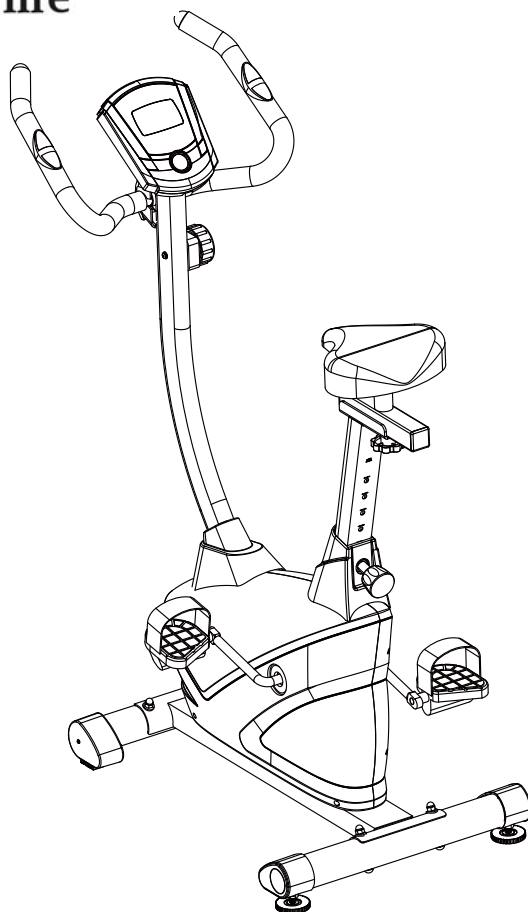


FORMULA, MAGNETIC UPRIGHT BIKE ITEM NO: 20580

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 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.

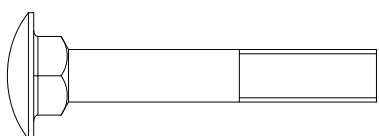
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	030	Hexagon Nut M10	2
002	Handlebar Post	1	031	Bolt M8x70	4
003	Seat Post	1	032	Adjustable Leveler M10	2
004	Seat Sliding Tube	1	033	Big Curve Washer Ø8	4
005	Handlebar Ø25x1.5x1280	1	034	Cap Nut M8	4
006	Front Stabilizer Ø60x1.5x330	1	035	Front Left Stabilizer End Cap Ø60x1.5	1
007	Rear Stabilizer Ø60x1.5x480	1	036	Nylon Nut M8	5
008	Left Cover 640x399x84	1	037	Washer Ø16xØ8x1.5	9
009	Right Cover 640x399x81	1	038	Idle Wheel Ø10xØ35	1
010	Left Foot Pedal YH-30X	1	039	Idle Wheel Bracket	1
011	Right Foot Pedal YH-30X	1	040	Bolt M8x18	1
012	Cover Cap Ø40xØ25x10	2	041	Spring Ø17x80xØ2.5	1
013	Belt PJ 360J6	1	042	Seat Post Knob M16x1.5	1
014	Belt Pulley with Crank Ø240J6	1	043	Seat Post Bushing	1
015	Washer Ø23xØ34.5x2.5	1	044	Seat Post Cover	1
016	Bearing Nut II 7/8"	1	045	Seat Adjustment Knob M10	1
017	Bearing 6000ZZ	2	046	Seat Sliding Tube Bolt	1
018	Bearing Cup	2	047	Seat Sliding Tube End Cap (□38)	2
019	Bearing Nut I 15/16"	1	048	Seat Cushion DD-982AT	1
020	Hexagon Nut 7/8"	1	049	Computer (XLG-908SP)	1
021	Screw ST4.2x25	6	050	Tension Control Knob	1
022	Pan Head Phillips Self Drilling Screw ST4.2x25	4	051	Bolt M5x10	4
023	Hexagon Nut M6	2	052	Bolt M8x10	4
024	Tension Bracket	2	053	Bolt M8x15	1
025	Spring Washer Ø6	2	054	Curve Washer Ø16xØ8x1.5	1
026	Eyebolt M6x36	2	055	Handlebar Post Cover	1
027	Nut M10x1x6	2	056	Sensor with Wire L=750mm	1
028	Flywheel Ø230x40xØ32	1	057	Screw ST2.9x12	2
029	Rear Left Stabilizer End Cap	1	058	Handlebar Foam Grip Ø24xØ30x520	2

