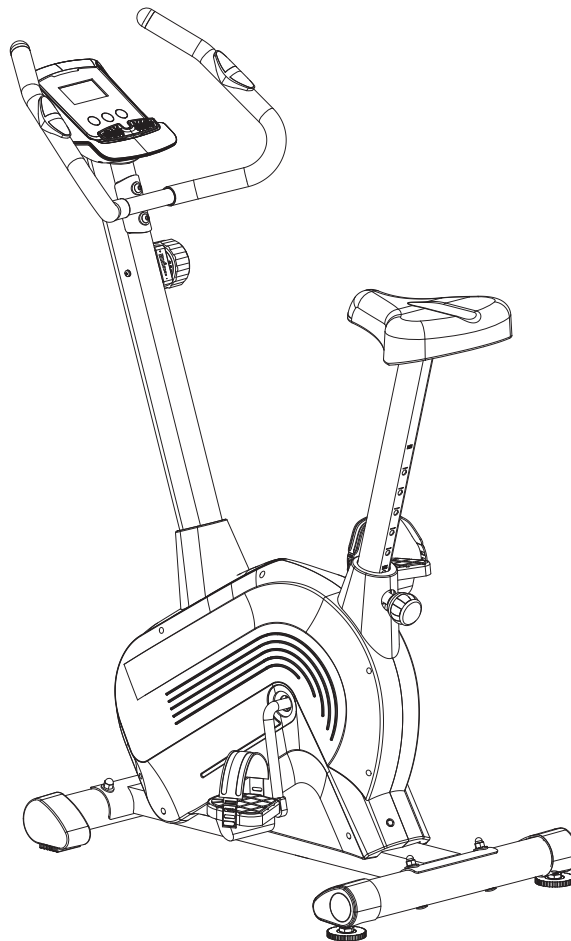


***XINGGUI***  
***Magnetic Upright Bike***  
***ITEM NO.: 20040***

***LifeGear***

Get active for life



***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.***

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# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

**Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.**

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 110 kgs.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

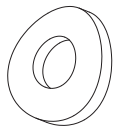
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Seat Post Bushing	1
002	Handlebar Ø25	1	027	Seat Post Cover	1
003	Handlebar Post	1	028	Seat Cushion (DD-98-4T)	1
004	Seat Post	1	029	Washer Ø16xØ8x1.5T	3
005	Front Stabilizer Ø60x1.5Tx330	1	030	Nylon Nut M8	3
006	Rear Stabilizer Ø60x1.5Tx480	1	031	Flywheel	1
007	Idler Arm	1	032	Eyebolt M6x36	2
008	Handlebar Foam Grip Ø30xØ24x490	2	033	Tension Bracket 31x30x1.0T	2
009	Handlebar End Cap Ø25	2	034	Spring Washer Ø6	2
010	Hand Pulse Sensor with Wire L=750 mm	2	035	Nut M6	2
011	Cross Recessed Pan Head Tapping Screw ST4.2x20	4	036	Nut M10x1.0xH6	2
012	Hexagon Socket Pan Head Cap Bolt M8x15	6	037	Cross Recessed Pan Head Bolt M6x10	1
013	Curve Washer Ø16xØ8x1.5T	2	038	Washer Ø12xØ6x1.5T	1
014	Computer (XLG-505)	1	039	Bearing 6000-2Z	2
015	Extension Sensor Wire L=800 mm	1	040	Washer Ø14xØ10.2x1.0T	2
016	Cross Recessed Pan Head Bolt M5x10	4	041	Hexagon Socket Round Head Cap Bolt M8x30	1
017	Tension Control Knob	1	042	Cover Cap Ø40xØ25x10	2
018	Tension Cable L=1150 mm	1	043	Plastic Screw Anchor Ø8x32	2
019	Big Washer Ø18xØ5x1.5T	1	044	Hexagon Nut 7/8"	2
020	Cross Recessed Pan Head Bolt M5x25	1	045	Washer Ø23xØ34.5x2.5	1
021	Handlebar Post Cover	1	046	Bearing Nut II 7/8"	1
022	Big Curve Washer Ø20xØ8x2.0	6	047	Ball Bearing	2
023	Sensor with Wire L=750 mm	1	048	Bearing Cup	2
024	Washer Ø20xØ8x2.0T	2	049	Bearing Nut I 15/16"	1
025	Seat Post Knob M16x1.5	1	050	Washer Ø24xØ40x3.0	1

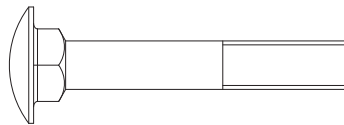
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
051	Belt (380J)	1	060	Cap Nut M8	4
052	Crank with Belt Pulley	1	061	Rear Left Stabilizer End Cap	1
053	Left Foot Pedal (YH-30X)	1	062	Rear Right Stabilizer End Cap	1
054	Right Foot Pedal (YH-30X)	1	063	Nut M10	2
055	Left Cover	1	064	Adjustable Leveler M10	2
056	Right Cover	1	065	Screw ST4.2x20	4
057	Front Left Stabilizer End Cap	1	066	Cross Recessed Pan Head Tapping Screw ST4.2x25	5
058	Front Right Stabilizer End Cap	1	067	Cross Recessed Pan Head Tapping Screw ST2.9x10	2
059	Carriage Bolt M8x70	4	068	Hexagon Socket Pan Head Cap Bolt M8x10	1

