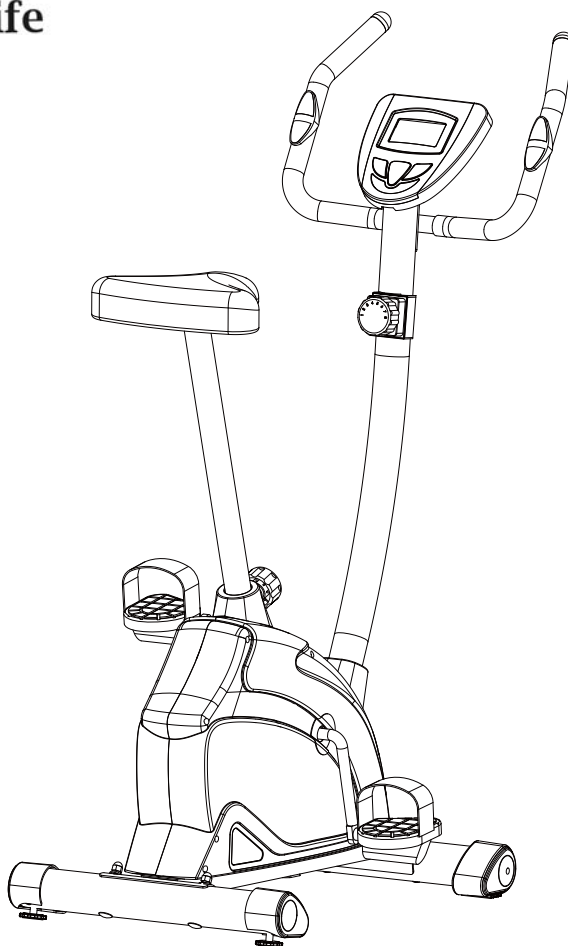


Gentle Revolution, Magnetic Upright Bike

Item No.: 20320

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, subject to change without notice.

TABLE OF CONTENTS

WARRANTY -----	1
SAFETY INSTRUCTIONS -----	2
ADJUSTMENTS -----	3
OPERATING THE COMPUTER -----	3
PARTS LIST -----	6
HARDWARE PACKING LIST -----	7
TOOLS -----	7
OVERVIEW DRAWING -----	8
ASSEMBLY INSTRUCTIONS -----	9
MAINTENANCE -----	12
TROUBLESHOOTING -----	12
WARM UP AND COOL DOWN ROUTINE -----	13

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 extended only to the original owner and is not transferable.

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**

SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
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 might 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 an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

ADJUSTMENTS

Adjusting the Tension Control Knob

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

Adjusting the Adjustable Leveler

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

Adjusting the Seat Height

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

NOTE: When adjusting the height of seat post, the maximum insert depth mark line cannot higher than the edge of seat post cover.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.00-9999 KM
CAL (CALORIES) -----	0.0-9999 KCAL
ODO (ODOMETER) -----	0.0-9999 KM
♥ (PULSE) -----	40-240 BEATS/MIN



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:


MODE: Press the MODE button to select each function of computer.
Press and hold the MODE button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

SET: Press the SET button to set data values of TIME, DISTANCE, CALORIES, or PULSE for target pre-setting.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.
Press the RESET button to clear data values of TIME, DISTANCE, CALORIES, or PULSE to

zero for target pre-setting.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES), ODO (ODOMETER), and  (PULSE) every 6 seconds.


TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see the TIME displays on the screen. 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 and the computer will begin beeping to remind you.

SPEED: Display the current training speed.

DIST (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DIST displays on the screen. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 9999 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, distance will start to count up and the computer will begin beeping to remind you.

CAL (CALORIES): Displays the total accumulated calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until you see the CAL displays on the screen. Press the SET button to change the calories. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 9999 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 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).

ODO (ODOMETER): Displays the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

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

only when you try to test your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set PULSE press the MODE button until you see the P♥ displays on the screen. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. Once you pre-set target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

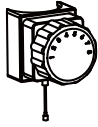
HOW TO INSTALL THE BATTERIES:

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.

