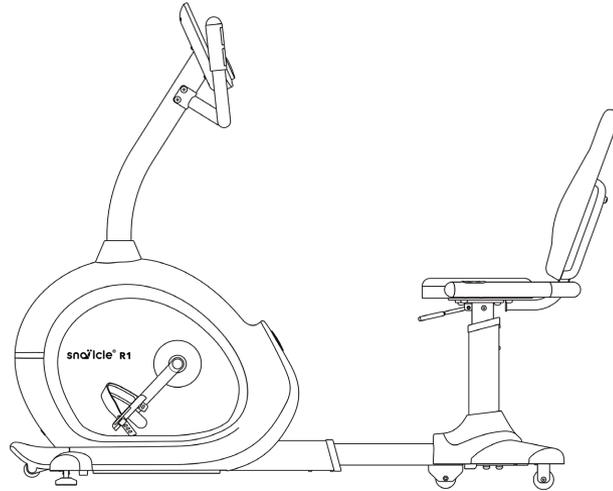




LIFE SMART® is a registered trademark of
Supply Chain Sources LLC., All Rights Reserved.

Recumbent Bike R1 Owner's Manual

Please read this manual carefully and keep it properly before using the product



Questions, problems, missing parts? Contact technical support department at **657-341-0362, 9:00 a.m. - 5 p.m., PST, Monday - Friday** or contact us via email at **support@scsources.com**.

Please have your model and serial number ready

Model : R1

Scan QR Code to Visit Registration Page



Safety Precautions

Warning: We recommend consulting a professional doctor before starting any exercise program, especially if you are over 35 years old or have pre-existing health issues. We are not responsible for any injuries or consequences that may arise from exercising without proper medical advice.

1. The machine should only be used after it has been fully assembled and placed stably.
2. To ensure correct operation and to fully utilize the capabilities of the machine, please read this instruction manual carefully before use. If you lend the product to someone else, make sure to provide them with this manual as well.
3. If the product's battery or any components are found to be damaged, stop using it immediately and contact our company or an authorized dealer for repair or replacement. Do not attempt to disassemble or replace parts yourself.

Caution

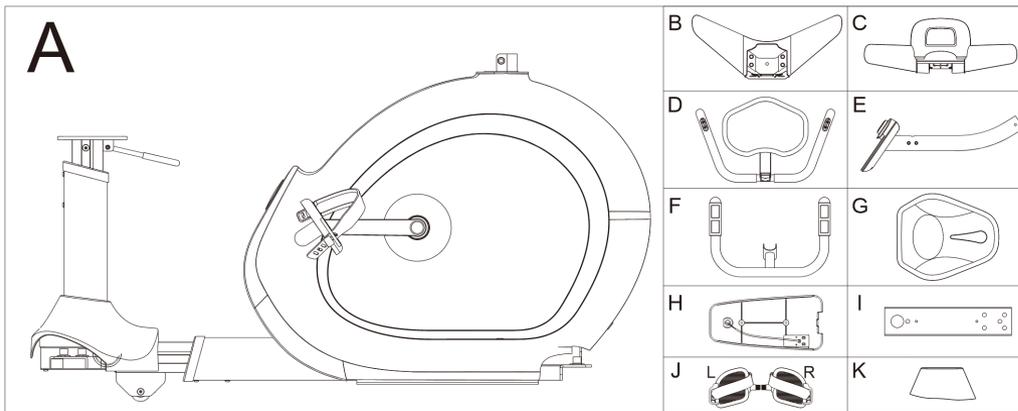
1. Before using the machine, ensure that all parts are securely fastened and tightened.
2. Do not insert objects into any part of the machine, as this may cause damage to the equipment.
3. Place the machine on a clean and flat surface. Do not place it on thick carpeting that may affect normal use, and do not use it in proximity to water or outdoors.
4. Avoid wearing clothing that is too long or loose, which can easily get caught in the machine.
5. Keep children and pets away from the machine when in use.
6. Engage in any vigorous exercise at least 40 minutes later after eating.
7. This fitness equipment is intended for adult use only;
8. This machine is only designed for indoor use. Do not use it outdoors or modify it for any other purpose.
9. The machine uses battery 18650; do not replace it with other types.
10. The product can be charged with an external adapter; ensure to use a 12V 1A adapter with a plug size of 5.5 x 2.1mm.

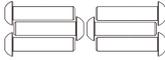
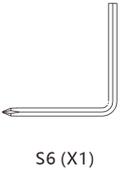
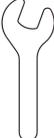
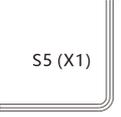
11. Due to the self-powered feature of the product and reliance on battery storage, the machine may fail to start if not used for a prolonged period. In such cases, please contact customer service for assistance.
12. Maintain a clear space of at least 24 inches around the machine during use.
13. This product is not intended for medical use.
14. The braking system is not speed-associated.

Prohibitions

1. Do not use if the outer casing is cracked, broken, or if welding has failed.
2. Avoid jumping on or off the equipment during use.
3. Do not use or store in places with high humidity, such as outdoors, near bathrooms, or where it may be exposed to water droplets.
4. Do not use or store in direct sunlight, near stoves, or other high-temperature locations, or on top of heating appliances like heated carpets.
5. This equipment is designed for single-user use only. Keep others at a safe distance during operation.
6. Do not use if you are unable to express consent or operate the machine by yourself.
7. Keep the main unit and controls free from exposure to water and beverages.
8. People who do not usually exercise should not suddenly do extreme exercise.
9. Do not use after eating, when fatigued, just after exercising, or when not feeling physically normal.
10. This product is intended for home use and is not suitable for use in non-specific public spaces with a high volume of people.
11. Avoid using while eating or engaging in other activities.
12. Do not use if you feel sluggish, such as after consuming alcohol.
13. Do not use with hard objects in the clothing pockets.

