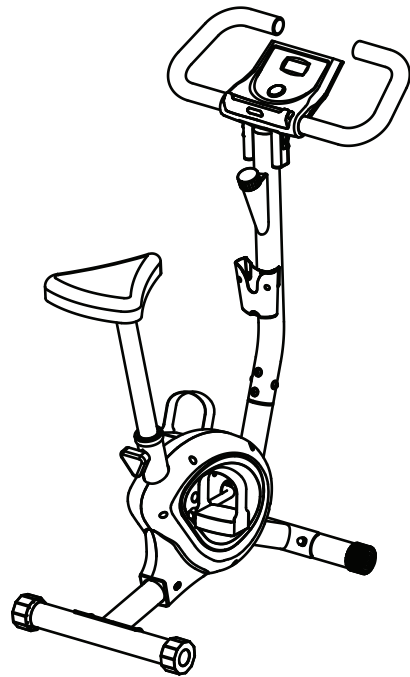


وسملانا

Exercise Belt Bike



Compact
Design



Maximum
Weight 100 kgs



Anti-Skid
pedal

1 YEAR
WARRANTY

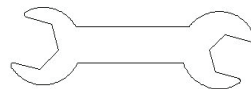
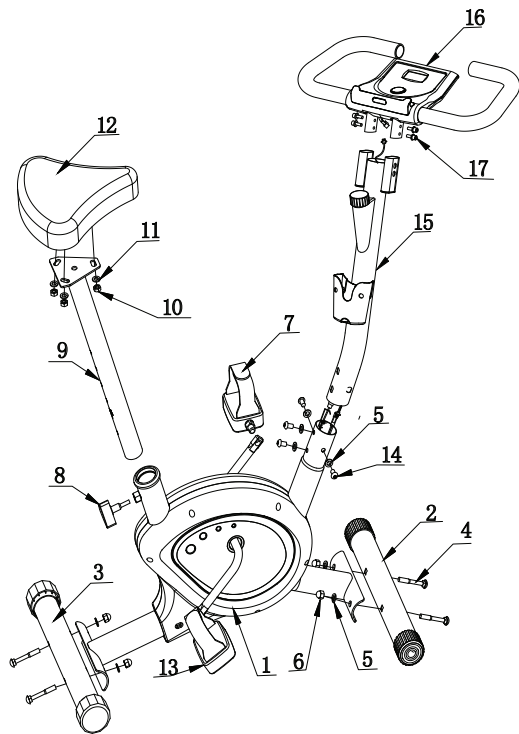
IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for reference.

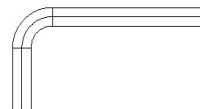
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.

6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

EXPLODED-VIEW ASSEMBLY DRAWING



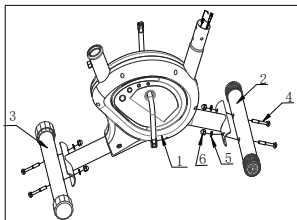
Regent Wrench



Allen Wrench

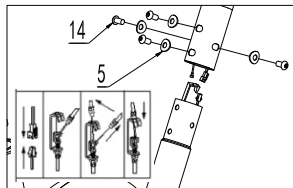
PART LIST

Description			QTY	Description			QTY
1	Main Frame		1	16	Speed Meter and Handlebar		1
2	Front Stabilizer		1	17	Allen Key Bolt		4
3	Rear Stabilizer		1				
4	Key Head Bolt		4				
5	Washer		4				
6	Domed Nut		4				
7	Pedal (Left)		1				
8	Adjustment Knob		1				
9	Seat Post		1				
10	Nylock Nut (M8)		3				
11	Washer		3				
12	Seat		1				
13	Pedal (Right)		1				
14	Allen Key Bolt		4				
15	Front Post		1				



STEP 1

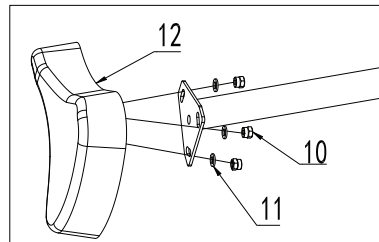
Attach the Rear Stabilizer (3) to the main frame (1) using two sets of domed nuts (6), washers (5) Key head bolts (4). Attach the Front stabilizer (2) to the main frame (1) using two sets of domed nuts (6), washers (5) Key head bolts (4).



