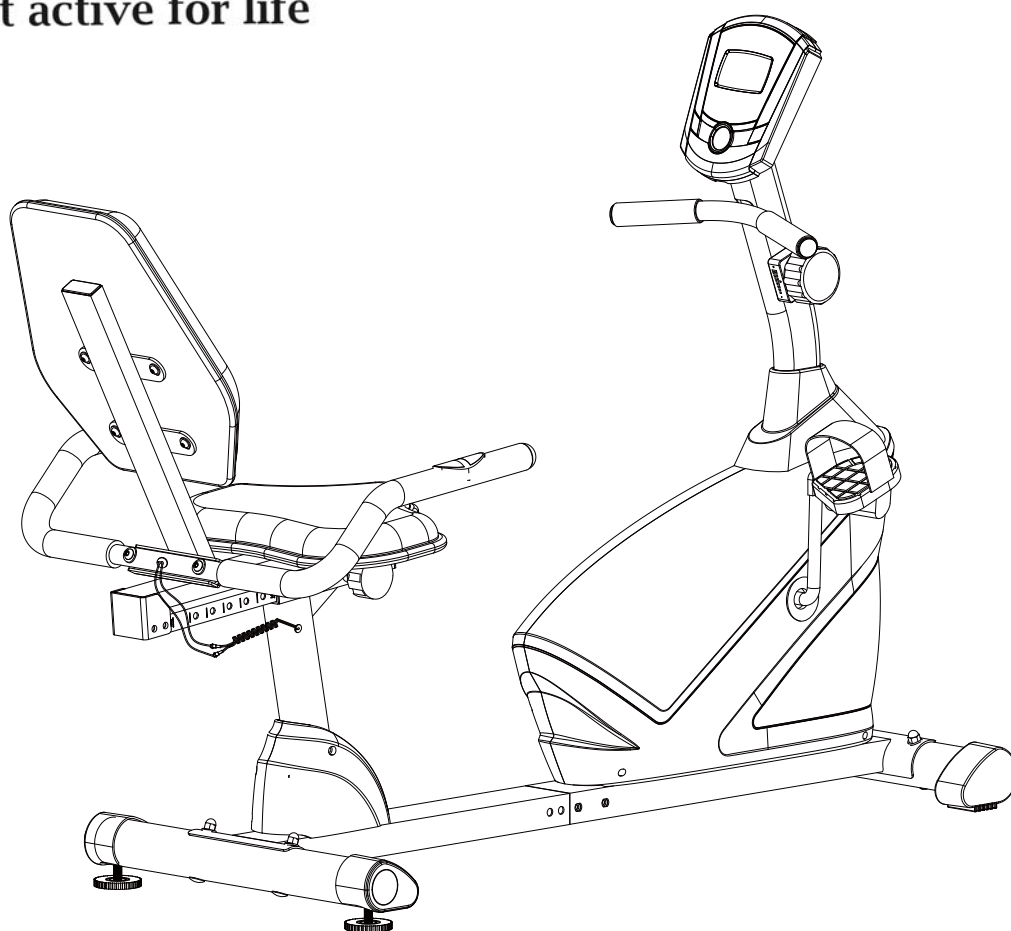


FORMULA, MAGNETIC RECUMBENT BIKE ITEM NO: 26580

LifeGear

Get active for life



OWNER'S MANUAL

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

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is extended only to the original owner and is not transferable.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

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	Front Right Stabilizer End Cap	1	028	Computer (XLG-908SP)	1
002	Front Stabilizer Ø60x1.5x330	1	029	Bolt M5x12	4
003	Cap Nut M8	6	030	Tension Control Knob	1
004	Big Curve Washer Ø8xØ20x2	3	031	Tension Cable L=1150mm	1
005	Screw ST4.2x25	9	032	Big Washer Ø5xØ20x1.5	1
006	Bolt M8x70	4	033	Bolt M5x20	1
007	Front Left Stabilizer End Cap	1	034	Front Handlebar Post	1
008	Cover Cap Ø25xØ40x10	2	035	Bolt M8x10	4
009	Pan Head Phillips Self Drilling Screw ST4.2x25	6	036	Washer Ø8	22
010	Right Cover	1	037	Bolt M8x20	1
011	Belt 360J6	1	038	Rear Left Stabilizer End Cap	1
012	Right Foot Pedal YH-30X	1	039	Idle Wheel Bracket	1
013	Belt Pulley with Crank Ø240	1	040	Nylon Nut M8	2
014	Washer Ø40xØ24x3	1	041	Front Handlebar Post Cover	1
015	Bearing Nut I 15/16"	1	042	Spring	1
016	Bearing	2	043	Idle Wheel	1
017	Bearing Cup	2	044	Middle Section Hand Pulse Sensor Wire L=1000mm	2
018	Bearing Nut II 7/8"	1	045	Bolt M8x30	2
019	Hexagon Nut 7/8"	1	046	Rear Main Frame	1
020	Flywheel Ø230	1	047	Seat Cushion 250x345x40	1
021	Front Main Frame	1	048	Back Cushion 420x360x45	1
022	Left Cover	1	049	Bolt M6x15	8
023	Triangle Knob M12x58	1	050	Big Washer Ø6xØ18x1.5	8
024	Handlebar End Cap Ø25x1.5	4	051	Back and Seat Support Bracket End Cap 23x53x1.5	1
025	Front Handlebar Foam Grip Ø24xØ30x160	2	052	Seat Sliding Tube	1
026	Extension Sensor Wire L=500mm	1	053	Back and Seat Support Bracket	1
027	Extension Hand Pulse Sensor Wire II L=350mm	2	054	Rear Handlebar Foam Grip Ø24xØ30x510	2

