

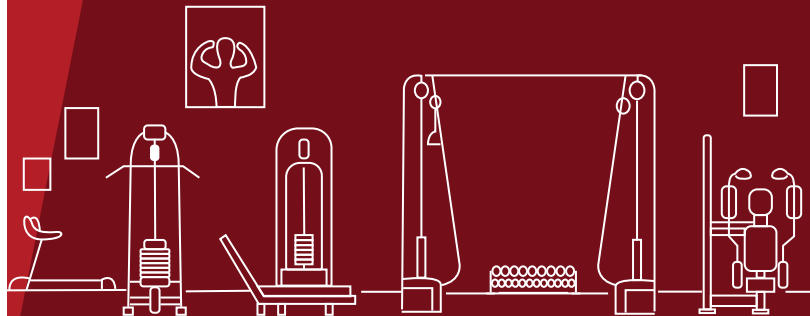
Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

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

lifelong

FIT PRO EXERCISE SPIN BIKE

User Manual



Built for Endurance. Built for India.

INTRODUCTION:

Dear Customer, Congratulations!

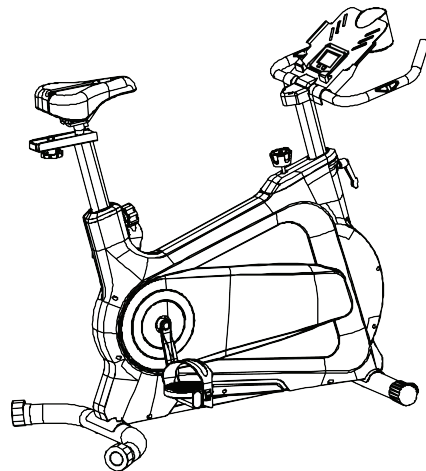
We welcome you to the Lifelong family, as you welcome our Lifelong Fit Pro Exercise Spin Bike to be a part of your home.

At Lifelong, our products are carefully built for the needs of India, which is why we have crafted a diverse range of innovative products, across a spectrum of categories - Home, Kitchen, Grooming, Fitness, Lifestyle and Smart Home, to better help you. We then deliver them at the best prices, enriching your everyday living.

We are sure you can't wait to start using your new Lifelong Fit Pro Exercise Spin Bike. We know we can't!

Looking forward to building our bond for life, cheers!

Thank you, Team Lifelong



LLSB06

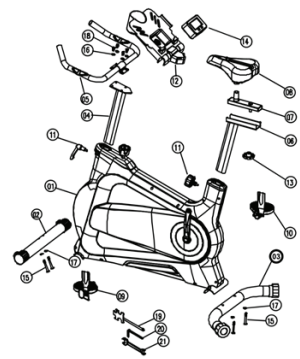
TABLE OF CONTENTS:

- 1. About the Product
- 2. Accessories
- 3. Assembly Instructions
- 4. Operation Instructions
- 5. Console Features
- 6. Safety Instructions
- 7. Terms & Conditions
- 8. Warranty Card

ABOUT THE PRODUCT:

Get fit at home with the Lifelong Fit Pro Exercise Spin Bike. Experience the complete cardio workout without leaving the comfort of your home with the Lifelong exercise Spin Bike! Spare yourself a gym membership fee and make your home your favourite place to work out with this top-quality home exercise equipment.

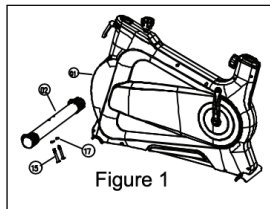
ACCESSORIES:



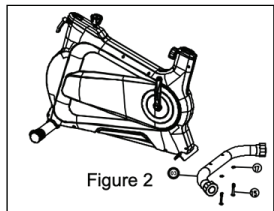
NO.	Accessories	specification	Quantity	NO.	Accessories	specification	Quantity
01	Main frame		1	12	Mobile phone holder		1
02	Front stabilizer		1	13	Plum blossom knob	Ø10	1
03	Rear stabilizer		1	14	Washer	φ11×φ20	1
04	Front post		1	15	Carriage screw	Ø8×55	4
05	Handle bar		1	16	Washer	φ9×φ16	8
06	Seat post		1	17	Cap screw	Ø8	4
07	Seat tube		1	18	Hexagon socket screw	Ø8×16; 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	Ø16	2				

ASSEMBLY INSTRUCTIONS:

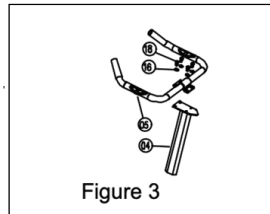
STEP 1: Attach the Front stabilizer (02) to mainframe (01), to lock them, use two carriage screws (15), Washer (17), as shown in figure 1:



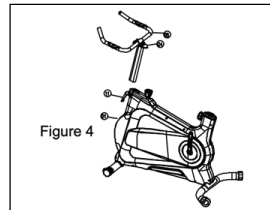
STEP 2: Attach the Rear stabilizer (03) to the mainframe (01) lock them using two carriage screws (15), Washer (17), as shown in figure 2:



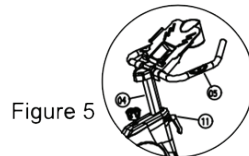
STEP 3: Attach the handlebar (05) to the front post (04) and fix them tightly with four hexagon socket screws (18), Flat Washer (16). As shown in Figure 3:



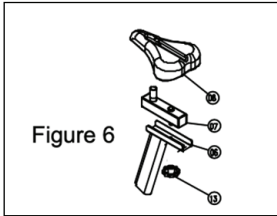
STEP 4: Insert the front post (04/05) into the mainframe (01) and adjust it to your required position. As shown in figure 4:



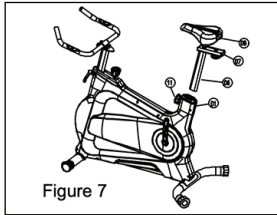
STEP 5: The handlebar can be adjusted up and down by the adjustable knob (11). As shown in figure 5:



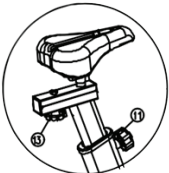
STEP 6: Fix the Seat (08) to the Seat tube (07) use Plum knob (13) and lock the seat tightly at the first assembly. The seat can be adjusted back and forth. As show in figure 6:



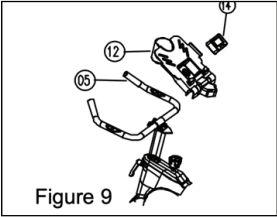
STEP 7: Insert the assembled seat post (06) to the main frame (01). Adjust it to your required position. As shown in figure 7:



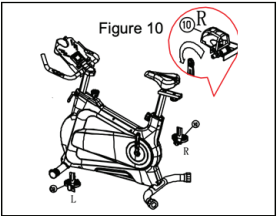
STEP 8: Saddle can be adjusted up and down with an adjustable knob (11). As shown in figure 8:



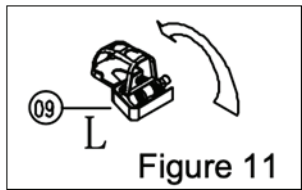
STEP 9: Install the mobile phone holder (12) and the electronic watch (14) on the handlebar (05). As shown in figure 9:



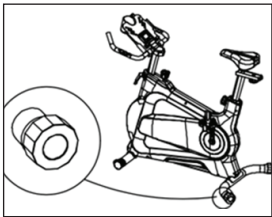
STEP 10: Screw the pedal R (10) to the crank. Please note that there is an "R" or "L" marked on the pedal separately. Please screw the pedal screw in clockwise.



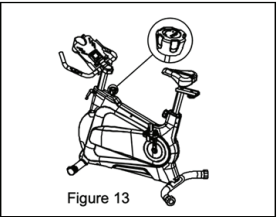
STEP 11: Screw the pedal L (09) to the crank. Please note that there is an “R” or “L” marked on the pedal separately. Please screw the pedal screw in counter clockwise. As shown in figure 11:



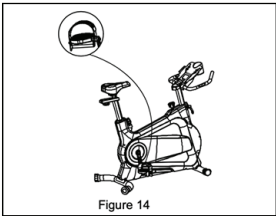
STEP 12: If the spin bike is not stable after assembly, you can rotate the adjustment wheel to adjust.



STEP 13: Rotary resistance adjustment knob to adjust resistance. Press the resistance knob for emergency braking. As shown in figure 13:



STEP 14: After assembly is complete, carefully inspect all the screws of each component to ensure that all are securely fastened before use. As shown in figure 14:

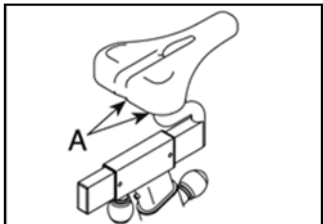


OPERATION INSTRUCTIONS:

HOW TO ADJUST THE ANGLE OF THE SADDLE

You can adjust the angle of the saddle to the position that is most comfortable. You can also slide the saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the saddle, loosen the nuts (A) on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, re-tighten the nuts.