Parts List

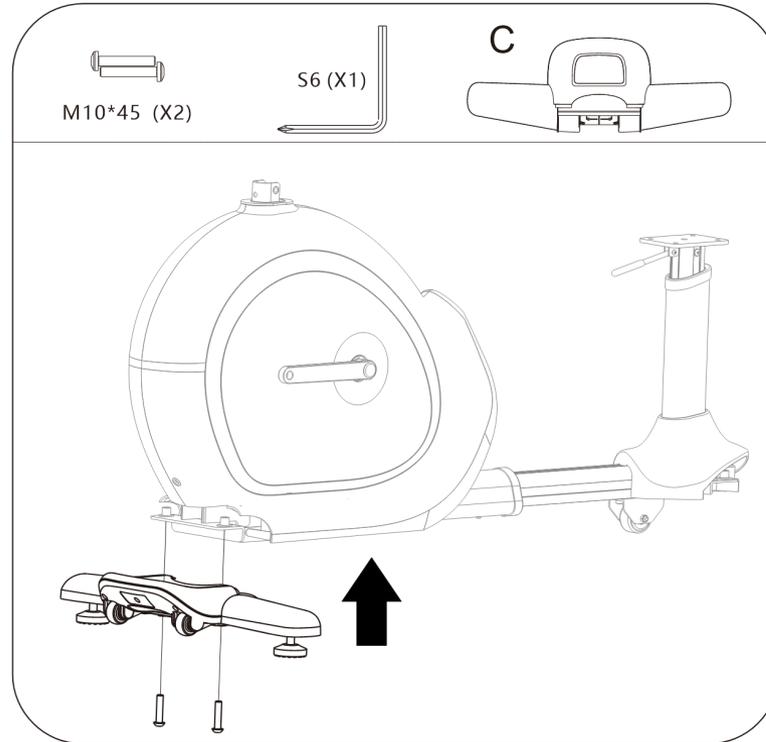


 M10*45 (X6)	 M8*12 (X11)	 M6*10 (X4)	 Ø6.5*Ø13 (X6)	 S6 (X1)	 S4 (X1)	 S8 (X1)
 Ø8.5*Ø16 (X10)	 M6*35 (X2)	 ST4.2*19 (X2)	 Ø8.5*Ø15 (X1)		 S5 (X1)	

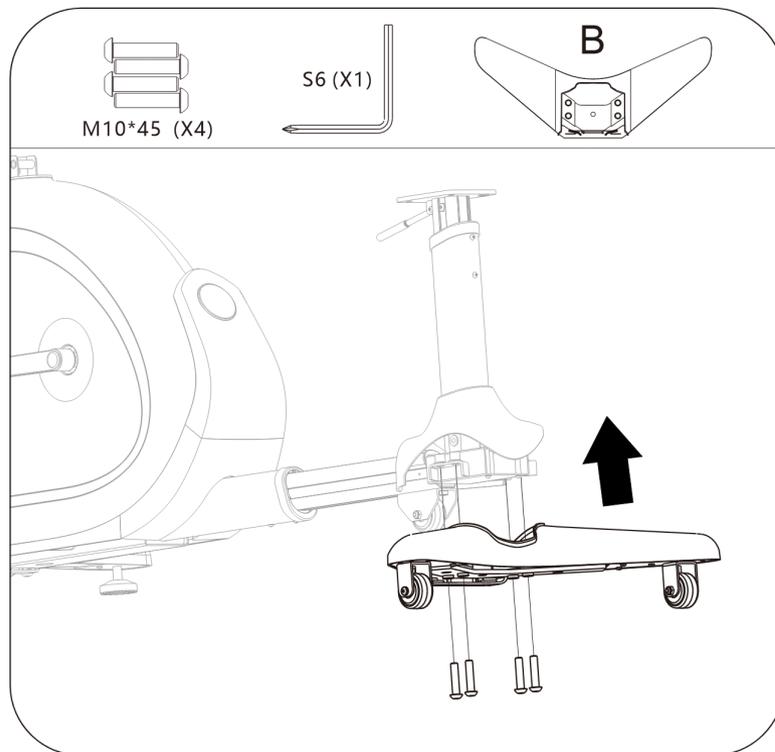
Please carefully check if all items inside the packaging box are complete and in good condition. If anything is missing or damaged, please contact customer service!

