

# LifeSpan *SPORT*



## **OPERATION MANUAL**

Completely read the manual before assembling and operating this product  
Keep the manual for future reference

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Congratulations on the purchase of your new LifeSpan spin bike.

# welcome to LifeSpan

We all know that exercise is a key component to achieving the level of Health and Fitness that all of us desire. Whether or not our motivation is Loss Weight, Active Living, Sports Training or to manage a Chronic Disease like high blood pressure, exercise is a core eliminate to accomplishing our goals and maintaining a long and healthy life.

At LifeSpan, we design and manufacture our equipment to meet the needs of our varied customers and what motivates them to exercise. LifeSpan Sport product models are specifically designed for people interested in Sports Training and Active Living. Special attention is given to ergonomics, and replicating the actual outdoor activity – indoors. In addition, we know that our Sports model customers are serious about exercise. As a result, we design all LifeSpan Sport product models to be durable and last through years of use.

Specifically the S2 Spin bike is constructed with a heavy gauge steel frame, 40 lb. flywheel, 3 piece forged crank set and alloy pedals with sealed bearings. Then we provide a complete range of adjustments including seat and handlebar fore and aft adjustments along with seat and handlebar height adjustments. We also use standard bike seat and pedals that allow you to use your own components if desired.

To learn more about exercise for Sports Training, Healthy Living, Weight Management or Disease Management visit our web site at [www.LifeSpanfitness.com](http://www.LifeSpanfitness.com)

Before assembly and operation of your S2 Spin Bike please read this Owners Manual in its entirety. Remember that some kinds of service should only be performed by a qualified service technician. If service is required, please contact your authorized LifeSpan Retailer or log onto the LifeSpanFitness web site and click on customer support. Use the following information to contact us directly:

PCE Health and Fitness  
PO Box 981316  
Park City, Utah 84098-1316  
Phone: (801) 973.9993  
Fax: (801) 973.9923  
Web site: [www.lifespanfitness.com](http://www.lifespanfitness.com)

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented in the manual except under the terms of the product warranty.

# specifications

Dimensions:

44" Max. Length  
44" Max Height  
21.5" Wide

Product Weight:

97 lbs.

Flywheel:

40 lbs

Adjustments:

Seat Height  
Handlebar Height  
Seat Fore and Aft  
Handlebar Fore and Aft

Pedals:

Alloy with sealed bearings

Handlebars:

Multi-Position PVC Dipped

Tension Control:

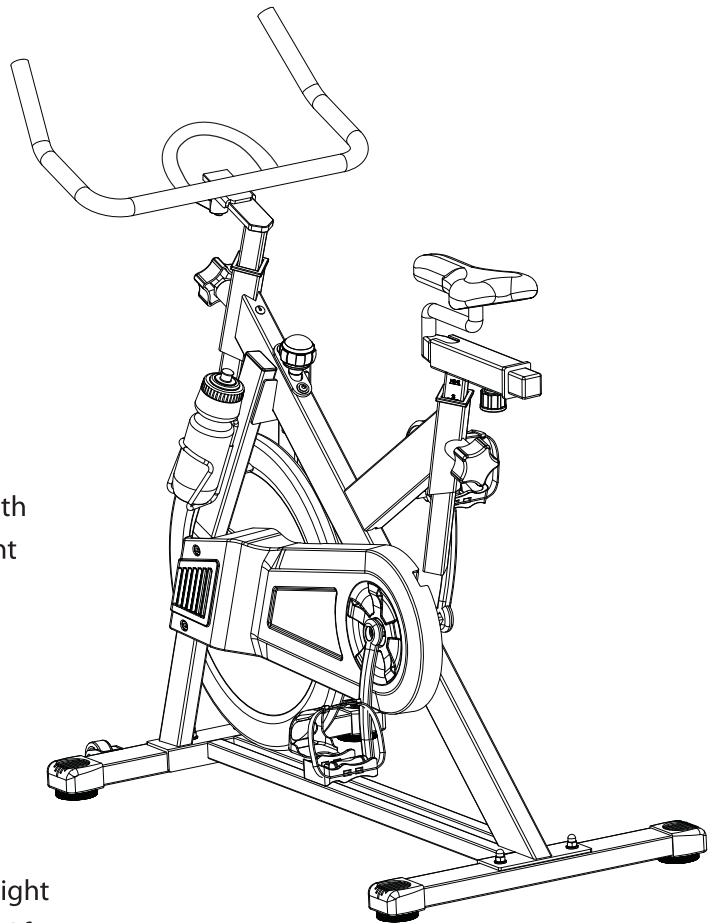
Micro Adjustment knob with felt pad friction control

