

SPIN BIKE

ITEM NO.: 27890

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.

2020, Aug.

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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 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 bike. Do not use the 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 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 kg.

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

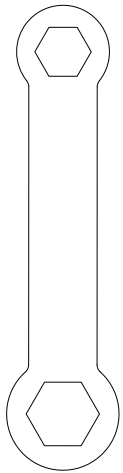
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Adjustable Leveler Ø40x35/M8x25	4	026	Washer Ø5	4
002	Nylon Nut M6	4	027	Water Bottle Holder	1
003	Cup Head Square Neck Bolt M8x52	4	028	Handlebar Post 310x200x53	1
004	Rear Stabilizer 545x90x70	1	029	Handlebar 480x380x80	1
005	Stabilizer End Cap 86x86x58	4	030	Crank Cover Ø28x6.5	2
006	Washer Ø8	8	031	Hexagon Flange Nut M12x1.25xT8xØ22	2
007	Cap Nut M8	4	032	Crank Cap Ø56x28	1
008L	Left Foot Pedal JD-304	1	033	Left Crank	1
008R	Right Foot Pedal JD-304	1	034	Hexagon Nut Ø28xM20x1	1
009	Front Stabilizer 545x165x80	1	035	Bearing 6004ZZ	2
010	Main Frame 940x195x835	1	036	Spacer Ø25xØ20.5x41	1
011	L-Shape Knob M10x25	4	037	Axle Ø20xØ110x156	1
012	Nut Q235/32x12	2	038	Inner Cover 515x296x2.5	1
013	Round Pad Ø25x14	1	039	Cross Recessed Pan Head Self Tapping Screw ST4.2x9.5	9
014	Round Pad Ø22x23	1	040	Belt Pulley Ø200x24	1
015	Washer Ø45xØ10.5x5	2	041	Right Crank	1
016	Square End Cap 38x38	2	042	Hexagon Socket Countersunk Head Bolt M8x18	4
017	Seat Post 375x285x50	1	043	Belt	1
018	Seat Sliding Tube 110x65x60	1	044	Outer Cover 738x320x52	1
019	Seat Cushion DD-2681	1	045	Cross Recessed Pan Head Self Tapping Screw ST4.2x13	2
020	Hexagon Bolt M8x40	2	046	Rectangular Outer Cover Plate 91.6x21.4x2	1
021	Transport Wheel Ø69x26	2	047	Crank Sleeve Ø25x2.5x9	1
022	Nylon Nut M8	6	048	Hexagon Bolt M5x10	2
023	Bearing 608ZZ	4	049	Nylon Nut M5	2
024	Cross Recessed Pan Head Self Tapping Screw ST4.2x19	16	050	Small Spring Plate	1
025	Water Bottle	1	051	Hexagon Bolt M5x30	2

PARTS LIST

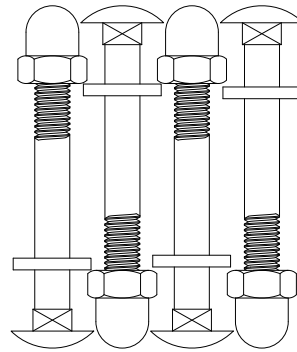
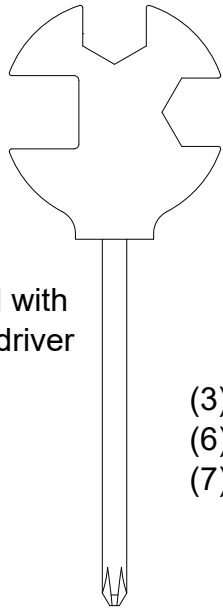
No.	Description	Qty	No.	Description	Qty
052	Brake Pad 113x25x8	1	068	Bearing 6001ZZ	2
053	Brake Bracket 200x47x30	1	069	Flywheel Ø453x29 (20 kgs)	1
054	Spring Ø2.2	1	070	Axle Ø12x160	1
055	Spring Cap 32x23x2	1	071	Hexagon Flange Nut M12x1.25	2
056	Cap Nut M6	1	072	Plastic Bushing 38x38x1.5	2
057	Washer Ø10	1	073	Left Decorative Cover	1
058	Brake Block 14x9x14	1	074	Right Decorative Cover	1
059	Spring δ1.8x40	1	075	Round Cap for Flywheel Ø59x35	1
060	Hexagon Nut M10	1	076	Hexagon Nut M12x1.25	1
061	Spring Ø1.0x55	1	077	Washer Ø12	3
062	Small Bushing Ø21.1xØ18xØ10.2x27.5	1	078	Spring Washer Ø5	2
063	Tension Knob Ø10x175	1	079	Elbow Protective Pad Plate	2
064	Eyebolt M6x57	2	080	Hexagon Socket Countersunk Head Bolt M6x18	4
065	Hexagon Nut M6	2	081	Velcro 100x55	2
066	Hexagon Nut M12x1.25	2	082	Elbow Protective Pad 120x65	2
067	Flywheel Bushing Ø16xØ12.1x36	1	083	Wire Grommet Ø14x14	2

HARDWARE AND TOOLS PACK

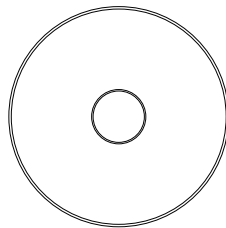
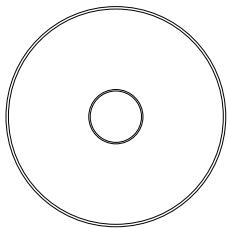