Assembly Instructions

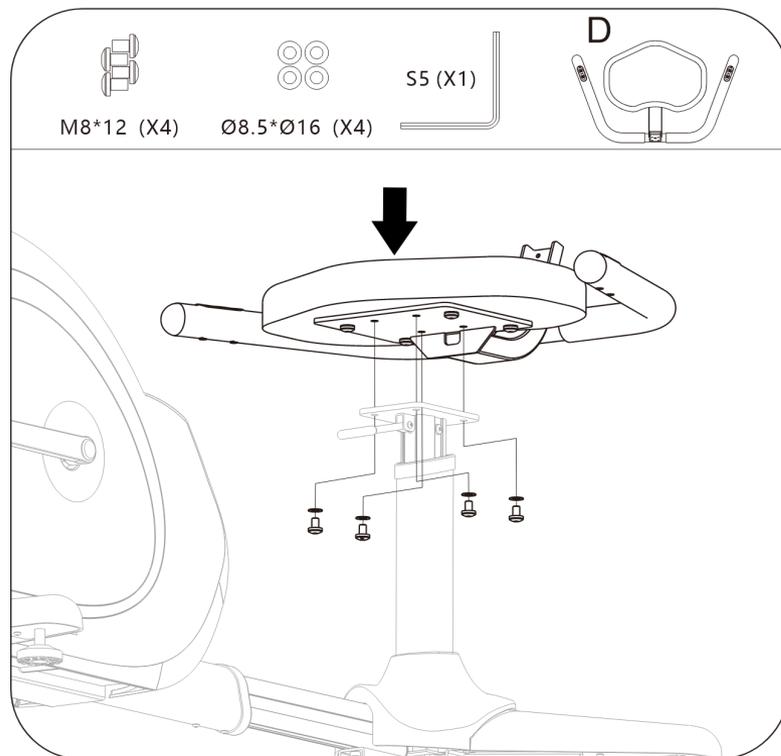
STEP 1



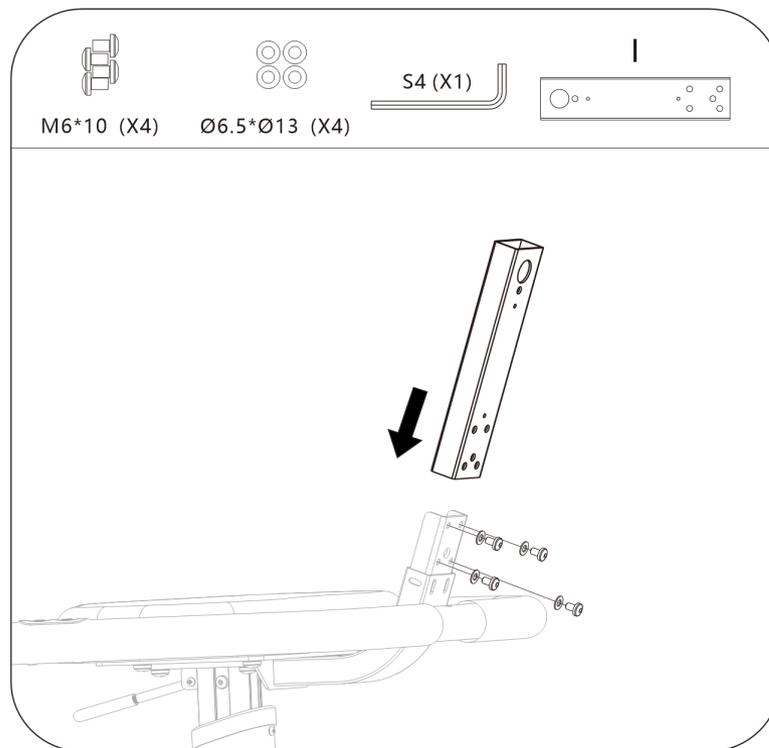
STEP 2



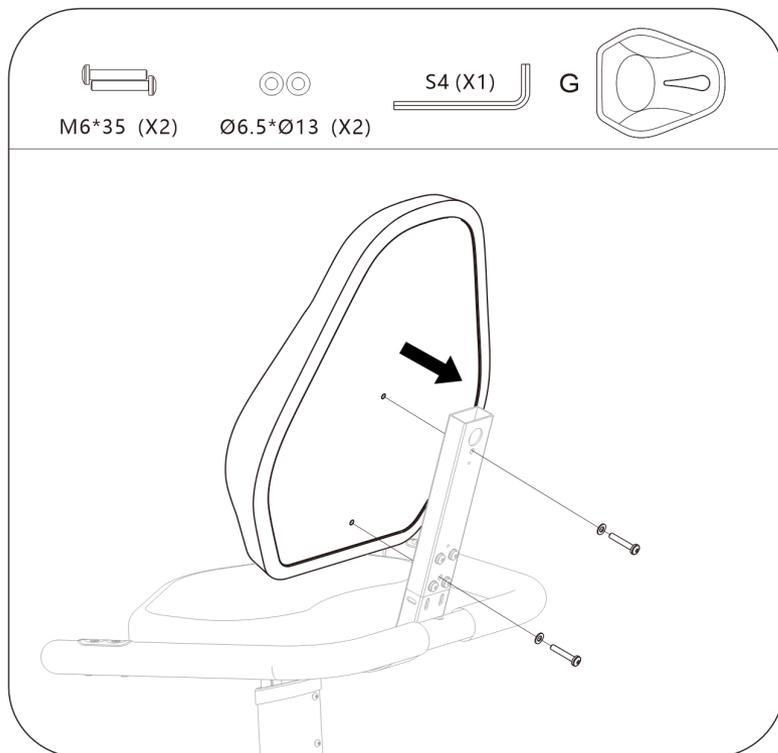
STEP 3



STEP 4



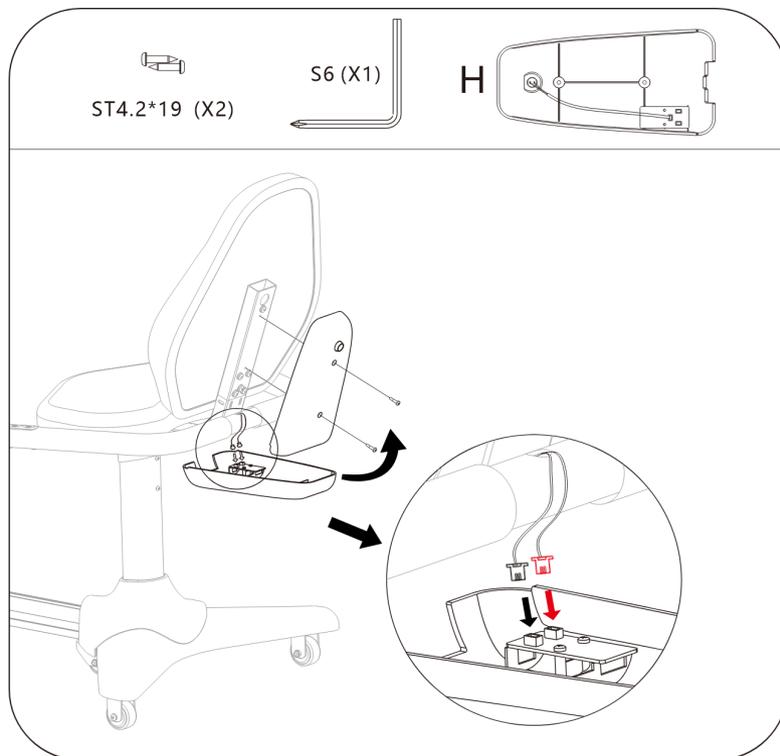
STEP 5



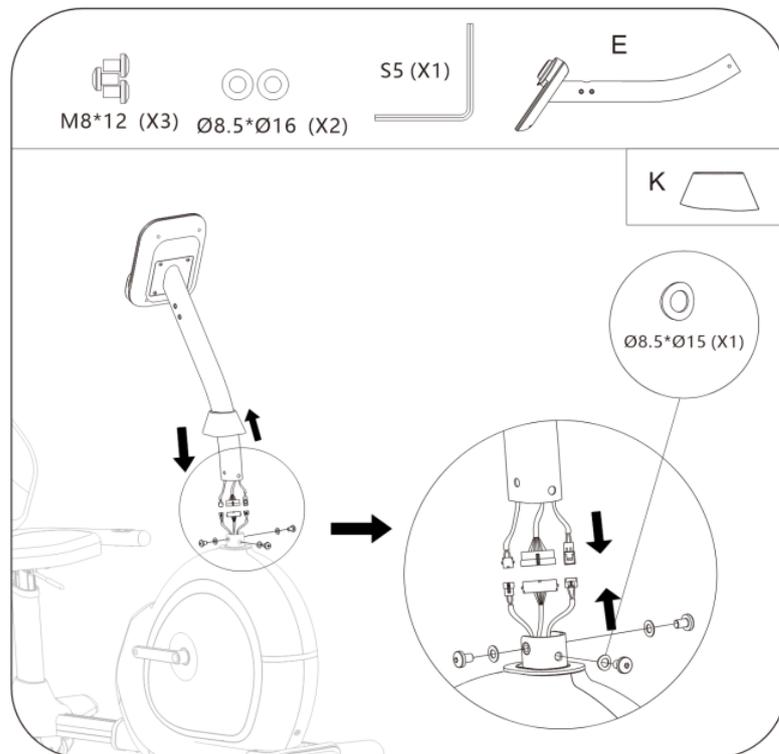
STEP 6

Note :

