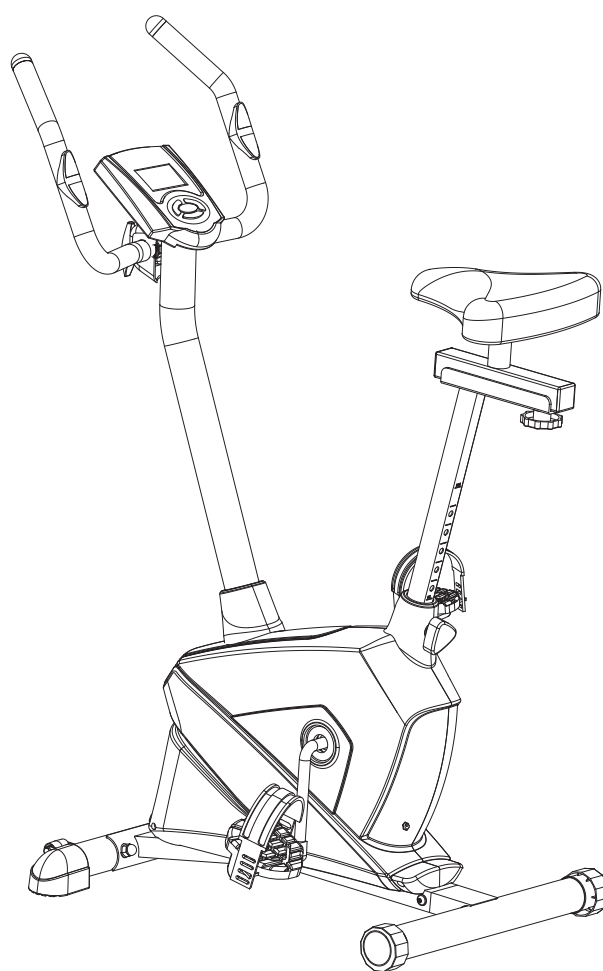# CLASSIC
PRO UPRIGHT BIKE
ITEM NO.: 20388

Life Gear
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

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 the people 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.
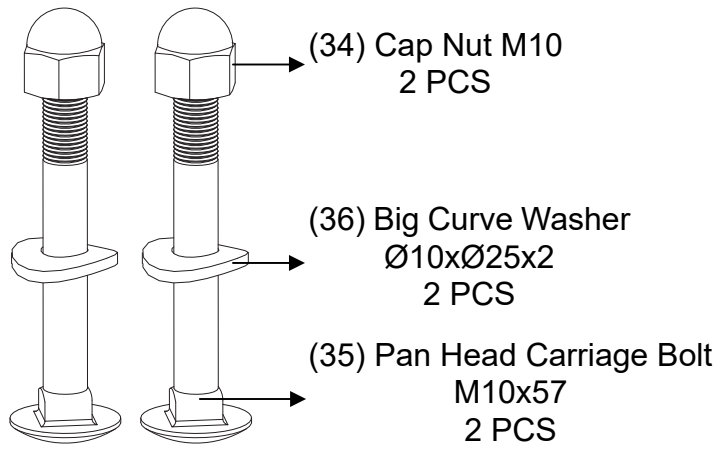
Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 60x30x2	1	026	Sensor with Wire L=750 mm	1
002	Adjustable Handlebar Ø25x1.5	1	027	Seat Cushion DD-28T	1
003	Handlebar Post Ø50x1.5	1	028	Front Stabilizer End Cap	2
004	Rear Stabilizer Ø50x1.5	1	029	Rear Stabilizer End Cap	2
005	Flywheel Ø210	1	030	Hexagon Nut M6	2
006	Front Stabilizer Ø50x1.5	1	031	Washer Ø10.2xØ14x1	2
007	AC Adaptor (L=2000 mm)	1	032	Bearing 6000zz	2
008	Seat Post Knob M12x58	1	033	Hexagon Socket Pan Head Cap Bolt M8x10	1
009	Belt PJ 330J6	1	034	Cap Nut M10	2
010	Computer	1	035	Pan Head Carriage Bolt M10x57	2
011	Nut M10x1	2	036	Big Curve Washer Ø10xØ25x2	2
012	Seat Post Bushing	1	037	Big Curve Washer Ø8xØ20x1.5	4
013	Left Cover 538x374x79	1	038	Nylon Nut M8	3
014	Right Cover 538x374x81	1	039	Washer Ø6xØ12x1	1
015	Cross Recessed Pan Head Tapping Screw ST2.9x12	2	040	Cross Recessed Pan Head Tapping Screw ST4.2x25	7
016	Washer Ø34.5x23x2.5	1	041	Cross Recessed Pan Head Tapping & Drilling Screw ST4.2x25	4
017	Bearing Nut I 15/16"	1	042	Washer Ø8xØ20x1.5	4
018	Hexagon Nut 7/8"	1	043	Cross Recessed Pan Head Tapping Bolt M6x10	1
019	Belt Pulley with Crank 240J6	1	044	Idler Arm	1
020	Right Foot Pedal YH-30X	1	045	Spring Washer Ø6xØ11.2x2	2
021	Left Foot Pedal YH-30X	1	046	Nylon Nut M6	2
022	Bearing Cup	2	047	Cross Recessed Pan Head Bolt M5x10	2
023	Ball Bearing	2	048	Power Supply Cable L=300 mm	1
024	Hexagon Socket Pan Head Cap Bolt M8x15	6	049	Bearing Nut II 7/8"	1
025	Seat Post	1	050	Handlebar Foam Grip Ø30xØ24x455	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
051	Cross Recessed Pan Head Tapping Screw ST4.2x20	2	064	Cover Cap Ø40xØ25x10	2
052	Washer Ø40xØ24x3	1	065	Hexagon Socket Pan Head Cap Bolt M8x30	3
053	Hand Pulse Sensor with Wire L=750 mm	2	066	Big Washer Ø8xØ20x2.0t	1
054	Hexagon Nut 1/2"	1	067	Washer Ø8xØ16x1.5	3
055	Hexagon Head Bolt M6x48	2	068	Seat Adjustment Knob M8	1
056	Transport Wheel Ø23xØ6x32	2	069	Seat Sliding Tube End Cap (38x38)	2
057	Handlebar Post Cover	1	070	Seat Sliding Tube	1
058	Seat Post Cover	1	071	Clamp Cover	1
059	Extension Sensor Wire I (L=750 mm)	1	072	Spacer (Ø12x1.5x20)	1
060	Magnetic Brake Cable (L=440 mm)	1	073	Handlebar T-Knob (M8x55)	1
061	Handlebar End Cap Ø25	2	074	Cross Recessed Pan Head Tapping & Drilling Screw ST4.2x15	4
062	Eyebolt M6x36	2	075	DC Motor	1
063	Tension Bracket	2	076	Extension Sensor Wire (L=350 mm)	1

HARDWARE AND TOOLS PACK

(34) Cap Nut M10
2 PCS

(36) Big Curve Washer
Ø10xØ25x2
2 PCS

(35) Pan Head Carriage Bolt
M10x57
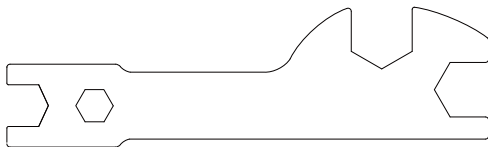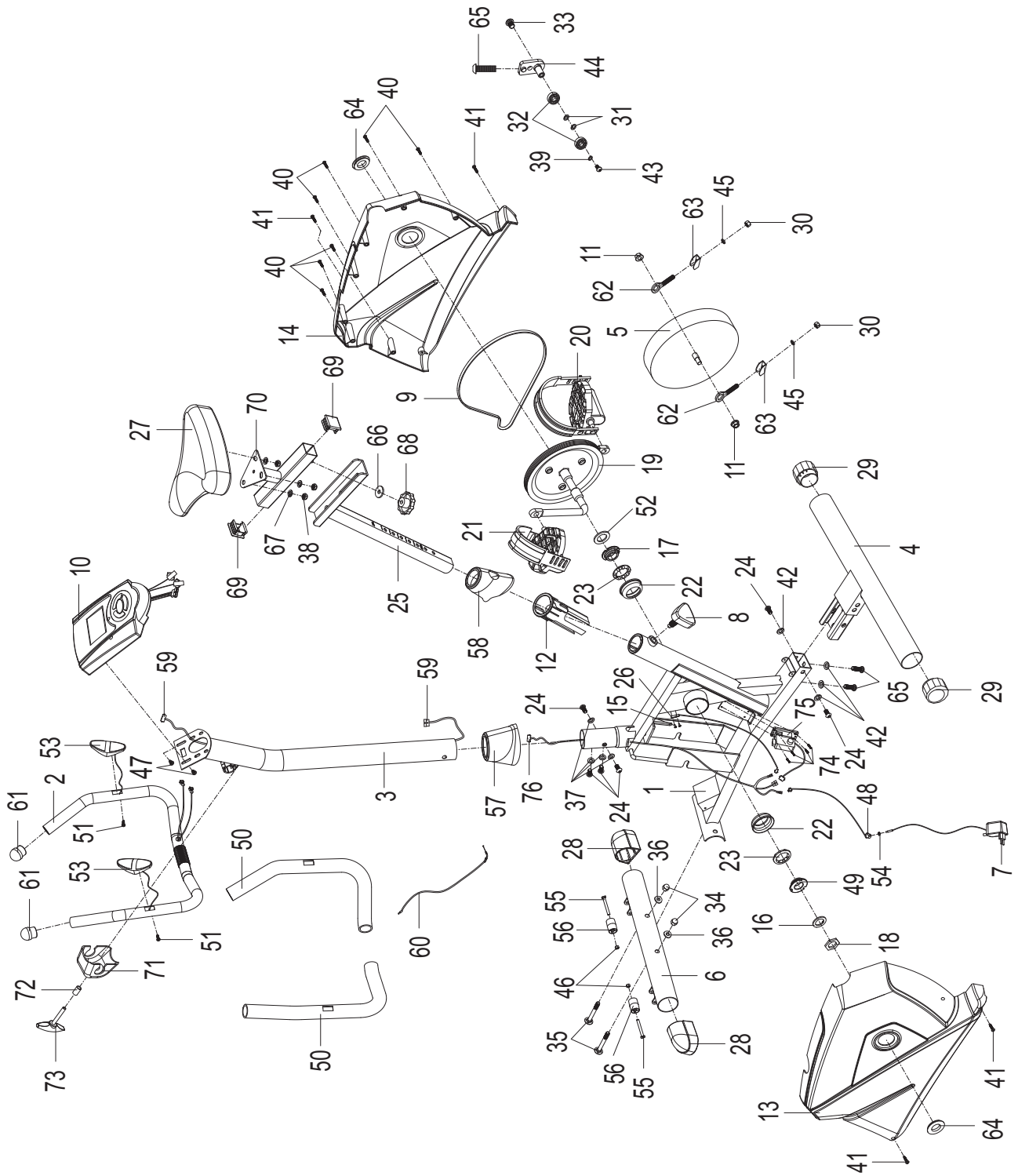2 PCS