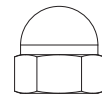
# HARDWARE LIST



(22) Big Curve Washer  
4 PCS



(59) Carriage Bolt  
4 PCS

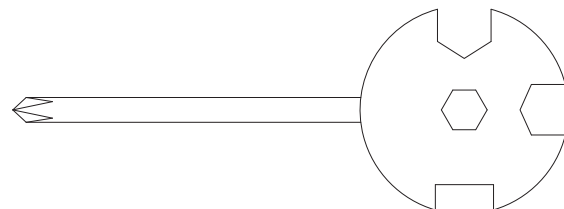


(60) Cap Nut  
4 PCS

# TOOLS

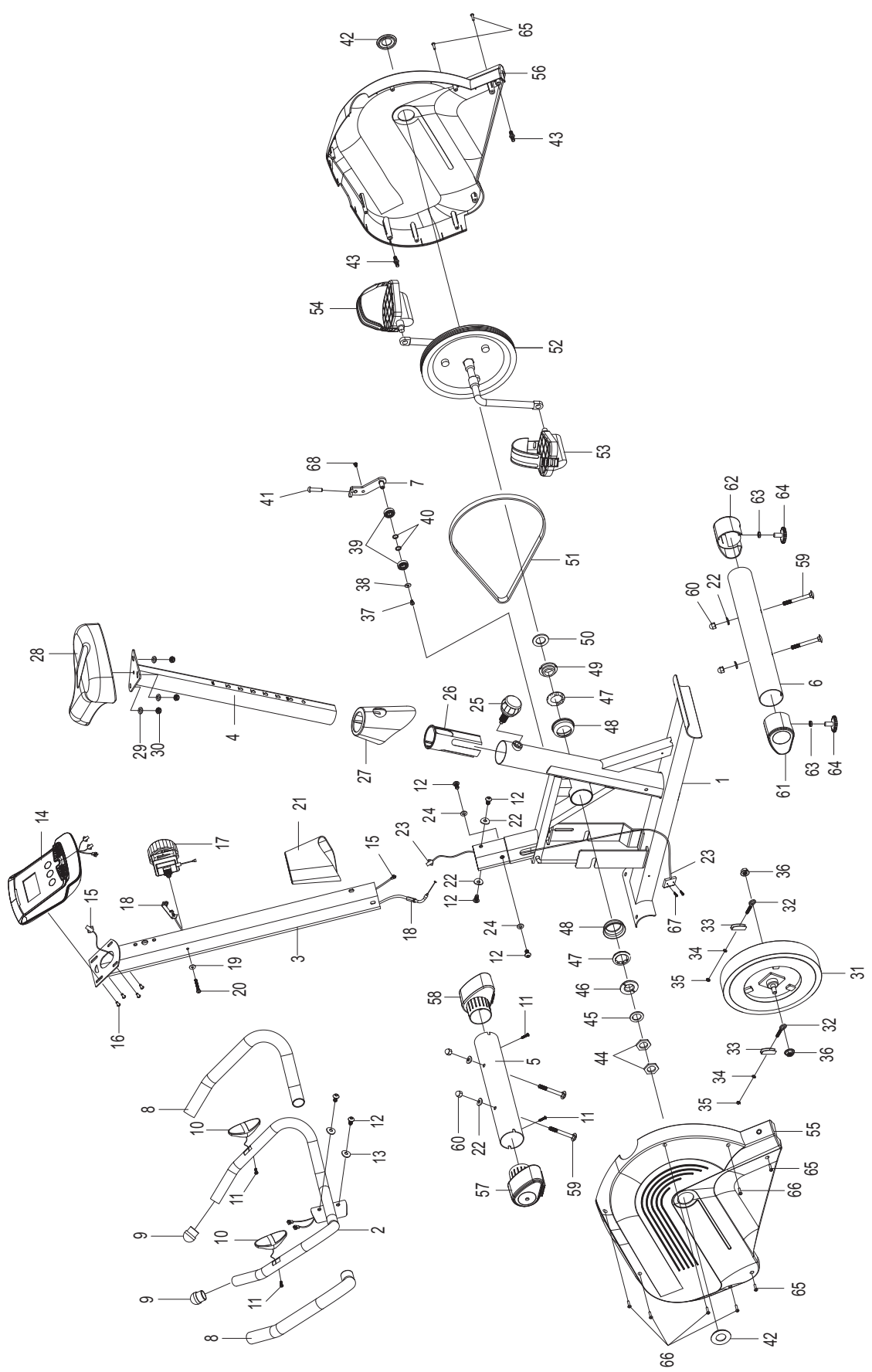


Allen Wrench  
1 PC

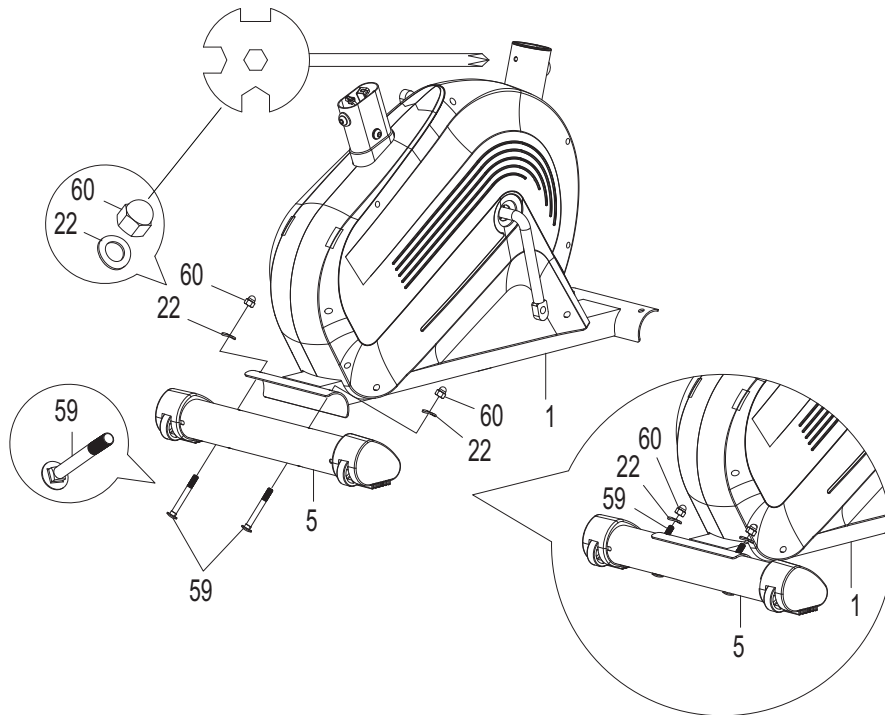


Multi Hex Tool with Phillips Screwdriver  
1 PC

# EXPLODED VIEW



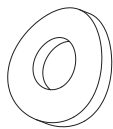
# ASSEMBLY INSTRUCTIONS



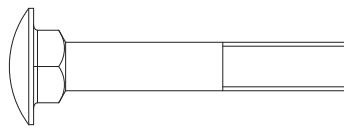
## STEP 1

Position the Front Stabilizer (5) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (5) onto the front curve of the Main Frame (1) with two Carriage Bolts (59), two Big Curve Washers (22), and two Cap Nuts (60). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

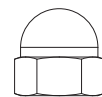
## Hardware:



(22) Big Curve Washer  
2 PCS

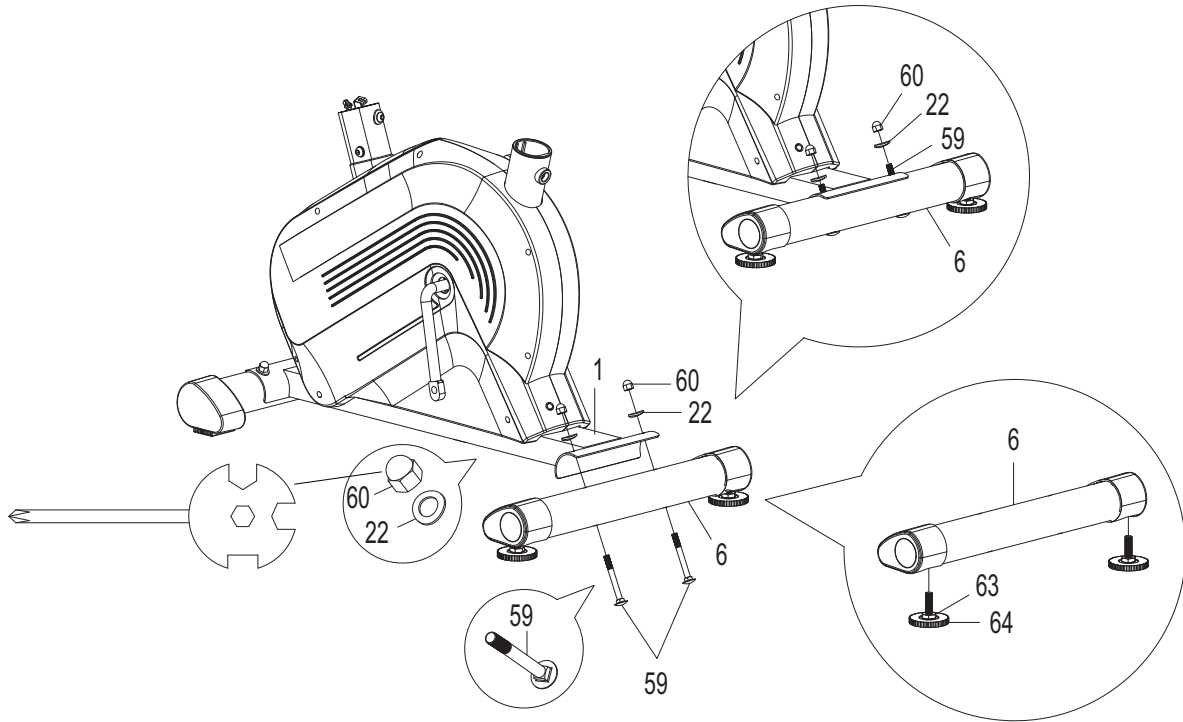


(59) Carriage Bolt  
2 PCS



(60) Cap Nut  
2 PCS

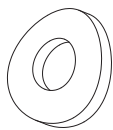




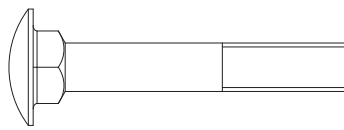
**STEP 2**

Install two Adjustable Levelers (64) with two Nuts (63) onto the Rear Stabilizer (6). Position the Rear Stabilizer (6) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (6) onto the rear curve of the Main Frame (1) with two Carriage Bolts (59), two Big Curve Washers (22), and two Cap Nuts (60). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

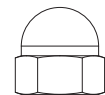
**Hardware:**



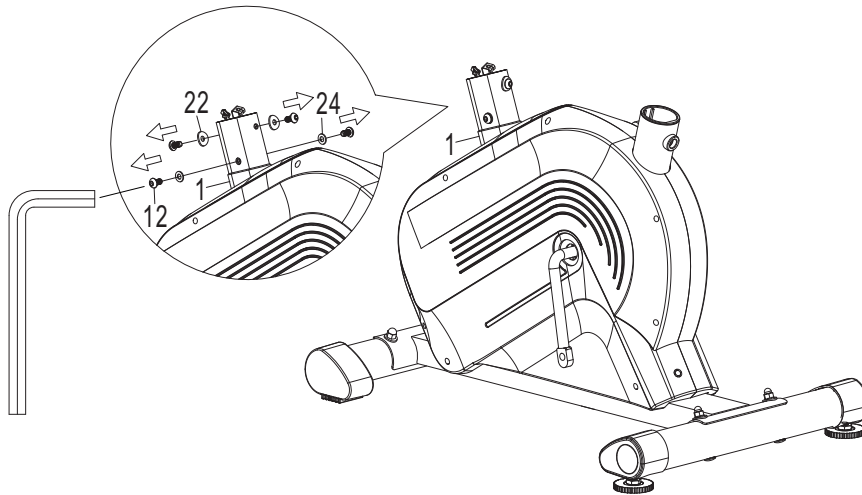
(22) Big Curve Washer  
2 PCS



(59) Carriage Bolt  
2 PCS

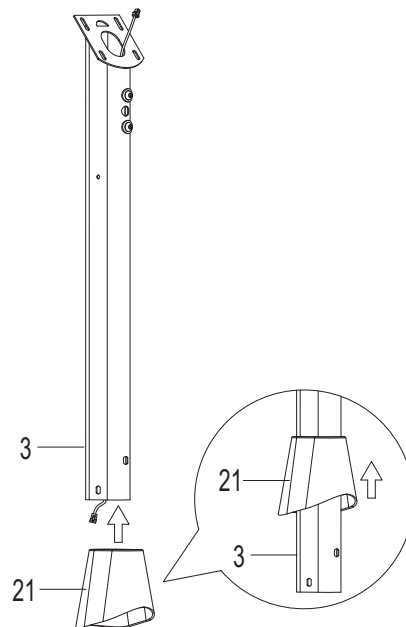


(60) Cap Nut  
2 PCS



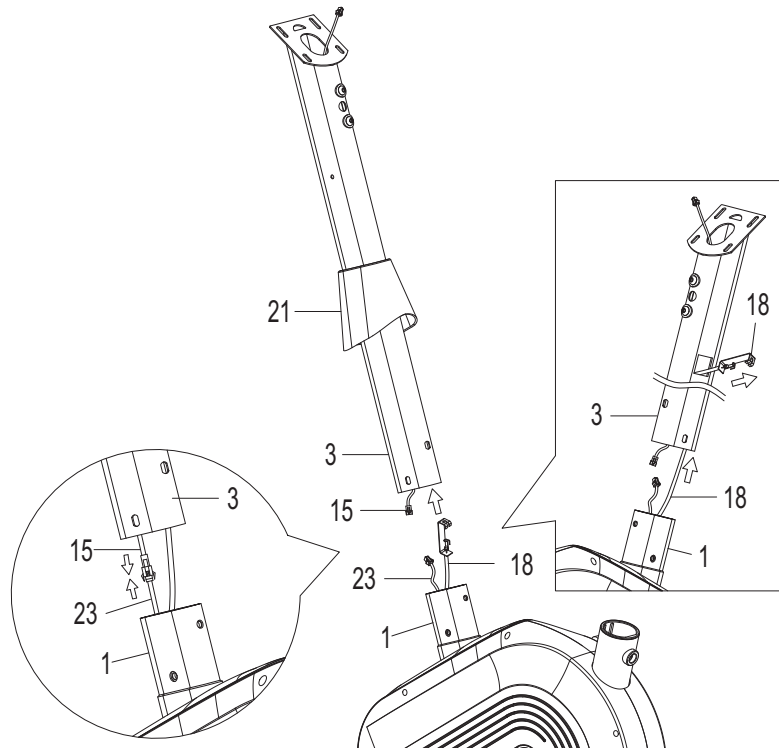
**STEP 3**

Remove four Hexagon Socket Pan Head Cap Bolts (12), two Big Curve Washers (22), and two Washers (24) from the Main Frame (1). Remove bolts with the Allen Wrench provided.



