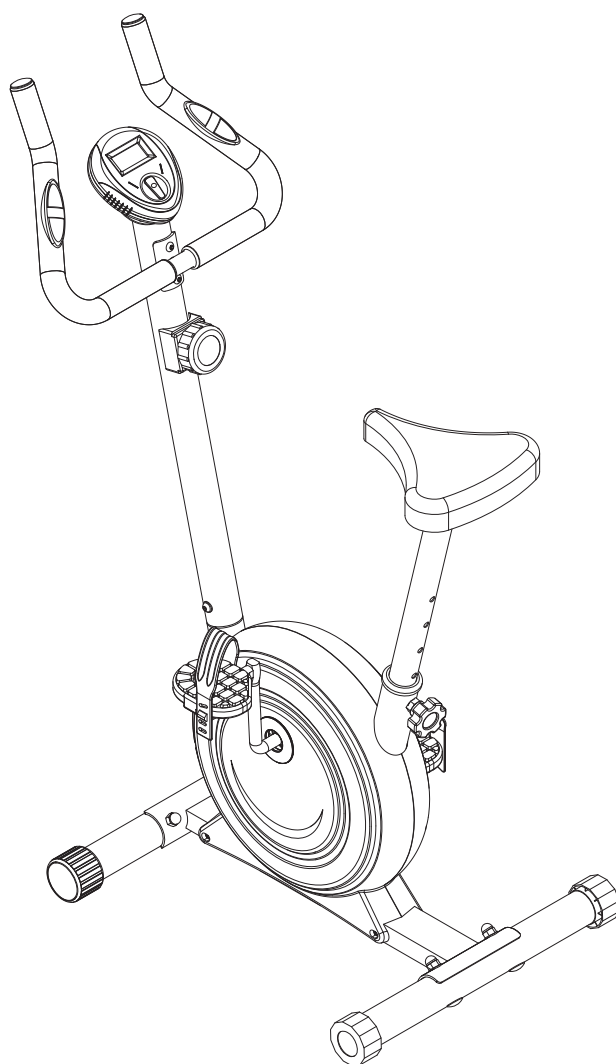


MAGNETIC UPRIGHT BIKE

ITEM NO.: 20270

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.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS PACK -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
HOW TO MOVE THE UPRIGHT BIKE -----	15
MAINTENANCE -----	15
OPERATING THE COMPUTER -----	16
ADJUSTMENTS -----	17
TROUBLESHOOTING -----	18
WARM UP AND COOL DOWN ROUTINE -----	19

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.

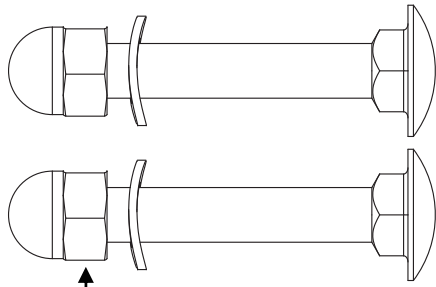
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Sensor with Wire (L=650mm)	1
002	Handlebar Ø22	1	027	Seat Cushion (DD-98-2)	1
003	Handlebar Post Ø50	1	028	Transport Wheel Cap Ø50	2
004	Rear Stabilizer Ø50x1.5Tx480mm	1	029	Rear Stabilizer End Cap Ø50	2
005	Flywheel Ø180	1	030	Flywheel Axle Ø15x90	1
006	Front Stabilizer Ø50x1.5Tx380mm	1	031	Bearing 6203Z	2
007	Tension Control Knob	1	032	Wave Washer Ø19xØ15x0.3T	3
008	Seat Post Knob M12	1	033	Hexagon Nylon Nut M6	1
009	Belt (270/J4)	1	034	Cap Nut M10	4
010	Computer (FB106)	1	035	Carriage Bolt M10x60	4
011	Magnet Plate	1	036	Curve Washer Ø22xØ10.5x1.5T	4
012	Seat Post Bushing	1	037	Curve Washer Ø16xØ8.5x1.5T	6
013L	Left Cover	1	038	Washer Ø18.1xØ8.5x1.5T	4
013R	Right Cover	1	039	Hexagon Head Bolt M8x20	1
014	Spring Ø20x45xδ2.8	1	040	Cross Recessed Button Head Tapping Screw ST4.2x25	4
015	Cross Recessed Pan Head Tapping Screw ST2.9x9.5	2	041	Spring Ø10x50xδ1.0	1
016	Washer Ø35xØ23x2.0T	1	042	Hexagon Nylon Nut M8	4
017	Bearing Nut I 7/8"	1	043	Cross Recessed Countersunk Head Screw M6x23	1
018	Hexagon Nut 7/8"	1	044	Idler Arm	1
019	Belt Pulley with Crank	1	045	Bearing 6000Z	2
020	Left Foot Pedal (30X)	1	046	Curve Washer Ø18xØ5x1.5T	1
021	Right Foot Pedal (30X)	1	047	Cross Recessed Pan Head Bolt M5x10	2
022	Bearing Cup Ø55.6x16	2	048	Washer Ø40x2.8T	1
023	Ball Bearing Ø44.5	2	049	Handlebar End Cap Ø22	2
024	Hexagon Socket Pan Head Cap Bolt M8x15	6	050	Handlebar Foam Grip Ø20xØ26x500	2
025	Seat Post (D38)	1	051	Cross Recessed Truss Head Tapping Screw ST4.2x20	2

