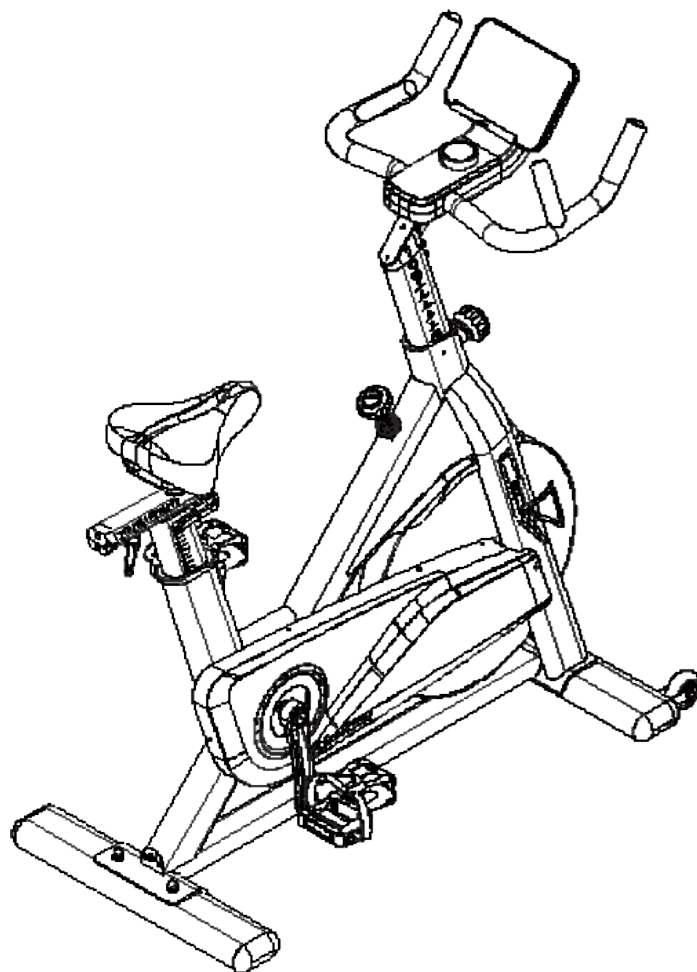




SM-810 Commercial Spin Bike

USER MANUAL



 **kinomap**

30 DAY FREE TRIAL

*Terms and conditions apply. Offer can be rescinded at any time.



 Find the
Digital Manual
Online



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS



WARNING: Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please always keep this manual with you.

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.

- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

II. CARE INSTRUCTIONS

IMPORTANT

- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - b. Lubricate moving joints after periods of usage.
 - c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
 - d. The machine can be kept clean by wiping it down using dry cloth.
-

Power Adapter Information

Input: 100-240V 50/60Hz

Output: 9V 1000mA

III. EXPLODED DIAGRAM



IV. PARTS LIST

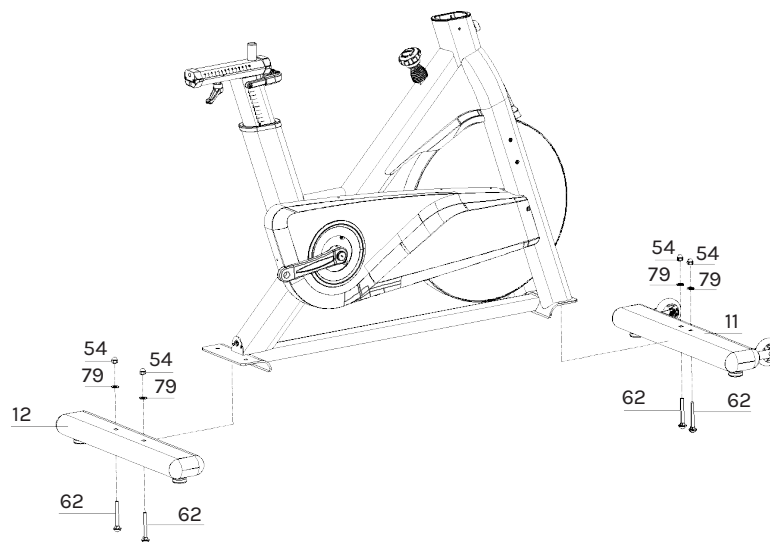
No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main Frame	Weldment	1	27	Magnet	30*15*10	6
2	Belt Board Assembly	Weldment	1	28	Flywheel	20KG*Φ460*46 *89*5PK	1
3	Handlebar	Weldment	1	29	Fixing Nut	M25*1	1
4	Connecting Plate Assembly	Weldment	1	30	Crank Axle	φ25*182	1
5	Vertical Seat Post	Weldment	1	31	Metal Tube	φ30*φ25.05*9	1
6	Connecting Bar Assembly	Weldment	1	32	Inner Metal Tube	φ30*φ25.05 *56.1	1
7	Handlebar Connection Assembly	Weldment	1	33	Left Crank	170*42.5	1
8	Magnetic Holder	Weldment	1	34	Right Crank	170*42.5	1
9	Brake Pole	Weldment	1	35	Nut Block	Φ25*10.5	1
10	Seat Post	Weldment	1	36	Little Spring	φ1X11.5	1
11	Front Stabilizer	Weldment	1	37	L Knob	M10*20	1
12	Rear Stabilizer	Weldment	1	38	Flywheel Shaft	Φ17*155*3* 89*M12*1.25	1
13	Adjustment Buckle	Weldment	1	39	Pressure Pulley	φ43*28	1
14	Motor Cable Holder	δ2	1	40	Wrench	132*28/33*t6	1
15	Motor Cover Assembly	Weldment	1	41	Little Compression Spring	φ1.0X55	1
16	Power Fixing Plate	δ2	1	42	Belt Pulley	φ200*24	1
17	Handlebar Post	80*40*2.5	1	43	Adjustment Nut		1
18	Compression Spring	Φ1.5*66.5	1	44	Bottle Holder	φ6	1
19	Aluminum Handle	80*16*10	2	45	Electronic Line	L=235MM	1
20	Long Shaft	Φ5*56	1	46	6# Hexagonal Wrench	6 mm	1
21	Step Shaft	Φ8*50.5	1	47	5# Hexagonal Wrench	5 mm	1
22	Spacer	Φ8*Φ5.2*20	1	48	Bearing 6001ZZ	6001ZZ	2
23	Fixed Shaft	Φ8*16	1	49	Bearing 6005ZZ	6005ZZ	2
24	Short Shaft	Φ5*23	1	50	Bearing 6203RS	6203RS	3
25	Fixing Frame	65*27.5*23.5	1	51	Bearing 608ZZ	608ZZ	4
26	Little Spring	φ8Xφ0.8X50	1				