Allen Wrench S6
1 PC
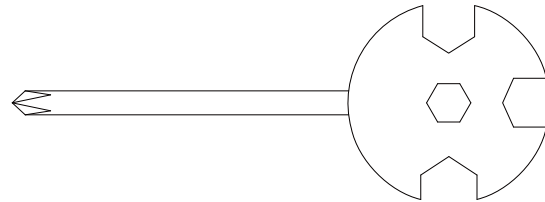
Multi Hex Tool with Phillips Screwdriver
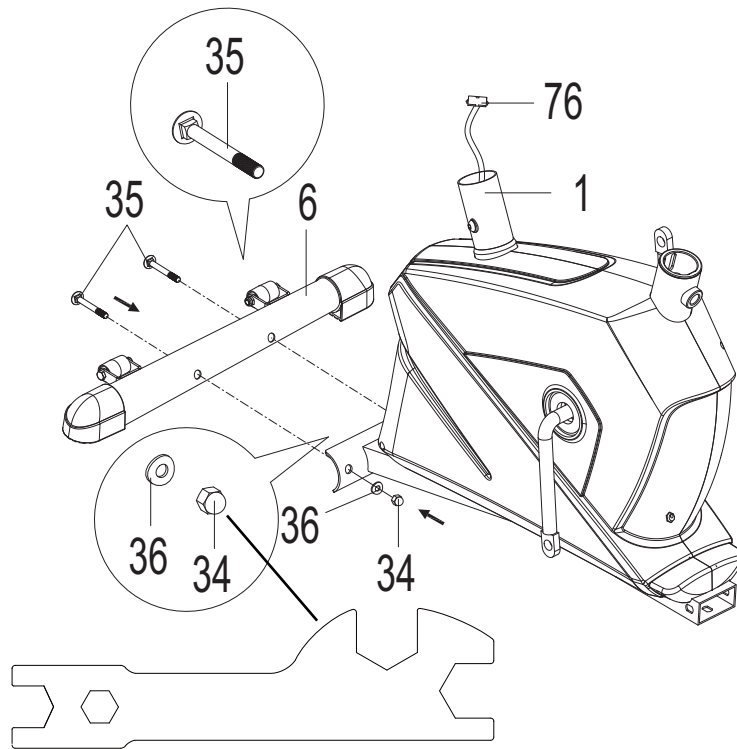S10, S13, S14, S15
1 PC

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

OVERVIEW DRAWING

ASSEMBLY INSTRUCTIONS

Multi Hex Tool
S10, S13, S17, S19

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

Hardware:

(34) Cap Nut M10
2 PCS

(36) Big Curve Washer
Ø10xØ25x2
2 PCS

(35) Pan Head Carriage Bolt
M10x57
2 PCS

Allen Wrench S6
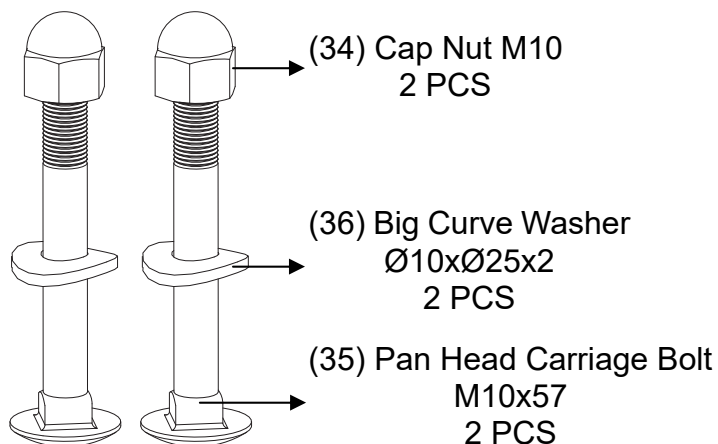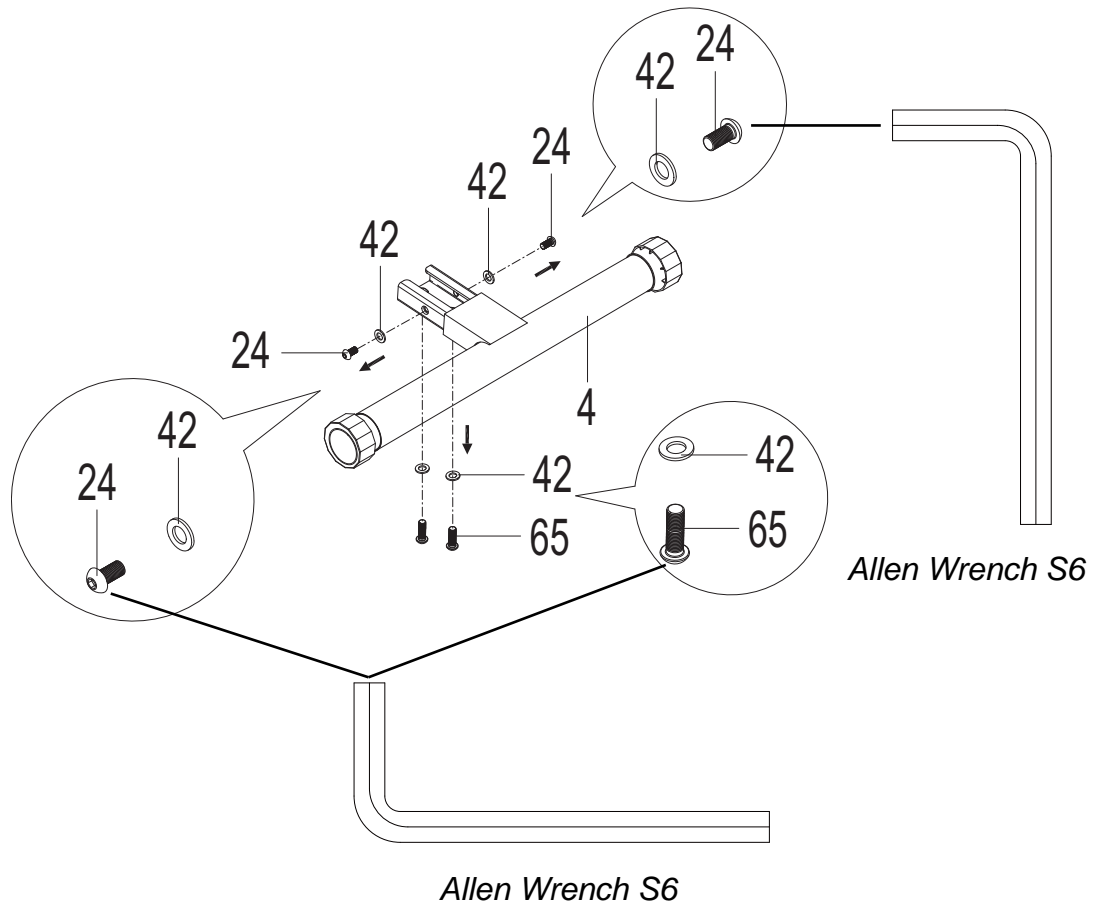
Allen Wrench S6

STEP 2

Remove two M8x15 Hexagon Socket Pan Head Cap Bolts (24), two M8x30 Hexagon Socket Pan Head Cap Bolts (65), and four Ø8xØ20x1.5 Washers (42) from the Rear Stabilizer (4).   Remove bolts with the S6 Allen Wrench provided.