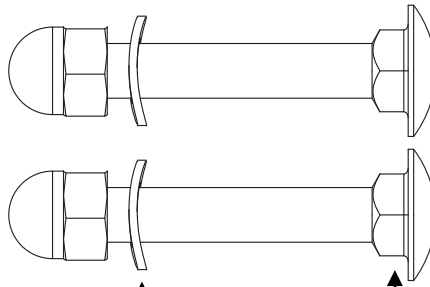
PARTS LIST

No.	Description	Qty	No.	Description	Qty
052	Cross Recessed Pan Head Bolt M6x12	1	059	Extension Sensor Wire (L=820mm)	1
053	Hand Pulse Sensor with Wire (L=550mm)	2	060	Cover Cap Ø60	2
054	Tension Cable	1	061	Washer Ø12xØ6.5x1.0T	1
055	Hexagon Nut M6	1	062	Washer Ø24xØ8.5x2.0T	1
056	Washer Ø16xØ6.5x1.5T	1	063	Spring Washer Ø13xØ8.5x3.0T	1
057	Cross Recessed Pan Head Bolt M5x50	1	064	Self Drilling Screw ST4.2x20	4
058	Bearing Nut II 15/16"	1			

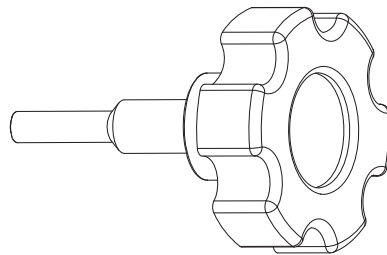
HARDWARE AND TOOLS PACK



(34) Cap Nut
4 PCS



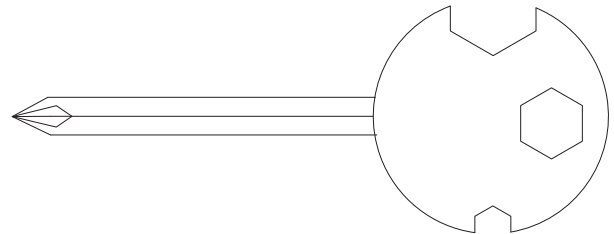
(36) Curve Washer 4 PCS (35) Carriage Bolt 4 PCS



