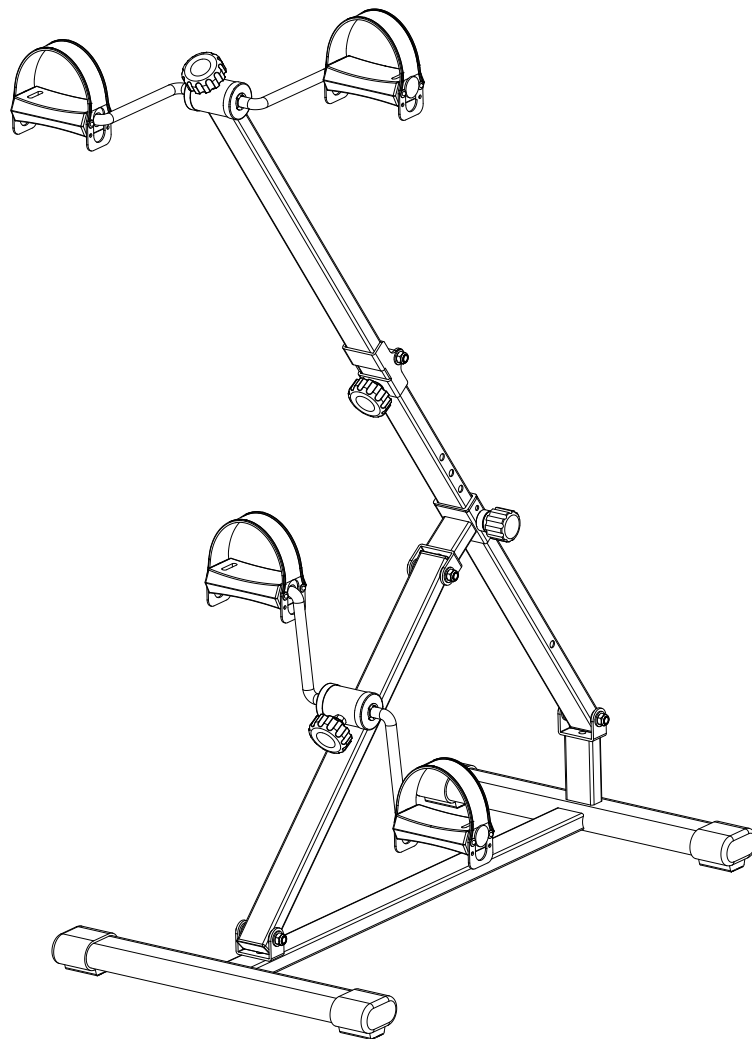


# ***Foldable Oxy Cycle Sync***

## ***Item No: 16080***

***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.

2016, May

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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**

