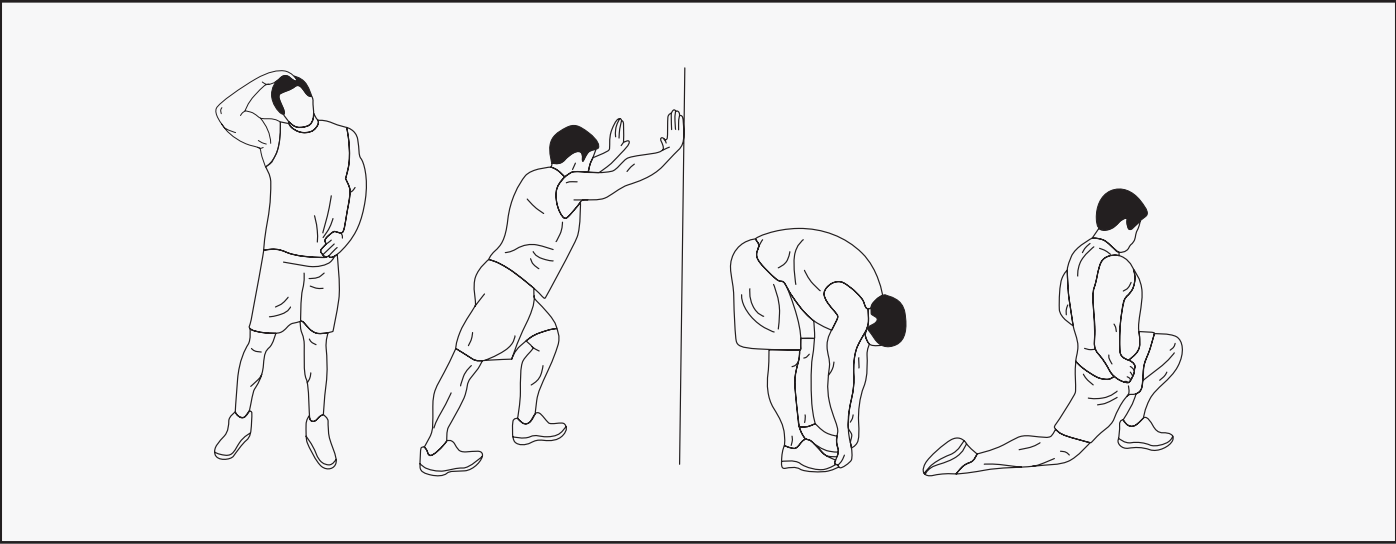
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

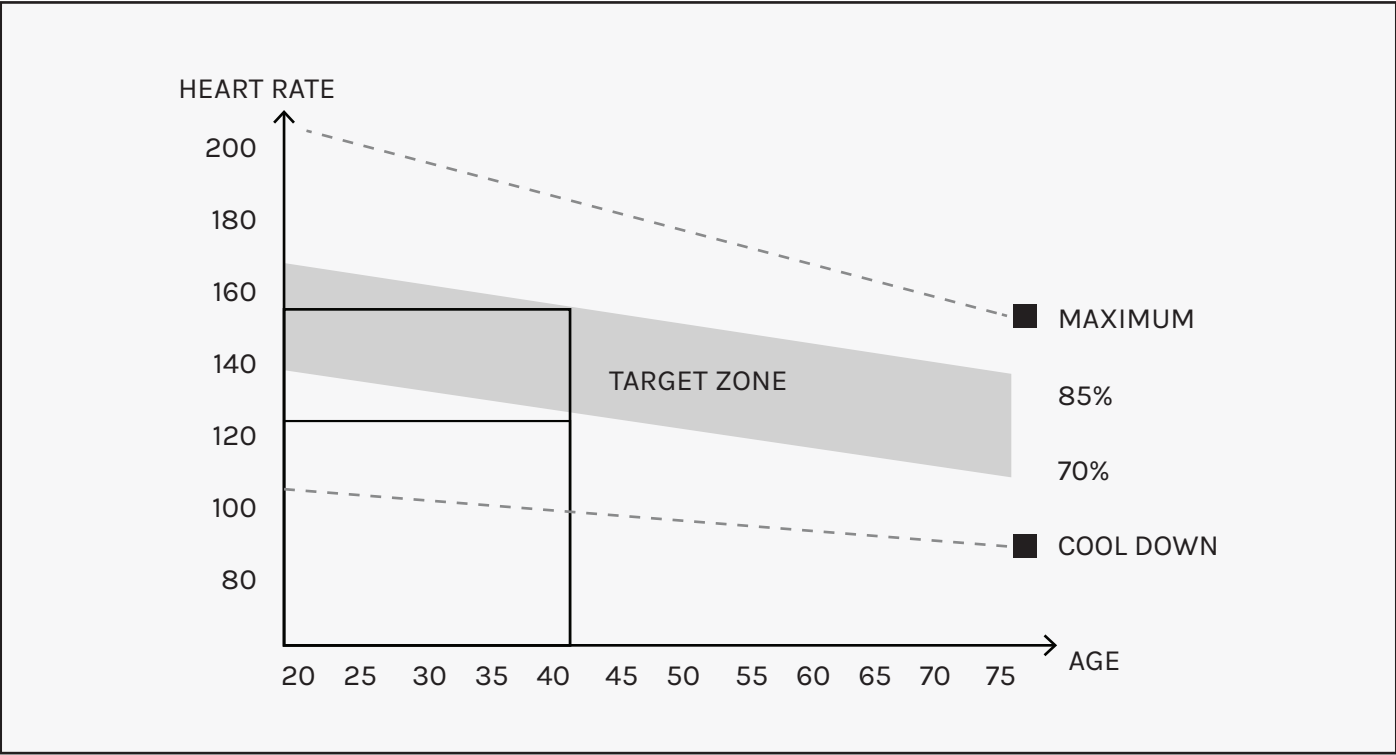
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

Please email us at **support@lifespanfitness.com.au** for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

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 signal.
- 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).

For more information, please contact our Lifespan Fitness Technical Support Department

www.lifespanfitness.com.au

support@lifespanfitness.com.au



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