Seat:

Standard Mount Two Tone Bike Seat

Misc.:

Water Bottle Holder  
Front Mounted Transport Wheels  
4 Adjustable Foot Pads for Leveling



# limited home use warranty

The LifeSpan Sport S2 Spin Bike comes with the following limited warranty, which applies only to the use of the Spin Bike in the home, for residential, non-commercial purposes:

Frame:	5 years
Parts:	1 year
Labor:	1 year
Wear Items:	90 days (Friction pad, Seat and Pedals)

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included in the first year for parts that are not considered customer repairable. For instance, seats and pedals are considered customer repairable and do not require a technician.

If within the time frames specified above, any part of the LifeSpan Sport S2 Spin Bike fails to operate properly, contact your authorized LifeSpan retailer or log into our web site at [www.lifespanfitness.com](http://www.lifespanfitness.com) and click on the Customer Support menu item. Be prepared to provide the product serial number, date of purchase, and a description of the problem to ensure accurate and quality care from one of our customer service advisors.

PCE Health and Fitness reserves the right to make changes and improvements in our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your Spin Bike, only authorized parts should be used. This warranty is void if any parts other than those provided by PCE Health and Fitness are used.

## Exclusions and Limitations

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

## Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration card online, go to [www.lifespanfitness.com](http://www.lifespanfitness.com) and fill out the registration card online or fill out the warranty card provided with your cycle and mail it today. Registration cards must be completed and sent to PCE Health and Fitness within 30 days of purchase to activate the Product Warranty on your LifeSpan Sport equipment. Product warranties are not valid unless properly completed and sent to PCE within 30 days of purchase.

# important safety precautions

When using equipment, basic precautions should always be followed, including:

- Never operate your spin bike if it has been damaged.
- Do not operate outdoors, near swimming pools or in areas of high humidity.
- Only operate this spin bike on a solid stationary surface.
- Only use this product for its intended use as described in this Owners Manual.
- Do not use attachments that are not recommended by PCE Fitness.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes.
- Keep hands and feet away from moving parts.

## Children and Pets

- Keep Children off your stationary cycle at all times.
- When in use, young children and pets should be kept at least 10 feet away.

## Other Safety Tips

- Always consult a physician before beginning this or any exercise program
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

Note: Read ALL instructions before using your LifeSpan Sport Spin Bike.  
Save these instructions