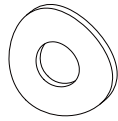
PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Screw ST4.2x20	4	068	Handlebar	1
056	Hand Pulse Sensor with Wire L=750	2	069	Left Foot Pedal YH-30X	1
057	Bolt M8x45	2	070	Extension Hand Pulse Sensor Wire L=1000mm	2
058	Wire Plug Ø12.1	2	071	Sensor with Wire L=750mm	1
059	Nut M6	2	072	Bolt M8x15	13
060	Round Knob M16x1.5	1	073	Washer Ø34.5xØ23x25	1
061	Bushing	2	074	Nut M10x1x10	2
062	Right Rear Main Frame Cover	1	075	Eyebolt M6x36	2
063	Left Rear Main Frame Cover	1	076	Screw ST2.9x12	2
064	Rear Stabilizer	1	077	Big Curve Washer Ø8xØ25x2	4
065	Rear Right Stabilizer End Cap	1	078	Spring Washer Ø6	2
066	Nut M10	2	079	Tension Bracket	2
067	Adjustable Leveler M10	2			

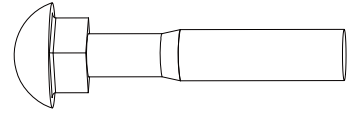
HARDWARE PACKING LIST



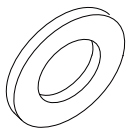
(3) Cap Nut M8
6 PCS



(4) Big Curve Washer
Ø8xØ20x2
2 PCS



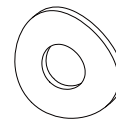
(6) Bolt M8x70
4 PCS



(36) Washer Ø8
2 PCS



(57) Bolt M8x45
2 PCS

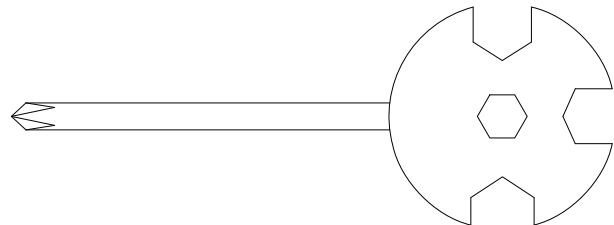


(77) Big Curve Washer
Ø8xØ25x2
4 PCS

TOOLS

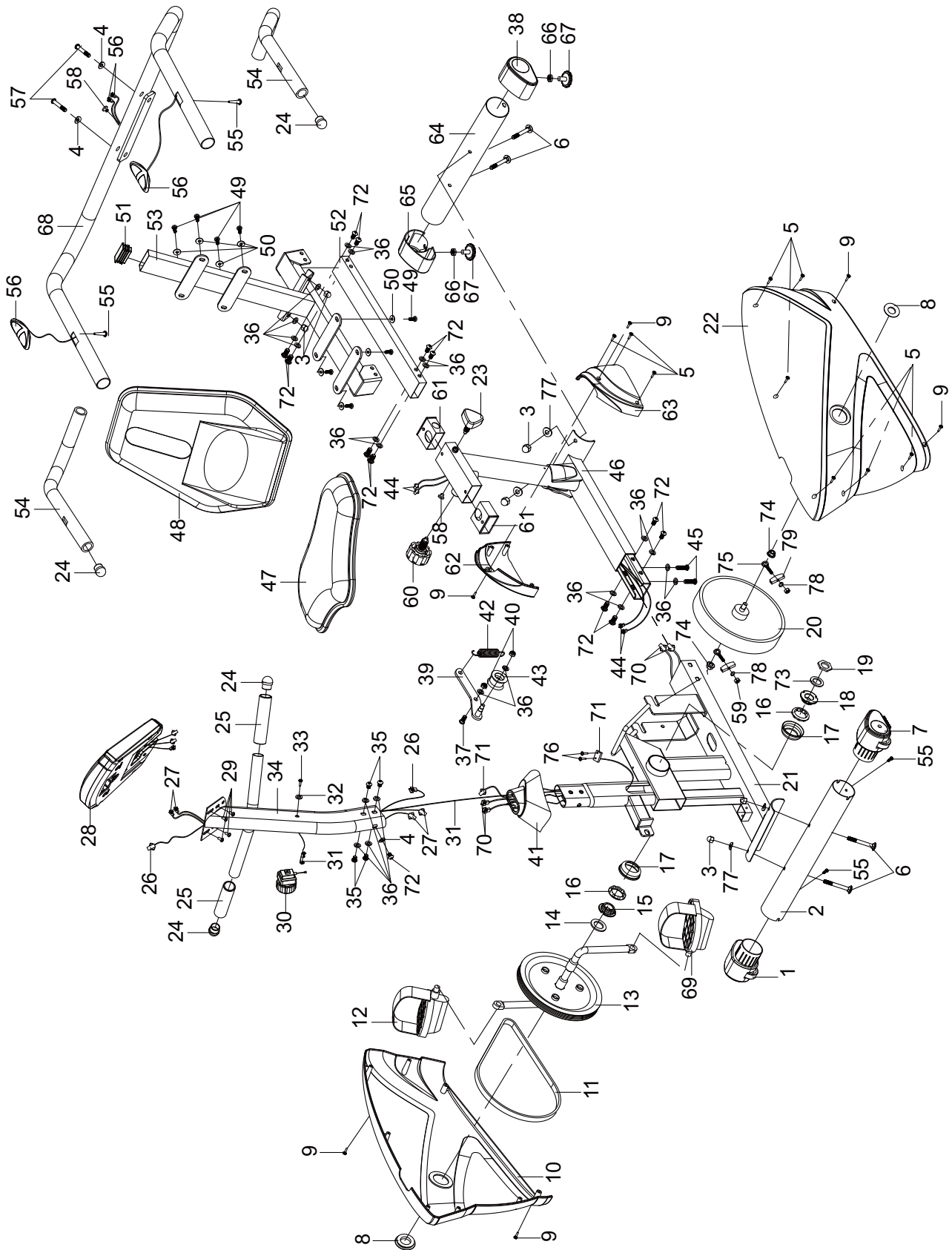


Allen Wrench S6
1 PC

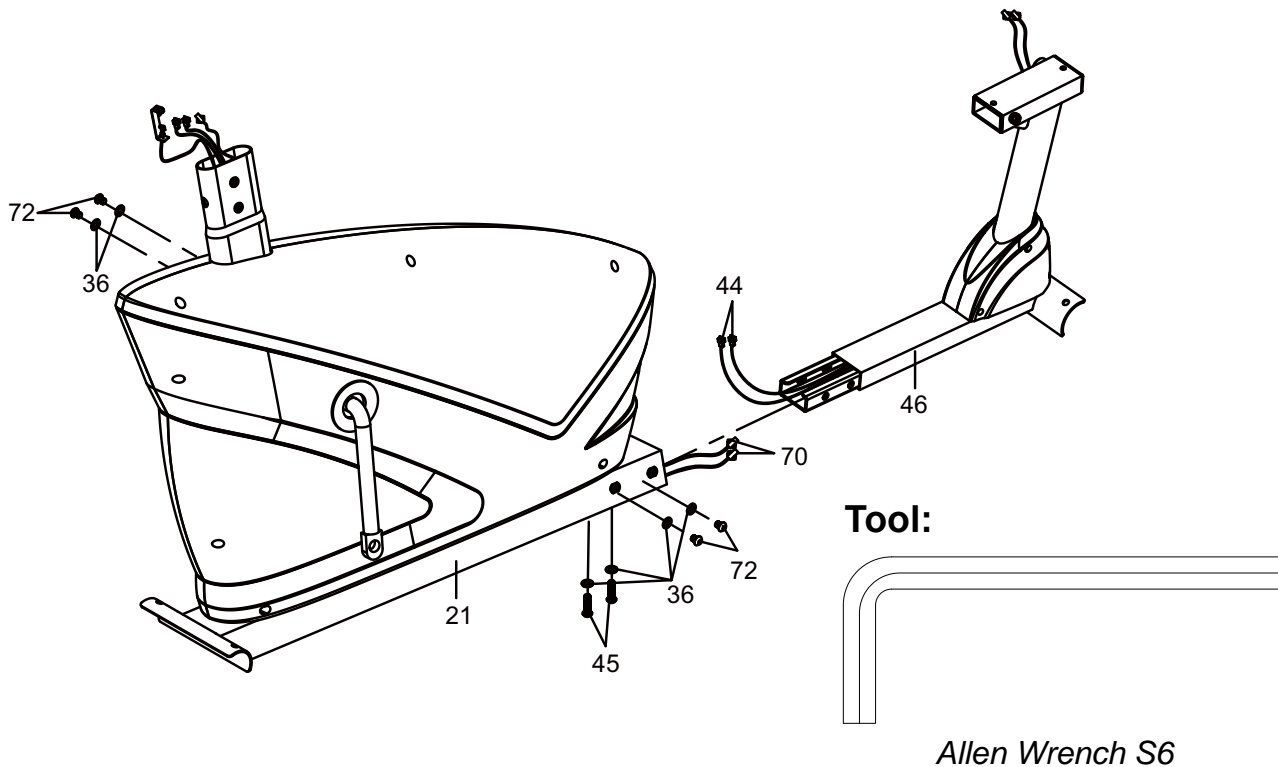


Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

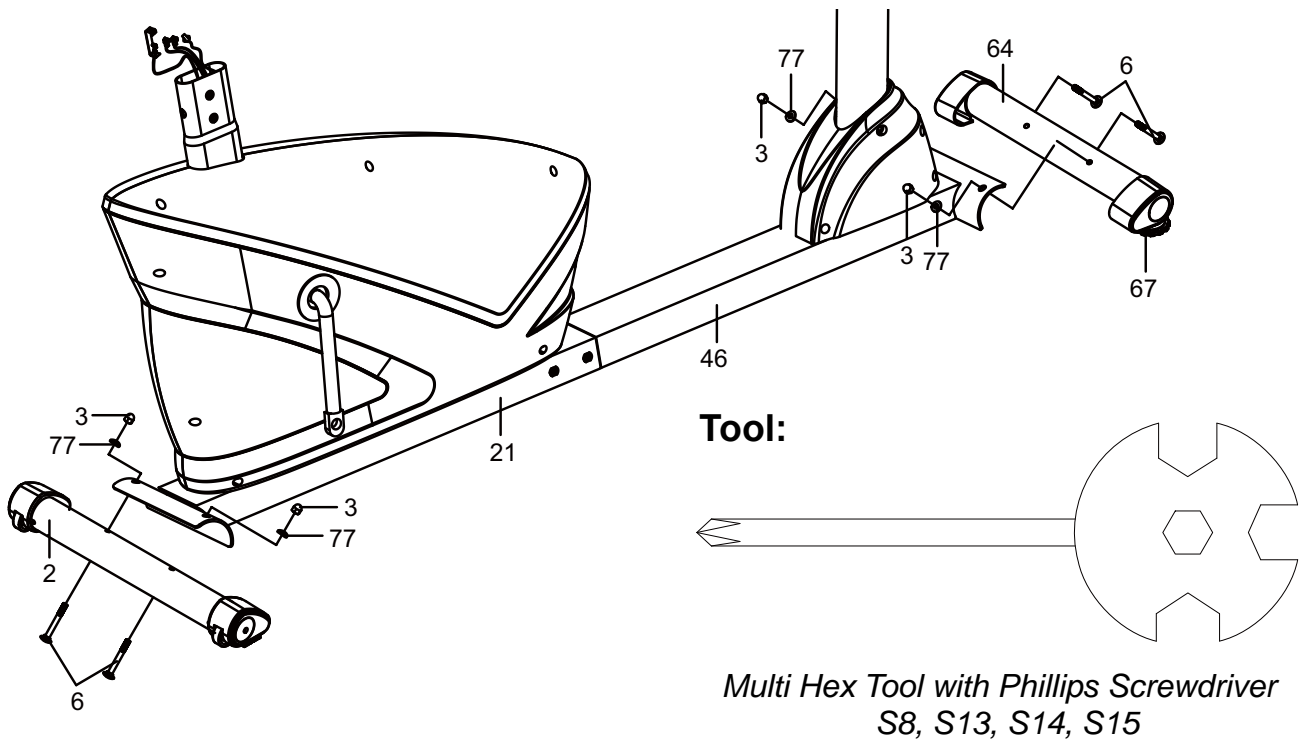


1. Rear Main Frame Installation

Remove two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) from the Rear Main Frame (46). Remove bolts with the S6 Allen Wrench provided.

Connect the Middle Section Hand Pulse Sensor Wires (44) from the Rear Main Frame (46) to the Extension Hand Pulse Sensor Wires I (70) from the Front Main Frame (21).

Attach the Rear Main Frame (46) into the Front Main Frame (21) with two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) that were removed. Tighten bolts with the S6 Allen Wrench provided.



