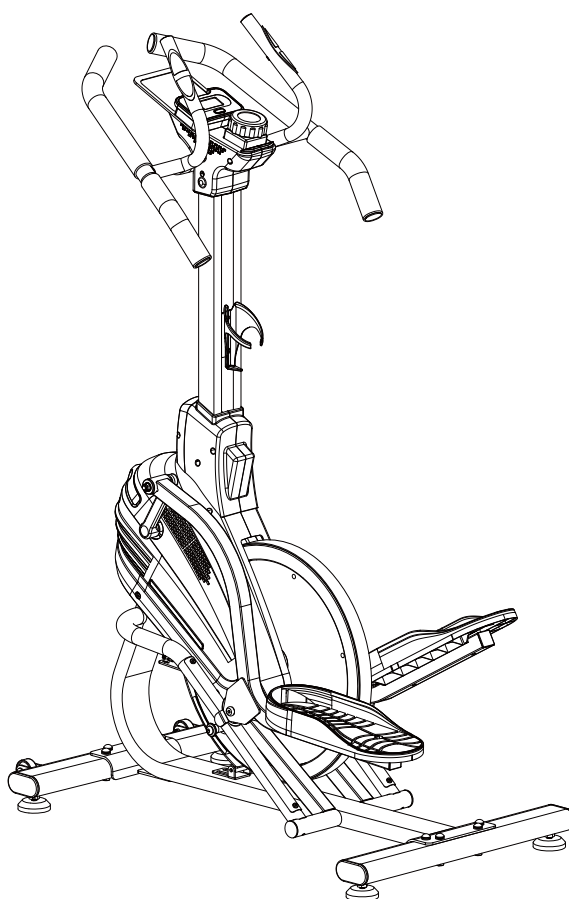


MAGNETIC ELLIPTICAL CLIMBER MACHINE

ITEM NO.: 91201

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.

2019, Oct.

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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. We recommend that two people be available for assembly of this equipment.
4. 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.
5. Please wear proper clothes and footwear when using this equipment; do not wear clothes that may catch any part of the equipment; always wear correct footwear, such as running, walking, or cross-training shoes.
6. 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.
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. Keep both feet firmly and securely on the foot pedals while exercising.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. Care should be taken in using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious bodily injury.
13. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. The minimum free space required for safe operation is not less than two meters.
14. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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	019	Bearing 6200RS	4
002	Front Stabilizer 40x80x1.5Tx540mm	1	020	Roller Ø65x25	2
003	Rear Stabilizer 40x80x1.5Tx540mm	1	021	Hexagon Socket Should Bolt M8x12xØ10x32	2
004	Hexagon Socket Pan Head Cap Bolt M8x55	8	022	Roller Ø10.5xØ16x28	2
005	Spring Washer Ø8	8	023	Nylon Nut M10	2
006	Washer Ø8xØ16x1.5T	22	024	Square End Cap	2
007	Stabilizer End Cap	4	025	Hexagon Socket Pan Head Cap Bolt M8x50	3
008	Adjustable Leveler Ø50xM10x25	4	026	Hexagon Socket Pan Head Cap Bolt M8x35	4
009L	Left Foot Pedal Arm 30x30x2.0Tx850mm	1	027	Sensor Bracket	1
009R	Right Foot Pedal Arm 30x30x2.0Tx850mm	1	028	Lock Cap	1
010L	Left Foot Pedal	1	029	Cross Recessed Pan Head Tapping Screw ST4.2x18	2
010R	Right Foot Pedal	1	030	Washer Ø5xØ12x1.0T	2
011	Hexagon Head Bolt M8x50	4	031	Bottle Holder	1
012	Nylon Nut M8	15	032	Cross Recessed Pan Head Bolt M5x10 (Ø10)	2
013	Bushing Ø28xØ24xØ16.1	4	033	Hand Pulse Sensor with Wire (L=800mm)	2
014	Aluminum Track 30x370x1.5T	2	034	Handlebar Foam Grip Ø24xØ30x310	2
015	Hexagon Socket Pan Head Cap Bolt M6x45	4	035	Handlebar End Cap Ø25	2
016	Nylon Nut M6	9	036	Handlebar Foam Grip Ø31xØ37x320	2
017	Round End Cap Ø32	6	037	Handlebar	1
018	Hexagon Socket Pan Head Cap Bolt M10x50	2	038	Handlebar Foam Grip Ø31xØ37x190	2

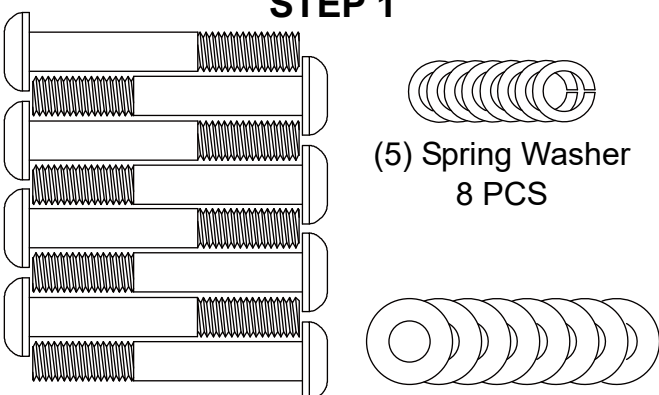

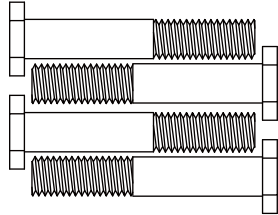
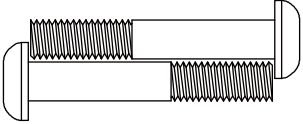

