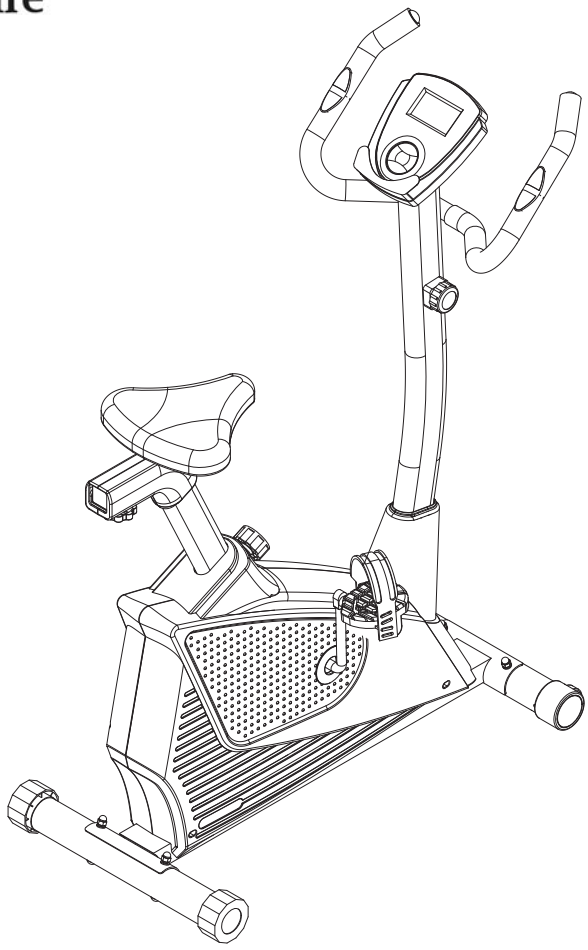
CLASSIC PRO
Magnetic Upright Bike
ITEM NO.: 20790

LifeGear
Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.

2017, Sept.

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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.

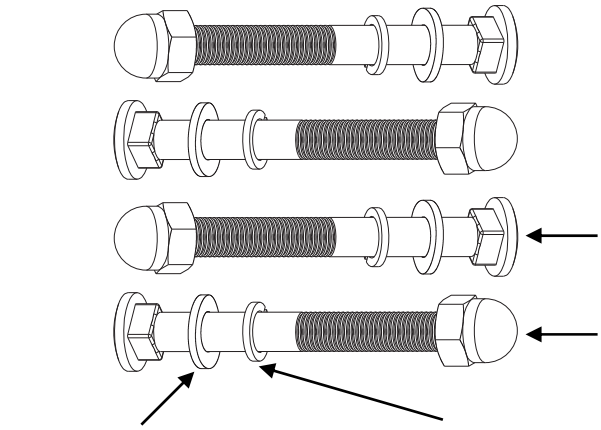
PARTS LIST

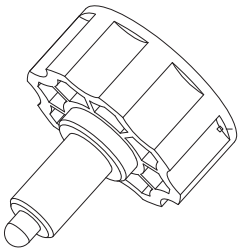
No.	Description	Qty	No.	Description	Qty
001	Rear Stabilizer End Cap	2	023	Cross Recessed Pan Head Tapping Screw ST3.5x10	2
002	Carriage Bolt M8x75	4	024	Seat Sliding Tube	1
003	Rear Stabilizer Ø50x1.5tx480	1	025	Seat Cushion (DD98-2)	1
004	Curve Washer Ø8.5xØ18x1.5t	10	026	Handlebar Post Cover	1
005	Spring Washer Ø8.5xØ14x2.0t	12	027	Seat Sliding Tube End Cap (38x38)	2
006	Cap Nut M8	4	028	Hexagon Socket Pan Head Cap Bolt M8x15	6
007	Front Stabilizer Ø50x1.5tx330	1	029	Handlebar Post	1
008	Front Stabilizer End Cap	2	030	Washer Ø6.5xØ16	1
009	Hexagon Nut 7/8"	1	031	Cross Recessed Pan Head Bolt M5x40	1
010	Main Frame	1	032	Tension Control Knob	1
011L	Left Cover	1	033	Computer FB-210	1
011R	Right Cover	1	034	Cross Recessed Pan Head Bolt M6x15	2
012L	Left Foot Pedal (30X)	1	035	Handlebar Foam Grip Ø23xØ29x550	2
012R	Right Foot Pedal (30X)	1	036	Hand Pulse Sensor	2
013	Crank Cover	2	037	Hexagon Nut M10x1.0x3.0t	2
014	Cross Recessed Pan Head Tapping Screw M4.2x20	12	038	Belt (PJ380)	1
015	Seat Post Bushing	1	039	Hexagon Socket Pan Head Cap Bolt M8x25	2
016	Seat Post Knob M16	1	040	Hexagon Nut M6	2
017L	Left Seat Sliding Tube Cover	1	041	Handlebar Ø25.4	1
017R	Right Seat Sliding Tube Cover	1	042	Handlebar End Cap Ø25.4	2
018	Seat Post	1	043	Nut M10x1.0	2
019	Seat Adjustment Knob M8x40	1	044	Eyebolt M6x42	2
020	Washer Ø8.5xØ18x1.5t	8	045	Flywheel Ø250	1
021	Screw M4.2x20	4	046	Washer Ø25x3.0t	1
022	Hexagon Nylon Nut M8	5	047	Spring	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
048	Idler Arm	1	057	Bearing Nut I 15/16”	1
049	Hand Pulse Sensor Wire (800 mm)	2	058	Seat Post Cover	1
050	Extension Sensor Wire (850 mm)	1	059	Washer Ø5xØ16x1.5t	2
051	Bolt M8x13	1	060	Tension Bracket	2
052	Idle Wheel Ø11xØ44x24	1	061	Ball Bearing	2
053	Sensor with Wire (700 mm)	1	062	Bearing Nut II 7/8”	1
054	Tension Cable (1150 mm)	1	063	Washer Ø23x3.0t	1
055	Bearing Cup	2	064	Spacer Ø8.5 xØ12x9	1
056	Belt Pulley with Crank	1			

