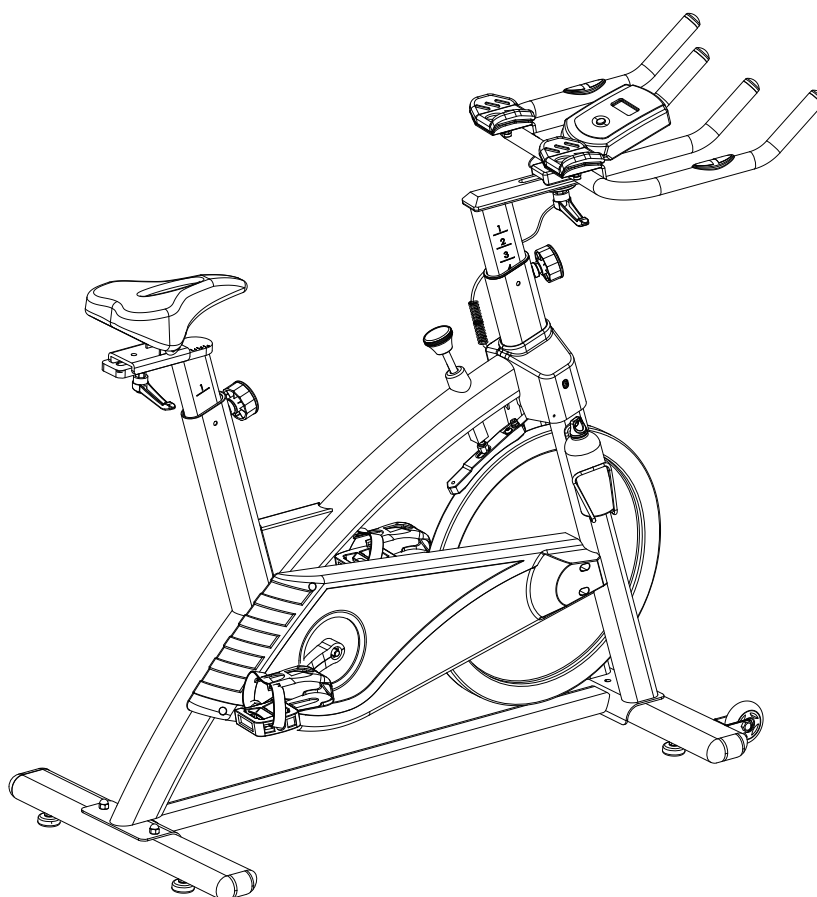


SPIN BIKE

ITEM NO.: 27878

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.

2017, May

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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 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 indoor cycling 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	Adjustable Leveler Ø40x35	4	026	Cap Nut M8	4
002	Round Cap for Flywheel Ø59x35	1	027	Water Bottle Holder	1
003	Nylon Nut M8	6	028	Handlebar Post	1
004	Rear Stabilizer (500x80x40)	1	029	Handlebar	1
005	Stabilizer End Cap (80x40x1.5)	4	030	L-Shape Knob M10x25	2
006	Front Decorative Cover	1	031	Hexagon Flange Bolt M8x16	2
007	Washer Ø6	3	032	Crank Cap Ø56x28	1
008R	Right Foot Pedal JD-301	1	033	Left Crank	1
008L	Left Foot Pedal JD-301	1	034	Hexagon Nut Ø28xM20x1	1
009	Front Stabilizer (500x133x40)	1	035	Bearing 6004ZZ	2
010	Main Frame	1	036	Spacer Ø25xØ20.5x41	1
011	Crank Cover	2	037	Axle Ø20x156	1
012	Elbow Protective Pad Plate	2	038	Inner Cover	1
013	Velcro 100x55	2	039	Cross Recessed Pan Head Self Tapping Screw ST4.2x16	9
014	Elbow Protective Pad 120x65	2	040	Belt Pulley	1
015	Hexagon Socket Countersunk Head Bolt M6x12	2	041	Right Crank	1
016	Hexagon Socket Countersunk Head Bolt M8x18	4	042	Round Knob M16x1.5	2
017	Seat Post	1	043	Belt	1
018	Seat Sliding Tube	1	044	Outer Cover	1
019	Seat Cushion	1	045	Plastic Bushing (80x40x1.5)	2
020	Hexagon Bolt M8x40	2	046	Rectangular Outer Cover Plate 91.6x21.4x2	1
021	Transport Wheel (Ø69x26)	2	047	Spacer Ø25xØ20.5x11.5	1
022	Cup Head Square Neck Bolt M8x42	4	048	Hexagon Bolt M5x10	2
023	Bearing 608ZZ	4	049	Tension Knob Sleeve (31.5x30.3x28.6)	1
024	Cross Recessed Pan Head Self Tapping Screw ST4.2x19	9	050	Small Spring Plate (156x14.5xδ1.5)	1
025	Washer Ø8	8	051	Brake Pad (113x25x8)	1

PARTS LIST

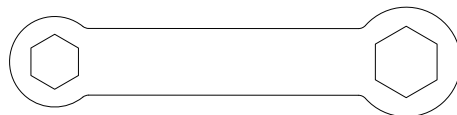
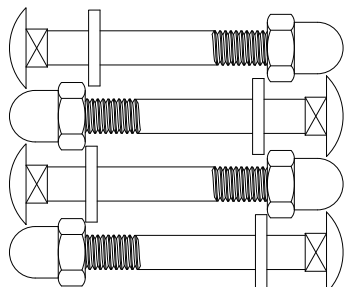
No.	Description	Qty	No.	Description	Qty
052	Brake Pad Plate (161x21x19)	1	068	Flywheel Ø453x27 (18 kgs)	1
053	Washer (Ø45x10.5x5)	2	069	Axle Ø12x155	1
054	Spring Washer Ø5	2	070	Hexagon Flange Nut M12x1.25	2
055	Cap Nut M6	1	071	Hexagon Socket Countersunk Head Bolt M6x18	4
056	Small Washer	1	072	Nylon Nut M6	4
057	Washer Ø5	2	073	Computer (HS-6079)	1
058	Spring δ1.8x40	1	074	Sensor with Wire	1
059	Hexagon Nut M10	1	075	Extension Sensor Wire	1
060	Spring δ1.0x55	1	076	Magnet	1
061	Small Bushing	1	077	Sensor Bracket	1
062	Tension Knob (Ø10x175)	1	078	Hand Pulse Sensor Wire	1
063	Eyebolt M6x57	2	079	Hand Pulse Sensor	2
064	Hexagon Nut M6	2	080	Wire Grommet	3
065	Hexagon Nut M12x1.25	2	081	Cross Recessed Pan Head Self Tapping Screw ST4.2x13	2
066	Flywheel Spacer Ø16xØ12.1x38	1	082	Water Bottle	1
067	Bearing 6001ZZ	2	083	Nut	2

