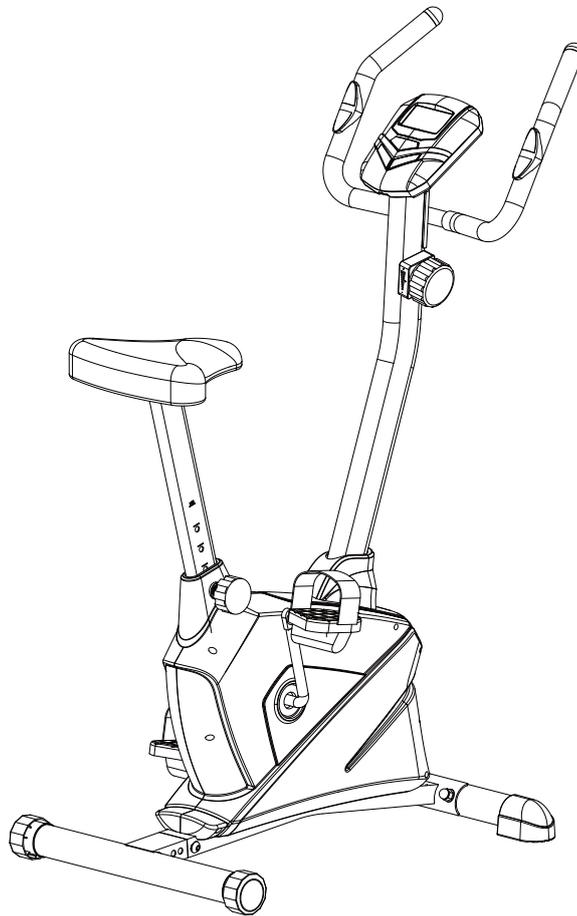


***CLASSIC,
MAGNETIC UPRIGHT BIKE
ITEM NO: 20380***

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.***

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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 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.

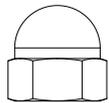
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 60x30x2	1	031	Washer Ø10.2xØ14x1	2
002	Handlebar Ø25x1.5	1	032	Bearing 6000zz	2
003	Handlebar Post 70x30x1.5	1	033	Bolt M8x10	5
004	Rear Stabilizer Ø50x1.5	1	034	Cap Nut M10	2
005	Flywheel Ø230	1	035	Bolt M10x57	2
006	Front Stabilizer Ø50x1.5	1	036	Big Curve Washer Ø10xØ25x2	2
007	Tension Control Knob	1	037	Curve Washer Ø8xØ16x1.5	2
008	Seat Post Knob M16x1.5	1	038	Nylon Nut M8	3
009	Belt PJ 330 J6	1	039	Washer Ø6.5xØ12x1	1
010	Computer HR-1586	1	040	Screw ST4.2x25	7
011	Nut M10x1	2	041	Pan Head Phillips Self Drilling Screw ST4.2x25	4
012	Seat Post Bushing	1	042	Washer Ø8xØ20x1.5	8
013	Left Cover 538x374x79	1	043	Bolt M6x10	1
014	Right Cover 538x374x81	1	044	Idle Wheel Bracket	1
015	Screw ST2.9x12	2	045	Spring Washer Ø6xØ11.2x2	2
016	Washer Ø34.5x12x2.5	1	046	Nylon Nut M6	2
017	Bearing Nut I 15/16"	1	047	Bolt M5x12	4
018	Hexagon Nut 7/8"	1	048	Bolt M5x20	1
019	Belt Pulley with Crank 240 J6	1	049	Bearing Nut II 7/8"	1
020	Right Foot Pedal YH-30X	1	050	Handlebar Foam Grip Ø30xØ24x455	2
021	Left Foot Pedal YH-30X	1	051	Screw ST4.2x20	2
022	Bearing Cup	2	052	Washer Ø40xØ24x3	1
023	Bearing	2	053	Hand Pulse Sensor with Wire L=750mm	2
024	Bolt M8x15	5	054	Big Washer Ø5xØ20x2	1
025	Seat Post 60x20x1.8	1	055	Bolt M6x48	2
026	Sensor with Wire L=750mm	1	056	Transport Wheel Ø23xØ6x32	2
027	Seat Cushion DD-9828T	1	057	Handlebar Post Cover	1
028	Front Stabilizer End Cap	2	058	Seat Post Cover	1
029	Rear Stabilizer End Cap	2	059	Extension Sensor Wire L=1000mm	1
030	Hexagon Nut M6	2	060	Tension Cable L=950mm	1