No.	Description	Specs	Qty
52	Hex Flange Nut	M12X1.25	2
53	Little Hex Flange Nut	M12X1.25	2
54	Cap Nut	M8	4
55	Lock Nut M5	M5	1
56	Lock Nut M8	M8	7
57	Lock Nut M10	M10	1
58	Hex Nut	M8	1
59	Hex Socket Head Screw M4*8	M4*8	6
60	Hex Socket Head Screw M6*10	M6*10	3
60	Hex Socket Head Screw M6*12	M6*12	4
61	Hex Socket Head Screw M8*45	M8*45	1
62	Carriage Bolt	M8X62	4
63	Hex Socket Countersunk Head Screw	M8*18	4
64	Hex Head Bolt	M8*40	2
65	Internal Hex Socket Head Screw M6*10	M6*10	2
66	Internal Hex Socket Head Screw M8*10	M8*10	2
67	Internal Hex socket Head Screw M8*15	M8*15	6
68	Phillips Countersunk Head Screw	M5*12	12
69	Cross Self-drilling and Self-tapping Screw	ST4.2X19	6
70	Phillips Pan Head Self-tapping Screw ST2.9*9.5	ST2.9*9.5	9

No.	Description	Specs	Qty
71	Phillips Pan Head Self-tapping Screw ST4.2X9.5	ST4.2X9.5	7
72	Phillips Pan Head Self-tapping Screw ST4.2*19	ST4.2*19	2
73	Phillips Pan Head Self-tapping Screw ST4.2*16	ST4.2*16	9
74	Phillips Countersunk Head Self-tapping Screw	STA.2x9.5	4
75	Phillips Pan Head Screw M4*12	M4*12	4
76	Phillips Pan Head Screw M5*10	M5*10	4
77	Flat Washer 5	5	5
78	Flat Washer 6	6	7
79	Flat Washer 8	8	12
80	Large Washer	10	1
81	Elastic Washer 6	6	4
82	Elastic Washer 8	8	10
83	Retaining Ring Φ10	Φ10	1
84	Retaining Ring Φ12	Φ12	1
85	Retaining Ring Φ17	Φ12	2
86	Waveform Washer 12	d1=12 D=16 s=0.3	1
87	Waveform Washer 17	d1=17 D=23 s=0.3	1
88	Retaining Ring 3	3	1
89	Fixed Plate	δ2.5	2
90	Outer Chain Cover	756*283*71	1
91	Inner Chain Cover	743*277*17	1
92	Upper Cover	115*56*12.5	1
93	Front Bushing	257*48*46	1

No.	Description	Specs	Qty	No.	Description	Specs	Qty
94	Rear Bushing	332*65*46	1	109	Plastic Plug	φ14*14	1
95	U-shaped Handle Cover	70*58*20	1	110	Saddle	C-3604	1
96	Brake Knob	M10*100	1	111	Flywheel Installation Cover	φ59*35	1
97	Square Spacer	20.6*20.6*16	1	112	Wheel	φ69X26	2
98	Flexible Tube	φ40.6*60	1	113	Crank Cap	φ28*6.5	2
99	Lower Rail Decorative Cover	19*59.5*23	2	114	Oval Plug	100*50*2	4
100	Upper Rail Decorative Cover	19*59*25	2	115	Belt	5PK53.5INCH, L=1360mm	1
101	Brake Positioning Sleeve	25*25*27	1	116	Computer Upper Cover	319*100*126	1
102	Left Flywheel Cover	212*139.5*58	1	117	Computer Lower Cover	319*100*140	1
103	Bushing	80*40	1	118	Upper IPAD Holder	215*155*5	1
104	Plastic Strip	30*79*4	1	119	Lower IPAD Holder	220*160*41.7	1
105	Stopper	φ52*43, M8X25	4	120	EVA Pad	T1*212.8*152.9	1
106	Adjustment Knob	φ60*80 (M16*1.5)	1	121	Woolly Block	30*17*12MM	1
107	Pedal	JD-037V 9/16"-SPD	1	122	Display		1
108	Small Bushing	φ18*φ10*10	2	123	Wire Pulling Motor		1

V. ASSEMBLY INSTRUCTIONS

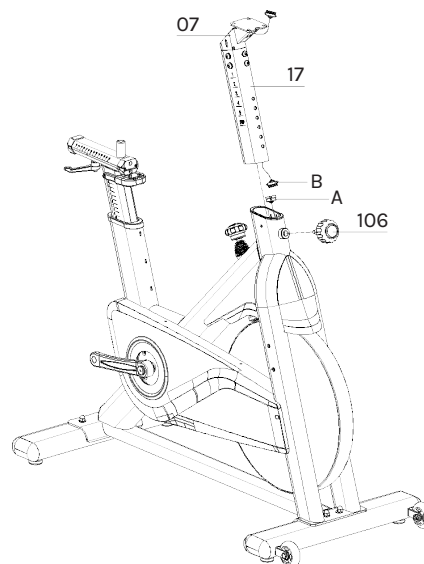


STEP 1: Assemble Front and Rear Stabilizers

A. Attached the Front Stabilizer (pt.11) to the Main Frame (pt.1), Lock the Front Stabilizer on the Main frame with 2pcs of Carriage Bolts (pt.62) and 2pcs of Flat Washers (pt.79) and 2pcs of Domed Nut (pt.54).