# contents

 4 Cap Nuts

 4 Washers


 4 screws

 1 Adjustment Handle

 2 Adjustment Knobs

 1 Small Adjustment Knob

 1 Water Bottle

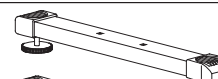
 1 Handle-bar Post

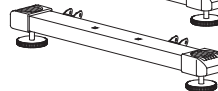
 1 Post of Seat


 1 Handle-bar

 1 Seat

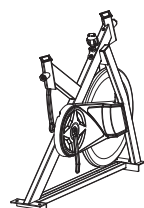
 2 Pedals

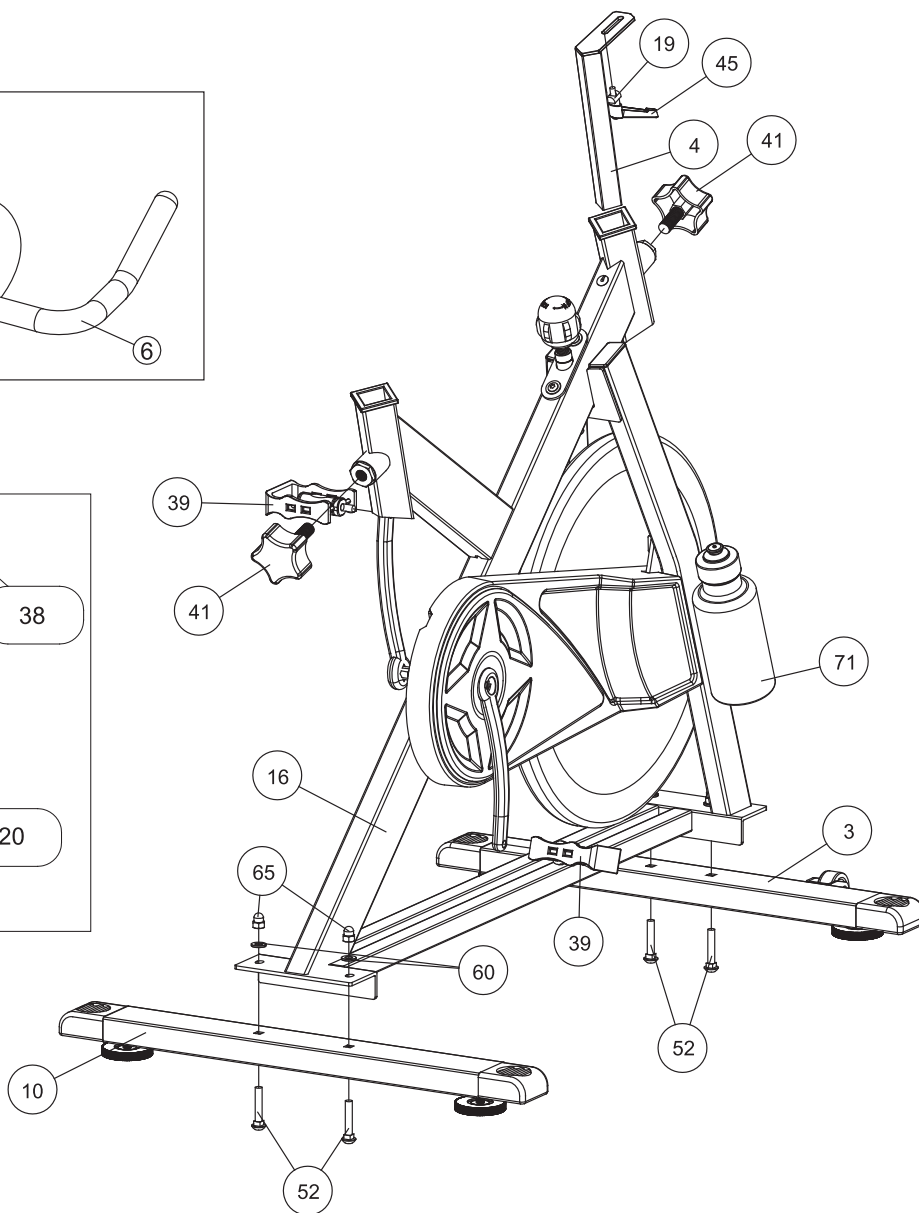
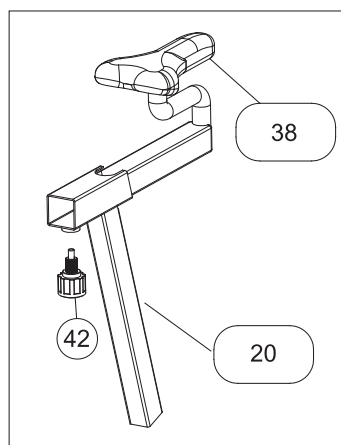
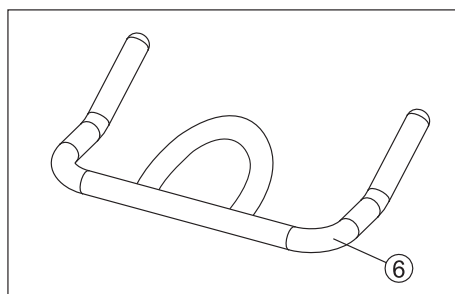
 1 Rear Base