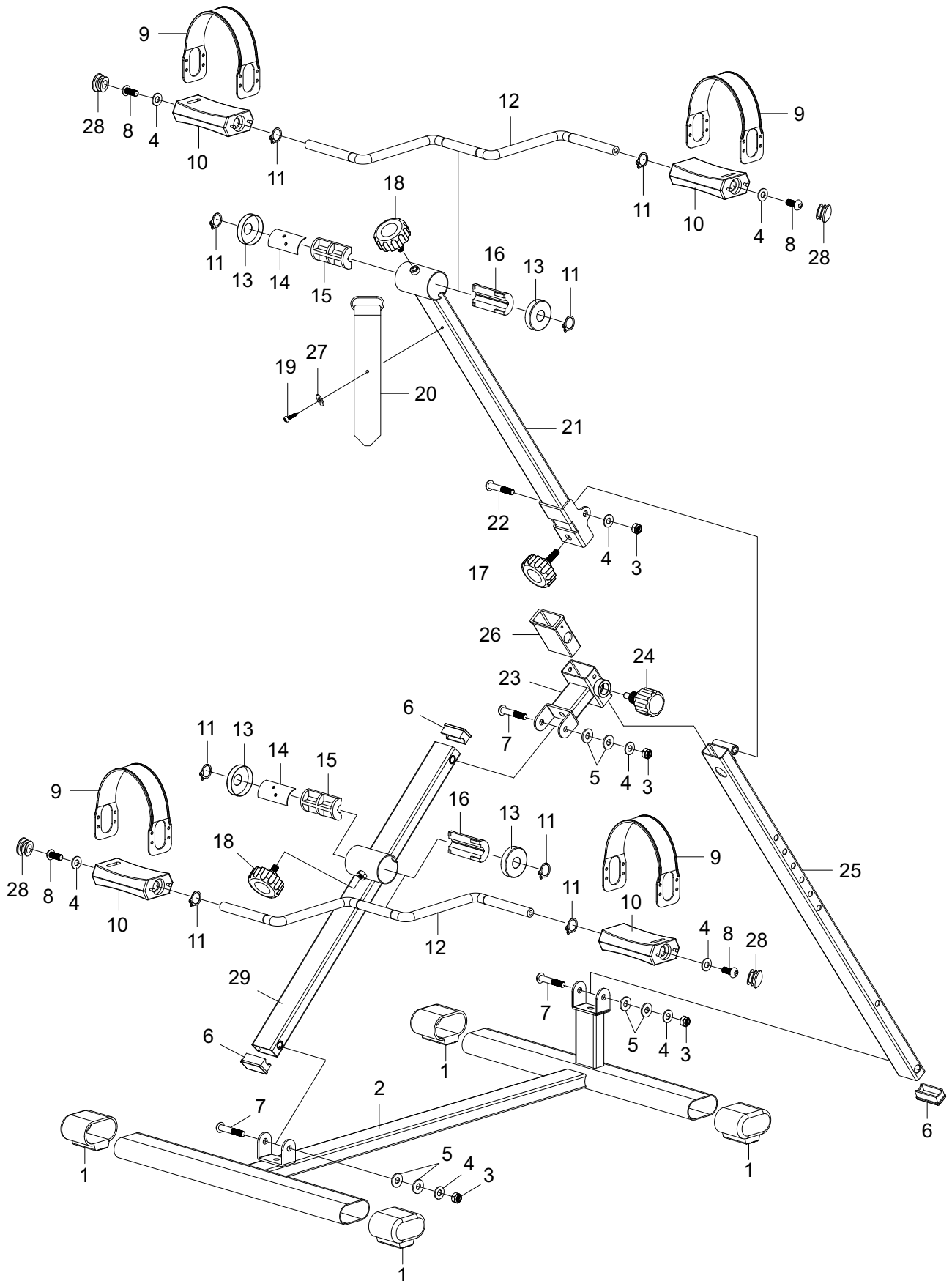
# IMPORTANT SAFETY INSTRUCTIONS

**Read all instructions carefully before operating this product. Retain this owner's manual and keep all original purchase receipt for future reference.**

1. Consult your physician before beginning this or any other exercise program.
2. Do not operate the unit in a wet or moist environment.
3. Close supervision is necessary when the unit is used by, on, or near children, invalids or disabled persons.
4. Use the unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate the unit if it is not working properly, if it has been damaged.
6. If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
7. Keep children and pets away from the unit while in use.
8. Place the unit on a level and non-slip surface.
9. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
10. Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
11. Never exercise to exhaustion.
12. Do not stand on the unit, only exercise in seated position.
13. Keep a minimum safety clearance during operation. The unit is designed as a home use exercise device. Users must have full control of their muscles to operate this unit.
14. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
15. Wear comfortable and suitable clothing when using the unit. Do not use the unit barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing.
16. Each exercise should be performed in a controlled manner and always begin exercises slowly.
17. Do not use outdoors. For indoors household use only.
18. Have the unit serviced by a qualified service technician. **DO NOT ATTEMPT TO SERVICE THE UNIT YOURSELF.**

