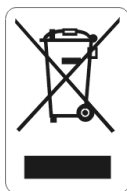


# ***Spinning Bike***

***ITEM NO.: 27765***

***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.***

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST -----	6
ACCESSORIES -----	6
TOOLS -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
HOW TO MOVE THE BIKE -----	13
OPERATING THE COMPUTER -----	14
ADJUSTMENTS -----	16
EMERGENCY STOP -----	18
MAINTENANCE -----	19
TROUBLESHOOTING -----	19
WARM UP AND COOL DOWN ROUTINE -----	20

# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this spinning bike. Read all instructions before using this spinning bike.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up and Cool Down Routine pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Wear comfortable and suitable clothing when using the spinning bike. Do not use the spinning bike barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing that might catch any part of the equipment.
5. Do not attempt any adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Keep Dry - do not operate in a wet or moist condition.
7. Always hold on to the handlebar while using the equipment.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors. It is not a commercial model.
10. This equipment is for household use only.
11. Only one person should be on the equipment while in use.
12. Keep children and pets away from the product while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters. Be sure the area around the spinning bike remains clear during use and has adequate clearance.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 125 kg.

**Note: It is the obligation of the owner to review and explain these important safety instructions to all users of this spinning bike.**

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

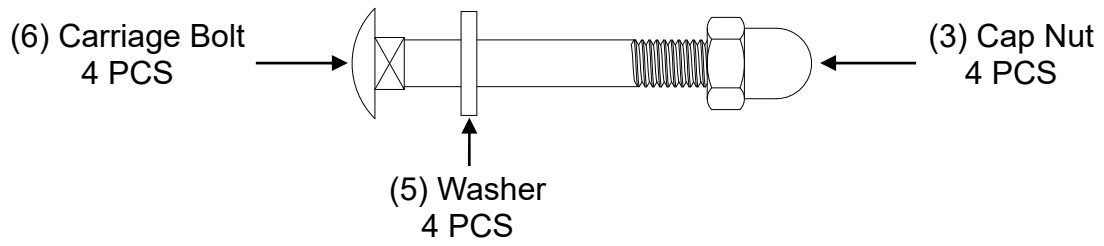
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Nut M12x1.25x7T	2	027	Main Frame	1
002	Flywheel Shaft Ø12x155	1	028	Round Pad Ø22x23	1
003	Cap Nut M8	4	029	Nut Q235/32x12	1
004	Bearing 6001Z	2	030	Right Crank 170x27	1
005	Washer Ø8	8	031	Bearing 6004ZZ	2
006	Carriage Bolt M8x52	4	032	Crank Cap Ø56x28	1
007	Round Cap for Flywheel Ø59x35	1	033	Left Crank 170x27	1
008	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x19	7	034	Chain	1
009	Crank Cover Ø23x7.5	2	035	Cross Recessed Pan Head Self Tapping Screw ST4.2x13	5
010	Flange Nut M10x1.25	2	036	Inner Cover 447x288x23	1
011	Outer Cover 660x280x20	1	037	Sleeve Ø25xØ20.5x11.5	1
012L	Left Foot Pedal 9/16" (JD-301)	1	038	Sleeve Ø25xØ20.5x41	1
012R	Right Foot Pedal 9/16" (JD-301)	1	039	Crank Shaft Ø20x156	1
013	L-Shape Knob M10x25	2	040	Hexagon Nut Ø28xM20x1	1
014	Round Knob Ø50x82(M16x1.5)	2	041	Rear Stabilizer	1
015	Chain Wheel	1	042	Cross Recessed Countersunk Head Bolt M8x15	4
016	Nylon Nut M8	6	043	Seat Post Bushing 80x40	1
017	Stabilizer End Cap 80x40	4	044	Water Bottle Holder	1
018	Nylon Nut M6	6	045	Seat Post	1
019	Plastic Tube Ø40.6x60	1	046	Elbow Protective Pad Plate	2
020	Front Stabilizer	1	047	Seat Sliding Tube	1
021	Adjustable Leveler Ø38x43 (M8x25)	4	048	Seat Cushion	1
022	Sleeve Ø16xØ12.1x36	1	049	Handlebar	1
023	Transport Wheel Ø69x26	2	050	Computer ST-6521	1
024	Hexagon Head Bolt M8x40	2	051	Cross Recessed Countersunk Head Bolt M6x18	4
025	Flywheel Ø453x28	1	052	Handlebar Post	1
026	Sleeve Ø16xØ12.1x49.1	1	053	Washer Ø45xØ10.5x5	1

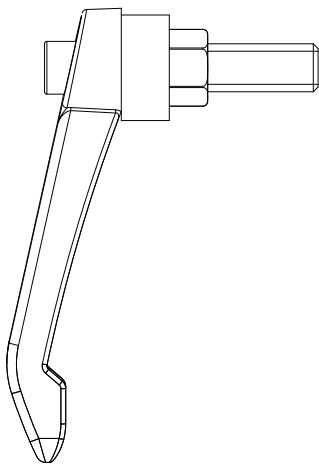
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
054	Velcro 100x55	2	073	Hexagon Head Bolt M5x10	2
055	Square End Cap 38x38	1	074	Flange Nut M12x1.25	2
056	Square Bushing 45x45	1	075	Eyebolt M6x57	2
057	Extension Sensor Wire L=850 mm	1	076	Elbow Protective Pad 120x65	2
058	Tension Knob Ø10x175	1	077	Cross Recessed Pan Head Self Tapping Screw ST4.2x16	4
059	Bushing Ø18xØ10x10	1	078	Oval End Cap 70x30	1
060	Spring Ø1.8x40	1	079	Oval Bushing 80x40	2
061	Hexagon Nut M10 (16x16)	1	080	Hand Pulse Sensor	2
062	Spring Ø1.0x55	1	081	Cross Recessed Pan Head Self Tapping Screw ST4.2x19	2
063	Sleeve Ø14x25.5	1	082	Cross Recessed Pan Head Bolt M5x10	4
064	Washer Ø6	3	083	Wire Grommet Ø14x14	3
065	Cap Nut M6	1	084	Sensor with Wire L=50 mm	1
066	Spring Cap 32x23x2	1	085	Sensor Bracket	1
067	Spring Ø2.2	1	086	Hexagon Nut M8 (S13)	4
068	Brake Bracket 200x47x30	1	087	Bearing 608ZZ	4
069	Brake Pad 113x25x8	1	088	Hand Pulse Sensor Wire L=700 mm	1
070	Hexagon Head Bolt M5x30	2	089	Spring Washer Ø8	4
071	Small Spring Plate	1	090	Washer Ø16xØ10.2x1.5T	1
072	Nylon Nut M5	2			