Allen Wrench S6
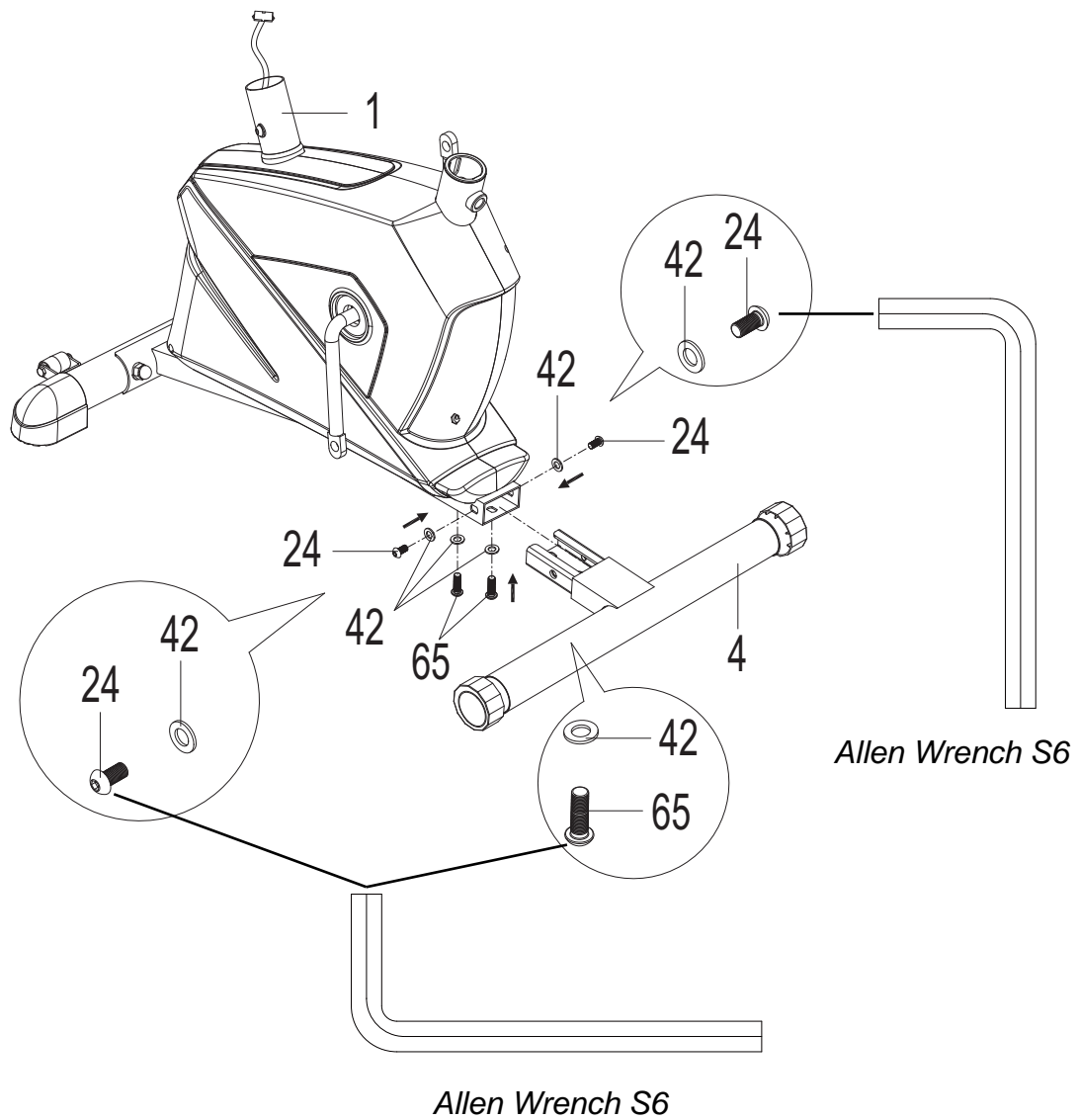
Allen Wrench S6

STEP 3

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

21   20

Left Foot Pedal   **Right Foot Pedal**
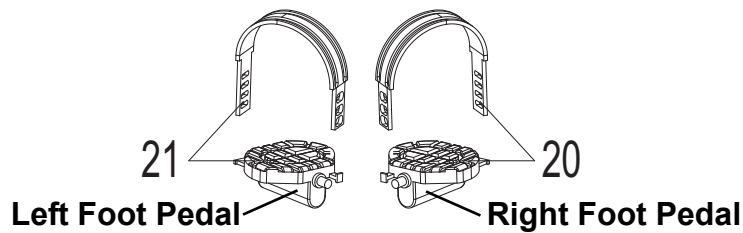
STEP 4

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

Select the Right Foot Pedal Strap (20) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (20). Snap the other end of the strap onto the outside edge of the Right 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 Left Foot Pedal Strap (21) onto the Left Foot Pedal (21).

Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
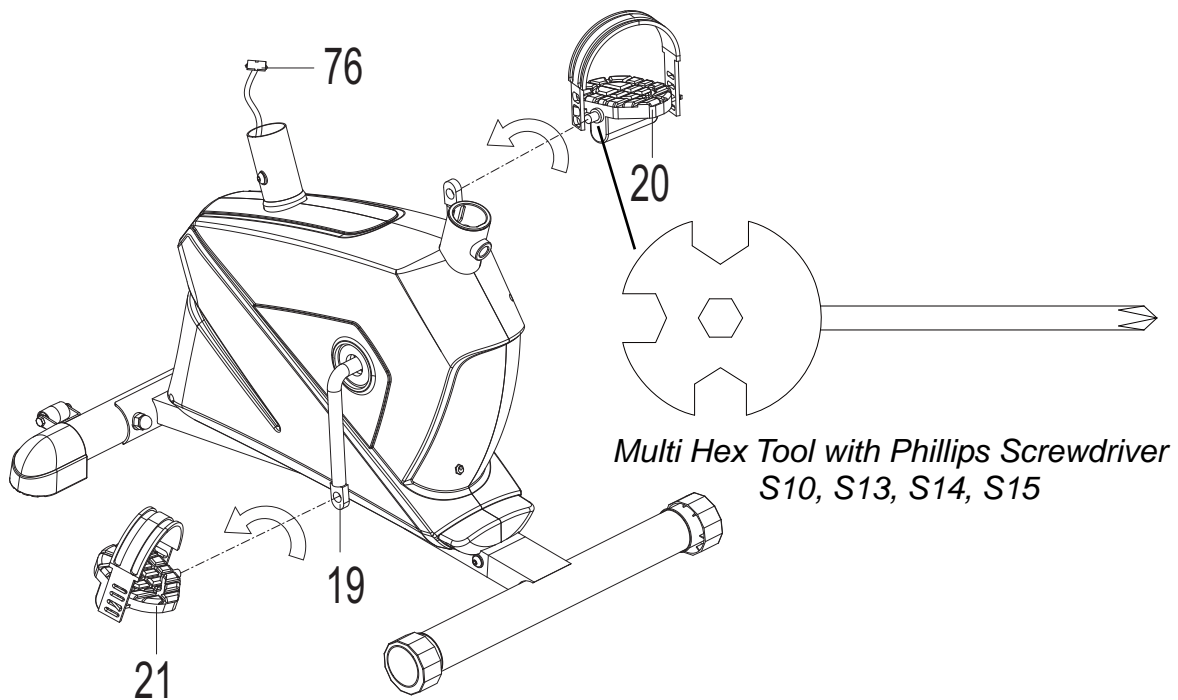
STEP 5

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.
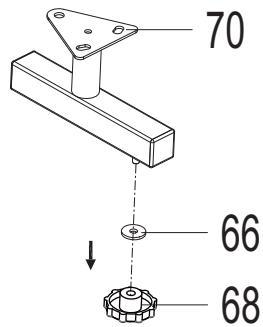
STEP 6

Remove one Ø8xØ20x2.0t Big Washer (66) and one M8 Seat Adjustment Knob (68) from underside of the Seat Sliding Tube (70).

Multi Hex Tool with Phillips Screwdriver
*S10, S13, S14, S15*
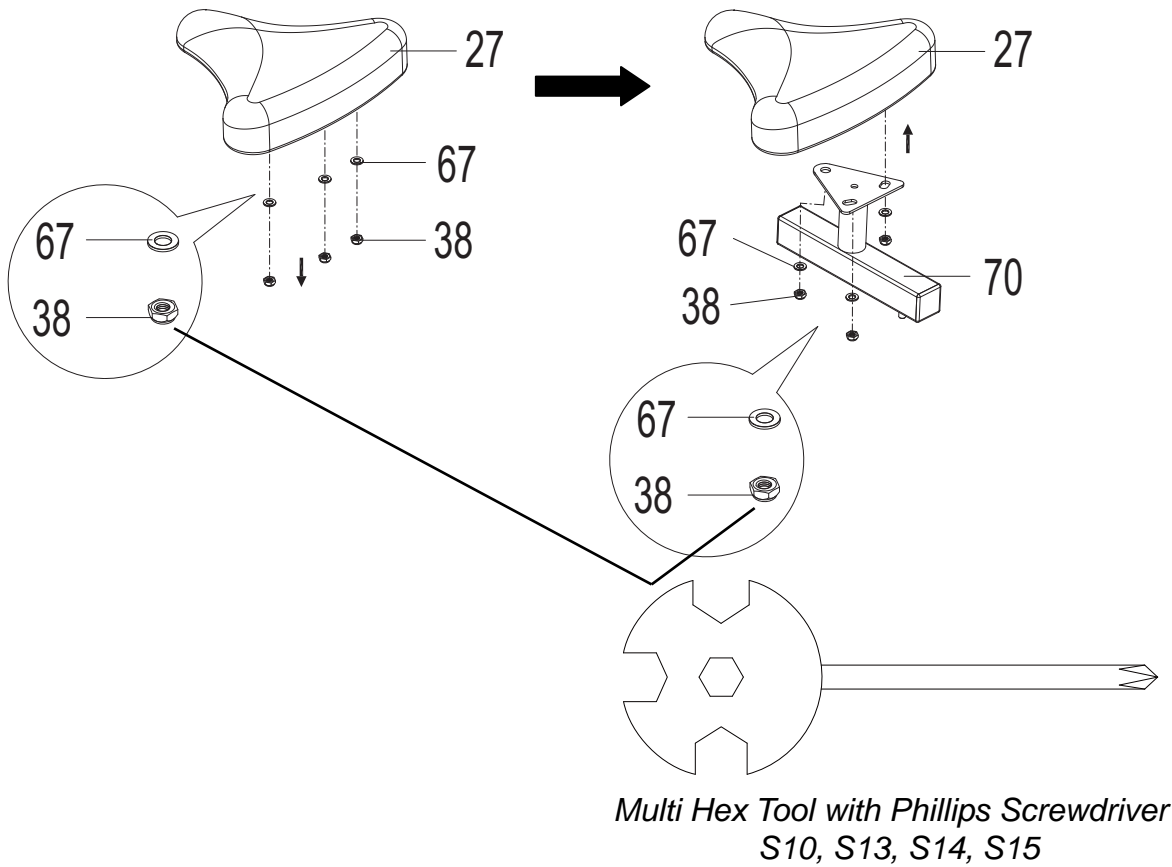
STEP 7