**WARNING:** The unit is designed for seated position use on a flat and stable surface.

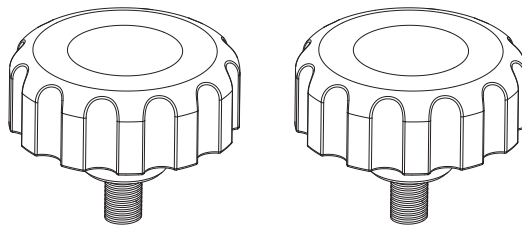
# EXPLODED VIEW



# PARTS LIST

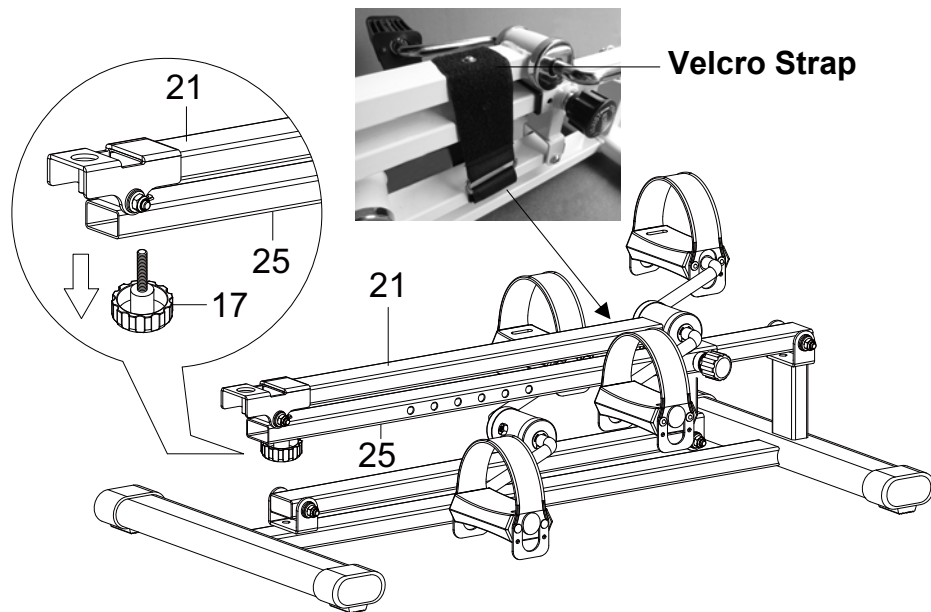
No.	Description	Qty	No.	Description	Qty
001	Base Frame End Cap	4	016	Small Tension Block	2
002	Base Frame	1	017	Knob M8x30	1
003	Nylon Nut M8	4	018	Tension Control Knob M8x15	2
004	Washer Ø8.5xØ18x1.5T	8	019	Screw M4x15	1
005	Plastic Washer Ø8.5xØ20x2T	6	020	Velcro Strap	1
006	Rectangular Plastic End Cap □20x40	3	021	Arm Exercise Support Tube	1
007	Hexagon Socket Pan Head Cap Bolt M8x60	3	022	Hexagon Socket Pan Head Cap Bolt M8x55	1
008	Hexagon Socket Pan Head Cap Bolt M8x15	4	023	Height Slide Tube	1
009	Pedal Strap	4	024	Spring Knob M16	1
010	Pedal	4	025	Height Adjustment Tube	1
011	C Clip Ø11xØ14x1.0T	8	026	Bushing	1
012	Crank Ø12	2	027	Washer Ø5.5xØ16x1.0T	1
013	Crank Cover	4	028	Pedal Round End Cap Ø25.4xØ22.4x17	4
014	Tension Plate	2	029	Leg Exercise Support Tube	1
015	Big Tension Block	2			