Wrench
1 PC

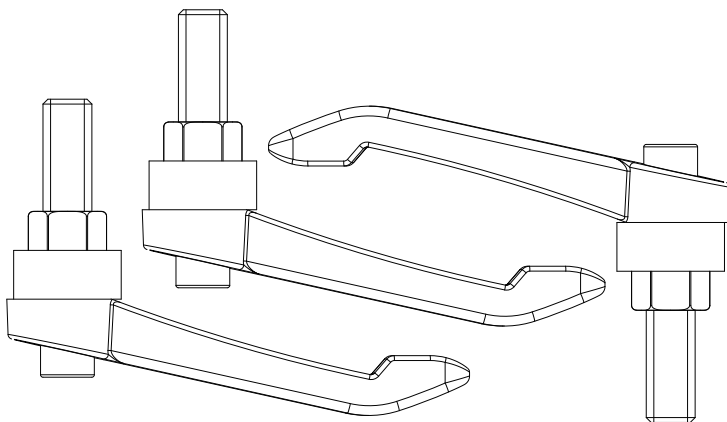
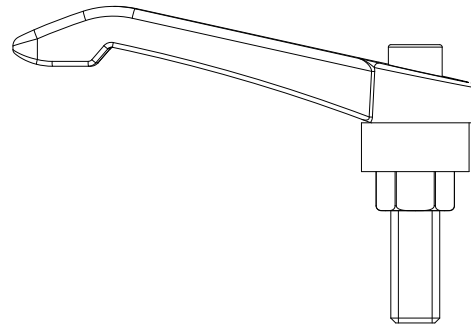
Multi Hex Tool with
Phillips Screwdriver
1 PC