 1 Front Base

 1 Multi-function Wrench

 1 Allen Wrench

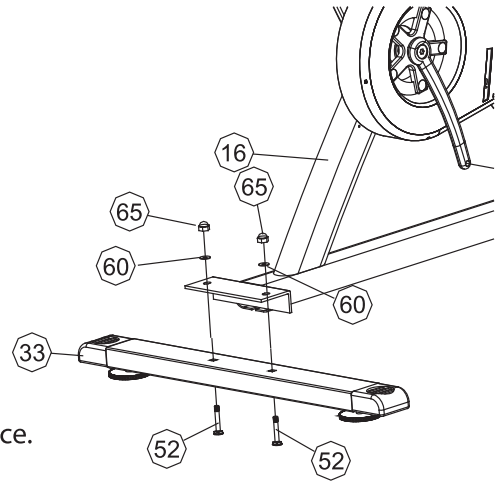
 1 Main Frame



# assembly instructions

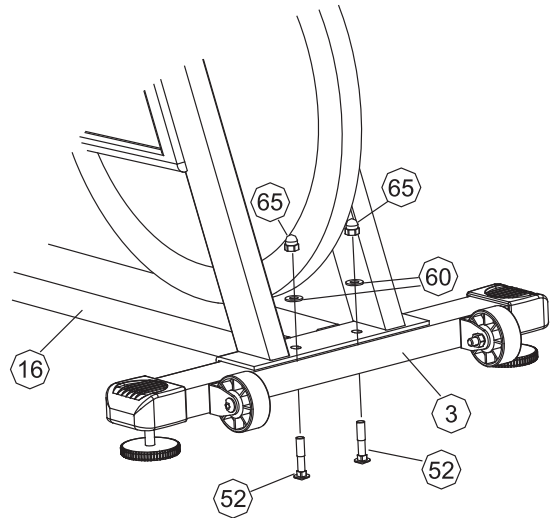
## Step 1: Attach Rear Base

- a) Stand the main frame upright with the rear base positioned underneath the frame.
- b) Insert two M8 x 50 mm screws from underneath the rear base and through the holes in the frame.
- c) Place a washer over each screw and then tighten each of the two caps nuts to secure the rear base in place.



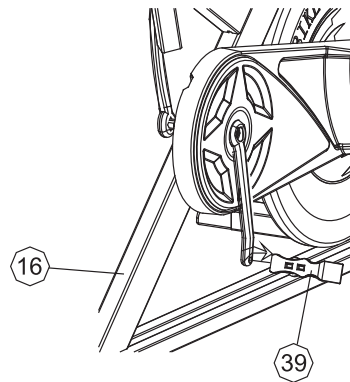
## Step 2: Attach Front Base

- a) Position the front base underneath the frame.
- b) Insert two M8 x 50 mm screws from underneath the front base and through the holes in the frame.
- c) Place a washer over each screw and then tighten each of the two caps nuts to secure the front base in place.



## Step 3: Assemble Pedals

- a) Identify which pedal goes on the right side and which goes on the left side by locating the small "R" and "L" on the bottom of each pedal.
- b) Carefully hand tighten each pedal being careful not to cross thread the screws.
- c) Tighten each pedal using the supplied tool.