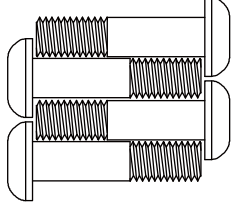

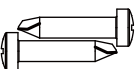
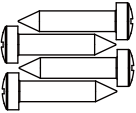
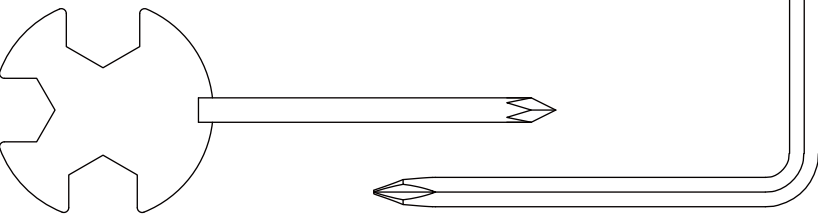
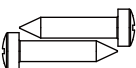


PARTS LIST

No.	Description	Qty	No.	Description	Qty
039	Front Post	1	061	Magnet Bracket	1 Set
040	Washer Ø16x Ø28x2.0T	2	062	Transport Wheel Ø41xØ8.5x20	2
041	Computer	1	063	Hexagon Socket Pan Head Cap Bolt M8x38	2
042	Computer Bolt M5x10	2	064	Brake Block 60x35x3	1
043	Washer Ø8xØ28x2.0T	2	065	Brake Pad 30x30x2	1
044L	Left Crank	1	066	Hexagon Socket Cheese Head Cap Bolt M6x50	1
044R	Right Crank	1	067	Spring Ø10x70	1
045	Bearing 6203ZZ	2	068	Hexagon Socket Cheese Head Cap Bolt M5x12	2
046	Hexagon Socket Cheese Head Cap Bolt M6x15	4	069L	Left Cover	1
047	Belt Pulley Shaft Ø17x182	1	069R	Right Cover	1
048	Belt Pulley Ø200	1	070L	Left Decorate Cover	1
049	Spacer Ø8xØ6x44	1	070R	Right Decorate Cover	1
050	Wave Washer Ø21xØ17.5x0.3T	1	071	Front Fender	1
051	Spring Clip Ø17	2	072	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	9
052	Crank Cap	2	073	Cross Recessed Pan Head Bolt M4x10	2
053	Flange Nut M10x1.25	2	074	Cross Recessed Pan Head Bolt M5x10	2
054	Flywheel Shaft M10x138	1	075	Cross Recessed Pan Head Tapping Screw ST4.2x20	11
055	Bearing 6000RS	2	076	Tension Control Knob (L=1170mm)	1
056	Flywheel Ø460x33	1	077L	Left Handlebar Cover	1
057	Hexagon Nut M10x1.0	4	077R	Right Handlebar Cover	1
058	Eyebolt M6x40	2	078	Cross Recessed Pan Head Bolt M5x20	1
059	Flange Nut M10x1.0	2	079	Belt (415PJ6)	1
060	Hexagon Nut M6	6	080	Sensor Wire (L=1300mm)	1

