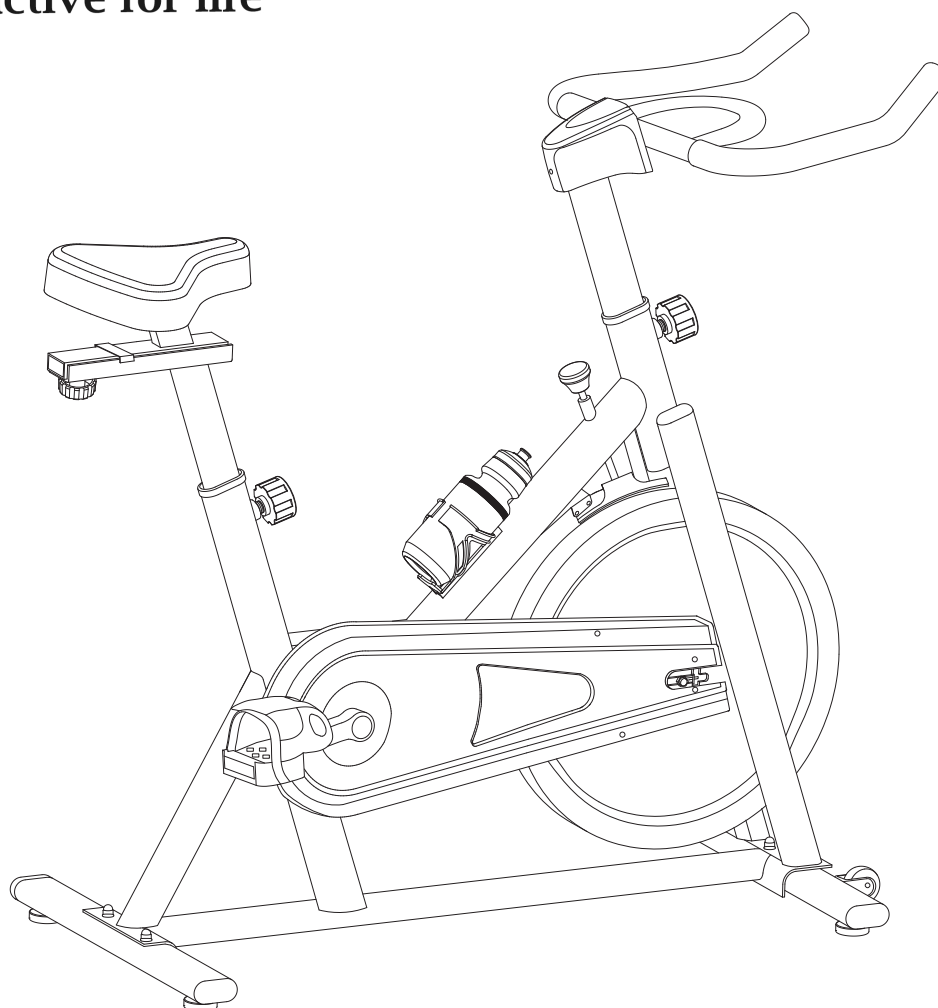


SPIN BIKE

ITEM NO.: 27850

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.

2016, April

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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 spin bike. Read all instructions before using this spin 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 spin bike. Do not use the spin 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 spin 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 110 kgs.

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

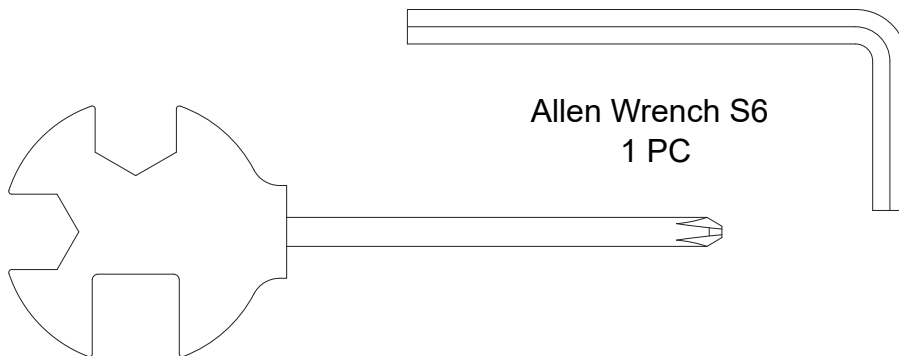
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	029	Seat Sliding Tube End Cap 40x20	2
002	Rear Stabilizer 30x70x500mm	1	030	Handlebar Foam Grip Ø23xØ33x465	2
003	Front Stabilizer 30x70x500mm	1	031	Handlebar End Cap Ø25	2
004	Seat Post	1	032	Spring Washer Ø8	4
005	Seat Sliding Tube	1	033	Hexagon Socket Button Head Bolt M8x15	4
006	Handlebar Post	1	034	Handlebar Cover	1
007	Handlebar Ø25	1	035	Seat Adjustment Knob Ø52x47 (M8)	1
008	Seat PVC98-2	1	036	Washer Ø32xØ8.2x2	1
009R	Right Foot Pedal JD-301	1	037	Tension Knob Ø40x160	1
009L	Left Foot Pedal JD-301	1	038	Spring δ1.8x40	1
010	Right Crank with Chain Tray	1	039	Fixing Nut M8	1
011	Plastic Cover	1	040	Spring Ø1.0x55	1
012	Stabilizer End Cap	4	041	Plastic Washer Ø20xØ9x3	6
013	Adjustable Leveler Ø35x37/(M8x20)	4	042	Washer Ø14xØ6xT2.5	1
014	Carriage Bolt M8x42	4	043	Cap Nut M6	1
015	Hexagon Nut M8	4	044	Spring Cover 32x23x2	1
016	Transport Wheel Ø50x23	2	045	Spring Ø2.2	1
017	Nylon Nut M8	5	046	Brake Block 200x47x30	1
018	Hexagon Head Bolt M8x40	2	047	Brake Pad 113x25x6	1
019	Cap Nut M8	4	048	Chain	1
020	Washer Ø8	7	049	Hexagon Nut M6	2
021	Oval End Cap	2	050	Fixing Sleeve Ø16x25	1
022	Plastic Bushing	2	051	Crank Cover Ø23x7.5	2
023	Round Knob Ø57x62 (M16)	2	052	Nut M10x1.0	2
024	Water Bottle XS-003	1	053	Left Crank	1
025	Water Bottle Holder	1	054	Crank Cap Ø56x28	1
026	Screw ST4.2x19	8	055	Bearing 6203ZZ	2
027	Screw ST4.2x16	2	056	Hexagon Head Bolt M5x10	2
028	Washer Ø5	4	057	Nut M10x1.25	2