## ASSEMBLY PART



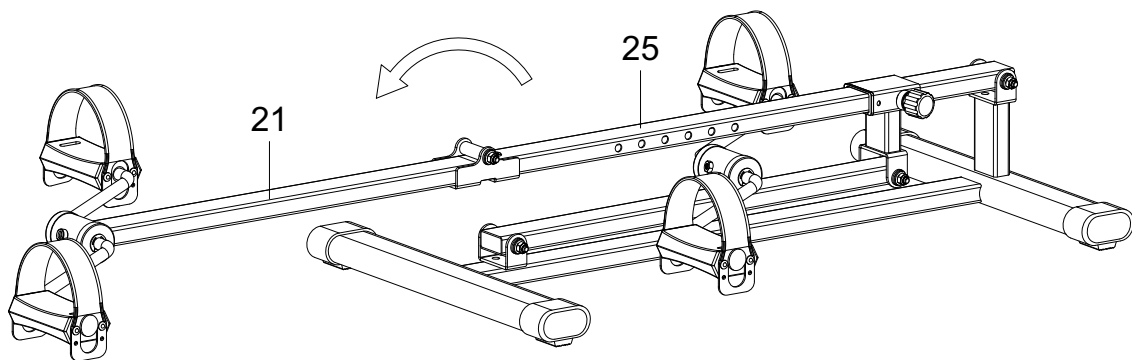
(18) Tension Control Knob  
2 PCS

# ASSEMBLY INSTRUCTIONS



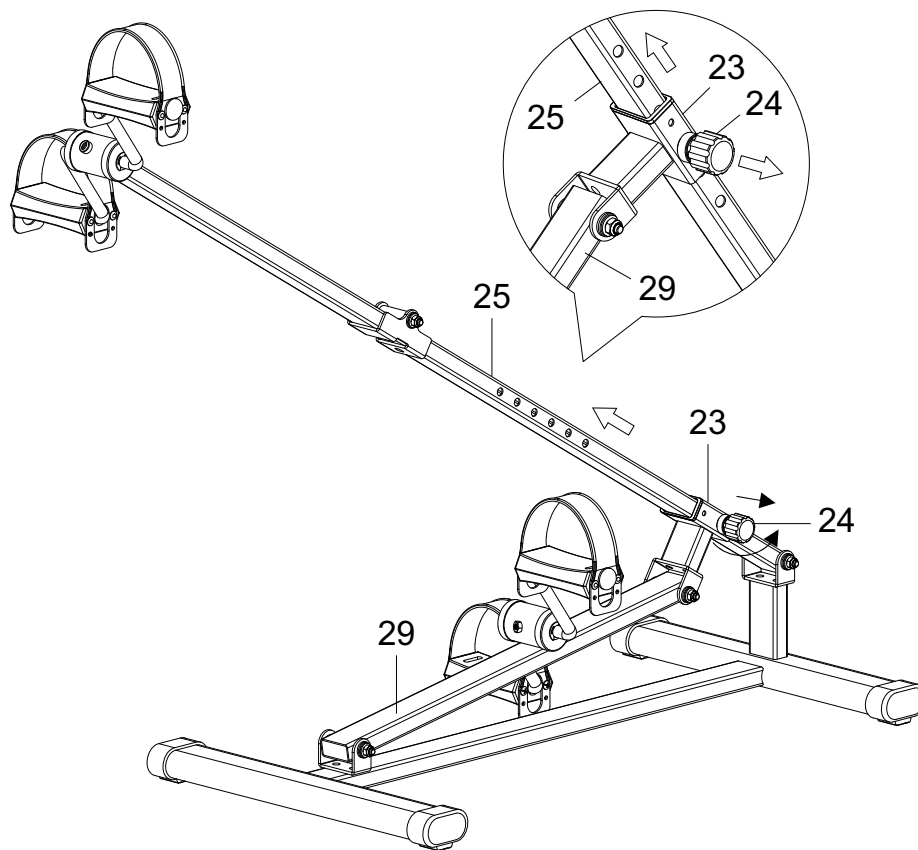
## STEP 1

Undo the Velcro Strap and then remove the Knob (17) from the Height Adjustment Tube (25).



## STEP 2

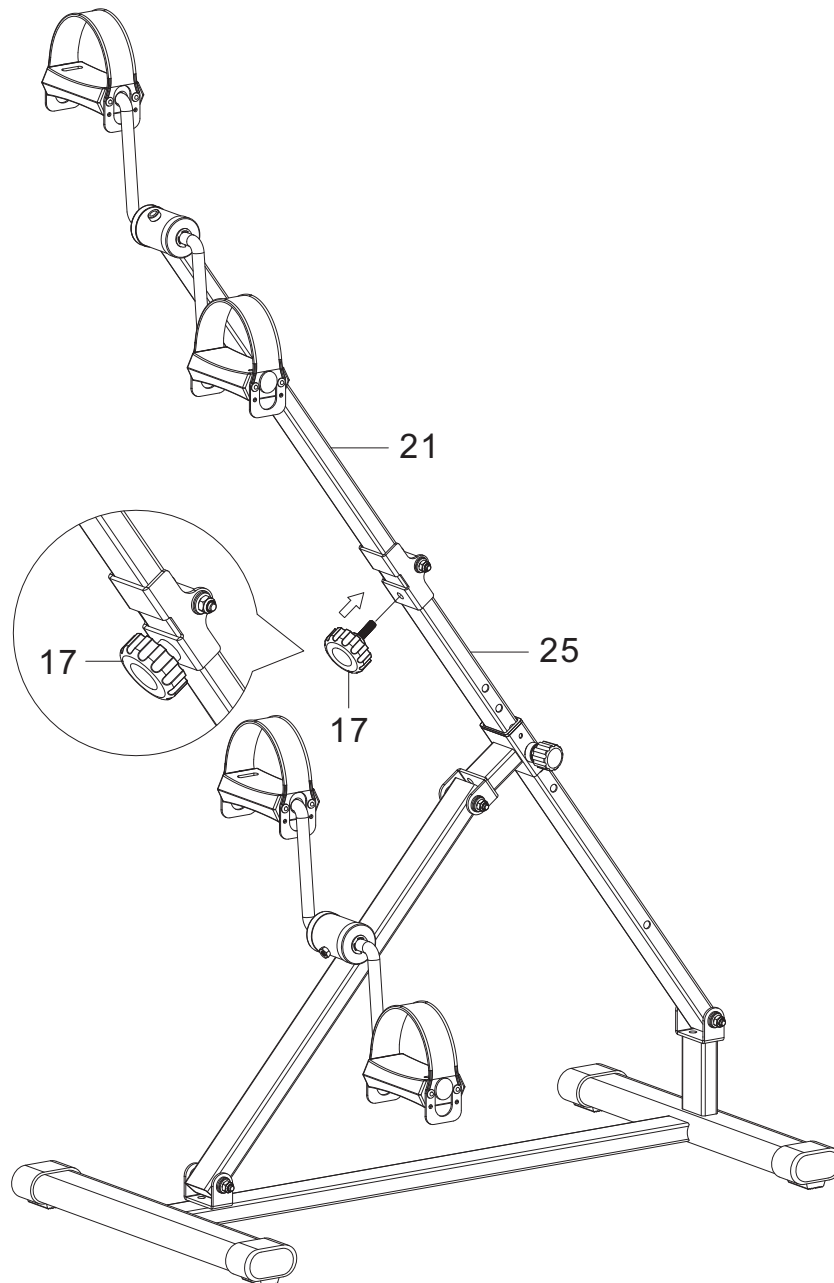
Unfold the Arm Exercise Support Tube (21) toward the rear of the unit.