HARDWARE AND TOOLS PACK

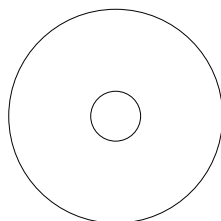
(22) Cup Head Square Neck Bolt 4PCS

(25) Washer 4 PCS

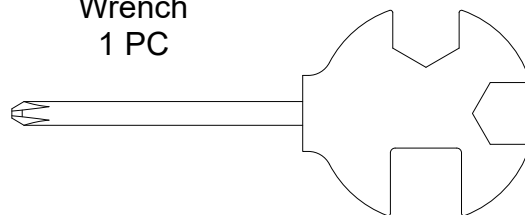
(26) Cap Nut 4 PCS



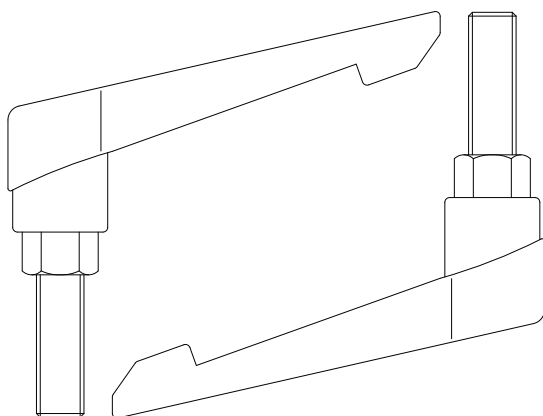
Wrench
1 PC



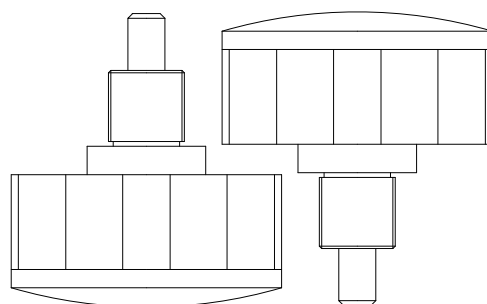
(53) Washer
2 PCS



Multi Hex Tool with
Phillips Screwdriver
1 PC

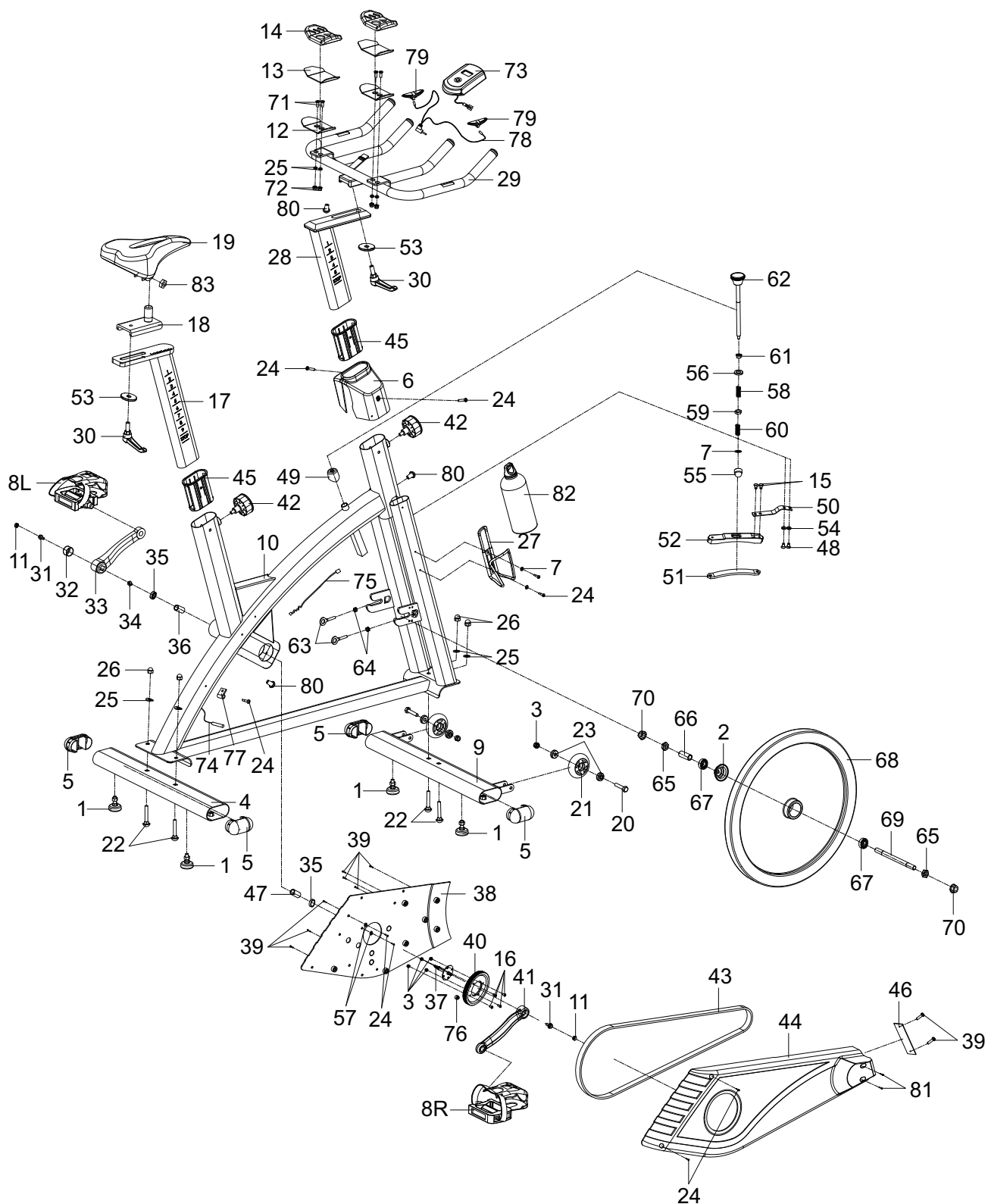


(30) L-Shape Knob
2 PCS

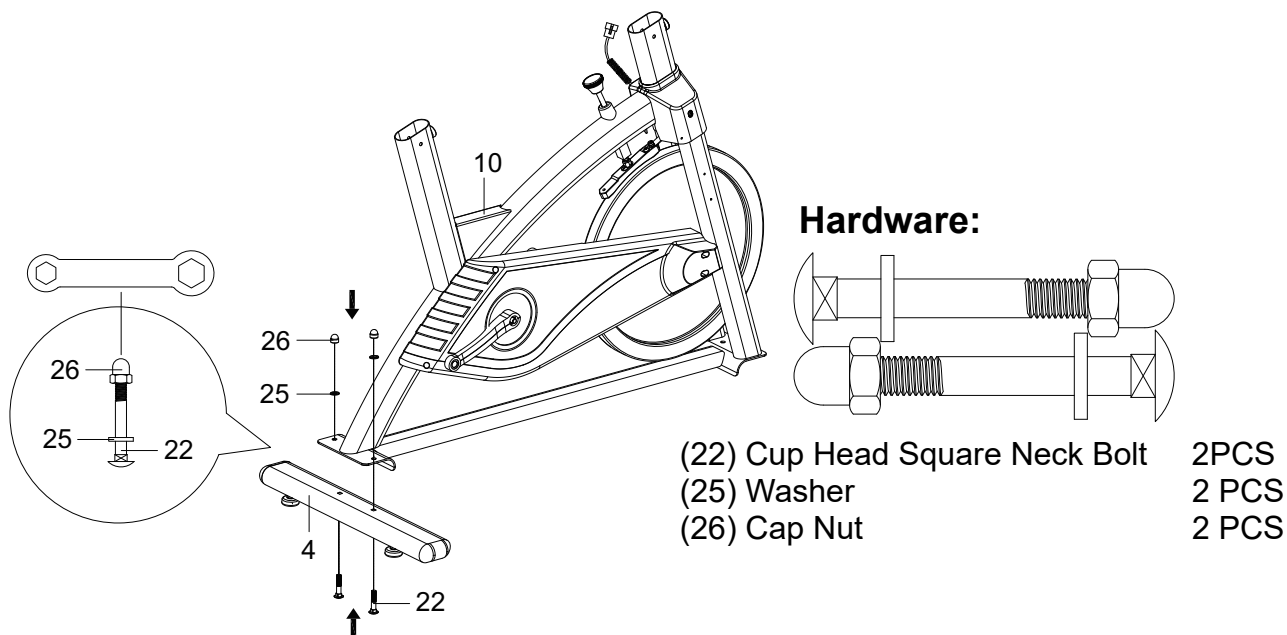


(42) Round Knob
2 PCS

EXPLODED VIEW

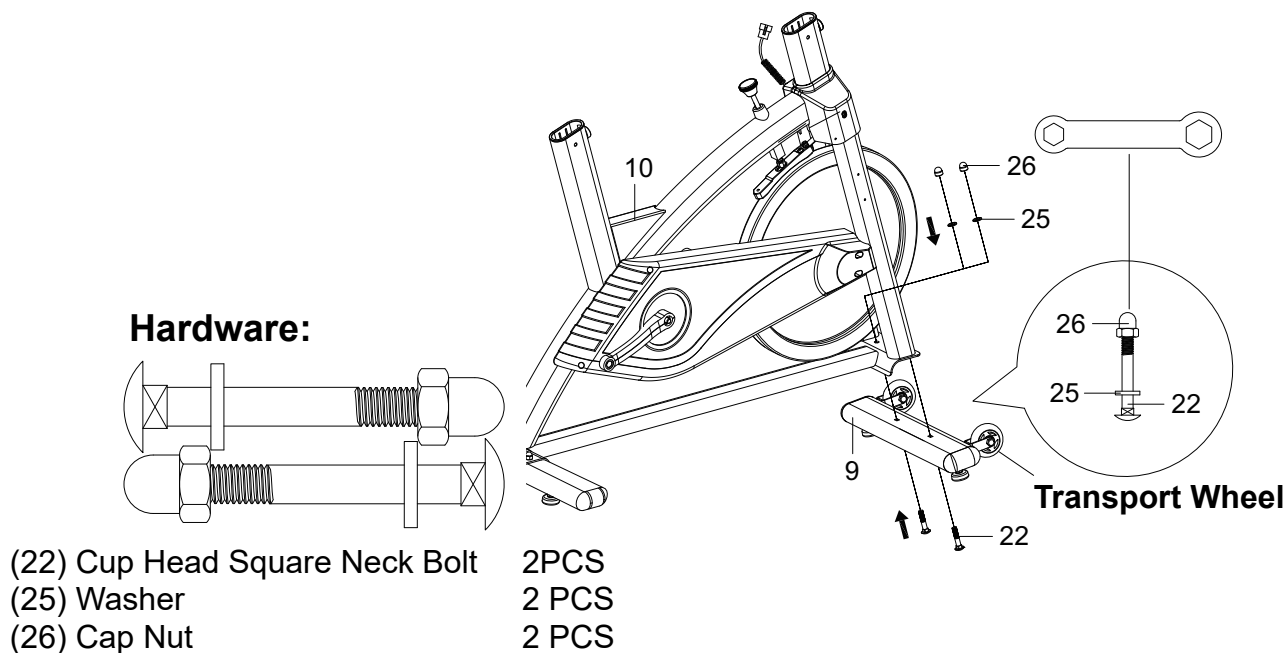


ASSEMBLY INSTRUCTIONS



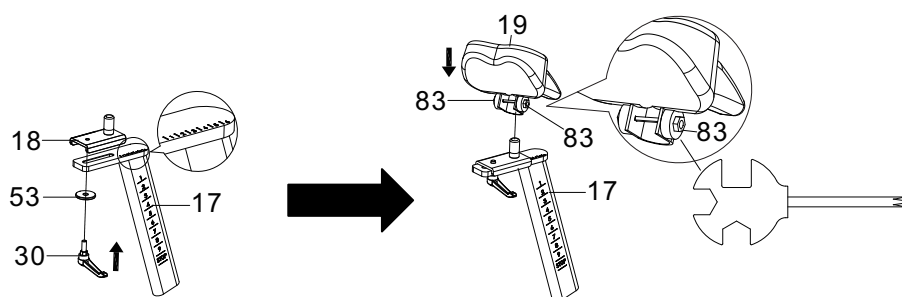
STEP 1

Position the Rear Stabilizer (4) behind the Main Frame (10) and align bolt holes. Attach the Rear Stabilizer (4) onto the rear of the Main Frame (10) with two Cup Head Square Neck Bolts (22), two Washers (25), and two Cap Nuts (26). Tighten cap nuts with the Wrench provided.



STEP 2