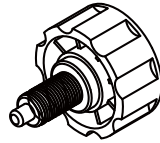
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	033	Nut M10	2
002	Handlebar Ø25	1	034	Cap Nut M8	4
003	Handlebar Post Ø50	1	035	Bolt M8x70	4
004	Rear Stabilizer Ø60	1	036	Curve Washer Ø22xØ8	8
005	Flywheel	1	037	Curve Washer Ø16xØ8	2
006	Front Stabilizer Ø60	1	038	Washer Ø16xØ8	5
007	Tension Control Knob	1	039	Spring Ø17x60xØ2	1
008	Round Knob M16x1.5	1	040	Screw ST4.2x25	5
009	Belt (PJ320J6)	1	041	Pan Head Phillips Self Drilling Screw ST4.2x20	4
010	Computer (HR-1583)	1	042	Nylon Nut M8	5
011	Nut M10x1.0xH6	2	043	Bolt M8x18	1
012	Seat Post Bushing	1	044	Idle Wheel Bracket	1
013	Left Cover	1	045	Idle Wheel	1
014	Right Cover	1	046	Bolt ST4.2x15	2
015	Screw ST4.2x15	1	047	Bolt M5x10	4
016	Ring	1	048	Bolt M5x25	1
017	Axle Sleeve 15/16"	1	049	Axle Sleeve 7/8"	1
018	Nut 7/8"	1	050	Handlebar Foam Grip Ø30xØ24x460	2
019	Belt Pulley with Crank	1	051	Pan Head Phillips Self Tapping Screw ST4.2x20	2
020	Right Foot Pedal (YH-30X)	1	052	Washer Ø17	1
021	Left Foot Pedal (YH-30X)	1	053	Hand Pulse Sensor with Wire L=750mm	2
022	Axle Bush	2	054	Big Curve Washer Ø5	1
023	Ball Bearing	2	055	Left Cover Cap	1
024	Bolt M8x15	6	056	Right Cover Cap	1
025	Seat Post	1	057	Handlebar Post Cover	1
026	Sensor Wire L=750mm	1	058	Seat Post Cover	1
027	Seat Cushion (DD-982AT)	1	059	Middle Section Sensor Wire L=1000mm	1
028	Front Left Stabilizer End Cap	1	060	Tension Cable L=1000mm	1
029	Front Right Stabilizer End Cap	1	061	Handlebar End Cap Ø25	2
030	Rear Left Stabilizer End Cap	1	062	Washer Ø10	2
031	Rear Right Stabilizer End Cap	1	063	Sensor Bracket	1
032	Adjustable Leveler M10	2			