### STEP 3

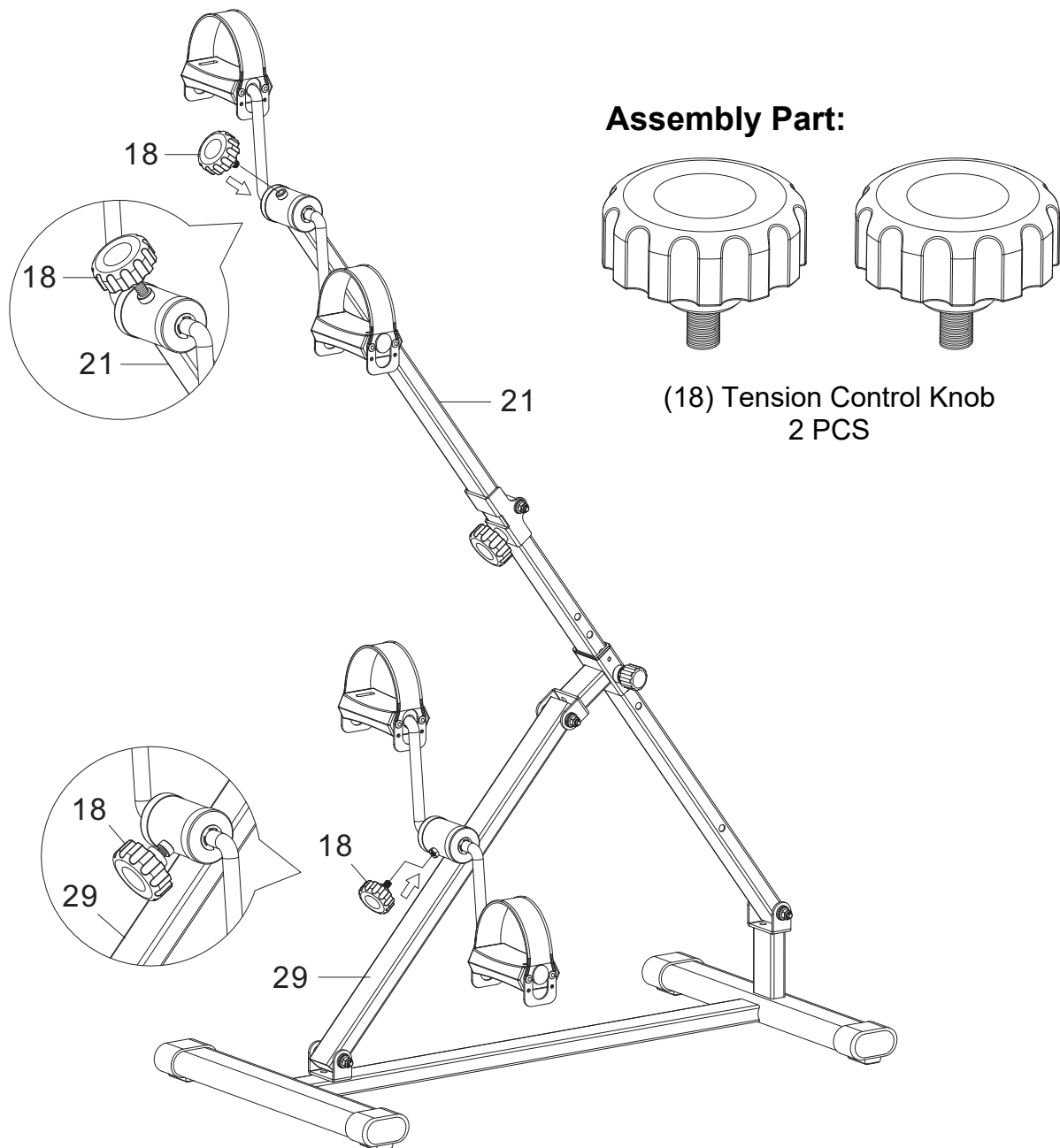
Turn the Spring Knob (24) in a counterclockwise direction until it can be pulled out. Pull out the Spring Knob (24) and then slide the Height Slide Tube (23) up to the suitable position. Lock the Height Slide Tube (23) in place by releasing the Spring Knob (24) and sliding the Height Slide Tube (23) up or down slightly until the Spring Knob (24) "pops" down into the locked position. For added safety, tighten the Spring Knob (24) in a clockwise direction.





