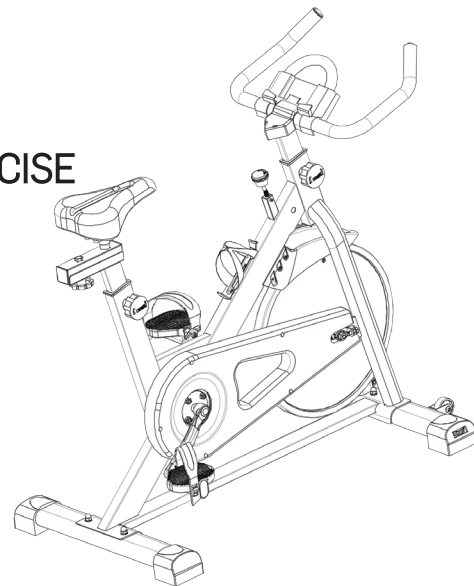




MAKING IT POSSIBLE

FIT PRO EXERCISE SPIN BIKE



Muscle
Toning



Weight
Loss

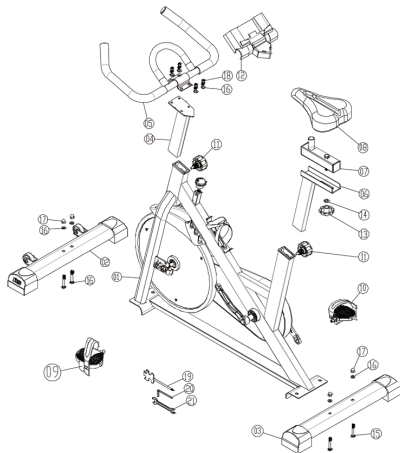
1 YEAR
WARRANTY

IMPORTANT SAFETY INFORMATION:

1. Read the instructions carefully before you use a spinning bike, guarantee that you receive the correct usage information. Including spare parts we have prepared for you.
2. The spinning bike is a home fitness equipment, max weight loaded: 120Kg/265lbs. Please follows the steps in the instructions carefully.
3. Please check the machine carefully before using it for the first time. And every two months after use, check the machine strictly according to the installation principle. Please try to keep the machine in normal use and use original accessories.
4. If you can't use it properly, please contact the dealer. Please avoid contact with items such as corrosive detergents. Please use after proper installation and inspection.
5. Please adjust all the adjustable parts to the maximum before installing.
6. This product is an adult fitness equipment, children should be used under the supervision of an adult.
7. Please do not use this product for dangerous actions. If you use this product under the guidance of a fitness professional, it will have a better effect. This product is an indoor exercise bike product, cannot be used as a medical aid, please be aware.
8. Warning/wrong exercise methods and excessive use can damage your health. Our company is not responsible for the damage caused by sudden illness and illegal operation.
9. Please make a reasonable training plan before use and use this product in strict accordance with the plan.
10. The resistance of this product is adjustable, you can choose suitable resistance.
11. For safe use of this product, please refer to the instruction manual.
12. Please check all knobs and screws carefully before use to ensure your safety.

13. The base needs to be tightened during installation, after the installation, in addition to the resistance adjustment, the LCD display adjustment, other adjustments must be adjusted before use, and use the screw to confirm that it will not be loose before use.
14. The product needs to be placed on a flat floor. If the ground is not flat, the balance of the base can be adjusted to balance the product.
15. It is necessary to adjust the resistance to the maximum after stopping the use, prevented the unsupervised children using the machine from hidden dangers.
16. Should ensure a safe operating space of a least half a meter around the bike.
17. The minimum distance for insertion of the Front post is the STOP position on the Front post, and the maximum distance is the top hole position.
18. This product uses friction brake, non-speed association, if you need emergency braking, press the resistance knob.
19. G.W./N.M.:27/23.5 (KG) [This is the weight of using the best accessories using ordinary accessories, the weight will be about 1kg lighter than the best one.]
20. Product assembled size: 101*56*106 CM.
21. This is an home-use fitness equipment, cannot be used without a flywheel.
22. If you need to stop using it, you can stop slowly without using the force or press the resistance knob to stop.
23. When the spinning bike is not in use, the emergency brake should be locked. The brake knob turns to the right (Clockwise rotation).
24. The manual is a full-size version manual, which will be reduced with the dealer's choice. Please consult the dealer for detailed configuration.
25. The final interpretation right belongs to the company.

