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- › [RELIFE REBUILD YOUR LIFE](#) /
- › [RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike User Manual](#)

RELIFE REBUILD YOUR LIFE JL-707

RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike User Manual

1. INTRODUCTION

Thank you for choosing the RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: The RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike, showcasing its design and features.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure proper operation of the exercise bike.

- Always inspect the exercise bike before each use for loose parts, wear, or damage. Do not use if any issues are found.
- Ensure the bike is placed on a stable, level surface. Use a mat underneath to protect flooring and reduce noise.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and athletic shoes. Avoid loose clothing that could get caught in moving parts.

- The maximum user weight capacity for this exercise bike is 400 LBS (approximately 181.44 kg). Do not exceed this limit.
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Use the emergency stop knob immediately if you feel unwell or need to stop the flywheel quickly.
- Do not dismount the bike until the flywheel has completely stopped.

3. SETUP AND ASSEMBLY

The RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike is designed for straightforward assembly. Tools and detailed instructions are included in the package. For a visual guide, you may search for the "RELIFE REBUILD YOUR LIFE" brand channel on YouTube for installation videos.

3.1. Unpacking

Carefully remove all components from the packaging. Verify that all parts listed in the included parts list are present and undamaged.

3.2. Assembly Steps

Follow the step-by-step instructions provided in the separate assembly guide. Ensure all bolts and nuts are securely tightened before first use. Pay close attention to the attachment of the pedals, seat, handlebars, and base stabilizers.

4. OPERATING INSTRUCTIONS

4.1. Adjusting Resistance and Emergency Stop

The exercise bike features an adjustable resistance system. Turn the red knob clockwise to increase resistance and counter-clockwise to decrease it. To stop the flywheel immediately, press down firmly on the red knob.

ADJUSTABLE EMERGENCY STOP SETTING



Image 4.1: Diagram illustrating the adjustable resistance and emergency stop knob with percentage indicators for resistance levels.

4.2. LCD Monitor Functions

The integrated LCD monitor tracks your workout data. It typically displays the following metrics:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.

The monitor is powered by 2 AAA batteries (included). Refer to the monitor's specific instructions for detailed operation and battery replacement.

LCD MONITOR & IPAD HOLDER



Image 4.2: Close-up of the LCD monitor displaying workout metrics, with an integrated holder for a tablet or smartphone.

4.3. Adjusting Seat and Handlebars

The seat and handlebars are adjustable to accommodate various user heights and preferences, ensuring a comfortable and effective workout posture. There are 8 levels of adjustment for both the seat and handlebars.

- **Seat Height:** Adjustable from approximately 30.3 inches to 34.7 inches. Loosen the adjustment knob, slide the seat post to the desired height, and re-tighten securely.
- **Handlebars Height:** Adjustable from approximately 35.8 inches to 41.7 inches. Loosen the adjustment knob, raise or lower the handlebars, and re-tighten securely.
- **Seat Distance:** The distance between the cushion and handlebars can be adjusted from 21.3 inches to 23.6 inches.

ADJUSTABLE SEAT & HANDLE

8 LEVEL fit for all kinds of people workout



Image 4.3: Illustration of the adjustable seat and handle, showing the range of height adjustments for optimal user fit.

4.4. Moving the Exercise Bike

The exercise bike is equipped with front transportation wheels for easy relocation. To move the bike, tilt it forward by lifting the rear stabilizer until the front wheels make contact with the floor, then roll it to the desired location.



Image 4.4: Detail showing the balance regulators for adjusting flatness on uneven ground and the front transportation wheels for mobility.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your RELIFE REBUILD YOUR LIFE JL-707 Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness. Re-tighten as necessary.
- **Flywheel:** The heavy-duty flywheel is designed for quiet operation. Keep the area around the flywheel clean and free of debris.

All-Inclusive Heavy Duty Flywheel More Safe



Image 5.1: View of the all-inclusive heavy-duty flywheel, highlighting its quiet operation and robust construction supporting up to 400 LBS.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your exercise bike.

- **Squeaking Noises:** Check all connections and bolts for tightness. Lubricate moving parts if necessary, following the assembly guide's recommendations.
- **LCD Monitor Not Displaying:** Ensure the 2 AAA batteries are correctly installed and have sufficient charge. Replace batteries if needed. Check the connection cable to the sensor.
- **Unstable Bike:** Verify that the bike is on a level surface. Adjust the balance regulators on the base stabilizers to compensate for uneven flooring.

If you experience issues not covered here or require further assistance, please contact customer support.

7. SPECIFICATIONS

Feature	Specification
Model Number	JL-707
Product Dimensions	101.6 x 101.6 x 101.6 cm (39.4"x20.9"x41.7")
Product Weight	24.95 kg (55 LBS)
Flywheel Weight	13 LBS
Maximum Weight Capacity	181.44 kg (400 LBS)
Material	Alloy Steel
Drive System	Belt
Resistance Mechanism	Friction
Display Type	LCD
Meter Functions	Calories Burned, Distance, Speed, Time
Power Source	Battery Powered (2 AAA batteries included)
Seat Cushion Size	10.2 x 7.9 inches
Seat Height Adjustable Level	30.3 - 34.7 inches
Handlebars Height Adjustable Level	35.8 - 41.7 inches
Cushion and Handlebars's Distance	21.3 - 23.6 inches
Special Features	Water Bottle Holder

8. WARRANTY AND SUPPORT

RELIFE REBUILD YOUR LIFE is committed to providing quality products. This exercise bike is constructed with durable alloy steel, ensuring a robust and safe environment for your workouts. For any product-related inquiries, technical support, or warranty claims, please refer to the customer support information provided with your purchase or contact the manufacturer directly.