**STEP 4**

Slide the Handlebar Post Cover (21) up to the Handlebar Post (3).

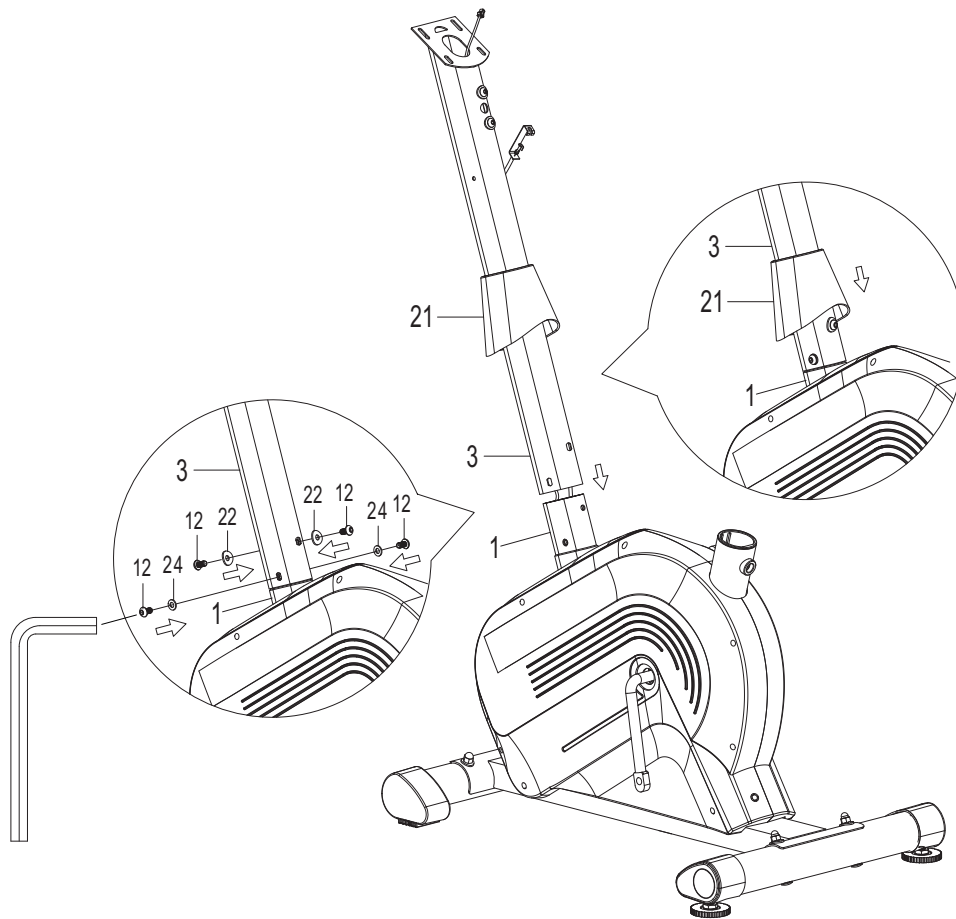


### STEP 5

It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (3) in place while the other person to connect the wires.

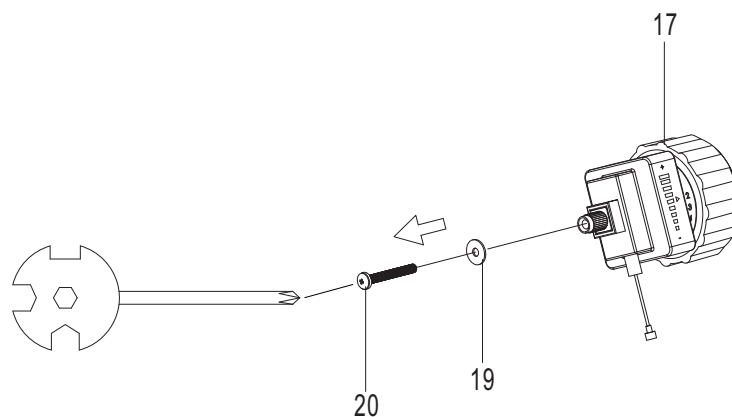
Connect the Sensor Wire (23) from the Main Frame (1) to the Extension Sensor Wire (15) from the Handlebar Post (3).

Insert the Tension Cable (18) through into the bottom hole of the Handlebar Post (3) and pull it out from the square hole of the Handlebar Post (3).