HARDWARE AND COMPONENT LIST

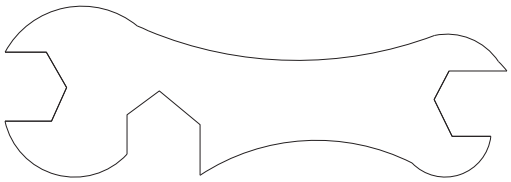




(16) Seat Post Knob
1 PC

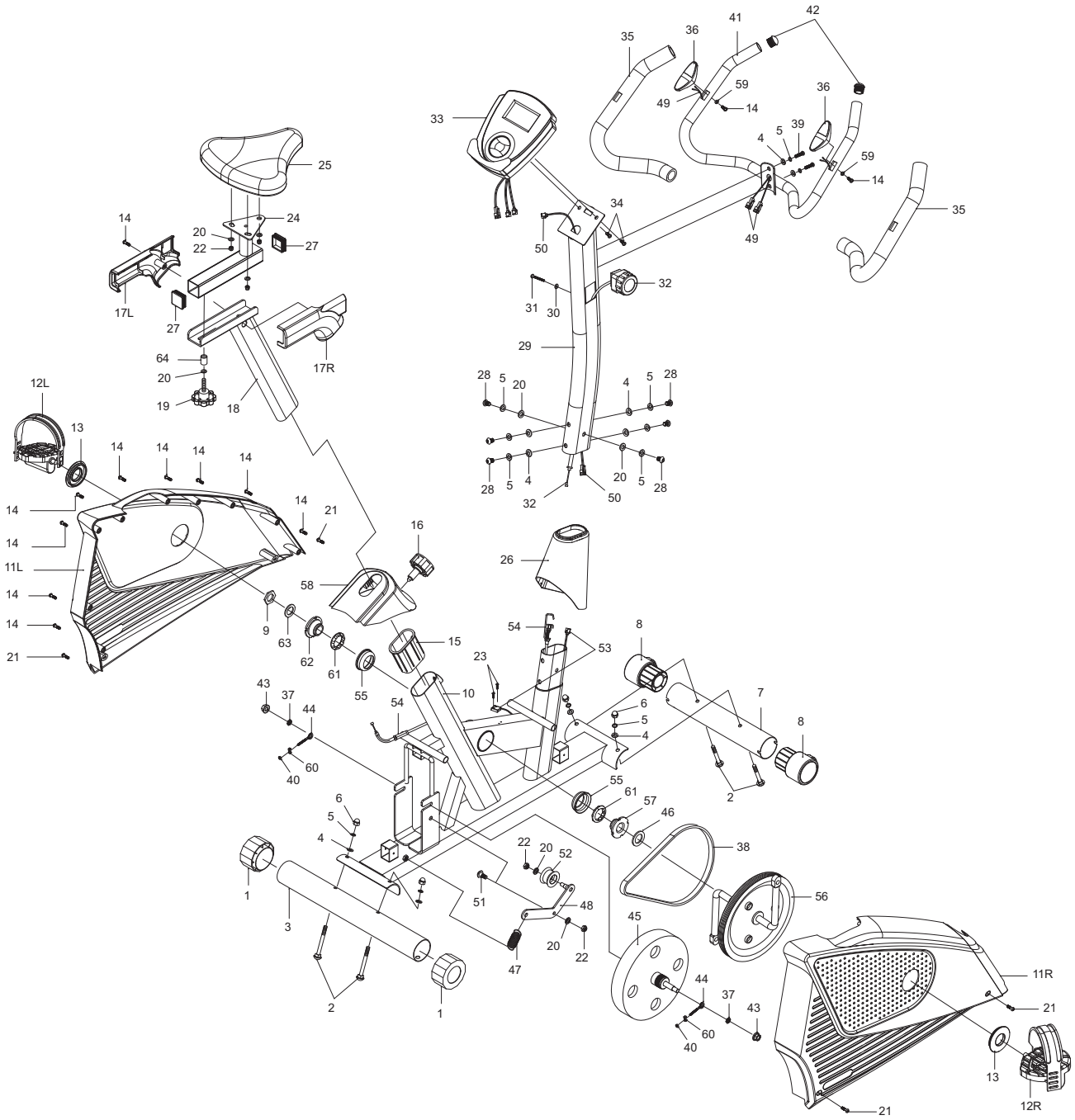
TOOLS

Allen Wrench with Phillips Screwdriver
1 PC

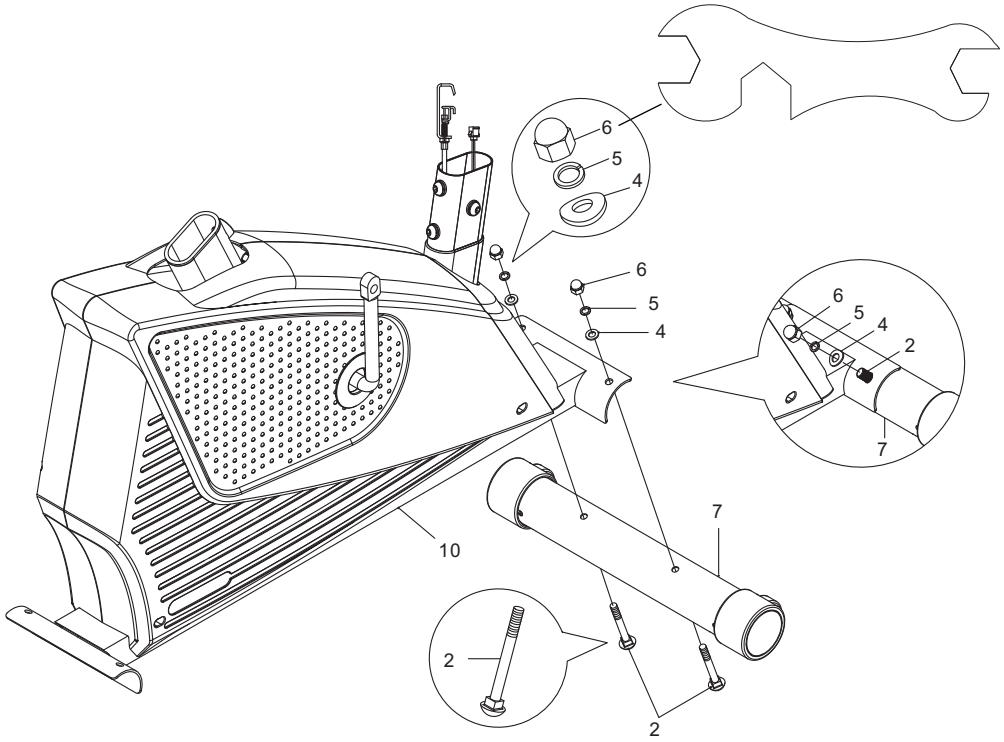


Multi Hex Tool
1 PC

OVERVIEW DRAWING



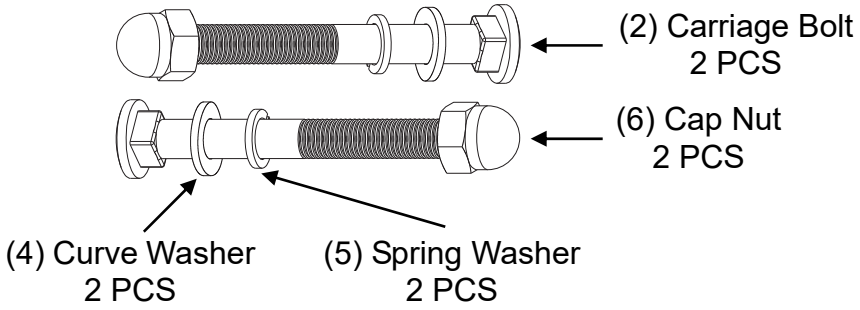
ASSEMBLY INSTRUCTIONS

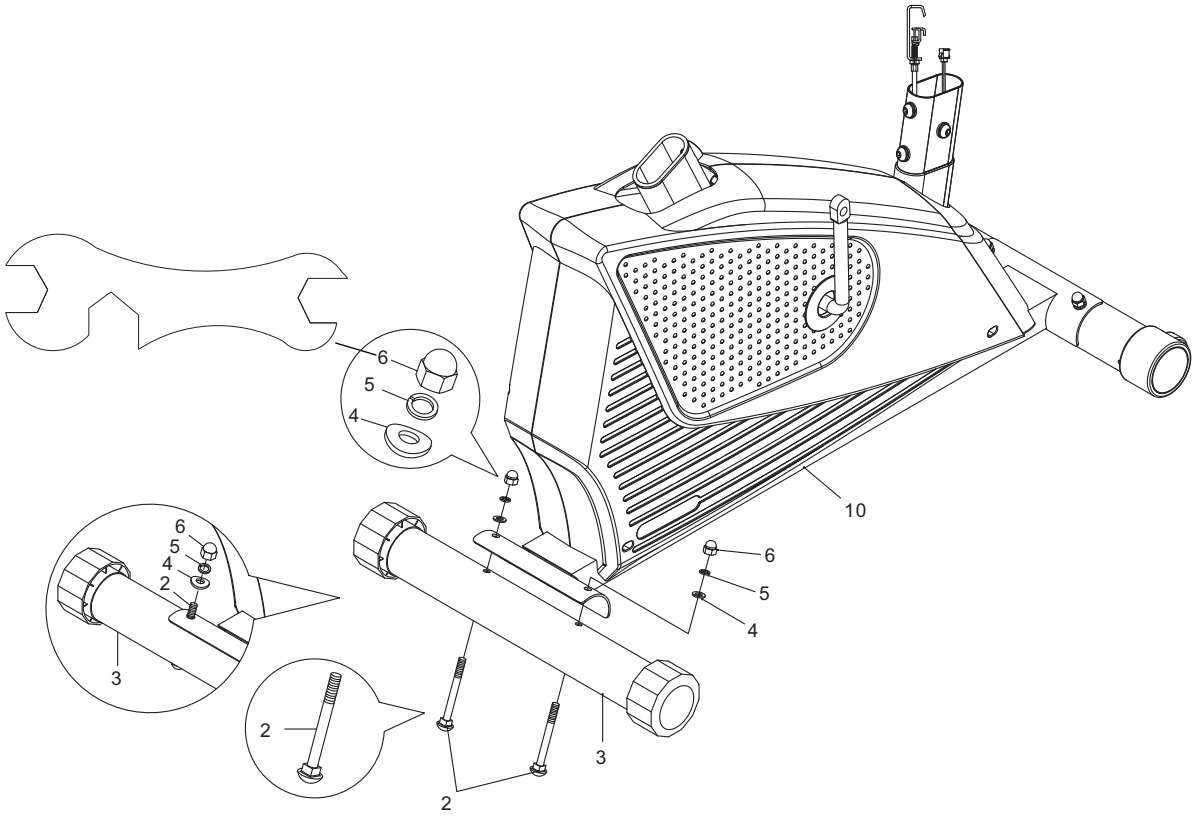


STEP 1

Position the Front Stabilizer (7) in front of the Main Frame (10) and align bolt holes. Attach the Front Stabilizer (7) onto the front curve of the Main Frame (10) with two Carriage Bolts (2), two Curve Washers (4), two Spring Washers (5), and two Cap Nuts (6). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:

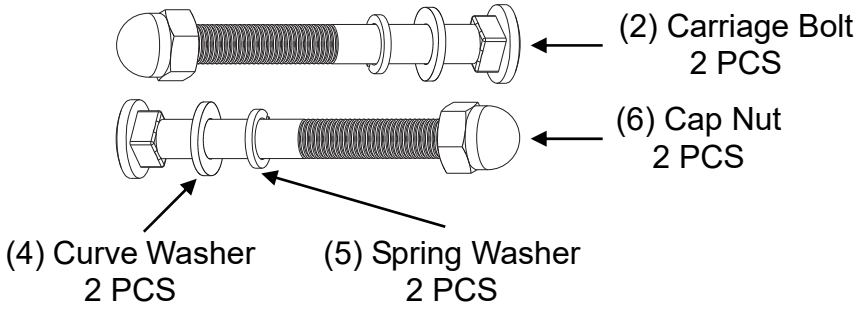