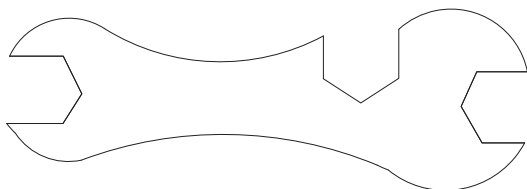
(8) Seat Post Knob
1 PC



Allen Wrench with Phillips Screwdriver
1 PC

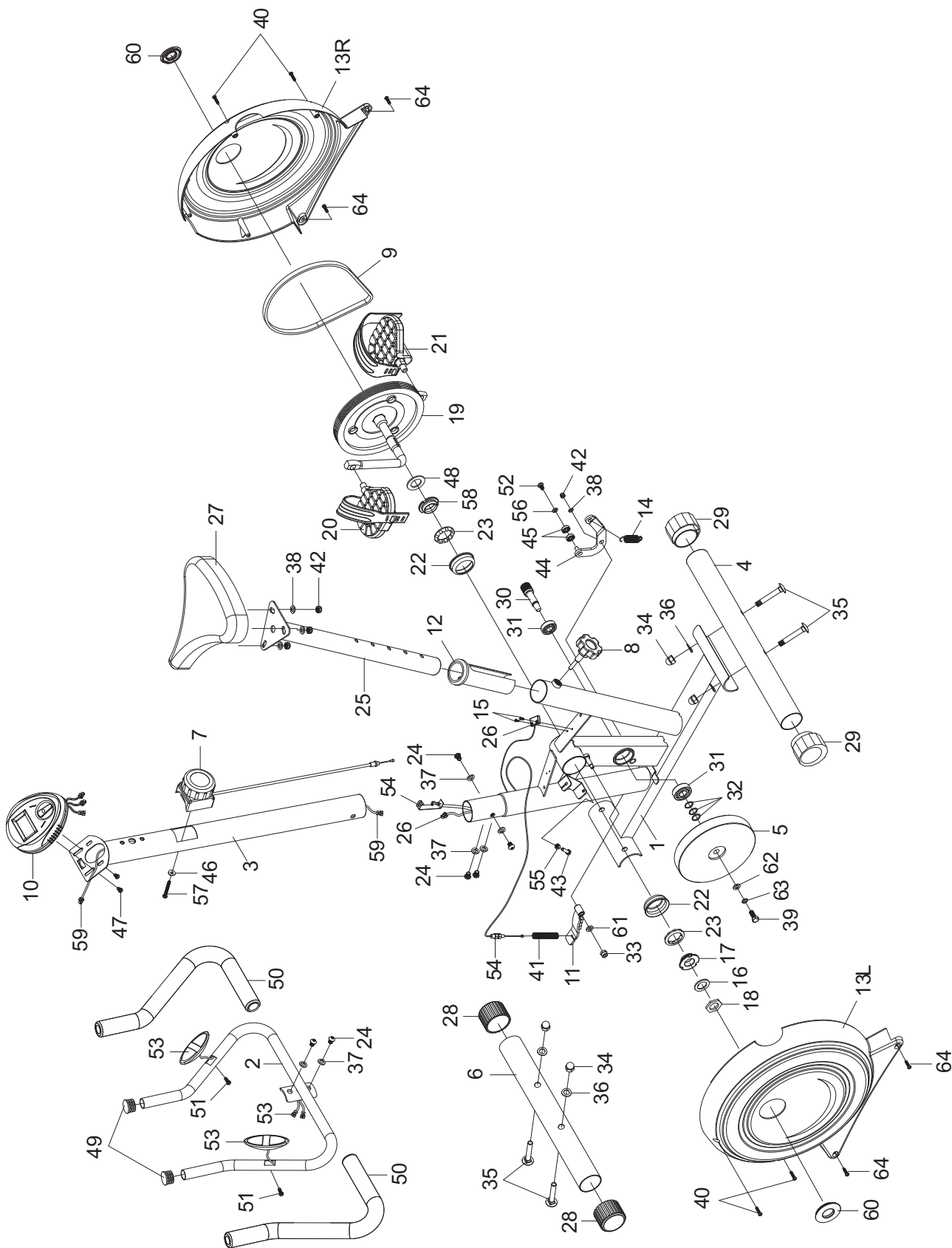


Multi Hex Tool with Phillips Screwdriver
1 PC

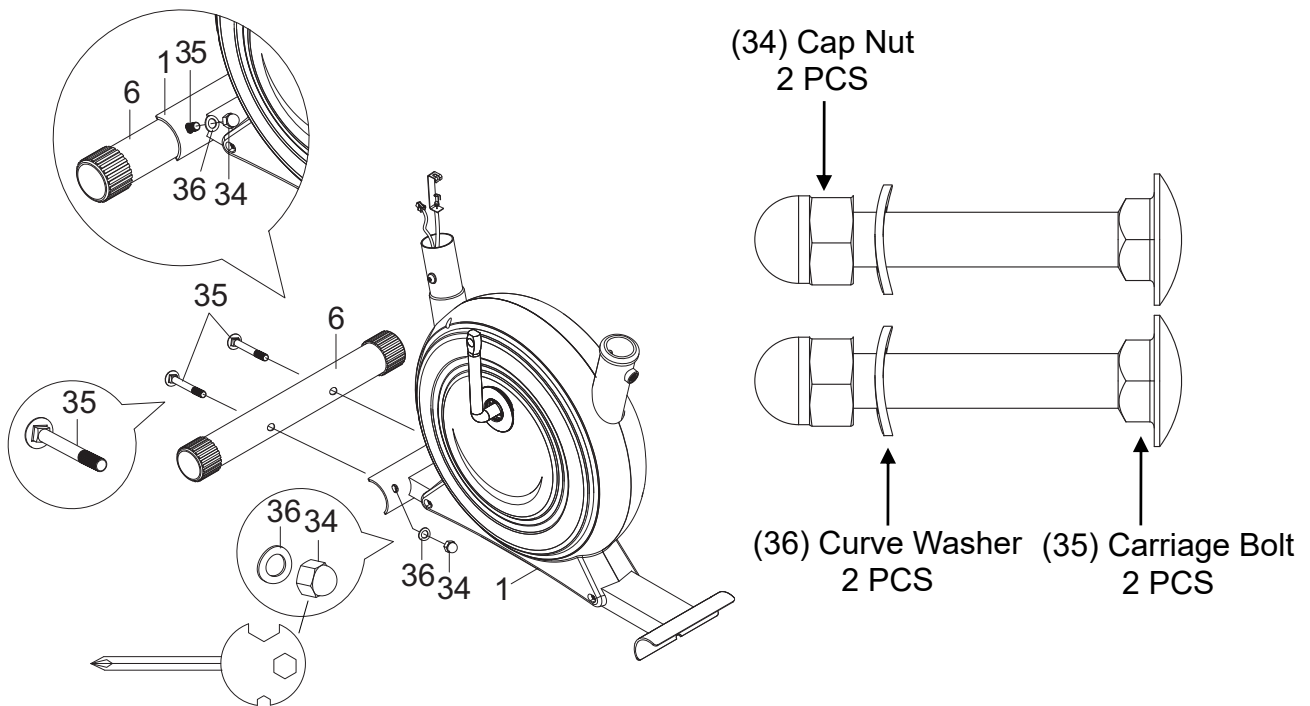


Multi Hex Tool
1 PC

EXPLODED VIEW

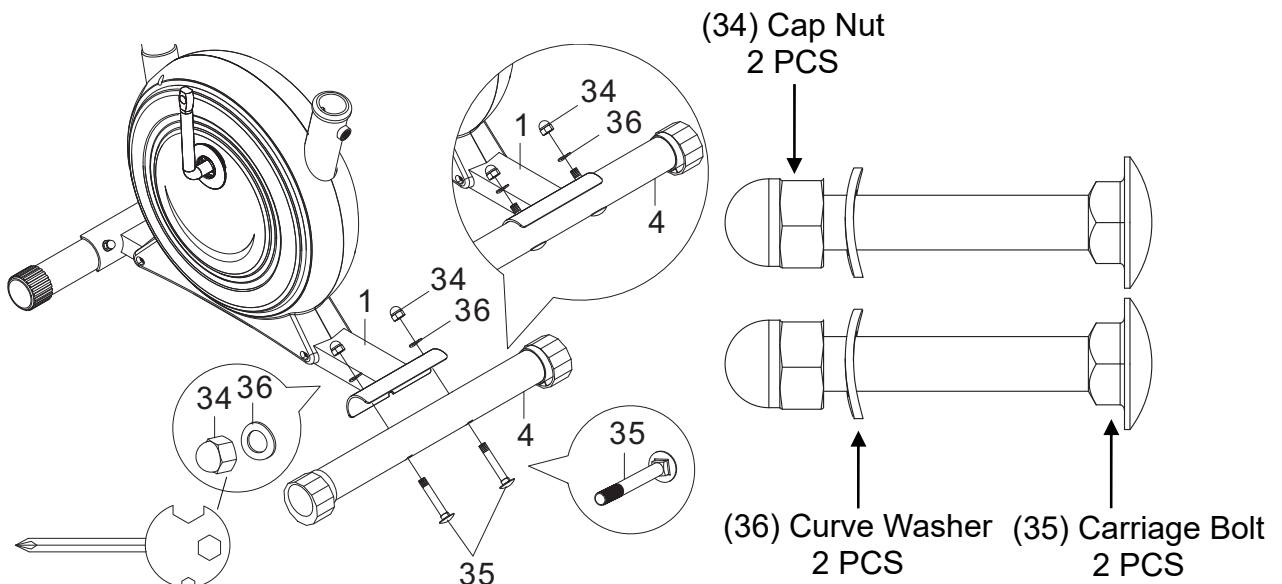


ASSEMBLY INSTRUCTIONS



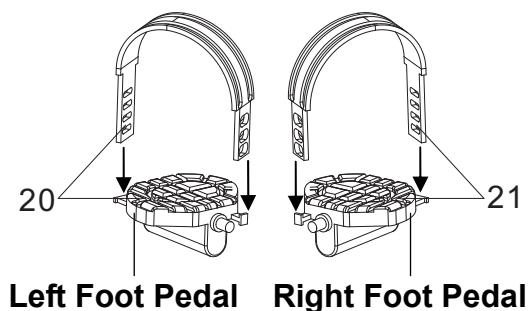
STEP 1

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (6) onto the front curve plate of the Main Frame (1) with two Cap Nuts (34), two Carriage Bolts (35), and two Curve Washers (36). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 2

Position the Rear Stabilizer (4) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (4) onto the rear curve plate of the Main Frame (1) with two Cap Nuts (34), two Carriage Bolts (35), and two Curve Washers (36). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