STEP 2

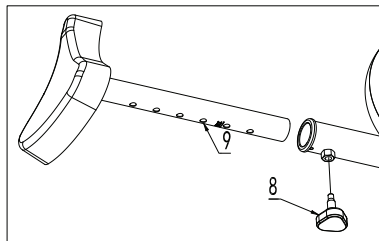
Take the front post (15) and connect the Upper Sensor Wire and Lower Sensor Wire .(see small fig.)Then slide the front post (15) into the front post housing, the fix with four Allen Key bolts (11) and four washers (5).

Note that please twist the resistance knob to minimum before hanging the resistance line.



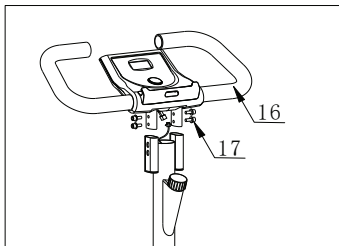
STEP 3

Fix the seat (12) to the seat post (9) using three small washers (11) and three nylock nuts (10) located under the seat.



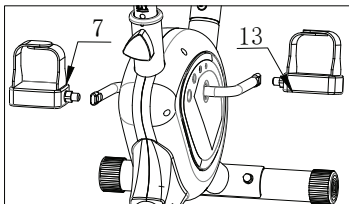
STEP 4

Insert the seat post (9) into the main frame (1) and line up the holes that give the correct seat height. (This can be done after it has been assembled.) Secure the seat in position with the adjustment knob (8).



STEP 5

Plug the Upper Computer Wire to the Computer (16). Fix the handle (16) using four Allen Key Bolts(17).

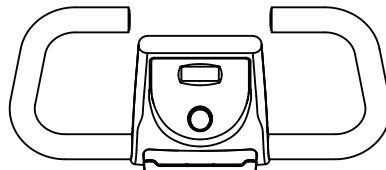


STEP 6

The pedals (7&13) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal on anti-clockwise.

INSTRUCTIONS FOR ELECTRONIC DISPLAY



Scan (SCAN): the display will automatically display in proper sequence in this state.

Distance (DST): Accumulated length in the motion process.

Speed (SPD): Display the riding speed in the motion process.

Timer (TMR): From 0 to 99:59.

Calories (CAL): Accumulated consumption in the motion process.

TIMER (TMR).....from 0 to 99:59 MIN Time

SPEED (SPD).....from 0 to 99.9 KM/H Speed

DISTANCE (DST).....from 0 to 999.9 KM
Distance

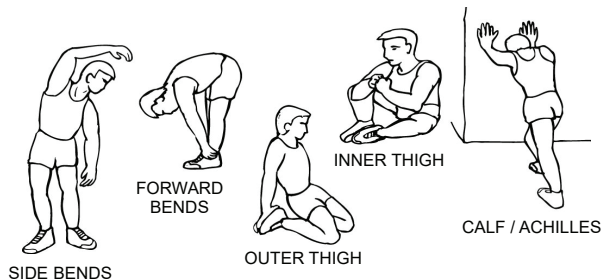
CALORIES (CAL)from 0 to 9999 KCAL
Calorie

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

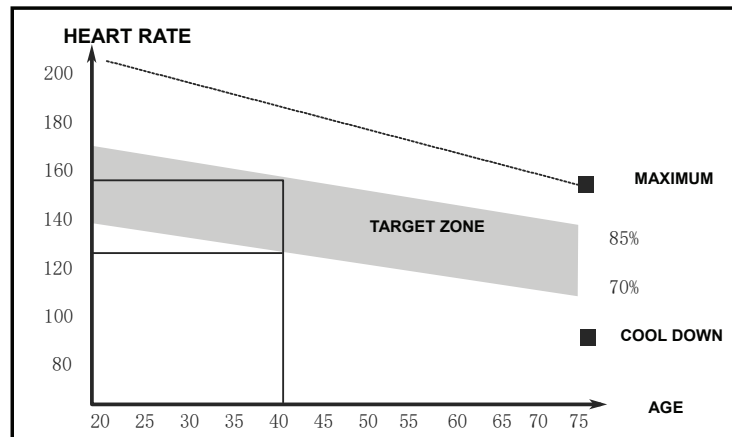
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

WEIGHT LOSS

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 6 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

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:

- This warranty is void if:
 - The completely filled warranty card is not presented at the time of servicing the product.
 - The product is not operated according to the instructions given under the user manual.
 - Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - Product label specifying the model number, serial number and production code has been removed and altered.
 - 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.
 - Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - 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.
- Repairs or replacements will be carried out by authorized service provider.
- 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 authorised service.
- All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
- 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.
- 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.
- 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.
- 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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