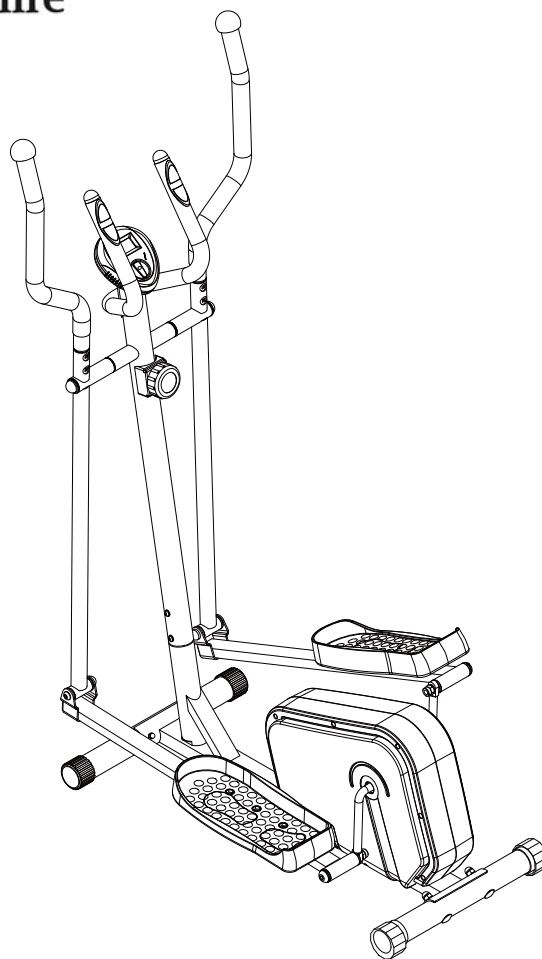


STRAIGHT ELLIPTICAL TRAINER ITEM NO: 93250

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.
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. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. 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.
13. 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	Curve Washer Ø16xØ8x1.5t	11
002	Front Post Ø50x1.5t	1	031	Extension Sensor Wire L=950mm	1
003	Handlebar Ø28.6x1.5t	1	032	Computer	1
004	Left Foot Bar □20x40x1.5t	1	033	Tension Control Knob L=565mm	1
005	Right Foot Bar □20x40x1.5t	1	034	Tension Cable L=1350mm	1
006	Left Handrail Arm Ø32x1.5t	1	035	Carriage Bolt M10x56	4
007	Right Handrail Arm Ø32x1.5t	1	036	Curve Washer Ø10xØ20x2.0	4
008	Stabilizer Ø50x1.5t430	2	037	Cap Nut M10	4
009	Left Handrail Ø32x1.5t	1	038	Front Stabilizer End Cap Ø50	2
010	Right Handrail Ø32x1.5t	1	039	Rear Stabilizer End Cap Ø50	2
011	Belt Pulley with Crank Ø220	1	040	Carriage Bolt M8x35	4
012	Left Foot Pedal 345x150x57	1	041	Eyebolt M6x36	2
013	Right Foot Pedal 345x150x57	1	042	Eyebolt M8x75	1
014	Powder Metal Bushing Ø28xØ16x16	8	043	Left Nylon Nut 1/2"	1
015	Bolt for left Crank	1	044	Right Nylon Nut 1/2"	1
016	Bolt for right Crank	1	045	Left Cover	1
017	Spring Washer Ø1/2"x2.0	2	046	Right Cover	1
018	Wave Washer Ø26xØ16x0.3	4	047	Cross Recessed Pan Head Tapping Screw ST4.2x25	7
019	Hexagon Head Bolt M8x35	6	048	Screw ST4.2x25	4
020	Nylon Nut M8	9	049	Hexagon Nut 7/8"	1
021	Bolt Ø16xM10	2	050	Washer Ø35x2.0	1
022	Nylon Nut M10	2	051	Bearing Nut I 7/8"	1
023	Washer Ø10xØ22x2.0	3	052	Ball Bearing Ø44.5	2
024	Handrail Foam Grip 575mm	2	053	Bearing Cup Ø55.6x16	2
025	Handrail End Cap Ø32x1.5	2	054	Bearing Nut II 15/16"	1
026	Hand Pulse Sensor with Wire	2	055	Washer Ø40x2.8	1
027	Cross Recessed Countersunk Head Tapping Screw ST4.2x20	2	056	Belt PJ330 J6	1
028	Handlebar Foam Grip 360mm	2	057	M10x1.0 Nut for Flywheel	2
029	Hexagon Socket Pan Head Cap Bolt M8x15	7	058	Washer Ø8xØ16x1.5t	2

