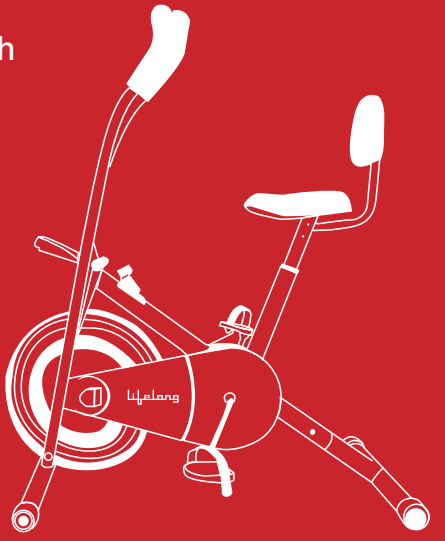
Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

For queries and complaints:
please contact: customercare@lifelongindia.com
www.lifelongindiaonline.com

lifelong

Fit Lite Airbike with Stationary Handle and Back Support



- Adjustable Seat
- Digital Display Monitor
- Foot Lock Pedal

6 MONTHS WARRANTY

INTRODUCTION:

Welcome to the Lifelong family.

Dear Customer,
Congratulations on purchasing Lifelong Fit Lite Airbike with Stationary Handle and Back Support and a warm welcome to the Lifelong family.

At Lifelong, we take pride in developing quality products for your home, health and happiness. Through constant innovation in our products, we have been able to develop a wide spectrum of products across Home, Kitchen, Grooming and Wellness categories. We strive to enrich the lives of the modern consumer every day. Keeping that in mind, we have offered all our products at a fair and honest price.

We hope that the Fit Lite Airbike with Stationary Handle and Back Support serves you and your family's needs without any hassles.

Thank you for becoming a part of the Lifelong family. Enjoy using the product!

Warm Regards,
Team Lifelong

IMPORTANT SAFETY INFORMATION:

WARNING: To reduce the risk of serious injury, read the following important precautions before using this Bicycle Exerciser.

1. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions.

2. Read all instructions in this manual before using the exerciser.Use the exerciser only as described.

3. Place the exerciser on a level surface. Cover the floor beneath the exerciser to protect the floor or
carpet.

4. Inspect and tighten all parts regularly. Make sure that the chain is properly adjusted. Replace any
worn parts immediately.

5. Keep children under age 12 and pets away from the exerciser at all times.

6. The exerciser should not be used by persons weighing more than 100 kgs or 220 pounds.

7. Keep hands and feet away from the chain wheel, link chain and other moving parts.

8. Do not wear loose clothing that could become caught on the exerciser. Always wear athletic shoes for foot protection. Adjust the pedal straps to keep your shoes from slipping away. Rubber soled shoes and athletic socks are recommended. NEVER operate without wearing the shoes.

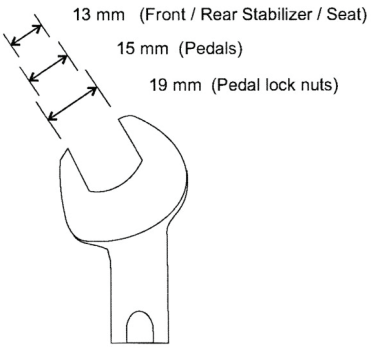
9. When adjusting the seat, insert the seat knob through one of the holes in the seat post. Do not Insert the seat knob under the seat post.

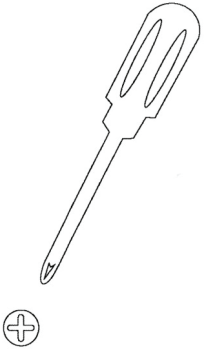
10. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.

11. The exerciser is intended for home use only. Do not use the exerciser in any commercial, rental or institutional setting.

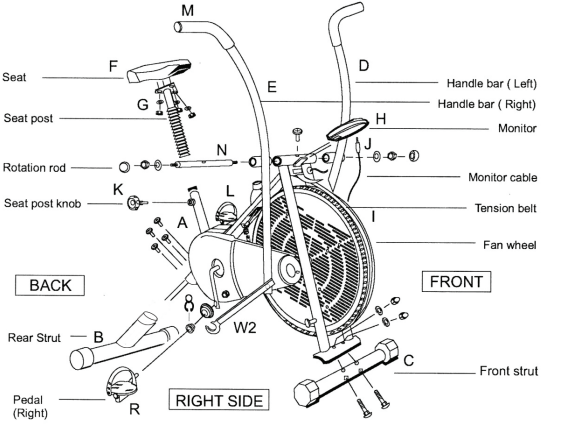
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assumes no responsibility for personal injury or property damage sustained by through the use of this product.