2. Front and Rear Stabilizers Installation

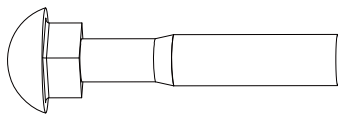
Position the Front Stabilizer (2) in front of the Front Main Frame (21) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve of the Front Main Frame (21) with two M8x70 Bolts (6), two Ø8xØ25x2 Big Curve Washers (77), and two M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (64) behind the Rear Main Frame (46) and align bolt holes. Attach the Rear Stabilizer (64) onto the rear curve of the Rear Main Frame (46) with two M8x70 Bolts (6), two Ø8xØ25x2 Big Curve Washers (77), and two M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

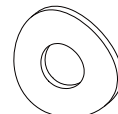
Hardware:



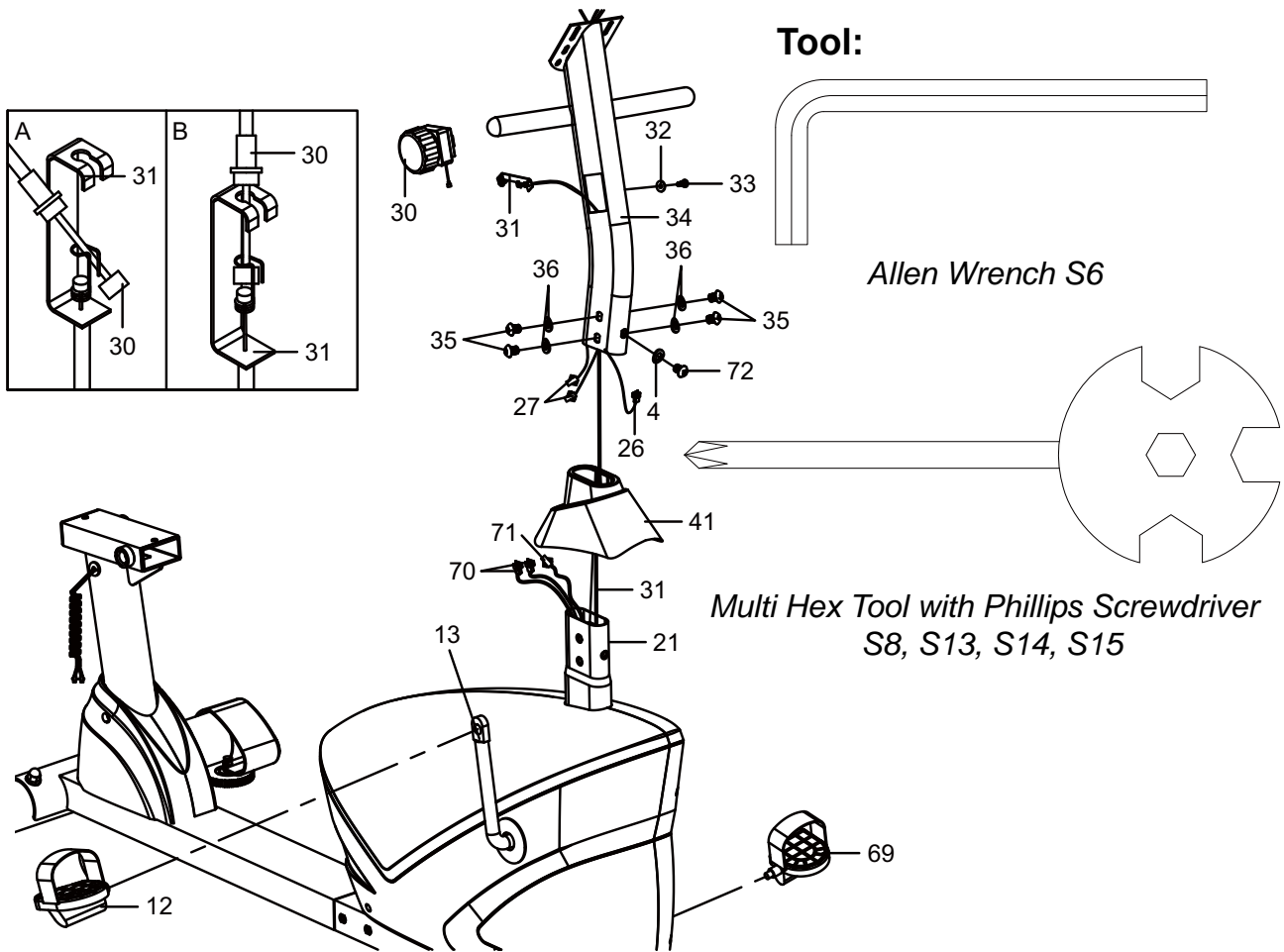
(3) Cap Nut M8
4 PCS



(6) Bolt M8x70
4 PCS



(77) Big Curve Washer
Ø8xØ25x2
4 PCS



3. Front Handlebar Post, Tension Control Knob, and Foot Pedals Installation

Remove one Ø8xØ20x2 Big Curve Washer (4), one M8x15 Bolt (72), four M5x20 Bolts (35) and four Ø8 Washers (36) from the tube of the Front Main Frame (21). Remove bolts with the S6 Allen Wrench provided.