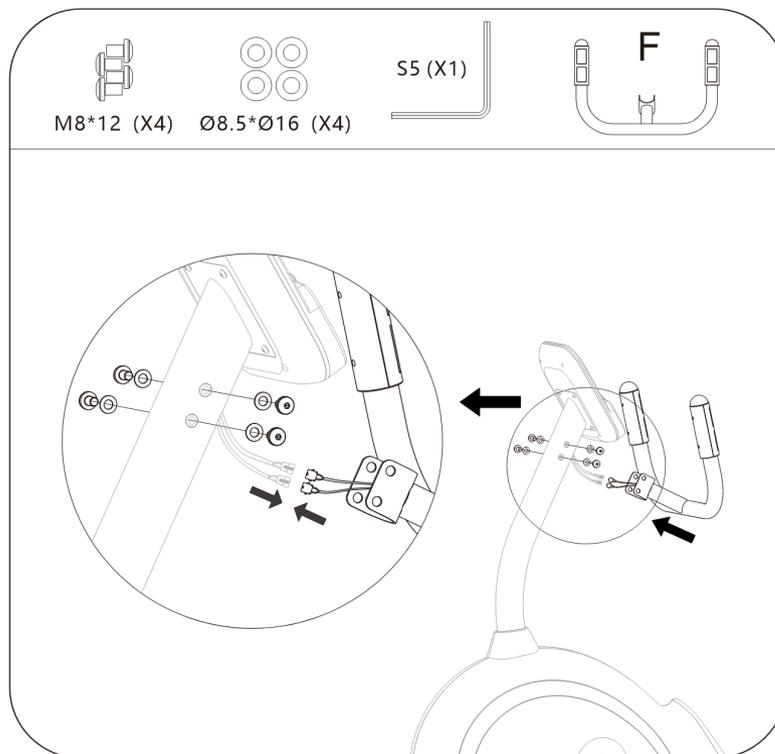
Please insert the red pin into the right socket (with red color) and the other pin into the left.



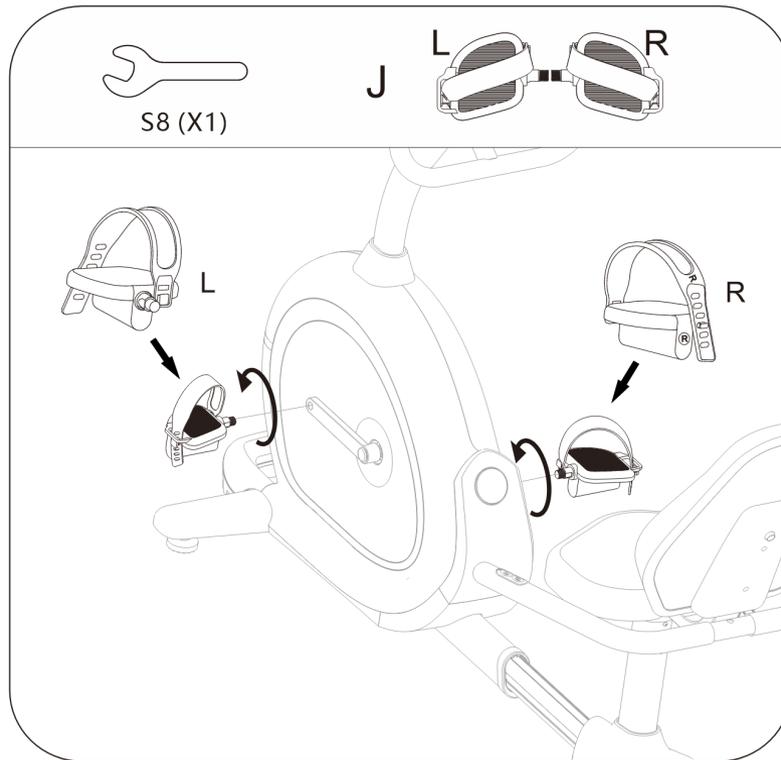
STEP 7



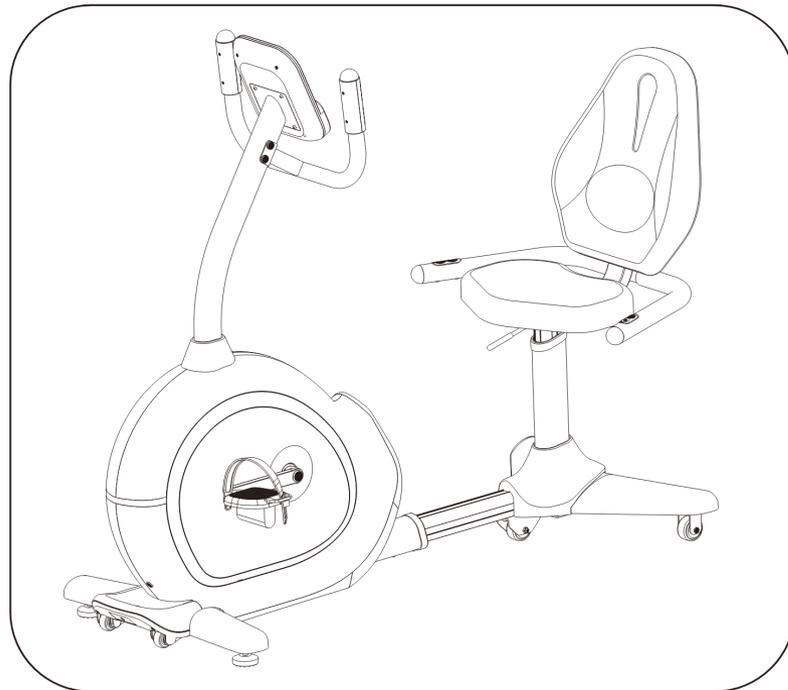
STEP 8



STEP 9



STEP 10 Assembly complete!

