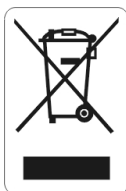
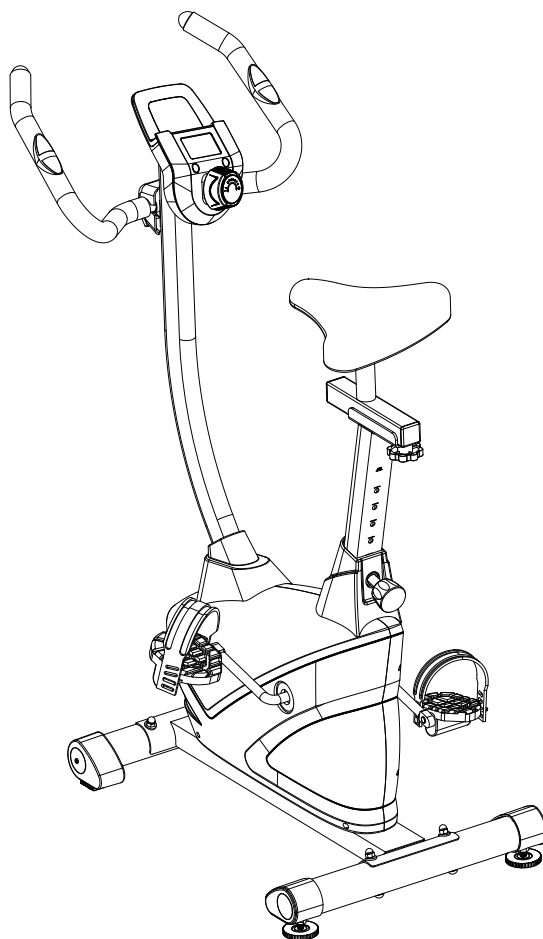


# **FORMULA MAGNETIC UPRIGHT BIKE ITEM NO.: 20582**

**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.

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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 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.

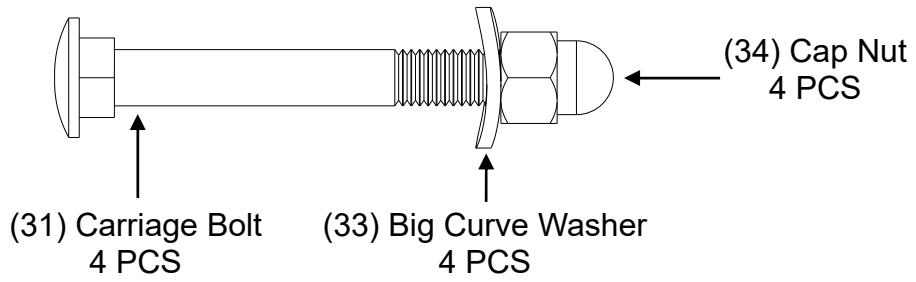
# PARTS LIST

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

# PARTS LIST

| No. | Description                                    | Qty | No. | Description                                | Qty |
|-----|--|-----|-----|--|-----|
| 053 | Hexagon Socket Pan Head Cap Bolt M8x15         | 1   | 064 | Spacer (Ø12x20x1.5)                        | 1   |
| 054 | Curve Washer Ø16xØ8x1.5                        | 1   | 065 | Clamp Cover                                | 1   |
| 055 | Handlebar Post Cover                           | 1   | 066 | Extension Sensor Wire (L=1100 mm)          | 1   |
| 056 | Sensor with Wire L=750 mm                      | 1   | 067 | Tension Cable (L=1350 mm)                  | 1   |
| 057 | Cross Recessed Pan Head Tapping Screw ST2.9x12 | 1   | 068 | Front Right Stabilizer End Cap             | 1   |
| 058 | Handlebar Foam Grip Ø24xØ30x520                | 2   | 069 | Washer Ø10xØ20x2                           | 1   |
| 059 | Handlebar End Cap Ø25                          | 2   | 070 | Washer Ø24xØ40x3                           | 1   |
| 060 | Rear Right Stabilizer End Cap                  | 1   | 071 | Cross Recessed Pan Head Tapping Bolt M5x15 | 1   |
| 061 | Hand Pulse Sensor with Wire L=750 mm           | 2   | 072 | Big Washer Ø5                              | 1   |
| 062 | Cross Recessed Pan Head Tapping Screw ST4.2x20 | 4   | 073 | Wire Grommet Ø12.1                         | 1   |
| 063 | Handlebar T-Knob (M8x55)                       | 1   |     |  |     |