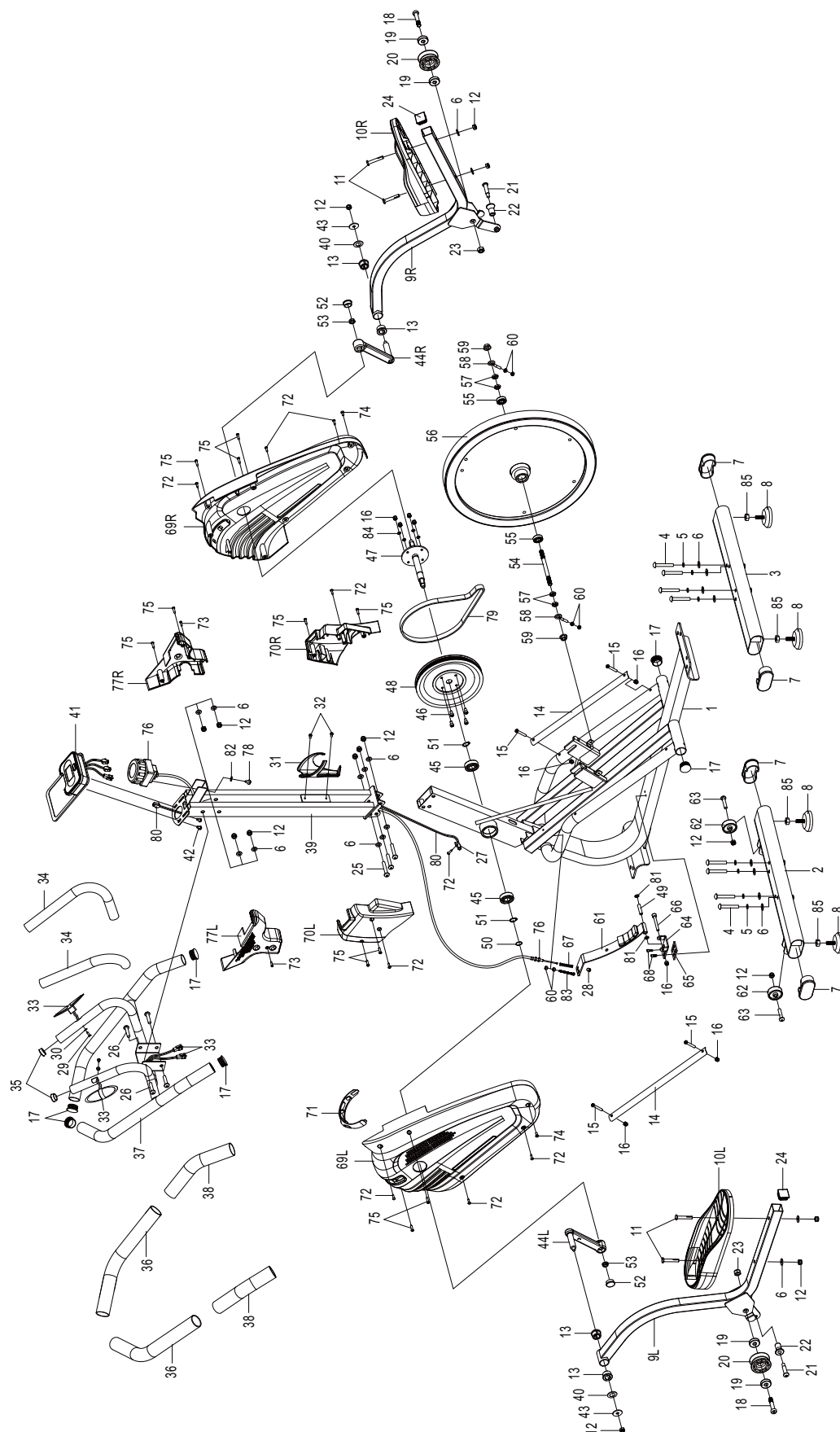
PARTS LIST

No.	Description	Qty	No.	Description	Qty
081	Washer Ø8.5xØ19x2.0T	2	084	Spring Washer Ø6	4
082	Washer Ø5xØ12x1.5T	1	085	Hexagon Nut M10 (S17)	4
083	Hexagon Head Bolt M6x70	1			

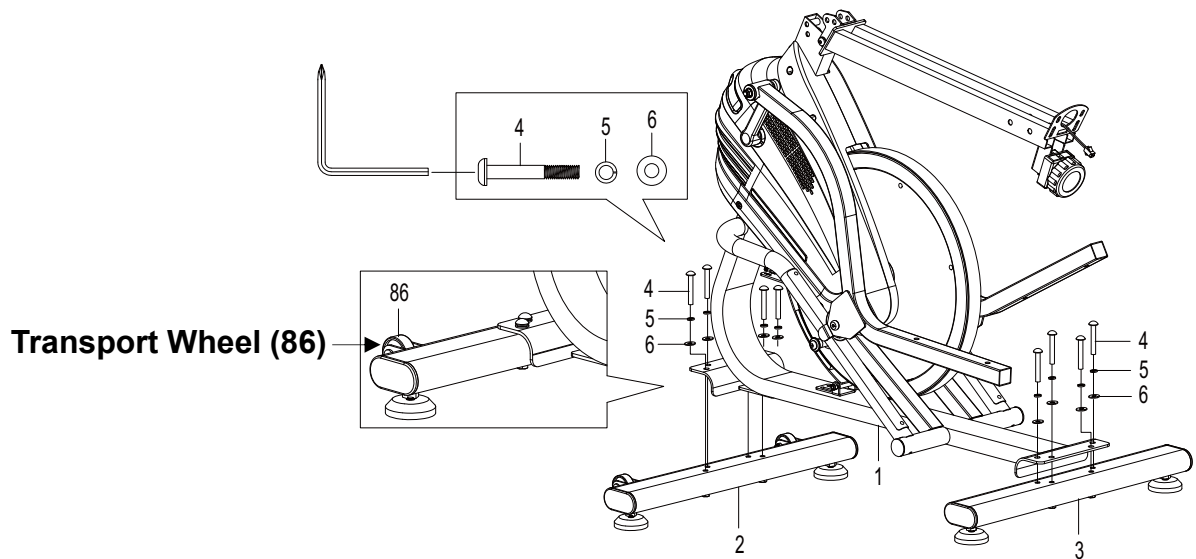
HARDWARE AND TOOLS KIT

<p>STEP 1</p>  <p>(4) Hexagon Socket Pan Head Cap Bolt 8 PCS</p> <p>(5) Spring Washer 8 PCS</p> <p>(6) Washer 8 PCS</p>	<p>STEP 2</p>  <p>(12) Nylon Nut 4 PCS</p> <p>(6) Washer 4 PCS</p>  <p>(11) Hexagon Head Bolt 4 PCS</p>
<p>STEP 3</p>  <p>(25) Hexagon Socket Pan Head Cap Bolt 2 PCS</p>  <p>(6) Washer 4 PCS</p> <p>(12) Nylon Nut 2 PCS</p>	<p>STEP 5</p>  <p>(26) Hexagon Socket Pan Head Cap Bolt 4 PCS</p>  <p>(6) Washer 4 PCS</p> <p>(12) Nylon Nut 4 PCS</p>
<p>STEP 4</p>  <p>(72) Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread 2 PCS</p>  <p>(75) Cross Recessed Pan Head Tapping Screw 4 PCS</p>	 <p>Multi Hex Tool with Phillips Screwdriver 1 PC</p> <p>Allen Wrench with Phillips Screwdriver 1 PC</p>
<p>STEP 8</p>  <p>(75) Cross Recessed Pan Head Tapping Screw 2 PCS</p>  <p>(73) Cross Recessed Pan Head Bolt 2 PCS</p>	<p>STEP 9</p>  <p>(32) Cross Recessed Pan Head Bolt 2 PCS</p>