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 Sliding Tube (70), attach with three removed M8 Nylon Nuts (38) and Ø8xØ16x1.5 Washers (67). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.
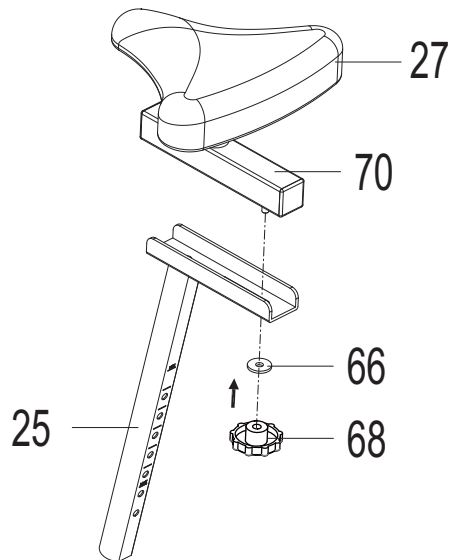
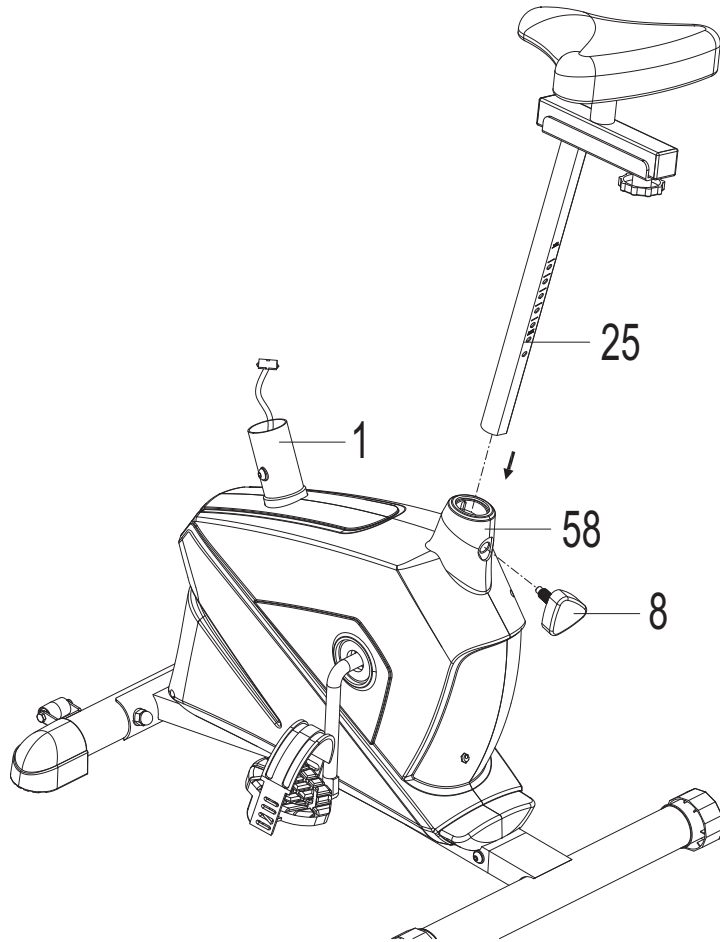**STEP 8**

Guide the bolt on underside of the Seat Sliding Tube (70) through a hole on the top of the Seat Post (25), attach with one removed Ø8xØ20x2.0t Big Washer (66) and M8 Seat Adjustment Knob (68).
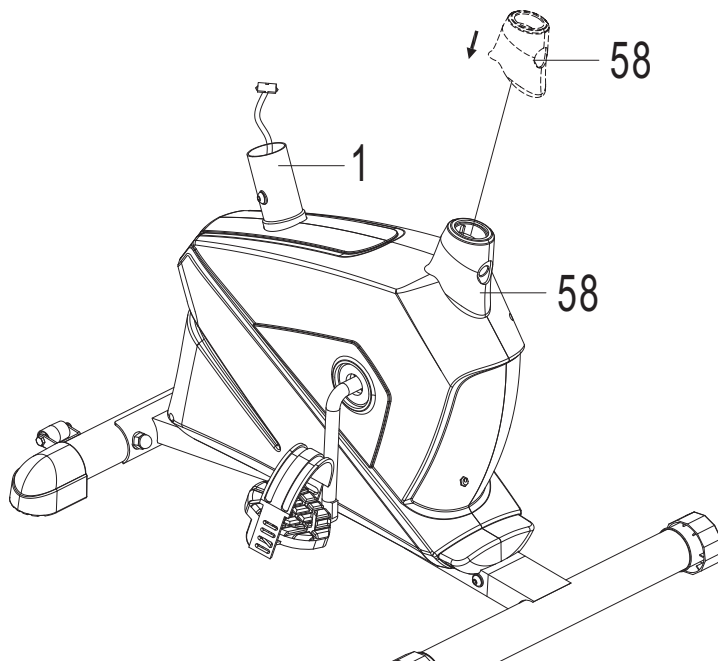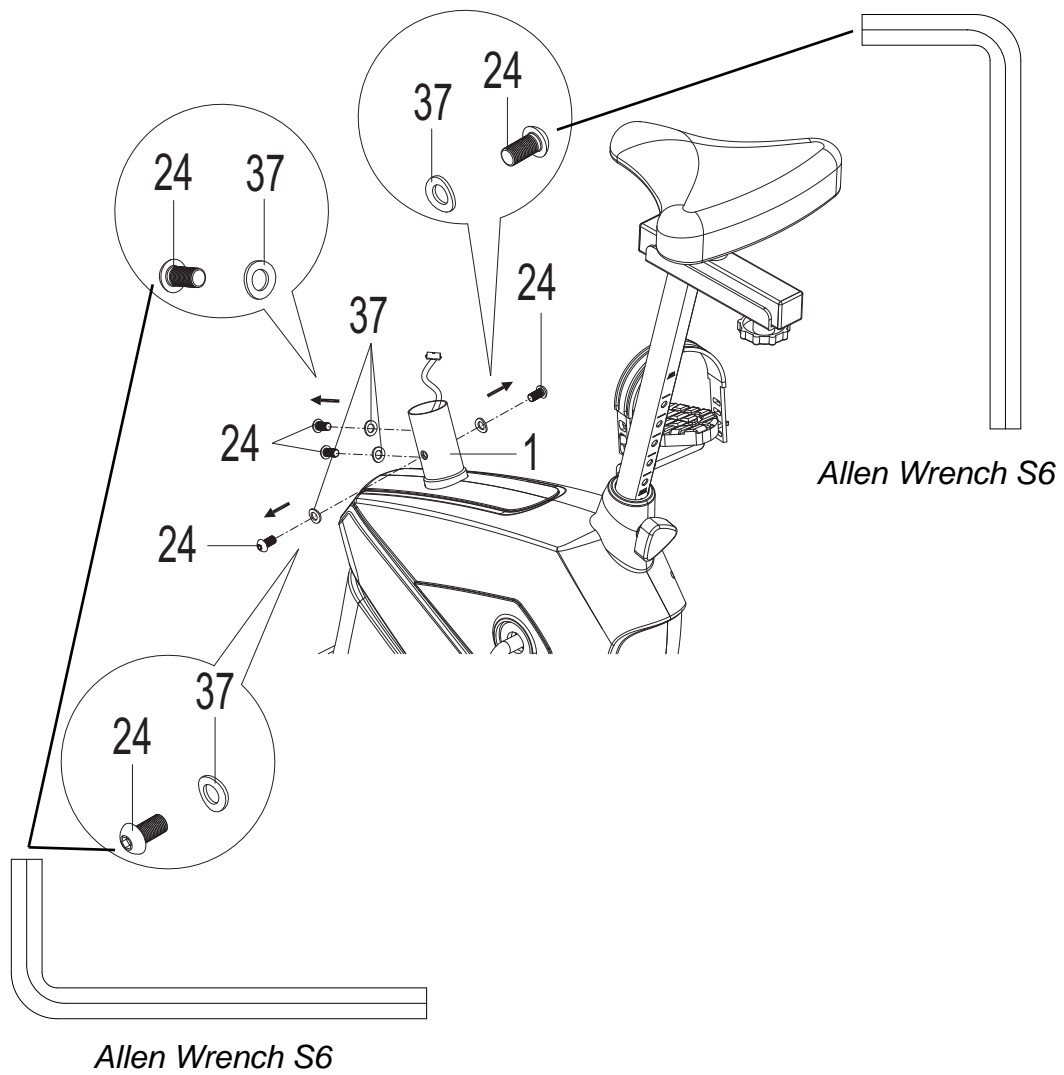

STEP 9

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

STEP 10

Insert the Seat Post (25) into the tube 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.