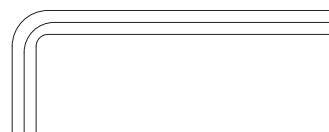
PARTS LIST

No.	Description	Qty	No.	Description	Qty
059	Flywheel Ø230x45	1	072	Idler Arm	1
060	Hexagon Socket Pan Head Cap Bolt M8x20	1	073	Square End Cap □20x40x1.5t	2
061	Cover Cap	2	074	Handlebar End Cap Ø28.6x1.5t	2
062	Cross Recessed Pan Head Tapping Screw ST2.9x9.5	2	075	Washer Ø9xØ5x0.8	2
063	Hexagon Head Bolt M10x20	2	076	Sensor with Wire L=950mm	1
064	Spring Washer Ø19.5Ø11.5x3.0	2	077	Cap Nut M8	4
065	D Shaped Washer Ø28xØ16x5	2	078	Bearing 6000Z	2
066	Plastic Spacer Ø31.6xØ16x63.4	2	079	Clip Ø10	1
067	Plastic Bushing Ø19x60.5	2	080	Big Washer Ø5	1
068	Powder Metal Bushing Ø33xØ29.5xØ16x14	4	081	Cross Recessed Pan Head Bolt M5x45	1
069	Tension Bracket	2	082	Cross Recessed Pan Head Bolt M5x10	2
070	Spring Washer Ø6	2	083	Nut Cap S17	4
071	Nut M6	2	084	Nut Cap S19	2

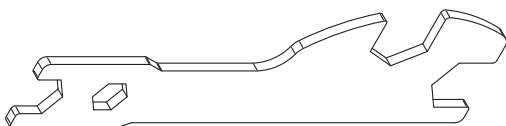
TOOLS



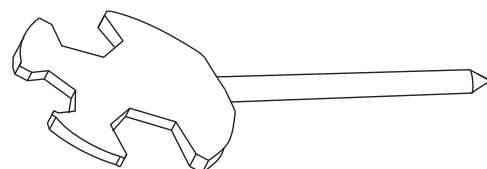
Allen Wrench 6mm
1 PC



Allen Wrench 8mm
1 PC

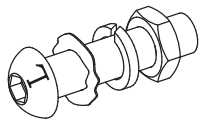


Multi Hex Tool S10, S13, S17, S19
1 PC

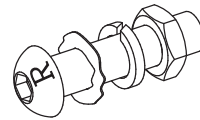


Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

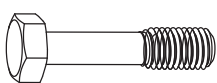
HARDWARE PACKING LIST



- (15) Bolt for left Crank 1 PC
- (17) Spring Washer $\text{Ø}1/2'' \times 2.0$ 1 PC
- (18) Wave Washer $\text{Ø}26 \times \text{Ø}16 \times 0.3$ 1 PC
- (43) Left Nylon Nut $1/2''$ 1 PC



- (16) Bolt for right Crank 1 PC
- (17) Spring Washer $\text{Ø}1/2'' \times 2.0$ 1 PC
- (18) Wave Washer $\text{Ø}26 \times \text{Ø}16 \times 0.3$ 1 PC
- (44) Right Nylon Nut $1/2''$ 1 PC



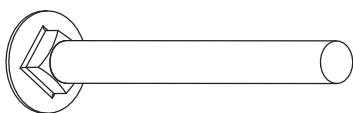
- (19) Hexagon Head Bolt
M8x35
6 PCS



- (20) Nylon Nut M8
6 PCS



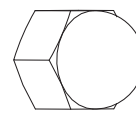
- (30) Curve Washer
 $\text{Ø}16 \times \text{Ø}8 \times 1.5t$
4 PCS



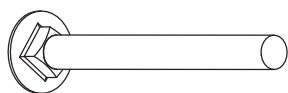
- (35) Carriage Bolt
M10x56
4 PCS



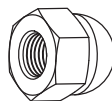
- (36) Curve Washer
 $\text{Ø}10 \times \text{Ø}20 \times 2.0$
4 PCS



