



V-Cycle Smart Exercise Bike with NeoWatt

USER MANUAL



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



IMPORTANT

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.

NOTE:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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 keep this manual with you at all times.

- The bike is for home use only.
- Please correctly connect the power adapter before use.
- To avoid injury, warm up before using the bike.
- Incorrect or excessive training can result in serious injury.
- To avoid accidents, keep the bike out of the reach of children and pets.
- To avoid getting hurt, keep your hands away from any moving parts of the bike.
- Use only original parts from the manufacturer. Changes or modifications to this unit voids the warranty.
- In case of malfunction, stop using the bike immediately.
- Make sure to secure your feet with the pedal straps while using the bike.
- The bike should be placed on a solid, level and horizontal surface.
- Allow a clearance of 60cm on each side of the bike.
- Perform regular maintenance for optimal performance and longevity. To ensure safety, the bike must be checked for wear and damage on a regular basis.
- Children under the age of 14, persons with reduced physical, sensory or mental capabilities, as well as persons with a lack of knowledge must be given supervision or instruction before using the bike. DO NOT allow children to perform maintenance without supervision or to play with the bike.
- This adapter has passed CQC certification and can be used with this bike only. Do not use it with any other products. In case of any damage, please consult the manufacturer or an authorized agency for replacement.

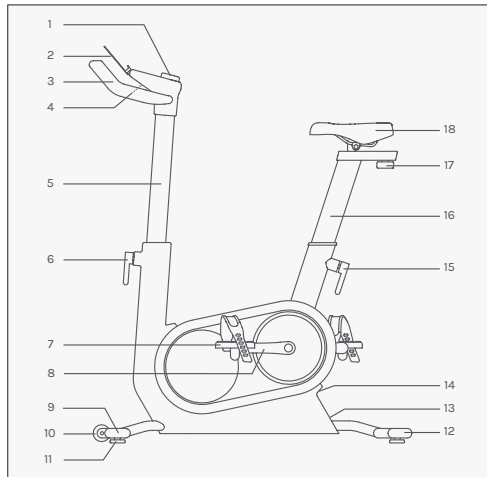
II. DAILY STORAGE AND MAINTENANCE

- This bike is for indoor home use only. Do not store the bike outdoors, near water, or at high humidity levels.
- Please store in a place with shade and shelter to avoid any damage to the surface.
- Inspect regularly all screws or parts that need fastening.
- Inspect bike seat regularly. Tighten the nuts whenever they get loose. Inspect the cranks and pedals regularly. Tighten them if necessary.
- Clean the bike regularly.

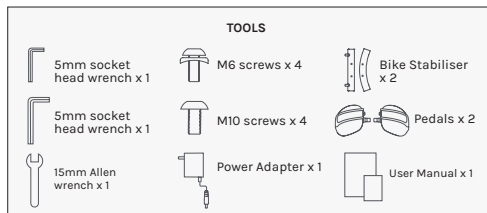
SPECIFICATION

Product name:	AI-POWERED EXERCISE BIKE
Model:	BIKE
Color:	MG-C05
Display:	Gray
Wireless connection:	Nixie tube Bluetooth
Equitment type:	Crank training
Resistance type:	Speed independent
Drive:	Belt drive
Adaptor Input:	AC 100-240V, 50-60Hz
Adaptor Output:	DC 24V, 2A
Rated voltage:	DC 24V
Max weight:	120kg
Height range:	150-190cm
Equipment class:	HB
Dimension:	1020 x 510 x 1250 mm
Net weight:	35kg

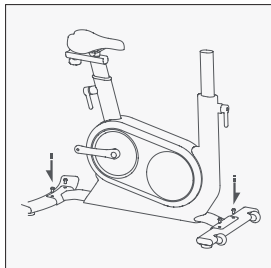
III. EXPLODED DIAGRAM



Part No.	Description	Part No.	Description
1	Console	10	Transport wheels
2	Pad holder	11	Leveling feet
3	Handlebar	12	Rear stabilizer
4	USB port	13	Power port
5	Console post	14	Power Switch
6	Handlebar holder	15	Seatpost holder
7	Pedal	16	Seatpost
8	Crank	17	Seat adjuster
9	Front stabilizer	18	Saddle

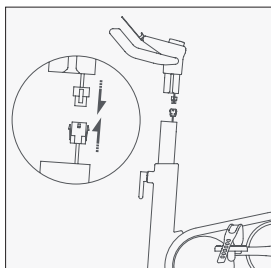


IV. ASSEMBLY INSTRUCTIONS



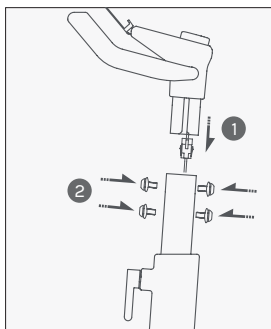
STEP 1

Place the front and rear stabilizer as indicated. Manually tighten the FOUR M10 screws. Tighten with a 6mm Allen wrench.