Allen Wrench S6

Allen Wrench S6

STEP 11

Remove four M8x15 Hexagon Socket Pan Head Cap Bolts (24) and four Ø8xØ20x1.5 Big Curve Washers (37) from the tube of the Main Frame (1).   Remove bolts with the S6 Allen Wrench provided.
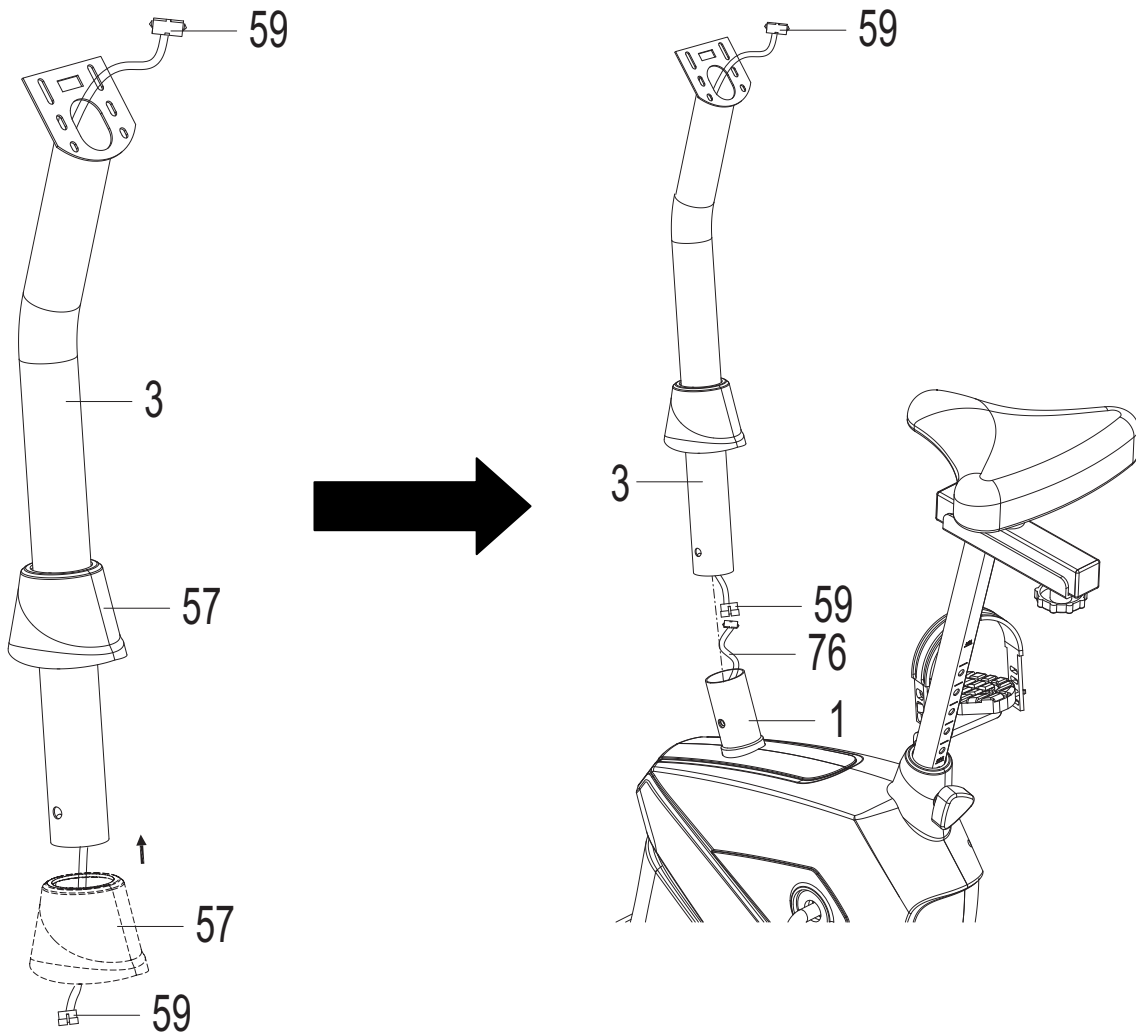
STEP 12

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

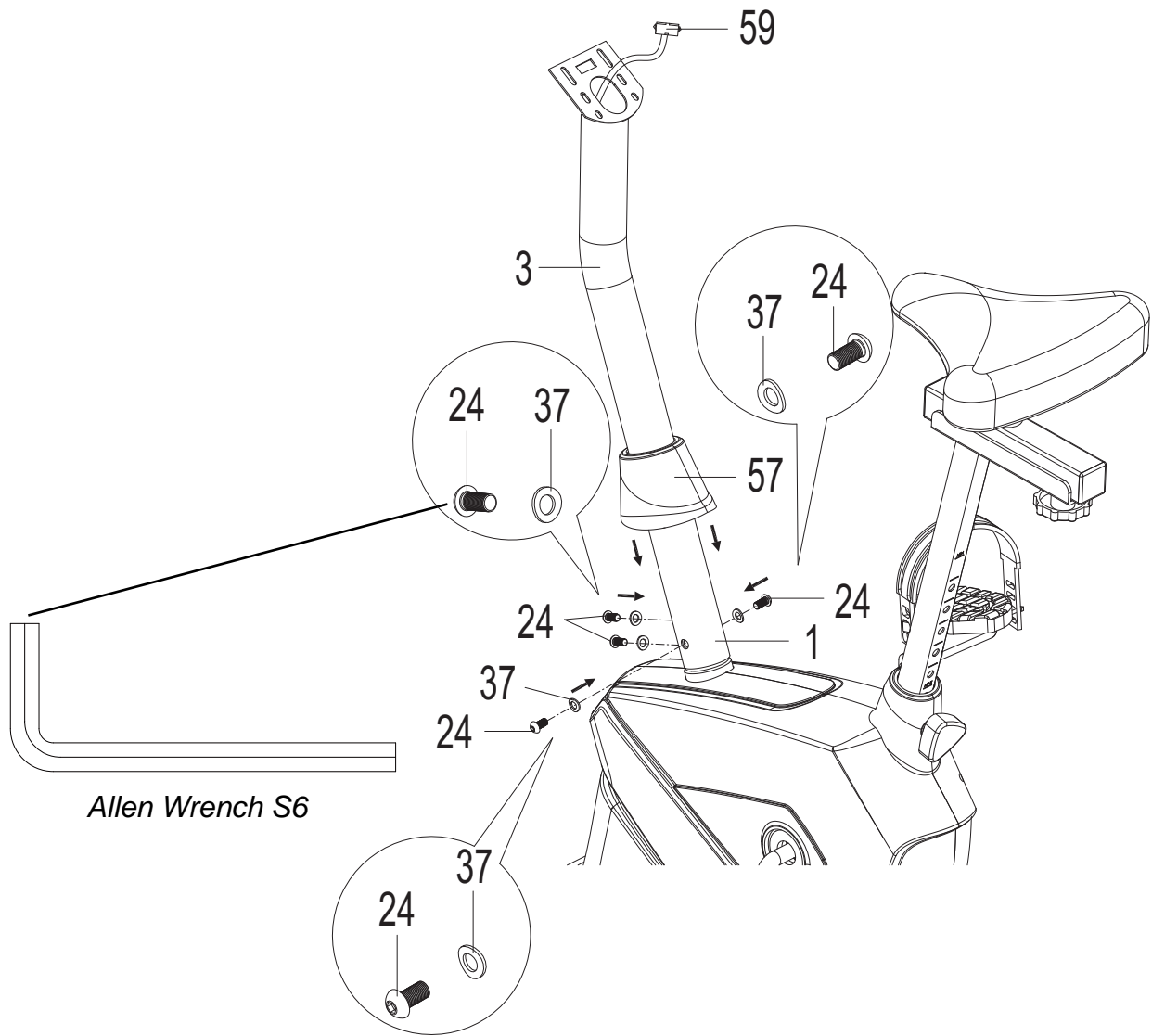Connect the Extension Sensor Wire (76) from the Main Frame (1) to the Extension Sensor Wire I (59) from the Handlebar Post (3).