- (37) Cap Nut M10
4 PCS



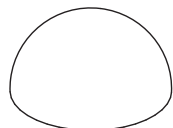
- (40) Carriage Bolt
M8x35
4 PCS



- (77) Cap Nut M8
4 PCS

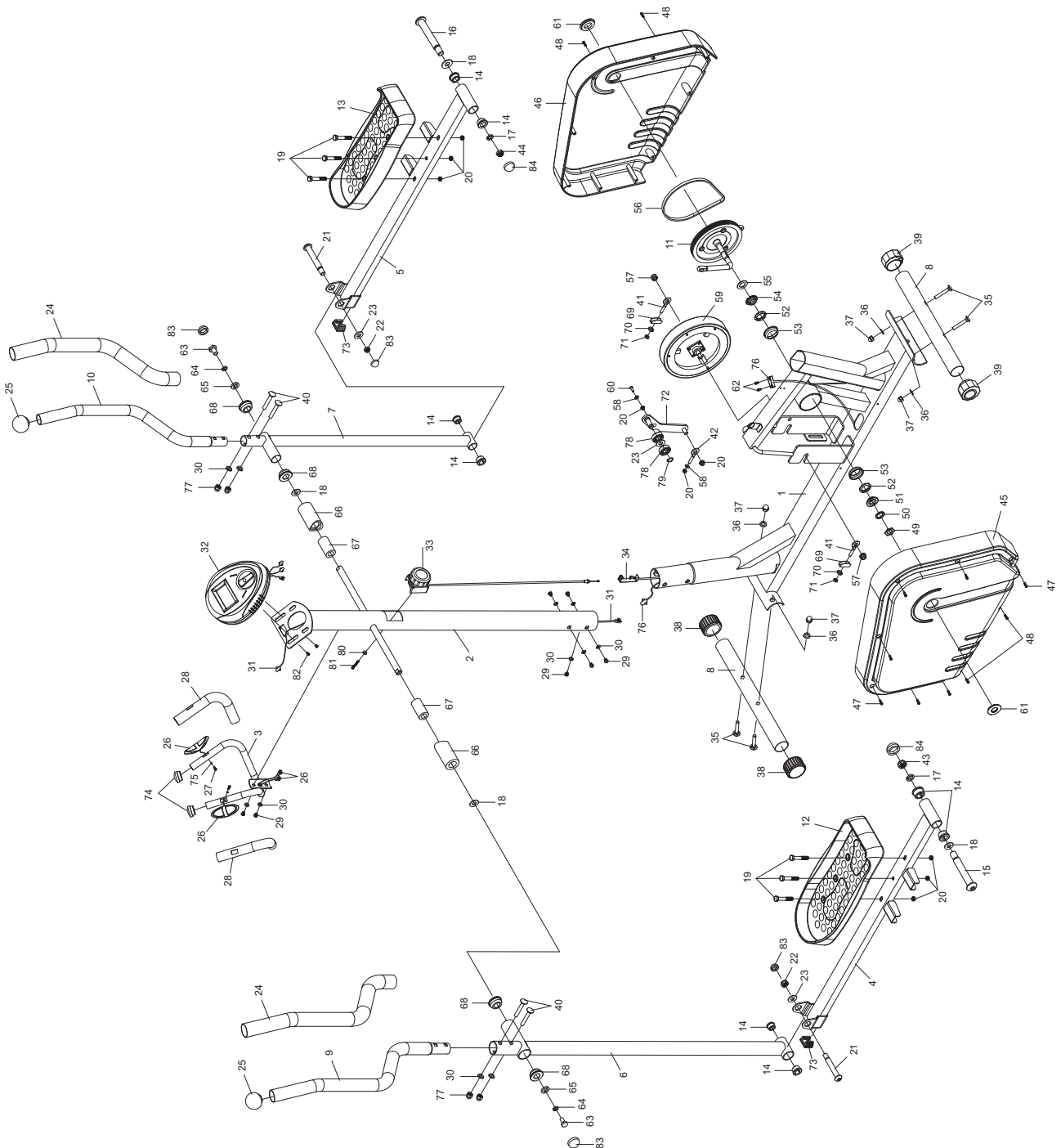


- (83) Nut Cap S17
4 PCS

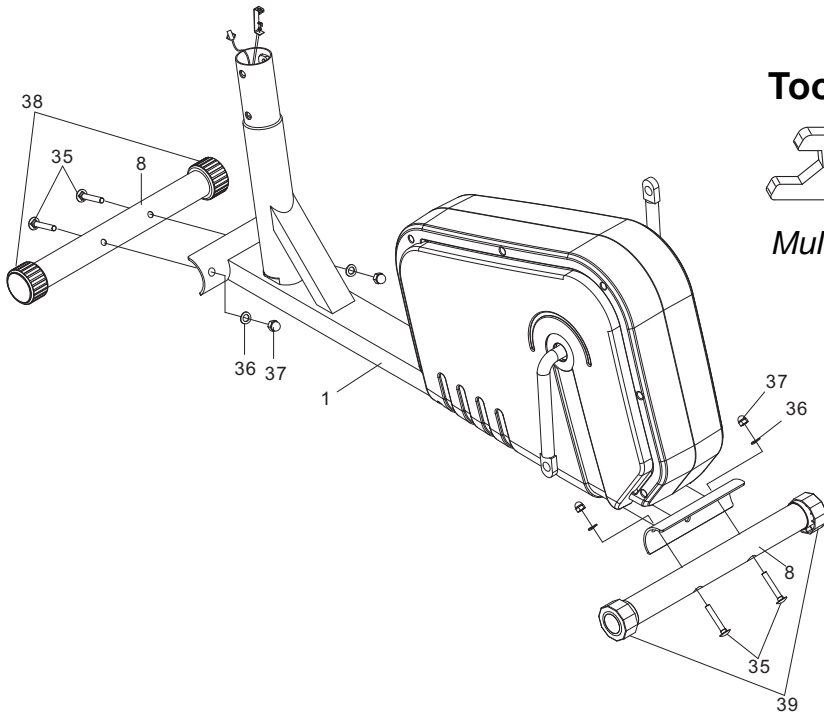


- (84) Nut Cap S19
2 PCS

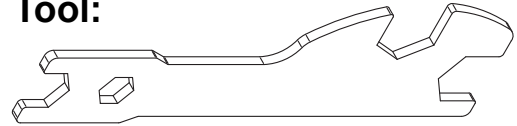
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool S10, S13, S17, S19

1. Stabilizers Installation

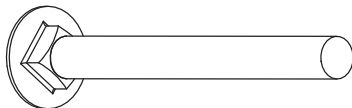
Position the Stabilizer (8) with Front Stabilizer End Cap (38) in front of Main Frame (1) and align bolt holes.

Attach the Stabilizer (8) with Front Stabilizer End Cap (38) onto the front curve of the Main Frame (1) with two M10x56 Carriage Bolts (35), two Ø10xØ20x2.0 Curve Washers (36), and two M10 Cap Nuts (37). Tighten cap nuts with the Multi Hex Tool provided.