PARTS LIST

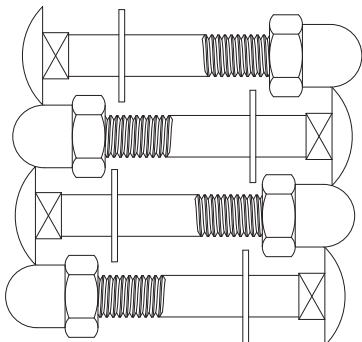
No.	Description	Qty	No.	Description	Qty
058	Eyebolt M6x55	2	067	Nylon Nut M5	2
059	Hexagon Nut M10x1.0xH5.0	2	068	Cross Recessed Pan Head Tapping Screw ST4.2x19	4
060	Sleeve Ø13.6xØ10.3x61	1	069	Fixing Nut M20	1
061	Bearing 6000ZZ	2	070	Crank Shaft Ø20x146	1
062	Flywheel Ø450x75	1 Set	071	Sleeve Ø22xØ17.5x41	1
063	Hexagon Head Bolt M5x30	2	072	Sleeve Ø22xØ17.5x11	1
064	Flywheel Shaft Ø10x160	1	073	Plastic Cover Board	1
065	Lock Nut M33	2	074	Small Chain Wheel	1
066	Small Spring Plate	1			

HARDWARE AND TOOLS PACK

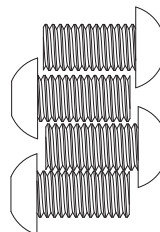


Allen Wrench S6
1 PC

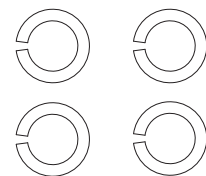
Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC



(14) Carriage Bolt 4 PCS
(19) Cap Nut 4 PCS
(20) Washer 4 PCS

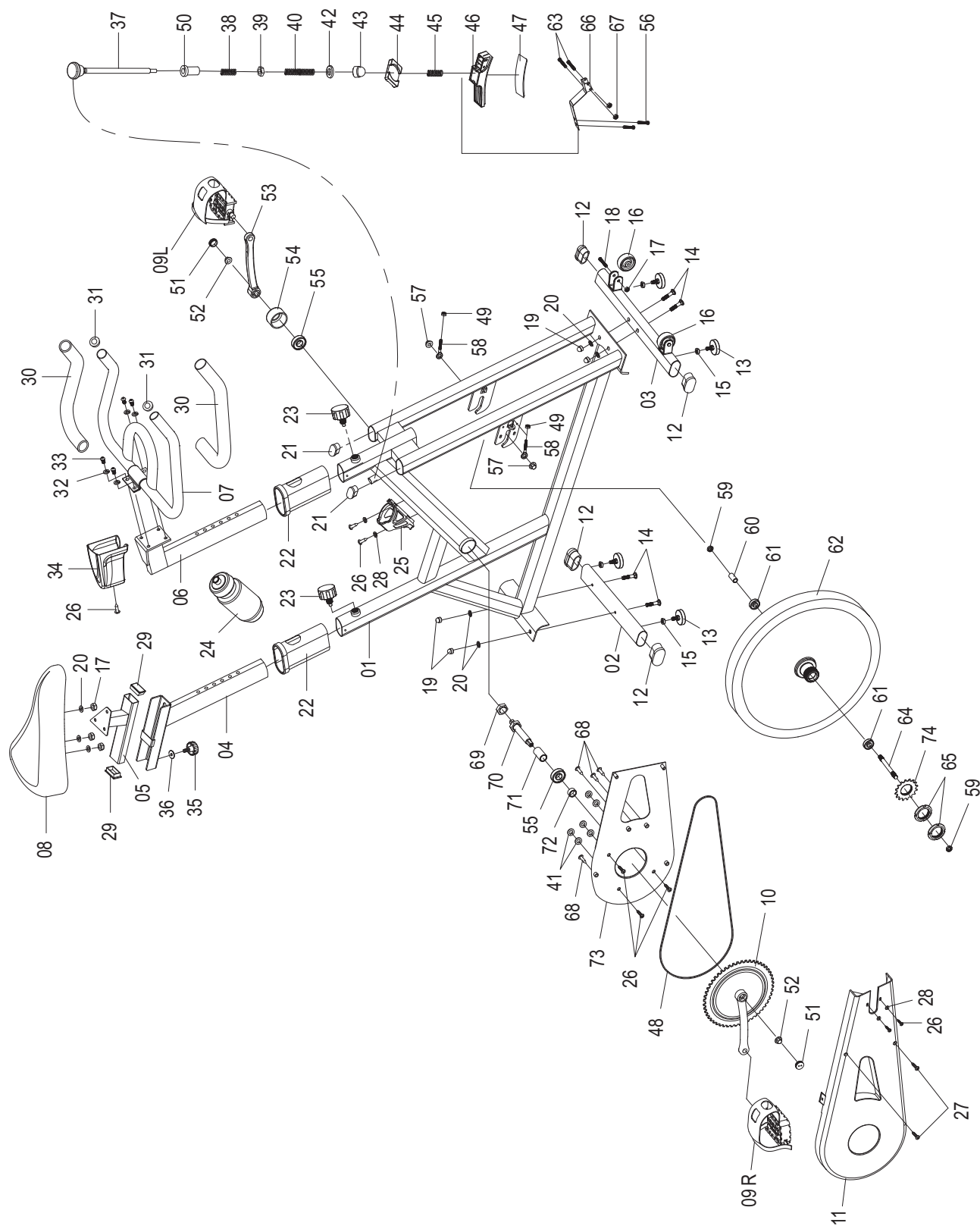


(33) Hexagon Socket
Button Head Bolt 4 PCS

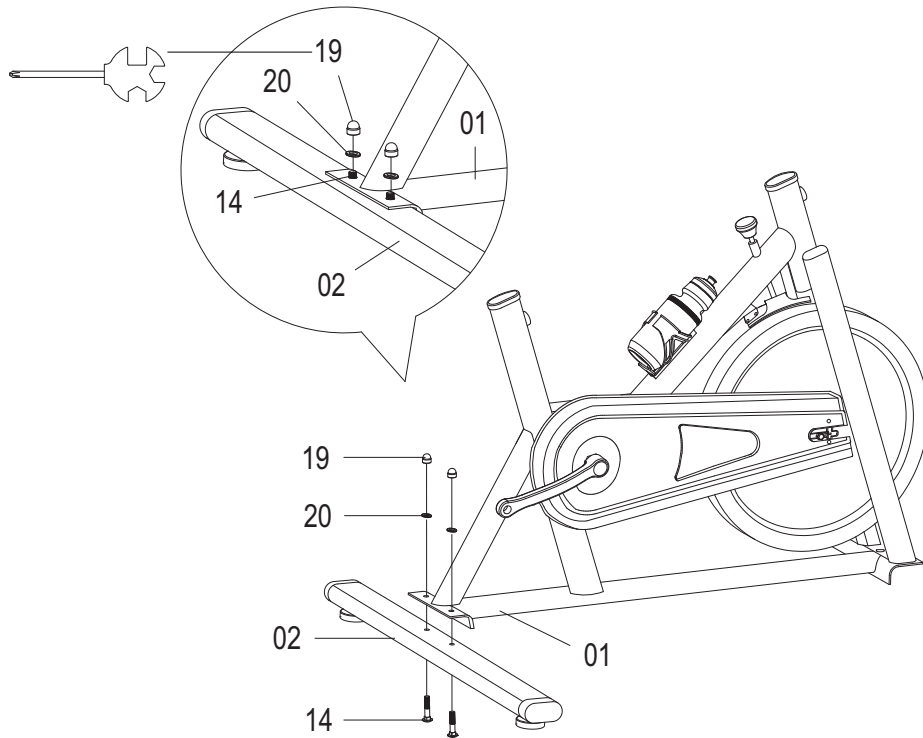


(32) Spring Washer 4 PCS

EXPLODED VIEW



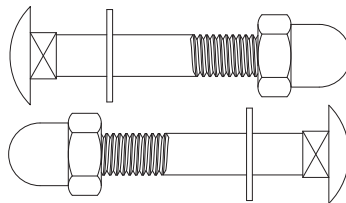
ASSEMBLY INSTRUCTIONS



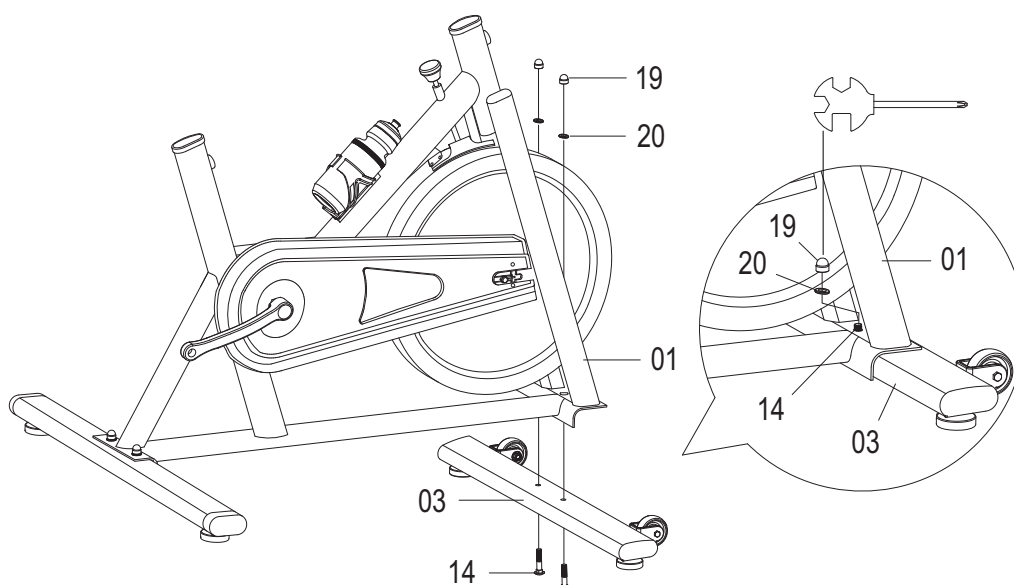
STEP 1

Position the Rear Stabilizer (02) behind the Main Frame (01) and align bolt holes. Attach the Rear Stabilizer (02) onto the rear of the Main Frame (01) with two Carriage Bolts (14), two Cap Nuts (19), and two Washers (20). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(14) Carriage Bolt	2 PCS
(19) Cap Nut	2 PCS
(20) Washer	2 PCS

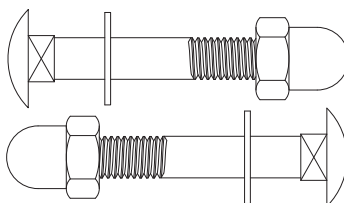


STEP 2

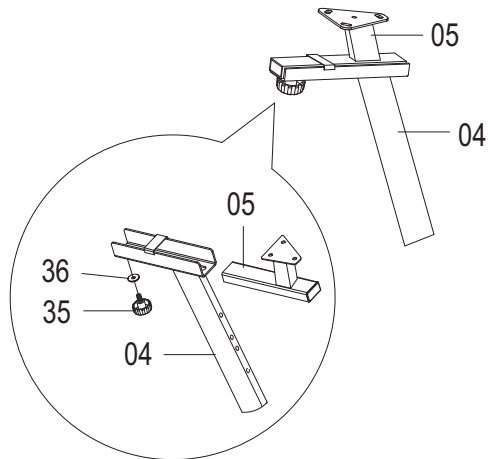
Position the Front Stabilizer (03) which has one pair of the transport wheel in front of the Main Frame (01) and align bolt holes.