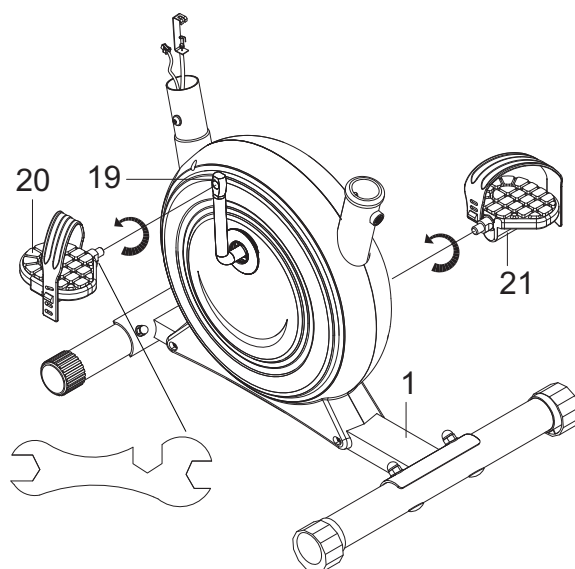


STEP 3

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

Select the Left Foot Pedal Strap (20) which has L marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Left Foot Pedal (20). Snap the other end of the strap onto the outside edge of the Left Foot Pedal (20). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

Use the same procedure to snap the Right Foot Pedal Strap (21) onto the Right Foot Pedal (21).



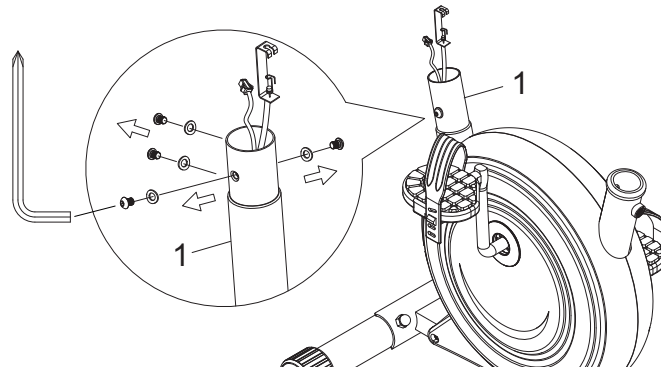
STEP 4

Insert the pedal shaft of Left Foot Pedal (20) into threaded hole in the left Crank (19). 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.

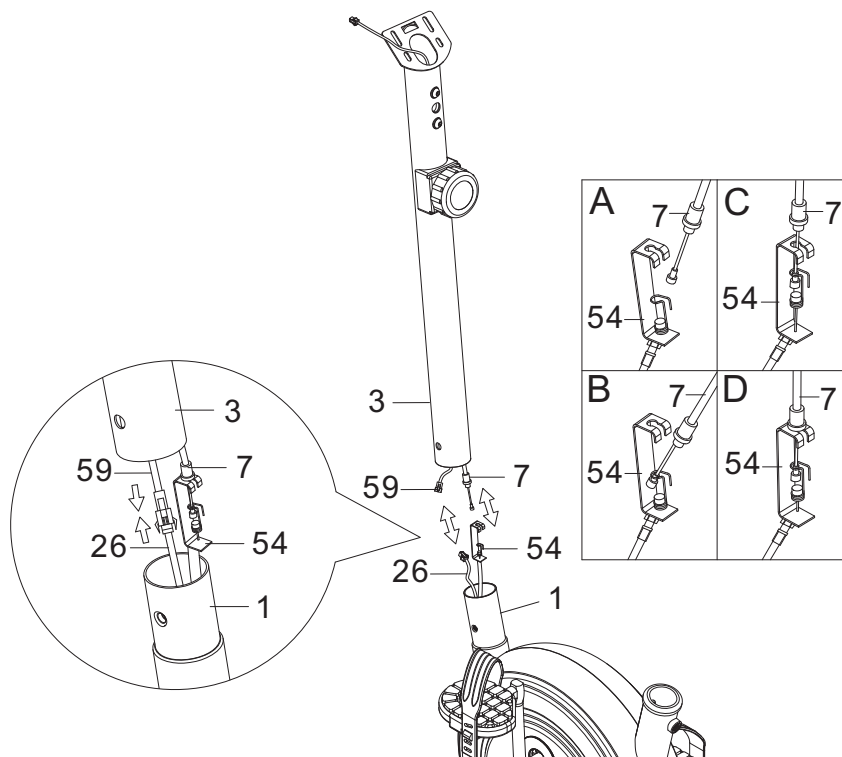
Tighten the pedal shaft of Left Foot Pedal (20) with the Multi Hex Tool provided.