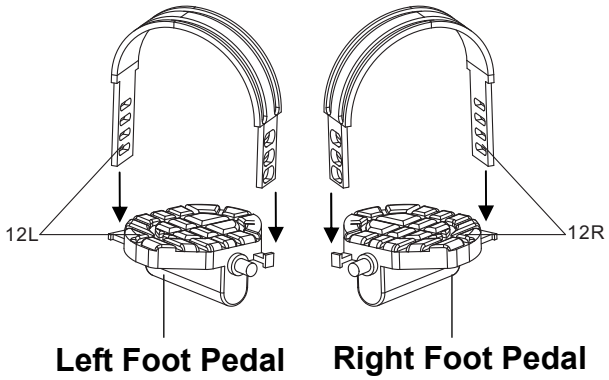


STEP 2

Position the Rear Stabilizer (3) behind the Main Frame (10) and align bolt holes.
Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (10) with two Carriage Bolts (2), two Curve Washers (4), two Spring Washers (5), and two Cap Nuts (6). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:



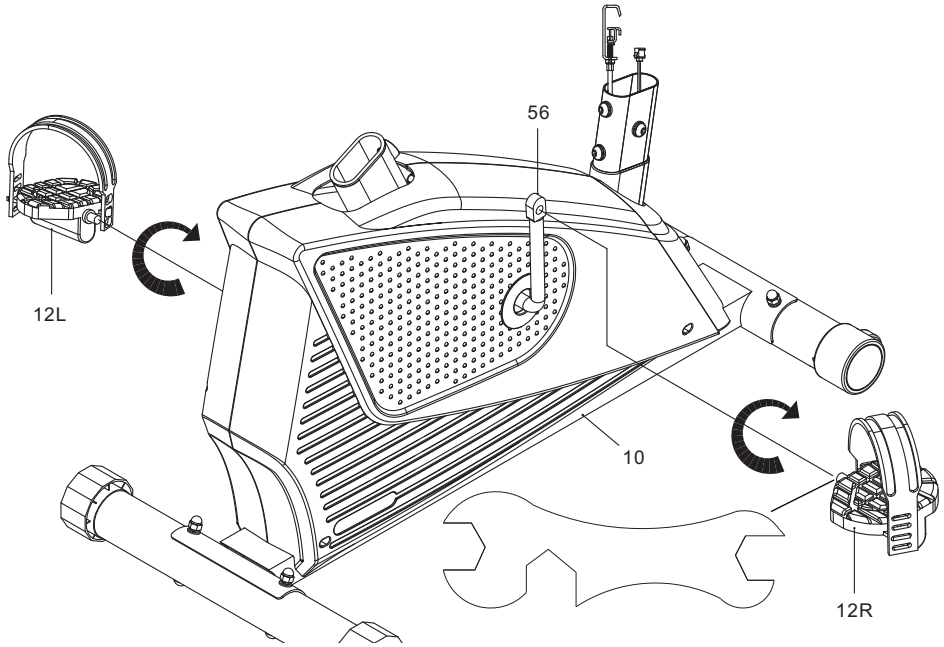


STEP 3

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

Select the Right Foot Pedal Strap (12R) which has R marked on the side of the strap. Snap the two hole end of the strap onto the inside edge of the Right Foot Pedal (12R). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (12R). 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 (12L) onto the Left Foot Pedal (12L).