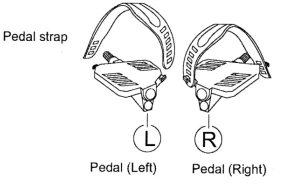
TOOLS REQUIRED FOR ASSEMBLY





EXPLODED-VIEW ASSEMBLY DRAWING:





ASSEMBLY INSTRUCTION:

STEP 1: Attach the rear strut. Remove the indicated end cap from the rear of the main frame(part A). Discard it. Slide rear strut (part B) into the rear of the main frame (part A) , screw in 4 Phillips screws, securing rear strut to main frame.

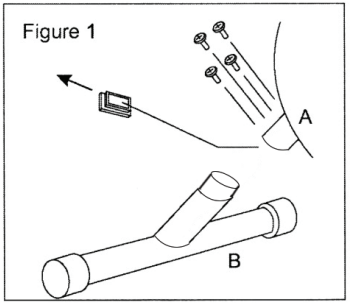


Figure 1

STEP 2: Mount the front strut. Place front strut (part C) into saddle bracket at the front of the frame. The square holes must be placed in down position.Align the holes in the front strut with the holes in the bracket and put 2 carriage bolts through the holes. Place 2 washers on bolts and screw on 2 dome nuts and tighten

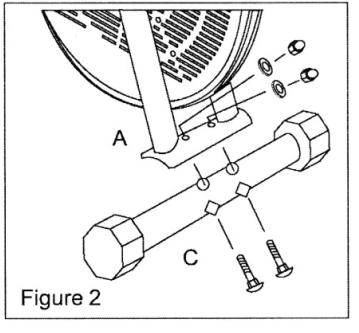
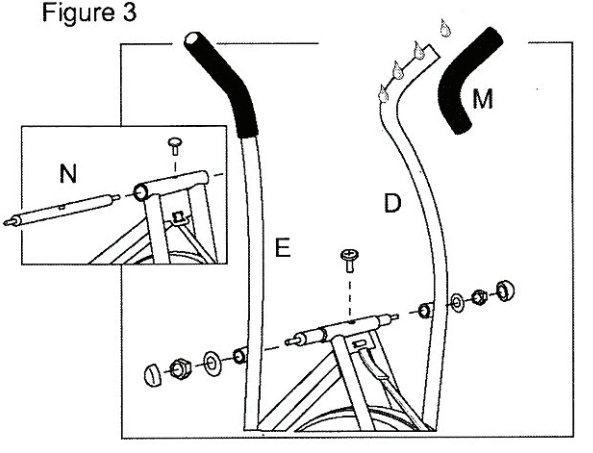


Figure 2

STEP 3: Attach the handlebars.Remove the screw, nuts and washers from the rotation rod (part N). Slide handlebar rotation rod through the linkage tube at the top of main frame. The rod may need a lithe lubricant to easy slide through the bushings at either end of the linkage tube. Center the rod and rotate it until the set hole in (the rod aligns with the hole in the center of the linkage tube. Screw the fixing screw into the aligned hole and secure it. Remove the parts and bike from the carton and identify them using the expanded illustration. Attach the left handle (D), the left handle is marked with an "L". Put the handlebar pivot housing on the left side of the rotation rod. Slide the rotation rod's thread stem through pivot housing bushings. Place a washer on stem and screw on nut. Place the plastic end cap you can find it in the screw pack onto nut after final tightening. Attach the right handle (E) in the same manner. Slide the foam grips (M) on to the handlebars. A small amount of liquid soap will ease installation.

Figure 3



STEP 4: Install the pedals.The right pedal (part R) is marked with an 'R". The left pedal (part L) is marked with an "L". It is important that each pedal goes on the proper side. Select the right pedal. Slide a two step pedal bushing on to pedal first then slide a ball bearing next to the bushing. Now screw the pedal stem into the right pedal arm. Right pedal lightens clockwise. You must secure it tightly. Screw on to the pedal's stem the lock nut (SILVER) until tight. Rotate the handlebar's link arm to meet the pedal. Bring the " C " slot on the link arm up from the bottom to hock on the bearing on the pedal stem. Now place the " C " clip locking the link arm on the bearing.