Position the Stabilizer (8) with Rear Stabilizer End Cap (39) behind the Main Frame (1) and align bolt holes.

Attach the Stabilizer (8) with Rear Stabilizer End Cap (39) onto the rear curve of the Main Frame (1) with two M10x56 Carriage Bolts (35), two Ø10xØ20x2.0 Curve Washers (36), and two M10 Cap Nuts (37). Tighten cap nuts with the Multi Hex Tool provided.

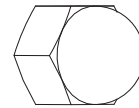
Hardware:



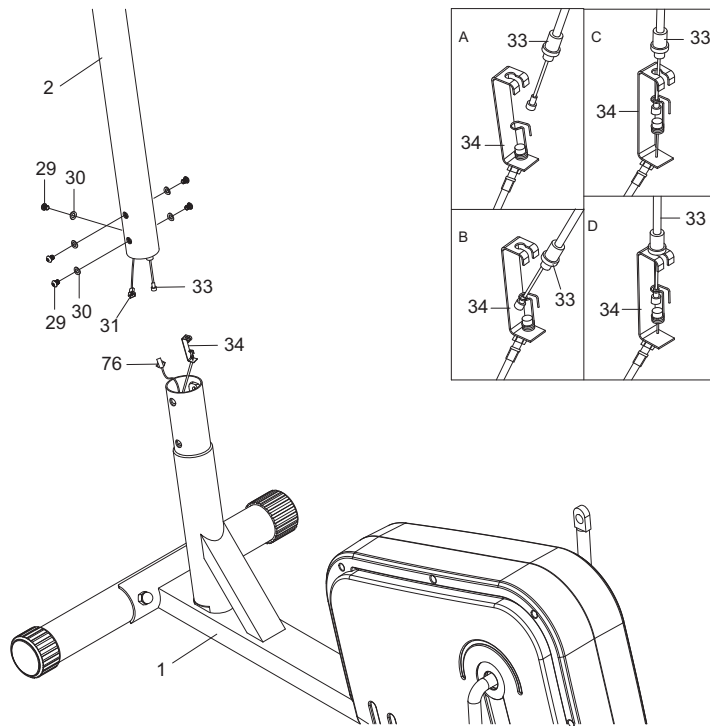
(35) Carriage Bolt
M10x56
4 PCS



(36) Curve Washer
Ø10xØ20x2.0
4 PCS



(37) Cap Nut M10
4 PCS



Tool:



Allen Wrench 6mm

2. Front Post Installation

Remove five M8x15 Hexagon Socket Pan Head Cap Bolts (29) and five Ø16xØ8x1.5t Curve Washers (30) from the Main Frame (1). Remove bolts with the 6mm Allen Wrench provided.

Put the cable end of resistance cable of Tension Control Knob (33) into the cable lock of Tension Cable (34), see Figure A.