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



STEP 1

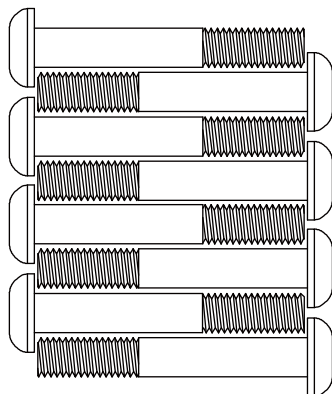
Position the Front Stabilizer (2) in front of the Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (2) onto the front curve of the Main Frame (1) with two Hexagon Socket Pan Head Bolts (4), two Spring Washers (5), and two Washers (6). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Position the Rear Stabilizer (3) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) with two Hexagon Socket Pan Head Bolts (4), two Spring Washers (5), and two Washers (6). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Hardware:



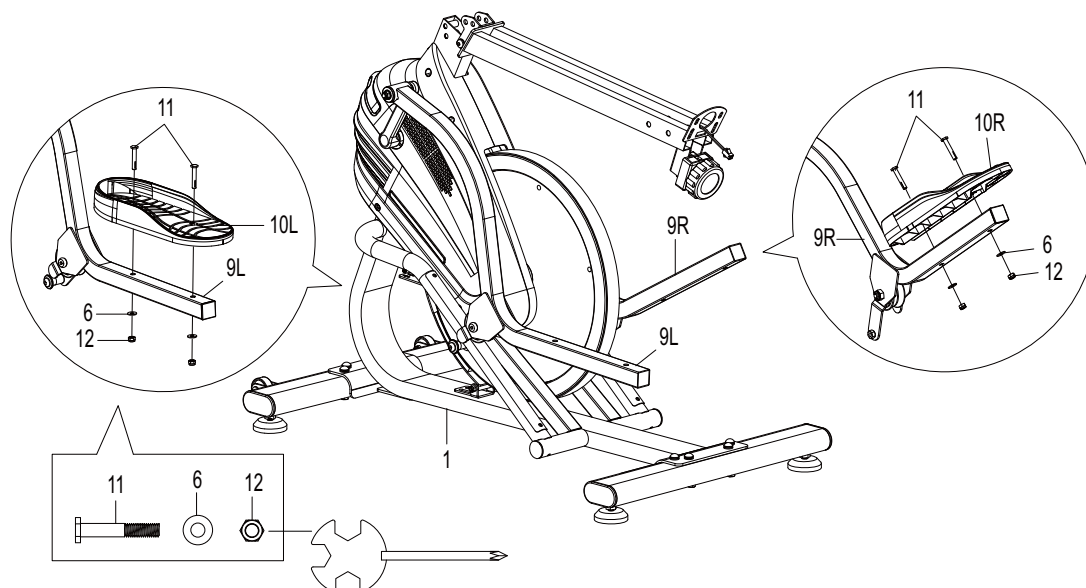
(4) Hexagon Socket
Pan Head Cap Bolt
8 PCS



(5) Spring Washer
8 PCS



(6) Washer
8 PCS



STEP 2

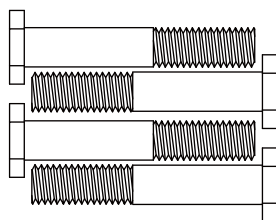
The Left and Right Foot Pedals (10L, 10R) are marked with the letter L for the Left and R for the Right.

Attach both Left and Right Foot Pedals (10L, 10R) onto both Left and Right Foot Pedal Arms (9L, 9R) with four Hexagon Head Bolts (11), four Washers (6), and four Nylon Nuts (12). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

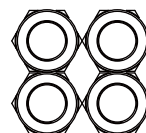
Hardware:



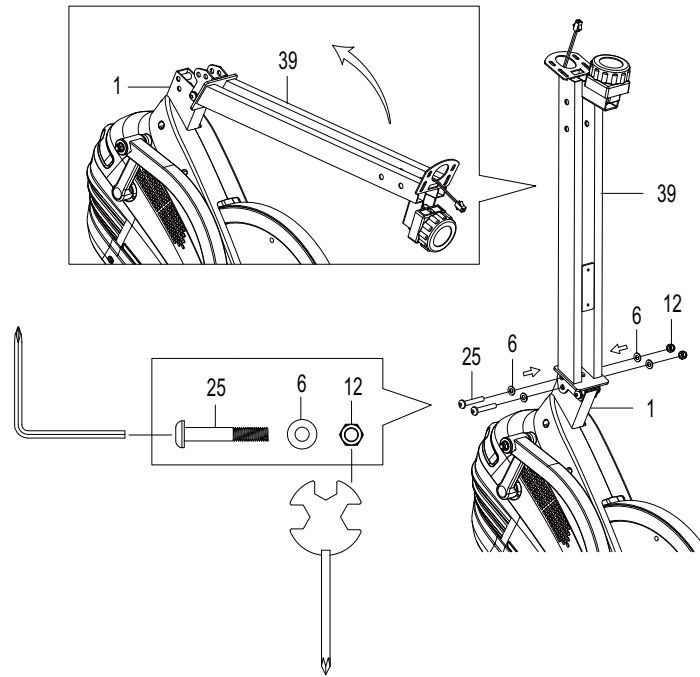
(6) Washer
4 PCS



(11) Hexagon Head Bolt
4 PCS



(12) Nylon Nut
4 PCS

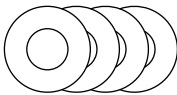


STEP 3

Pull the Front Post (39) all the way up and align bolt holes.

Attach the Front Post (39) to the Main Frame (1) with two Hexagon Socket Pan Head Bolts (25), four Washers (6), and two Nylon Nuts (12). Tighten bolts and nylon nuts with the Allen Wrench with Phillips Screwdriver and the Multi Hex Tool with Phillips Screwdriver provided.

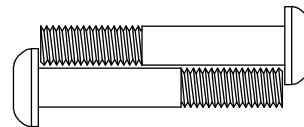
Hardware:



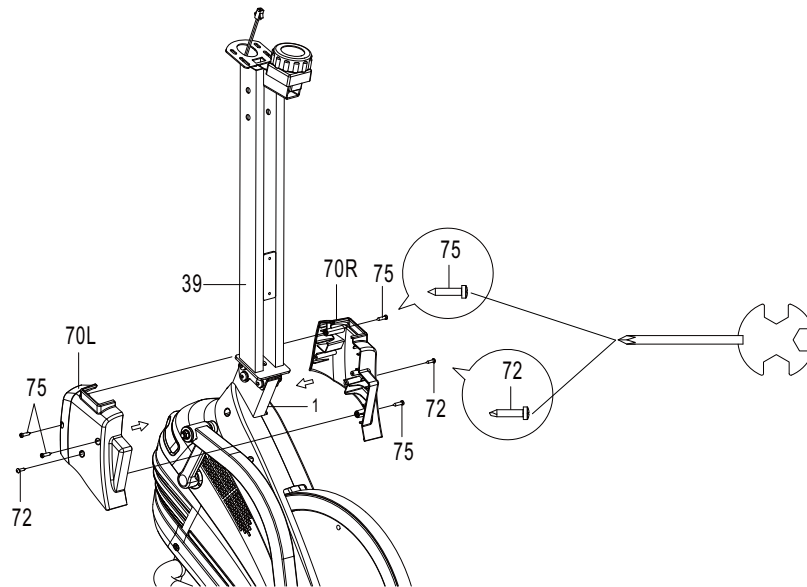
(6) Washer
4 PCS



(12) Nylon Nut
2 PCS



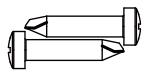
(25) Hexagon Socket
Pan Head Cap Bolt
2 PCS



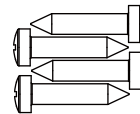
STEP 4

Attach the Left Decorate Cover (70L) and Right Decorate Cover (70R) onto the Main Frame (1) with two Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (72) and four Cross Recessed Pan Head Tapping Screws (75). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

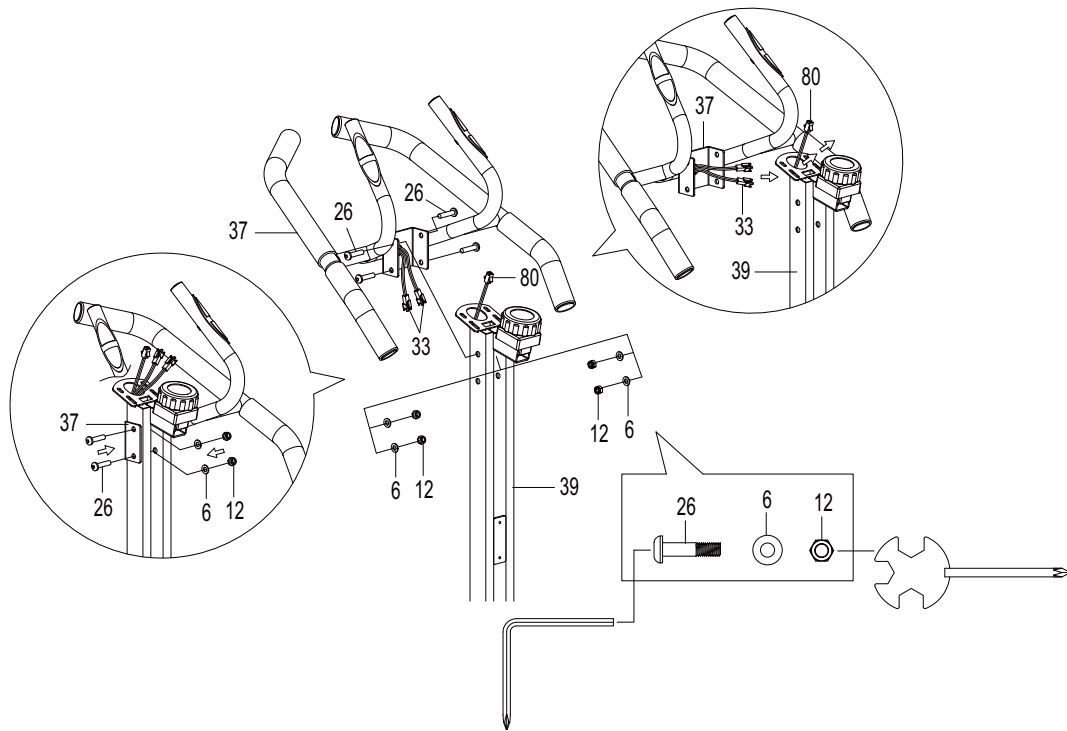
Hardware:



(72) Cross Recessed Pan
Head Drilling Screw with
Tapping Screw Thread
2 PCS



(75) Cross Recessed Pan
Head Tapping Screw
4 PCS

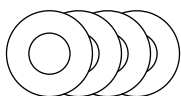


STEP 5

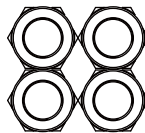
Insert the Hand Pulse Sensor Wires (33) from the Handlebar (37) into the hole on the Front Post (39) and then pull them out from the top end of the Front Post (39).

Attach the Handlebar (37) onto the Front Post (39) with four Hexagon Socket Pan Head Cap Bolts (26), four Washers (6), and four Nylon Nuts (12). Tighten bolts and nylon nuts with the Allen Wrench with Phillips Screwdriver and the Multi Hex Tool with Phillips Screwdriver provided.

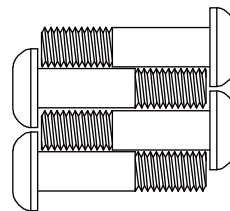
Hardware:



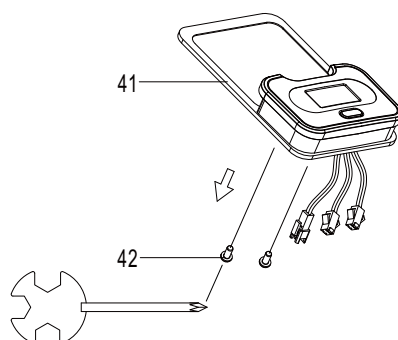
(6) Washer
4 PCS



(12) Nylon Nut
4 PCS

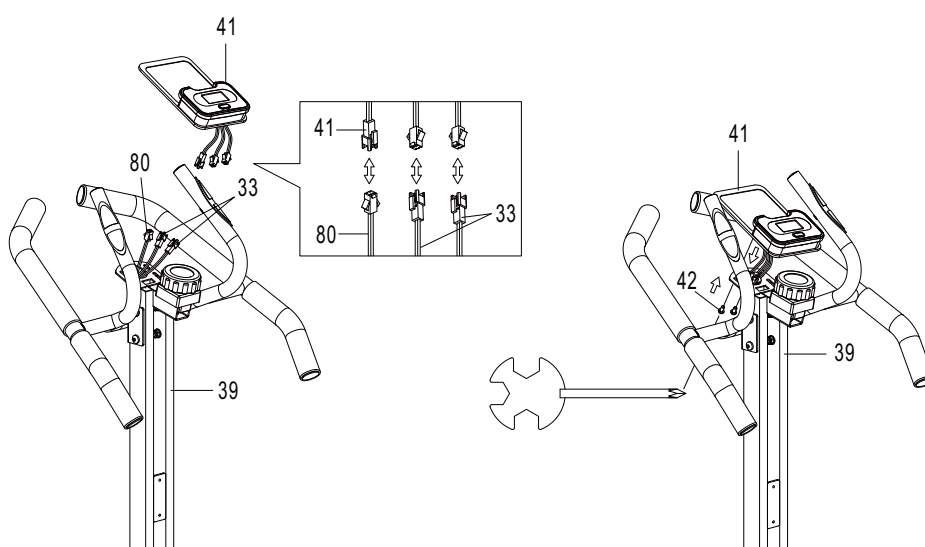


(26) Hexagon Socket
Pan Head Cap Bolt
4 PCS



STEP 6

Remove two Computer Bolts (42) from the Computer (41). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

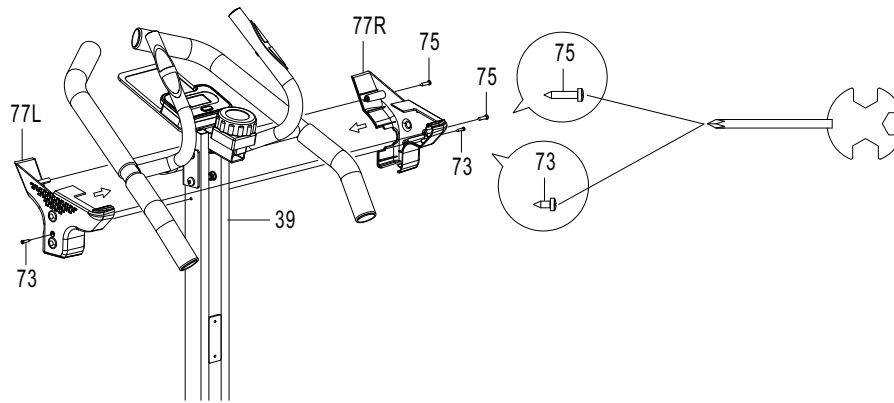


STEP 7

It is recommended to have a second person assist with this step. One person should hold the Computer (41) in place while the other person connects the wires.