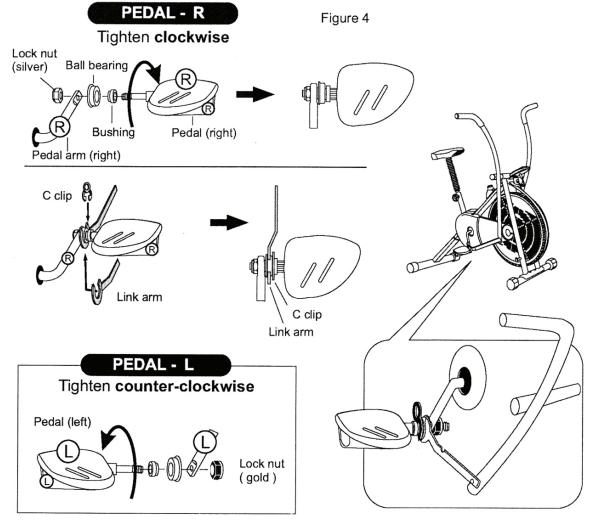


Figure 4

STEP 5: Mount seat (part F). Remove nuts and washers from studs on bottom of seat (F). Place seat onto seat post (G) and replace washers and nuts. Secure tightly. Select seat height adjust knob (K), slide the seat post bellow onto the seat post first then slide the seat post into main frame aligning a set of holes in the seat post with the seat height screw hole.
Screw in seat post knob. Secure tightly.

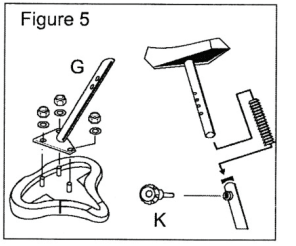


Figure 5

STEP 6: Mount monitor (part H). Insert batteries into battery holder being sure to follow battery diagram. Check to be sure monitor shows a display. If it does not, check batteries and battery installation. Plug monitor cable (part J) coming from main frame into back of monitor. Slide monitor on to the main frame.

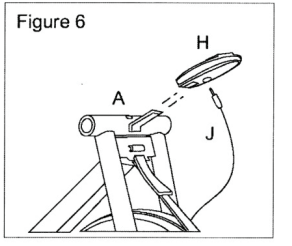


Figure 6

OPERATION:

1. LEVELING THE BICYCLE EXERCISER.
Place the BICYCLE EXERCISER in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor. If the bike is not stable, turn the end caps on the front strut (part C) until the bike is stable. Turn one end cap at a time as it may only be necessary to adjust one.

2. ADJUSTING THE TENSION
The BICYCLE EXERCISER has a tension control knob on the main frame that can be turned to increase or decrease the tension. Turn clockwise to increase, counter-clock-wise to decrease. The tension range can be increase or decrease by adjusting the tension strap (part 1). Turn the tension knob counter-clock wise until it stop. Pull the tension strap through the strap's buckle at the top of the main frame to make the strap tighter around the fan disk increasing the strength of the tension range. Loosen the strap to decrease it. Use the tension knob to further adjust the tension.

3. Wear the proper clothing. Clothes that are not restrictive and are comfortable. NOTE: When wearing long pants, be sure the legs are not too flopping so that they will not get caught in the chain sprocket.

4. Wear suitable footwear, adjust the petal strap to keep your shoes from slipping away. Rubber soled shoes and athletic Socks are recommended. NEVER operate without wearing the shoes.

5. Place the exercise bike on a hard flat surface in a convenient area. Be sure there is good air circulation at its location. It is recommended that the surface be ease to clean so that any residual from using, such as perspiration, may be cleaned without a problem.

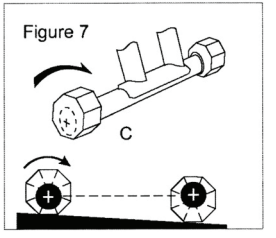
6. The bike should not be used by children or handicapped persons without a qualified person in attendance.

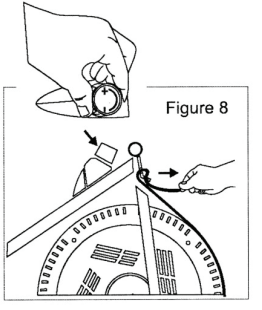
7. Diet is as important as exercising for good physical conditioning. The practice of good nutrition is essential to your fitness program.

8. DO NOT OVER DO IT. Set goals you can achieve without overexertion.

9. Always do a warm-up and cool-down period when exercising. Start slow and finish slow.

10. Consult with a physician before starting any exercise program or diet.





THE EXERCISE MONITOR:

This monitor is equipped with an auto on/ auto off function. The monitor will come on automatically if the exercise bike is in motion. If slop exercisin 9 for over 4 minutes, monitor will turn itself off. You can view the progress of any function when using the bike by simply pressing the model button until the function you want to observe is displayed.



MONITOR USES 2 "LR44" BATTERIES.

FUNCTIONS AND OPERATIONS:

1. SCAN
Press the button until the ARROW points to SCAN, (or press the button until SCAN appears) monitor will automatically cycles between SPEED, DISTANCE, TIME & CALORIES every 6 seconds.