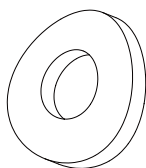
PARTS LIST

No.	Description	Qty	No.	Description	Qty
059	Handlebar End Cap Ø25	2	067	Tension Cable L=1150mm	1
060	Rear Right Stabilizer End Cap	1	068	Front Right Stabilizer End Cap	1
061	Hand Pulse Sensor with Wire L=750mm	2	069	Washer Ø10xØ20x2	1
062	Screw ST4.2x20	4	070	Washer Ø24xØ40x3	1
063	Handlebar T-Knob (M8x55)	1	071	Bolt M5x25	1
064	Spacer (Ø12x20x1.5)	1	072	Big Washer Ø5	1
065	Clamp Cover	1	073	Wire Grommet Ø12.1	1
066	Extension Sensor Wire L=1100mm	1			

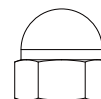
HARDWARE PACKING LIST



(31) Bolt M8x70
4 PCS



(33) Big Curve Washer Ø8
4 PCS

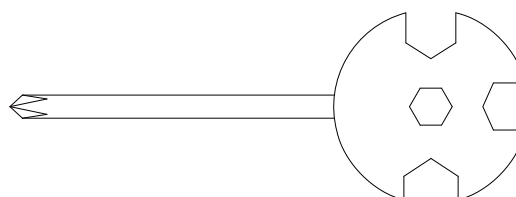


(34) Cap Nut M8
4 PCS

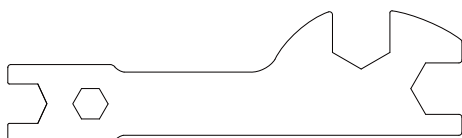
TOOLS



Allen Wrench S6
1 PC

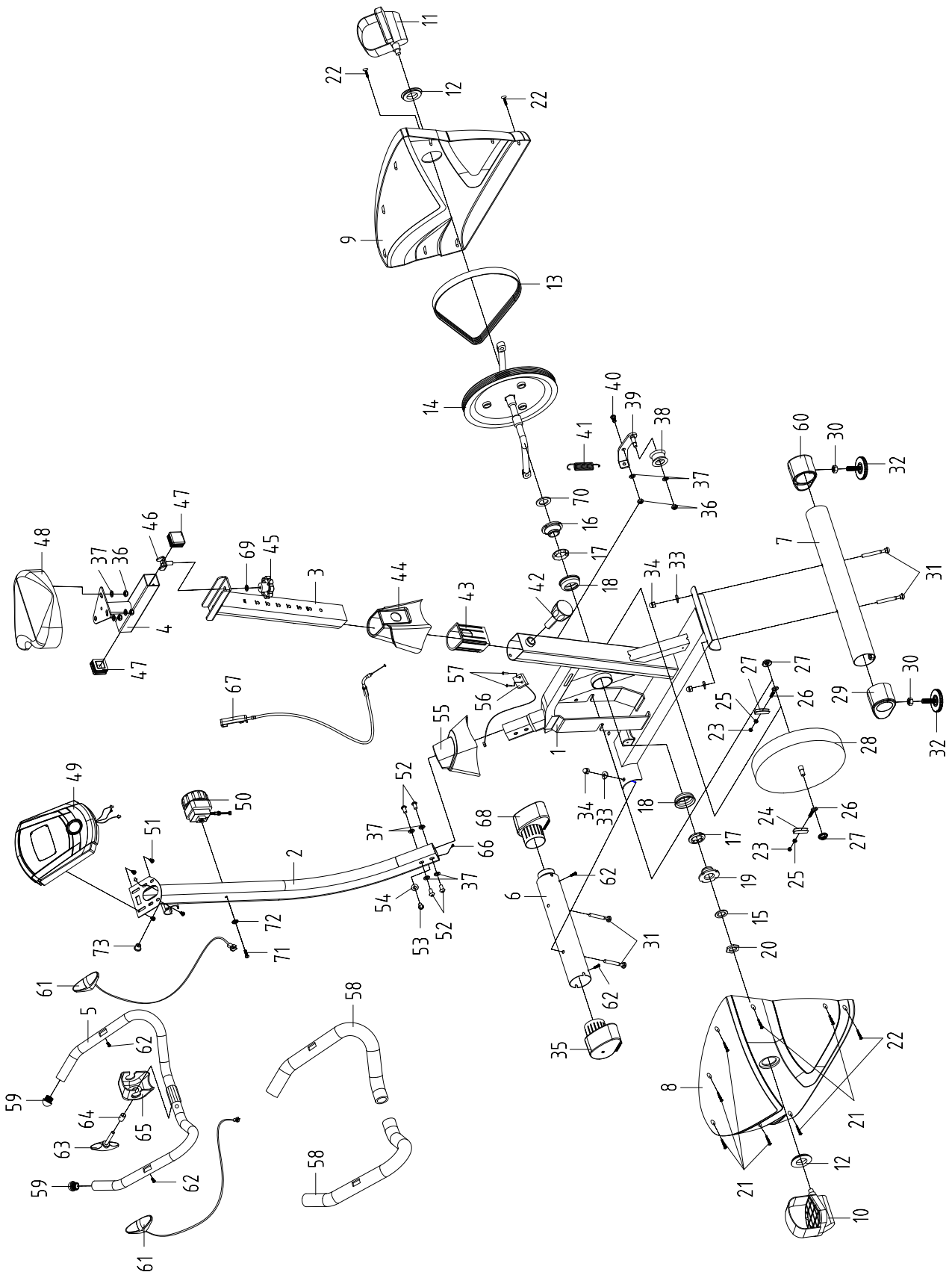


Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC

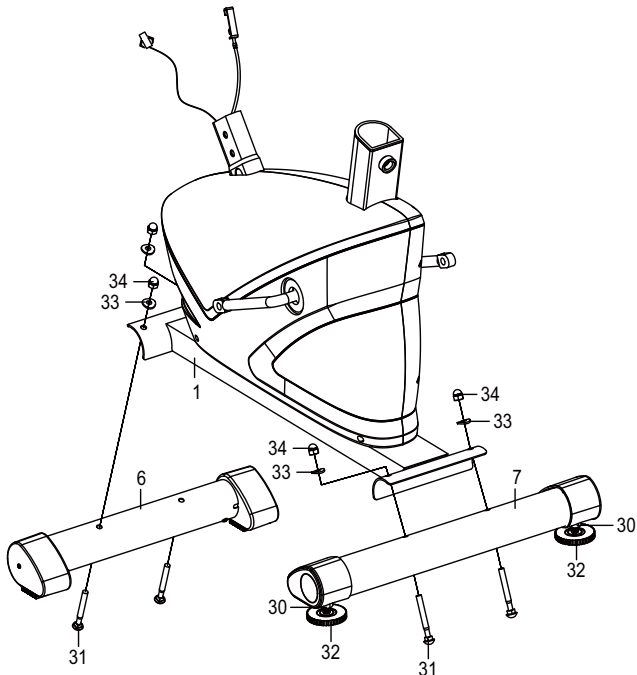


Multi Hex Tool
S10, S13, S17, S19
1 PC

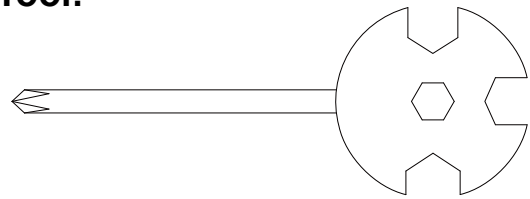
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



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

1. Front and Rear Stabilizers Installation

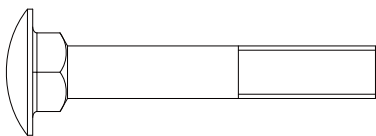
Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M8x70 Bolts (31), two Ø8 Big Curve Washers (33), and two M8 Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips screwdriver provided.

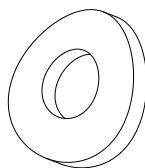
Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (7) onto the rear curve of the Main Frame (1) with two M8x70 Bolts (31), two Ø8 Big Curve Washers (33), and two M8 Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips screwdriver provided.