Connect the Hand Pulse Sensor Wires (33) and Sensor Wire (80) to the wires that come from the Computer (41).

Attach the Computer (41) onto the top end of the Front Post (39) with two Computer Bolts (42) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



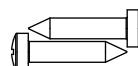
STEP 8

Attach the Left Handlebar Cover (77L) and Right Handlebar Cover (77R) onto the Front Post (39) with two Cross Recessed Pan Head Bolts (73) and two Cross Recessed Pan Head Tapping Screws (75). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

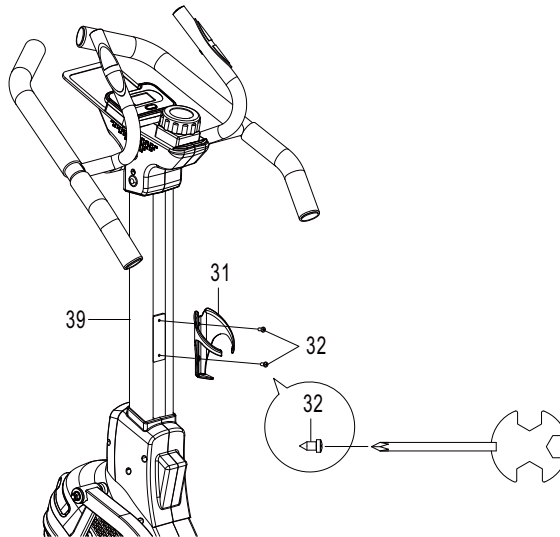
Hardware:



(73) Cross Recessed
Pan Head Bolt
2 PCS



(75) Cross Recessed Pan
Head Tapping Screw
2 PCS



STEP 9

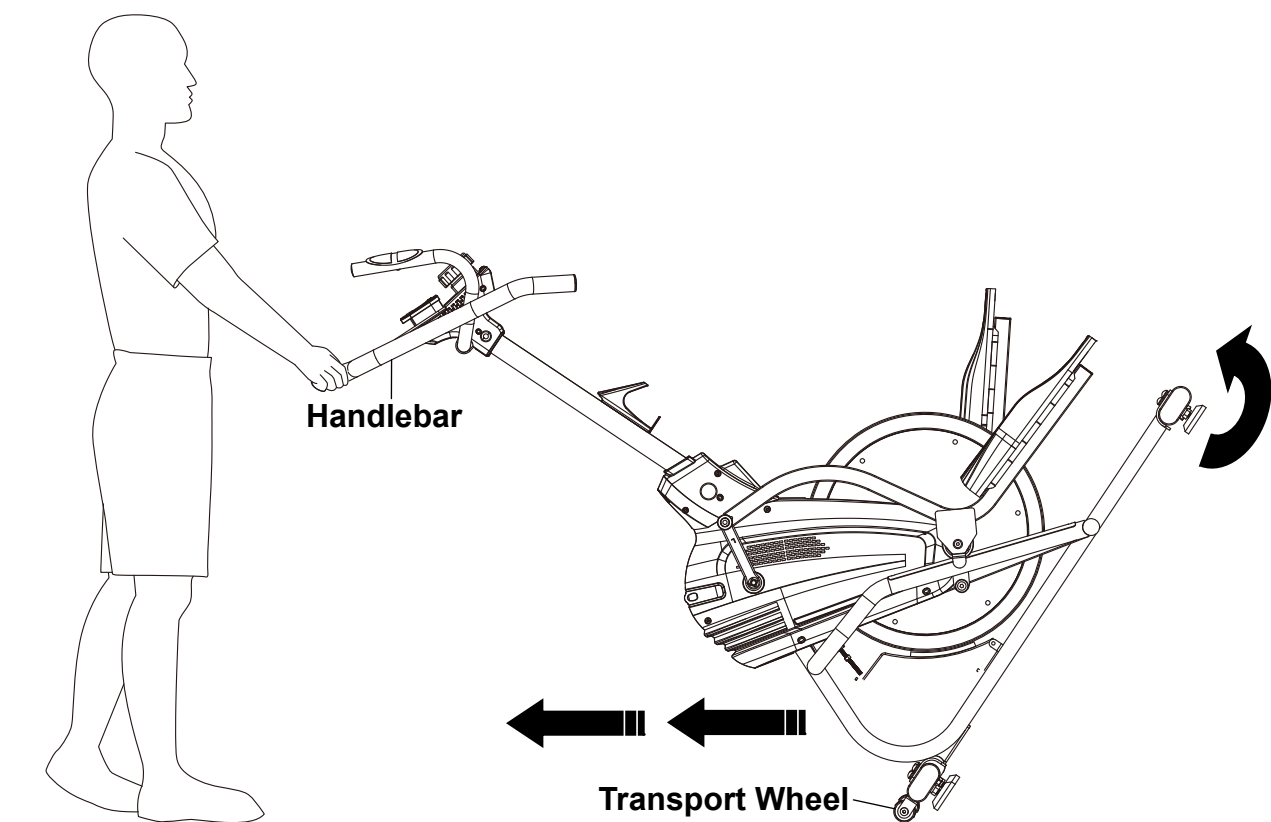
Attach the Bottle Holder (31) onto the Front Post (39) with two Cross Recessed Pan Head Bolts (32). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(32) Cross Recessed
Pan Head Bolt
2 PCS

HOW TO MOVE THE CLIMBER MACHINE



This machine has a pair of Transport Wheels on the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

To move the climber machine, firmly grasp the Handlebar with both hands. Next, carefully push the climber machine 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 climber machine.