Insert pedal shaft of Right Foot Pedal (21) into threaded hole in right Crank (19). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (21) with the Multi Hex Tool provided.



STEP 5

Remove four Hexagon Socket Pan Head Cap Bolts and four Curve Washers from the Main Frame (1). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 6

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 insert and connect the wires.

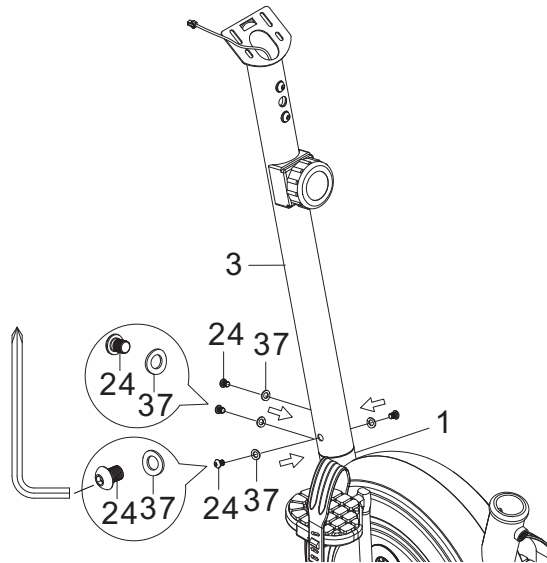
Connect the Sensor Wire (26) from the Main Frame (1) to the Extension Sensor Wire (59) from the Handlebar Post (3).

Put the cable end of resistance cable of Tension Control Knob (7) into the cable lock of Tension Cable (54), see Figure A.

Pull the resistance cable of Tension Control Knob (7) up and force it into the slot of metal bracket of Tension Cable (54), see Figure B.

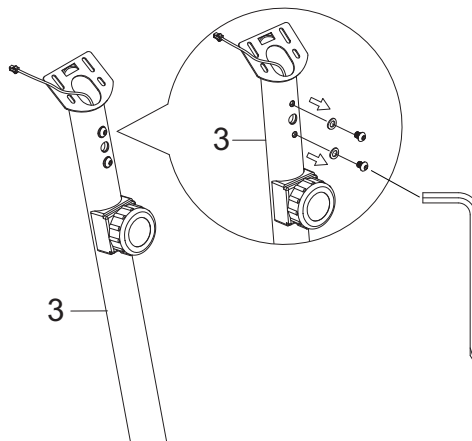
Insert the metal fitting on the resistance cable of Tension Control Knob (7) into the hole at the end of the slot in the metal bracket of Tension Cable (54), see Figure C.

Connect the resistance cable of Tension Control Knob (7) to Tension Cable (54) complete, see Figure D.



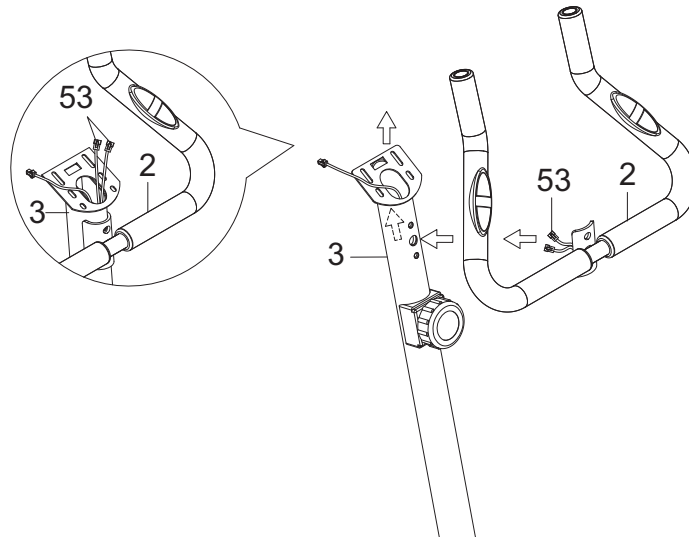
STEP 7

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four Hexagon Socket Pan Head Cap Bolts (24) and four Curve Washers (37) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