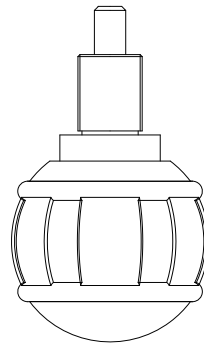
# HARDWARE LIST



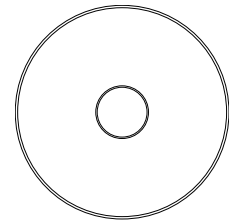
# ACCESSORIES



(13) L-Shape Knob  
2 PCS

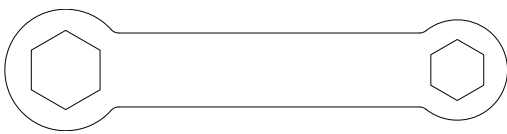


(14) Round Knob  
2 PCS

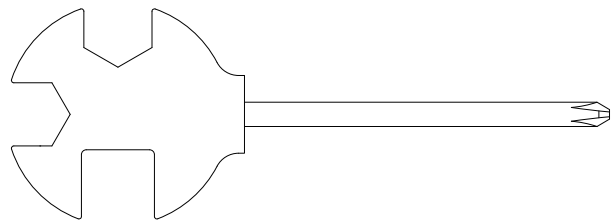


(53) Washer  
1 PC

# TOOLS

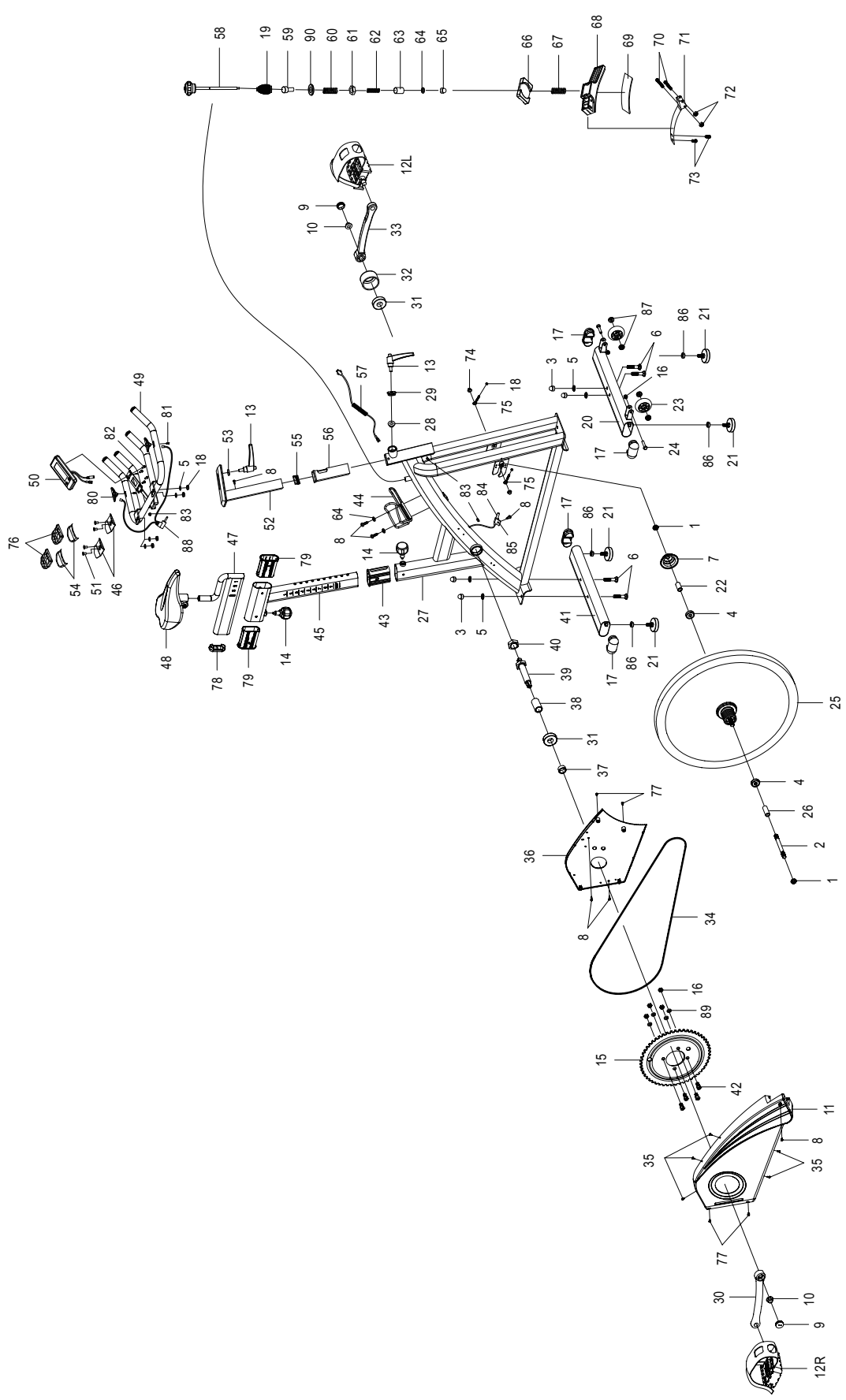


Wrench  
1 PC



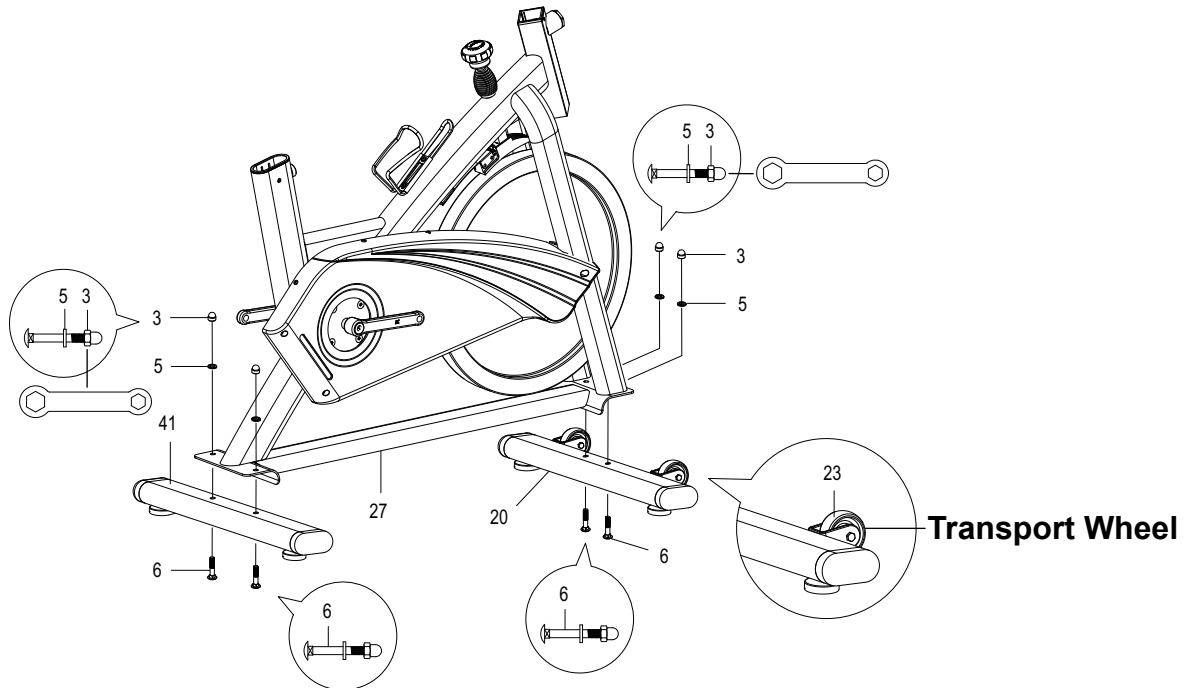
Multi Hex Tool with Phillips Screwdriver  
1 PC

# EXPLODED VIEW





# ASSEMBLY INSTRUCTIONS



## STEP 1

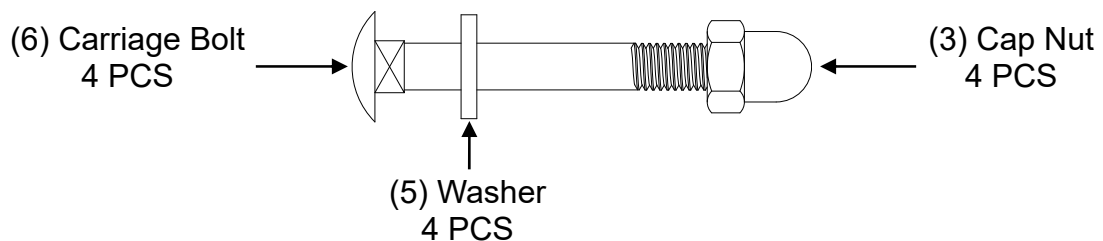