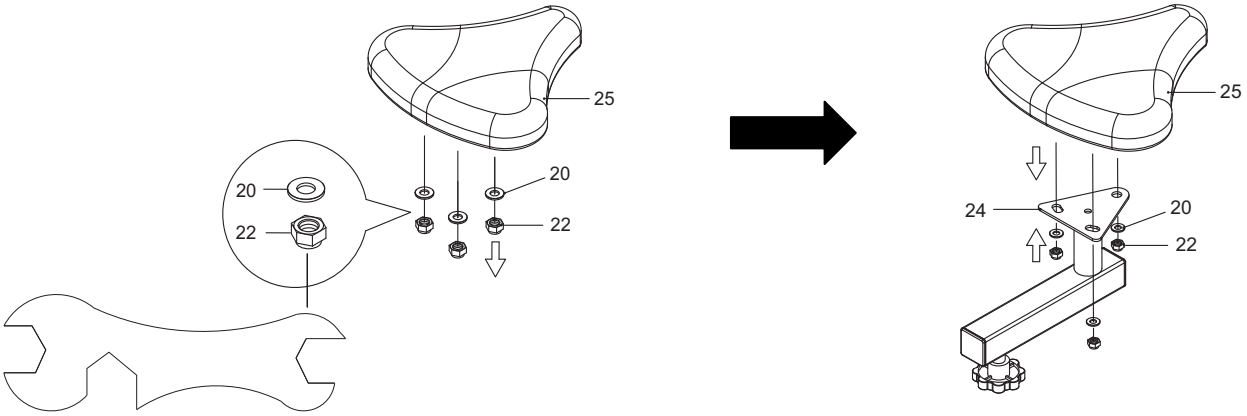
STEP 4

Insert the pedal shaft of Left Foot Pedal (12L) into threaded hole in the left Crank (56). 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 (12L) with the Multi Hex Tool provided.

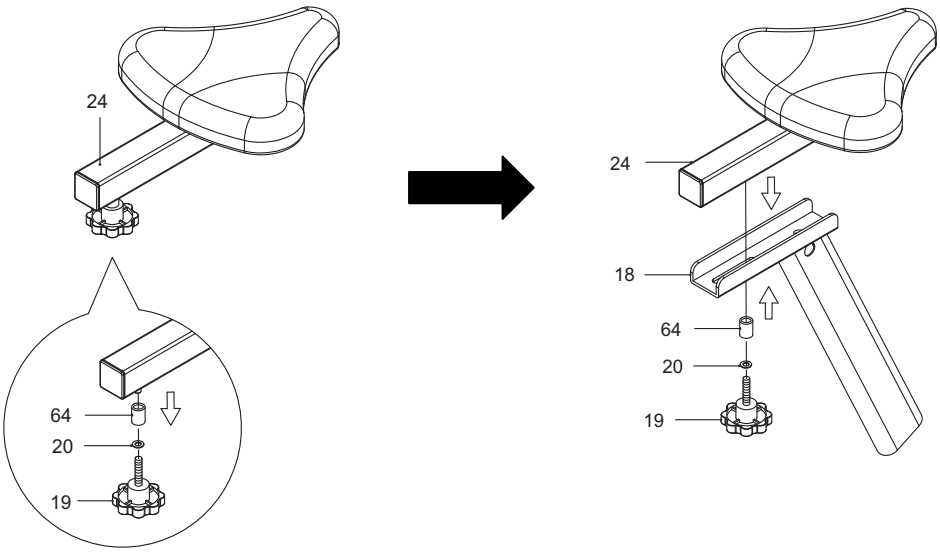
Insert pedal shaft of Right Foot Pedal (12R) into threaded hole in right Crank (56). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (12R) with the Multi Hex Tool provided.



STEP 5

Remove three Hexagon Nylon Nuts (22) and three Washers (20) from underside of the Seat Cushion (25). Remove hexagon nylon nuts with the Multi Hex Tool provided.

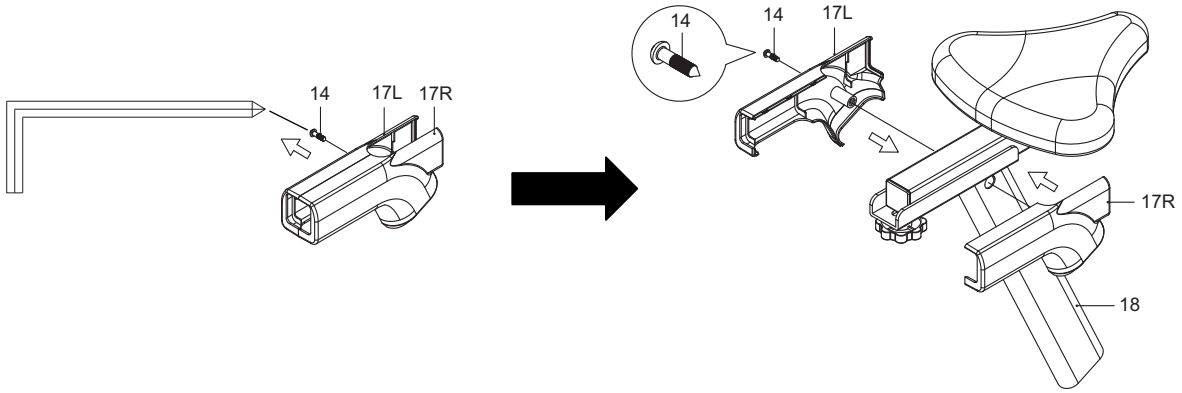
Guide bolts on underside of the Seat Cushion (25) through holes on top of the Seat Sliding Tube (24), attach with three removed Hexagon Nylon Nuts (22) and three Washers (20). Tighten hexagon nylon nuts with the Multi Hex Tool provided.



STEP 6

Remove one Spacer (64), one Washer (20) and one Seat Adjustment Knob (19) from underside of the Seat Sliding Tube (24).

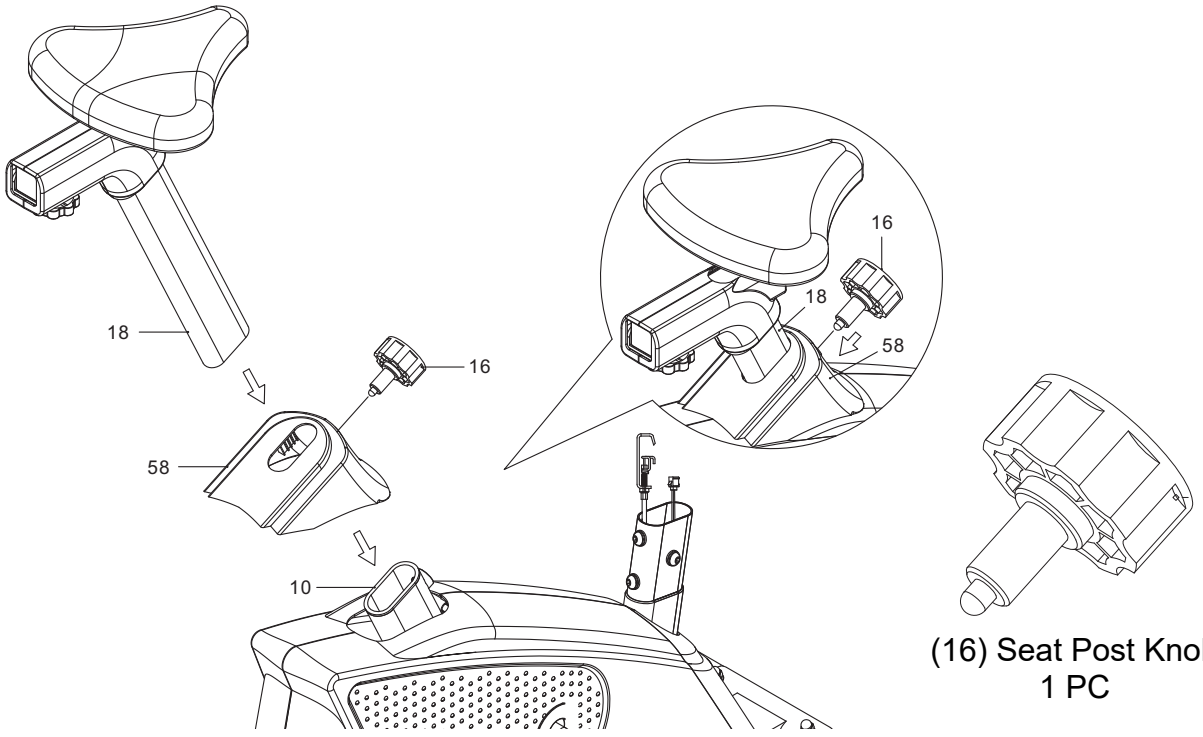
Guide the bolt on underside of the Seat Sliding Tube (24) through a hole on the top of the Seat Post (18), attach with one removed Spacer (64), Washer (20) and Seat Adjustment Knob (19).