(3) Cup Head Square Neck Bolt 4 PCS
(6) Washer 4 PCS
(7) Cap Nut 4 PCS

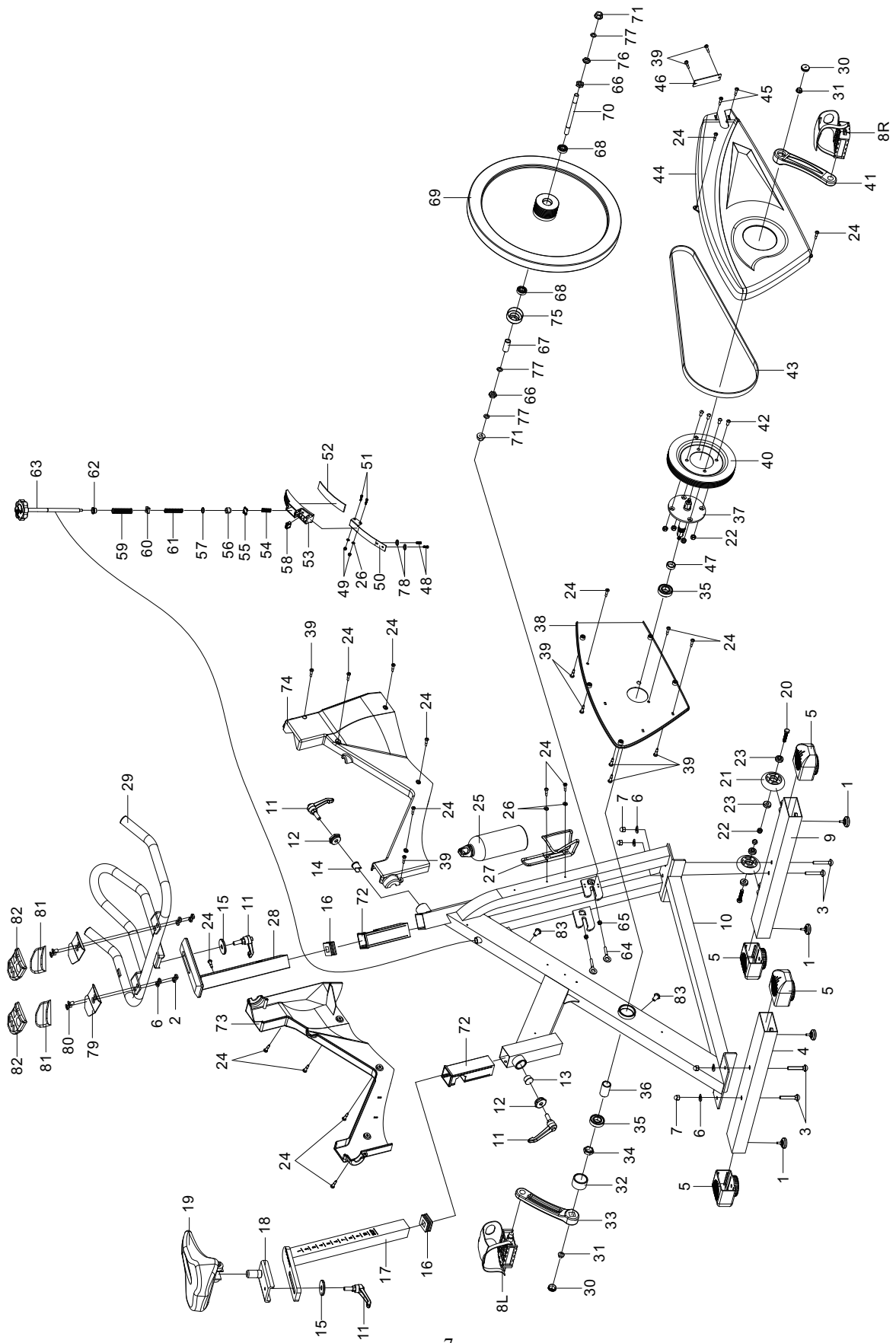


(15) Washer 2 PCS

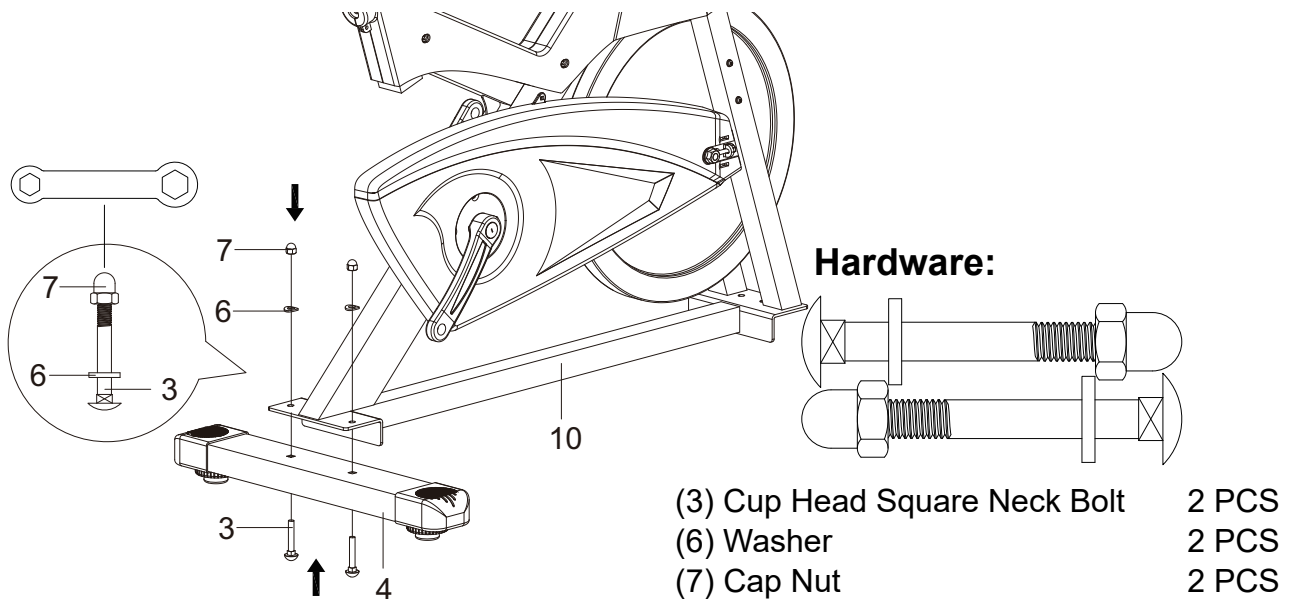


(11) L-Shape Knob 4 PCS

EXPLODED VIEW

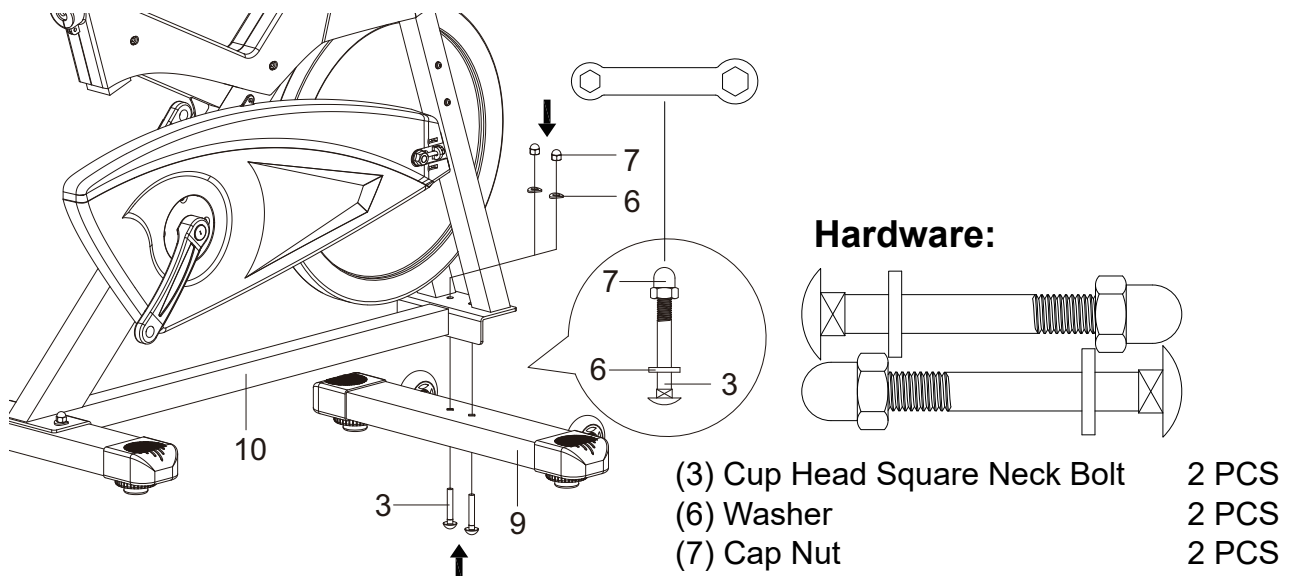


ASSEMBLY INSTRUCTIONS



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 (3), two Washers (6), and two Cap Nuts (7). Tighten cap nuts with the Wrench provided.