Position the Front Stabilizer (20) which has one pair of the transport wheel in front of the Main Frame (27) and align bolt holes.

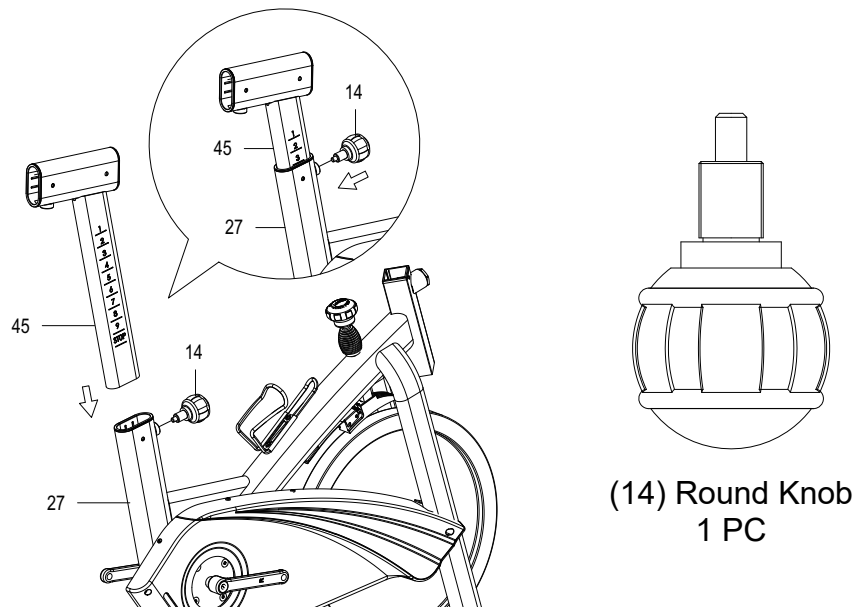
Attach the Front Stabilizer (20) onto the front of the Main Frame (27) with two Carriage Bolts (6), two Washers (5), and Cap Nuts (3). Tighten cap nuts with the Wrench provided.

Position the Rear Stabilizer (41) behind the Main Frame (27) and align bolt holes.

Attach the Rear Stabilizer (41) onto the rear of the Main Frame (27) with two Carriage Bolts (6), two Washers (5), and Cap Nuts (3). Tighten cap nuts with the Wrench provided.