Position the Front Stabilizer (9) which has one pair of the transport wheel in front of the Main Frame (10) and align bolt holes. Attach the Front Stabilizer (9) onto the front of the Main Frame (10) with two Cup Head Square Neck Bolts (22), two Washers (25), and two Cap Nuts (26). Tighten cap nuts with the Wrench provided.



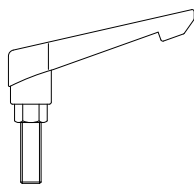
STEP 3

Slide the Seat Sliding Tube (18) onto the top end of the Seat Post (17), attach with one L-Shape Knob (30) and one Washer (53).

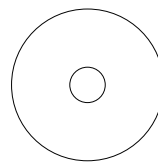
If the end of the L-Shape Knob (30) touches to the Seat Post (17), when turning the L-Shape Knob (30) in a clockwise direction, you may pull the L-Shape Knob (30) and then turn the L-Shape Knob (30) in a counterclockwise direction, release the L-Shape Knob (30) and then turn the L-Shape Knob (30) in a clockwise direction. Repeat above steps to tighten the Handlebar to the appropriate position.

Loosen nuts from underside of the Seat Cushion (19) with the Multi Hex Tool with Phillips Screwdriver provided. Then install the Seat Cushion (19) onto the Seat Sliding Tube (18) and secure with nuts that were loosened. Tighten nuts with the Multi Hex Tools with Phillips Screwdriver provided.

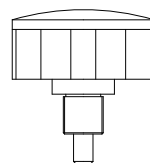
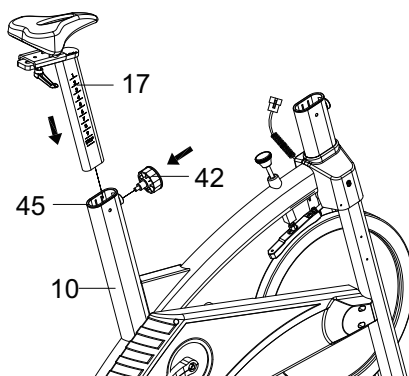
Hardware:



(30) L-Shape Knob
1 PC



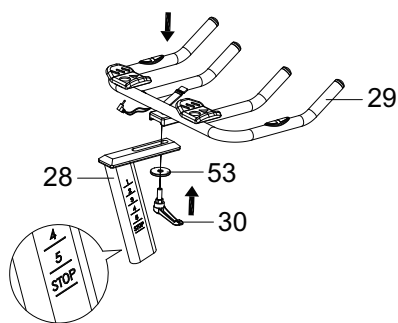
(53) Washer
1 PC



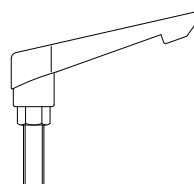
(42) Round Knob
1 PC

STEP 4

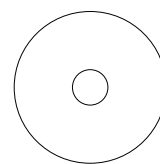
Insert the Seat Post (17) into the tube of the Main Frame (10) and align round knob holes. Then attach the Round Knob (42) onto the tube of the Main Frame (10) by turning it in a clockwise direction to tighten the Seat Post (17) in the suitable position.



Hardware:



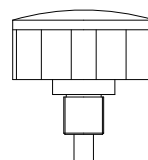
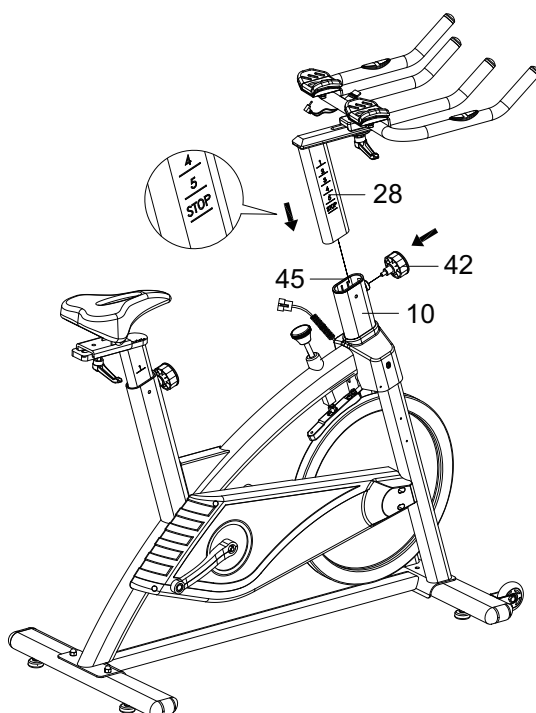
(30) L-Shape Knob
1 PC