STEP 7

Remove one Cross Recessed Pan Head Tapping Screw (14) from the Left/Right Seat Sliding Tube Covers (17L, 17R). Remove screw with the Allen Wrench with Phillips Screwdriver provided.

Attach both Left/Right Seat Sliding Tube Covers (17L, 17R) onto the top end of the Seat Post (18) with one Cross Recessed Pan Head Tapping Screw (14) that was removed. Tighten screw with the Allen Wrench with Phillips Screwdriver provided.

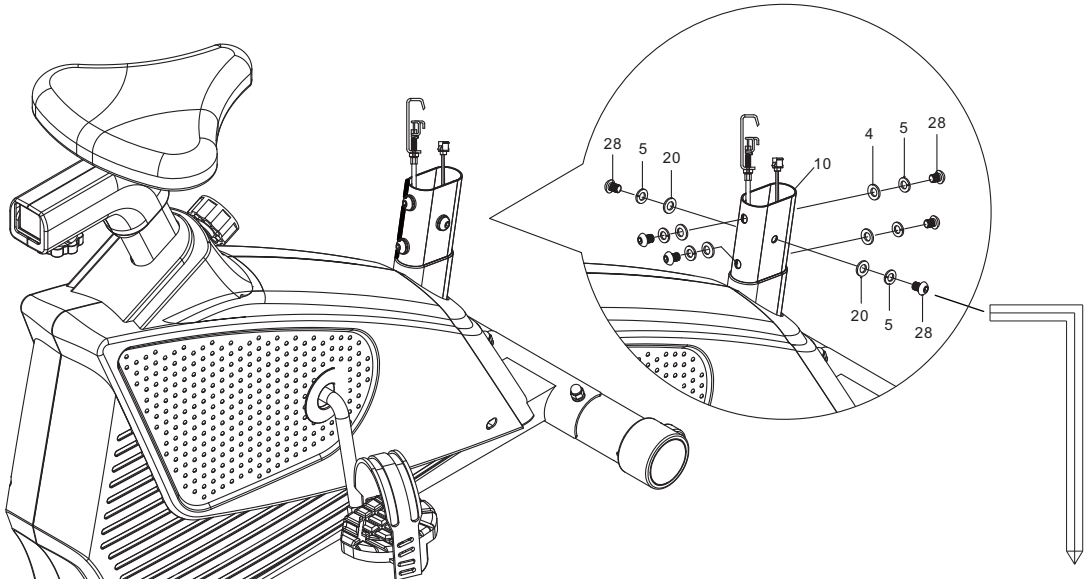


(16) Seat Post Knob
1 PC

STEP 8

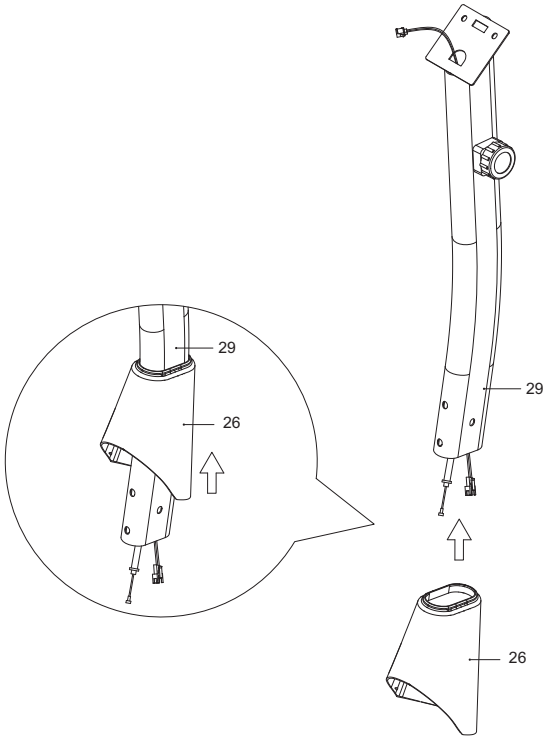
Slide the Seat Post Cover (58) onto the tube of the Main Frame (10).

Insert the Seat Post (18) into the tube of the Main Frame (10) at the desired height and then attach the Seat Post Knob (16) onto the tube of the Main Frame (10) by turning it in a clockwise direction to tighten the Seat Post (18) in the suitable position.



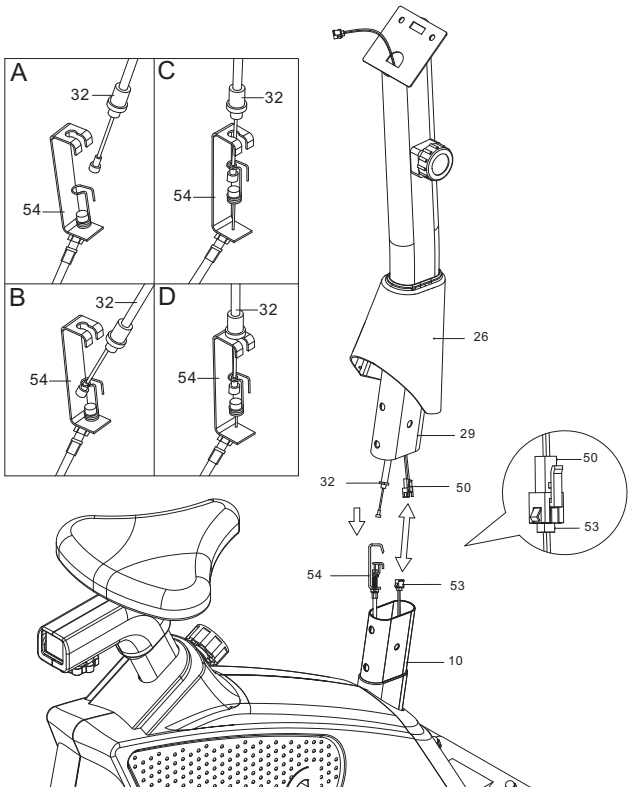
STEP 9

Remove six Hexagon Socket Pan Head Cap Bolts (28), six Spring Washers (5), four Curve Washers (4), and two Washers (20) from the Main Frame (10). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 10

Slide the Handlebar Post Cover (26) up to the Handlebar Post (29).