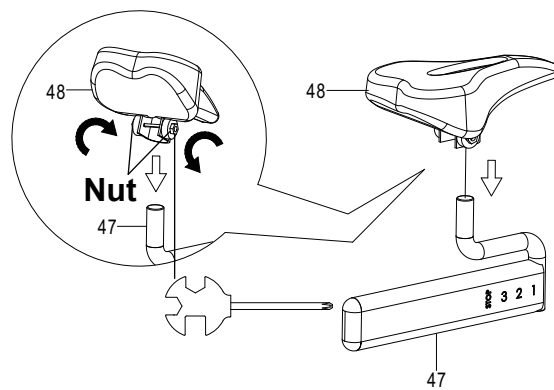
## Hardware:





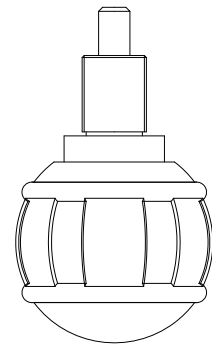
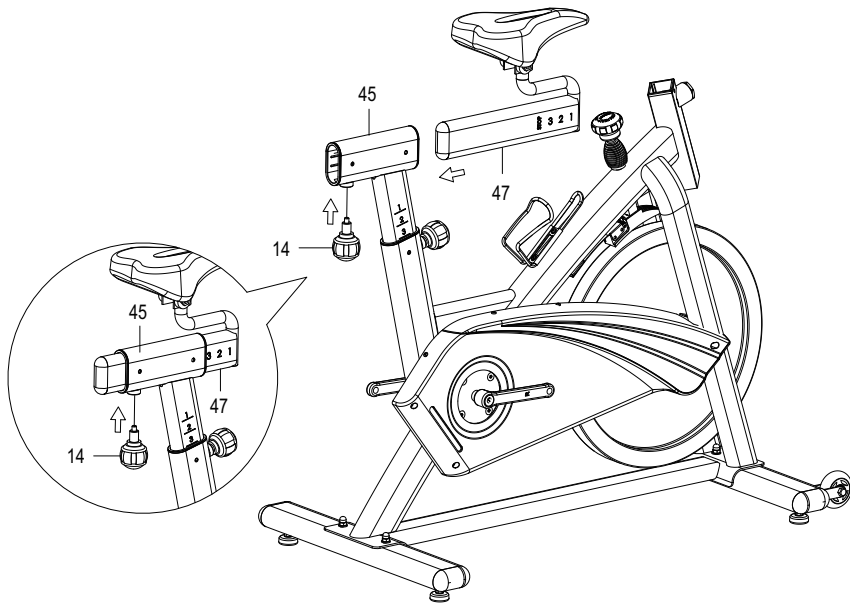
**STEP 2**

Insert the Seat Post (45) into the tube of the Main Frame (27) and align round knob holes. Then attach the Round Knob (14) onto the tube of the Main Frame (27) by turning it in a clockwise direction to tighten the Seat Post (45) in the suitable position.



**STEP 3**

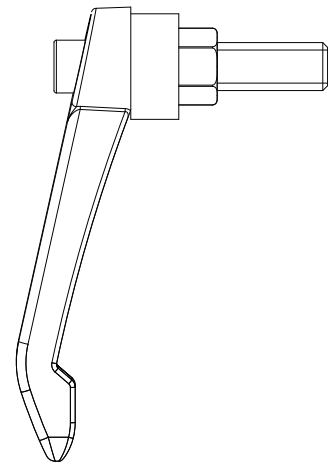
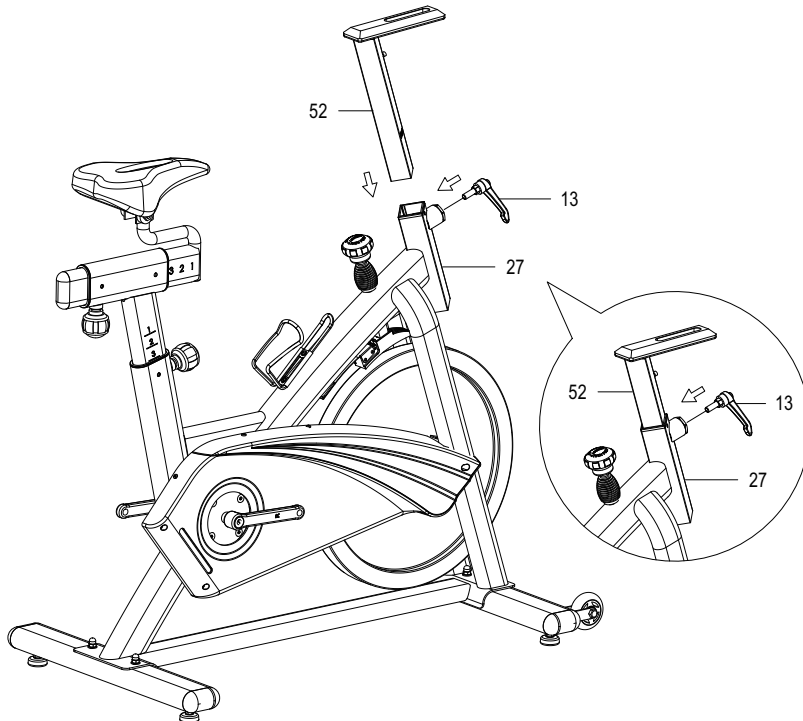
Loosen nuts from underside of the Seat Cushion (48) with the Multi Hex Tool with Phillips Screwdriver provided. Then install the Seat Cushion (48) onto the Seat Sliding Tube (47) and secure with nuts that were loosened. Tighten nuts with the Multi Hex Tools with Phillips Screwdriver provided.



