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› **Lifelong Fit Pro Spin Fitness Bike LLSBB29 User Manual**

Lifelong LLSBB29

Lifelong Fit Pro Spin Fitness Bike LLSBB29 User Manual

Model: LLSBB29

1. INTRODUCTION

Thank you for choosing the Lifelong Fit Pro Spin Fitness Bike. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before using the bike and retain it for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure the bike is placed on a flat, stable surface.
- Keep children and pets away from the bike during operation.
- Wear appropriate exercise attire and footwear.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- Do not exceed the maximum user weight of **120 Kilograms**.
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PRODUCT OVERVIEW

The Lifelong Fit Pro Spin Fitness Bike is designed for indoor cardio workouts. Key features include an 8kg flywheel, adjustable resistance, a heart rate sensor, and a touch LED screen display.

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Key Features



Figure 3.1: Overview of the Lifelong Fit Pro Spin Fitness Bike, highlighting the iPad holder, touch screen display, bottle holder, and 8 kg sturdy flywheel.

Key Components:

- **8kg Flywheel:** Provides a smooth and consistent pedaling experience.
- **Adjustable Resistance Knob:** Allows for varying workout intensity.
- **Touch LED Screen Display:** Shows workout data such as speed, distance, time, calories, pulse, and odometer.
- **Heart Rate Sensors:** Integrated into the handlebars for monitoring pulse.
- **Foam Grip Handles:** Designed for comfort during long workouts.
- **Cushioned Seat:** Adjustable for user comfort.
- **Pedals with Straps:** Secure your feet during exercise.
- **Bottle Holder:** Convenient for hydration during workouts.
- **iPad Holder:** For entertainment or workout apps.

4. SETUP

The Lifelong Fit Pro Spin Fitness Bike is designed for ease of use with **no assembly required**. The product is already assembled upon delivery.

Initial Placement and Checks:

- 1. Unpacking:** Carefully remove the bike from its packaging.
- 2. Placement:** Position the bike on a level, stable surface. Ensure there is adequate space around the bike for safe operation and dismount.
- 3. Stability Check:** Gently rock the bike to ensure it is stable and does not wobble. Adjust the leveling feet if necessary.
- 4. Pre-Use Inspection:** Before your first workout, check all bolts, nuts, and moving parts to ensure they are securely tightened.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Seat and Handlebars

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise.

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**Designed for
Your Comfort**



Foam Grip Handles

Cushioned & Comfortable Seat

Figure 5.1: Cushioned seat and foam grip handles designed for user comfort and adjustability.

- **Seat Adjustment:** Loosen the adjustment knob below the seat. Slide the seat forward or backward, and raise or lower it until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Adjust the handlebars to a comfortable height that allows for a relaxed posture without straining your back or shoulders. Tighten the knob securely. The foam grip handles provide comfort during extended use.

5.2 Using the Resistance Knob

The bike features adjustable friction resistance to customize your workout intensity.

Adjust Resistance for Customized Workouts



Figure 5.2: The resistance knob allows for precise adjustment of workout intensity.

- **Increase Resistance:** Turn the red knob clockwise to increase the resistance, making pedaling more challenging.
- **Decrease Resistance:** Turn the red knob counter-clockwise to decrease the resistance, making pedaling easier.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and quickly stop the flywheel.

5.3 Understanding the Touch LED Screen Display

The integrated touch LED screen displays your workout metrics.



Figure 5.3: The multifunctional touch screen display provides real-time workout data.