Slide the Front Handlebar Post Cover (41) up to the Front Handlebar Post (34).

Insert the Tension Cable (31) through into the bottom hole of Front Handlebar Post (34) and pull it out from the square hole of Front Handlebar Post (34).

Connect the Extension Hand Pulse Sensor Wires I (70) and Sensor Wire (71) from the Front Main Frame (21) to the Extension Hand Pulse Sensor Wires II (27) and Extension Sensor Wire (26) from the Front Handlebar Post (34).

Insert the Front Handlebar Post (34) onto the tube of the Front Main Frame (21) and secure with one Ø8xØ20x2 Big Curve Washer (4), one M8x15 Bolt (72), four M5x20 Bolts (35) and four Ø8 Washers (36) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Slide the Front Handlebar Post Cover (41) down to the Front Main Frame (21).

Remove the Ø5xØ20x1.5 Big Washer (32) and M5x20 Bolt (33) and from the Tension Control Knob (30). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (30) into the spring hook of Tension Cable (31) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (30) up and force it into the gap of metal bracket of Tension Cable (31) as shown in drawing B of figure 3. Attach the Tension Control Knob (30) onto the Front

Handlebar Post (34) with the Ø5xØ20x1.5 Big Washer (32) and M5x20 Bolt (33) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

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

Insert the pedal shaft of Left Foot Pedal (69) into threaded hole in the left Crank (13).

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

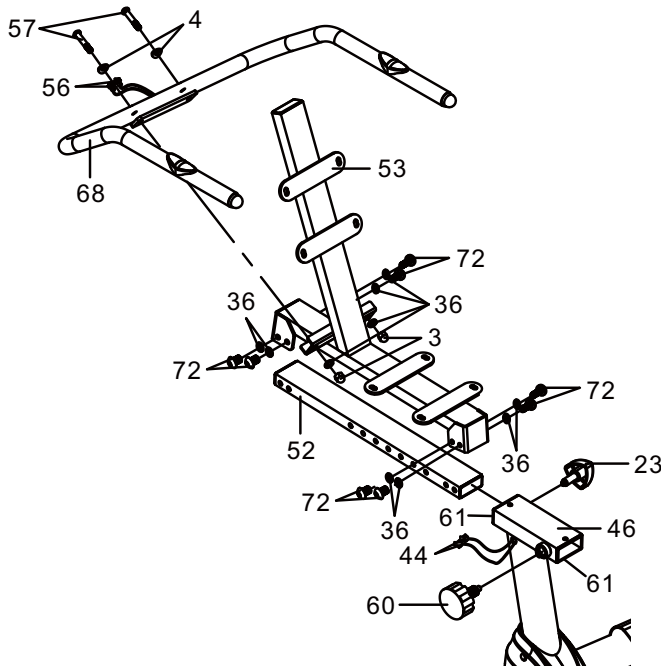
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (69) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (12) into threaded hole in right Crank (13).

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

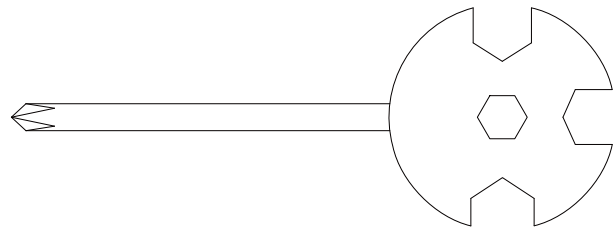
Tighten pedal shaft of Right Foot Pedal (12) with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



Allen Wrench S6



Multi Hex Tool with Phillips Screwdriver S8, S13, S14, S15

4. Seat Sliding Tube, Back/Seat Support Bracket, and Handlebar Installation

Remove eight Ø8 Washers (36) and eight M8x15 Bolts (72) from the Seat Sliding Tube (52). Remove bolts with the S6 Allen Wrench provided.

Insert the Seat Sliding Tube (52) into the Bushings (61) of the Rear Main Frame (46).

Attach the Back and Seat Support Bracket (53) onto the Seat Sliding Tube (52) with eight Ø8 Washers (36) and eight M8x15 Bolts (72) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Adjust the seat position and align knob holes. Insert the Round Knob (60) and Triangle Knob (23) into knob holes. Turn the Round Knob (60) and Triangle Knob (23) in the clockwise direction to tighten.