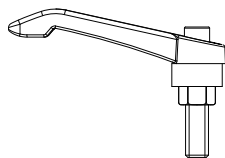


STEP 2

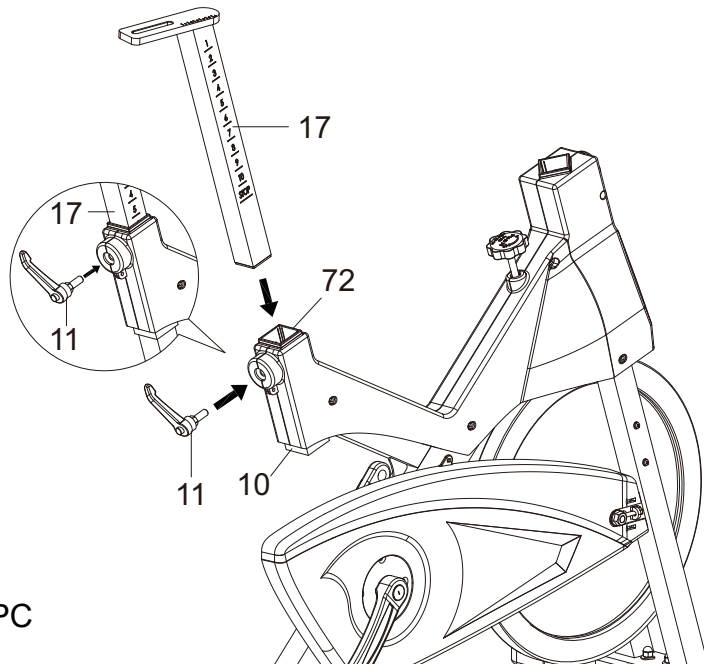
Position the Front Stabilizer (9) which has one pair of the transport wheel in front of the Main Frame (10) and align bolt holes. Attach the Front Stabilizer (9) onto the front of the Main Frame (10) with two Cup Head Square Neck Bolts (3), two Washers (6), and two Cap Nuts (7). Tighten cap nuts with

the Wrench provided.

Assembly Part:



(11) L-Shape Knob 1 PC

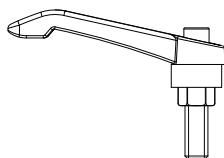


STEP 3

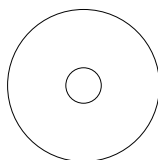
Insert the Seat Post (17) into the Plastic Bushing (72) of the Main Frame (10) and align L-shape knob holes. Then attach the L-Shape Knob (11) onto the tube of the Main Frame (10) by turning it in a clockwise direction to tighten the Seat Post (17) in the desired position.

NOTE: Do not raise the seat post beyond the “STOP” mark printed line on the seat post.

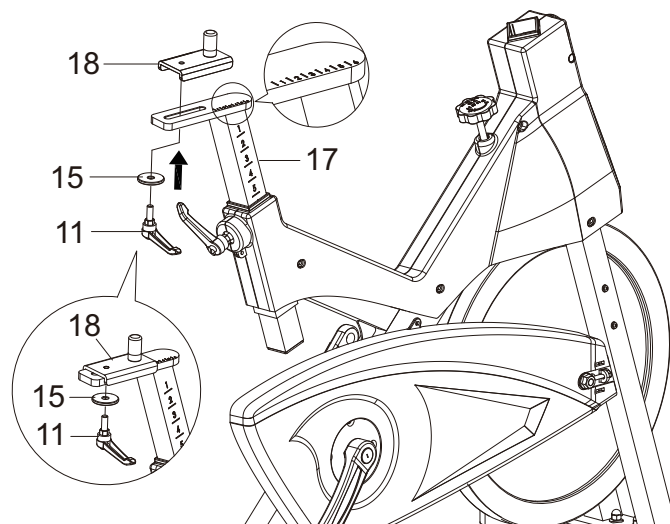
Hardware & Assembly Part:



(11) L-Shape Knob 1 PC

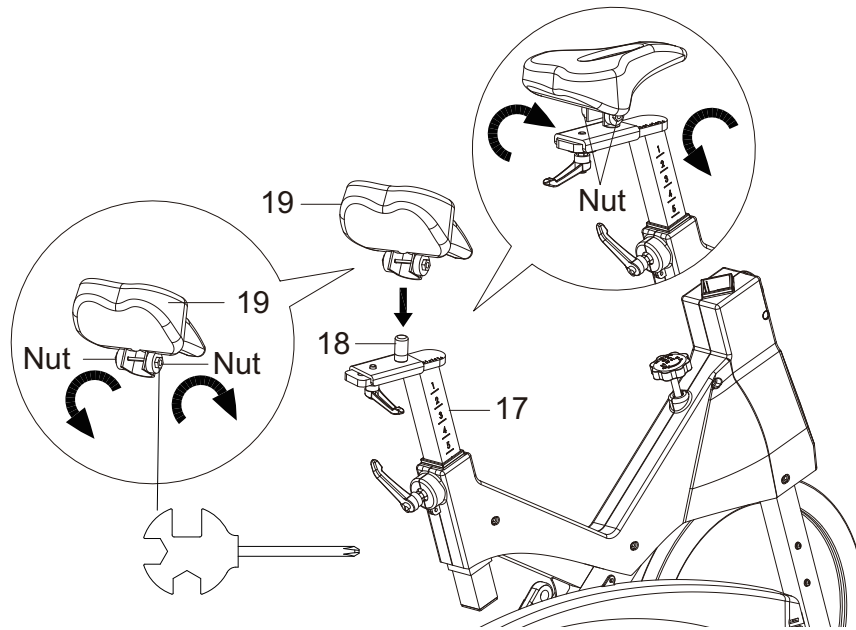


(15) Washer 1 PC



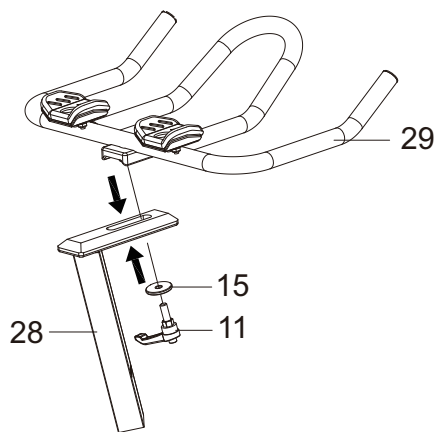
STEP 4

Slide the Seat Sliding Tube (18) onto the top end of the Seat Post (17), attach with one L-Shape Knob (11) and one Washer (15).