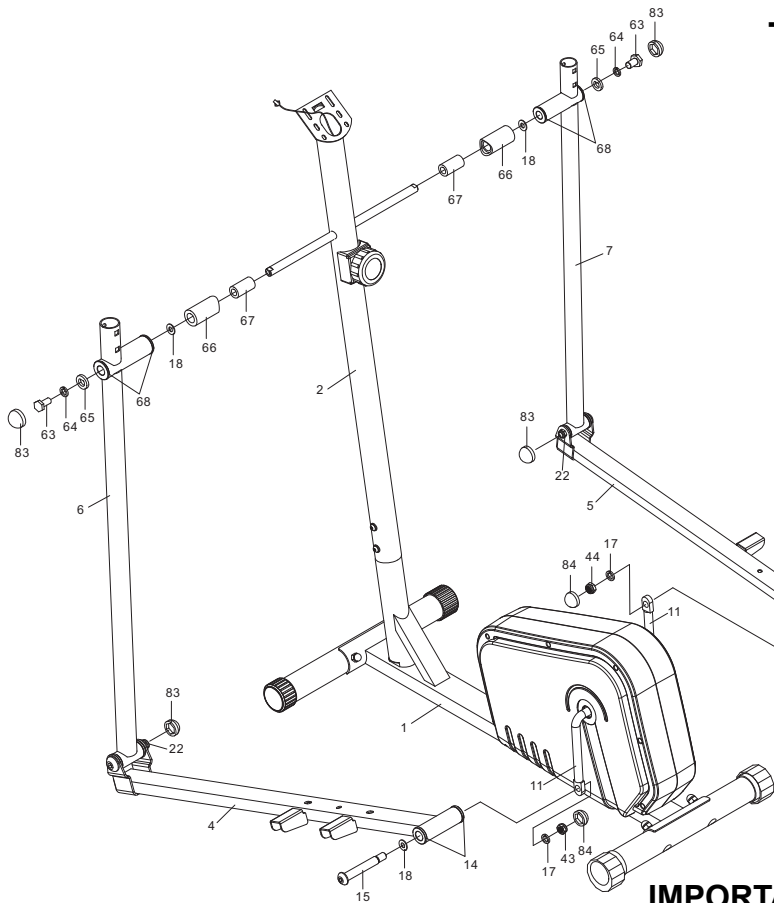
Pull the resistance cable of Tension Control Knob (33) up and force it into the slot of metal bracket of Tension Cable (34), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (33) into the hole at the end of the slot in the metal bracket of Tension Cable (34), see Figure C.

Connect the resistance cable of Tension Control Knob (33) to Tension Cable (34) complete, see Figure D.

Connect the Sensor Wire (76) from the Main Frame (1) to the Extension Sensor Wire (31) from the Front Post (2).

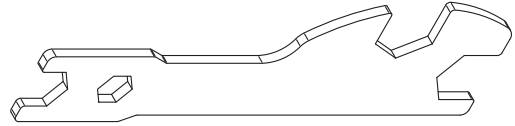
Insert the Front Post (2) onto the tube of the Main Frame (1) and secure with five M8x15 Hexagon Socket Pan Head Cap Bolts (29) and five Ø16xØ8x1.5t Curve Washers (30) that were removed. Tighten bolts with the 6mm Allen Wrench provided.



Tools:



Allen Wrench 8mm



Multi Hex Tool S10, S13, S17, S19

IMPORTANT:

Please make sure the 1/2" Right Nylon Nut (44) matches up with the Bolt for right U Shape Bracket (16) and the 1/2" Left Nylon Nut (43) matches up with the Bolt for left U Shape Bracket (15). If reversed the Nylon Nuts may become damaged.

3. Left/Right Handrail Arms and Left/Right Foot Bars Installation

Remove two M10x20 Hexagon Head Bolts (63), two Ø19.5Ø11.5x3.0 Spring Washers (64), and two Ø28xØ16x5 D Shaped Washers (65) from the left and right horizontal axes of the Front Post (2). Remove bolts with the Multi Hex Tool provided.

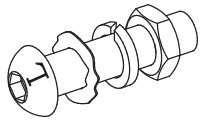
Attach the Left Handrail Arm (6) onto the left horizontal axis of the Front Post (2) with one M10x20 Hexagon Head Bolt (63), one Ø19.5Ø11.5x3.0 Spring Washer (64), and one Ø28xØ16x5 D Shaped Washer (65) that were removed. Tighten bolt with the Multi Hex Tool provided

Attach the Left Foot Bar (4) to the left Crank (11) with one Bolt for left Crank (15), one Ø1/2"x2.0 Spring Washer (17), one Ø26xØ16x0.3 Wave Washer (18), and one 1/2" Left Nylon Nut (43). Tighten bolt with the 8mm Allen Wrench provided. Install a S19 Nut Cap (84) onto the 1/2" Left Nylon Nut (43).