B. Use the same way to lock the Rear Stabilizer (pt.12) on the Main frame.

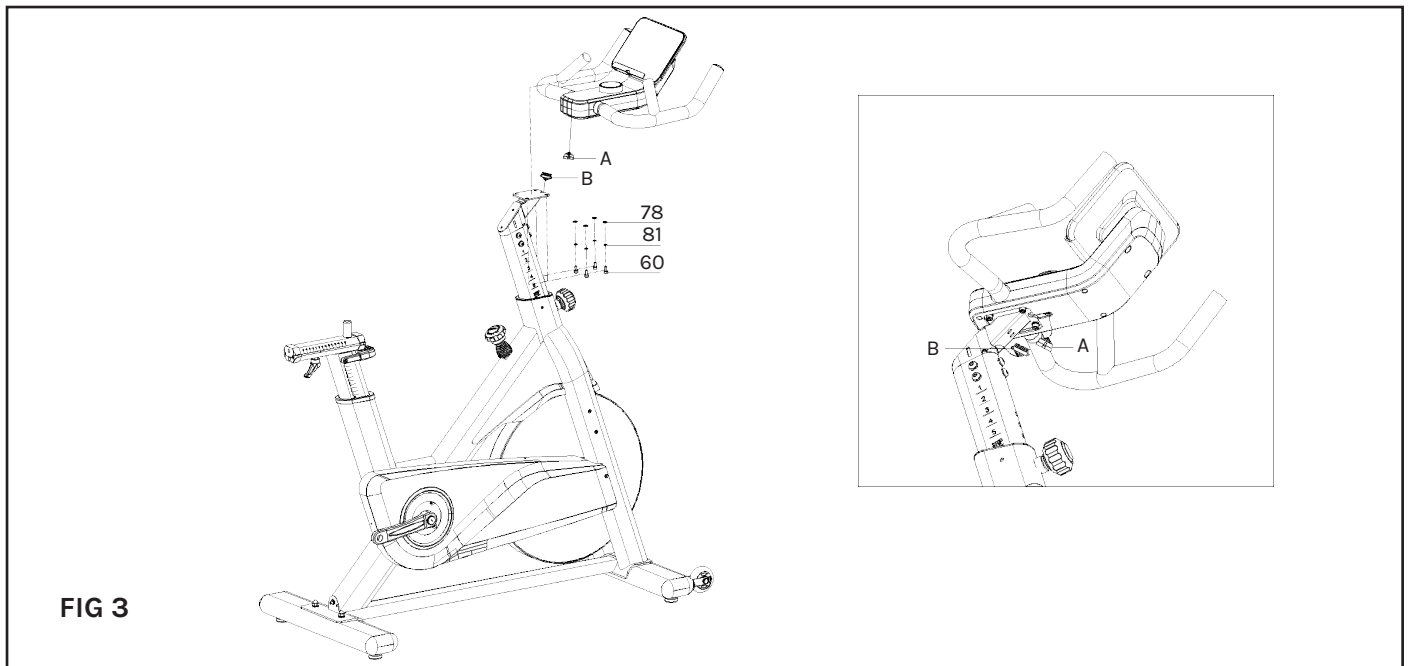
Please make sure you lock the Front stabilizer and Rear Stabilizer firmly on the Main Frame.



STEP 2: Assemble Handlebar Connection

A. Unscrew the Adjustment knob (pt.106), connect the line B in the Handlebar connection assembly (pt.07) to the line A in the main frame (pt.1), and insert the Handlebar connection assembly (pt.07) into the main frame, and lock the Adjustment knob (pt.106).