STEP 11

It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (29) in place while the other person to connect the wires.

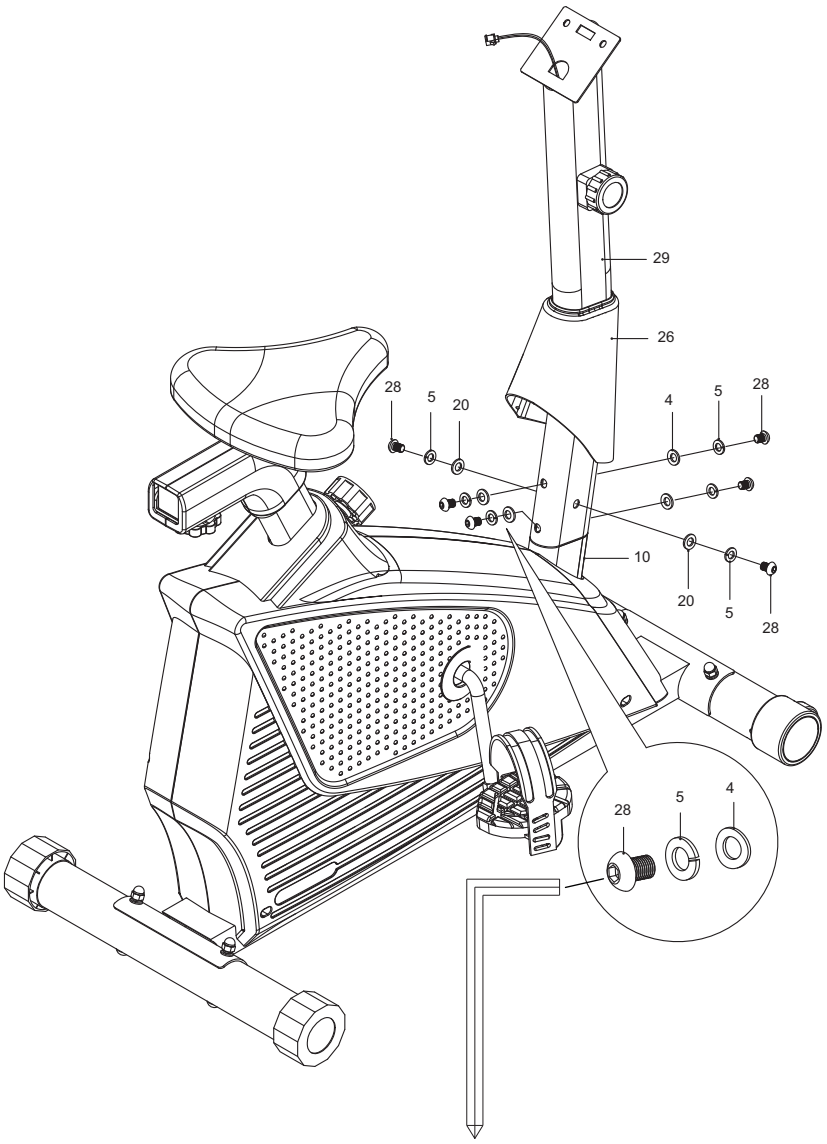
Connect the Sensor Wire (53) from the Main Frame (10) to the Extension Sensor Wire (50) from the Handlebar Post (29).

Put the cable end of resistance cable of Tension Control Knob (32) into the cable lock of Tension Cable (54), see Figure A.

Pull the resistance cable of Tension Control Knob (32) up and force it into the slot of metal bracket of Tension Cable (54), see Figure B.

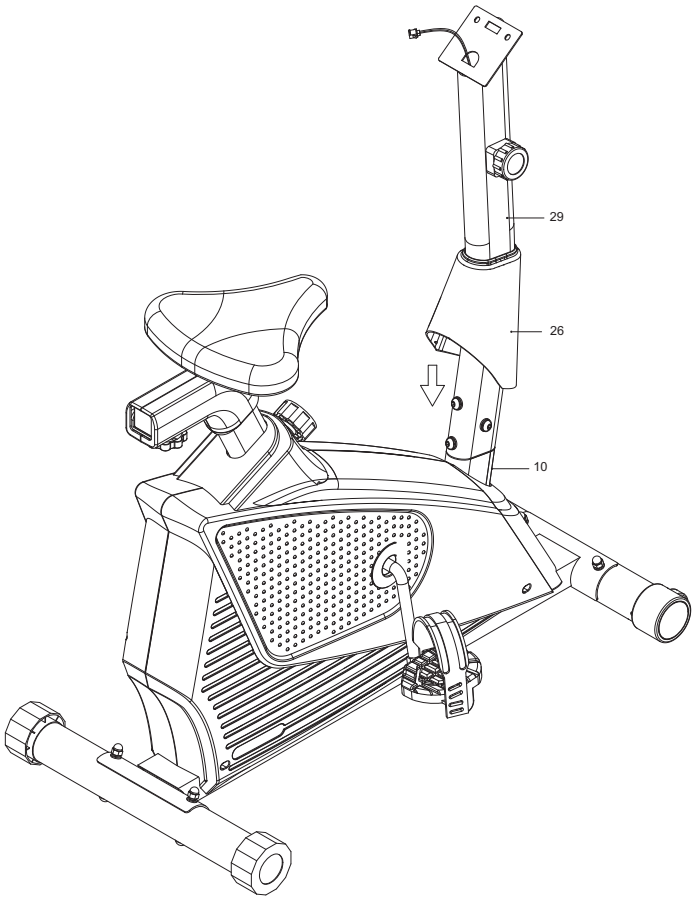
Insert the metal fitting on the resistance cable of Tension Control Knob (32) into the hole at the end of the slot in the metal bracket of Tension Cable (54), see Figure C.

Connect the resistance cable of Tension Control Knob (32) to Tension Cable (54) complete, see Figure D.