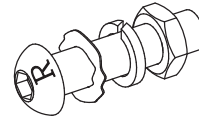
Install a S17 Nut Cap (83) onto the M10 Nylon Nut (22).

Repeat above step to attach the Right Handrail Arm (7) onto the right horizontal axis of the Front Post (2) and Right Foot Bar (5) to the right Crank (15).

Hardware:



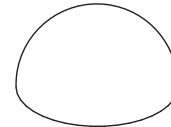
- (15) Bolt for left Crank 1 PC
- (17) Spring Washer $\text{Ø}1/2\text{''} \times 2.0$ 1 PC
- (18) Wave Washer $\text{Ø}26 \times \text{Ø}16 \times 0.3$ 1 PC
- (43) Left Nylon Nut 1/2" 1 PC



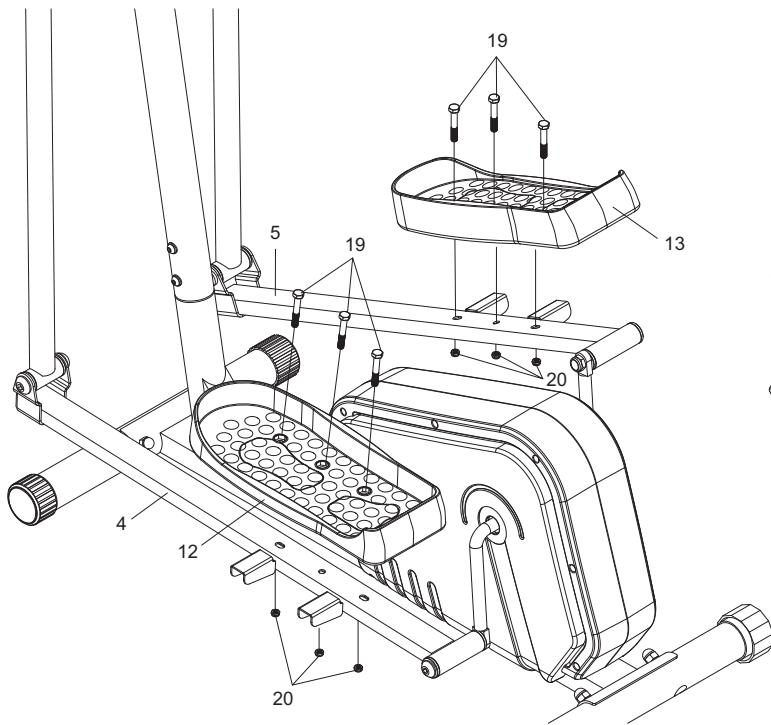
- (16) Bolt for right Crank 1 PC
- (17) Spring Washer $\text{Ø}1/2\text{''} \times 2.0$ 1 PC
- (18) Wave Washer $\text{Ø}26 \times \text{Ø}16 \times 0.3$ 1 PC
- (44) Right Nylon Nut 1/2" 1 PC



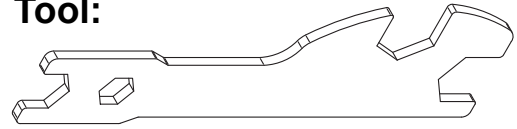
- (83) Nut Cap S17
4 PCS



- (84) Nut Cap S19
2 PCS



Tool:



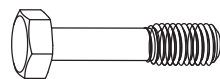
Multi Hex Tool S10, S13, S17, S19

4. Left and Right Foot Pedals Installation

Attach the Left Foot Pedal (12) onto the Left Foot Bar (4) with three M8x35 Hexagon Head Bolts (19) and three M8 Nylon Nuts (20). Tighten nylon nuts with the Multi Hex Tool provided.

Attach the Right Foot Pedal (13) onto the Right Foot Bar (5) with three M8x35 Hexagon Head Bolts (19) and three M8 Nylon Nuts (20). Tighten nylon nuts with the Multi Hex Tool provided.

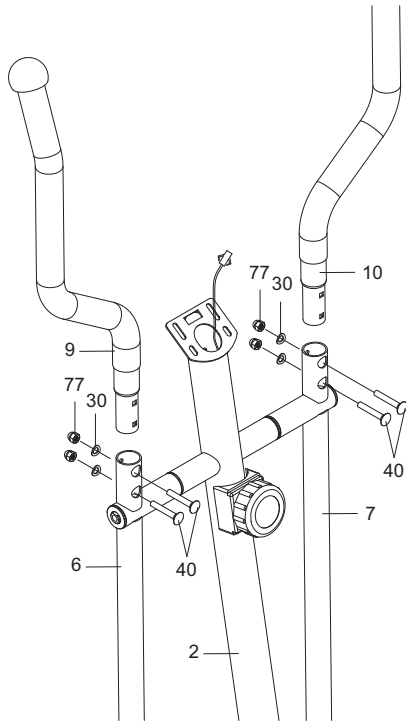
Hardware:



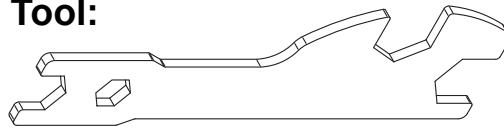
(19) Hexagon Head Bolt
M8x35
6 PCS



(20) Nylon Nut M8
6 PCS



Tool:



Multi Hex Tool S10, S13, S17, S19

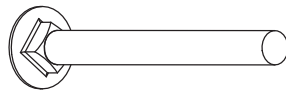
5. Left and Right Handrails Installation

Attach the Left/Right Handrails (9, 10) onto the Left/Right Handrail Arms (6, 7) with four Ø16xØ8x1.5t Curve Washers (30), four M8x35 Carriage Bolts (40), four, and four M8 Cap Nuts (77). Tighten cap nuts with the Multi Hex Tool provided.

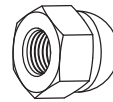
Hardware:



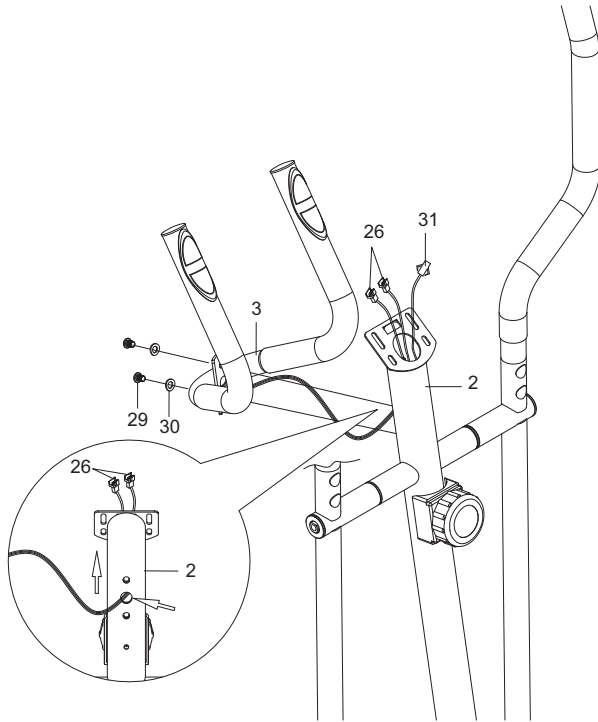
(30) Curve Washer
Ø16xØ8x1.5t
4 PCS



(40) Carriage Bolt
M8x35
4 PCS



(77) Cap Nut M8
4 PCS



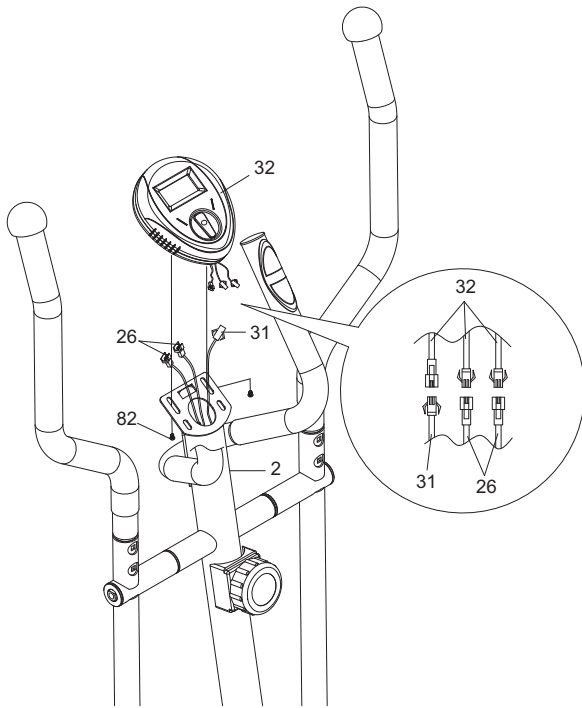
Tool:



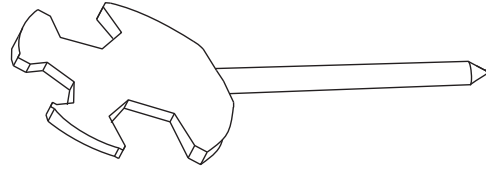
Allen Wrench 6mm

6. Handlebar Installation

Remove two M8x15 Hexagon Socket Pan Head Cap Bolts (29) and two Ø16xØ8x1.5t Curve Washers (30) from the Front Post (2). Remove bolts with the 6mm Allen Wrench provided. Insert the Hand Pulse Sensor Wires (26) from the Handlebar (3) into the hole on the Front Post (2) and then pull them out from the top end of the Front Post (2). Attach the Handlebar (3) onto the Front Post (2) with two M8x15 Hexagon Socket Pan Head Cap Bolts (29) and two Ø16xØ8x1.5t Curve Washers (30) that were removed. Tighten bolts with the 6mm Allen Wrench provided.