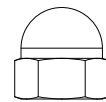
Hardware:



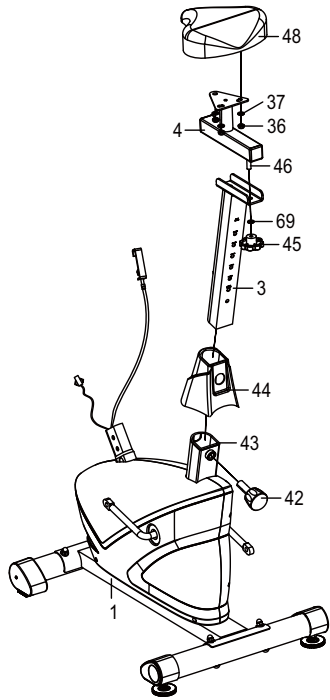
(31) Bolt M8x70
4 PCS



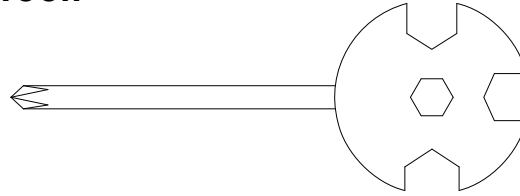
(33) Big Curve Washer Ø8
4 PCS



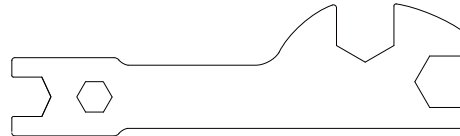
(34) Cap Nut M8
4 PCS



Tool:



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



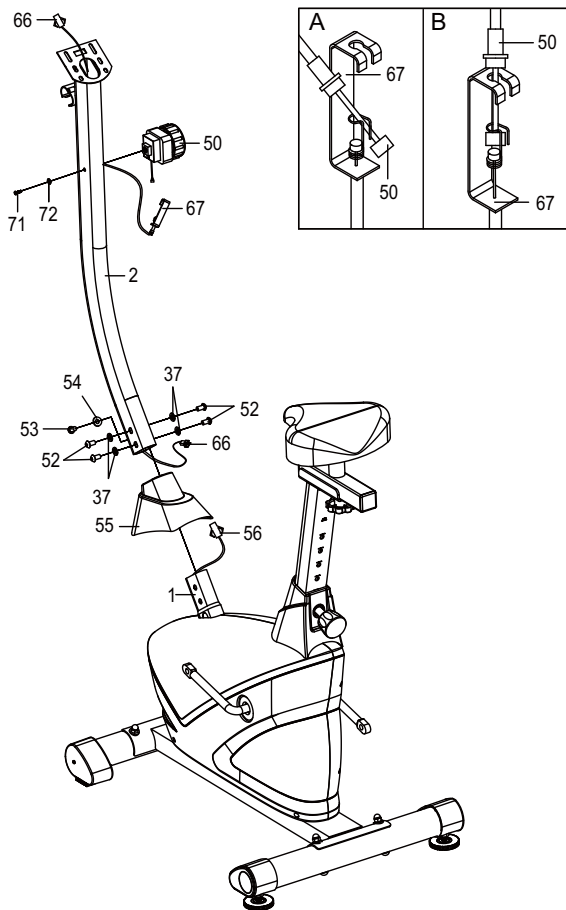
*Multi Hex Tool
S10, S13, S17, S19*

2. Seat Post, Seat Post Cover, Seat Cushion, and Seat Sliding Tube Installation

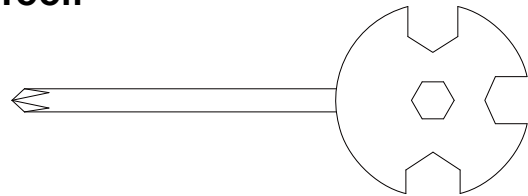
Slide the Seat Post Cover (44) onto the tube of the Main Frame (1). Insert the Seat Post (3) into the Seat Post Bushing (43) on the tube of the Main Frame (1) and then attach the Seat Post Knob (42) onto the tube of the Main Frame (1) by turning it in a clockwise direction with Multi Hex Tool provided to lock the Seat Post (3) in the suitable position.

Remove three M8 Nylon Nuts (36) and three Ø16xØ8x1.5 Washers (37) from underside of the Seat Cushion (48). Remove nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (48) through holes on top of the Seat Sliding Tube (4), attach with three removed M8 Nylon Nuts (36) and Ø16xØ8x1.5 Washers (37). Tighten nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided.

Guide the Seat Sliding Tube Bolt (46) on underside of the Seat Sliding Tube (4) through hole on top of the Seat Post (3), attach with one Ø10xØ20x2 Washer (69) and Seat Adjustment Knob (45).



Tool:



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



Allen Wrench S6

3. Handlebar Post, Handlebar Post Cover, and Tension Control Knob Installation

Remove four M8x10 Bolts (52), four Ø16xØ8x1.5 Washers (37), one M8x15 Bolt (53), and one Ø16xØ8x1.5 Curve Washer (54) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (55) up to the Handlebar Post (2).