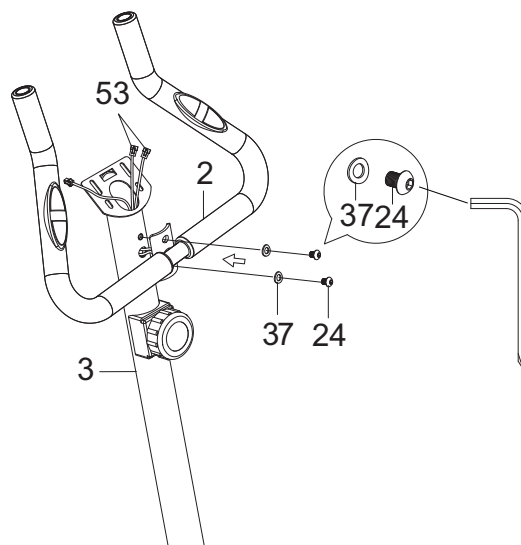
STEP 8

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



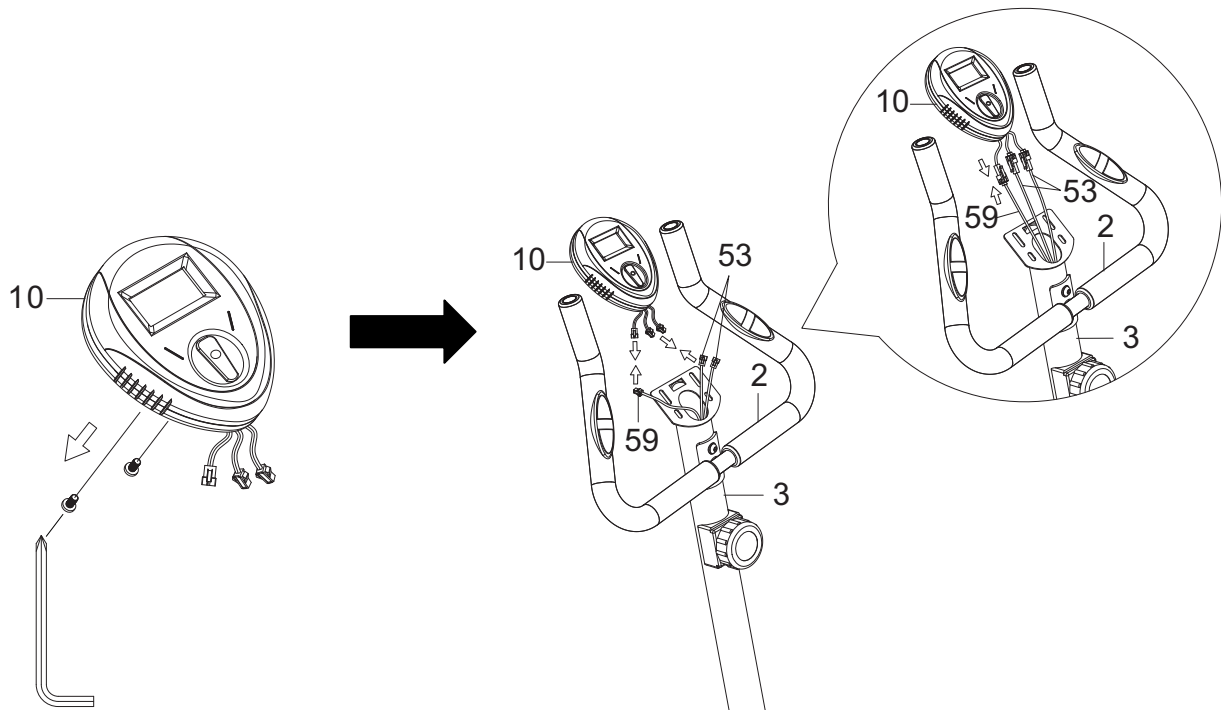
STEP 9

Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3). Pull the Hand Pulse Sensor Wires (53) out from the top end of the Handlebar Post (3).



STEP 10

Attach the Handlebar (2) onto the Handlebar Post (3) with two Hexagon Socket Pan Head Cap Bolts (24) and two Curve Washers (37) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

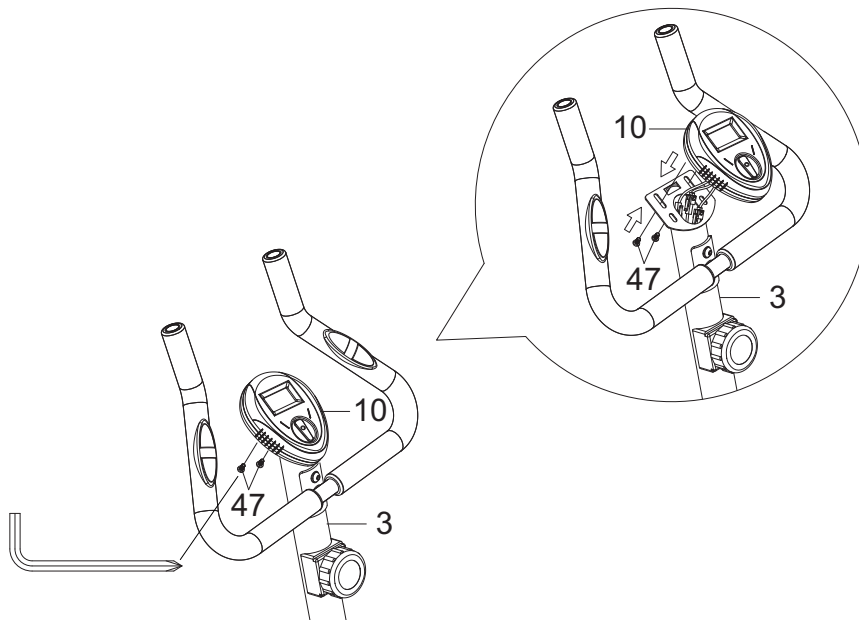


STEP 11

Remove two Cross Recessed Pan Head Bolts from the Computer (10). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

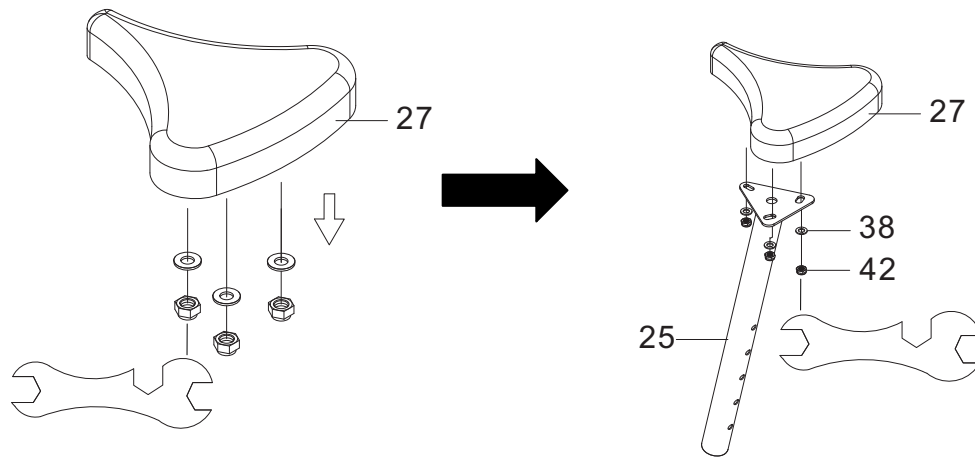
It is recommended to have a second person assist with this step. One person should hold the Computer (10) in place while the other person to connect the wires.