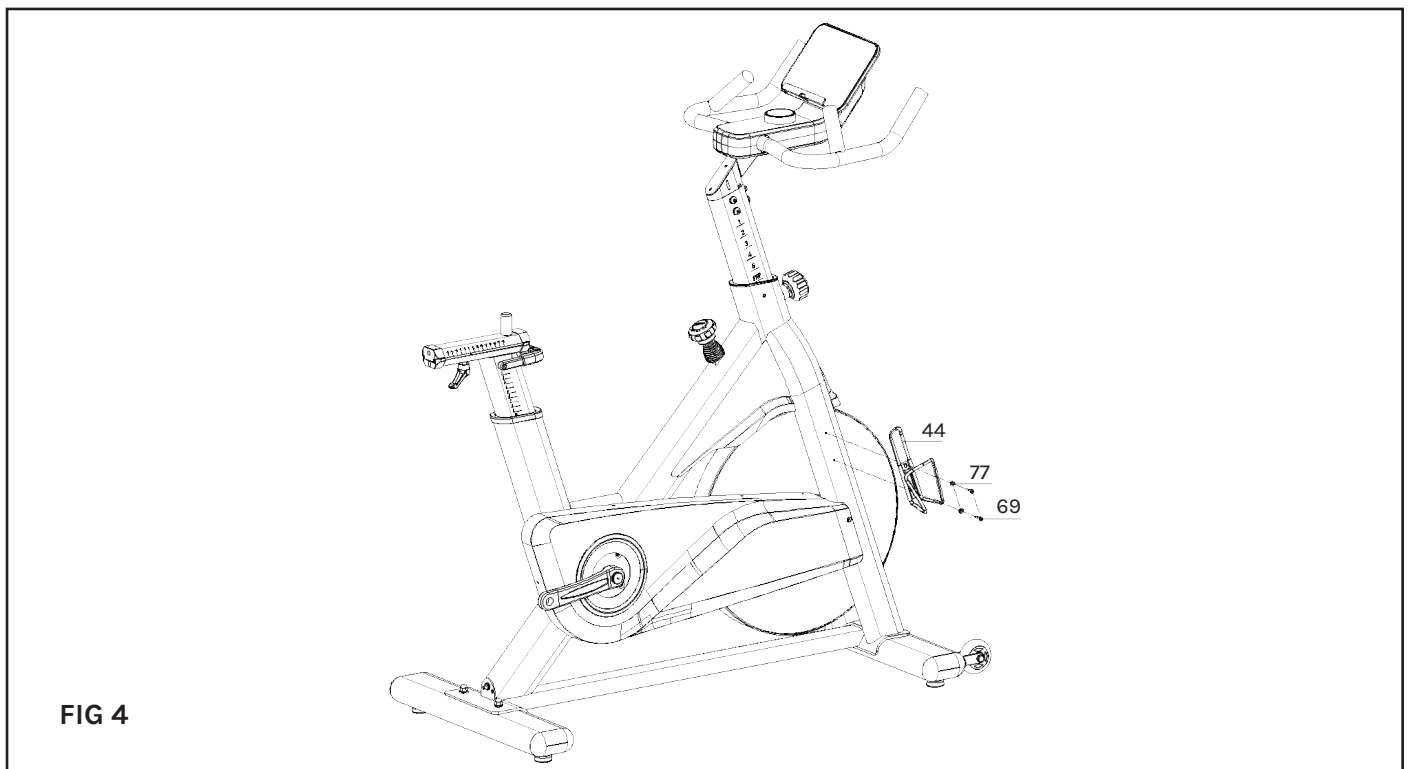
NOTE: The Adjustment knob (pt.106) needs to be aligned with the hole of the Handlebar connection assembly (pt.07) and tightened clockwise.



STEP 3: Assemble Handlebar

A. Use tool 5# Hexagonal wrench (pt.47) to secure Flat Washer 6 (pt.78) 4PCS, Elastic washer 6 (pt.81) 4PCS, and Hex socket head screw M6*12 (pt.60) 4PCS to connect the Handlebar (pt.3) to the Handlebar connection assembly (pt.07), as shown in FIG.3.

B. Connect line A and line B together.



STEP 4: Assemble Bottle Holder

A. Lock the Bottle holder (pt.44) on the main frame with Cross self-drilling and self-tapping screw (pt.69) 2pcs and Flat Washer 5 (pt.77) 2pcs.

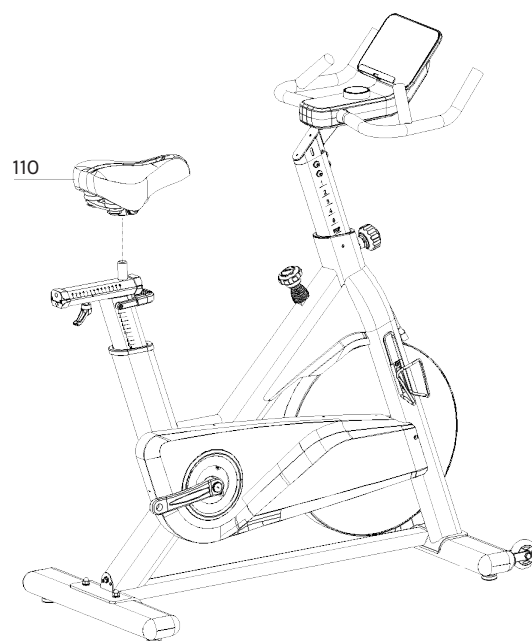


FIG 5

STEP 5: Assemble Saddle

A. Place the Saddle (pt.110) horizontally, as shown in FIG.5, use 2x Wrench (pt.40) to tighten the nuts on both sides at the same time. Do not tighten the nut on one side only as this will not fully secure seat.

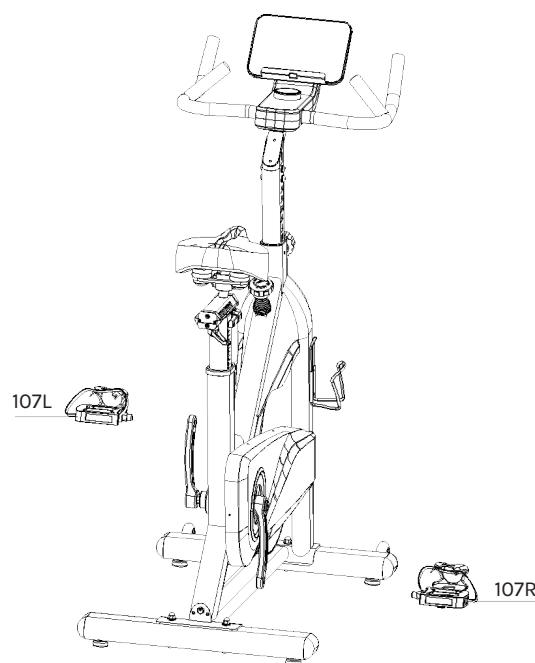


FIG 6

STEP 6: Assemble Peddle

Caution: Installing the pedals on the wrong side, tightening it the wrong way, or not fully tightening before use will strip the thread on the cranks and pedals. Read instructions carefully.

- A.** As shown in the picture on the, install the pedals (pt.107R) with right-side crank and tighten it clockwise.
- B.** Install the left pedal (pt. 107L) on the left side crack and tighten it counterclockwise.
- C.** Use the tool Wrench (pt.40) to fully tighten it, ensure it is threaded all the way.