Attach the Front Stabilizer (03) onto the front of the Main Frame (01) with two Carriage Bolts (14), two Cap Nuts (19), and two Washers (20). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

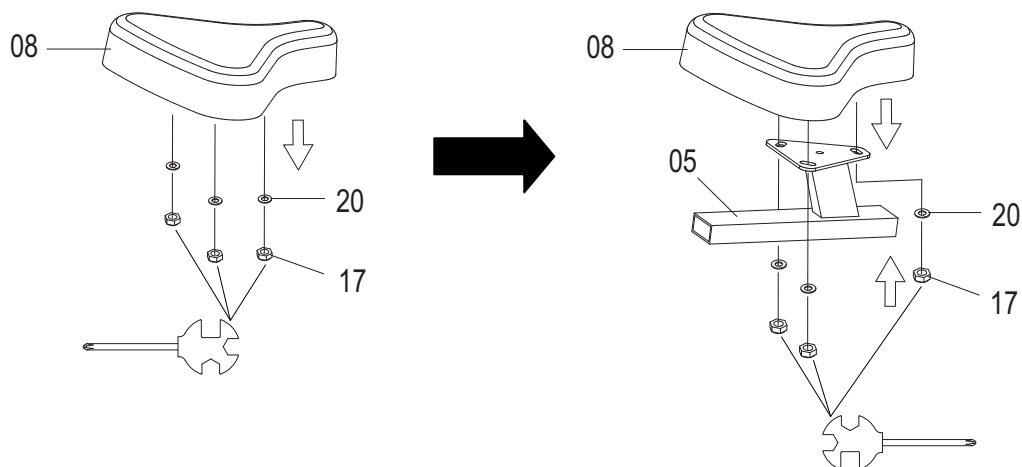


(14) Carriage Bolt	2 PCS
(19) Cap Nut	2 PCS
(20) Washer	2 PCS



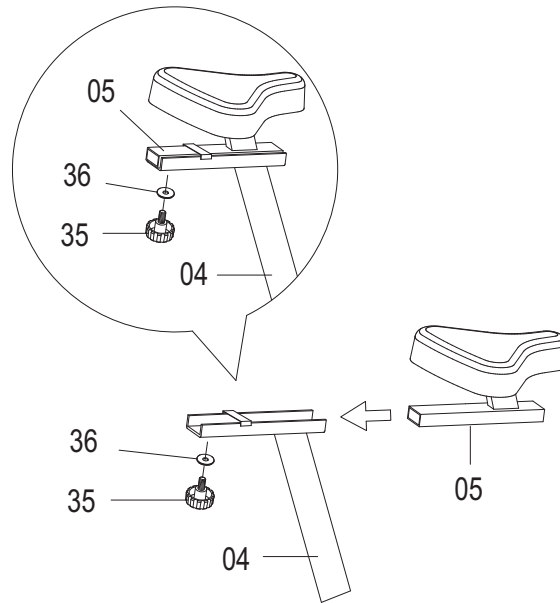
STEP 3

Remove one Seat Adjustment Knob (35) and one Washer (36) from underside of the Seat Post (04) and Seat Sliding Tube (05).



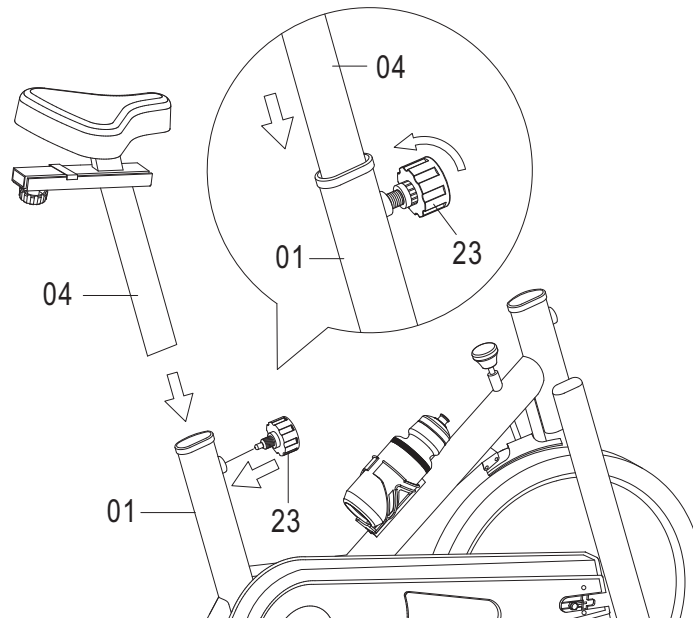
STEP 4

Remove three Nylon Nuts (17) and three Washers (20) from underside of the Seat (08). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat (08) through holes on top of the Seat Sliding Tube (05), attach with three Nylon Nuts (17) and three Washers (20) that were removed. Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