Allen Wrench S6

STEP 13

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x15 Hexagon Socket Pan Head Cap Bolts (24) and four Ø8xØ20x1.5 Big Curve Washers (37) that were removed.   Tighten bolts with the S6 Allen Wrench provided.
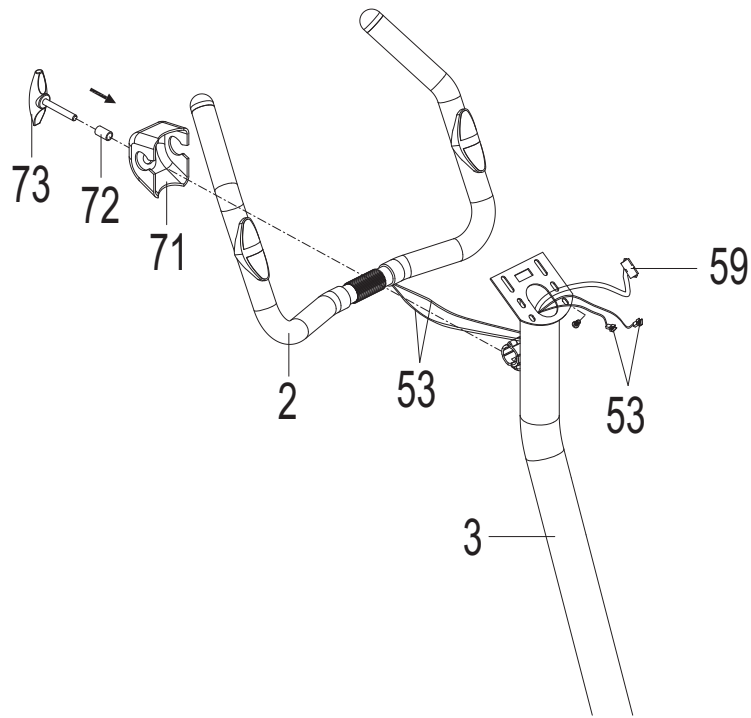Slide the Handlebar Post Cover (57) down to the Handlebar Post (3).

STEP 14

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

Place the Adjustable Handlebar (2) through clamp on the Handlebar Post (3) with hand pulse sensors facing the seat.   Hold the Adjustable Handlebar (2) in desired position and fasten Clamp Cover (71), Ø12x1.5x20 Spacer (72), and M8x55 Handlebar T-Knob (73) onto clamp.   Tighten the M8x55 Handlebar T-Knob (73) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.
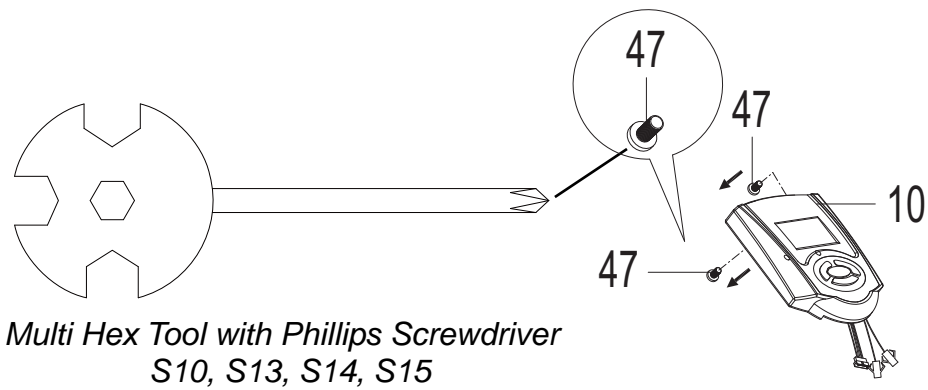
Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15

STEP 15
Remove two M5x10 Cross Recessed Pan Head Bolts (47) from the Computer (10).
Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.
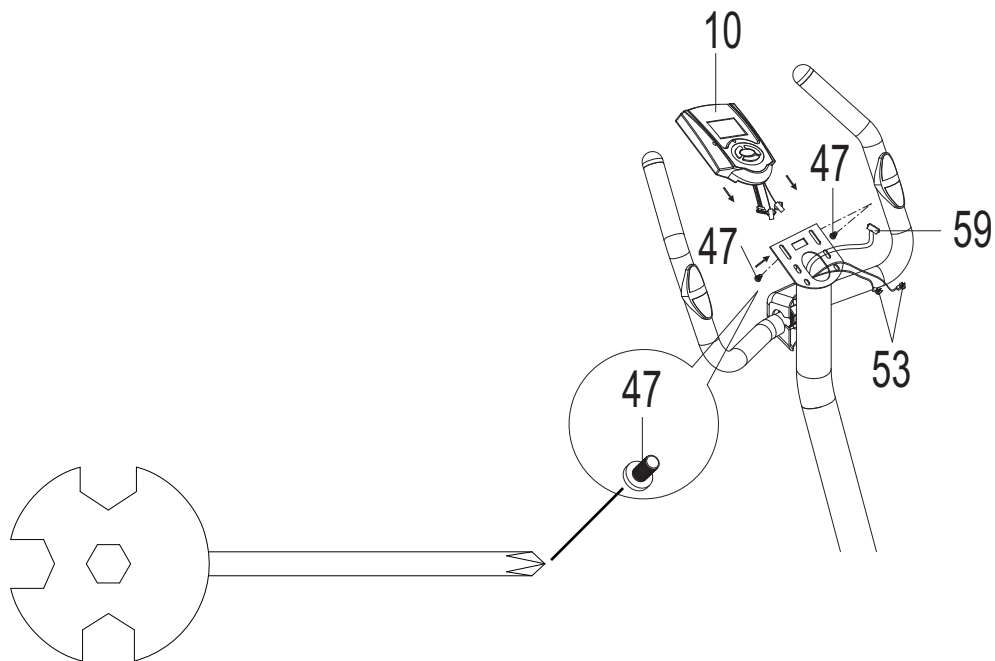
Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15

STEP 16
Connect the Hand Pulse Sensor Wires (53) and Extension Sensor Wire I (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 two M5x10 Cross
Recessed Pan Head Bolts (47) that were removed.   Tighten bolts with the Multi Hex Tool
with Phillips Screwdriver provided.
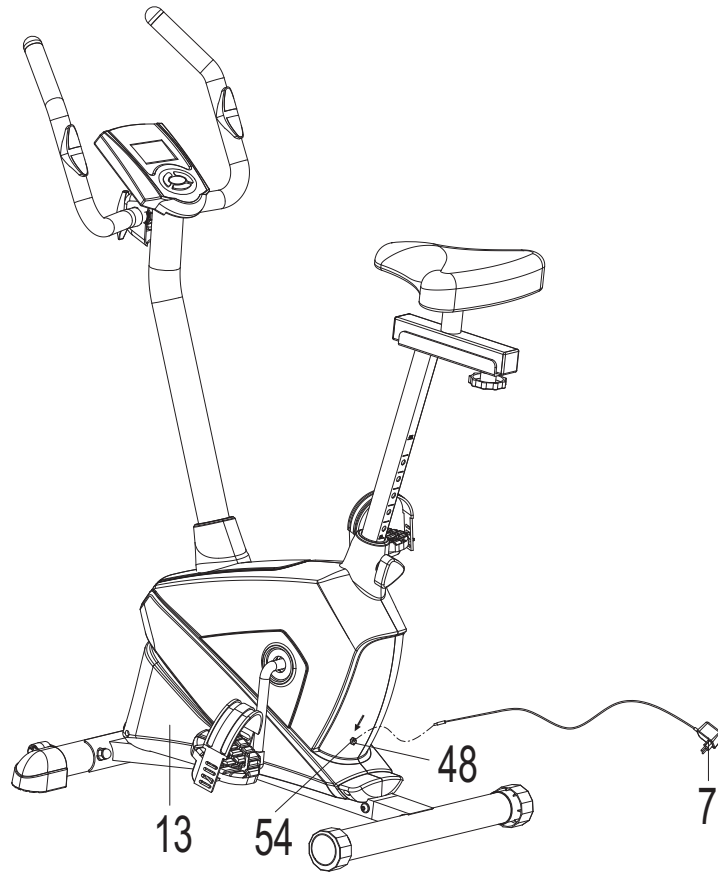
STEP 17

Plug one end of the AC Adaptor (7) into the power jack of the Power Supply Cable (48) on the rear of the Left Cover (13).   **Before plugging in, make sure to check carefully the specifications on the Adaptor.**   Plug the other end of the AC Adaptor (7) into the electrical wall outlet.