STEP 2

Connect the cord inside of the handlebars to the cord inside of the bike unit. Pay attention to the direction of the handlebars when connecting.

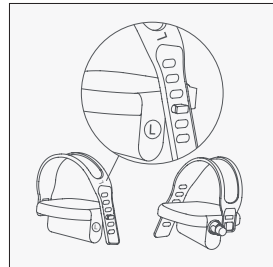


STEP 3. Mount Handlebars

First, manually spin the FOUR M6 screws with your hands as tight as possible. Then, tighten and lock in the FOUR M6 screws with the 5mm Allen Wrench.

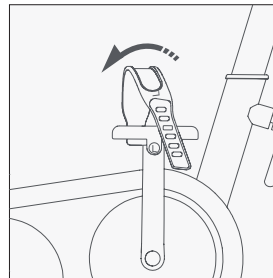
WARNING: Make sure to place the screw shim properly, with the cambered surface clung to the post.

INSTALL THE PEDALS



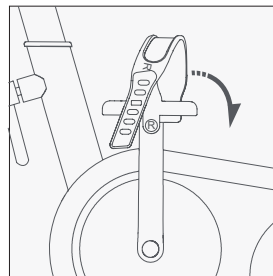
STEP 4. Install Pedal Straps

Feed the left (L) and right (R) Pedal Straps into the matching pedals; notched side facing inwards.



STEP 5. Install Left Pedal

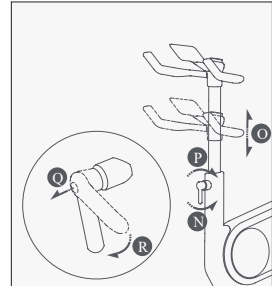
Install the Left Pedal (marked with an L) onto the left crank. First, manually tighten the screw with your hands (turning counter-clockwise). Then, use the 15 mm Open- End Wrench to fully tighten (turning counter-clockwise).



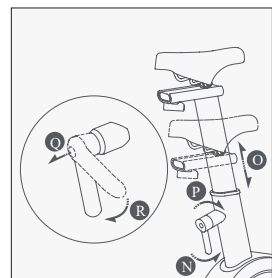
STEP 6. Install Right Pedal

Install the Right Pedal (marked with an R) onto the right crank. First, manually tighten the screw with your hands (turning clockwise). Then, use the 15 mm Open-end Wrench to fully tighten (turning clockwise).

STEP 7. Handlebar Height Adjustment



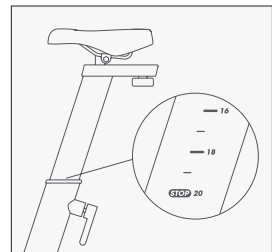
1. Turn the handlebar holder counterclockwise to loosen the console post.
2. Adjust the handlebar to a proper height.
3. Turn the handlebar holder clockwise to tighten.
4. Pull the handlebar holder outwards.
5. Turn the handlebar holder to a vertically downward direction.



STEP 8. Seat Adjustment

1. Turn the Seatpost holder counterclockwise to loosen the console post
2. Adjust the seatpost to a proper height.
3. Turn the Seatpost holder clockwise to tighten.
4. Pull the Seatpost holder outwards.

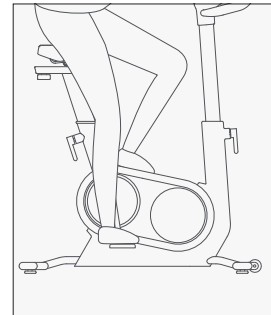
5. Turn the Seatpost holder to a vertically downward direction. Caution: It is important to keep the Seatpost holder vertically downwards as projecting handles with interfere with your movements.



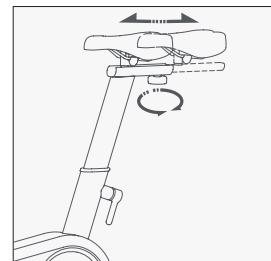
STEP 9. Seat Adjustment

Maximum height. For you safety, make sure to keep STOP mark inside the frame while adjusting the seat height.

STEP 10. Set the Seat Height

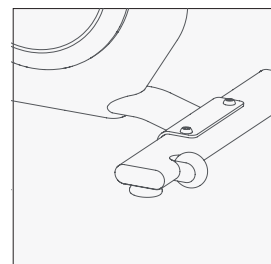


Sit on the saddle and place you heel on the pedal. Make sure the crank arm which is currently supporting your foot is point down and in line with the seatpost. You are at the correct seat height if your leg is fully extended. That means you leg is straight, but without overextending your knee.