#### **STEP 4**

Secure the Arm Exercise Support Tube (21) to the Height Adjustment Tube (25) using the Knob (17) that was removed from the Height Adjustment Tube (25). Secure the Arm Exercise Support Tube (21) in place by turning the Knob (17) clockwise.



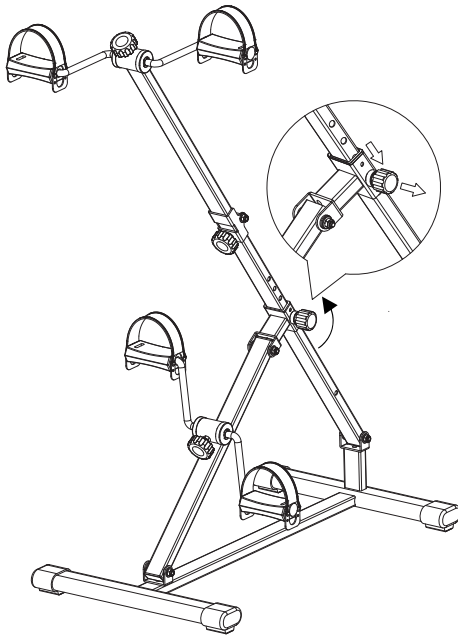
### STEP 5

Insert both Tension Control Knob (18) into the holes on the Arm Exercise Support Tube (21) and Leg Exercise Support Tube (29). Turn the Tension Control Knob (18) clockwise to tighten.

To increase the resistance, turn the Tension Control Knob (18) in a clockwise direction. To decrease the tension, turn the Tension Control Knob (18) in a counterclockwise direction.

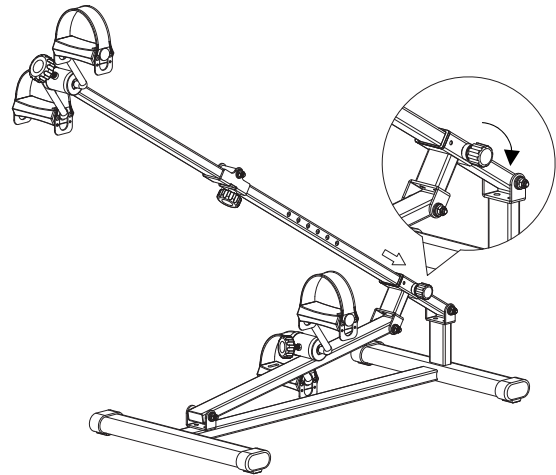
# FOLDING STORAGE

**1**



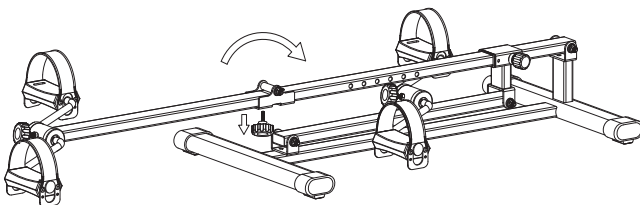
Turn the spring knob in a counterclockwise direction until it can be pulled out.

**2**



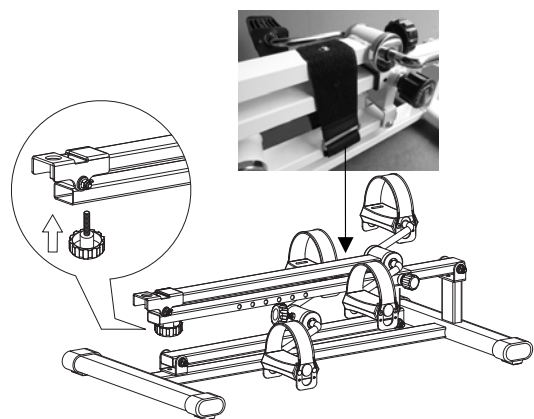
Pull out the spring knob and then slide the height slide tube down to the last adjustment hole on the height adjustment tube. Lock the height slide tube in place by releasing the spring knob and sliding the height slide tube up or down slightly until the spring knob "pops" down into the locked position. For added safety, tighten the spring knob in a clockwise direction.