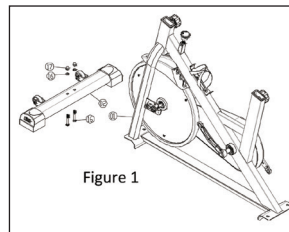
ACCESSORIES:



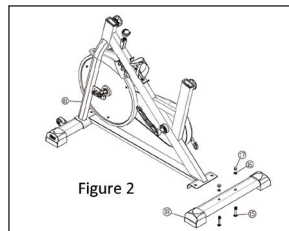
NO.	Accessories	specification	Quantity	NO.	Accessories	specification	Quantity
01	Main frame		1	12	Mobile phone holder		1
02	Front stabilizer		1	13	Plum blossom knob	M10	1
03	Rear stabilizer		1	14	Washer	$\phi 11 * \phi 20$	1
04	Front post		1	15	Carriage screw	M8*55	4
05	Handle bar		1	16	Washer	$\phi 9 * \phi 16$	8
06	Seat post		1	17	Cap screw	M8	4
07	Seat tube		1	18	Hexagon socket screw	M6*16 Cylindrical	4
08	Saddle		1	19	Cross wrench	19*17*15*13	1
09	Padel L		1	20	Allen wrench	6mm	1
10	Padel R		1	21	Open end wrench	13*15	1
11	Adjustable knob	M16	2				

ASSEMBLY INSTRUCTION:

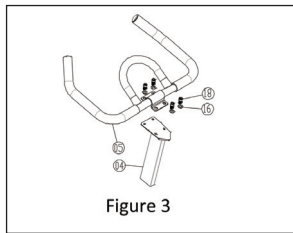
STEP 1: Attached the Front stabilizer (02) to main frame (01), locking them use two carriage screws M8*55(15), washer $\phi 9 * \phi 16$ (16), Cap screw M8 (17).



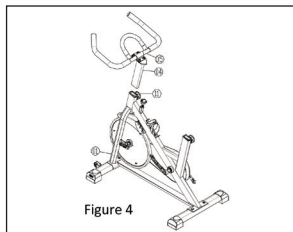
STEP 2: Attached the Rear stabilizer (03) to main frame (01) locking them use two carriage screws M8*55(15), washer $\phi 9 * \phi 16$ (16), Cap screw M8 (17).



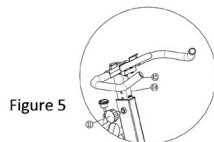
STEP 3: Attach the handlebar (05) to the front post (04) and fix them tightly with four hexagon socket screw M8*16 (18), washer $\varnothing 9 \times \varnothing 16$ (16),



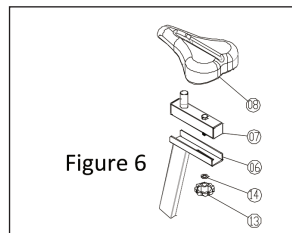
STEP 4: Insert the front post (04/05) in to the main frame (01) and adjust it to your required position.



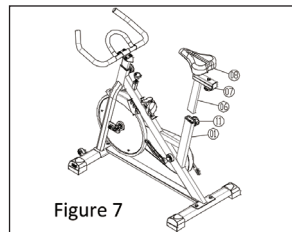
STEP 5: The handlebar can be adjusted up and down by the adjustable knob M16 (11).



STEP 6: Fix the saddle (08) to the seat tube (07) using washer (14) and plum blossom knob (13) and lock the saddle tightly at the first assembly. The saddle can be adjusted back and forth.



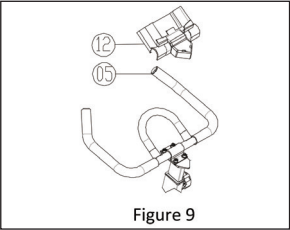
STEP 7: Insert the assembled seat post (06) to the main frame (01). Adjust it to your required position.



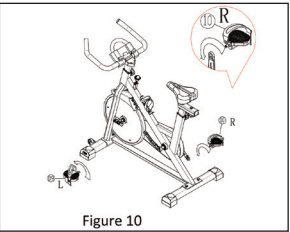
STEP 8: Saddle can be adjusted up and down with an adjustable knob (11).



STEP 9: Install the mobile phone holder (12) on the handlebar (05).



STEP 10: Screw the pedal R (10) to the crank. Please note that there is an "R" or "L" marked on the pedal separately. Please screw the pedal screw in clockwise.

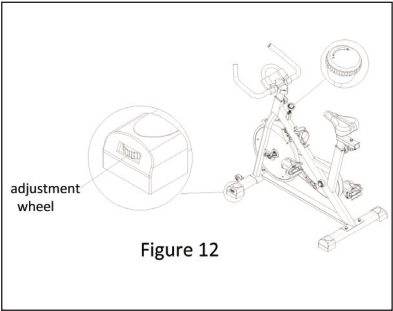


STEP 11: Screw the pedal L (09) to the crank. Please note that there is an "R" or "L" marked on the pedal separately. Please screw the pedal screw in counterclockwise.



Figure 11

STEP 9: If the spin bike is not stable after assembly, you can rotate the adjustment wheel to make adjustments.



Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 Year

Please note:

Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log onto to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.

Terms and Conditions:

1. This warranty is void if:
 - a. The completely filled warranty card is not presented at the time of servicing the product.
 - b. The product is not operated according to the instructions given under the user manual.
 - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - e. Product label specifying the model number, serial number and production code has been removed and altered.
 - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorized service provider.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorized service provider as well as any other expenses and incidentals will be borne by the consumer.
5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not withstanding the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

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Lifelong Online Retail Private Limited

Made in China

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please contact: customercare@lifelongindia.com
www.lifelongindiaonline.com