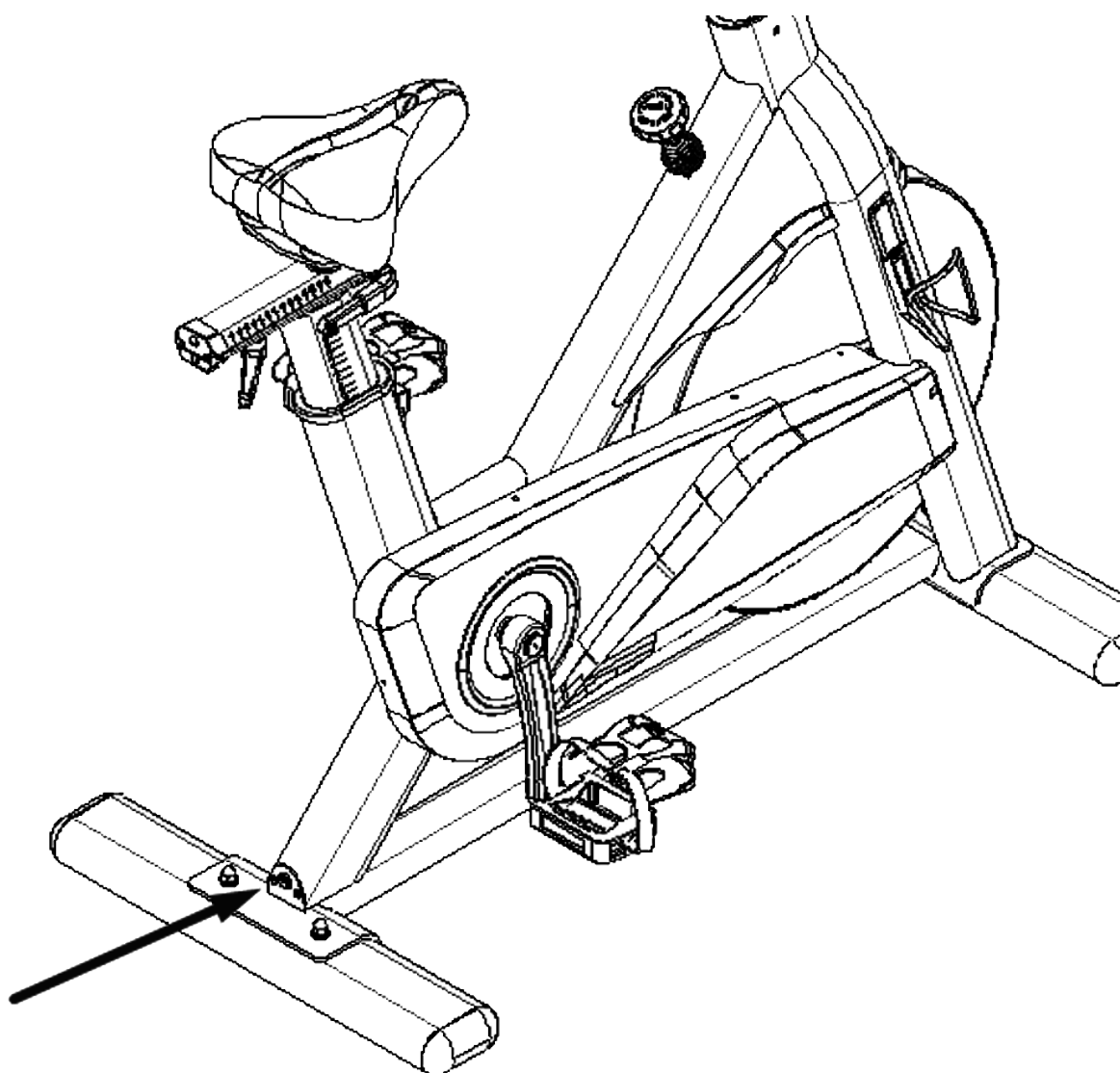


FIG 6

STEP 7: Plug to Power

The equipment is now fully set up and you can now plug it into power.

The plug socket is located at the back of the machine, on the bottom section (refer to image).

SEAT & HANDLEBAR ADJUSTMENT

UP/DOWN

To adjust the seat height, hold onto the seat and pull the seat post up to your desired height.

To lower it you will need to pull the release lever underneath the seat up and while holding the lever, push the seat down, then release the lever to lock into position.

CAUTION: We recommend to not sit on the seat when pulling up the release lever up as the added weight can jam the release lever

FORWARD/BACKWARD

The Adjusting lever under the seat acts like a wrench.

To loosen:

Loosen the adjusting handle under the seat by turning it fully to the left side then pull the lever down and move it back to the right side. Let go of the lever so it slots back into the bolt and then turn to the left again. Continue doing this until the bolt is loosen enough for you to move your seat.

To tighten:

Once you have set the position you want, tighten by pulling the lever down and move it to the left side. Release the lever until it clicks to the bolt and then turn the lever to the right.

Repeat by going back to the left side until the seat is fully locked into place.

HANDLEBAR ADJUSTMENT

To adjust the handlebar height, slacken the spring knob and pull it back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.

EMERGENCY STOP

On the machine frame there is an emergency knob. Push down on the knob to stop the pedaling motion.