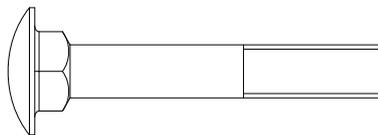
PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Handlebar End Cap Ø25	2	065	Bolt M8x30	3
062	Eyebolt M6x36	2	066	Curve Washer Ø8xØ20x1.5	1
063	Tension Bracket	2	067	Washer Ø8xØ16x1.5	3
064	Cover Cap Ø40xØ25x10	2			

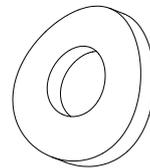
HARDWARE PACKING LIST



(34) Cap Nut M10
2 PCS



(35) Bolt M10x57
2 PCS

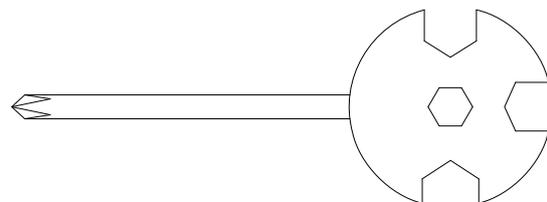


(36) Big Curve Washer
Ø10xØ25x2
2 PCS

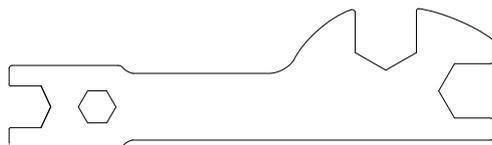
TOOLS



Allen Wrench S6
1 PC

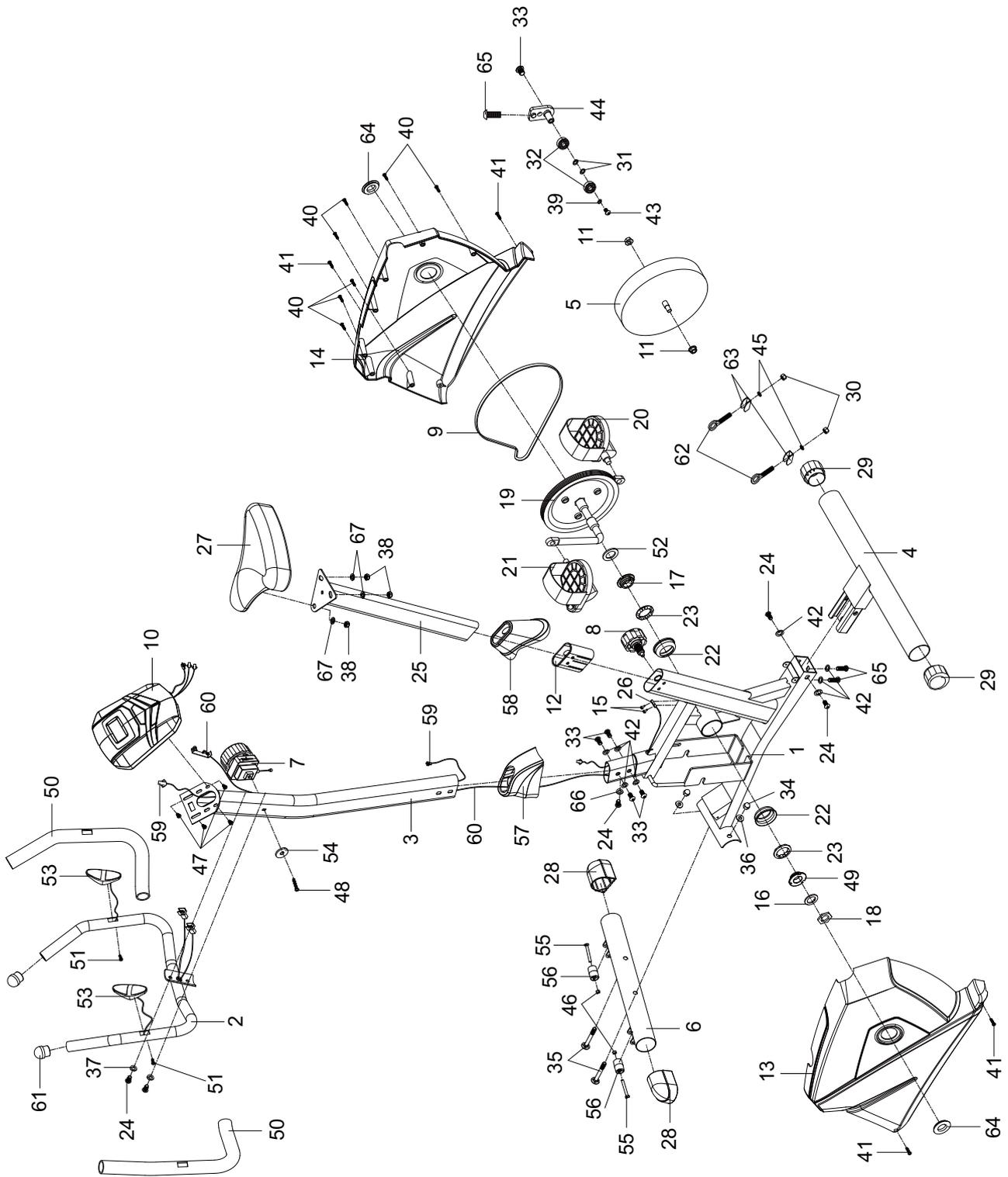


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

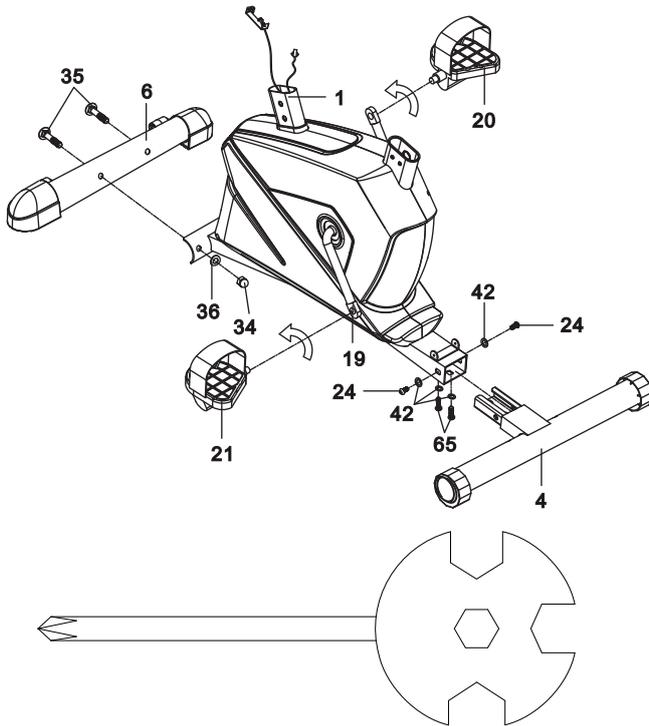


Multi Hex Tool
S10, S13, S17, S19
1 PC

OVERVIEW DRAWING

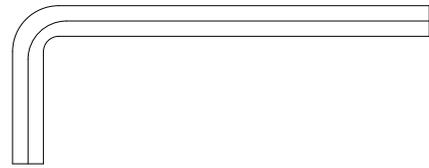


ASSEMBLY INSTRUCTIONS

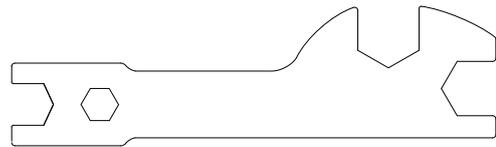


*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

Tool:



Allen Wrench S6



*Multi Hex Tool
S10, S13, S17, S19*

1. Front/Rear Stabilizers and Right/Left Foot Pedals Installation

Remove two M8x15 Bolts (24), two M8x30 Bolts (65), and four Ø8xØ20x1.5 Washers (42) from the Rear Stabilizer (4). Remove bolts with the S6 Allen Wrench provided. Attach the Rear Stabilizer (4) into the Main Frame (1) with two M8x15 Bolts (24), two M8x30 Bolts (65), and four Ø8xØ20x1.5 Washers (42) that were removed. Tighten bolts with the S6 Allen Wrench provided.

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 of the Main Frame (1) with two M10 Cap Nuts (34), two M10x57 Bolts (35), and two Ø10xØ25x2 Big Curve Washers (36). Tighten nuts with the Multi Hex Tool provided.

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.

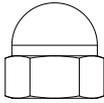
Tighten the pedal shaft of Left Foot Pedal (21) with the Multi Hex Tool with Phillips Screwdriver provided.

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

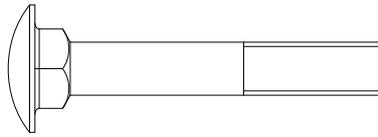
Turn the pedal shaft by hand in the clockwise direction until snug.

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

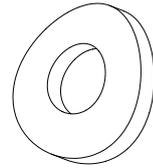
Hardware:



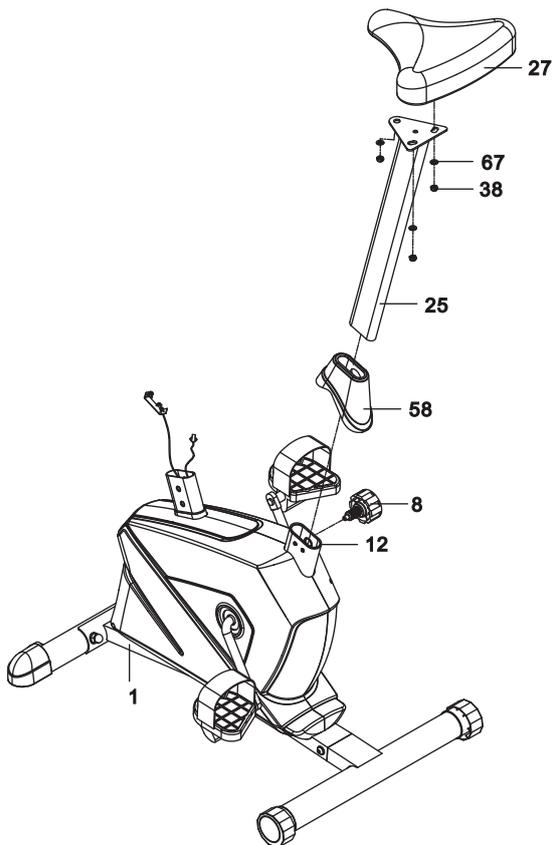
2 Cap Nuts (M10)



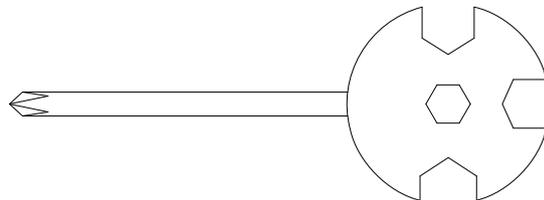
2 Bolts (M10x57)



2 Big Curve Washers
(Ø10xØ25x2)



Tool:



Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15

2. Seat Cushion and Seat Post Installation

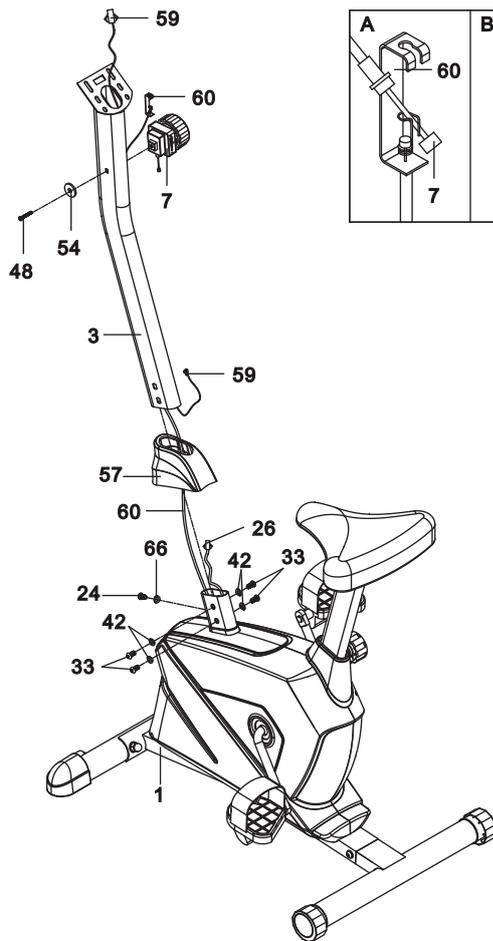
Remove three M8 Nylon Nuts (38) and three Ø8xØ16x1.5 Washers (67) from underside of the Seat Cushion (27). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Post (25), attach with three removed M8 Nylon Nuts (38) and three Ø8xØ16x1.5 Washers (67).

Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Slide the Seat Post Cover (58) onto the Main Frame (1). Insert the Seat Post (25) into the Seat Post Bushing (12).

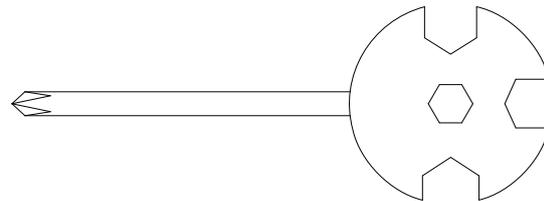
Adjust the seat position and insert the M12x58 Seat Post Knob (8). Turn the M12x58 Seat Post Knob (8) in the clockwise direction to tighten.



Tool:



Allen Wrench S6



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

3. Handlebar Post and Tension Control Knob Installation

Remove one M8x15 Bolt (24), one Ø8xØ20x1.5 Curve Washer (66), four M8x10 Bolts (33), and four Ø8xØ20x1.5 Washers (42) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (57) up to the Handlebar Post (3).

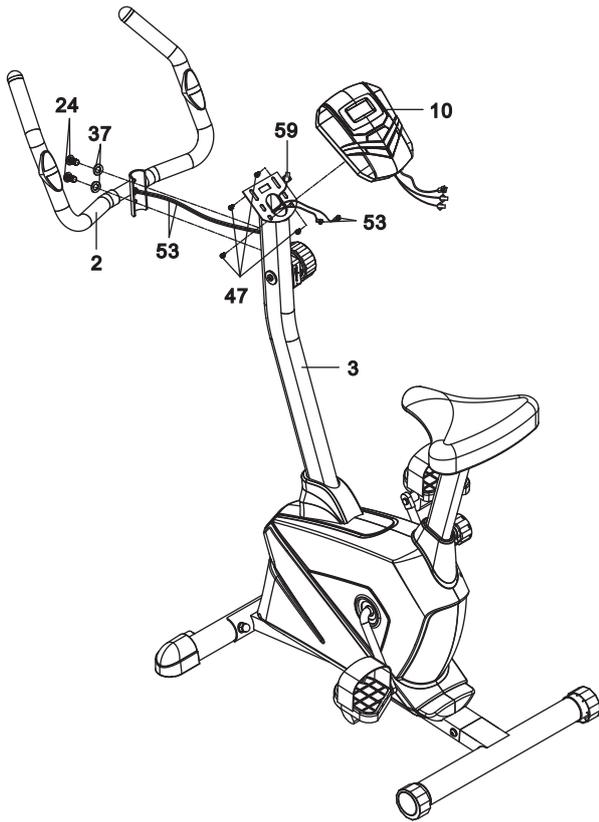
Insert the Tension Cable (60) through into the bottom hole of Handlebar Post (3) and pull it out from the square hole of Handlebar Post (3).