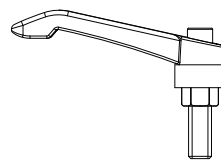


STEP 5

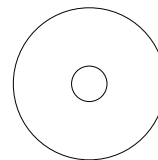
Loosen nuts from underside of the Seat Cushion (19) with the Multi Hex Tool with Phillips Screwdriver provided. Then install the Seat Cushion (19) onto the Seat Sliding Tube (18) and secure with nuts that were loosened. Tighten nuts with the Multi Hex Tools with Phillips Screwdriver provided.



Hardware & Assembly Part:



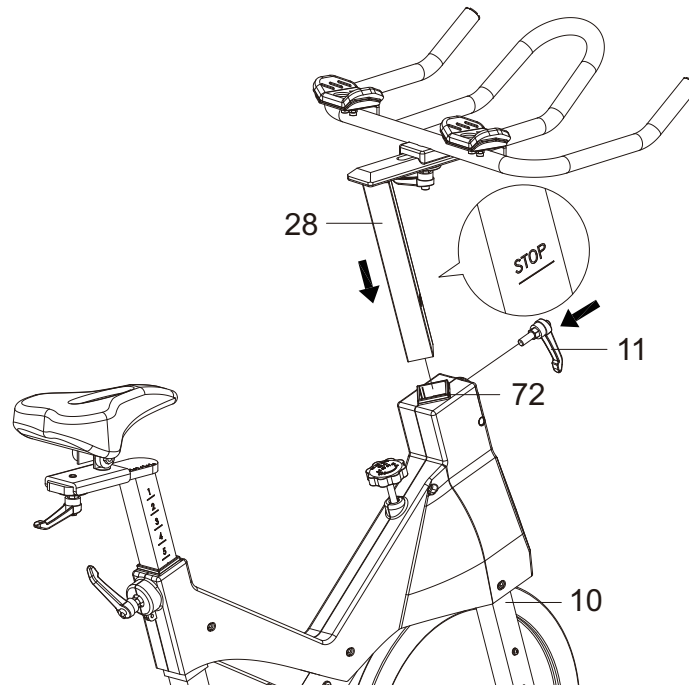
(11) L-Shape Knob 1 PC



(15) Washer 1 PC

STEP 6

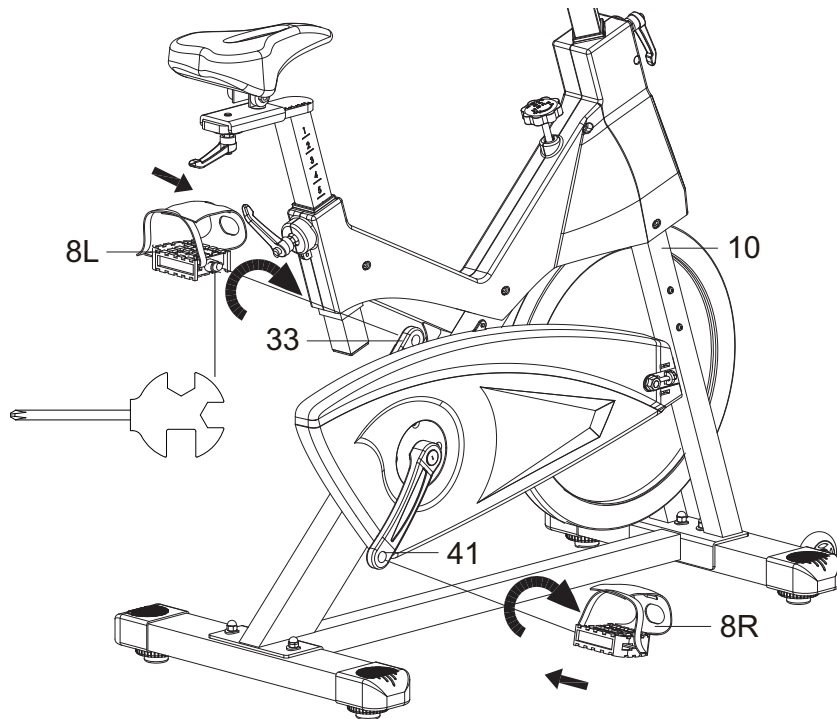
Attach the Handlebar (29) onto the Handlebar Post (28) with one L-Shape Knob (11) and one Washer (15). Turn the L-Shape Knob (30) in a clockwise direction to lock the Handlebar (29) in place.



STEP 7

Insert the Handlebar Post (28) into the Plastic Bushing (72) of the Main Frame (10) and align L-shape knob holes. Then attach the L-Shape Knob (30) onto the tube of the Main Frame (10) by turning it in a clockwise direction to tighten the Handlebar Post (28) in the desired position.

NOTE: Do not raise the handlebar post beyond the “STOP” mark printed line on the handlebar post.



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.

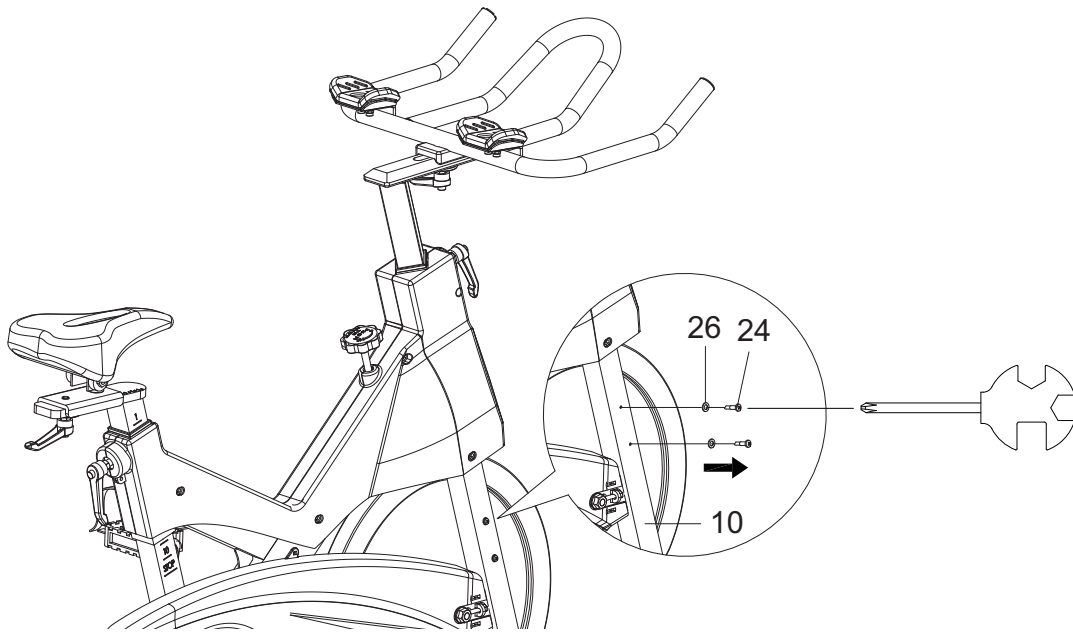
NOTE: DO NOT turn left foot pedal shaft in the clockwise direction, doing so will strip the threads.