Attach the Handlebar (68) onto the Back and Seat Support Bracket (53) with two M8x45 Bolts (57), two Ø8xØ20x2 Big Curve Washers (4), two Ø8 Washers (36), and M8 Cap Nuts (3). Tighten bolts and cap nuts with the S6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

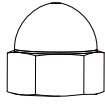
Connect the Hand Pulse Sensor Wires (56) from the Handlebar (68) to the Middle Section Hand Pulse Sensor Wires (44) from the Rear Main Frame (46).

Adjusting the Seat Forward or Back

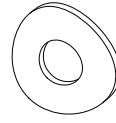
Turn the Triangle Knob (23) to loosen the Seat Sliding Tube (52). Turn the Round Knob (60) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (60) and then slide the Back and Seat Support Bracket (53) back or forth direction to the suitable position. Lock the Back and Seat Support Bracket (53) in place by releasing the Round Knob (60) and sliding the Back and Seat Support Bracket (53) back or forth slightly until the Round Knob (60) "pops" down into the hole of the Seat Sliding Tube (52). For added safety, tighten the Triangle Knob (23) and Round Knob (60) in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, the maximum insert depth mark line cannot over than the edge of Bushing (61).

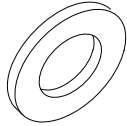
Hardware:



(3) Cap Nut M8
2 PCS



(4) Big Curve Washer
Ø8xØ20x2
2 PCS

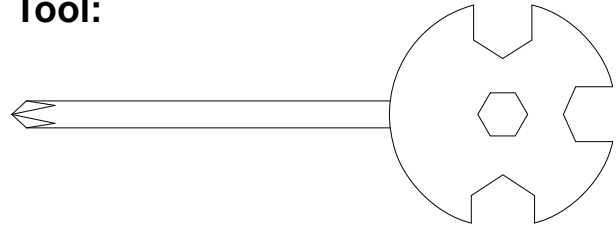


(36) Washer Ø8
2 PCS

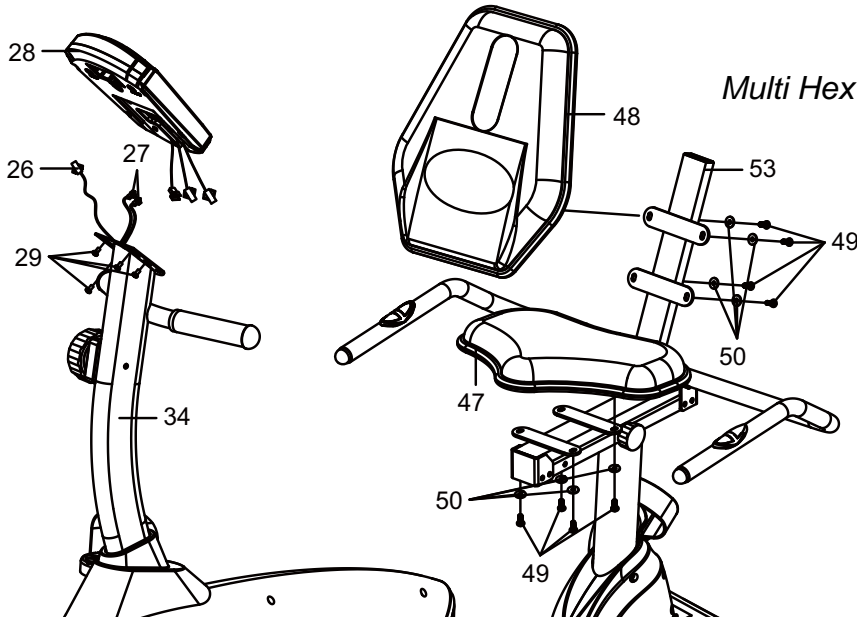


(57) Bolt M8x45
2 PCS

Tool:



*Multi Hex Tool with Phillips Screwdriver
S8, S13, S14, S15*



5. Seat/Back Cushions and Computer Installation

Remove eight M6x15 Bolts (49) and eight Ø6xØ18x1.5 Big Washers (50) from the back of the Seat and Back Cushions (47, 48). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Then attach the Seat and Back Cushions (47, 48) onto the Back and Seat Support Bracket (53) with eight M6x15 Bolts (49) and eight Ø6xØ18x1.5 Big Washers (50) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove four M5x12 Bolts (29) from the Computer (28). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Extension Sensor Wire (26) and Extension Hand Pulse Sensor Wires II (27) to the wires that come from the Computer (28). Tuck wires into the Front Handlebar Post (34).