(14) Round Knob  
1 PC

#### STEP 4

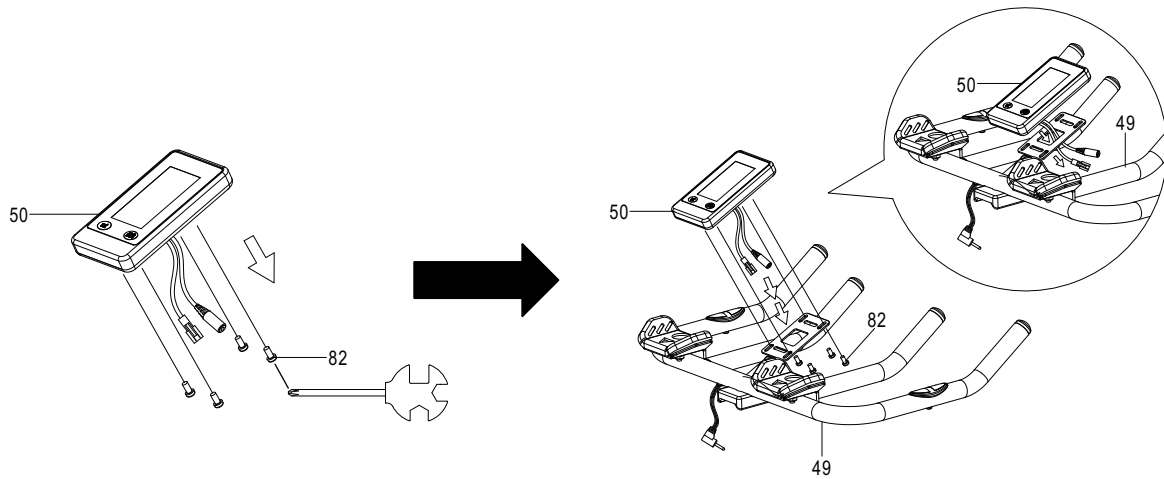
Insert the Seat Sliding Tube (47) into the tube of the Seat Post (45) and align round knob holes. Then attach the Round Knob (14) onto the tube of the Seat Post (45) by turning it in a clockwise direction to tighten the Seat Sliding Tube (47) in the suitable position.



(13) L-Shape Knob  
1 PC

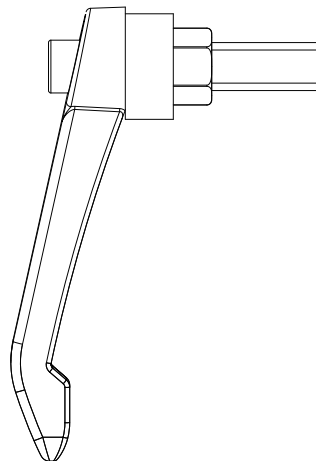
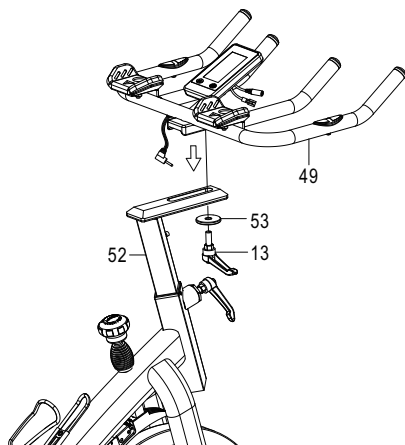
#### STEP 5

Insert the Handlebar Post (52) into the tube of the Main Frame (27) and align L-shape knob holes. Then attach the L-Shape Knob (13) onto the tube of the Main Frame (27) by turning it in a clockwise direction to tighten the Handlebar Post (52) in the suitable position.

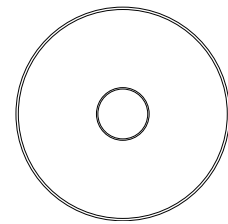


### STEP 6

Remove four Cross Recessed Pan Head Bolts (82) from the back of the Computer (50). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Insert the wires that come from the Computer (50) through the hole in the computer bracket of the Handlebar (49). Then, place the Computer (50) onto the computer bracket of the Handlebar (49) and align bolt holes. Attach the Computer (50) onto the computer bracket of the Handlebar (49) with four Cross Recessed Pan Head Bolts (82) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



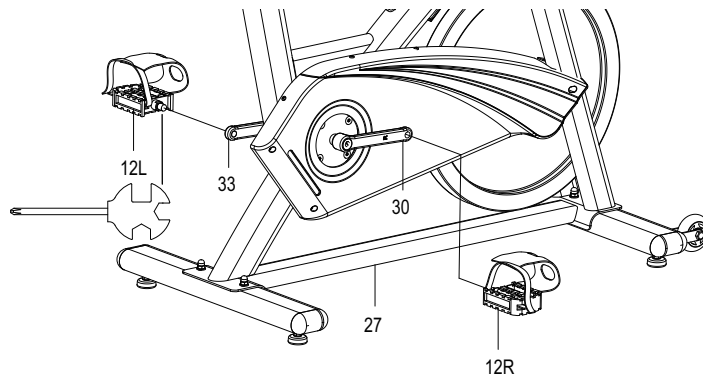
(13) L-Shape Knob  
1 PC



(53) Washer  
1 PC

### STEP 7

Attach the Handlebar (49) onto the Handlebar Post (52) with one L-Shape Knob (13) and one Washer (53). Turn the L-Shape Knob (13) in a clockwise direction to lock the Handlebar (49) in place.



## STEP 8

**The Cranks and Pedal Shafts are marked with the letter R (Right) and L (Left) to denote the side of the spinning bike they are on.**

Insert the pedal shaft of Left Foot Pedal (12L) into threaded hole in the Left Crank (33).

Turn the pedal shaft by hand in the counterclockwise direction until snug.

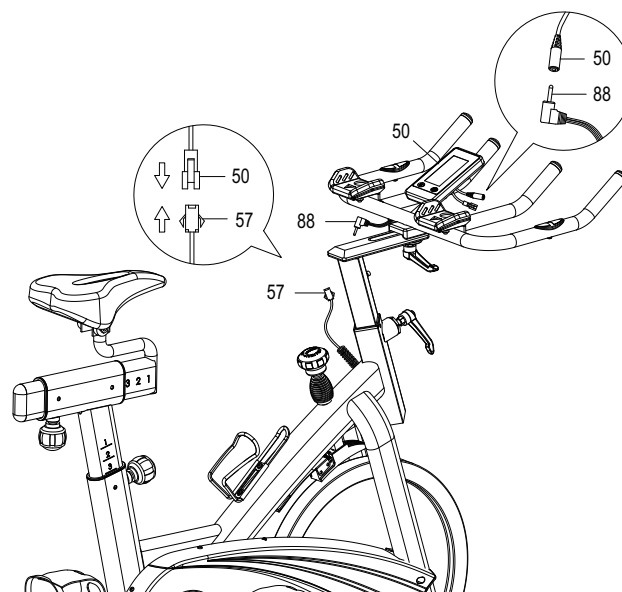
**NOTE: DO NOT turn left foot pedal shaft in the clockwise direction, doing so will strip the threads.**

Tighten the pedal shaft of Left Foot Pedal (12L) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (12R) into threaded hole in Right Crank (30). Turn the pedal shaft by hand in the clockwise direction until snug.