2. SPEED
Press the button until the ARROW points to SPEED, the monitor will display the current speed.

3. DISTANCE
Press the button until the ARROW points to DISTANCE and it will display the trip distance you are traveling.

4. TIMER
Press the button until the ARROW points to to count up your exercise time.

5. CALORIES
Press the button until the ARROW points to CALORIES to accumulate the calorie consumption.

An average calorie burn will be accumulated when pedalling the bike and it will be displayed when this function is selected. The calculation is based on length of pedalling time and speed.

There is no accumulation when there is no pedalling action. The calorie count will be cleared each time the unit shuts off. Calories burned are for reference only. User's age, weight and other factors help to determine actual calories burned.

6. RESET
By pressing the button for 2 seconds, all the functional values will be reset to zero.

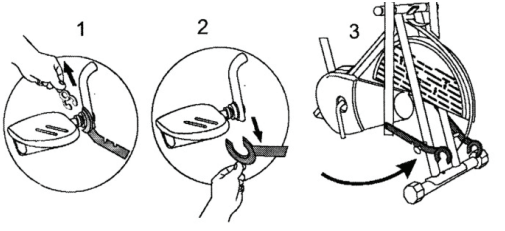
EXERCISING YOUR CYCLE:

It is possible to use your cycle in three different ways, made possible by its ability to be converted quickly from its special DUAL ACTION mode with linked handlebars to normal SINGLE ACTION, cycle only mode with static Handlebars.

TOTAL BODY WORKOUT
With your cycle set up with the handlebars to linked the pedals in synchronized mode, sit on the cycle and start pedalling, initially with the cycle tension set to a low setting while holding the handlebars. Increase the cycle tension as desired while exercising or when your fitness level increases. Muscles in the legs and thighs are exercised by the rotational effort generated by the handlebars. See Figure A.

LOWER BODY WORKOUT
To convert your cycle for CYCLE ONLY mode, simple remove the pedal-link arm lock ring, the C Clip, from each pedal and disconnect the left and right hand Link Arm from each pedal. At this point rotate each Link Arm 180 degree and locate the small cut-out which is positioned approximately in front of the Link Arm onto the Lock Peg which is welded to the lower part of the main frame's front upright. The handlebars will then be locked in position. See Figure B.
Note : Refit the pedal-link arm lock ring, the C Clip, to each pedal assembly again before use.

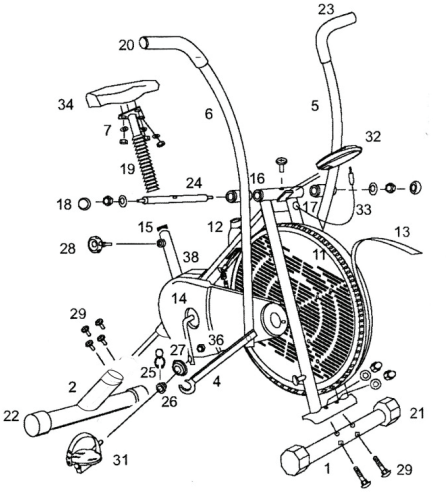
UPPER BODY WORKOUT With the handlebars linked to the DUAL ACTION synchronized mode, stand on the Rear Strut with the back of the seat positioned comfortably in the midriff area for forward to grasp both handlebars. Using a push-pull motion , move the handle bars towards your body and maintain a good momentum. This will provide rotational exercise to aid mobility to the lower back, as well as helping increase arm muscle tone and strength. See Figure A.

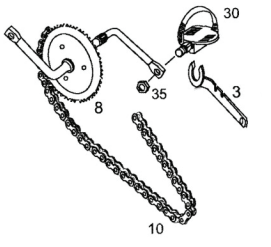


WEIGHT LOSS:

Key No.		Description
1	C	Front strut
2	B	Rear strut
3	W1	Link arm (left)
4	W2	Link arm (right)
5	D	Handlebar (left)
6	E	Handlebar (right)
7	G	Seat post
8		Chain Wheel set
9		Pedal arm
10		Chain
11		Fan wheel
12		Tension adjuster set
13	I	Tension belt
14		Chain guard
15		Seat post sleeve
16		Rotation rod bushing
17		Cable clip
18		Rotation rod end cap
19		Seat post bellows
20		Handlebar end cap

Key No.		Description
21		Front strut end cap
22		Rear strut end cap
23	M	Foam grip
24	N	Handlebar rotation rod set
25		C clip
26		Pedal bushing
27		Pedal bearing
28	K	Seat post knob
29		Screw pack
30	L	Pedal (left)
31	R	Pedal (right)
32	H	Monitor
33	J	Monitor cable
34	F	Seat
35		Pedal lock nut (L)
36		Pedal lock nut (R)
37		Operator's manual
38	A	Main frame





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 them date of purchase.
Name of the product: _____
Model: _____
Warranty coverage: 6 Months

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 on 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 authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as will 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 warrantied, 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 lass.
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 with standing 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 reply on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.