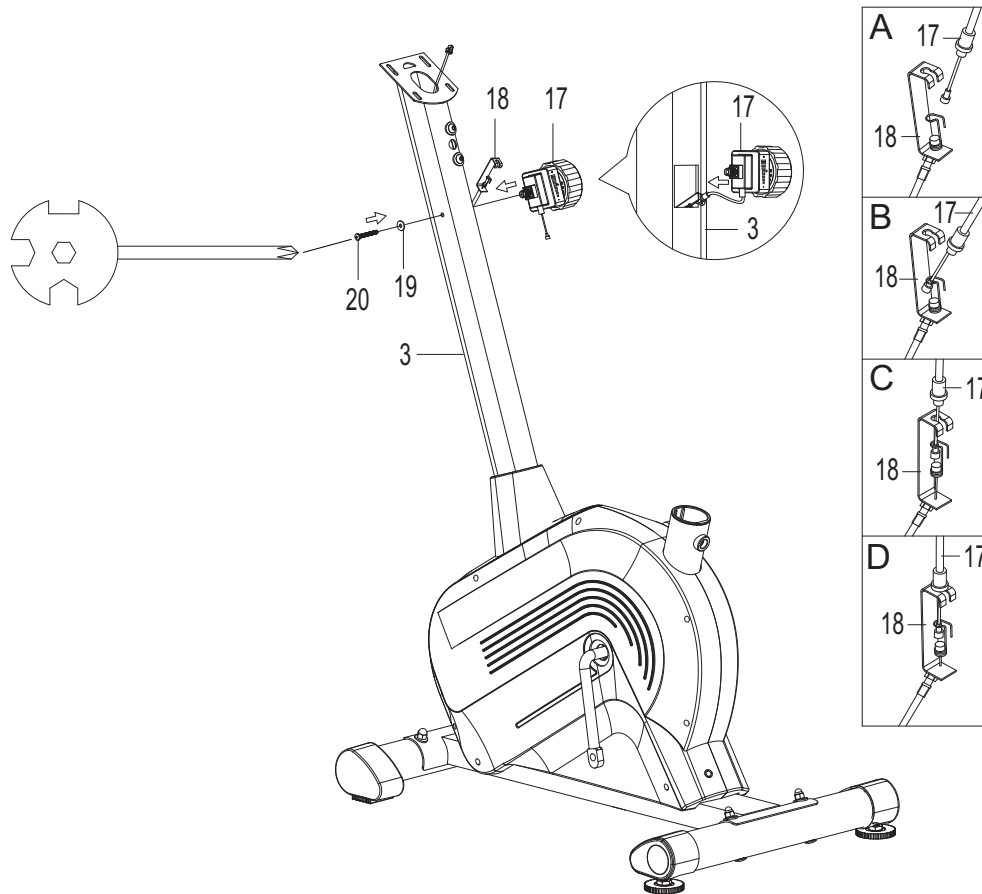
### STEP 6

Attach the Handlebar Post (3) to the Main Frame (1) with four Hexagon Socket Pan Head Cap Bolts (12), two Big Curve Washers (22), and two Washers (24) that were removed. Tighten bolts with the Allen Wrench provided. Slide the Handlebar Post Cover (21) down to the Handlebar Post (3).



### STEP 7

Remove one Big Washer (19) and one Cross Recessed Pan Head Bolt (20) from the Tension Control Knob (17). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 8

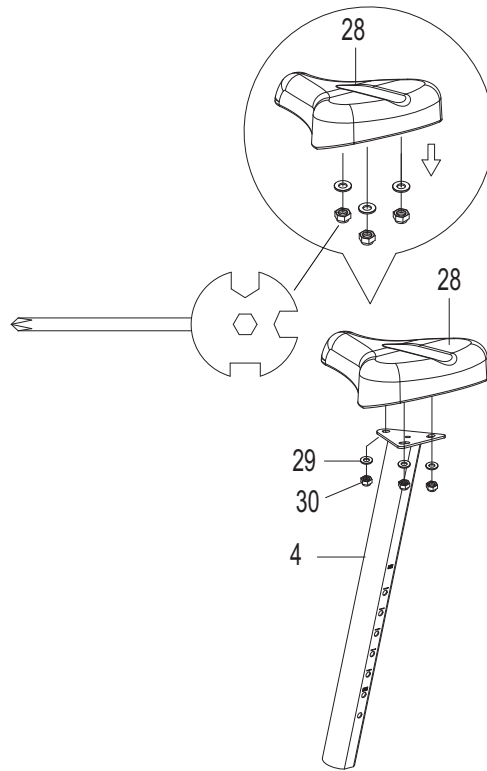
Put the cable end of resistance cable of Tension Control Knob (17) into the cable lock of Tension Cable (18), see Figure A.

Pull the resistance cable of Tension Control Knob (17) up and force it into the slot of metal bracket of Tension Cable (18), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (17) into the hole at the end of the slot in the metal bracket of Tension Cable (18), see Figure C.

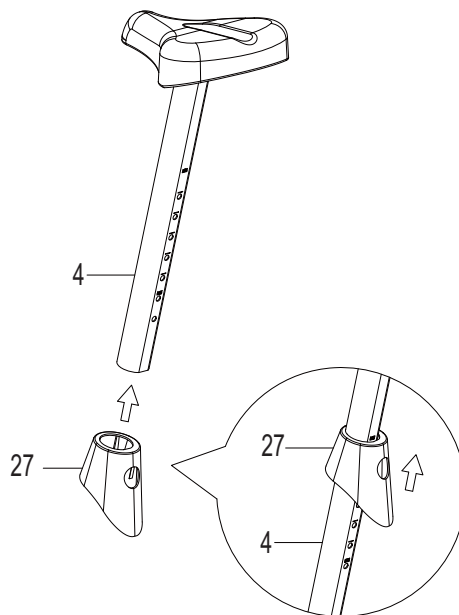
Connect the resistance cable of Tension Control Knob (17) to Tension Cable (18) complete, see Figure D.

Attach the Tension Control Knob (17) onto the Handlebar Post (3) with one Big Washer (19) and one Cross Recessed Pan Head Bolt (20) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



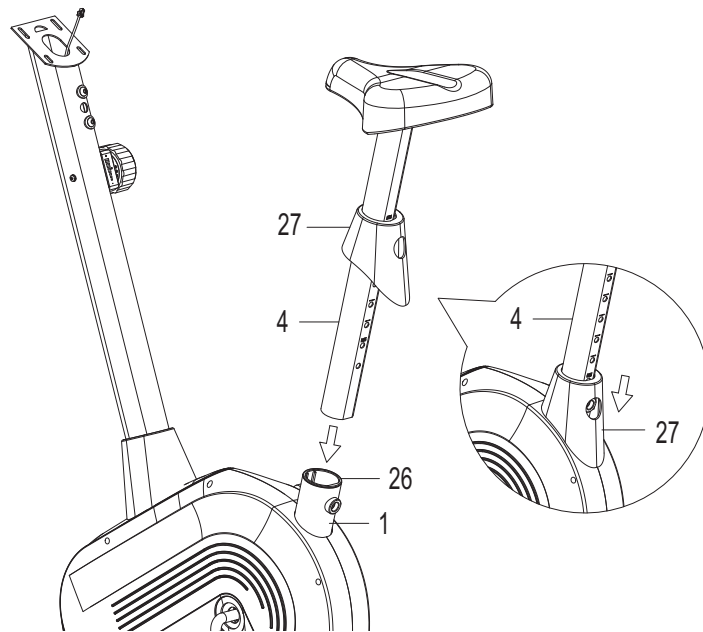
### STEP 9

Remove three Nylon Nuts (30) and three Washers (29) from underside of the Seat Cushion (28). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (28) through holes on top of the Seat Post (4), attach with removed Nylon Nuts (30) and three Washers (29). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



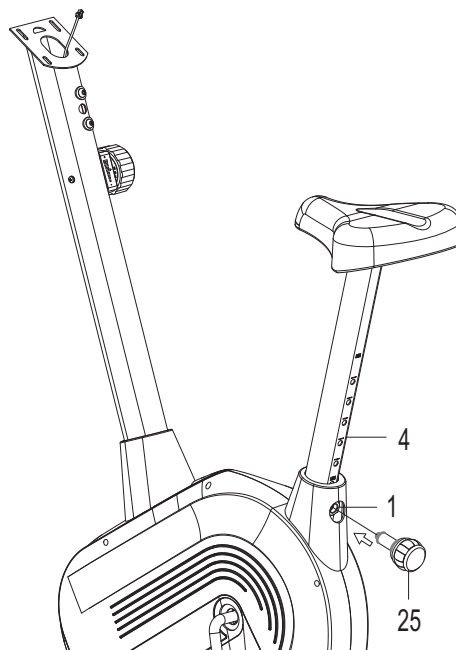
### STEP 10

Slide the Seat Post Cover (27) up to the Seat Post (4).