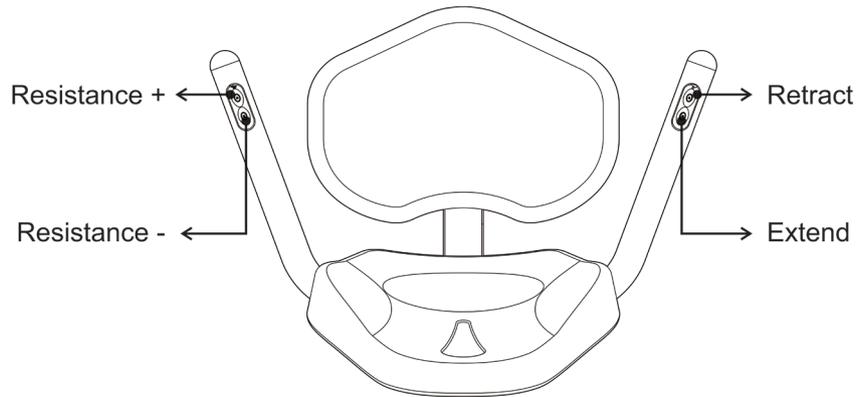


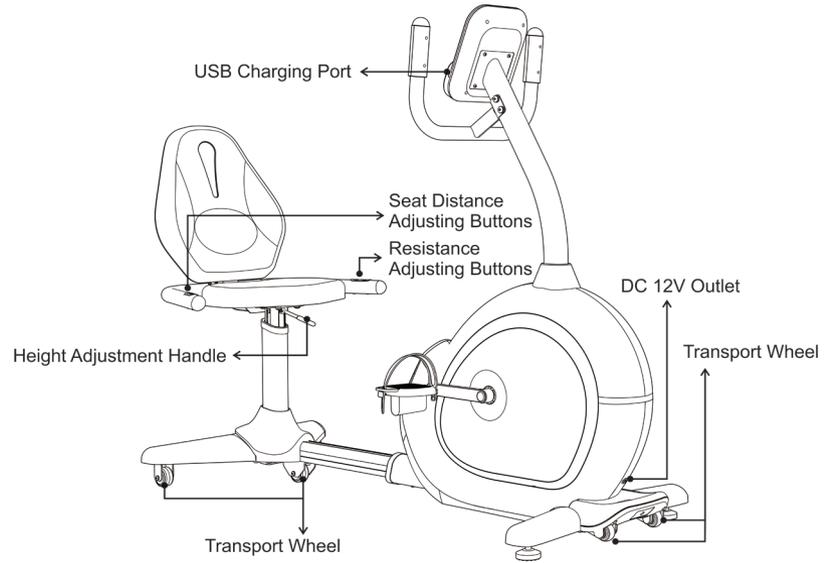
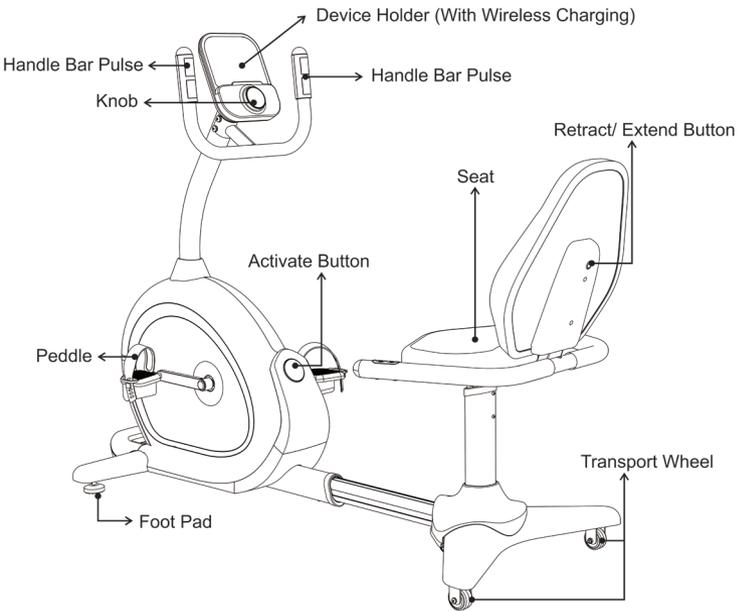
Function Guide

This machine is a self-powered training equipment with electromagnetic resistance system.

➤ Illustration

Seat Armrest Key Buttons

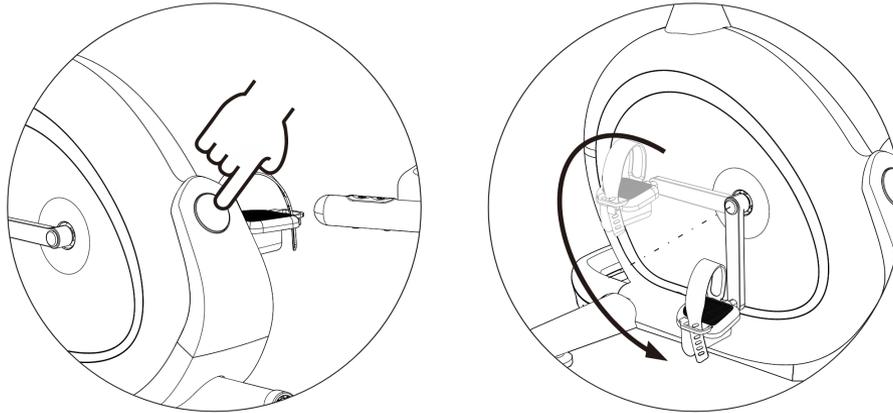




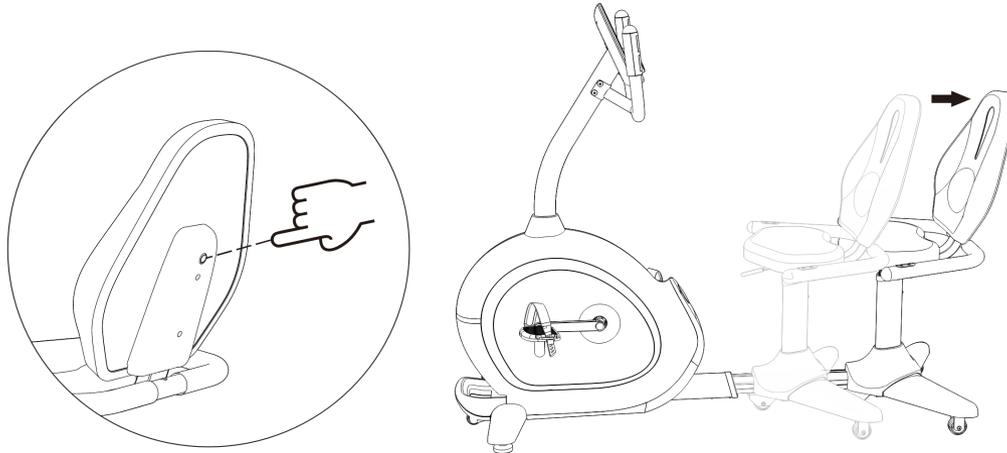
For Initial Use

Place the recumbent bike on a flat ground and adjust the foot pad to make sure it is stable and does not shake.

After installation, the seat will be very close to the main body of the machine, leaving little room for users to get on. To adjust the distance, long press **ACTIVATE** button or peddle, the knob lights up and the machine is activated.



Once the machine powers on, press **RETRACT** button at the back of the seat once, and the seat will automatically extend to the maximum distance. (If you press the button once and the seat retracts instead, press the button twice more then and the seat will extend. Press once to pause retracting, and press a second time to make the seat extend.)



Note: This process will stop automatically if the seat movement is obstructed too much or if the button is hit again. At this time, you can press the button once to let the seat retract, and then press the button again to extend the seat.