(53) Washer
1 PC

STEP 5

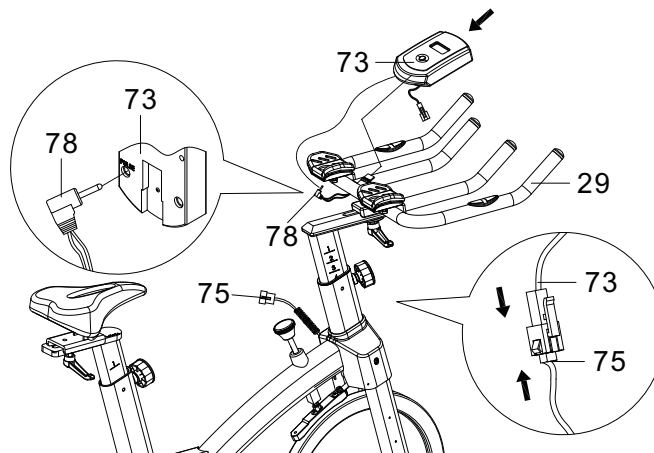
Attach the Handlebar (29) onto the Handlebar Post (28) with one L-Shape Knob (30) and one Washer (53). Turn the L-Shape Knob (30) in a clockwise direction to lock the Handlebar (29) in place.



(42) Round Knob
1 PC

STEP 6

Insert the Handlebar Post (28) into the tube of the Main Frame (10) and align round knob holes. Then attach the Round Knob (42) onto the tube of the Main Frame (10) by turning it in a clockwise direction to tighten the Handlebar Post (28) in the suitable position.

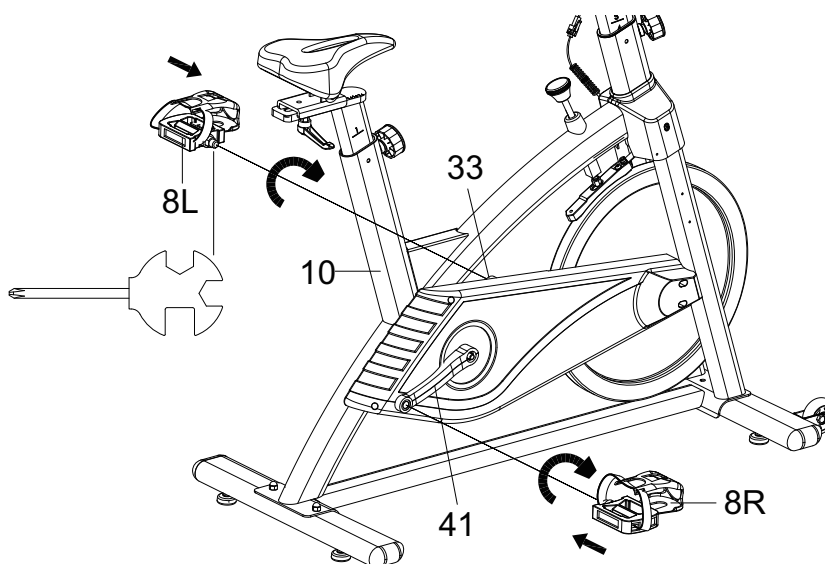


STEP 7

Slide the Computer (73) onto the Handlebar (29) until it locks into place.

Connect the Extension Sensor Wire (75) to the wire that comes from the Computer (73).

Plug the Hand Pulse Sensor Wire (78) into the PULSE receptacle located on the back of the Computer (73).



STEP 8

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

Insert the pedal shaft of Left Foot Pedal (8L) into threaded hole in the Left Crank (33). Turn the pedal shaft by hand in the counterclockwise direction until snug.

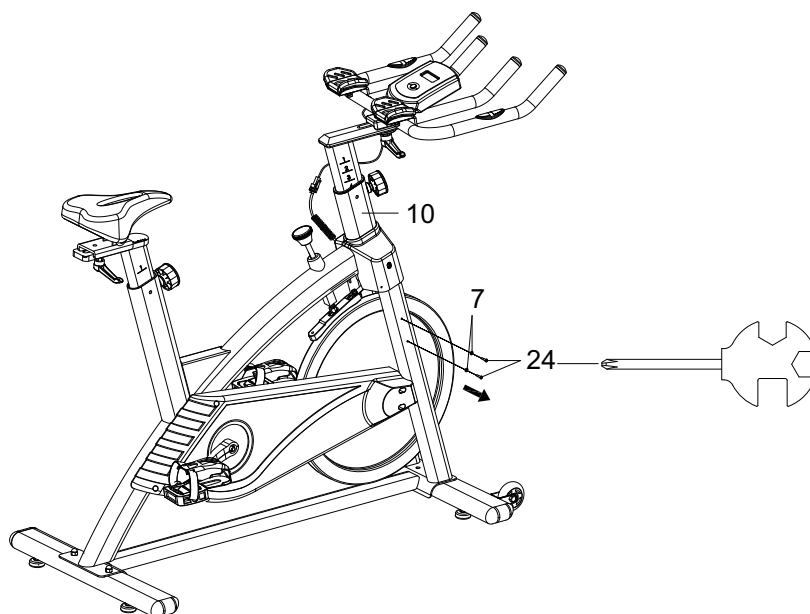
NOTE: DO NOT turn left foot pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (8L) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (8R) into threaded hole in Right Crank (41). Turn the pedal shaft by hand in the clockwise direction until snug.