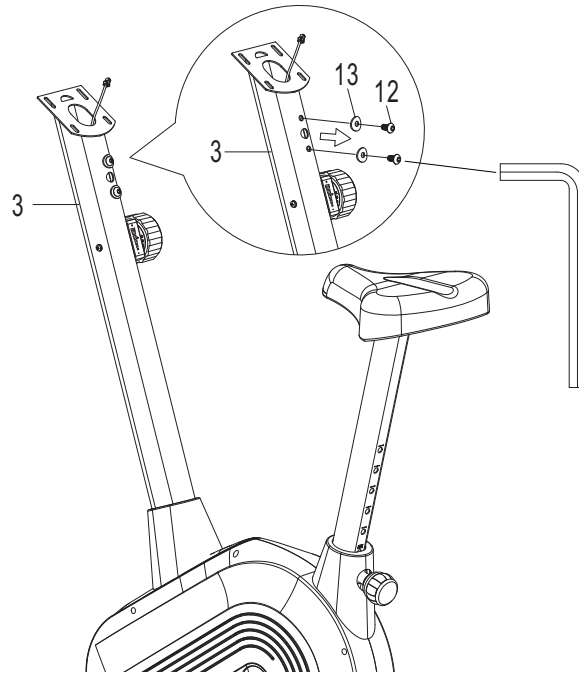
**STEP 11**

Insert the Seat Post (4) into the tube of the Main Frame (1) at the desired height. Slide the Seat Post Cover (27) down to the tube of the Main Frame (1).



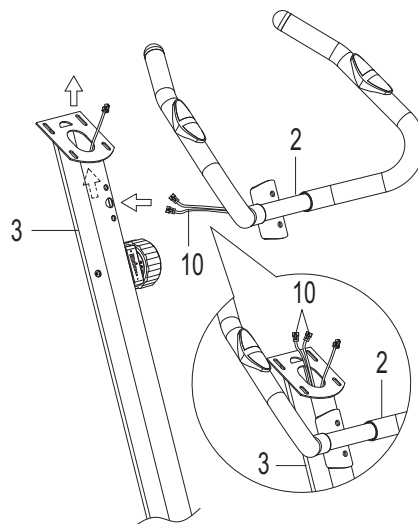
**STEP 12**

Attach the Seat Post Knob (25) onto the tube of the Main Frame (1) by turning it in a clockwise direction to tighten the Seat Post (4) in the suitable position.



**STEP 13**

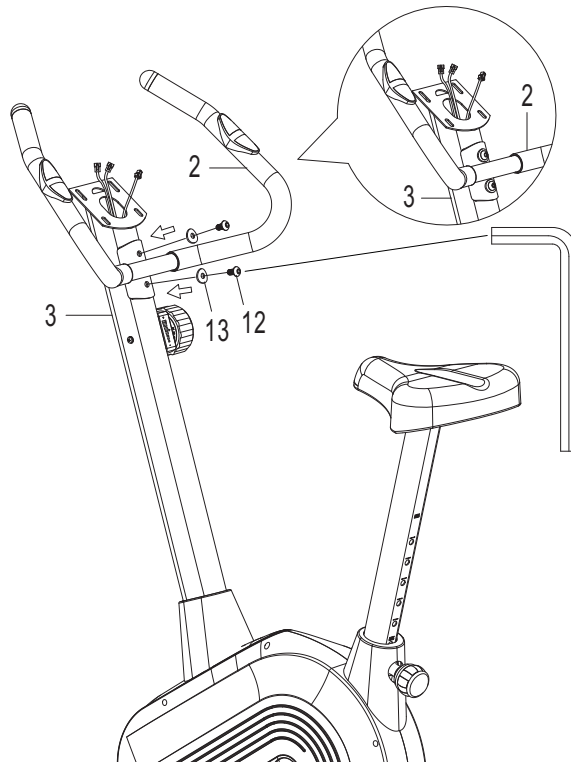
Remove two Hexagon Socket Pan Head Cap Bolts (12) and two Curve Washers (13) from the Handlebar Post (3). Remove bolts with the Allen Wrench provided.



**STEP 14**

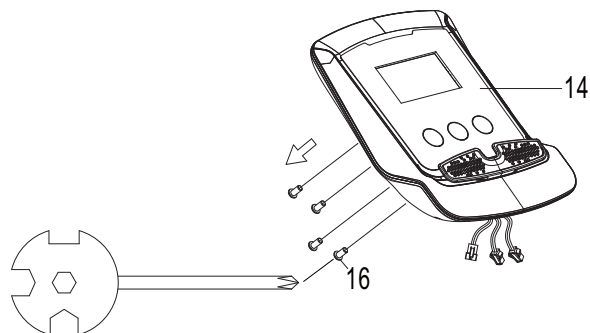
Insert the Hand Pulse Sensor Wires (10) from the Handlebar (2) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3).