➤ **Seat Adjustment**

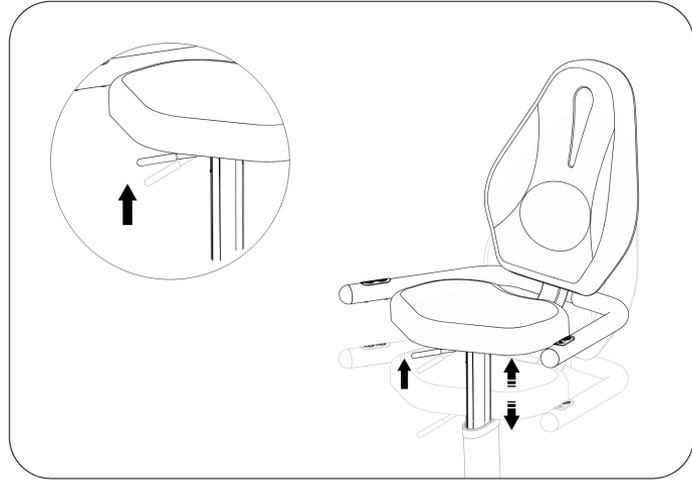
The seat of this recumbent bike can be adjusted horizontally and vertically.

Vertical Adjustment

Similar to adjusting an office chair, the seat can be adjusted vertically by air-pressure, lifting the adjusting handle upward.

Upward adjustment: Lift the adjusting handle and hold. Do not sit on it with too much pressure, and the seat will automatically rise. Release the handle when the height is comfortable for you. The adjustment will stop, and the seat will stay in this position.

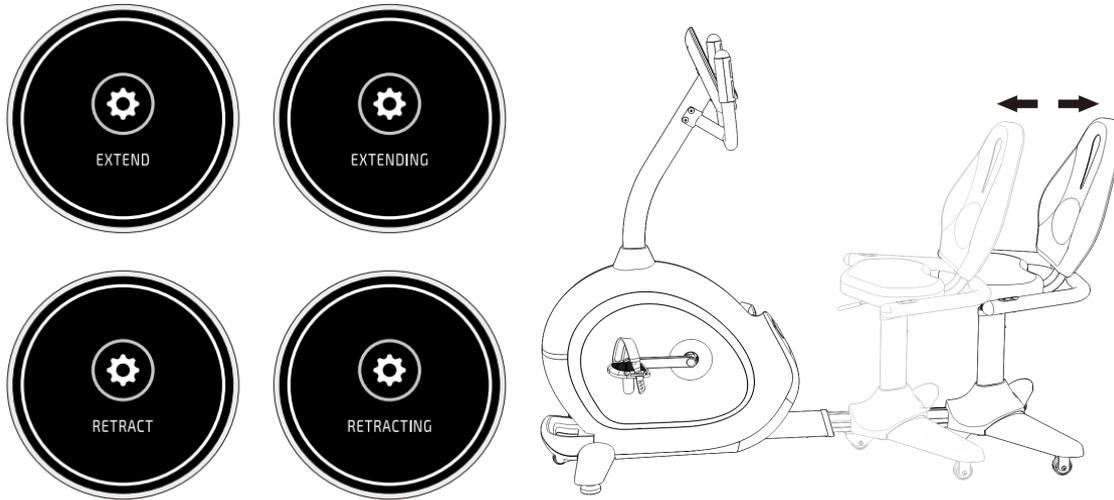
Downward adjustment: Lift the adjusting handle and hold. Sit on it with much weight, and the seat will automatically go down. Release the handle when the height is comfortable for you. The height adjustment will stop, and the seat will stay in this position.



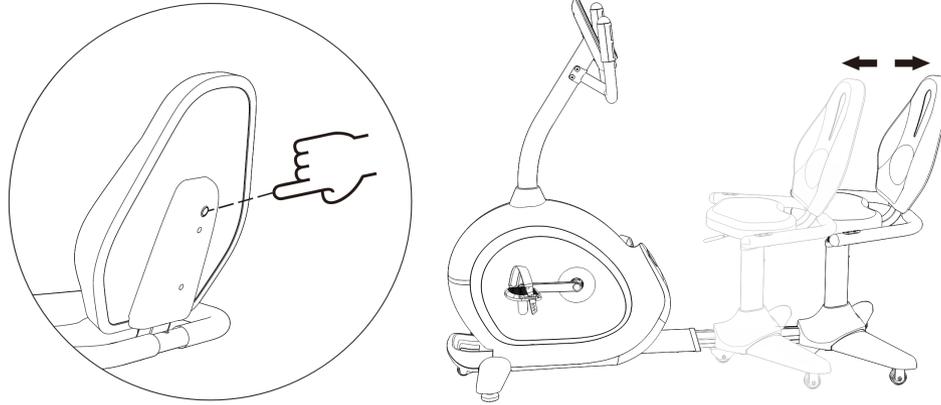
1.1 Horizontal Adjustment

Distance between seat and main body of the machine is power-controlled, which can be adjusted through four ways as follows (when the machine is powered on) :

A. When the machine is retracted, rotate the knob to the EXTEND interface. Press the knob once, and the seat will extend automatically to its longest distance. When the machine is extended, rotate the knob to RETRACT interface. Press the knob once, and the seat will retract automatically to its shortest distance. During the process of extending or retracting, short press the knob once, the seat movement will pause. Press the knob again, and the seat will move in the reverse direction.



B. When the machine is retracted, press the button at the back of the seat once, and the seat will automatically extend to the longest distance. When the machine is extended, press the button at the back of the seat once, and the seat automatically retracts to its shortest distance. During the process of extending or retracting, short press the knob once, the seat movement will pause. Press the knob again, and the seat will move in the reverse direction.



C. Rotate the knob to MEMORY interface. Select one memory position out of 5. Press the knob once, and the seat will automatically move to the preset position. For more description, please refer to MEMORY function.

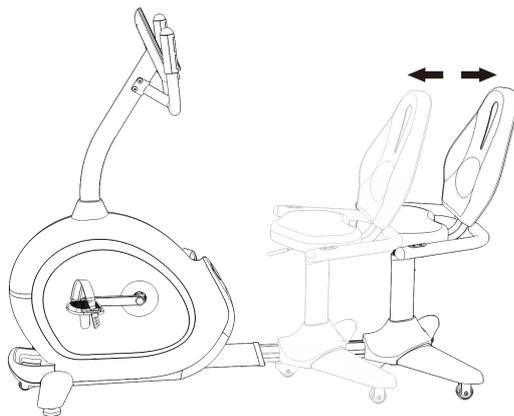
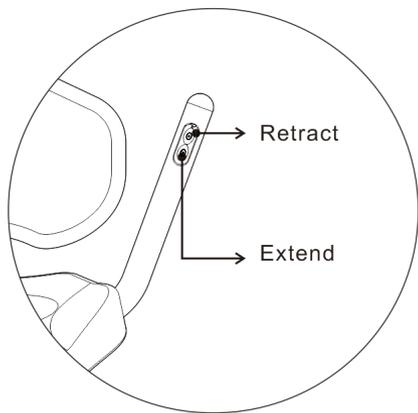
D. The seat can always be adjusted by pressing the buttons on the right seat armrest.

Press the forward button once and the seat retracts by 10mm.

Press the backward button once and the seat extends by 10mm.