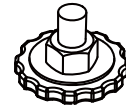
HARDWARE PACKING LIST



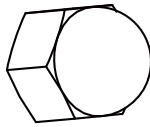
(7) Tension Control Knob
1 PC



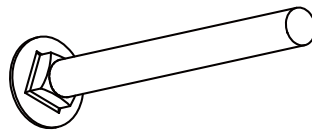
(8) Round Knob M16x1.5
1 PC



(32) Adjustable Leveler M10
2 PCS
(33) Nut M10
2 PCS



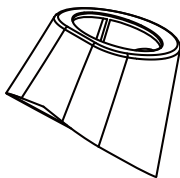
(34) Cap Nut M8
4 PCS



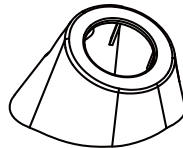
(35) Bolt M8x70
4 PCS



(36) Curve Washer Ø22xØ8
4 PCS

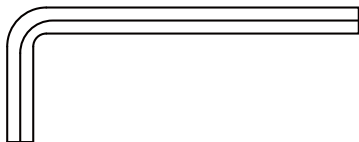


(57) Handlebar Post Cover
1 PC

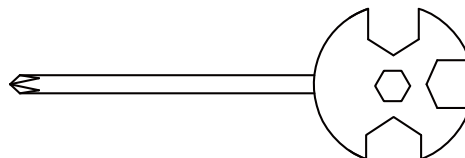


(58) Seat Post Cover
1 PC

TOOLS

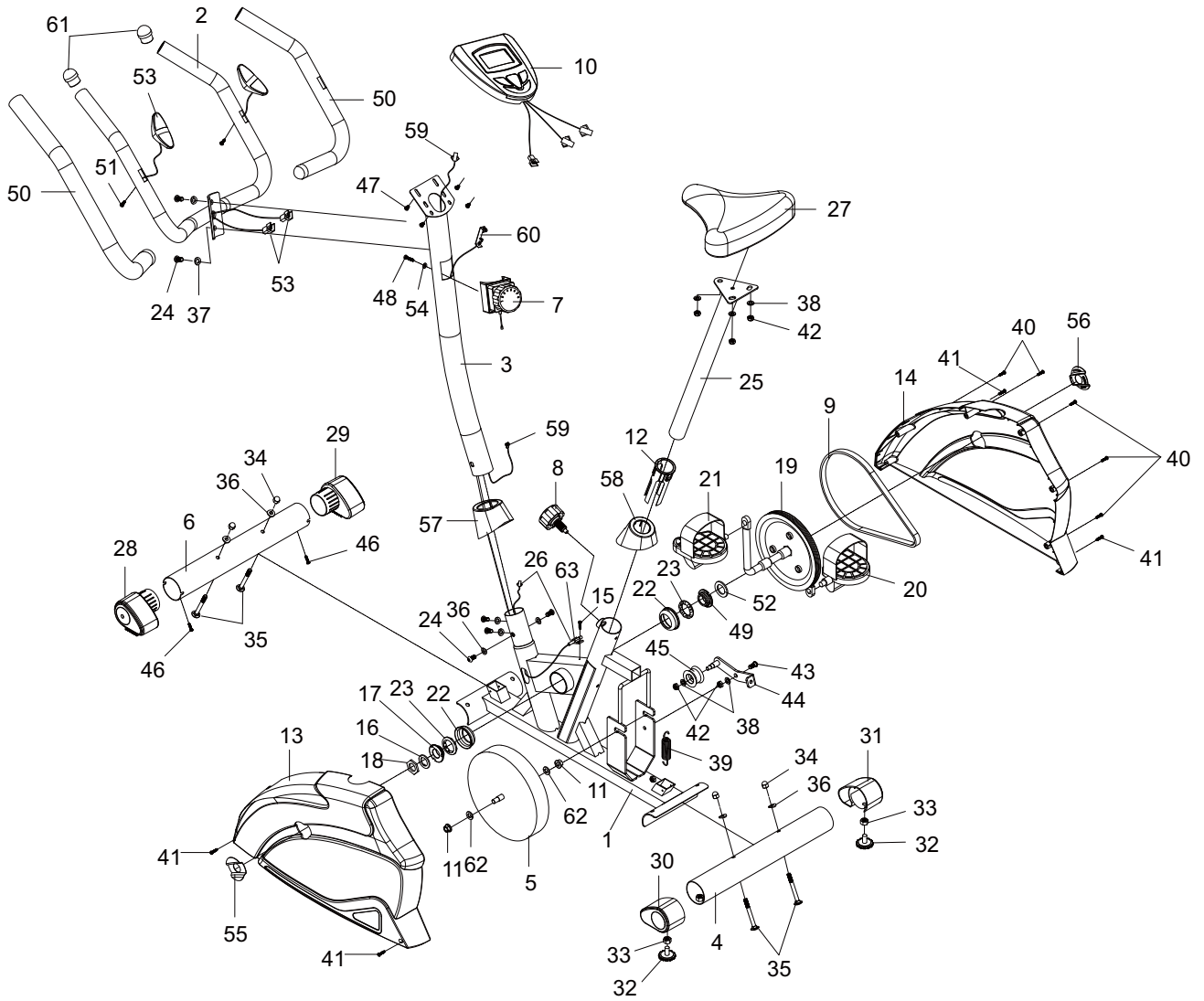


Allen Wrench 6mm
1 PC



Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

OVERVIEW DRAWING

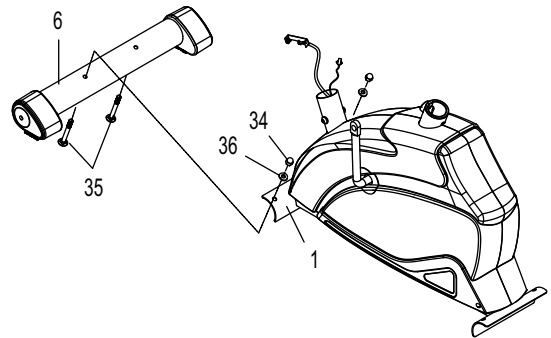


ASSEMBLY INSTRUCTIONS

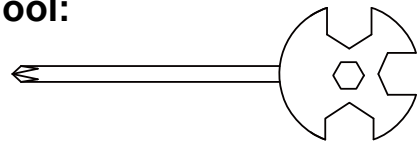
1. Front Stabilizer Installation

Position the Front Stabilizer (6) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M8 Cap Nuts (34), two M8x70 Bolts (35), and two Ø22xØ8 Curve Washers (36). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