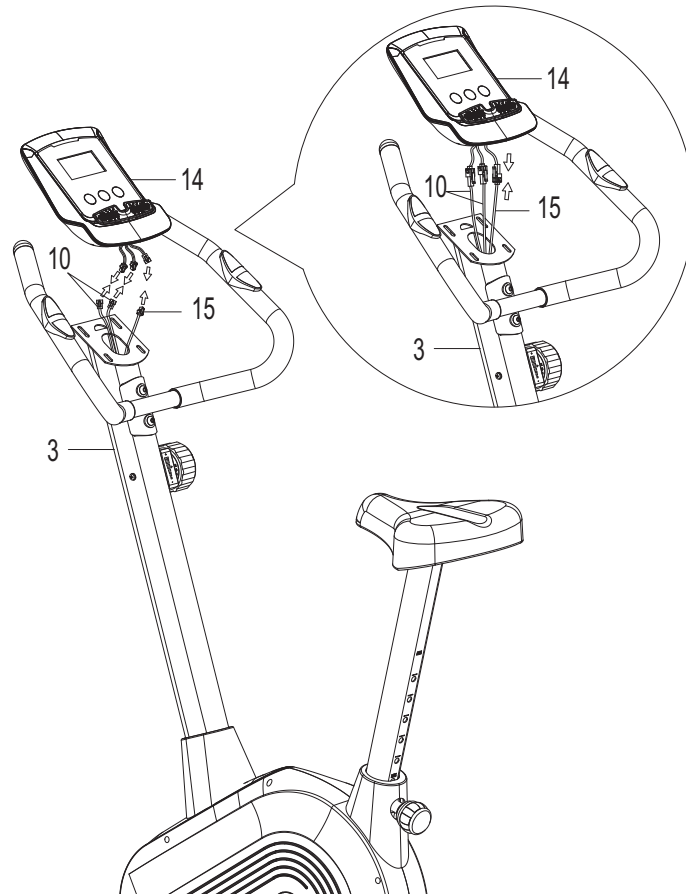
**STEP 15**

Attach the Handlebar (2) onto the Handlebar Post (3) with two Hexagon Socket Pan Head Cap Bolts (12) and two Curve Washers (13) that were removed. Tighten bolts with the Allen Wrench provided.



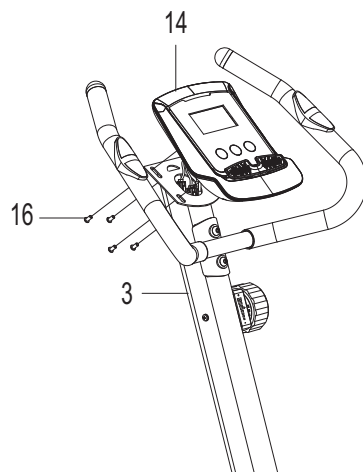
**STEP 16**

Remove four Cross Recessed Pan Head Bolts (16) from the Computer (14). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



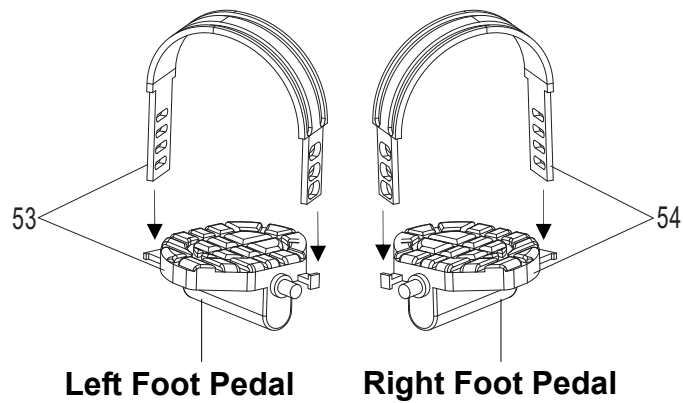
**STEP 17**

It is recommended to have a second person assist with this step. One person should hold the Computer (14) in place while the other person to connect the wires. Connect the Hand Pulse Sensor Wires (10) and Extension Sensor Wire (15) to the wires that come from the Computer (14).



**STEP 18**

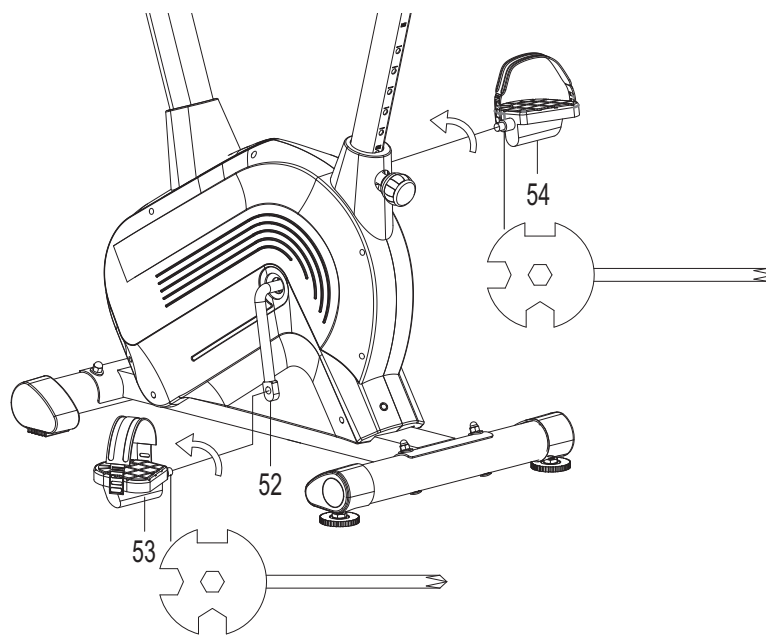
Attach the Computer (14) onto the top end of the Handlebar Post (3) with four Cross Recessed Pan Head Bolts (16) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 19

**The Foot Pedals and Pedal Straps are marked “R” for Right and “L” for Left.**

Select the Right Foot Pedal Strap (54) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (54). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (54). Select adjustment holes which allow your foot to be easily removed from the foot pedal. Use the same procedure to snap the Left Foot Pedal Strap (53) onto the Left Foot Pedal (53).



### STEP 20

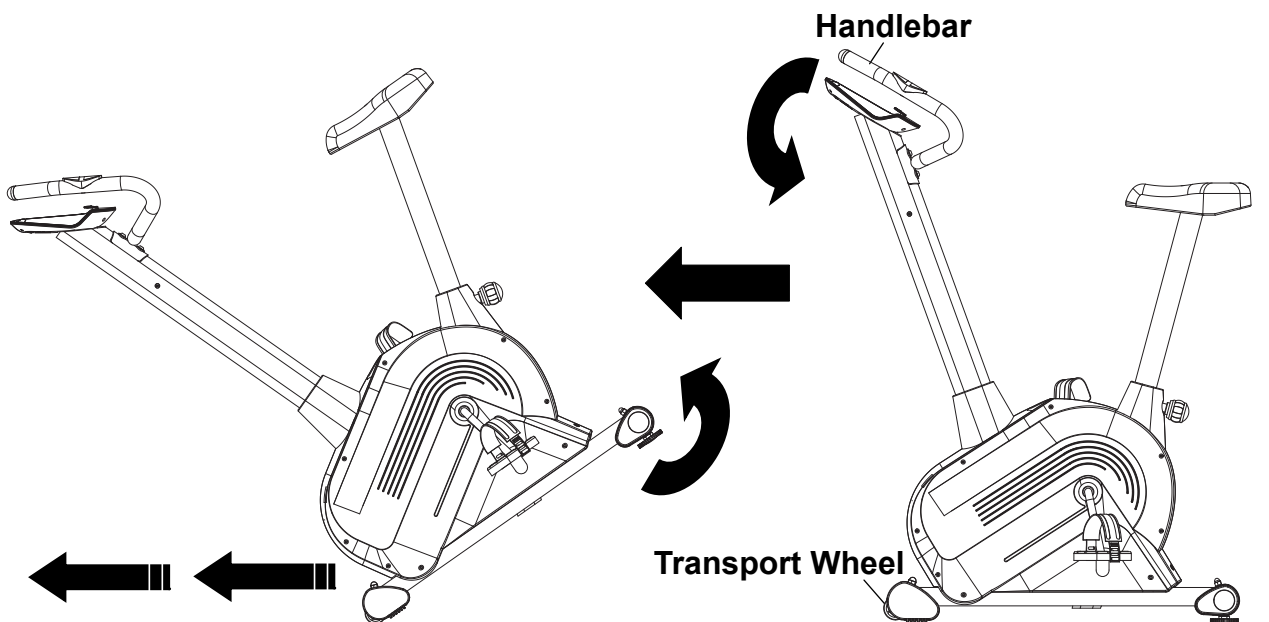
Insert the pedal shaft of Left Foot Pedal (53) into threaded hole in the left Crank (52). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

**Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.**

Tighten the pedal shaft of Left Foot Pedal (53) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (54) into threaded hole in right Crank (52). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (54) with the Multi Hex Tool with Phillips Screwdriver provided.

# HOW TO MOVE THE UPRIGHT BIKE



This upright bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage. To move the upright bike, firmly grasp the Handlebar with both hands. Next, carefully push the upright bike down until it rolls freely on the Transport Wheels.

**CAUTION:** It is suggested you always use the aid of a second person when moving the upright bike.

# OPERATING THE COMPUTER

## USING YOUR COMPUTER

The computer can be activated by pressing one of the three buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.



## BUTTON FUNCTIONS:

**MODE:** Press the MODE button to select the functions of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the TOTAL data values.

**SET:** Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

**RESET:** Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL data values.

## COMPUTER FUNCTIONS:

**SCAN:** Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 6 seconds.

**TMR (TIMER):** Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

**SPD (SPEED):** Displays the current training speed.

**DST (DISTANCE):** Displays the cumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DST. Press the SET button to change the distance, each time you press the SET button distance should change by 0.1 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 99.90 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

**CAL (CALORIES):** Displays approximate amount of calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories, each time you press the SET button calories should change by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

**TOTAL:** Displays the total accumulative distance travelled. The TOTAL data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the TOTAL data values will reset to zero.

**PULSE:** Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

#### **HOW TO INSTALL THE BATTERIES:**

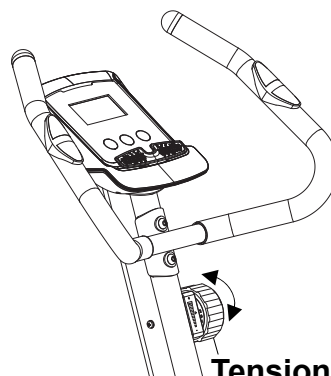
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

# ADJUSTMENTS

## Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.

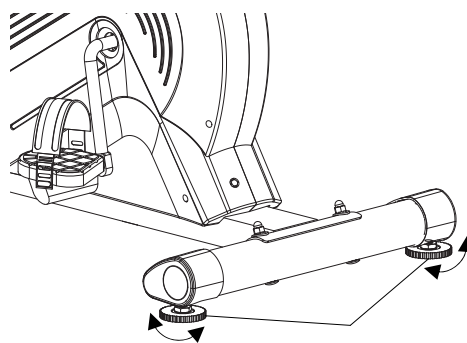
To decrease the tension, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

## Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.

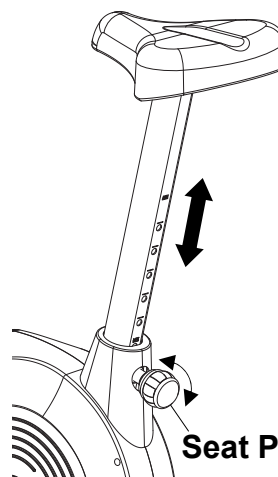


**Adjustable Leveler**

## Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

**NOTE: Do not set the seat post height any higher than the marked line.**



**Seat Post Knob**

# MAINTENANCE

## Cleaning

The upright bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

## Storage

Store the upright bike in a clean and dry environment away from children.

# TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Replace with new batteries.</li> </ol>
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.</li> <li>3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.



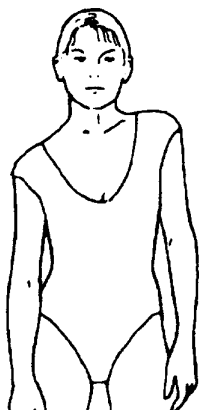
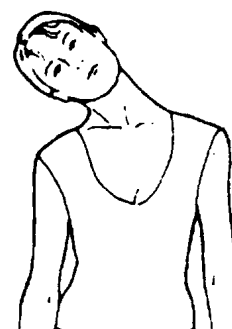
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

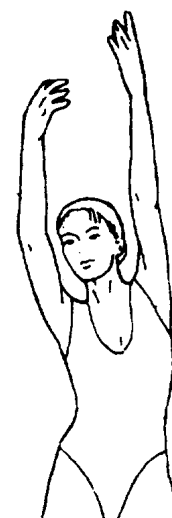
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

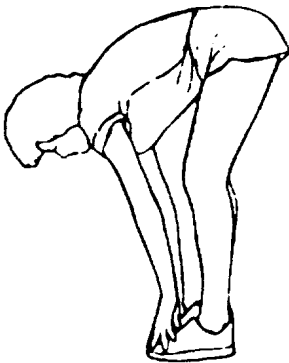


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

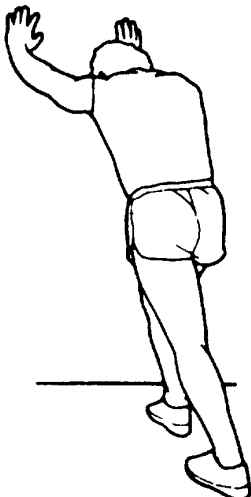
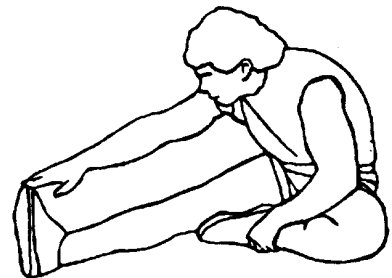


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.