Insert the Tension Cable (67) through into the bottom hole of Handlebar Post (2) and pull it out from the square hole of Handlebar Post (2).

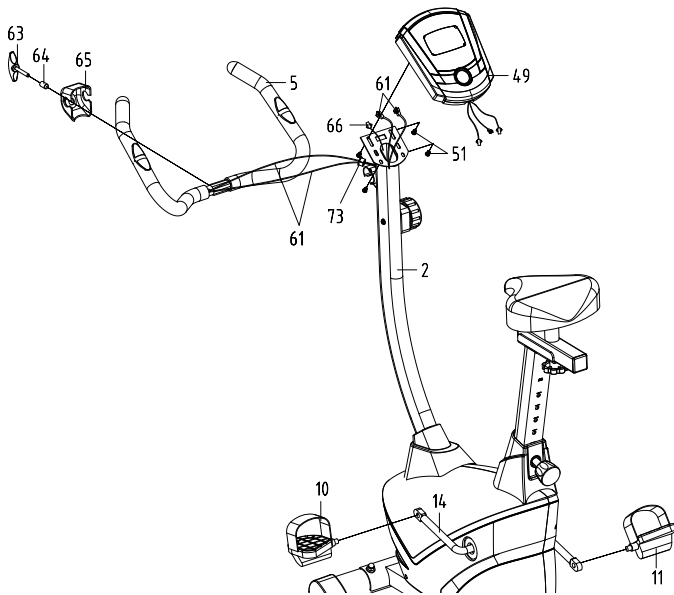
Connect the Sensor Wire (56) from the Main Frame (1) to the Extension Sensor Wire (66) from the Handlebar Post (2).

Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and secure with four M8x10 Bolts (52), four Ø16xØ8x1.5 Washers (37), one M8x15 Bolt (53), and one Ø16xØ8x1.5 Curve Washer (54) that were removed. Tighten bolts with the S6 Allen Wrench provided.

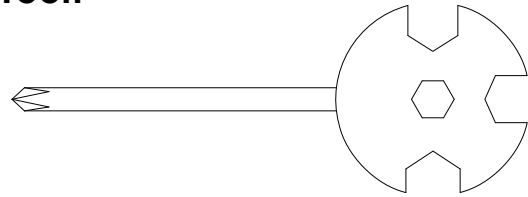
Slide the Handlebar Post Cover (55) down to the Handlebar Post (2).

Remove the M5x25 Bolt (71) and Ø5 Big Washer (72) from the Tension Control Knob (50). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (50) into the spring hook of Tension Cable (67) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (50) up and force it into the gap of metal bracket of Tension Cable (67) as shown in drawing B of figure 3. Attach the Tension Control Knob (50) onto the Handlebar Post (2) with the M5x25 Bolt (71) and Ø5 Big Washer (72) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



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

4. Handlebar, Computer, and Right/Left Foot Pedals Installation

Remove the Ø12.1 Wire Grommet (73) from the Handlebar Post (2) and then insert the Hand Pulse Sensor Wires (61) from the Handlebar (5) into the Ø12.1 Wire Grommet (73). Insert the Hand Pulse Sensor Wires (61) with the Ø12.1 Wire Grommet (73) into the hole on the Handlebar Post (2) and install the Ø12.1 Wire Grommet (73) to the hole that was removed. Then pull the Hand Pulse Sensor Wires (61) out from the top end of the Handlebar Post (2). Place the Handlebar (5) through clamp on the Handlebar Post (2) with hand pulse sensors facing the seat.

Hold the Handlebar (5) in desired position and fasten Clamp Cover (65), Ø12x20x1.5 Spacer (64), and Handlebar T-Knob (63) onto clamp. Tighten the Handlebar T-Knob (63) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.

Remove four M5x10 Bolts (51) from the Computer (49). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Connect the Hand Pulse Sensor Wires (61) and Extension Sensor Wire (66) to the wires that come from the Computer (49). Tuck wires into the Handlebar Post (2). Attach the Computer (49) onto the top end of the Handlebar Post (2) with four M5x10 Bolts (51) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Foot Pedals 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 (10) into threaded hole in the left Crank (14). 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 (10) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (11) into threaded hole in right Crank (14). Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten pedal shaft of Right Foot Pedal (11) with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 KM/H
DIST (DISTANCE) -----	0.00-99.99 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.00-99.99 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 approximately 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer.