HOW TO MOVE THE UPRIGHT BIKE

Adjustable Handlebar
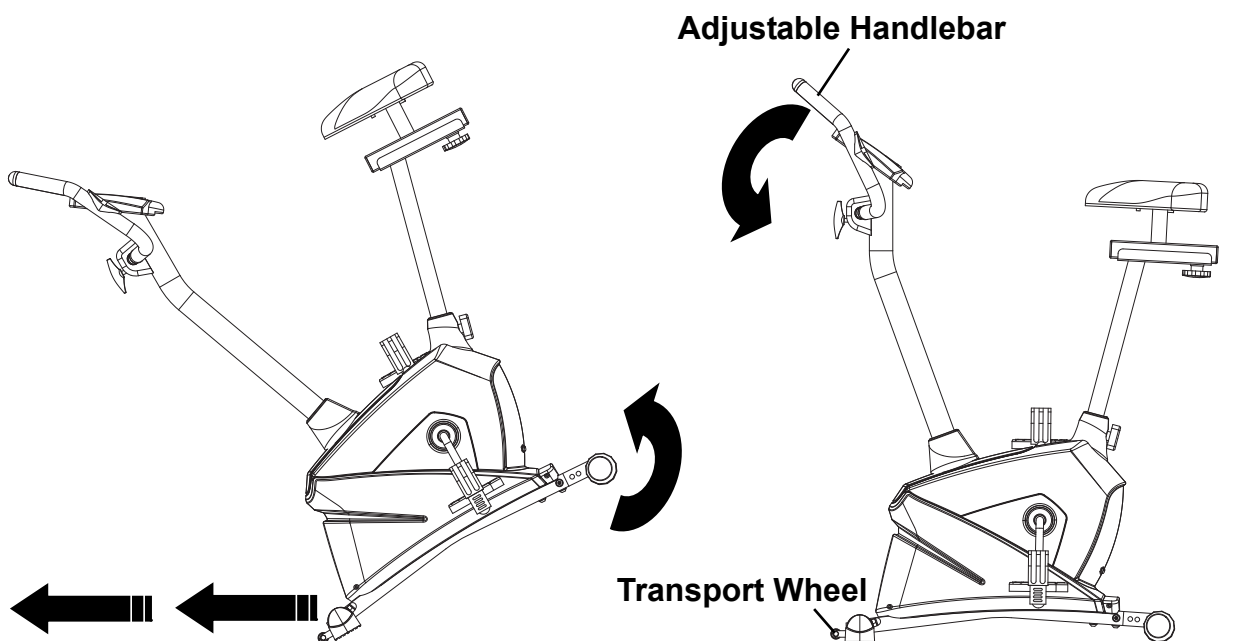
Transport Wheel

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

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

OPERATING THE COMPUTER

POWER UP:
Plug in the adaptor to the equipment then the computer will emit a long beep sound and all LCD displays will light up at the MANUAL PROGRAM (PROGRAM 1).

THERE ARE 6 BASIC WORKOUT PROGRAM MODES:
MANUAL PROGRAM (PROGRAM 1), PRE-SET PROGRAMS (PROGRAM 2-13), BODY FAT CALCULATOR PROGRAM, T.H.R. (Target Heart Rate) PROGRAM, H.R.C. (Heart Rate Control) (65% and 85% of your maximum heart rate) PROGRAMS, and CUSTOM USER PROGRAMS (U1 and U2).

AUTO ON /OFF:
The computer can be activated by pressing the buttons or by pedaling.   If you leave the equipment idle for approximately 4 minutes, the power will turn off automatically.

PAUSE:
Workout can be paused by pressing the START/STOP button.   Workout will resume when START/STOP button is pressed again.

COMPUTER BUTTON FUNCTIONS:
START/STOP:
1. Press the START/STOP button to start training.
2. Press the START/STOP button to pause training.
3. Press the START/STOP button to start measurement in Body Fat Calculator Program.
4. Press and hold the START/STOP button for three seconds, all function values will reset to 0 except the ODO function values.

ENTER:
1. Press the ENTER button to enter into the selected program and confirm the function value on different training program mode.
2. Press and hold the ENTER button for three seconds, the computer will convert the English units to Metric units or Metric units to English units.

UP:
1. Press the UP button to select the exercise mode of MANUAL PROGRAM (PROGRAM 1), PRE-SET PROGRAMS (PROGRAM 2-13), BODY FAT CALCULATOR PROGRAM, T.H.R. (Target Heart Rate) PROGRAM, H.R.C. (Heart Rate Control) (65% and 85% of your maximum heart rate) PROGRAMS, and CUSTOM USER PROGRAMS (U1 and U2)

2. Press the UP button to make upward for function values adjustment on different training mode.
3. Press the UP button to increase the level of loading.

DOWN:
1. Press the DOWN button to select the exercise mode of MANUAL PROGRAM (PROGRAM 1), PRE-SET PROGRAMS (PROGRAM 2-13), BODY FAT CALCULATOR PROGRAM, T.H.R. (Target Heart Rate) PROGRAM, H.R.C. (Heart Rate Control) (65% and 85% of your maximum heart rate) PROGRAMS, and CUSTOM USER PROGRAMS (U1 and U2)
2. Press the DOWN button to make downward for function values adjustment on different training mode.
3. Press the DOWN button to decrease the level of loading.

RECOVERY:
The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training.   You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you.   The Pulse Recovery feature is to be used directly after your workout.   To use this function:
1) Grip the hand pulse sensors with both hands during exercise.
2) Press the **RECOVERY** button.
3) Grip the hand pulse sensors with both hands.
4) The time will countdown from 60 to 0 seconds.
5) Your personal fitness Pulse Recovery level will appear on the display.   When countdown is complete, the Pulse Recovery grade will be displayed.
Your ratings for Pulse Recovery are as follows:
F1.0 = Excellent   F4.0 = Below Average
F2.0 = Good   F5.0 = Not Good
F3.0 = Fair   F6.0 = Poor
6) Press the **RECOVERY** button to quit the recovery mode.

COMPUTER DISPLAY FUNCTIONS:
START: Indicates the program selected has started.

STOP: Indicates the program selected has stopped.

PROGRAM: Indicates the programs selected from PROGRAM 1 to PROGRAM 13.

LEVEL: Indicates the level of loading selected from LEVEL 1 to LEVEL 16.

GENDER: Indicates the gender (Male or Female) selected.

HEIGHT: Displays the height.

WEIGHT: Displays the weight.

AGE: Displays the age.

SCAN: While at "start" operation, press the ENTER button until SCAN appear on the screen. The computer will automatically scan each function of TIME, SPEED, RPM, DIST (Distance), CAL (Calories), WATT, ODO (Odometer), and PULSE in sequence with a change every 6 seconds.

TIME: Displays the workout time.   TIME will count down if it is set as a "goal".

SPEED: Displays the workout speed.

DIST (DISTANCE): Displays the estimated distance travelled.   DISTANCE counts down if it is set as a "goal".

CAL (CALORIES): Displays the estimated calories the user has burned during the exercise. CALORIES count down if it is set as a "goal".

ODO (Odometer): Displays the total accumulative distance travelled.   The data values of ODO can not be reset to zero by pressing and holding the START/STOP button for 3 seconds.

RPM: Display current training rotation per minute.

WATT: Displays the workout power consumption.

BMI: Displays the BMI values.

FAT%: Displays the body fat percentage.

PULSE: Displays the user's current heart rate (beats per minute).

LOADING PROFILES: There are 10 intervals of loading bars, and 8 bars in each interval. Each bar represents 2 levels of loading.

WORKOUT PARAMETERS:
After selecting desired workout program mode, you may pre-set several workout parameters for desired results.
TIME
DIST (DISTANCE)
CAL (CALORIES)
AGE

Note:
Some workout parameters can not be set in certain program.

GETTING STARTED:
Plug the wire of the adaptor into the power jack, which is located in the rear of the machine and then connect the adaptor to the electrical wall outlet.   The computer will emit a long beep sound and all LCD displays will light up at the MANUAL PROGRAM (PROGRAM 1).   User may press the Up or DOWN button to select your desired program mode and then press the ENTER button after one of the program modes is selected.

TRAINING IN MANUAL PROGRAM (PROGRAM 1) MODE:
You have two options in the PROGRAM 1 (MANUAL PROGRAM) mode.   When the computer screen displays PROGRAM 1 (MANUAL PROGRAM) mode, press the ENTER button to confirm the PROGRAM 1 (MANUAL PROGRAM).   For "quick start," simply press the START/STOP button and your workout will begin.   You can control the level of loading with the UP or DOWN button.
The second option for PROGRAM 1 (MANUAL PROGRAM) mode is to set a "goal".   When you press the ENTER button to enter into the PROGRAM 1 (MANUAL PROGRAM) mode, the TIME display will flash.   If you wish to set a TIME goal, you can do so using the UP or DOWN button, or if you wish to set a DISTANCE goal, CALORIES goal, or AGE, just continue to press the ENTER button.   Setting "goals", you can set "goals" for either TIME, DISTANCE, or CALORIES.   For instance, if you set a TIME goal of 20:00, once you start the program, you will notice that the TIME display will count down from 20:00 to 0:00.   We recommend that you set only one goal (TIME, DISTANCE, or CALORIES) for each exercise.   Note, if no goals are set (TIME, DISTANCE, or CALORIES) and are all set to 0, all of these values will count up, once the START/STOP button is pressed.   During you exercise, when a goal is reached, that display will flash, signaling that your workout is complete.   You may press the START/STOP button again to continue the workout with other unfinished parameters.

TRAINING IN PRE-SET PROGRAMS (PROGRAM 2-13) MODE:
There are 12 PRE-SET PROGRAMS (PROGRAM 2-13) that offer you a variety of workout options.   To select a program, use the UP or DOWN button to select one of the pre-set programs.   Press the ENTER button to confirm the selected program, the TIME display will flash.   At this point you can press the START/STOP button to start your workout or you can set "goals" as described in TRAINING IN MANUAL PROGRAM (PROGRAM 1) MODE.

TRAINING IN BODY FAT CALCULATOR (FAT) PROGRAM MODE:

Press the UP or DOWN button to select the BODY FAT CALCULATOR (FAT) PROGRAM mode and then press the ENTER button to enter into the BODY FAT CALCULATOR (FAT) PROGRAM mode.   The male icon will flash for setting user's gender.   Press the UP or DOWN button to set user's gender.   Press the ENTER button to confirm the gender and the values of AGE will flash.   Press the UP or DOWN button to set user's age.   Press the ENTER button to confirm the age and the values of HEIGHT will flash.   Press the UP or DOWN button to set user's height.   Press the ENTER button to confirm the height and the values of WEIGHT will flash.   Press the UP or DOWN button to set user's weight.   Press the ENTER button to confirm the weight.   Press the START/STOP button to start measurement and then grip the hand pulse sensors for a few seconds the screen will display your BMI values and body fat percentage.