VI. OPERATION GUIDE

1.1 DISPLAY FUNCTIONS

Item No.	Items	Display	Description
1	Full View		1. Display Resistance levels (Levels 1-32) 2. Display work out data "SPEED", "TIME", "DISTANCE", "CALORIE" 3. Display Bluetooth status
2	Scan Mode		On scan mode the data will show: 1. Small window for resistance level 2. SPEED, TIME, DISTANCE and CALORIE will appear on the main window and will change in rotation. 3. Bluetooth status indicator
3	Lock Mode		To lock a data you wish to view (rather than SCAN MODE), press down on the knob display to the data you wish to view - SPEED, TIME, DISTANCE, CALORIE. On the small window, the resistance level is shown.
4	E01 Code		Purpose: To prevent assembly errors and damage to the entire electronic component set caused by extremely rare abnormal parts, an E01 detection mechanism for the cable motor is added. Issue: The shuttle cannot properly recognize the motor's rotation state. Possible reasons include: 1. Check whether the motor wire rope is stuck and if the motor resets normally after power-on. 2. Verify if the wire is loose or if the wire plug is skewed. 3. Ensure that the motor pulling force is sufficient at the extreme position to prevent failure to reset to 1st gear normally. To verify, immediately adjust to the middle gear after power-on to check for any recurring errors. 4. Shuttle components may be damaged, though this is highly improbable. 5. Cable could be damaged.

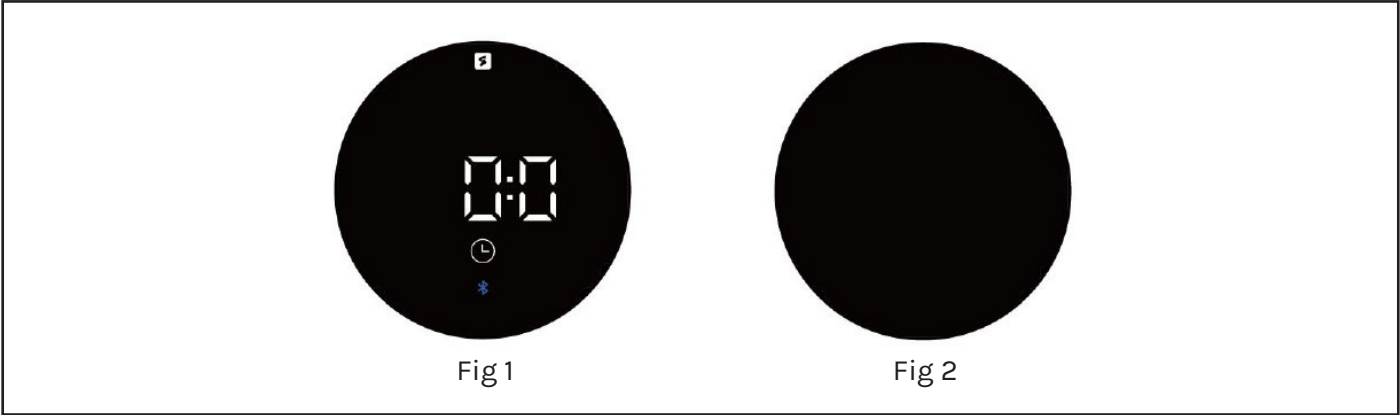
1.2 DISPLAY INSTRUCTIONS

Item No.	Items	Display	Description
1	Awaken Device		1. In sleep mode, the display is off. 2. The knob will turn on either upon being pressed or upon detecting any motion.
2	Press Knob		1. The knob display enters sleep mode after 3 minutes of inactivity. 2. Press the knob to turn on the device from sleep mode. 3. Press the knob to initiate the device in wake-up mode. 4. Press the knob to switch display modes during exercise. 5. Long-press the knob for 2 seconds to reset data and transition to wake-up mode. 6. A buzzing sound accompanies pressing the knob.
3	Rotate Knob		1. Rotate the knob clockwise to increase resistance. 2. Rotate the knob anticlockwise to decrease resistance. 3. There is a buzzing sound when the knob is rotated.

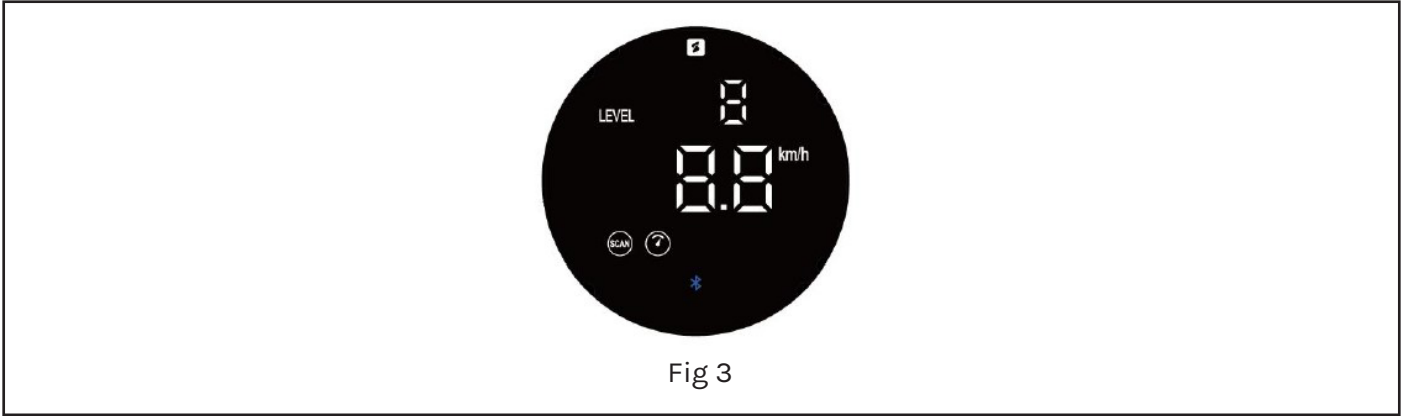
1.3 DETAILED OPERATING INSTRUCTIONS

Upon powering on the knob display, the BUZZER will emit a long beep, the knob display will illuminate, and the device will enter the READY state (as depicted in Figure 1). Additionally, after power-on, the resistance will automatically reset to the "1" gear. If there is no operation within 1 minute, the device will initiate an automatic reset, clearing the data.