**NOTE: DO NOT turn right foot pedal shaft in the counterclockwise direction, doing so will strip the threads.**

Tighten pedal shaft of Right Foot Pedal (12R) with the Multi Hex Tool with Phillips Screwdriver provided.

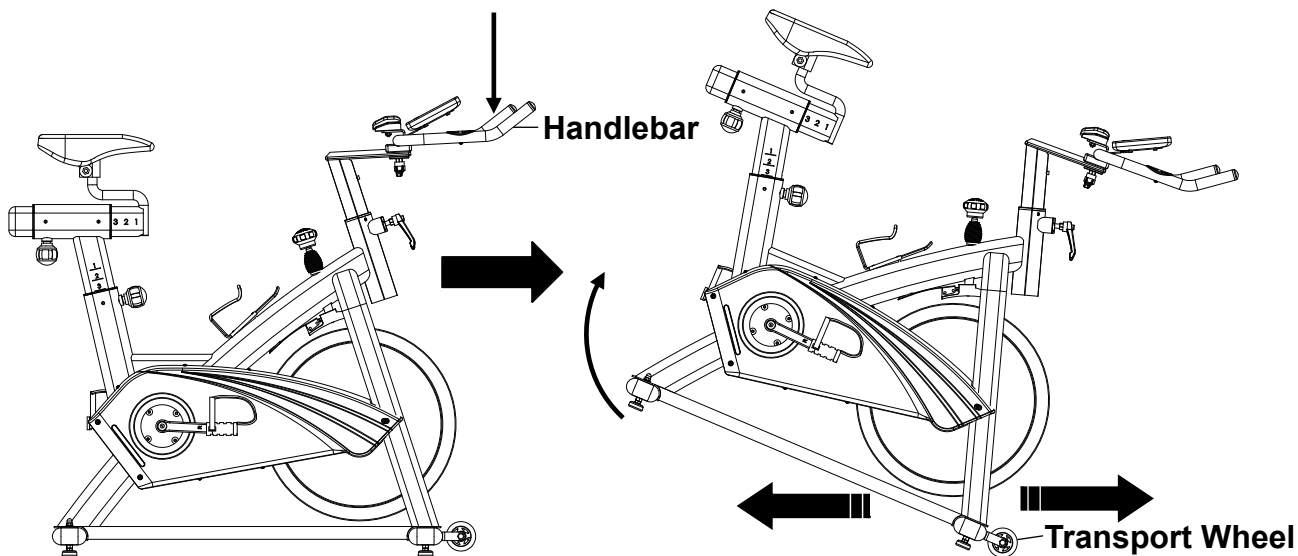


## STEP 9

Connect the Extension Sensor Wire (57) to the wire that comes from the Computer (50).

Plug the Hand Pulse Sensor Wire (88) and the wire that comes from the Computer (50).

# HOW TO MOVE THE BIKE

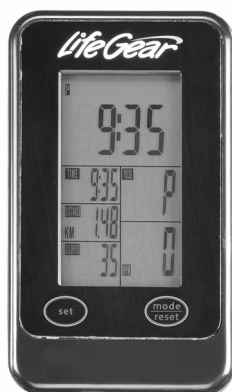


This spinning bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

To move the spinning bike, stand in front of the bike, firmly grasp the Handlebar with both hands. Next, carefully push the bike down until it rolls freely on the Transport Wheels.

**CAUTION:** It is suggested you always use the aid of a second person when moving the bike.

# OPERATING THE COMPUTER



## DISPLAY FUNCTIONS:

ITEM	DESCRIPTION
<b>SCAN</b>	<ul style="list-style-type: none"> <li>. Automatically scan through each function in sequence every 6 seconds.</li> <li>. In SCAN mode, press the mode/reset key to choose functions.</li> <li>. The sequence of display when press the mode/reset key: TIME→DISTANCE→CALORIES→PULSE→RPM/SPEED</li> </ul>
<b>SPEED</b>	<ul style="list-style-type: none"> <li>. Range 0.0 ~ 99.9 KPH</li> <li>. Without any signal being transmitted into the computer for 4 seconds during workout, SPEED will display "0.0".</li> </ul>
<b>RPM</b>	<ul style="list-style-type: none"> <li>. Range 0 ~ 999 RPM</li> <li>. Without any signal being transmitted into the computer for 4 seconds during workout, RPM will display "0".</li> </ul>
<b>TIME</b>	<ul style="list-style-type: none"> <li>. Range 0:00 ~ 99:59 minutes:seconds.</li> <li>. Without setting the target value, time will count up.</li> <li>. When setting the target value, time will count down from your target time to 0 with an alarm sound and flash.</li> <li>. Without any signal being transmitted into the computer for 4 seconds during workout, time will STOP.</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>. Range 0.00~99.99 kilometers.</li> <li>. Without setting the target value, distance will count up.</li> <li>. When setting the target value, distance will count down from your target distance to 0 with an alarm sound and flash.</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>. Range 0~9999 kcal.</li> <li>. Without setting the target value, calorie will count up.</li> <li>. When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash.</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>. Displays your current heart rate figures after you grip the handlebar hand pulse sensors with both your hands during exercise.</li> <li>. Without any pulse signal for 6 seconds, the computer will display "P".</li> <li>. Pulse alarm will sound when current pulse is over the target pulse.</li> <li>. Range 0-30~230 BPM</li> </ul>