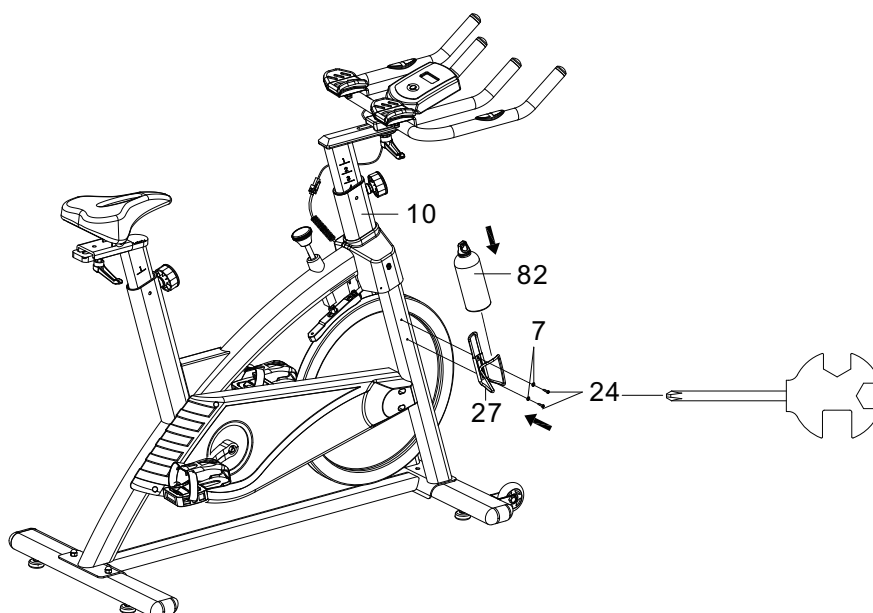
NOTE: DO NOT turn right foot pedal shaft in the counterclockwise direction, doing so will strip the threads.

Tighten pedal shaft of Right Foot Pedal (8R) with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 9

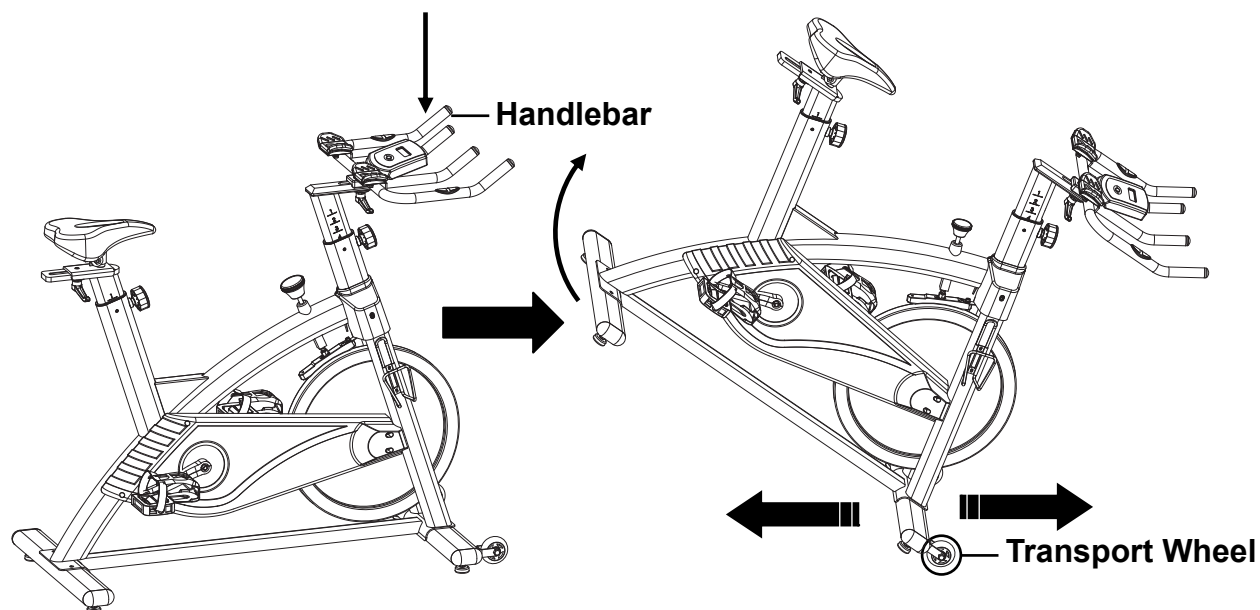
Remove two Washers (7) and two Cross Recessed Pan Head Self Tapping Screws (24) from the Main Frame (10). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 10

Attach the Water Bottle Holder (27) onto the Main Frame (10) with two Washers (7) and two Cross Recessed Pan Head Self Tapping Screws (24) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

HOW TO MOVE THE 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, 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



USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the MODE button to select the functions of the computer.

Press and hold the MODE button for 4 seconds to reset all data values to zero.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DISTANCE: Displays the cumulative distance travelled during workout.

CALORIES: Displays approximate amount of calories burned during workout.

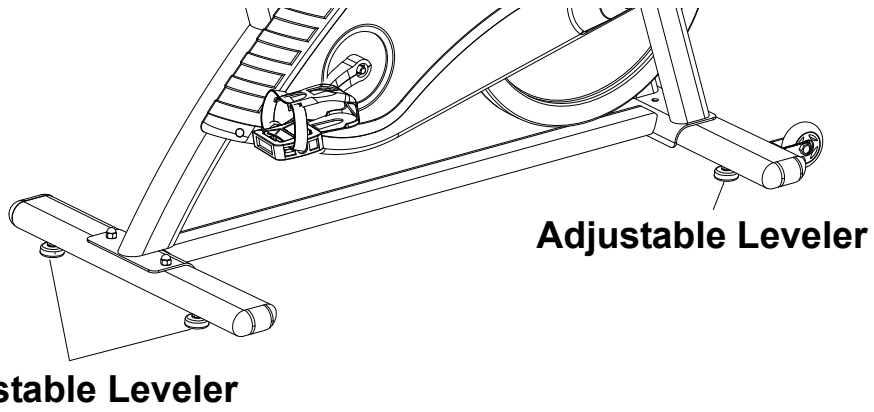
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