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.

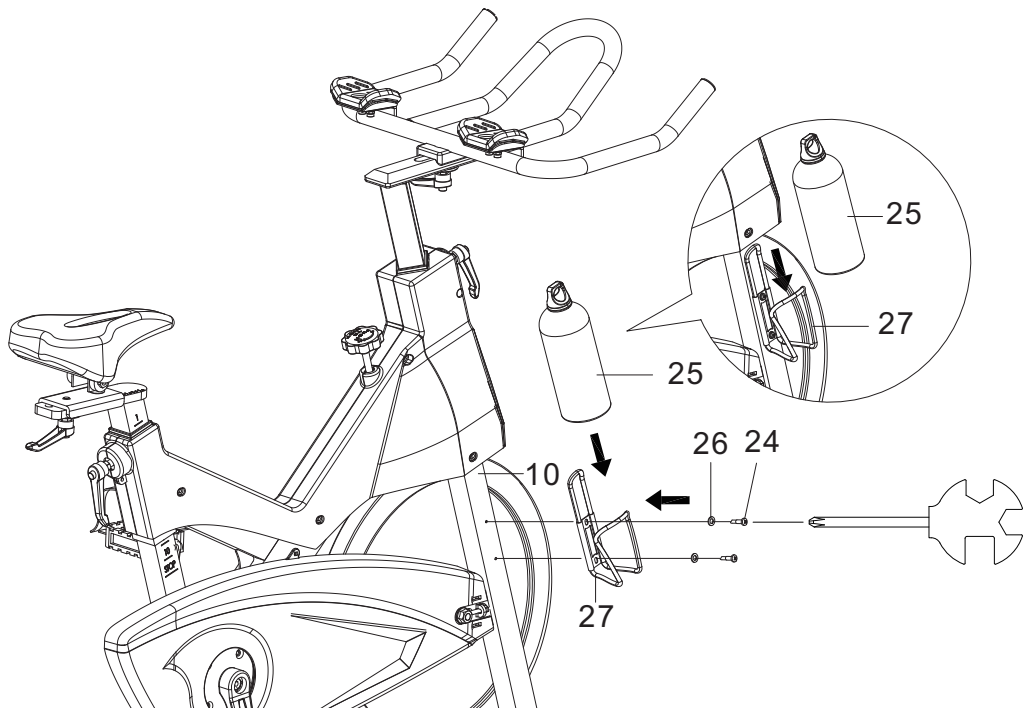
NOTE: DO NOT turn right foot pedal shaft in the counterclockwise direction, doing so will strip the threads.

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



STEP 9

Remove two Washers (26) 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.