Connect the Extension Sensor Wire (59) and Hand Pulse Sensor Wires (53) to the wires that come from the Computer (10).



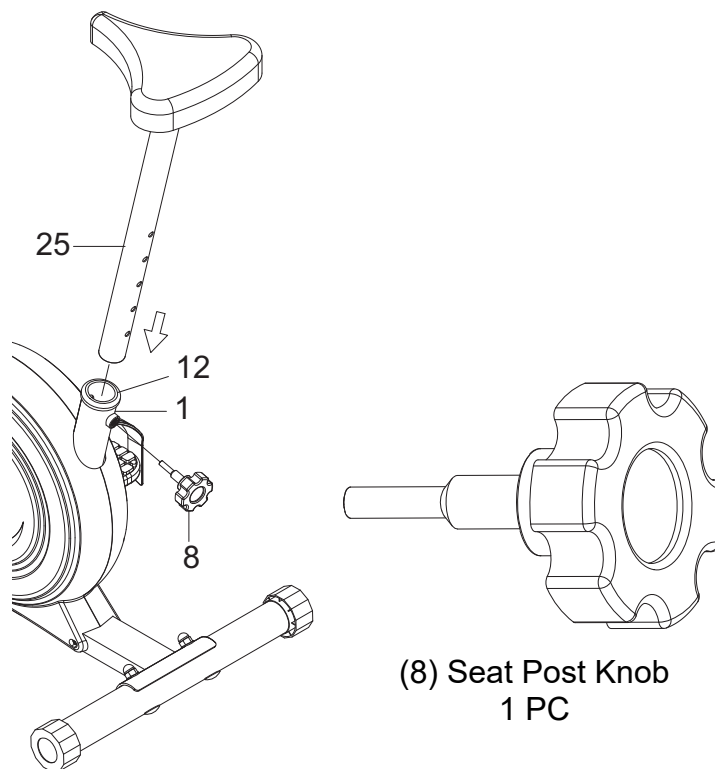
STEP 12

Tuck wires into the Handlebar Post (3) and then attach the Computer (10) onto the top end of the Handlebar Post (3) with two M5x10 Cross Recessed Pan Head Bolts (47) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 13

Remove three Hexagon Nylon Nuts and three Washers from underside of the Seat Cushion (27). Remove hexagon nylon nuts with the Multi Hex Tool provided. Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Post (25), attach with three removed Hexagon Nylon Nuts (42) and Washers (38). Tighten hexagon nylon nuts with the Multi Hex Tool provided.

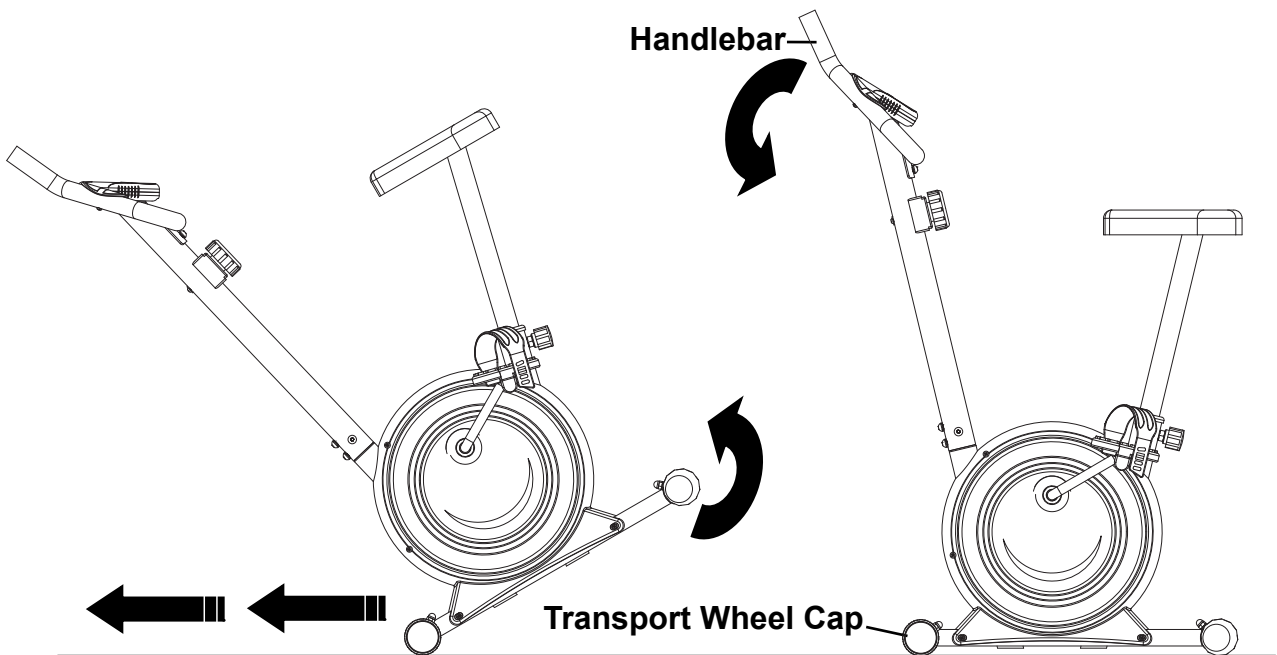


(8) Seat Post Knob
1 PC

STEP 14

Insert the Seat Post (25) into the Seat Post Bushing (12) of the Main Frame (1) and then attach the Seat Post Knob (8) onto the tube of the Main Frame (1) by turning it in a clockwise direction to tighten the Seat Post (25) in the suitable position.