TRAINING IN T.H.R. (TARGET HEART RATE) PROGRAM MODE:

Press the UP or DOWN button to select the T.H.R. (TARGET HEART RATE) PROGRAM mode and then press the ENTER button to enter into the T.H.R. (TARGET HEART RATE) PROGRAM.   Select the function values of TIME, DIST (Distance), CAL (Calories), or T.H.R. (Target Heart Rate) to set, when select the function value, it will flash, then press the UP or DOWN button to adjust and press the ENTER button to confirm the setting value, at the same time enter to the next parameter to set.   After finishing the setting, user can press the START/STOP button and grip the hand pulse sensors to start workout.   The computer will adjust the level of loading automatically that depends on your current heart rate.   The user can press the UP or DOWN button to adjust the level of loading during workout.
Note:
The computer will increase the level of loading every 20 seconds if the current heart rate is less than the T.H.R..   The computer will decrease the level of loading every 20 seconds if the current heart rate is exceed the T.H.R. and the pulse display will flash.
During you exercise, when a goal is reached, that display will flash, signaling that your workout is complete.   You may press the START/STOP button again to continue the workout with other unfinished parameters.

TRAINING IN H.R.C. (HEART RATE CONTROL) (65% AND 85% OF YOUR MAXIMUM HEART RATE) PROGRAMS MODE:

Press the UP or DOWN button to select the one of the H.R.C. (HEART RATE CONTROL) PROGRAMS mode and then press the ENTER button to enter into the H.R.C. (HEART RATE CONTROL) PROGRAM.   There are 2 H.R.C. (HEART RATE CONTROL) (65% AND 85% OF YOUR MAXIMUM HEART RATE) programs mode that offer you a variety of workout options.   You may select the function values of TIME, DIST (Distance), CAL (Calories), or AGE to set, when select the function value, it will flash, then press the UP or DOWN button to adjust and press ENTER button to confirm the setting value, at the same time enter to the next parameter to set.   After finishing the setting, user can press the START/STOP button and grip the hand pulse sensors to start workout.   The computer will adjust the level of loading automatically that depends on your current heart rate.   The user can press the UP or DOWN button to adjust the level of loading during workout.

65% OF YOUR MAXIMUM HEART RATE
For instance, if user inputs age (25 years old), the calculations will be as follows:
220 - 25 = 195
195 x 55% (0.55) = 126 (65% of your maximum heart rate)
25 year-old male (THR) Target Heart Rate would be 126

85% OF YOUR MAXIMUM HEART RATE
For instance, if user inputs age (25 years old), the calculations will be as follows:
220 - 25 = 195
195 x 85% (0.55) = 165 (85% of your maximum heart rate)
25 year-old male (THR) Target Heart Rate would be 165

Note:
The computer will increase the level of loading every 20 seconds if the current heart rate is less than the 65% or 85% of your maximum heart rate.   The computer will decrease the level of loading every 20 seconds if the current heart rate is exceed the 65% or 85% of your maximum heart rate and the pulse display will flash.
During you exercise, when a goal is reached, that display will flash, signaling you're your workout is complete.   You may press the START/STOP button again to continue the workout with other unfinished parameters.

TRAINING IN CUSTOM USER PROGRAMS (U1 AND U2) MODE:
Press the UP or DOWN button to select the one of the CUSTOM USER PROGRAMS mode and then press the ENTER button to enter into the CUSTOM USER PROGRAM.   There are 2 CUSTOM USER PROGRAMS (U1 and U2) that can be offer two different people to create his/her own training profile for the feature workout.   You may select the function values of TIME, DIST (Distance), CAL (Calories), or AGE to set, when select the function value, it will flash, then press the UP or DOWN button to adjust and press the ENTER button to confirm the setting value, at the same time enter to the next parameter to set.   After finishing the function values setting, press the ENTER button, the first interval of the profile will flash, then press the UP or DOWN button to set the level of loading and press the ENTER button to confirm the setting, at the same time, enter to the second interval of the profile to set.
Continue to finish all the 10 intervals of the profile.   After setting all 10 intervals of the profile, press the START/STOP button to start exercise.   The level of loading will change automatically according to your own training profile throughout the workout.
Note:
During you exercise, when a goal is reached, that display will flash, signaling that your workout is complete.   You may press the START/STOP button again to continue the workout with other unfinished parameters.

ADJUSTMENTS

Adjusting the Adjustable Handlebar
Hold the adjustable handlebar while loosening the
handlebar T-Knob.   Adjust the adjustable handlebar to
the desired position and turn the handlebar T-Knob in a
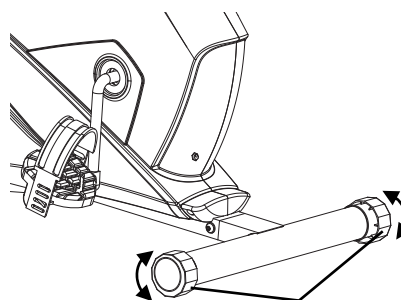clockwise direction to tighten.
**NOTE: Continue to turn the handlebar T-Knob until
the adjustable handlebar is secure before
exercising.**
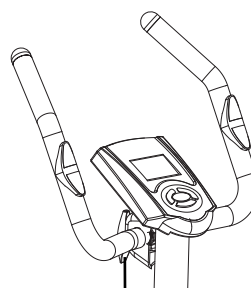
Handlebar T-Knob

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: When adjusting the height of seat post,
make sure the seat post bushing does not exceed
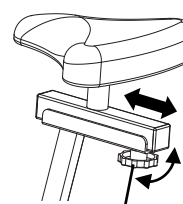the mark line on the seat post.**
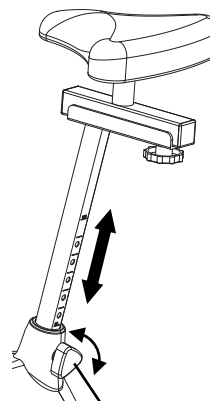
Seat Post Knob

Adjusting the Seat Forward or Back
Turn the seat adjustment knob to loosen the seat
sliding tube.   Slide the seat sliding tube forward or
back to desired position and turn the seat adjustment
knob to tighten.
**NOTE: Continue to turn the seat adjustment knob
until the seat sliding tube is secure before
exercising.**

Seat Adjustment Knob

MAINTENANCE

Cleaning
The upright bike can be cleaned with a soft clean damp cloth.   Do not use abrasives or solvents on plastic parts.   Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

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

TROUBLESHOOTING

| PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	1. Make sure the AC Adaptor is plugged into the power jack of the bike and the electrical wall outlet. 2. 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.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	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 both hands instead of just with one hand when you try to test your heart rate figures. 3. Avoid 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 all of the bolts and tighten any loose bolts.

WARM UP AND COOL DOWN ROUTINE

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

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

HEAD ROLLS

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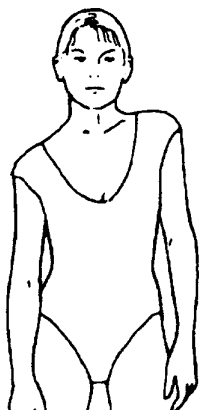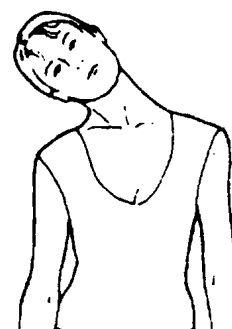
SHOULDER LIFTS

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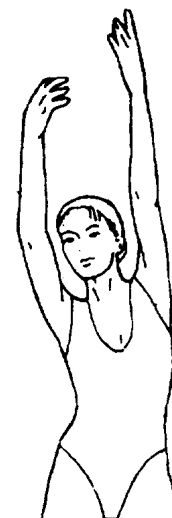
SIDE STRETCHES

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

QUADRICEPS STRETCH

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

INNER THIGH STRETCH

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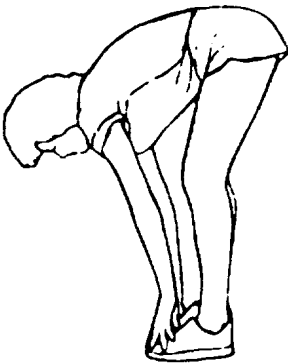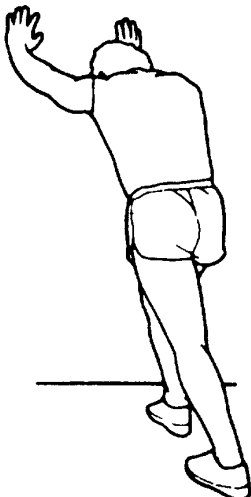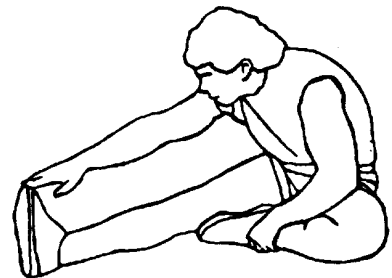
TOE TOUCHES

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

HAMSTRING STRETCHES

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

CALF/ACHILLES STRETCH

Lean against a wall with your 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.