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 the functions of the computer.

Press and hold the button for 2-3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.



COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence.

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

SPD (SPEED): Displays the current training speed.

DIS (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.

♥ **(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:

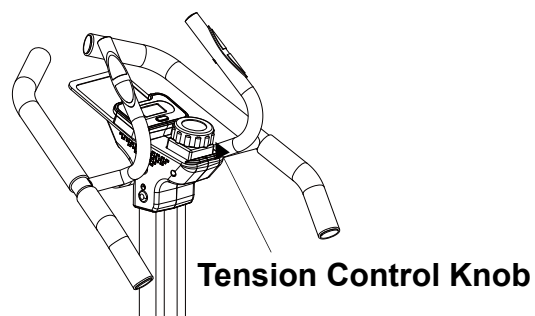
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

ADJUSTMENTS

Adjusting the Tension Control Knob

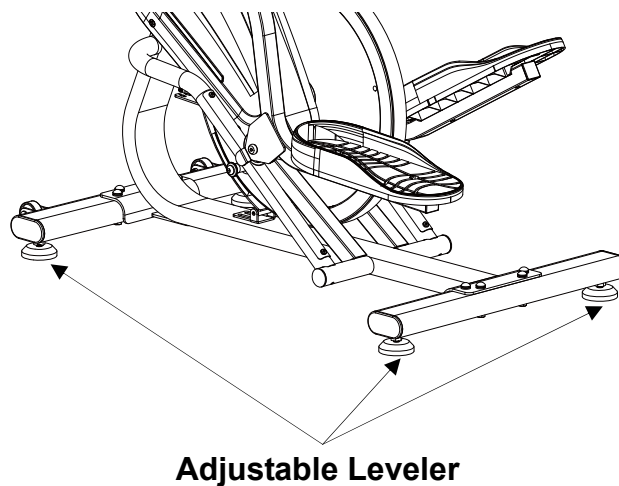
To increase the tension, turn the tension control knob in a clockwise direction.

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



Adjusting the Adjustable Leveler

Turn the adjustable leveler on the front or rear stabilizer as needed to level the climber machine.



MAINTENANCE

Cleaning

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

TROUBLESHOOTING

PROBLEM: The climber machine wobbles when in use.

SOLUTION: Turn the adjustable leveler on the front or rear stabilizer as needed to level the climber machine.

PROBLEM: There is no display on the computer console.

SOLUTION: 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.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: 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.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The climber machine a squeaking noise when in use.

SOLUTION: The bolts may be loose on the climber machine. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the climber machine.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

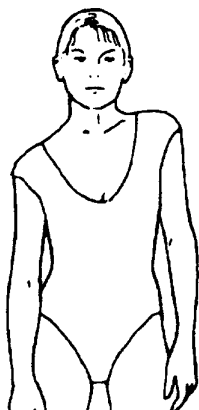
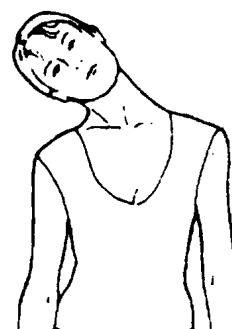
WARM UP AND COOL DOWN ROUTINE

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.

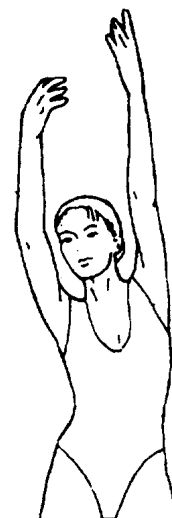
HEAD ROLLS

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.

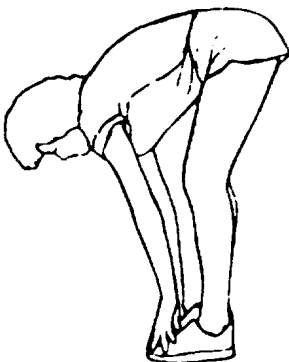


QUADRICEPS STRETCH

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.

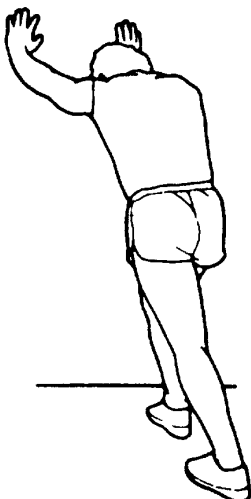
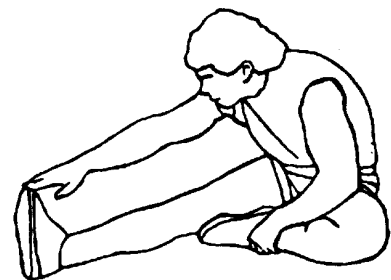


TOE TOUCHES

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.