HOW TO MOVE THE UPRIGHT BIKE



This upright bike has a pair of Transport Wheel Caps on the both ends of the front stabilizer and can be carefully tilted onto its Transport Wheel Caps 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 Wheel Caps.

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

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.

OPERATING THE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the button or by pedaling. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.



BUTTON FUNCTIONS:

Press the button to select the functions of the computer.

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

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 6 seconds.

SPEED: Displays the current training speed.

DISTANCE: Displays the cumulative distance travelled during workout.

TIME: Displays your elapsed workout time in minutes and seconds.

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

CALORIES: Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

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:

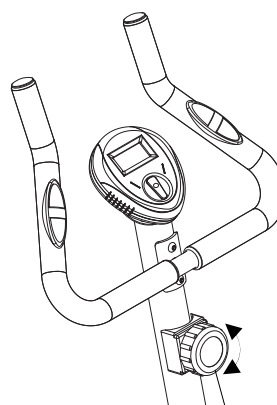
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

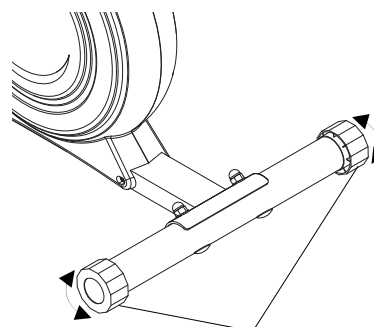
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

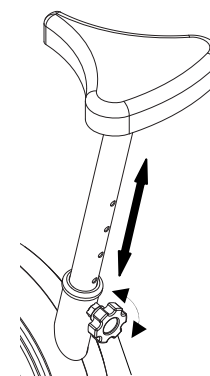


Rear Stabilizer End Cap

Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat post knob in a clockwise direction.

NOTE: Continue to turn the seat post knob until the seat post is secure before exercising.



Seat Post Knob

TROUBLESHOOTING

PROBLEM: The upright bike wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

PROBLEM: There is no display on the computer console.

SOLUTION: 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.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: Partial display on the computer console.

SOLUTION: Open the computer console and check the conductive rubber connectors are in correct position or not. If not, reset the conductive rubber connectors to the correct position.

SOLUTION: Open the computer console and check the crystal oscillator or screen glass to see if they are in good working condition or not. If not, change the new crystal oscillator or screen glass. Please connect your local dealer for support.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: 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.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: No Speed.

SOLUTION: Open the covers and check the sensor to see if it is fix firmly or not. If not, retighten the screws on the sensor.

SOLUTION: Open the covers and check sensor wire to see if it is damage or not. If the sensor wire is damaged, change the new sensor with wire. Please connect your local dealer for support.

PROBLEM: The upright bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the upright bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

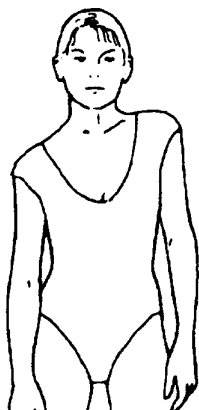
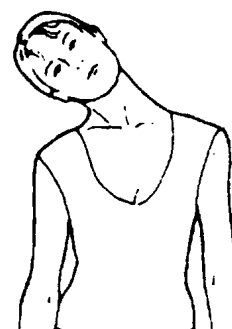
WARM UP AND COOL DOWN ROUTINE

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.

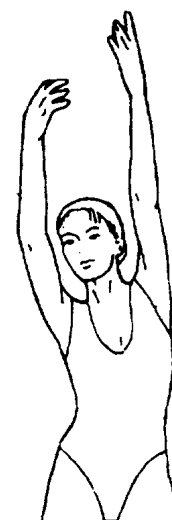
HEAD ROLLS

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.



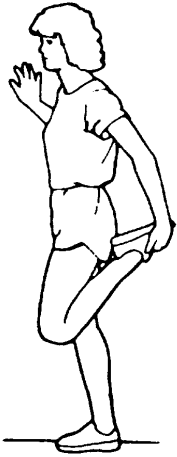
SHOULDER LIFTS

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.

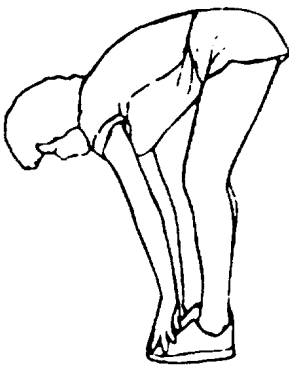


QUADRICEPS STRETCH

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.

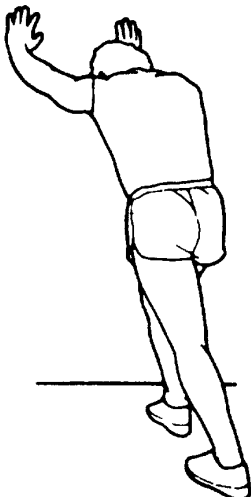
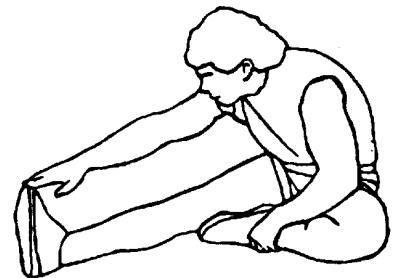


TOE TOUCHES

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.