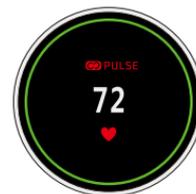
Press and hold the forward button, the seat will keep retracting until the button is released.

Press and hold the backward button, the seat will keep extending until the button is released.



➤ Free Riding

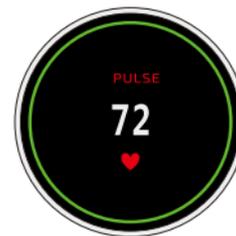
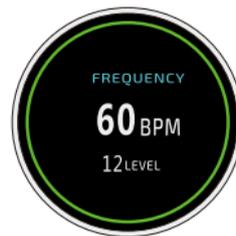
Start: Rotate the knob to Quick Start interface. Short press the knob once, and the training starts after the interface shows countdown 3,2,1. By default, time, frequency, calories, distance, and heart rate will be automatically displayed in turn every 3 seconds with  icon.



During training, you can always rotate the knob to adjust resistance.



Or short press the knob to see these data separately with no  icon.



Or short press the knob till  shows up if you want these parameters to be displayed by carousel.

End: Press the knob and hold for more than 2 seconds, it will end the current workout and then enter standby mode.

➤ Countdown Mode

Under standby mode, rotate the knob to TARGET interface and press once to enter.



Rotate the knob to choose among time countdown, distance countdown and calories countdown.



Press the knob and hold to enter SET interface. Turn the knob to adjust parameters accordingly. Press the knob once to start.



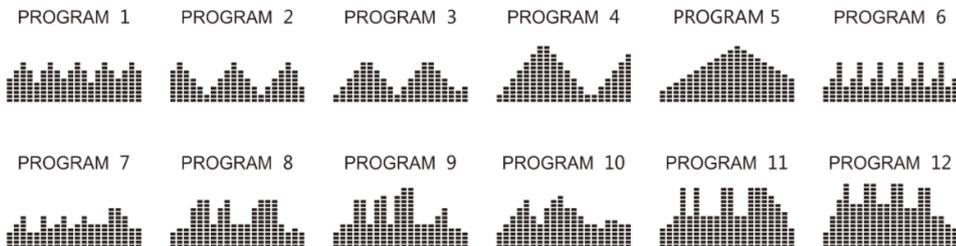
During training, you can always rotate the knob to adjust resistance. When the target is counted down to 0, target is completed and the training ends automatically. If you want to end the current training during the process, press and hold the knob for 2 seconds.

➤ Program

In standby mode, rotate the knob to PROGRAM interface and press once to enter.

Once entering, by rotating the knob, you can select program 1 to 12 or return, choose what you want and press briefly once to start.





PROGRAM	RESISTANCE LEVEL	Time Segment																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
PROGRAM 1		12	16	20	16	12	16	20	16	12	16	20	16	12	16	20	16	12	16	20	16
PROGRAM 2		16	20	16	12	8	4	8	12	16	20	16	12	8	4	8	12	16	20	16	8
PROGRAM 3		4	8	12	16	20	20	16	12	8	4	8	12	16	20	20	16	12	8	4	8
PROGRAM 4		4	8	12	16	20	24	28	28	24	20	16	12	8	4	4	8	12	16	20	24
PROGRAM 5		6	8	10	12	14	16	18	20	22	24	26	28	26	24	22	20	18	16	14	12
PROGRAM 6		8	12	20	8	12	20	8	12	20	8	12	20	8	12	20	8	12	20	8	12
PROGRAM 7		8	12	16	8	8	16	10	12	16	10	12	16	10	10	10	20	16	10	10	10
PROGRAM 8		8	10	10	20	24	24	12	20	24	12	12	12	20	24	24	24	12	8	10	8
PROGRAM 9		8	12	12	24	24	12	24	26	12	26	30	30	12	12	12	16	20	10	10	8
PROGRAM 10		8	12	16	20	24	16	12	20	24	26	20	20	16	12	12	8	12	12	10	10
PROGRAM 11		10	12	16	30	16	30	16	16	16	30	30	16	16	30	30	30	26	22	18	10
PROGRAM 12		8	16	24	32	22	22	32	32	22	22	32	32	20	20	30	30	16	16	12	10

Each preset program has 20 segments, with a default runtime of 20 minutes. If you want to reset the time, rotate the knob to the desired program, press and hold to enter the settings page, rotate the knob to adjust time, and then press the knob briefly once to confirm and start.



During the program's operation, the resistance value will automatically adjust at each segment point. Before a segment transition, you can manually rotate the knob to adjust the resistance, but when the next segment begins, the program will automatically reset to the default value.

➤ How to Connect Heart Rate Monitor

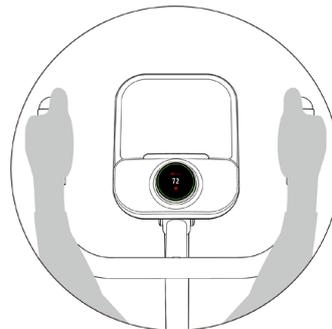
Handle Pulse Sensor

This machine comes with a handle pulse sensor. Hold the hand pulse sensor by both hands, after 5 to 10 seconds, the system can read the heart rate and display the value on the knob.



Connect Wireless Heart Rate Device

Our system supports all heart rate belts or smart wristbands and watches with a heart rate broadcasting feature. As long as the heart rate belt or wristband/watch is within a 5-meter range and it has an activated heart rate broadcasting function, the system will connect automatically.



Note: In most cases, to conserve battery life, the heart rate broadcasting function is turned off by default on wristbands or watches. Therefore, before using, you need to activate it on your wristband or watch. Typically, this setting can be found in the settings menu.

The heart rate interface can only be viewed on the knob after starting a workout, and the display appears as shown in the image on the upper right.

➤ Memory

This machine has 5 customized seat position memory programs, users can set the most suitable position by their preferences.

Rotate the knob to MEMORY interface, press the knob once to enter. Rotate the knob and select one position. Press and hold the knob to enter setting, rotate the knob to adjust distance. press the knob once to confirm, the system will automatically save the new position value.



Rotate the knob to MEMORY interface, press the knob once to enter. Rotate the knob to select one position. Press the knob again, and the seat will move to the preset position.



➤ **Connect with Snailcle App**

Scan the QR-code below, and download Snailcle APP.

After downloading and installing the app, follow the prompts to connect to the machine's Bluetooth (with the Bluetooth name being Snailcle R1-XXXXXX), and then you're ready to begin a fun journey.



➤ **How to Store**

Method 1: Under standby mode, rotate the knob to the retract menu and press briefly once. The slide rail will automatically retract to its minimum position.

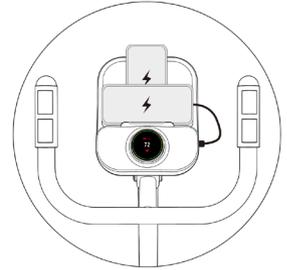
Method 2: You can always retract the machine by pressing the button at the back of the seat.