**3**



Remove the knob and then fold the arm exercise support tube toward the front of the unit.

**4**



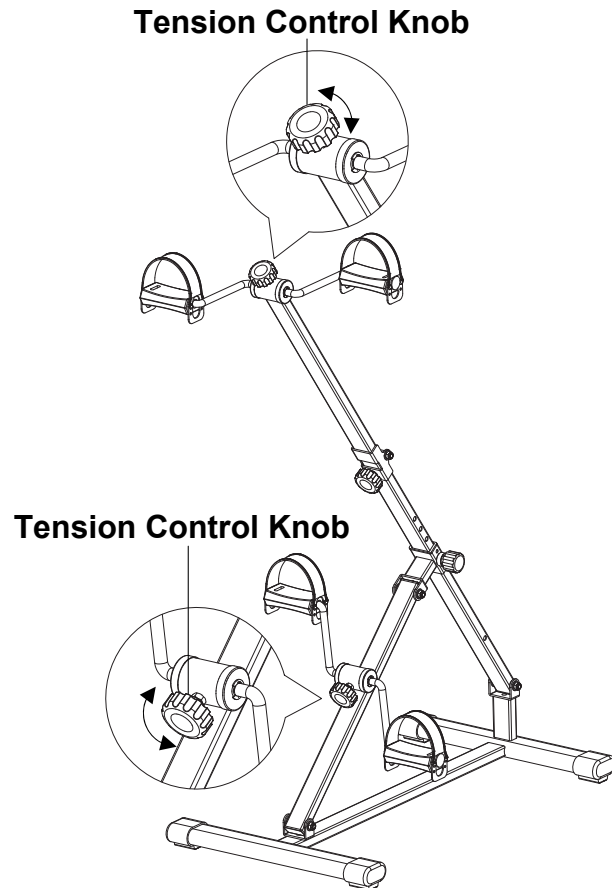
Insert the knob into the hole on the height adjustment tube. Turn the knob clockwise to tighten. Secure both arm exercise support tube and leg exercise support tube by simply wrapping the Velcro straps around them.

# ADJUSTMENTS

## Adjusting the Tension Control Knob

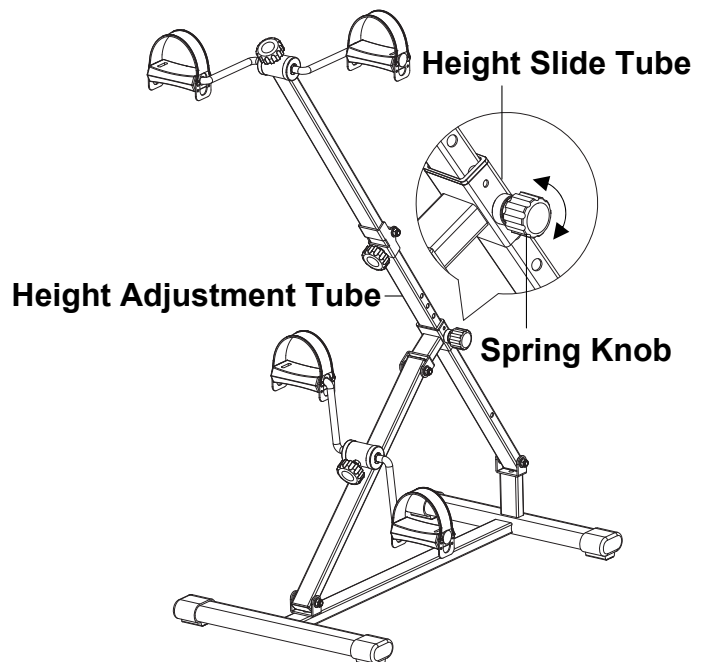
To increase the resistance, turn the tension control knob in a clockwise direction.

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



## Adjusting the Arm Pedals Height

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



# MAINTENANCE

## CLEANING

**After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.**

The unit can be cleaned with a soft cloth, mild soap and water. Wipe the equipment down with a damp cloth and dry completely. Do not use abrasives or solvents.

## INSPECTION

Inspect the frames for rust or other damage. Make sure the welds on the unit are solid and all bolts and nylon nuts are properly tight and installed correctly.

## STORAGE

Store the unit in a clean and dry indoor environment. Never leave or use the unit outdoors.