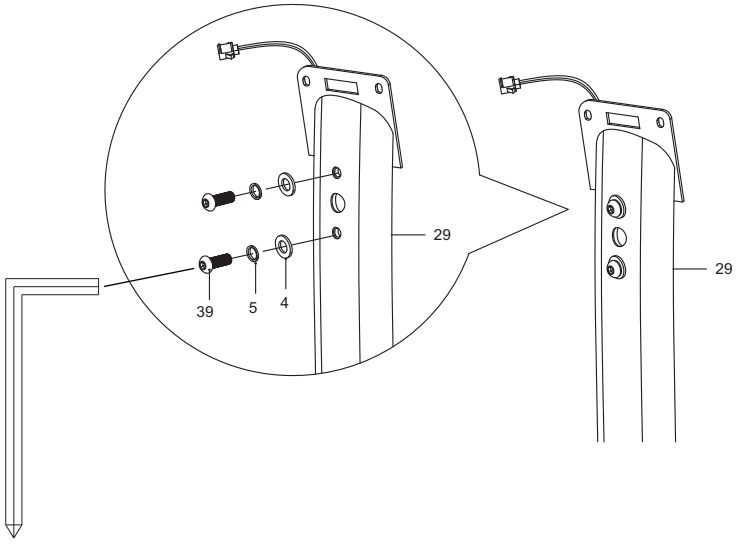


STEP 12

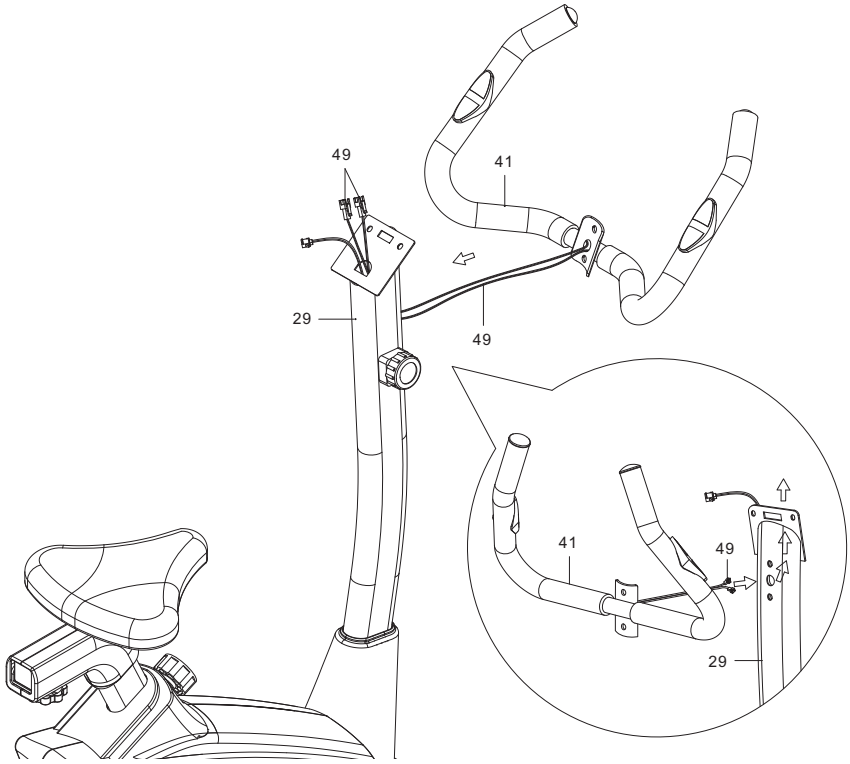
Attach the Handlebar Post (29) to the Main Frame (10) with six Hexagon Socket Pan Head Cap Bolts (28), six Spring Washers (5), four Curve Washers (4), and two Washers (20) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 13
Slide the Handlebar Post Cover (26) down to the Handlebar Post (29).

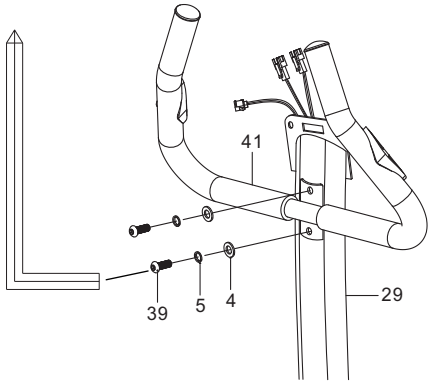


STEP 14
Remove two Curve Washer (4), two Spring Washers (5), and two Hexagon Socket Pan Head Cap Bolts (39) from the Handlebar Post (29). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



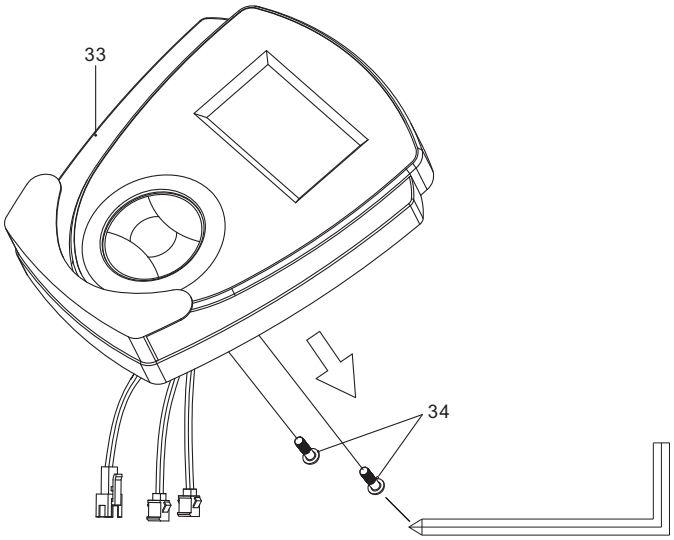
STEP 15

Insert the Hand Pulse Sensor Wires (49) from the Handlebar (41) into the hole on the Handlebar Post (29) and then pull them out from the top end of the Handlebar Post (29).



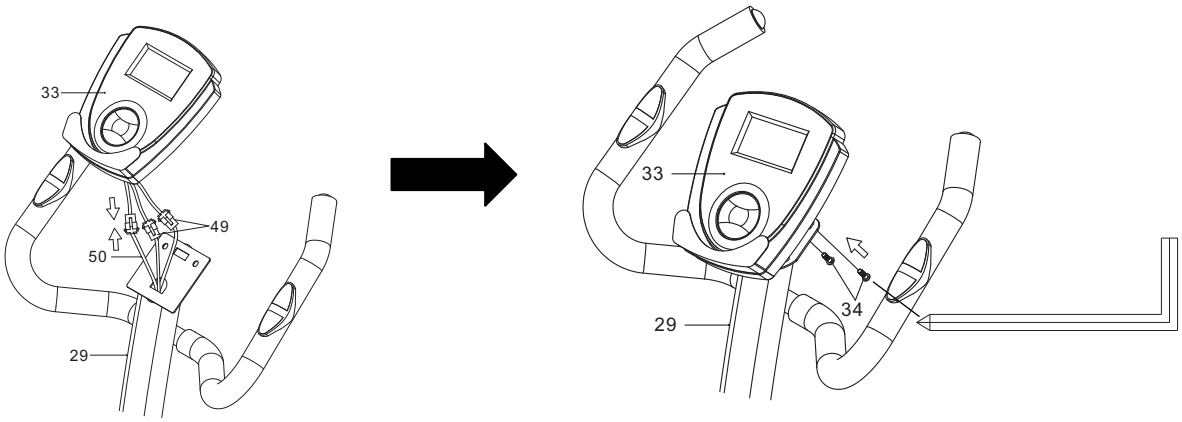
STEP 16

Attach the Handlebar (41) onto the Handlebar Post (29) with two Curve Washer (4), two Spring Washers (5), and two Hexagon Socket Pan Head Cap Bolts (39) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



STEP 17

Remove two Cross Recessed Pan Head Bolts (34) from the Computer (33). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