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

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with one M8x15 Bolt (24), one Ø8xØ20x1.5 Curve Washer (66), four M8x10 Bolts (33), and four Ø8xØ20x1.5 Washers (42) that were removed. Tighten bolts with the S6 Allen Wrench provided. Slide the Handlebar Post Cover (57) down to the Main Frame (1).

Remove the M5x20 Bolt (48) and Ø5xØ20x2 Big Washer (54) from the Tension Control Knob (7). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

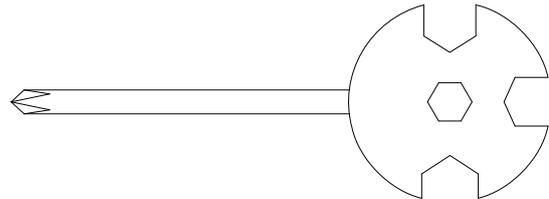
Put the cable end of resistance cable of Tension Control Knob (7) into the spring hook of Tension Cable (60) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (7) up and force it into the gap of metal bracket of Tension Cable (60) as shown in drawing B of figure 3. Attach the Tension Control Knob (7) onto the Handlebar Post (3) with the M5x20 Bolt (48) and Ø5xØ20x2 Big Washer (54) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



Allen Wrench S6



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

4. Handlebar and Computer Installation

Remove two M8x15 Bolts (24) and two Ø8xØ16x1.5 Curve Washers (37) from the Handlebar Post (3). Remove bolts with the S6 Allen Wrench provided.

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 Ø8xØ16x1.5 Curve Washers (37) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Remove four M5x12 Bolts (47) from the Computer (10). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (53) and Extension 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 M5x12 Bolts (47) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 KM/H
DIST (DISTANCE) -----	0.0-999.9 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.0-9999 KM
♥ (PULSE)-----	40-239 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 5 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 0.0 to 999.0 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 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 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 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:

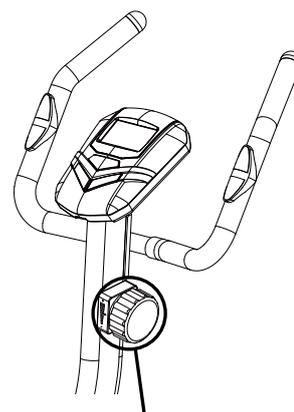
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

ADJUSTMENTS

Adjusting the Tension Control Knob

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

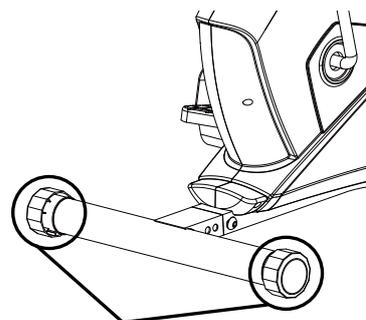
To decrease the load, turn the tension control knob in a counterclockwise direction.



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.