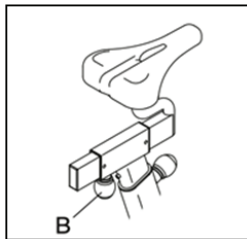


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both levelling feet on the front and rear stabilizers until the rocking motion is eliminated.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SADDLE

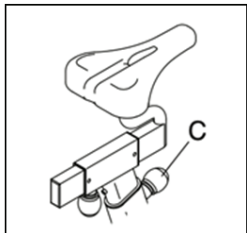
To adjust the position of the saddle, first loosen the adjustment knob (B) and pull it downward. Then, move the saddle forward or backward, release the adjustment knob into an adjustment hole in the saddle carriage, and firmly tighten the adjustment knob. Make sure that the adjustment knob is engaged in an adjustment hole.



HOW TO ADJUST THE SADDLE POST

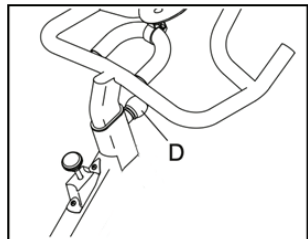
For effective exercise, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the saddle post first loosen the adjustment knob (C) and pull it outward. Then, move the saddle post upward or downward, release the adjustment knob into an adjustment hole in the saddle post, and firmly tighten the adjustment knob. Make sure that the adjustment knob is engaged in an adjustment hole.



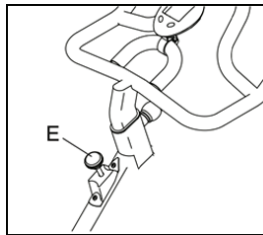
HOW TO ADJUST THE HANDLEBAR

To adjust the height of the handlebar, first loosen the adjustment knob (D) and pull it outward. Then, move the handlebar upward or downward, release the adjustment knob into an adjustment hole in the handlebar, and firmly tighten the adjustment knob. Make sure that the adjustment knob is engaged in an adjustment hole.



HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob (E) clockwise; to decrease the resistance, turn the resistance knob counter-clockwise.



To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO MAINTAIN THE EXERCISE BIKE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

CONSOLE FEATURES:

FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, speed, distance, calories, and odometer modes, for a few seconds each, in a repeating cycle.

Time (TIME)—This mode displays the elapsed time. Note: If you set a time goal (see step 2 on this page), this display will show the time remaining in your workout.

Speed (SPEED)—This mode displays your pedalling speed, in kilometres per hour.

Distance (DIS)—This mode displays the distance that you have pedalled during your workout, in kilometres. Note: If you set a distance goal (see step 2 on this page), this display will show the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your work-out. Note: If you set a calorie-burning goal (see step 2 on this page), this display will show the number of calories yet to be burned in your workout.

Odometer (ODO)—This mode displays the total distance, in kilometres, that has been pedalled since the odometer was last reset. Note: To reset the odometer, remove the batteries from the console and then reinsert them.

SAFETY INSTRUCTIONS:

1. The spinning bike is a home fitness equipment, max weight loaded: 120Kg/265lbs. Please follows the steps in the instructions carefully.
2. 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.
3. Please contact the dealer in case of a problem. Please avoid contact with items such as corrosive detergents. Please use after proper installation and inspection.
4. Please adjust all the adjustable parts to the maximum before installing.
5. This product is an adult fitness equipment; children should be used under the supervision of an adult.
6. 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.

7. 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.

8. Please make a reasonable training plan before use and use this product in strict accordance with the plan.

9. The resistance of this product is adjustable; you can choose suitable resistance.

10. For safe use of this product, please refer to the instruction manual.

11. Please check all knobs and screws carefully before use to ensure your safety.

12. 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.

13. 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.

14. It is necessary to adjust the resistance to the maximum after stopping the use, prevented the unsupervised children using the machine from hidden dangers.

15. Should ensure a safe operating space of a least half a meter around the bike.

16. 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.

17. This product uses friction brake, non-speed association, if you need emergency braking, press the resistance knob.

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 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 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 rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

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: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongonline.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.