## KEY FUNCTIONS:

ITEM	DESCRIPTION
<b>set</b>	<ul style="list-style-type: none"><li>. Press the set key to set time, month, date, and year after installing a battery.</li><li>. Press the set key to increase value. Press and hold the set key to increase value faster.</li><li>. TIME setting range: 00:00~99:00 minutes (Each increment is 1:00 minute).</li><li>. DISTANCE setting range: 0.00~99.50 kilometers (Each increment is 0.5 kilometer).</li><li>. CALORIES setting range: 0~9990 kcal (Each increment is 10 kcal).</li><li>. PULSE setting range: 0-30~230 BPM (Each increment is 1 BPM).</li></ul>
<b>mode/reset</b>	<ul style="list-style-type: none"><li>. Choose each function by pressing the mode/reset key.</li><li>. Press and hold the mode/reset key for 2 seconds to reset all functions to zero.</li></ul>

## USING YOUR COMPUTER:

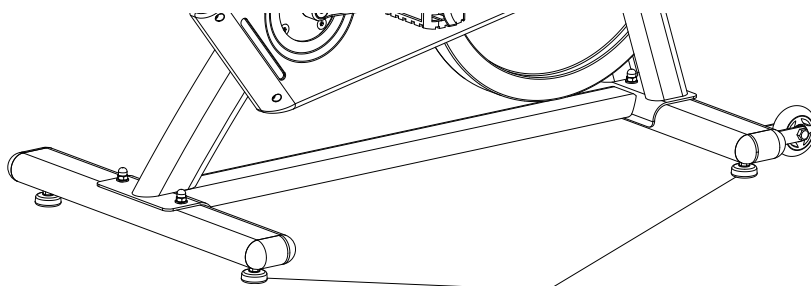
The computer can be activated by pressing button or by pedaling. If you leave the equipment idle for 4 minutes, the computer will enter into clock mode. The computer will display temperature, time, month, date, and year.

## HOW TO INSTALL THE BATTERY:

1. Remove the battery cover on the back of the computer.
2. Place one 3V button cell battery into the battery housing.
3. Insure the battery is correctly positioned.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove battery and wait 15 seconds before reinstalling.



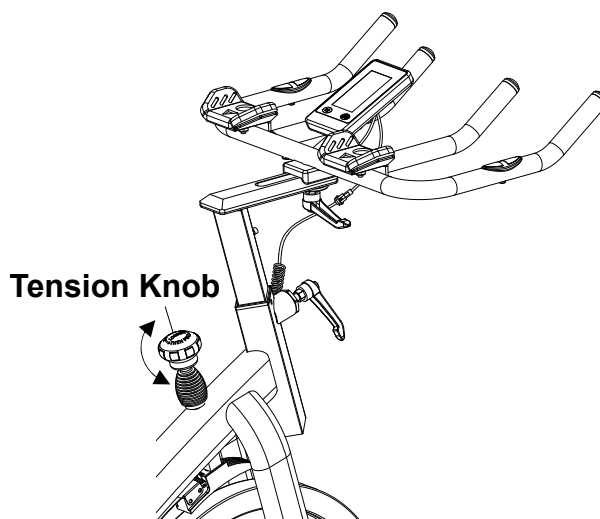
# ADJUSTMENTS



**Adjustable Leveler**

## **Adjusting the Adjustable Leveler**

Turn the Adjustable Leveler on the front and rear stabilizers as needed to level the spinning bike.

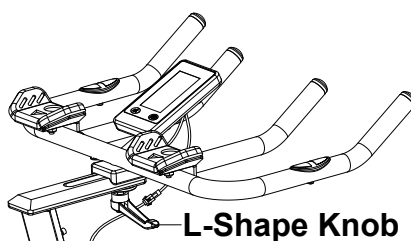


**Tension Knob**

## **Adjusting the Tension Knob**

To increase the tension, turn the Tension Knob in a clockwise direction.

To decrease the tension, turn the Tension Knob in a counterclockwise direction.



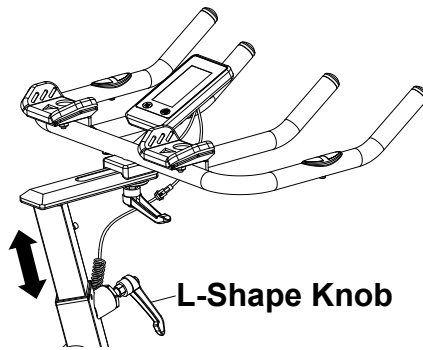
**L-Shape Knob**

## **Adjusting the Handlebar Fore or Aft Position**

Loosen the L-Shape Knob by turning it counterclockwise direction. Slide the handlebar fore or aft direction to the desired position. Lock the handlebar in place by turning the knob clockwise direction.

**The L-Shape Knob is spring loaded. If the L-Shape Knob strikes the handlebar post while you're trying to loosen or tighten it, pull on the L-Shape Knob and rotate it to a different position and release it.**

**Make sure that the L-Shape Knob is locked in place before using the bike.**

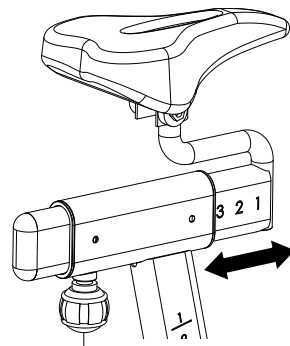


### **Adjusting the Handlebar Height**

Loosen the L-Shape Knob by turning it counterclockwise direction. Slide the handlebar post up or down direction to the desired position. Lock the handlebar in place by turning the knob clockwise direction.