Attach the Computer (28) onto the top end of the Front Handlebar Post (34) with four M5x12 Bolts (29) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 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:

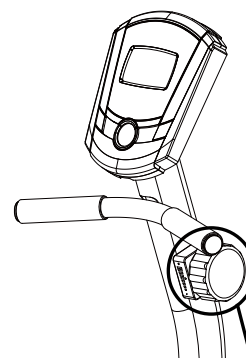
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

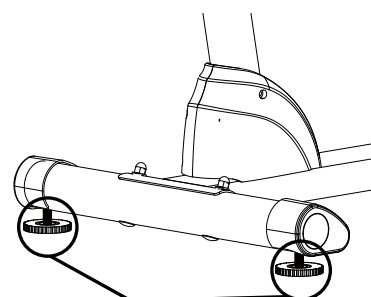
To decrease the tension, turn the Tension Control Knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Adjustable Leveler

Turn the Adjustable Leveler on the rear stabilizer as needed to level the recumbent bike.

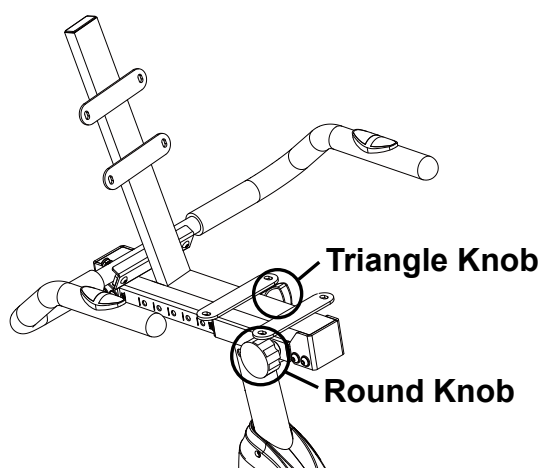


Adjustable Leveler

Adjusting the Seat Forward or Back

Turn the Triangle Knob to loosen the seat sliding tube. Turn the Round Knob in a counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the back and seat support bracket back or forth direction to the suitable position. Lock the back and seat support bracket in place by releasing the Round Knob and sliding the back and seat support bracket back or forth slightly until the Round Knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the Triangle Knob and Round Knob in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, the maximum insert depth mark line cannot over than the edge of bushing.



Triangle Knob

Round Knob

MAINTENANCE

Cleaning

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

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

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

TROUBLESHOOTING

PROBLEM	SOLUTION
The recumbent bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the recumbent bike.
There is no display on the computer console.	<ol style="list-style-type: none">1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front handlebar post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none">1. Make sure that the wire connections for the hand pulse sensors are secure.2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The recumbent bike makes a squeaking noise when in use.	The bolts may be loose on the recumbent bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

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

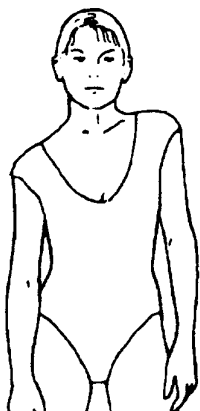
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

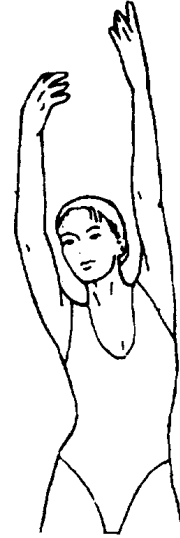


SHOULDER LIFTS

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

SIDE STRETCHES

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



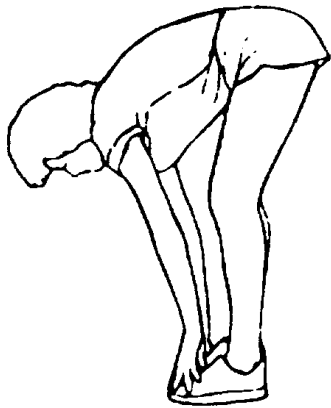
QUADRICEPS STRETCH

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

INNER THIGH STRETCH

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



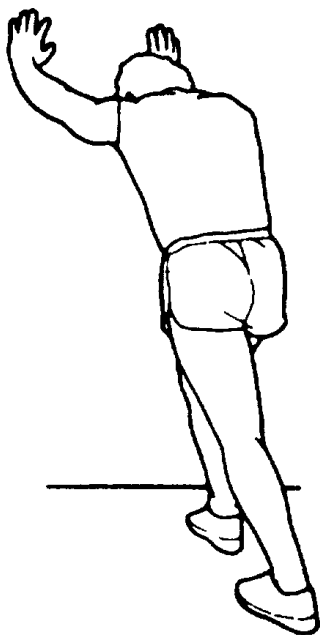
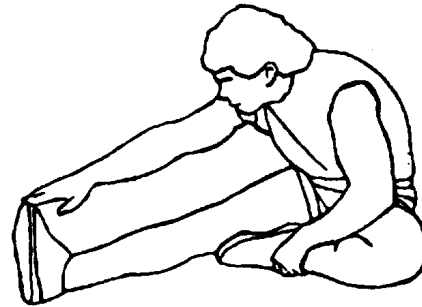


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

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