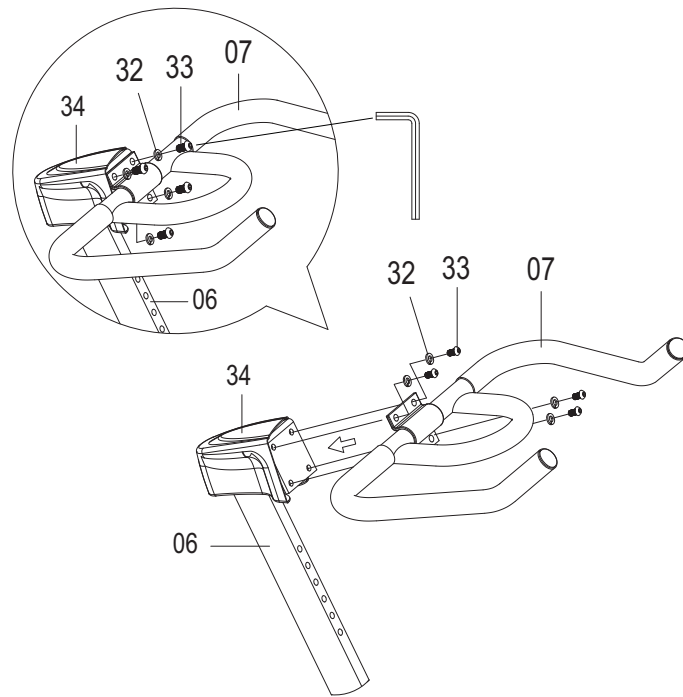
STEP 5

Slide the Seat Sliding Tube (05) into the top end seat bracket of the Seat Post (04), attach with one Seat Adjustment Knob (35) and one Washer (36) that were removed.



STEP 6

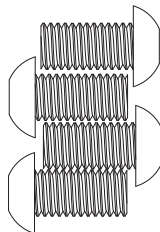
Insert the Seat Post (04) into the tube of the Main Frame (01) and align round knob holes. Then attach the Round Knob (23) onto the tube of the Main Frame (01) by turning it in a clockwise direction to tighten the Seat Post (04) in the suitable position.



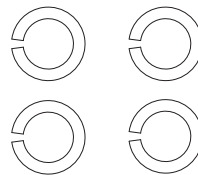
STEP 7

Attach the Handlebar (07) onto the Handlebar Post (06) with four Spring Washers (32) and four Hexagon Socket Button Head Bolts (33). Tighten bolts with the Allen Wrench provided.

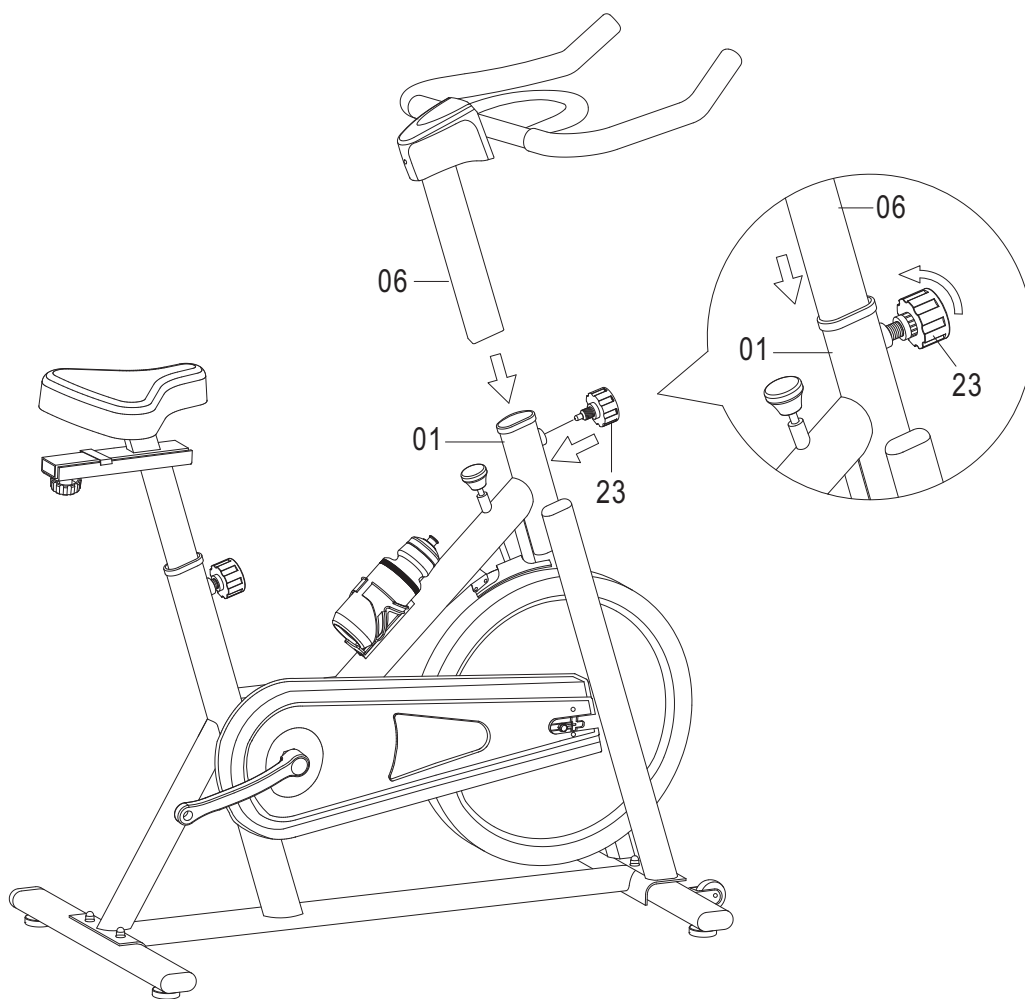
Hardware:



(33) Hexagon Socket
Button Head Bolt
4 PCS

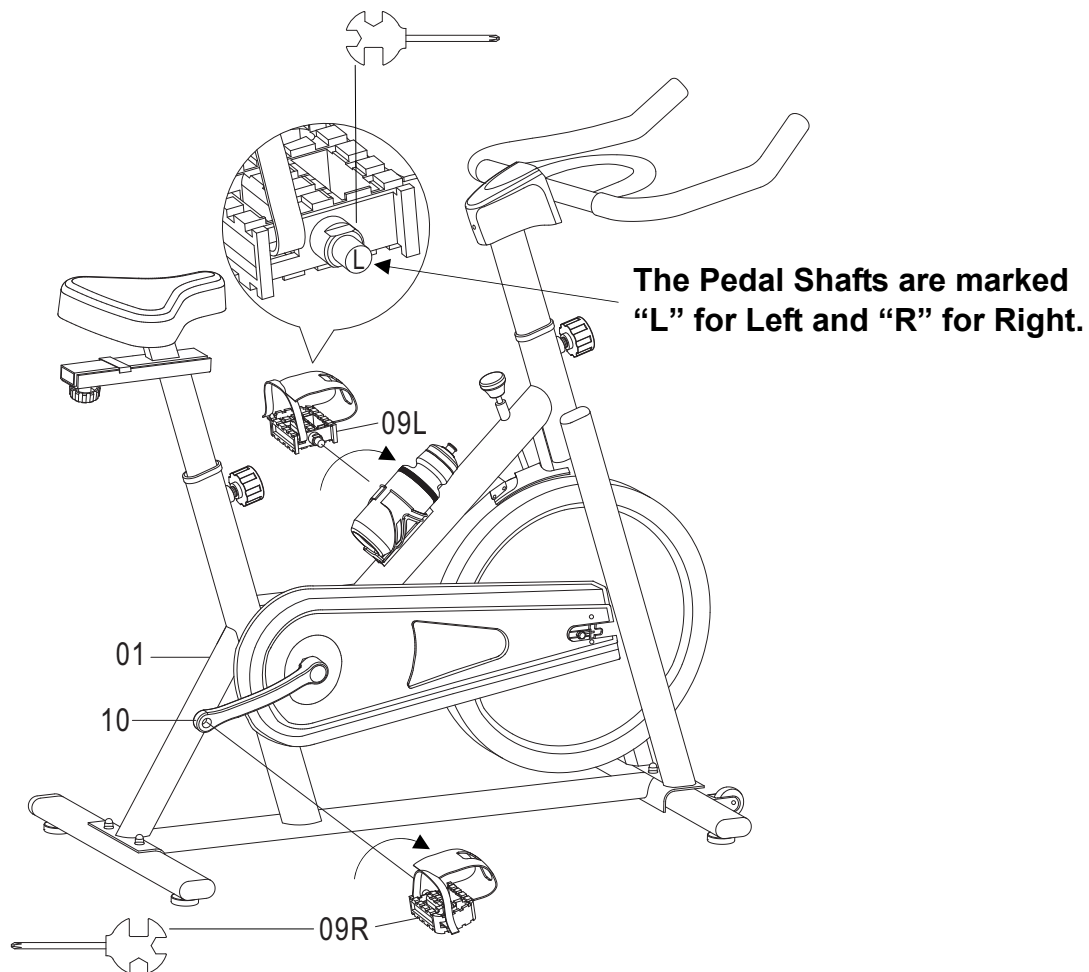


(32) Spring Washer
4 PCS



STEP 8

Insert the Handlebar Post (06) into the tube of the Main Frame (01) and align round knob holes. Then attach the Round Knob (23) onto the tube of the Main Frame (01) by turning it in a clockwise direction to tighten the Handlebar Post (06) in the suitable position.



STEP 9

The Cranks and Pedal Shafts are marked "L" for Left and "R" for Right.

Insert the pedal shaft of Left Foot Pedal (09L) into threaded hole in the Left Crank (53).

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

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

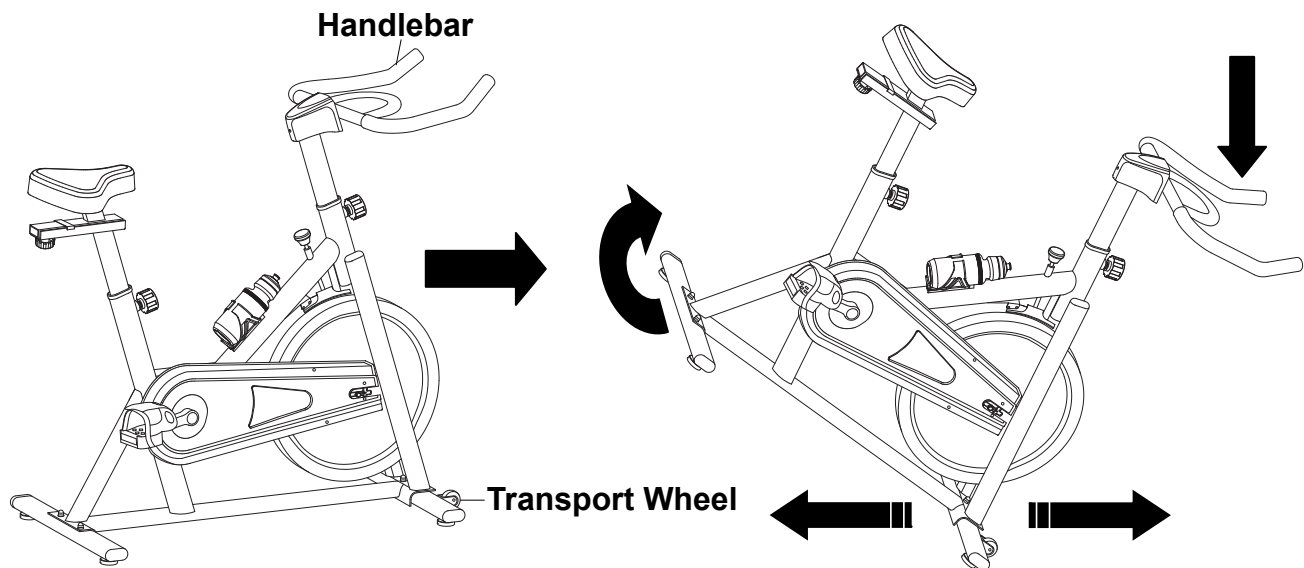
Tighten the pedal shaft of Left Foot Pedal (09L) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (09R) into threaded hole in Right Crank (10).

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

Tighten pedal shaft of Right Foot Pedal (09R) with the Multi Hex Tool with Phillips Screwdriver provided.