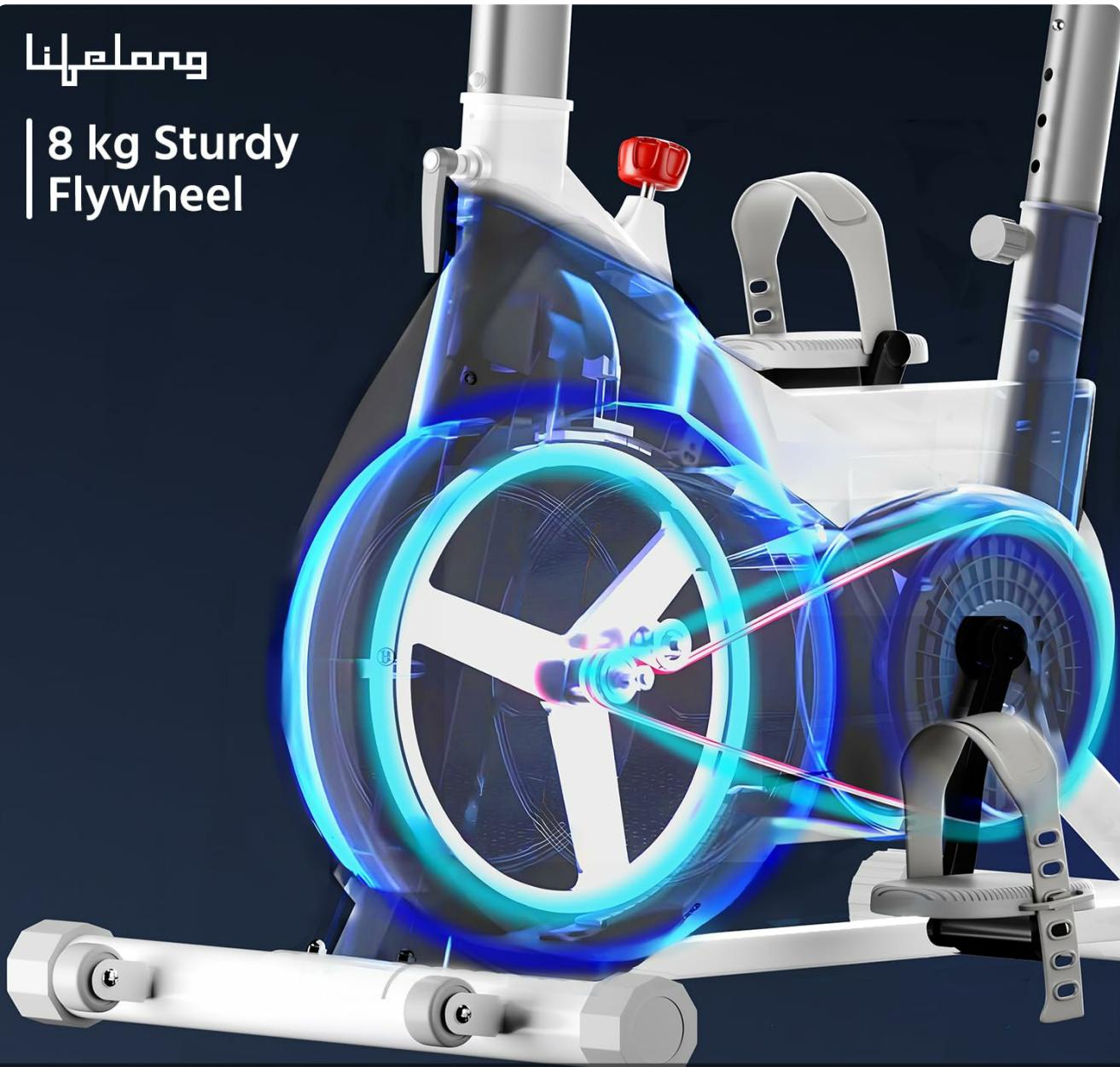
- **Functions:** The display typically cycles through or allows selection of:
 - **TIME:** Duration of your workout.
 - **SPEED:** Current pedaling speed.
 - **DISTANCE:** Total distance covered during the current session.
 - **PULSE:** Your heart rate (when holding the heart rate sensors).
 - **ODOMETER:** Total accumulated distance.
 - **CALORIES:** Estimated calories burned.
- **Heart Rate Sensor:** Grip the heart rate sensors on the handlebars to display your pulse on the screen.
- **iPad Holder:** Use the integrated holder to place your tablet for entertainment or guided workouts.

5.4 Flywheel and Belt-Driven System

The bike features an 8kg flywheel and a quiet belt-driven system for a smooth and consistent workout.

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8 kg Sturdy Flywheel



Enjoy a Smooth Workout with Advanced Noise Reduction

Figure 5.4: The 8kg flywheel and belt-driven system ensure a smooth and quiet workout experience.

- The **8kg flywheel** provides inertia for a fluid pedaling motion, mimicking outdoor cycling.
- The **belt-driven system** uses durable rubber and polyurethane, offering a quiet and low-maintenance operation compared to chain drives. A noise reduction cover further minimizes sound.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your fitness bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** The belt-driven system is generally low maintenance and does not require lubrication. Refer to specific instructions if any squeaking occurs from other moving parts.

- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

This section addresses common issues you might encounter.

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven floor surface; loose leveling feet.	Adjust the leveling feet at the base of the bike until stable. Ensure the bike is on a flat surface.
Pedaling feels too easy or too hard.	Resistance knob setting.	Turn the resistance knob clockwise to increase resistance or counter-clockwise to decrease it.
Display not working or showing incorrect data.	Low battery; loose sensor connection.	Check and replace batteries in the display unit if necessary. Ensure all sensor cables are securely connected.
Squeaking or unusual noises.	Loose components; friction points.	Inspect and tighten all bolts and nuts. If noise persists, contact customer support.

8. SPECIFICATIONS

Detailed specifications for the Lifelong Fit Pro Spin Fitness Bike LLSBB29.



Figure 8.1: Product dimensions for the Lifelong Fit Pro Spin Fitness Bike.

Feature	Detail
Brand	Lifelong
Model Name	LLSBB29
Special Feature	Adjustable Resistance Level, Heart Rate Sensor, Touch LED Screen
Colour	White & Grey
Power Source	Manual
Recommended Uses	Indoor
Item Weight	18.5 Kilograms (18500 Grams)
Material	Alloy Steel

Feature	Detail
Resistance Mechanism	Friction
Product Dimensions (L x W x H)	95D x 24W x 71H Centimeters
Maximum Weight Recommendation	120 Kilograms
Drive System	Belt
Assembly Instructions	No assembly required, product is already assembled.
Country of Origin	China

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase. For product support, service, or inquiries, please contact Lifelong customer care:

- **Telephone:** +91 9711558877
- **Email:** customercare@lifelongonline.com
- **Manufacturer/Packer:** Lifelong Online Retail Private Limited, 5th Floor, Unit No. 508, DLF South Court, Saket District Center, Saket New Delhi, India – 110017