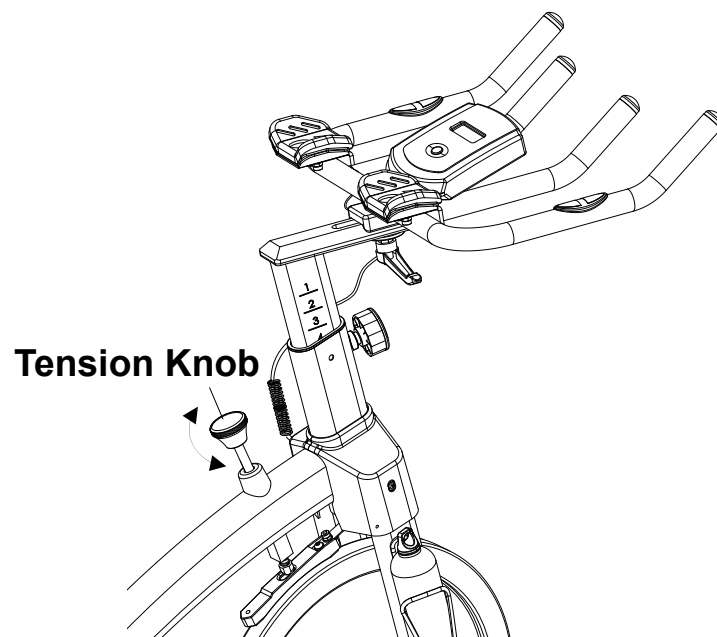
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS



Adjusting the Adjustable Leveler

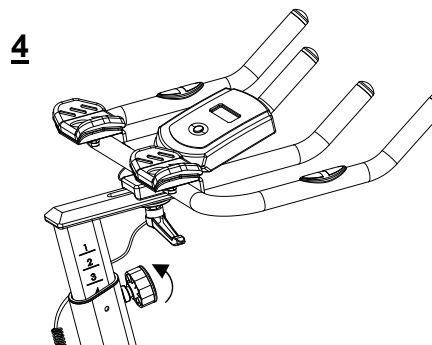
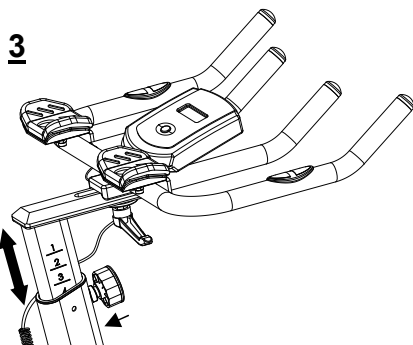
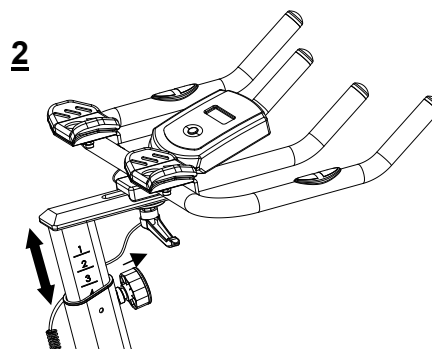
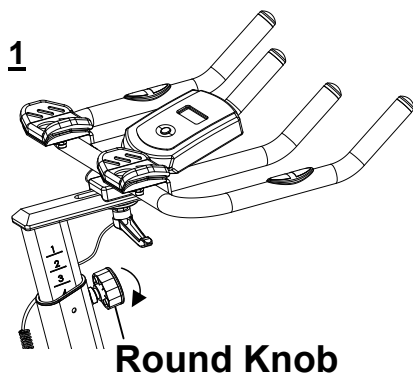
Turn the Adjustable Leveler and hexagon nut on the front and rear stabilizers as needed to level the bike.



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.



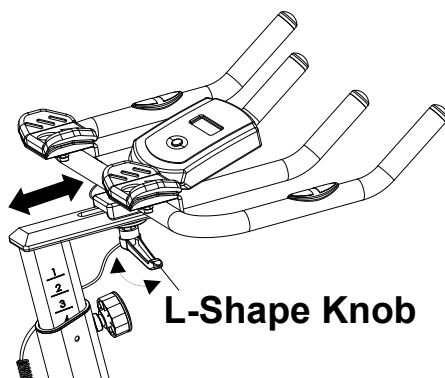
Round Knob

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 bike.

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

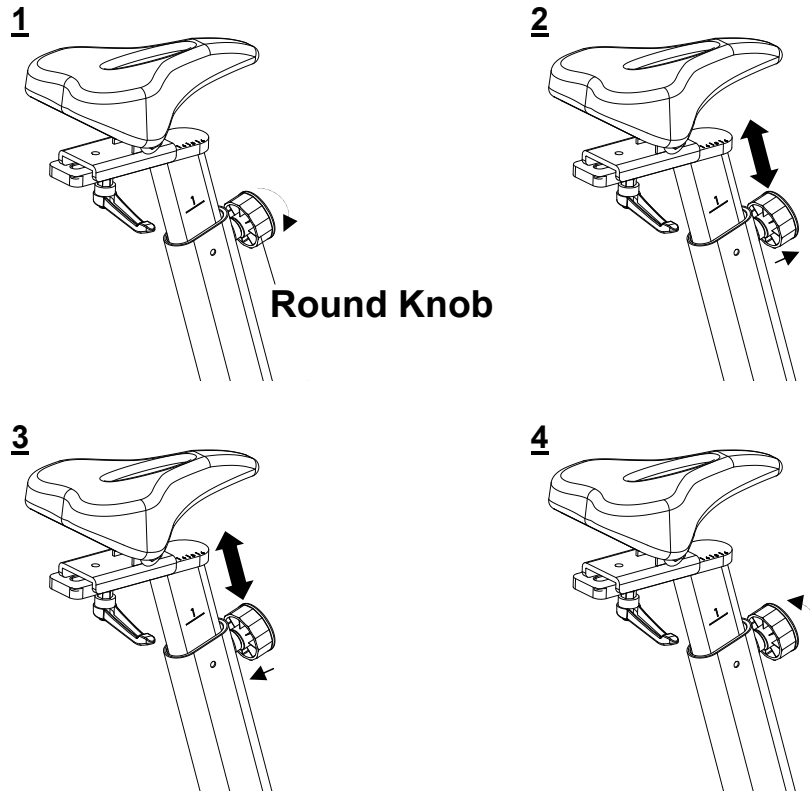


L-Shape Knob

Adjusting the Handlebar Forward or Back

Loosen the L-Shape Knob by turning counterclockwise direction. Slide the Handlebar forth or back direction to the suitable position. Lock the Handlebar in place by turning clockwise direction.