HOW TO MOVE THE SPIN BIKE

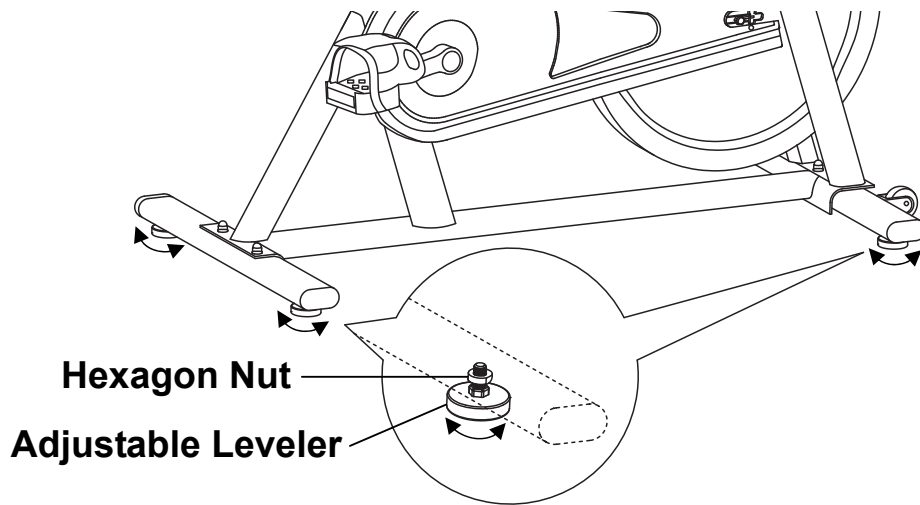


This spin bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

To move the spin bike, firmly grasp the Handlebar with both hands. Next, carefully push the spin bike down until it rolls freely on the Transport Wheels.

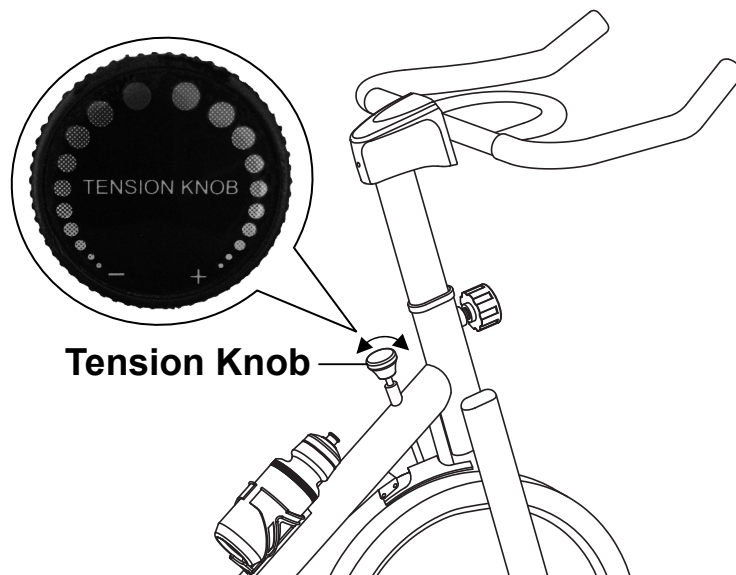
CAUTION: It is suggested you always use the aid of a second person when moving the spin bike.

ADJUSTMENTS



Adjusting the Adjustable Leveler

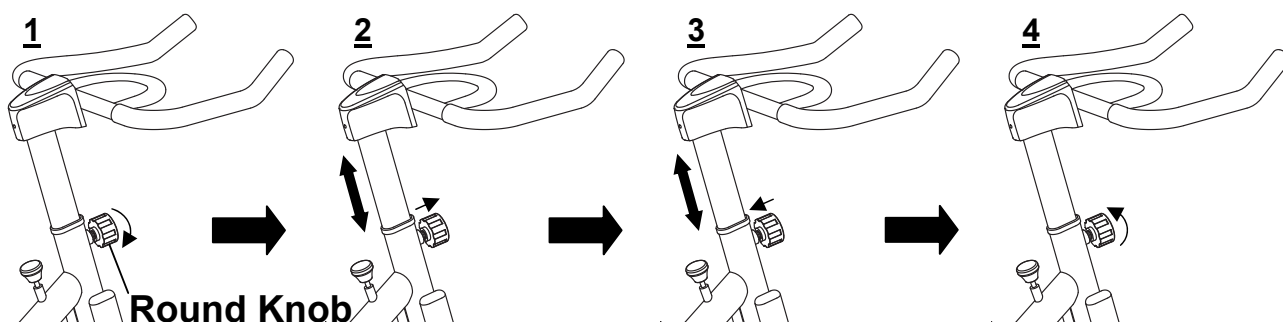
Turn the Adjustable Leveler and Hexagon Nut on the front and rear stabilizers as needed to level the spin bike.



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.

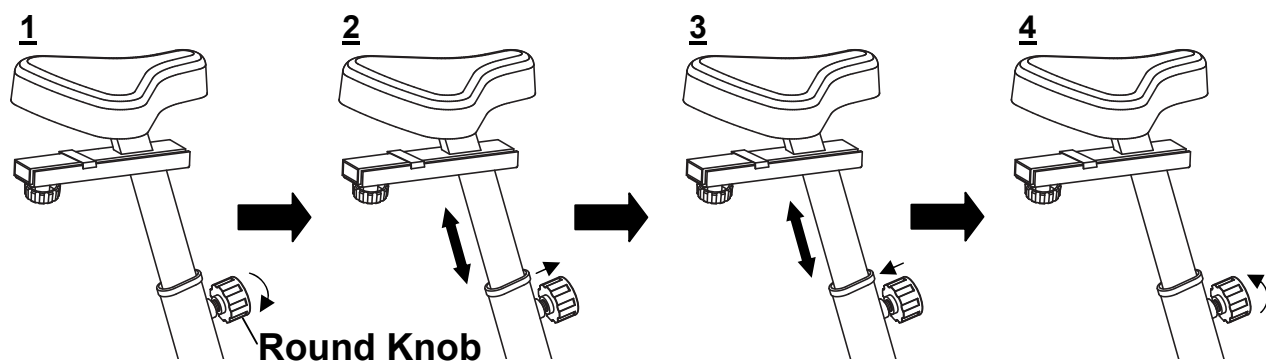


Adjusting the Handlebar Height

1. Loosen the Round Knob by turning counterclockwise direction until it can be pulled out.
2. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position.
3. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position.
4. 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 spin bike.