# WORKOUT PRINCIPAL

1. Personal goals includes shaping, strengthening, available time, present fitness level, rehabilitation previous injuries, cardiovascular exercising, etc... By using this product correctly and on a regular basis, you can achieve your goals.
2. Available time is a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the unit.
3. Exercising and working out on the unit should be an enjoyable part of your daily life.
4. Focus on the exercises. No matter what your present level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start exercising slowly to warm up muscles.
6. The design of the unit allows you to exercise your muscles with natural and efficient movements.

## The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body (specifically your muscles), adjust to the new level of workout. This is called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

# EXERCISES

## How to use your Oxy Cycle Sync

When using the unit, the proper way to exercise is to set the desired tension by turning the Tension Control Knob, and then pedaling to get the best results.

Pedaling at excessive speeds or applying excessive force will damage the product or may cause injury to persons. Please begin exercise at a slow pedaling speed.

## Routine

People vary in how they adapt to repetitive exercise. In developing an exercise routine, pay attention to how you feel, especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt to cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

*For the first two weeks, you should begin with 5-10 minutes once a day at a slow pedaling speed. After the first two weeks, you can increase the exercise time to 15-20 minutes as you become more accustomed to the exercise. The pedaling speed can also be increased once you have adapted to the device. Longer periods of exercise will result in greater gains for you.*

## Leg Exercise

Place the unit on a level and non-slip surface and sit comfortably in a chair, the unit directly in front of you. The knee joint should not be flexed less than 90 degrees. Wear rubber soled shoes when on the pedals. Barefooted use of the unit is not recommended. Leg exercise works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot.

## WARNING

***Do not stand on the unit to exercise, only exercise in a seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.***



## Arm Exercise

Adjusting the arm pedals height and sit comfortably in a chair, so that user can easily reach the arm pedals without hyper extending (over straightening) the elbow joint.

Arm exercise allows the user to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).



## Leg and Arm Exercise

The unit can be operated via arm and leg to improve upper body strength and tone-up arms and legs at the same time.



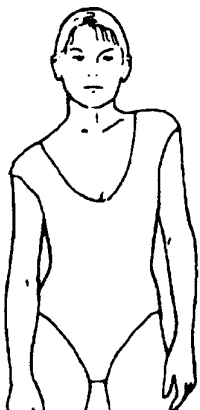
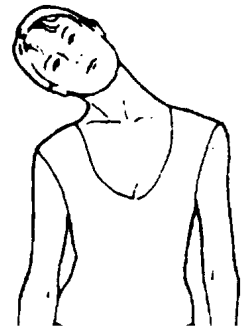
# WARM UP AND COOL DOWN ROUTINE

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.

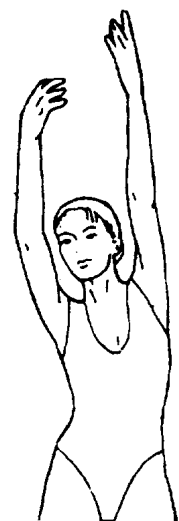
## HEAD ROLLS

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

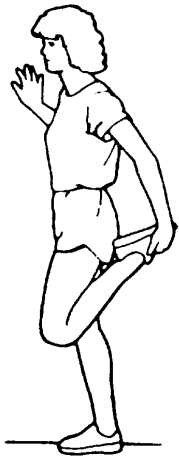
Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## 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.



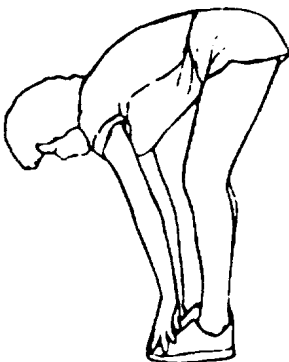


### **QUADRICEPS STRETCH**

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.

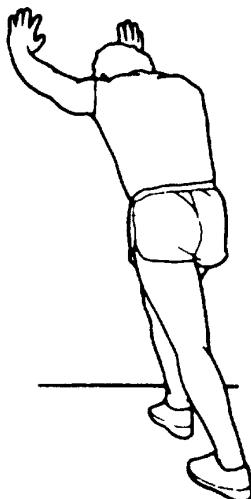
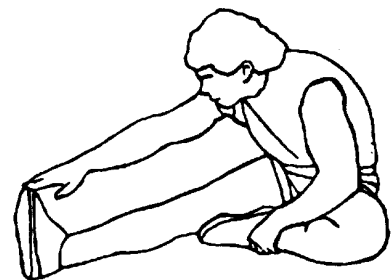


### **TOE TOUCHES**

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.