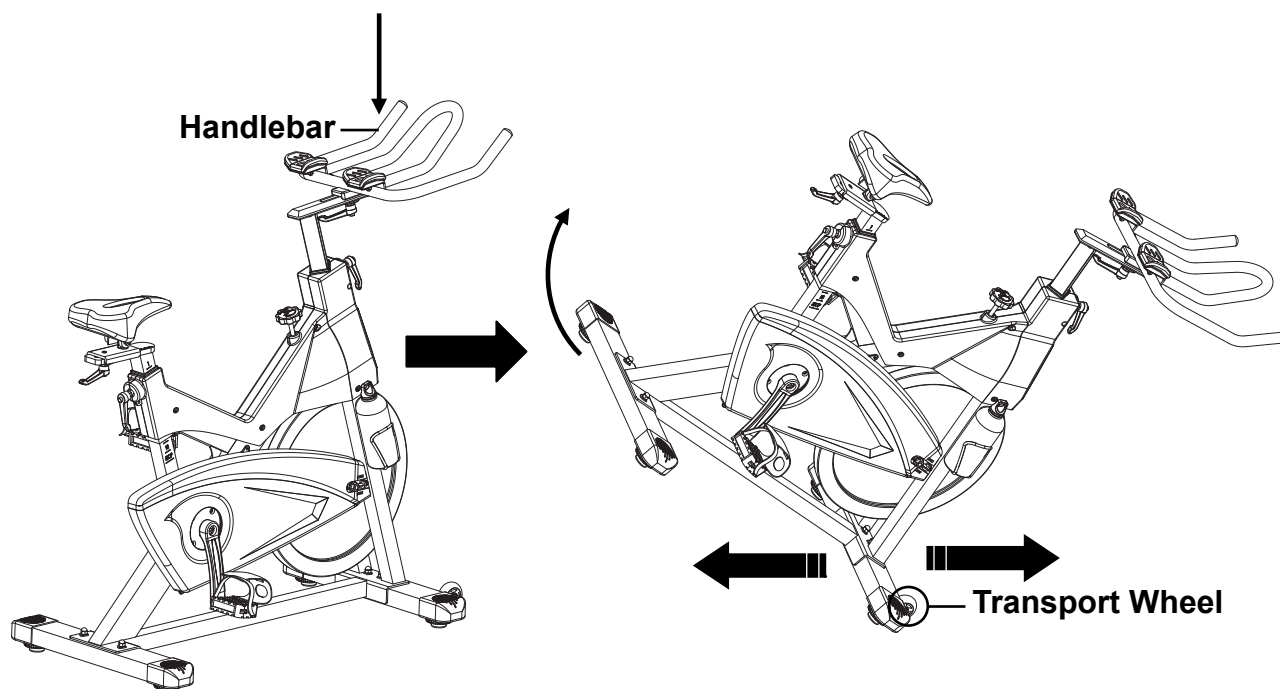


STEP 10

Attach the Water Bottle Holder (27) onto the Main Frame (10) with two Washers (26) and two Cross Recessed Pan Head Self Tapping Screws (24) that were removed. Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Put the Water Bottle (25) in the Water Bottle Holder (27).

HOW TO MOVE THE BIKE

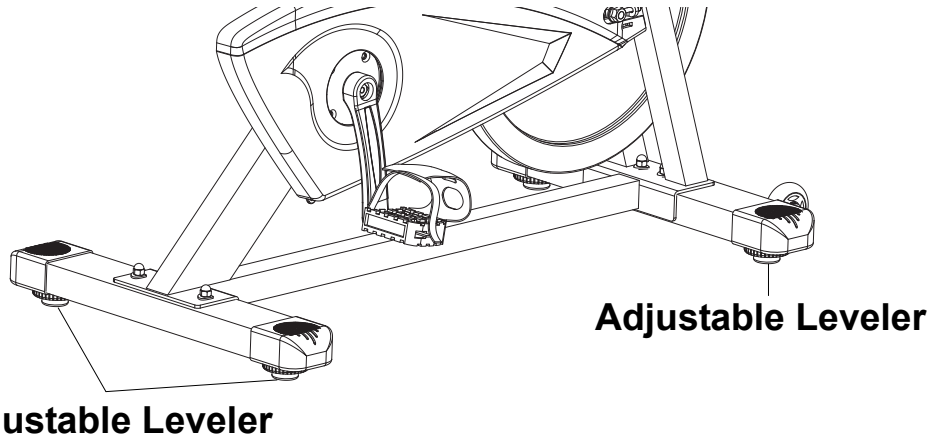


This bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

To move the 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.

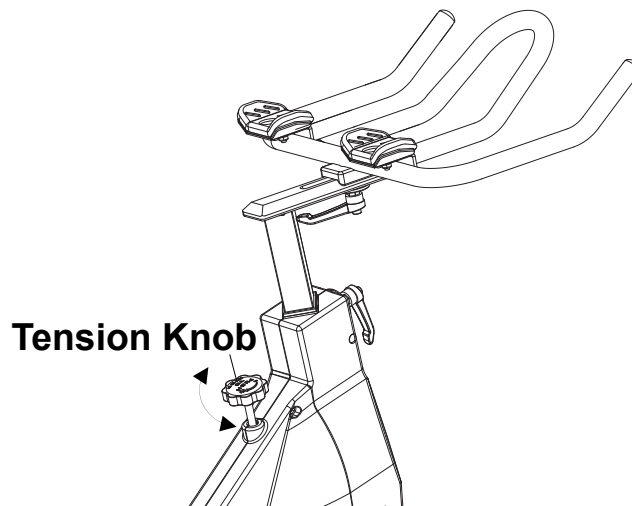
CAUTION: It is suggested you always use the aid of a second person when moving the bike.

ADJUSTMENTS



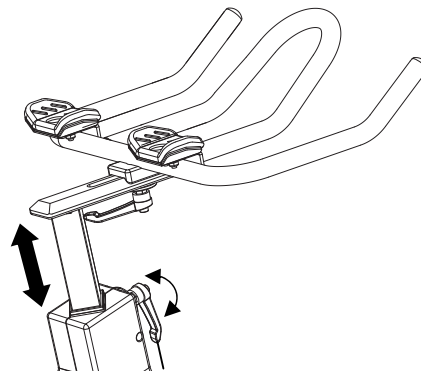
Adjusting the Adjustable Level

Turn the Adjustable Level 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.



L-Shape Knob

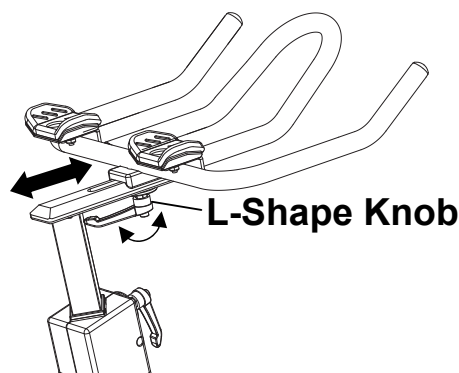
Adjusting the Handlebar Height

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 post in place by turning the knob clockwise direction.

The L-Shape Knob is spring loaded. If the L-Shape Knob strikes the other L-Shape Knob or 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.

NOTE: Do not raise the handlebar post beyond the "STOP" mark printed line on the handlebar post.

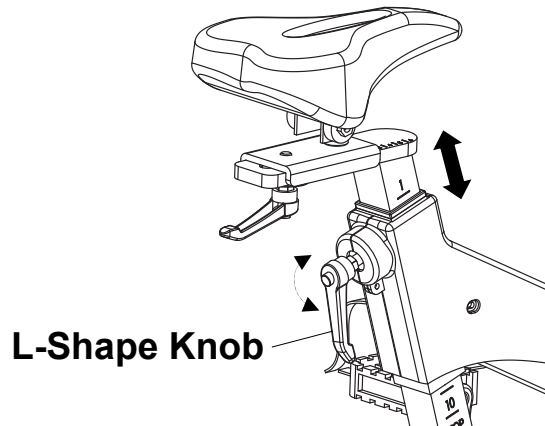


Adjusting the Handlebar Fore or Aft Position

Loosen the L-Shape Knob by turning it counterclockwise direction. Slide the handlebar forward or backward 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.