STEP 11. Seat Depth Adjustment

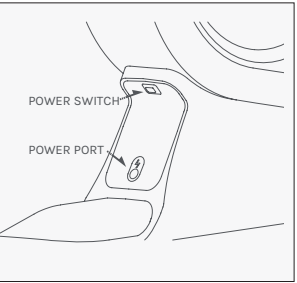
Turn the Below Seat Knob counter clockwise to loosen. Move the seat forward or back. Turn the knob clockwise to tighten.



STEP 12. Bike Stabllization

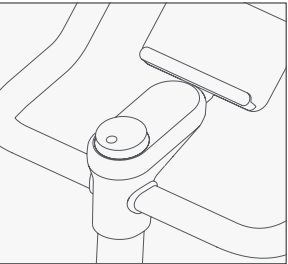
Rotate each leveling foot until the bike rests firmly on the floor.

V. FUNCTION



POWER PORT

Connect the Power Adapter to the Power Port at back of the bike above the rear Stabilizer. Ensure the bike is connected to the suitable power source, then flip the Power Switch to "-" to power on.



CONSOLE

The Console works by either rotating its metal frame or pressing the knob.

UNITS:

N.m: Newton meter, unit of torque

W: Unit of Power

R/min: Revolutions per minute, unit of frequency.

HOW TO USE THE CONSOLE



Bluetooth ON

Turn on NEXGIM App and search your bike to connect. When connected, the Bluetooth indicator on the console stays on.



Bluetooth OFF

Touch the bottom middle area of the console to enter Bluetooth interface. Press and hold the knob to turn it off. When disconnected, you will need to manually reconnect your bike in the App.



Rotate the metal frame to adjust

Under resistance mode, rotate the metal frame to adjust resistance.

DATA DISPLAY AND SWITCH

Duration



Resistance (Gear)



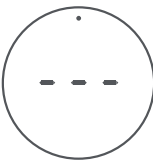
Power



Cadence



Slightly touch the bottom middle area of the console panel to change data display.



Press the knob to control

When you are taking a riding course or an immersive road riding on the App, press the knob to pause (when paused, the indicating lines flash); press the knob again to retrieve; press and hold the knob to end riding (when ended, the indicating lines keep displayed).

VI. EXERCISE GUIDE

PLEASE NOTE:

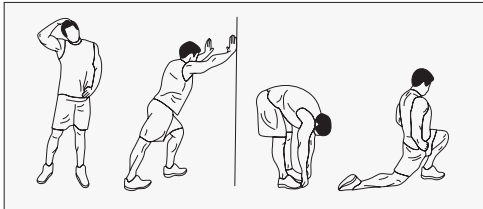
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

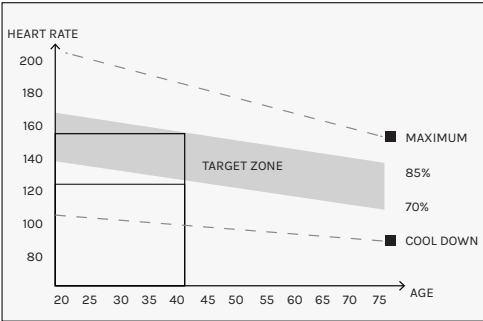
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

THANK YOU FOR CHOOSING V-CYCLE SMART EXERCISE BIKE

This is an AI — Powered Exercise Bike tailor-made for home use. It is inbuilt with intelligent motor damping, known as the black technology for cyclist training, which provides two very different, yet both scientific training modes-constant resistance and constant power. The bike adopts power and cadence sensor technologies to collect real-time accurate training data, and, with the help of machine learning and AI algorithm, to generate scientific workout plans customized for you. We will also upgrade our mobile APP from time to time to bring you smarter and richer indoor cycling experience.

TROUBLESHOOTING

Problem	Solution
Noise while pedaling	1. Remove the pedals from the cranks, turn the pedal axis, in case of smooth turning, mount the pedals back. Consult the service personnel for replacement in case of not smooth turning of the pedal axis. 2. Rotate the cranks. Tighten the cranks screws in case of noise.
Wobbly Handlebars	Use a 5mm socket head wrench to tighten the four screws on the handlebars
Unstable bike seat	Adjust the seat to your proper height; use a monkey wrench to fasten the nuts on both sides under the seat saddle.
Unstable bike	Tighten the four screws on the four leveling feet using a 6mm socket head wrench
No display on console	1.Re-connect the power adapter. 2.Make sure the power adapter is properly connected to the bike. Make sure the power button is turned to "-" position
Failure with Bluetooth connection	Restart your bike and your phone or pad, then re- connect.

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

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

V-CYCLE APP



SCAN QR CODE TO DOWNLOAD

This product supports BLE, FTMS, CSCS, CPS and is compatible with HRS sensors that support heart rate monitoring.