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

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

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change 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 on the screen. Press the SET button, TIME begins blinking. 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 00:00 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 immediately 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 on the screen. Press the SET button, DIST begins blinking. Press the SET button to change the distance, each time you press the SET button DISTANCE should change by 0.1 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.90 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 immediately 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 on the screen. Press the SET button, CAL begins blinking. Press the SET button to change the calories, each time you press the SET button CALORIES change by 1.0 calorie. 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 immediately 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 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.

HOW TO INSTALL THE BATTERIES:

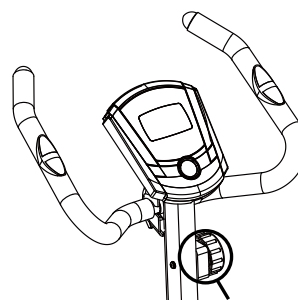
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

ADJUSTMENTS

Adjusting the Tension Control Knob

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

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

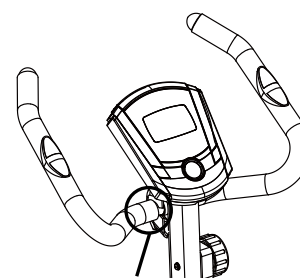


Tension Control Knob

Adjusting the Handlebar

Hold the handlebar while loosening the handlebar T-Knob. Adjust the handlebar to the desired position and turn the handlebar T-Knob in a clockwise direction to tighten.

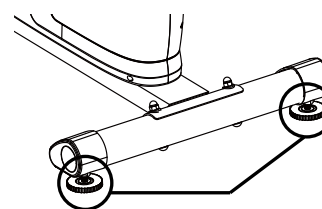
NOTE: Continue to turn the handlebar T-Knob until handlebar is secure before exercising.



Handlebar T-Knob

Adjusting the Adjustable Leveler

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

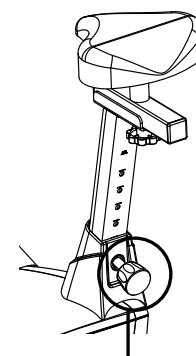


Adjustable Leveler

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.

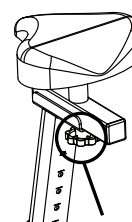


Seat Post Knob

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 seat adjustment knob to tighten.

NOTE: Continue to turn seat adjustment knob until 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 adjustable leveler 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 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. Replace with new batteries.
There is no heart-rate reading or there is erratic / inconsistent reading.	<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 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.

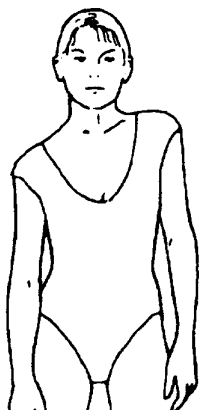
WARM UP AND COOL DOWN ROUTINE

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.

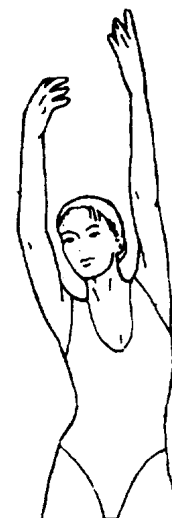
HEAD ROLLS

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.

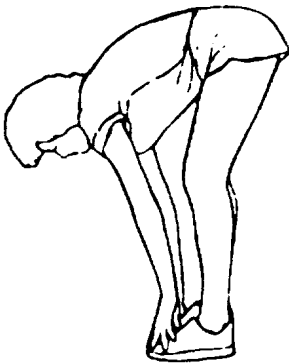


QUADRICEPS STRETCH

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.

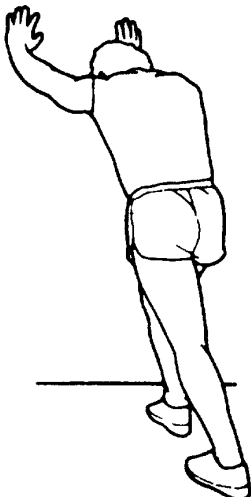
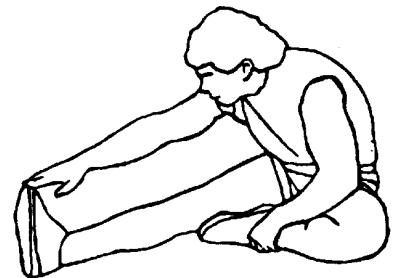


TOE TOUCHES

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.