**The L-Shape Knob is spring loaded. If the L-Shape Knob strikes the handlebar post while you're trying to loosen or tighten it, pull on the L-Shape Knob and rotate it to a different position and release it.**

**Make sure that the L-Shape Knob is locked in place before using the bike.**

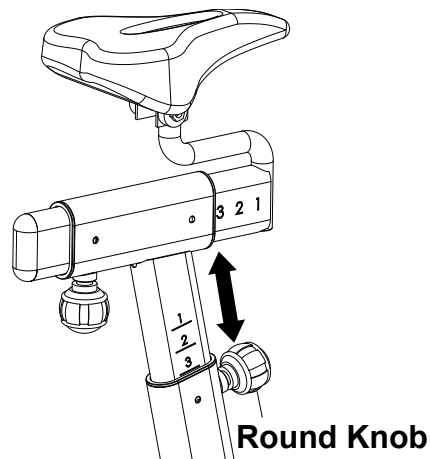


**Round Knob**

### **Adjusting the Seat Fore or Aft Position**

Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the seat sliding tube fore or aft direction to the suitable position. Lock the seat sliding tube in place by releasing the Round Knob and sliding the seat sliding tube fore or aft slightly until the Round Knob "pops" down into the locked position. For added safety, turn the Round Knob clockwise to secure in place.

**Make sure that the Round Knob is locked in place before using the bike.**

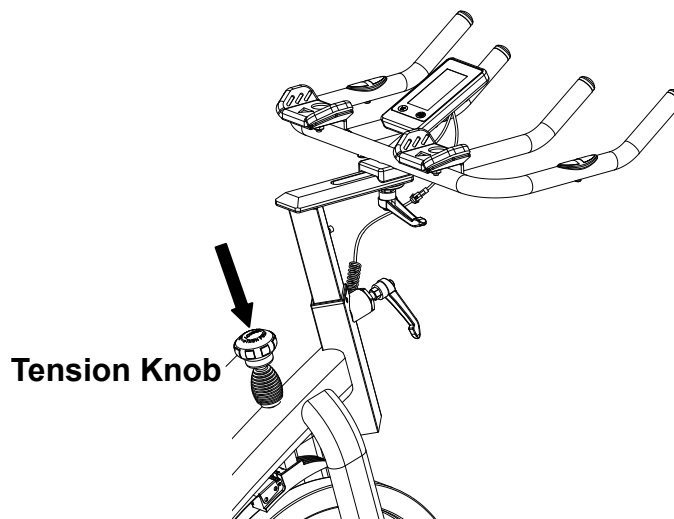


### Adjusting the Seat Height

Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the Round Knob and sliding the seat post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, turn the Round Knob clockwise to secure in place.

**Make sure that the Round Knob is locked in place before using the bike.**

## EMERGENCY STOP



**WARNING:** In case of emergency, you may press directly down on the **Tension Knob**. Continue holding the **Tension Knob** down until the flywheel comes to a complete stop.

# MAINTENANCE

## CLEANING

**After each exercise, ensure that the unit is wiped down and any sweat is removed from the spinning bike.**

The spinning bike can be cleaned with a soft clean cloth. Do not use abrasives or solvents on plastic parts.

## INSPECTION

Inspect the frames for rust or other damage. Make sure the welds on the spinning bike are solid and all bolts and nuts are properly tight and installed correctly.

## STORAGE

Store the spinning bike in a clean and dry indoor environment. Never leave or use the spinning bike outdoors.

# TROUBLESHOOTING

**PROBLEM:** The spinning bike wobbles when in use.

**SOLUTION:** Turn the adjustable leveler on the front and rear stabilizers as needed to level the spinning bike.

**PROBLEM:** Rattling seat or handlebar posts.

**SOLUTION:** Make sure the round knob and L-shape knob are correctly locked into place.

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** Verify the extension sensor wire is properly connected to the wire that comes from the computer.

**SOLUTION:** Check if battery is positioned correctly.

**SOLUTION:** The battery in the computer console may be dead. Replace with new battery.

**PROBLEM:** There is no heart-rate reading or there is erratic / inconsistent reading.

**SOLUTION:** Verify the hand pulse sensor wire is properly connected to the wire that comes from the computer.

**SOLUTION:** To ensure the pulse readout is more precise, always hold on to the hand pulse sensors with both hands instead of just with one hand.

**SOLUTION:** Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

**PROBLEM:** The spinning bike makes a squeaking noise when in use.

**SOLUTION:** The bolts or screws may be loose on the spinning bike. Please inspect all of the bolts and screws. Tighten any loose bolts and screws.

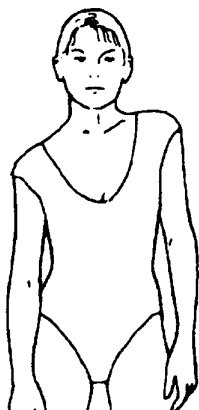
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

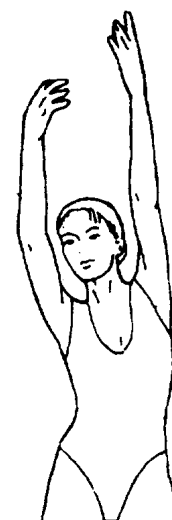
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



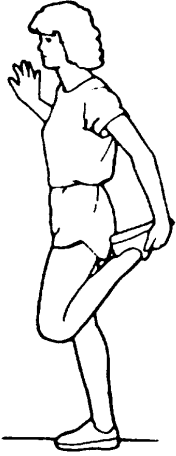
## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

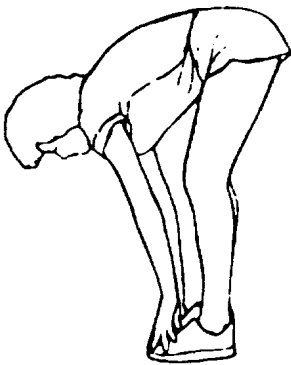


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

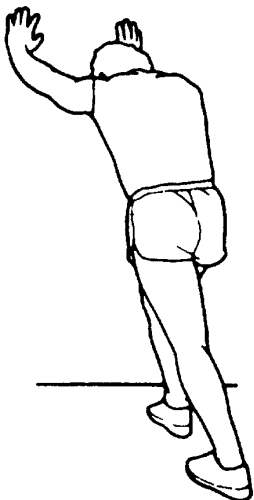
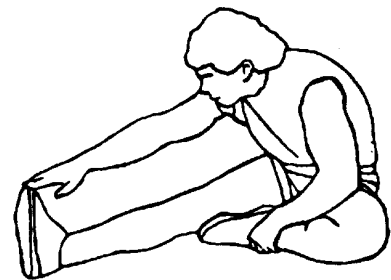


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.