➤ **Device Charging**

Method 1: You can charge your phone or tablet by connecting it to a charging cable and then plugging the cable into the USB charging port on device holder next to the knob.

Method 2: Activate your phone's wireless charging function, and then place the phone horizontally or vertically on the device holder. And your phone is being charged.

Note: Before using this function, please make sure that your phone has wireless charging function. And then you can follow the steps above to complete the charging.



➤ **Auto Shut down**

When the machine remains not peddled for a continuous 2 minutes, the system will automatically power off and enter sleep mode. To activate it again, press and hold the **ACTIVATE** button or just peddle. Once the knob lights up, it's ready for use.

Troubleshooting

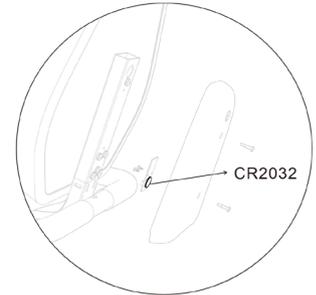
Issue 1: Key buttons on the seat armrest are invalid.

Analysis: Key buttons function is achieved by wireless remote control technology, and the following two situations may cause its operation to be invalid:

- (1) If the machine has not been used for less than a year, it may be that Bluetooth has not been successfully paired;
- (2) If the machine has been used for more than a year, it may be that the battery is dead.

Solutions:

- (1) Re-pair Bluetooth. When the machine is under shutdown mode, press and hold extension button on seat backrest, meanwhile activate the machine by long pressing the ACTIVATE button or peddling. Three seconds after the machine powers on, release the button. If nothing is wrong during this process, the pairing is successful.
- (2) If all the attempts to pair fail, and the machine has been used for more than one year, you need to change the battery of the remote control for key buttons. Remove the back cover of the seat backrest and replace the CR2032 button battery(as shown on the left). After replacing the battery, attempt the re-pairing process again as described in solution (1).



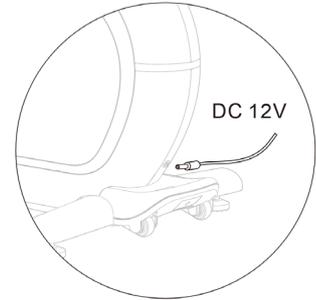
Issue 2: The machine shuts off automatically when trying to adjusting seat distance .

Analysis: As a self-powering device with an 11.1V 2000mAh battery pack, the generator is supposed to charge the battery with every riding. Nonetheless, excessive battery drain may occur if:

- (1) The machine has been inactive for six months or more, leading to significant battery discharge.
- (2) The machine is seldom used while repeated seat distance adjustment has been made without subsequent recharging, resulting in excessive battery depletion.

Solutions:

- (1) Operate the machine with frequency over 60 RPM for at least 15 minutes to recharge the battery. Typically, charging for 15 minutes allows for around 2 full seat distance adjustment.
- (2) Charge the machine with a 12V 1~2A adapter (with a 5.5mm x 2.1mm plug) for about 30 minutes. Please note that the power adapter is not included in the standard machine package and must be purchased separately or through after-sales support. Warning: Ensure the power adapter meets the specified voltage and current (12V 1~2A) to avoid potential damage to the machine.



Maintenance

The safety level given by the design of the snailcicle Bike can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced or the equipment should be put out of use until it is repaired.

DAILY

- Wipe down the machine after each use to remove sweat and moisture. Use soap and water, or a diluted non-abrasive domestic cleaner solution. Rinse to remove detergent residue and then dry off.
- Before each session, inspect for loose components such as pedals or cranks prior to commencing the next use. Tighten up any loose parts.

WEEKLY

- Check for proper seat post and handlebar movement.
- Adjust and lubricate the moving parts if necessary.
- Check to make sure the crank arms are tightened to the bottom bracket.
- Inspect all parts, nuts, bolts, or screws for adjustments, replacements or maintenance.

MONTHLY

- Inspect the frame and main assembly components for rust or corrosion. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, quick release levers and other bolt assemblies.
- Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:
 - A) Inspect handgrip foam for wear. Excessive wear or dryness indicates replacement is required.
 - B) Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
 - C) Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
 - D) Inspect the belt for tensioning by rotating the crank to drive the flywheel forward. Do this motion in 1/4 turns to assess if there is free play between the crank and the flywheel.
 - E) Please lubricate the seat post regularly with grease if any wear or noise appears.

1-Year Limited Warranty

The manufacturer warrants this product against defects in materials and workmanship on functional parts, for a period of 1 year from the original date of purchase. Your sales receipt showing the date of purchase of the product is your proof of purchase. Keep it in a safe place for future reference. This warranty is subject to personal use only, commercial or rental applications will not be covered.

This product is made with the highest quality materials and is warranted to be free from defects in materials and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by the manufacturer, are delivered in the continental United States or Canada and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and/or owner transfer. Any refunds or monetary compensations must be claimed through the place of purchase (retailer), and not through the manufacturer. Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this products' limited warranty, and may be redirected to said retailer or third party for coverage.

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a workmanship defect. Shipping damage should be addressed with the shipping company, retailer, or place of purchase, not the manufacturer unless the manufacturer was the direct shipper.

The manufacturer's sole obligation under this warranty shall be limited to furnishing the original purchaser replacement parts for units deemed repairable by the supplier's warranty department. The purchaser is responsible for insuring any parts shipped or returned, if desired. The purchaser is responsible to prepay any shipping charges (both ways) including, but not limited to taxes and duties. All exchanged parts and products replaced under this warranty will become the property of manufacturer. The manufacturer reserves the right to change manufacturers of replacement parts or products for use, in order to cover any existing warranty.

The purchaser may be asked to provide the supplier with proof of purchase documents (including the date of purchase) if requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to VOID this limited warranty. Products, in which the serial number has been defaced or removed are not eligible for warranty coverage.

This warranty does not apply if the unit has been subject to negligence, fabrication, misuse, abuse, or repairs, alteration by non-manufacturer authorized personnel, inappropriate installations, or any case beyond the control of the manufacturer. Examples of warranty invalidation may also include, but are not limited to:

- Use of lacquer or paints in (and around) the product
- Product placed on non-approved surfaces
- Electrical requirement deficiencies
- Use on extension cords/timers/surge protectors/GFCI
- Outdoor applications
- Normal wear/tear/weathering
- Pet/consumer accidents
- Purchases from dealers unauthorized by the manufacturer (Authorization in writing)

The manufacturer shall not be liable for any loss due to use (or misuse) of the product or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall the manufacturer or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation.

This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.

SNAILCLE Recumbent Bike R1 Owner's Manual

3040200307

V1.0