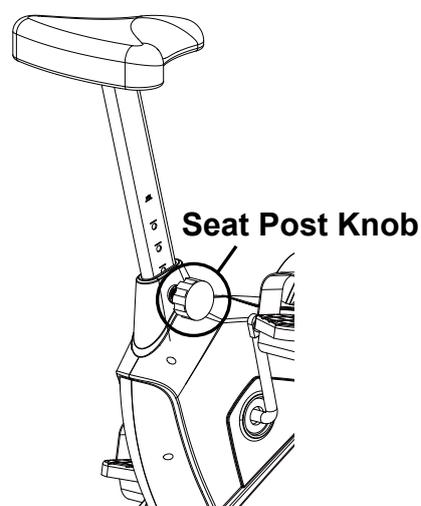


Rear Stabilizer End Cap

Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until 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: When adjusting the height of seat post, make sure the seat post bushing does not exceed the mark line on the seat post.



Seat Post Knob

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 upright 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	SOLUTION
The upright bike wobbles when in use.	Turn the rear stabilizer end cap 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"> 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 front handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. 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. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	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.

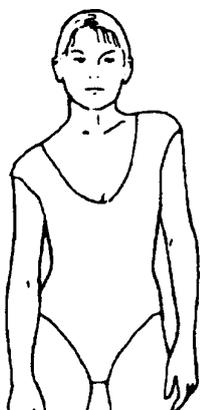
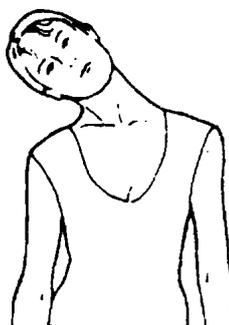
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

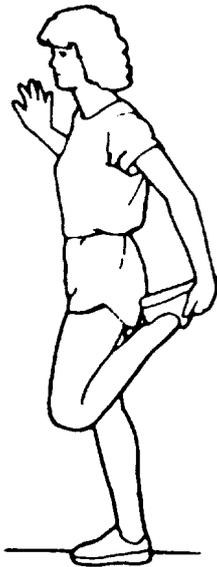
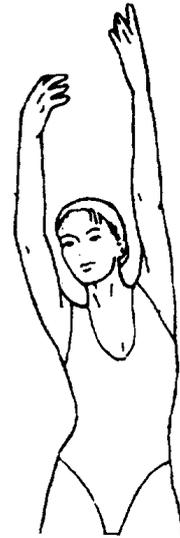


SHOULDER LIFTS

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.



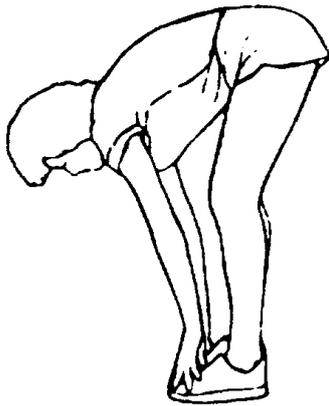
QUADRICEPS STRETCH

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.



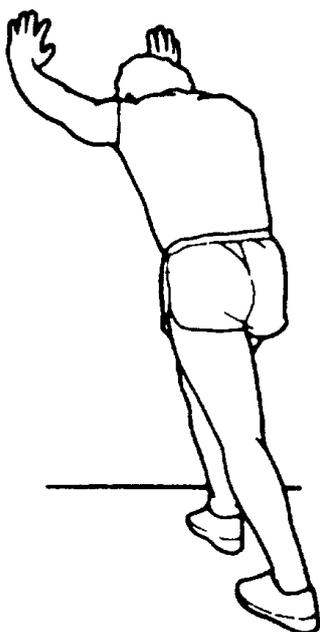
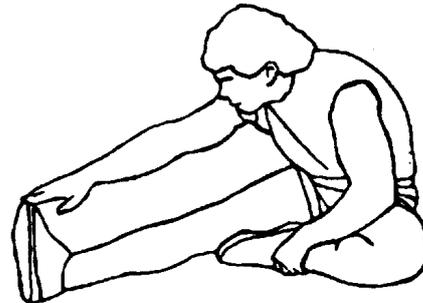


TOE TOUCHES

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.