NOTE: Do not set the Handlebar Post height any higher than the "STOP" line.

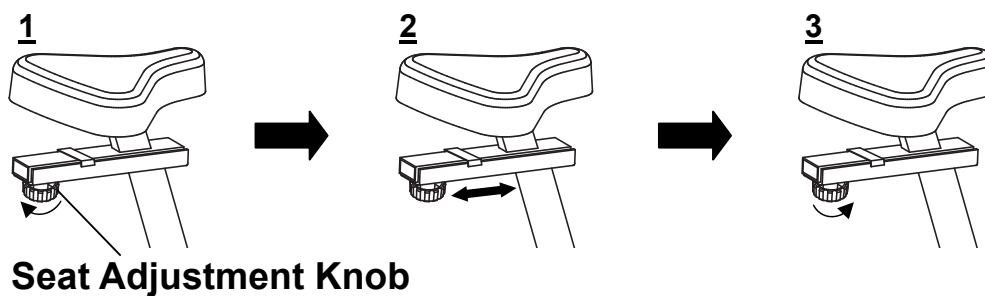


Adjusting the Seat Height

1. Loosen the Round Knob by turning counterclockwise direction until it can be pulled out.
2. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position.
3. 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.
4. 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 spin bike.

NOTE: Do not set the Seat Post height any higher than the "STOP" line.

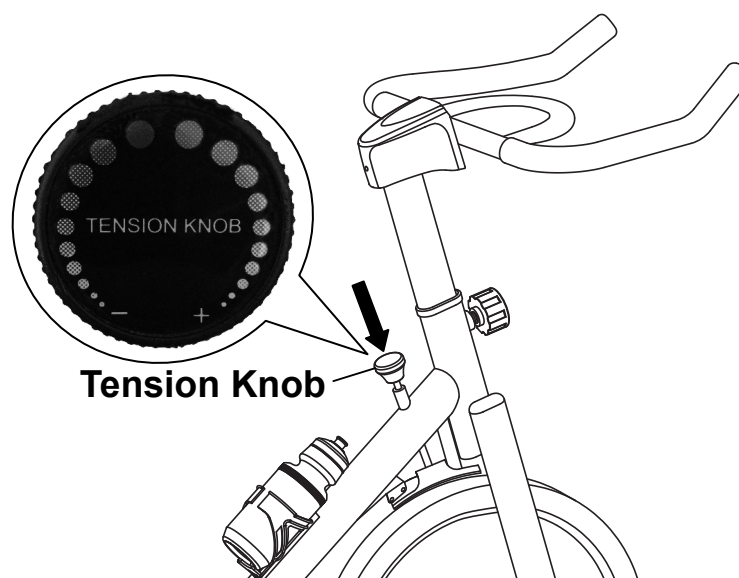


Adjusting the Seat Forward or Back

1. Loosen the Seat Adjustment Knob by turning counterclockwise direction.
2. Slide the Seat Sliding Tube forth or back direction to the suitable position.
3. Lock the Seat Sliding Tube in place by turning the Seat Adjustment Knob clockwise direction.

Make sure that the Seat Adjustment Knob is locked in place before using the spin 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 unit.

The spin 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 spin bike are solid and all bolts and nuts are properly tight and installed correctly.

STORAGE

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

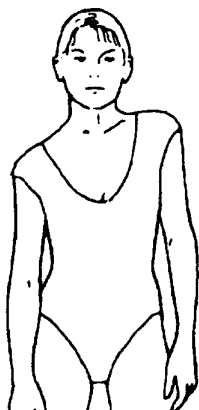
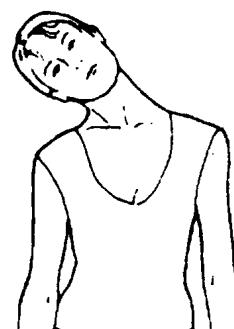
WARM UP AND COOL DOWN ROUTINE

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.

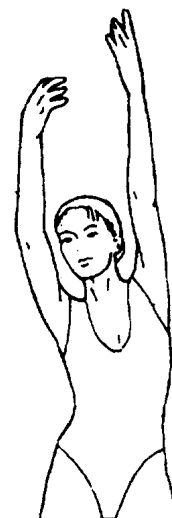
HEAD ROLLS

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.

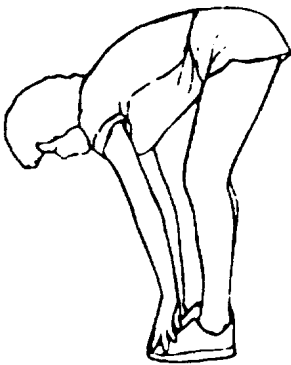


QUADRICEPS STRETCH

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.

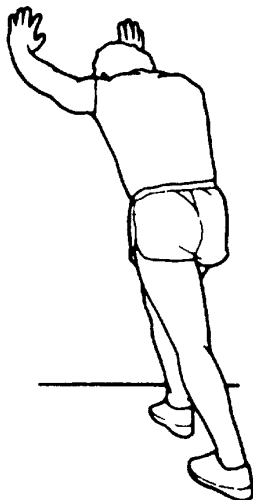
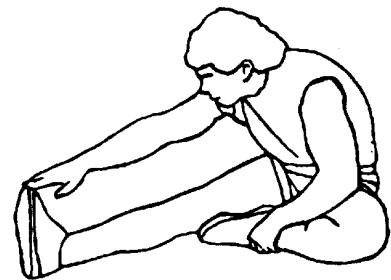


TOE TOUCHES

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.