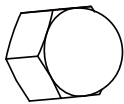


Tool:

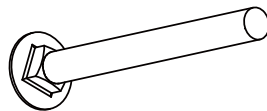


Multi Hex Tool with Phillips Screwdriver S13, S14, S15

Hardware:



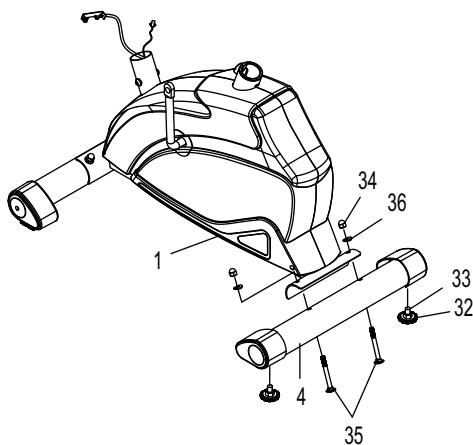
2 Cap Nuts (M8)



2 Bolts (M8x70)



2 Curve Washers (Ø22xØ8)



2. Rear Stabilizer Installation

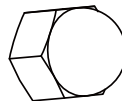
Install two M10 Adjustable Levelers (32) with M10 Nuts (33) onto the Rear Stabilizer (4).

Position the Rear Stabilizer (4) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (4) onto the rear curve of the Main Frame (1) with two M8 Cap Nuts (34), two M8x70 Bolts (35), and two Ø22xØ8 Curve Washers (36).

Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

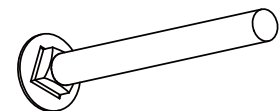
Hardware:



2 Cap Nuts (M8)

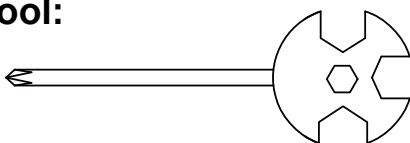


2 Curve Washers (Ø22xØ8)



2 Bolts (M8x70)

Tool:



Multi Hex Tool with Phillips Screwdriver S13, S14, S15

3. Foot Pedal Installation

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

Insert the pedal shaft of Left Foot Pedal (21) into threaded hole in the left Crank (19).

Turn the pedal shaft by hand in the counter-clockwise direction until snug.

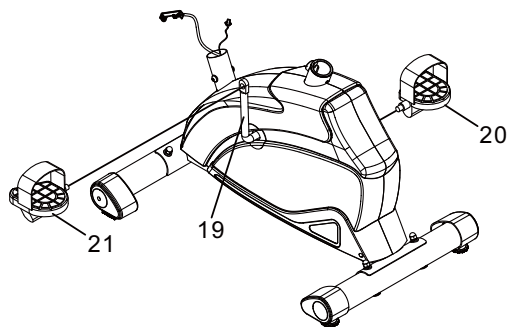
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (21) with the Multi Hex Tool with Phillips Screwdriver provided.

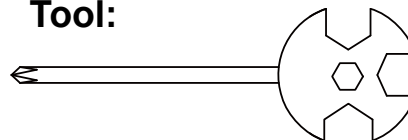
Insert pedal shaft of Right Foot Pedal (20) into threaded hole in right Crank (19).

Turn the pedal shaft by hand in the clockwise direction until snug.

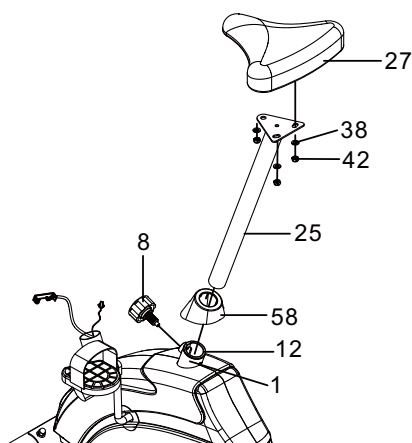
Tighten pedal shaft of Right Foot Pedal (20) with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



Multi Hex Tool with Phillips Screwdriver S13, S14, S15



4. Seat Cushion and Seat Post Installation

Remove three Ø16xØ8 Washers (38) and three M8 Nylon Nuts (42) from underside of the Seat Cushion (27).

Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Post (25), attach with three removed Ø16xØ8 Washers (38) and M8 Nylon Nuts (42) and tighten.

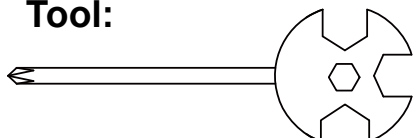
Slide the Seat Post Cover (58) onto the Main Frame (1).

Insert the Seat Post (25) into the Seat Post Bushing (12).

Adjust the seat position and insert the Round Knob (8).

Turn the Round Knob (8) in the clockwise direction to tighten.

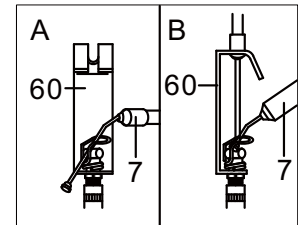
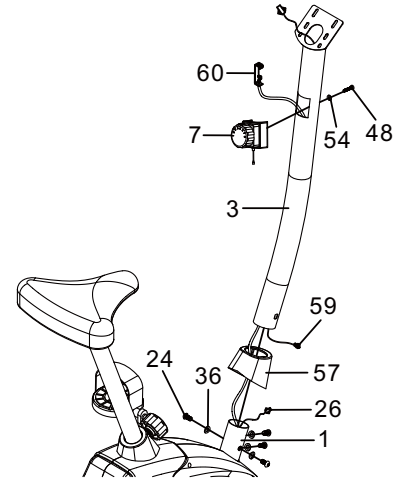
Tool:



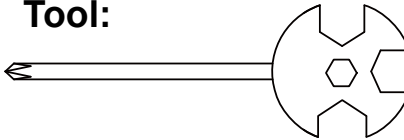
Multi Hex Tool with Phillips Screwdriver S13, S14, S15

5. Handlebar Post and Tension Control Knob Installation

Remove four M8x15 Bolts (24) and four Ø22xØ8 Curve Washers (36) from the Main Frame (1). Slide the Handlebar Post Cover (57) up to the Handlebar Post (3). Insert the Tension Cable (60) through into the bottom hole of Handlebar Post (3) and pull it out from the square hole of Handlebar Post (3). Connect the Sensor Wire (26) from the Main Frame (1) to the Middle Section Sensor Wire (59) from the Handlebar Post (3). Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x15 Bolts (24) and four Ø22xØ8 Curve Washers (36) that were removed. Slide the Handlebar Post Cover (57) down to the Main Frame (1). Remove the M5x25 Bolt (48) and Ø5 Big Curve Washer (54) from the Tension Control Knob (7). Put the cable end of resistance cable of Tension Control Knob (7) into the spring hook of Tension Cable (60) as shown in drawing A of figure 5. Pull the resistance cable of Tension Control Knob (7) up and force it into the gap of metal bracket of Tension Cable (60) as shown in drawing B of figure 5. Attach the Tension Control Knob (7) onto the Handlebar Post (3) with the M5x25 Bolt (48) and Ø5 Big Curve Washer (54) that were removed.



Tool:



Multi Hex Tool with Phillips Screwdriver S13, S14, S15

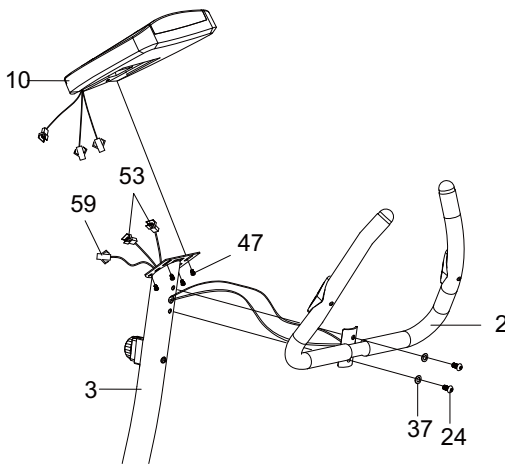


Allen Wrench 6mm

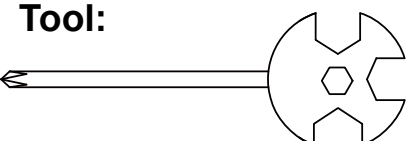


6. Handlebar and Computer Installation

Remove two M8x15 Bolts (24) and two Ø16xØ8 Curve Washers (37) from the Handlebar Post (3). Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3). Attach the Handlebar (2) onto the Handlebar Post (3) with two M8x15 Bolts (24) and two Ø16xØ8 Curve Washers (37) that were removed. Remove four M5x10 Bolts (47) from the Computer (10). Connect the Hand Pulse Sensor Wires (53) and Middle Section Sensor Wire (59) to the wires that come from the Computer (10). Tuck wires into the Handlebar Post (3). Attach the Computer (10) onto the top end of the Handlebar Post (3) with four M5x10 Bolts (47) that were removed.



Tool:



Multi Hex Tool with Phillips Screwdriver S13, S14, S15



Allen Wrench 6mm

MAINTENANCE

Cleaning

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

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

Please inspect all assembly bolts 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: The upright bike wobbles when in use.

SOLUTION: Turn the adjustable leveler on the rear stabilizer as needed to level the 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 the batteries are correctly positioned and battery springs are proper contact with batteries.

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

PROBLEM: There is no heart rate reading or heart rate reading is erratic or 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 two hands instead of just with one hand only when you try to test your heart rate figures.

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

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

SOLUTION: The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

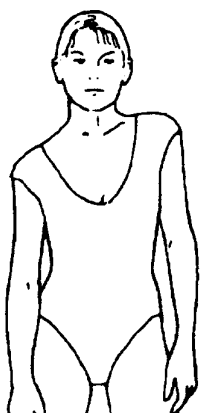
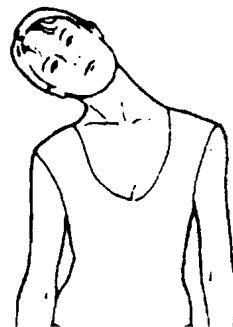
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

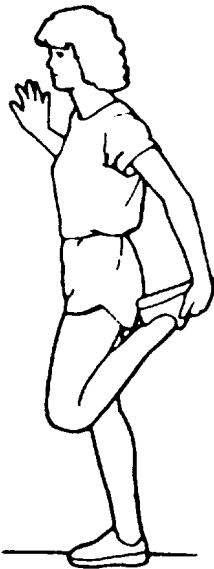
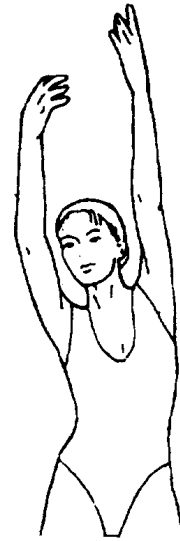


SHOULDER LIFTS

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.



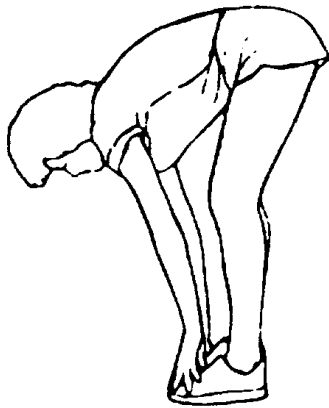
QUADRICEPS STRETCH

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.



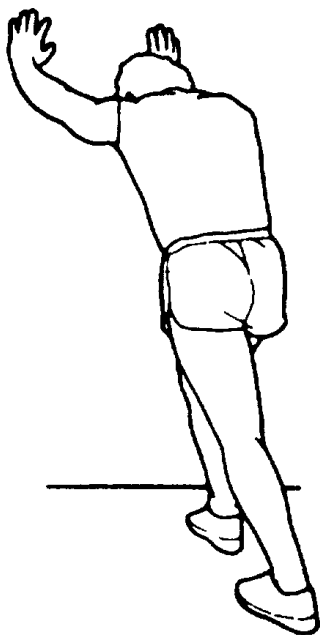
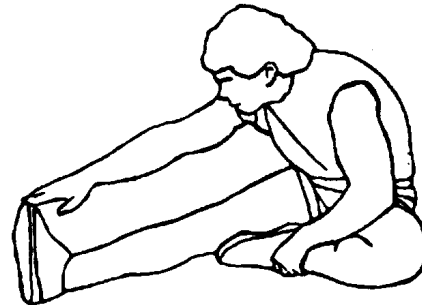


TOE TOUCHES

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