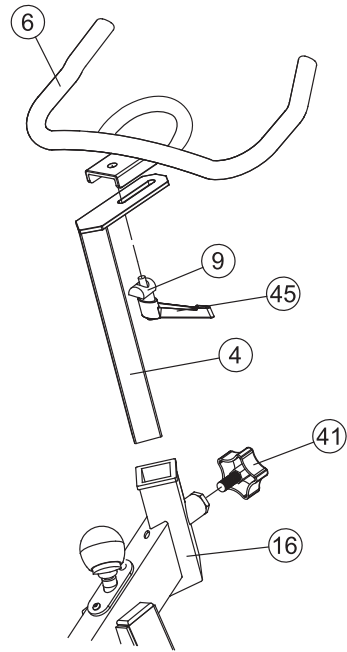


### Important Note:

The Right pedal is screwed in "Clockwise" like a normal screw, but the Left pedal is screwed in "Counterclockwise" so that it doesn't loosen during use.

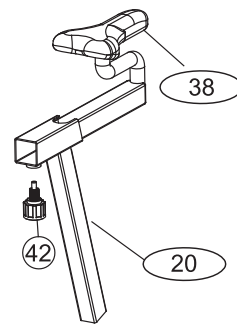
#### Step 4: Assemble Handlebars

- a) Screw in knob (41) into the front of the frame.
- b) Insert the handlebar post into the frame and tighten the knob (41).
- c) Place the handlebars on top of the supporting bracket and align the screw with the slot in the bracket.
- d) Insert the bolt from the fore and aft adjustment handle through the slot in the bracket and turn clockwise into the threaded hole in the handlebars.



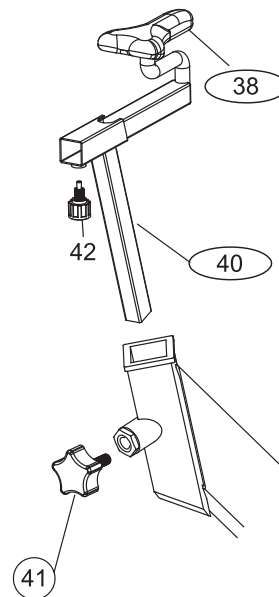
#### Step 5: Connect Seat Assembly

- a) Slide the square seat tube into the seat bracket from the front of the bracket as illustrated in the picture.
- b) The spring loaded adjustment knob will click into one of the adjustment holes located in the bottom of the square tube.



#### Step 6: Install Seat Assembly

- a) Insert the seat tube into the frame. You may need to pull out of the height adjustment knob to allow the post to be inserted to the desired position.



# adjustments

## **Where to locate your Spin Bike**

Locate your Spin Bike in a pleasant area that gives you something to look at while you're working out, such as a window or television. Maintaining an exercise program in a poorly lit area is more difficult than when located in a pleasant and active location.

## **Stabilizing Your Exercise Bike**

After you have placed the bike where you will be using it, check the stability by rocking it back and forth in all directions. Any movement indicates that the bike needs to be leveled. First determine which foot is not resting on the floor. Loosen the jam on that foot and adjust the foot down until it touches the floor, then tighten the jam to keep the foot in place. Repeat if necessary until the bike is completely stable.

## **Seat Adjustment**

Before working out, make sure that the seat is properly adjusted. Do this by sitting on the seat and placing the balls of your feet on the pedals. Your knee should be slightly bent when the pedal is at the furthest point of rotation from your body. You should be able to pedal without locking your knee or shifting in the seat.

## **Pedal Straps**

The straps should be tight enough to keep the ball of your foot on the pedals throughout the complete pedal rotation.

**Before workout out, test each strap and adjust if required.**

To tighten the strap simply pull down on the loose end of the strap until the strap is properly tensioned. To loosen the strap, press down on the top of the clip and pull the strap up.





[www.LifeSpanFitness.com](http://www.LifeSpanFitness.com)