If the end of the L-Shape Knob touches to the Handlebar Post, when turning the L-Shape Knob in a clockwise direction, you may pull the L-Shape Knob and then turn the L-Shape Knob in a counterclockwise direction, release the L-Shape Knob and then turn the L-Shape Knob in a clockwise direction. Repeat above steps to tighten the Handlebar to the appropriate position.

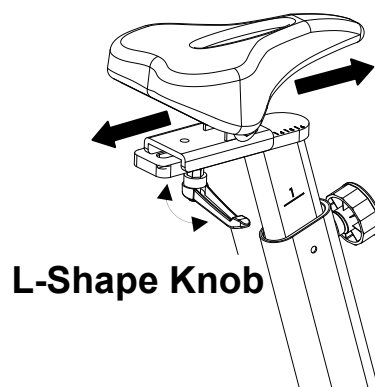


Adjusting the Seat Height

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 bike.

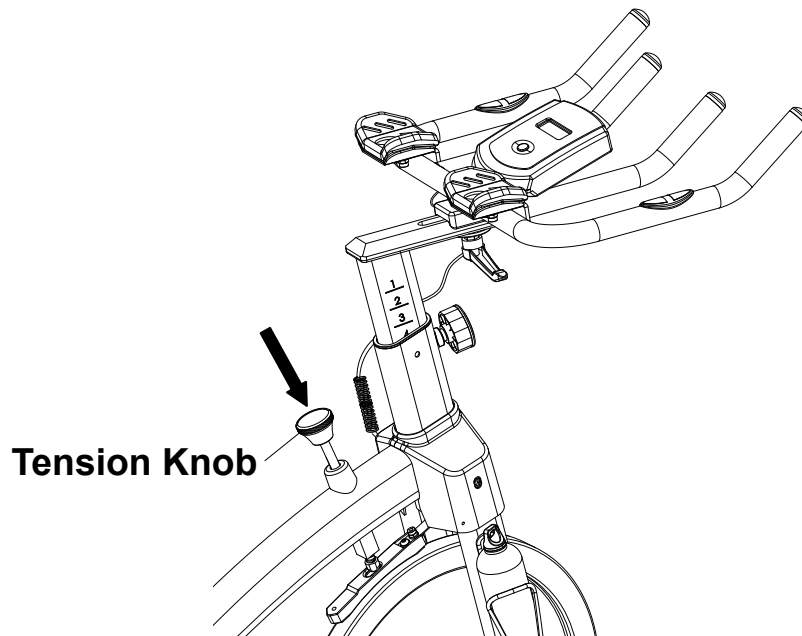
NOTE: Do not set the Seat Post height any higher than the "STOP" line.



Adjusting the Seat Forward or Back

Loosen the L-Shape Knob by turning counterclockwise direction. Slide the Seat Sliding Tube forth or back direction to the suitable position. Lock the Seat Sliding Tube in place by turning clockwise direction.

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

STORAGE

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

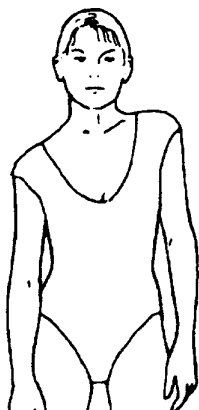
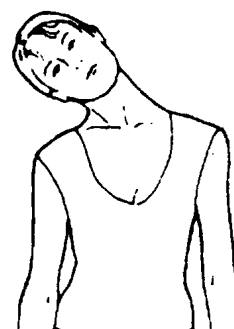
WARM UP AND COOL DOWN ROUTINE

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.

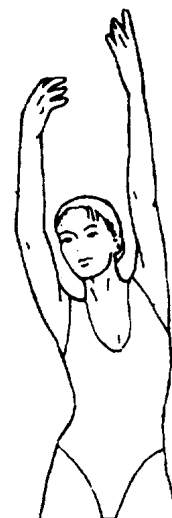
HEAD ROLLS

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.



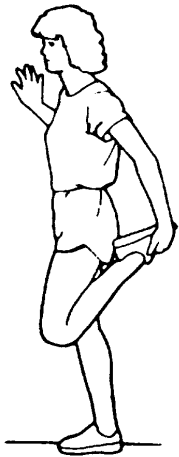
SHOULDER LIFTS

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.

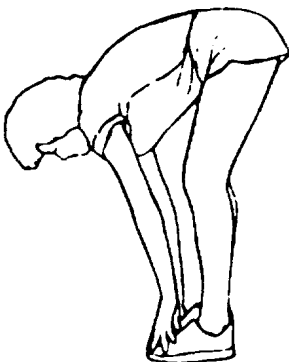


QUADRICEPS STRETCH

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.

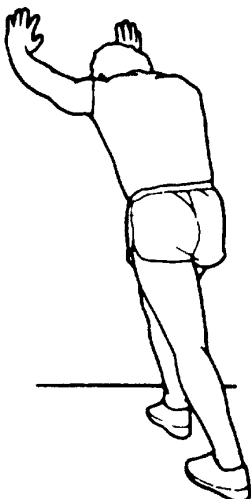
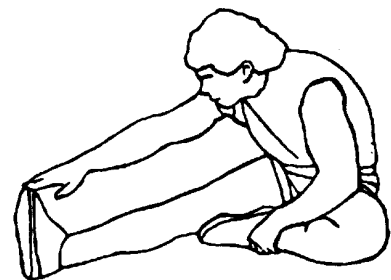


TOE TOUCHES

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.