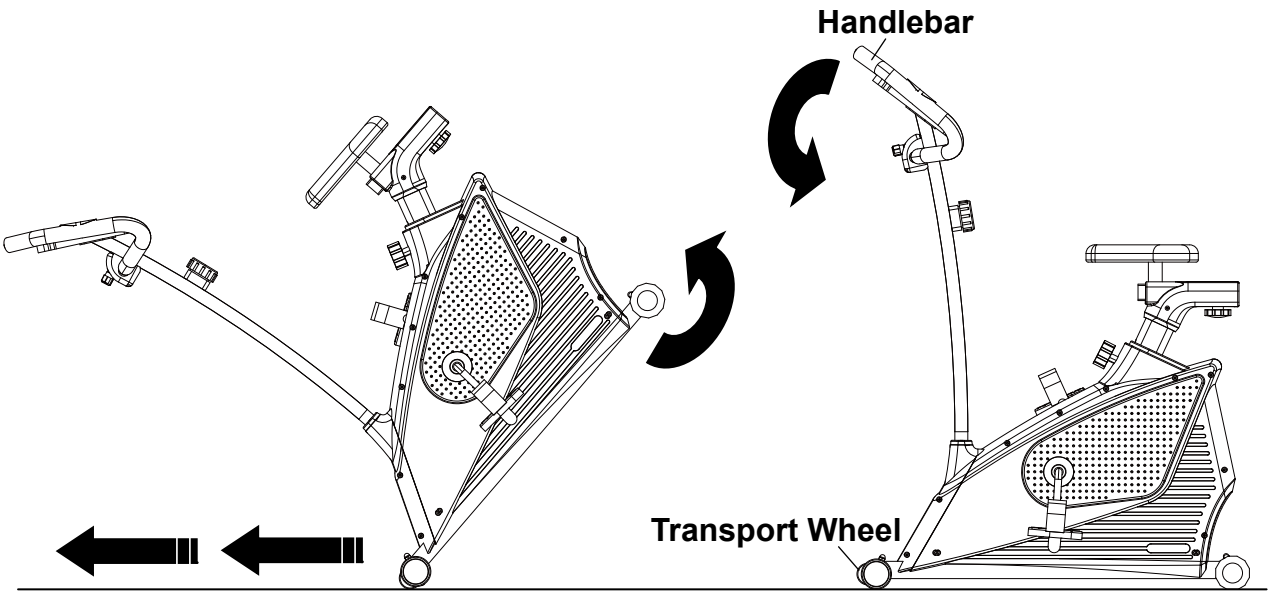
STEP 18

It is recommended to have a second person assist with this step. One person should hold the Computer (33) in place while the other person to connect the wires.

Connect the Hand Pulse Sensor Wires (49) and Extension Sensor Wire (50) to the wires that come from the Computer (33).

Attach the Computer (33) onto the top end of the Handlebar Post (29) with two Cross Recessed Pan Head Bolts (34) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

HOW TO MOVE THE UPRIGHT BIKE



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 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

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

BUTTON FUNCTIONS:
Press the MODE button to select the functions 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.

COMPUTER FUNCTIONS:
SCAN: Automatically scans each function in sequence with change every 4 seconds.

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

SPD (SPEED): Displays the current training speed.

DST (DISTANCE): Displays the cumulative distance travelled during workout.

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

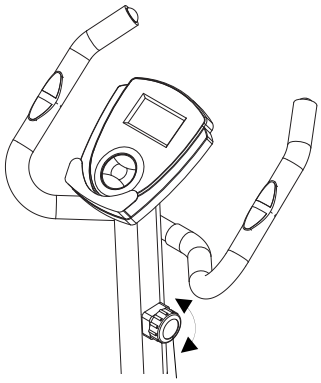
ODO (ODOMETER): Displays the total accumulative distance travelled. The ODOMETER data values can not be clear to zero by pressing and holding the button for 3 seconds. If you take out the batteries from the computer, the ODOMETER data values will clear to zero.

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

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

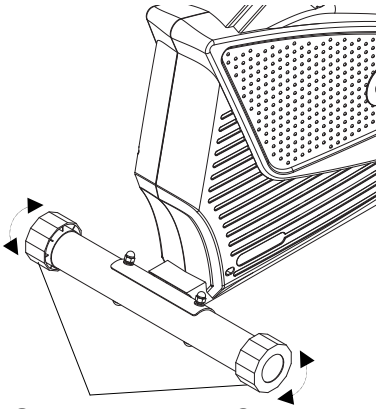
ADJUSTMENTS

Adjusting the Tension Control Knob
To increase the tension, turn the tension control knob in a clockwise direction.
To decrease the tension, turn the tension control knob in a counterclockwise direction.



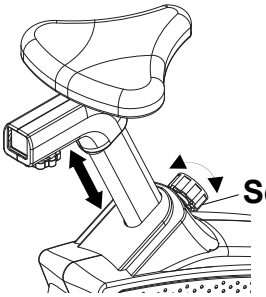
Tension Control Knob

Adjusting the Rear Stabilizer End Cap
Turn the rear stabilizer end cap on the rear stabilizer end cap as needed to level the upright bike.



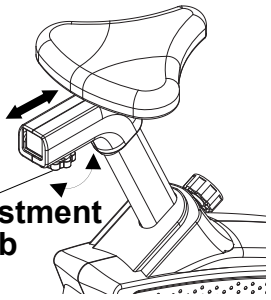
Rear Stabilizer End Cap

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: Do not set the seat post height any higher than the marked line.



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. 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 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.

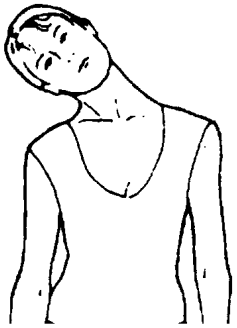
WARM UP AND COOL DOWN ROUTINE

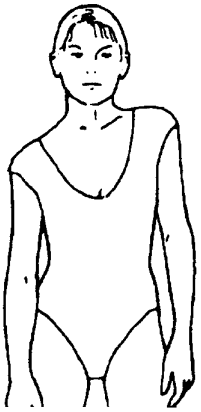
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching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

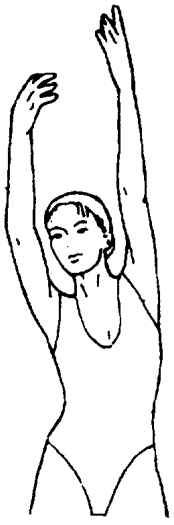
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for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

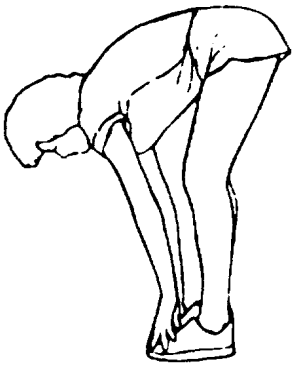
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

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.

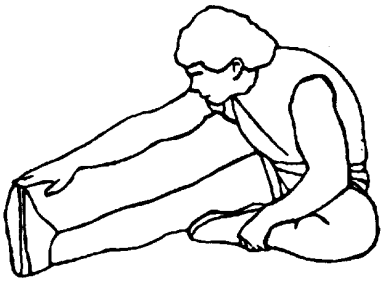


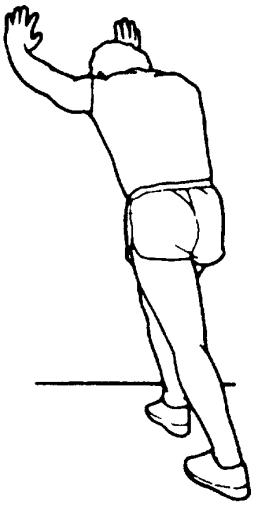
TOE TOUCHES

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.