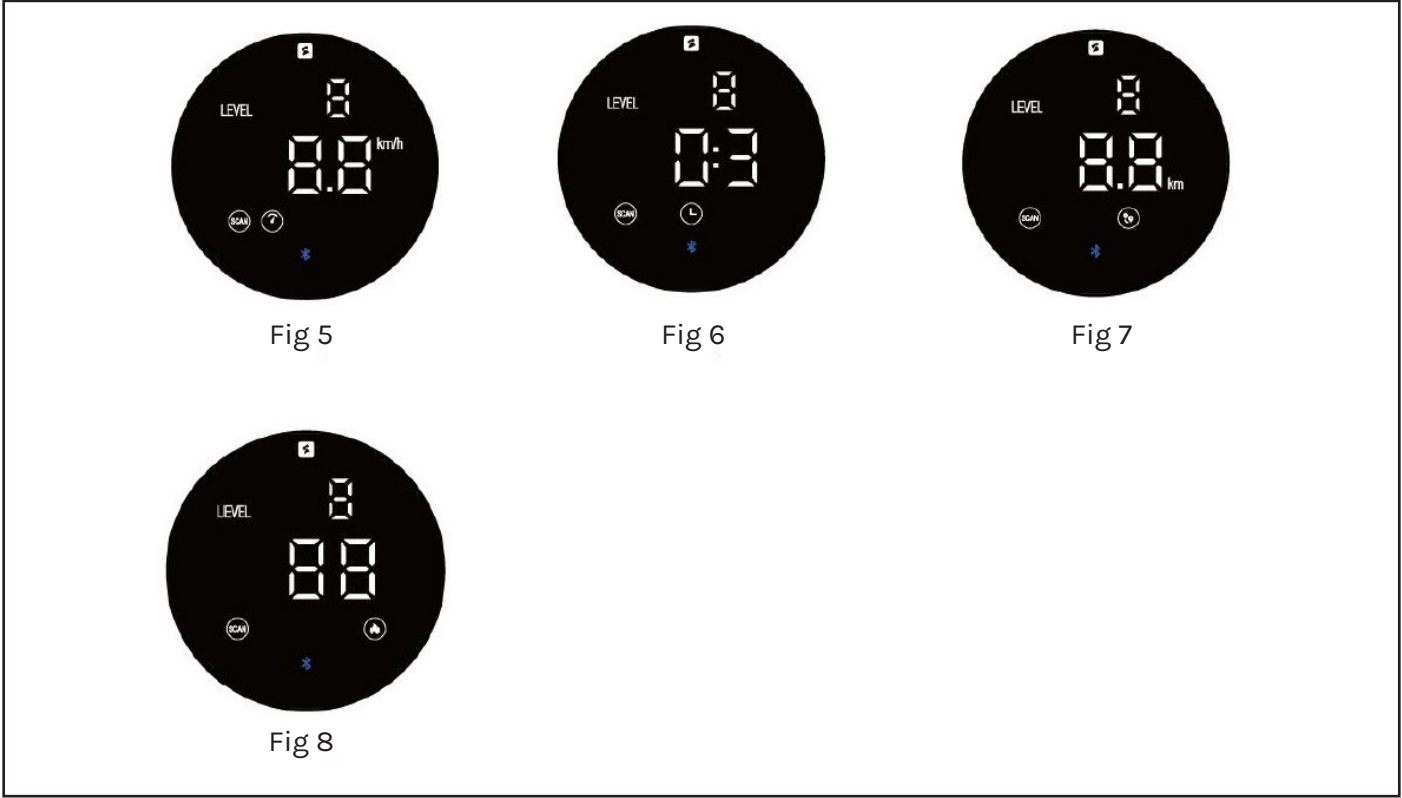
Furthermore, in the absence of any operation for 3 minutes, the display will completely turn off, transitioning into standby mode (as illustrated in Figure 2).



While in the READY state, press the knob or commence pedaling to access the exercise mode. The small window will display "LEVEL" every 3 seconds (as depicted in Figure 3).



The main window numbers are initially set to a carousel display featuring the illuminated "SCAN" icon. The display cycles through "Speed," "Time," "Distance," and "Calories" every 3 seconds, as illustrated in Figure 5, Figure 6, Figure 7, and Figure 8.



Pressing the knob allows you to switch the display mode to lock mode. In this mode, the "SCAN" icon is not shown, and the display remains fixed, showing one of the following data: "Speed," "Time," "Distance," or "Calories," as depicted in Figure 9, Figure 10, Figure 11, and Figure 12.



Fig 9



Fig 10



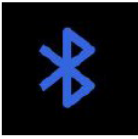
Fig 11



Fig 12

1.4 DISPLAY ICON DESCRIPTIONS

Item No.	Items	Display	Description
1	Resistance Level		1 ~ 32 The higher the level, the greater the resistance
2	SCAN		If Selected: Indicates that the data is in carousel mode. If Not Selected: Indicates that the data is in lock mode of the Data you are viewing.
3	Speed		0.0 ~ 99.9 km/h 60 RPM - 21.5 kilometers/hour.
4	Time		0:0 ~ 99:5 In wake-up mode, timing commences with a quick press of the knob or upon detecting movement, and the timing ceases 4 seconds after movement comes to a halt.

Item No.	Items	Display	Description
5	Distance		0.0 ~ 999 km
6	Calories		0.0~999kcal There is a direct proportional relationship with the resistance level. For instance, Resistance 1 corresponds to 11.4 kcal/kilometer, whereas Resistance 32 corresponds to 44.6 kcal/kilometer.
7	Bluetooth Icon		If Displayed: Bluetooth is connected. If Not Displayed: Bluetooth is not connected.

