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› Lifelong Fit Pro Spin Fitness Bike User Manual

Lifelong LLSBB50

Lifelong Fit Pro Spin Fitness Bike User Manual

Model: LLSBB50

INTRODUCTION

Thank you for choosing the Lifelong Fit Pro Spin Fitness Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use to ensure proper function and longevity of your spin bike. This bike is designed for indoor use, offering a robust and effective cardio workout experience.

SAFETY INFORMATION

Always prioritize safety when using exercise equipment. Failure to follow these guidelines may result in injury or damage to the product.

- Consult a physician before starting any new exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a stable, level surface with adequate clearance around it.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 120 kg.
- Adjust the seat and handlebars to a comfortable and safe position before beginning your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

KEY FEATURES

The Lifelong Fit Pro Spin Fitness Bike is equipped with several features designed to enhance your workout experience:

- **Sturdy Flywheel:** Features a 6kg flywheel for smooth and consistent momentum during your ride.
- **Adjustable Resistance:** Easily increase or decrease workout intensity with the friction resistance knob.
- **Foam Grip Handle with Heart Rate Sensor:** Comfortable foam-padded handlebars include a built-in sensor to monitor your heart rate.
- **LCD Monitor:** Tracks essential workout data including speed, distance, time, calories burned, and heart rate.
- **Belt-Driven System:** Provides a smoother and quieter riding experience compared to chain-driven systems.
- **Cushioned & Comfortable Seat:** Four-way adjustable seat to fit individual leg lengths and ensure comfort.
- **Mobile & Tab Holder:** Conveniently place your device for entertainment or workout apps.
- **Bottle Holder:** Keeps your hydration within reach during workouts.

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KEY FEATURES



Key features of the Lifelong Fit Pro Spin Fitness Bike, highlighting the mobile and tab holder, LCD monitor, bottle holder, and the 6kg sturdy flywheel.

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FOAM GRIP HANDLE WITH HEART RATE

FitPro Spin Bike comes with a heart rate sensor to help you measure your heart rate during a heavy workout session.



Detail of the foam grip handle with integrated heart rate sensor and the LCD monitor for tracking workout metrics.

ASSEMBLY INSTRUCTIONS

Assembly of your Lifelong Fit Pro Spin Fitness Bike is straightforward. Please follow these steps carefully. It is recommended to have two people for assembly.

Step 1: Unpacking and Preparation

Carefully remove all components from the packaging. Lay them out on a clean, flat surface. Verify all parts are present according to the packing list (not provided in this manual, refer to your product's included list).

Step 2: Attaching Stabilizer Bars

Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened to provide a stable base for the bike.

Step 3: Installing Pedals

Identify the left (L) and right (R) pedals. The left pedal typically tightens counter-clockwise, and the right pedal clockwise. Thread them carefully into the crank arms and tighten securely with a wrench.

Step 4: Assembling Seat Post and Seat

Insert the seat post into the main frame. Adjust the height to your preference and secure it with the locking knob. Attach the cushioned seat to the seat post, ensuring it is level and tightened.

Step 5: Attaching Handlebar Post and Handlebars

Insert the handlebar post into the main frame. Adjust the height and secure it. Attach the handlebars to the post, ensuring the LCD monitor and heart rate sensors are correctly oriented and connected if applicable.



The Lifelong Fit Pro Spin Fitness Bike after complete assembly, ready for use.

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DIMENSION

FEATURES



Product dimensions are important for planning your workout space.

OPERATING INSTRUCTIONS

Learn how to effectively use your spin bike for optimal workouts.

Adjusting Resistance

The bike features a friction resistance knob located on the main frame. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance. For an emergency stop, press the knob down firmly.

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RESISTANCE

Increase resistance or come to a complete stop in a flash with the friction resistance knob



The resistance knob allows for quick adjustments to your workout intensity.

Using the LCD Monitor

The LCD monitor displays your workout metrics. It typically activates when you start pedaling or by pressing a button. It tracks speed, distance, time, calories, and heart rate. Refer to the monitor's specific instructions (if provided separately) for detailed navigation.

Adjusting Seat and Handlebars

For a comfortable and effective workout, adjust the seat height and fore/aft position, as well as the handlebar height. Ensure your knees have a slight bend at the bottom of the pedal stroke and your posture is upright and comfortable.

CUSHIONED & COMFORTABLE SEATS

Use the four-way adjustable seat that can be fitted to your individual leg length



The cushioned seat can be adjusted in four ways to suit your individual leg length and comfort.

MAINTENANCE

Regular maintenance will prolong the life of your spin bike and ensure safe operation.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as recommended by the manufacturer (e.g., pedal threads, resistance pad if applicable).
- **Tightness Check:** Regularly check all bolts and nuts to ensure they are securely tightened. Loose parts can cause noise or instability.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Here are some common issues and their potential solutions:

Problem	Possible Cause	Solution
Bike is unstable or wobbly	Loose bolts; uneven floor	Check and tighten all assembly bolts. Move to a level surface or use leveling feet if available.
Squeaking or grinding noise	Loose parts; lack of lubrication; worn resistance pad	Tighten all bolts. Apply lubricant to moving parts as needed. Inspect resistance pad for wear.
LCD monitor not displaying	Batteries low or dead; loose connection	Replace batteries. Check all cable connections to the monitor.
Resistance not changing	Resistance mechanism issue	Ensure the resistance knob is properly engaged. Check for any obstructions. Contact customer support if issue persists.

TECHNICAL SPECIFICATIONS

Specification	Detail
Brand	Lifelong
Model Name	LLSBB50
Colour	Black
Item Weight	18 kg
Product Dimensions (D x W x H)	93D x 48W x 112H Centimeters
Maximum Weight Recommendation	120 Kilograms
Material	Alloy Steel
Resistance Mechanism	Friction
Drive System	Belt
Flywheel Weight	6 kg
Power Source	Corded Electric (for monitor)
Country of Origin	China

WARRANTY AND SUPPORT

Your Lifelong Fit Pro Spin Fitness Bike comes with a warranty to ensure your peace of mind.

- **Warranty:** 1 year warranty on parts and manufacturing defects.
- **Manufacturer/Importer:** Imp & Mkted By Lifelong Online Retail Pvt Ltd, Imported and Marketed by Lifelong Online Retail Private Limited.
- **Address:** 5th Floor, Unit No. 508, DLF South Court, Saket District Center, Saket New Delhi, India - 110017
- **Contact Number:** +91 9711558877
- **Email:** customercare@lifelongonline.com

For any queries, assistance, or warranty claims, please contact Lifelong customer care using the details provided above. Please have your model number (LLSBB50) and purchase information ready when contacting support.