Tool:



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

7. Computer Installation

Remove two M5x10 Cross Recessed Pan Head Bolts (82) from the back of the Computer (32). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Connect the Hand Pulse Sensor Wires (26) and Extension Sensor Wire (31) to the wires that come from the Computer (32). Tuck wires into the Front Post (2). Attach the Computer (32) onto the top end of the Front Post (2) with two M5x10 Cross Recessed Pan Head Bolts (82) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:

Press the button to select one of the seven functions of the computer.

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

COMPUTER FUNCTIONS:

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

NOTE: If you do not want to use the SCAN function, press the button to select one of the other functions.

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

SPEED: Displays the current training speed.

DISTANCE: Displays the cumulative distance traveled during workout.

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).

ODOMETER: Displays the total accumulative distance traveled. 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.

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:

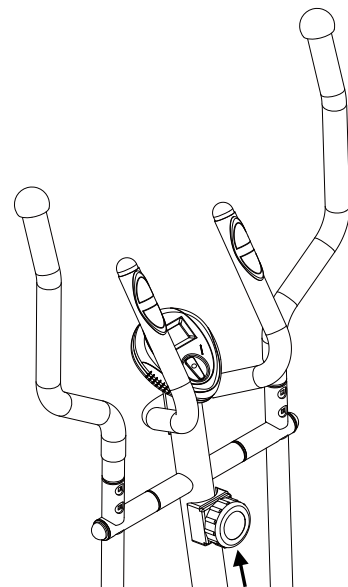
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

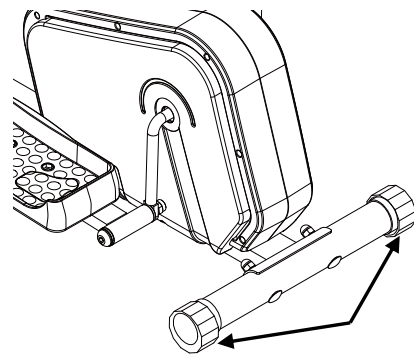
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.



Rear Stabilizer End Cap

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer 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 elliptical trainer, 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 elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical trainer wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.
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 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.	<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 elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

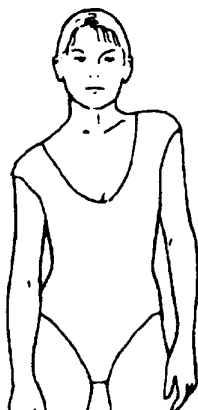
WARM UP AND COOL DOWN ROUTINE

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.

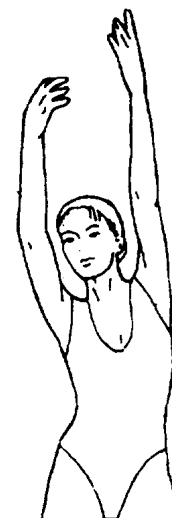
HEAD ROLLS

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.

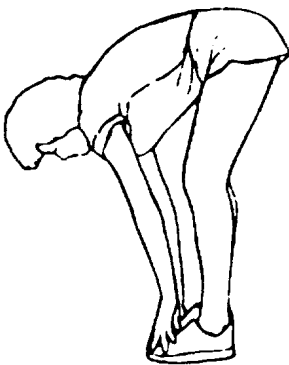


QUADRICEPS STRETCH

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.

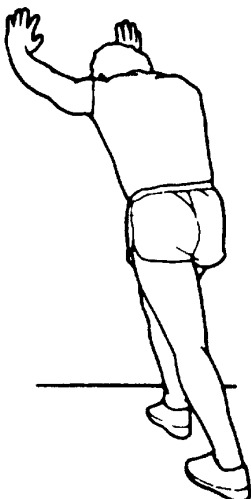
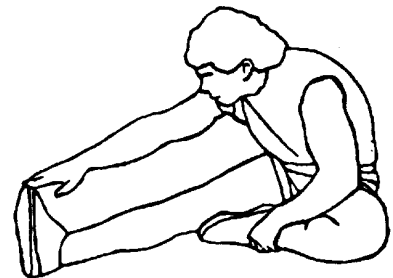


TOE TOUCHES

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.