VII. EXERCISE GUIDE

! PLEASE NOTE:

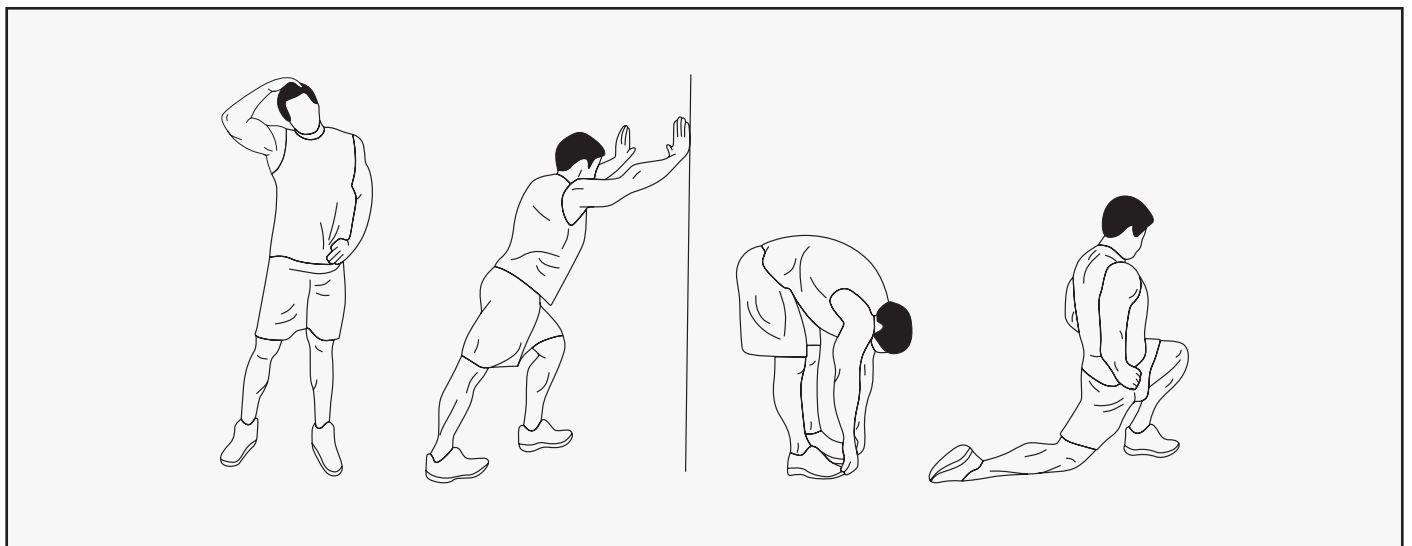
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

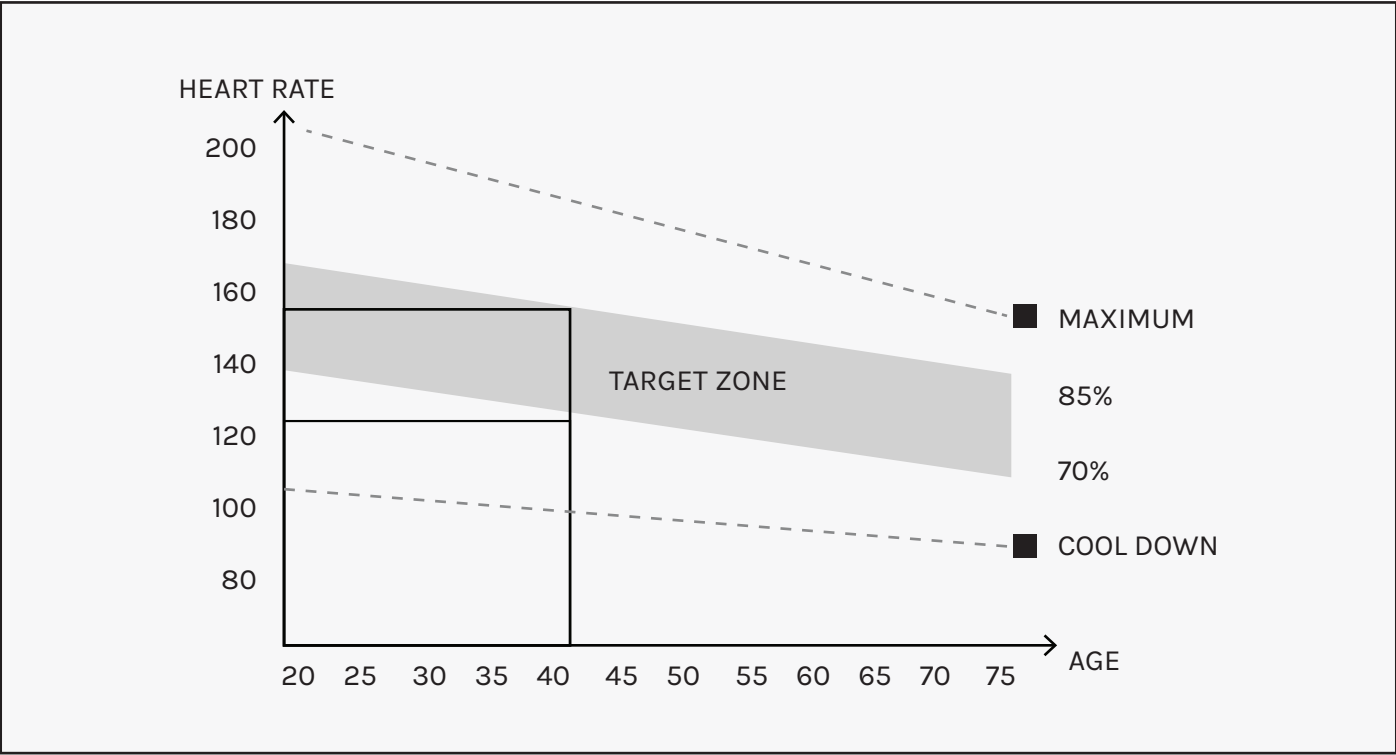
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VIII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





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