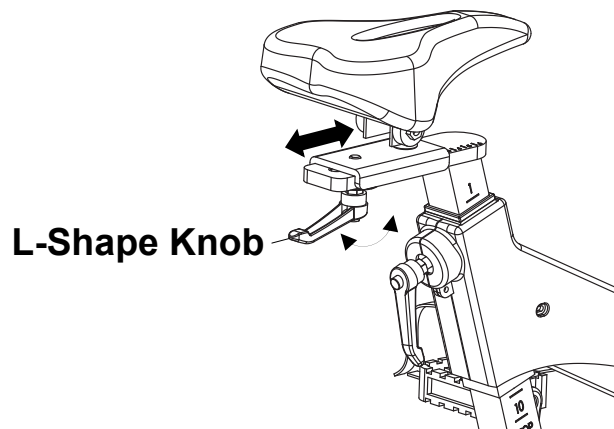
Adjusting the Seat Height

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

The L-Shape Knob is spring loaded. If the L-Shape Knob strikes the other L-Shape Knob or seat 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.

NOTE: Do not raise the seat post beyond the "STOP" mark printed line on the seat post.



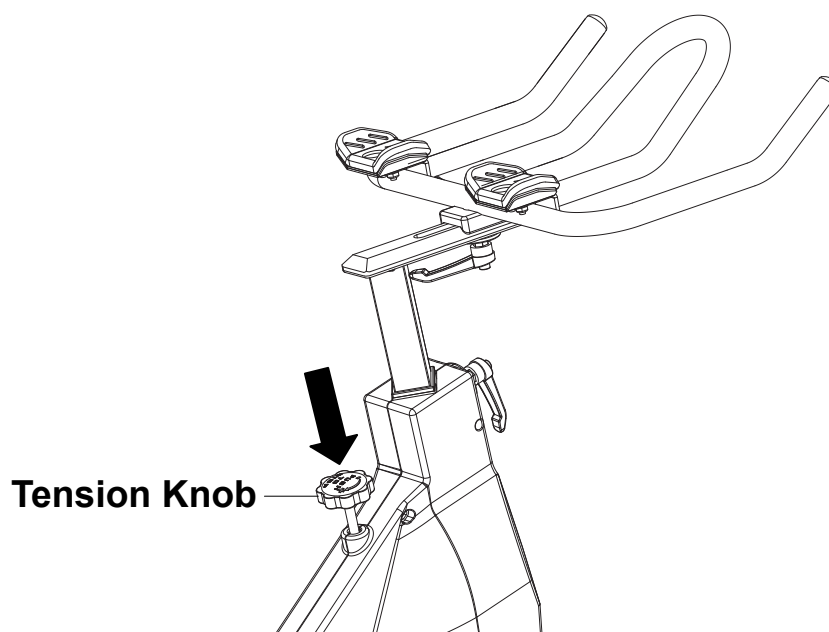
Adjusting the Seat Fore or Aft Position

Loosen the L-Shape Knob by turning it counterclockwise direction. Slide the seat sliding tube forward or backward direction to the desired position. Lock the seat sliding tube in place by turning the knob clockwise direction.

The L-Shape Knob is spring loaded. If the L-Shape Knob strikes the seat 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.

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.

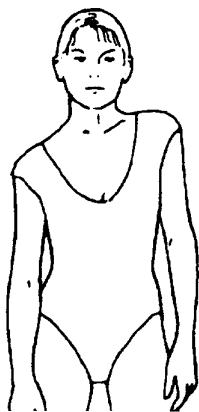
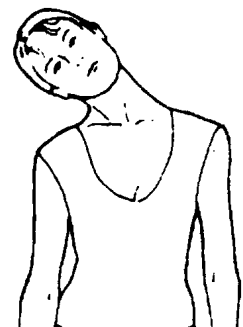
WARM UP AND COOL DOWN ROUTINE

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.

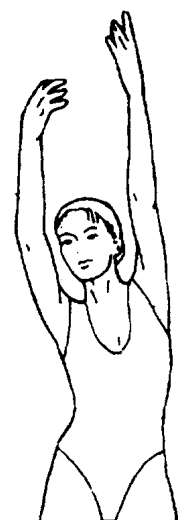
HEAD ROLLS

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.

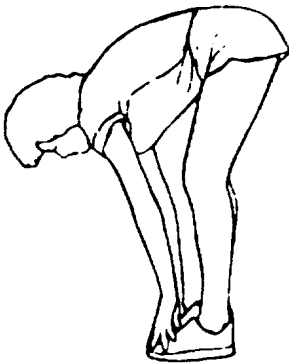


QUADRICEPS STRETCH

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.

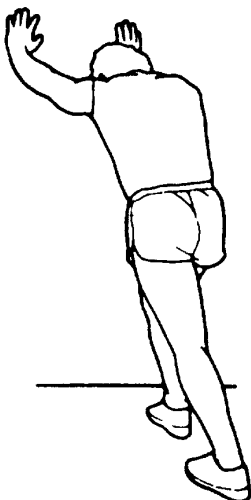
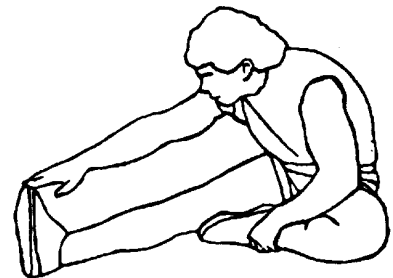


TOE TOUCHES

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.