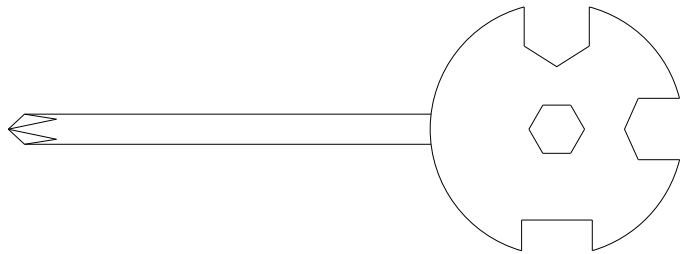
# HARDWARE LIST



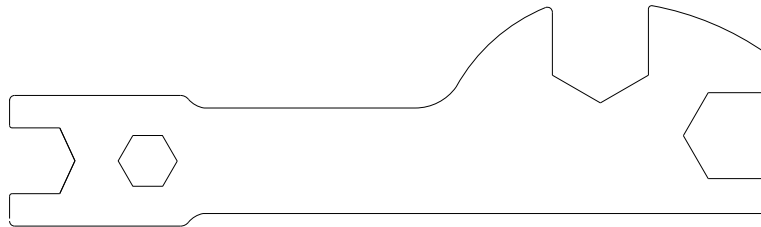
# TOOLS



Allen Wrench  
1 PC

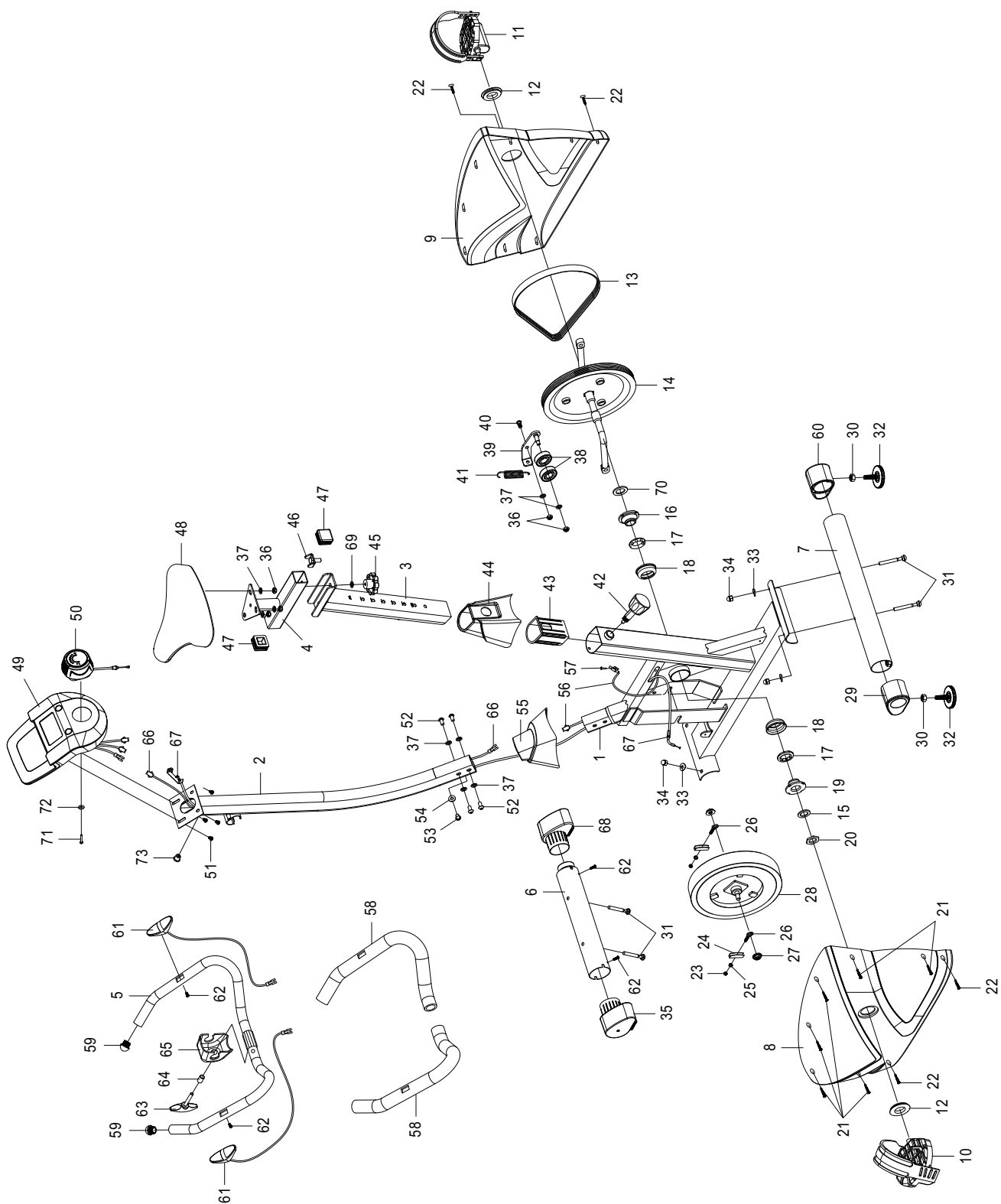


Multi Hex Tool with Phillips Screwdriver  
1 PC



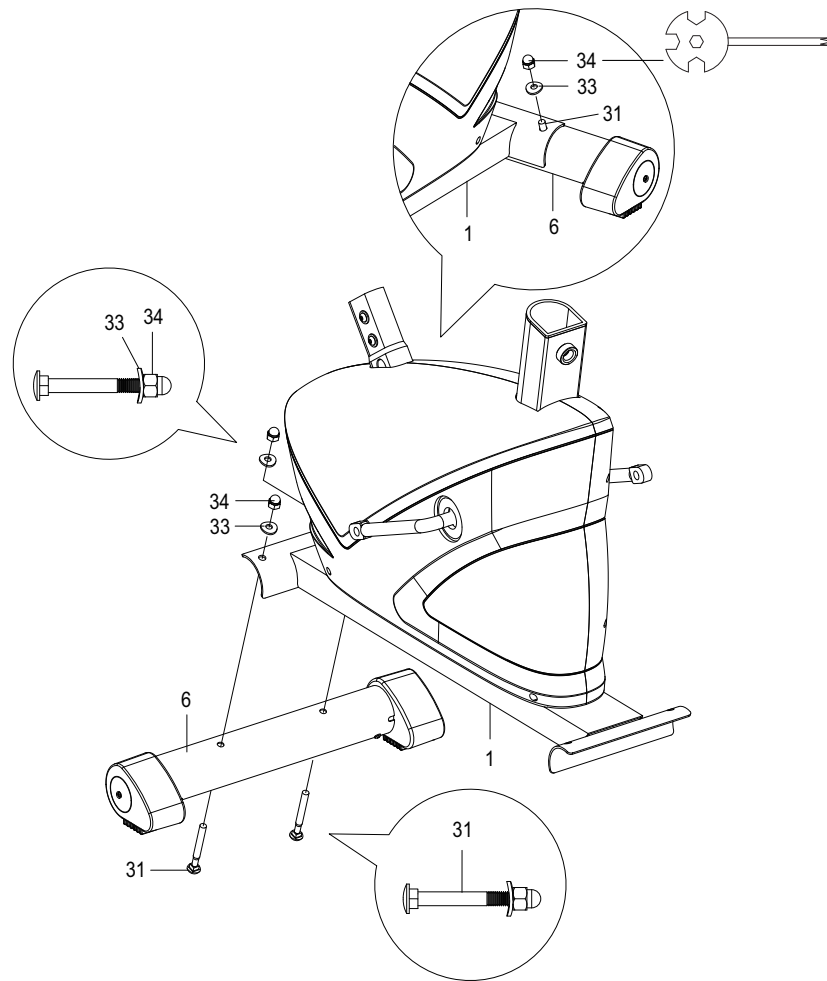
Multi Hex Tool  
1 PC

# EXPLODED VIEW





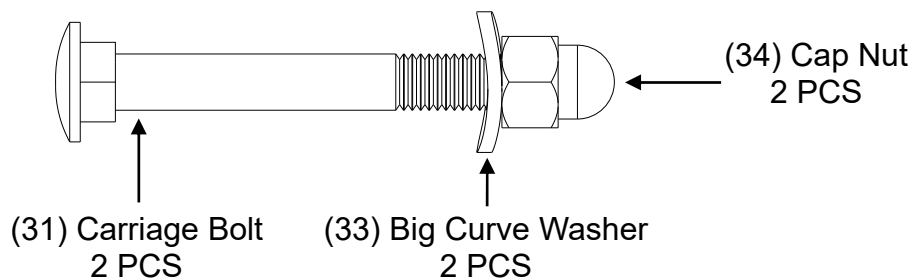
# ASSEMBLY INSTRUCTIONS

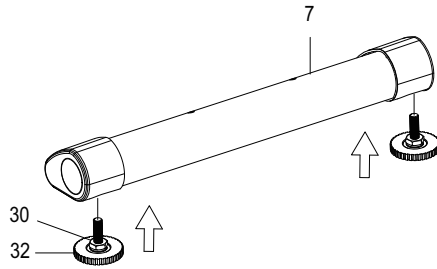


## STEP 1

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (6) onto the front curve plate of the Main Frame (1) with two Carriage Bolts (31), two Big Curve Washers (33), and two Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

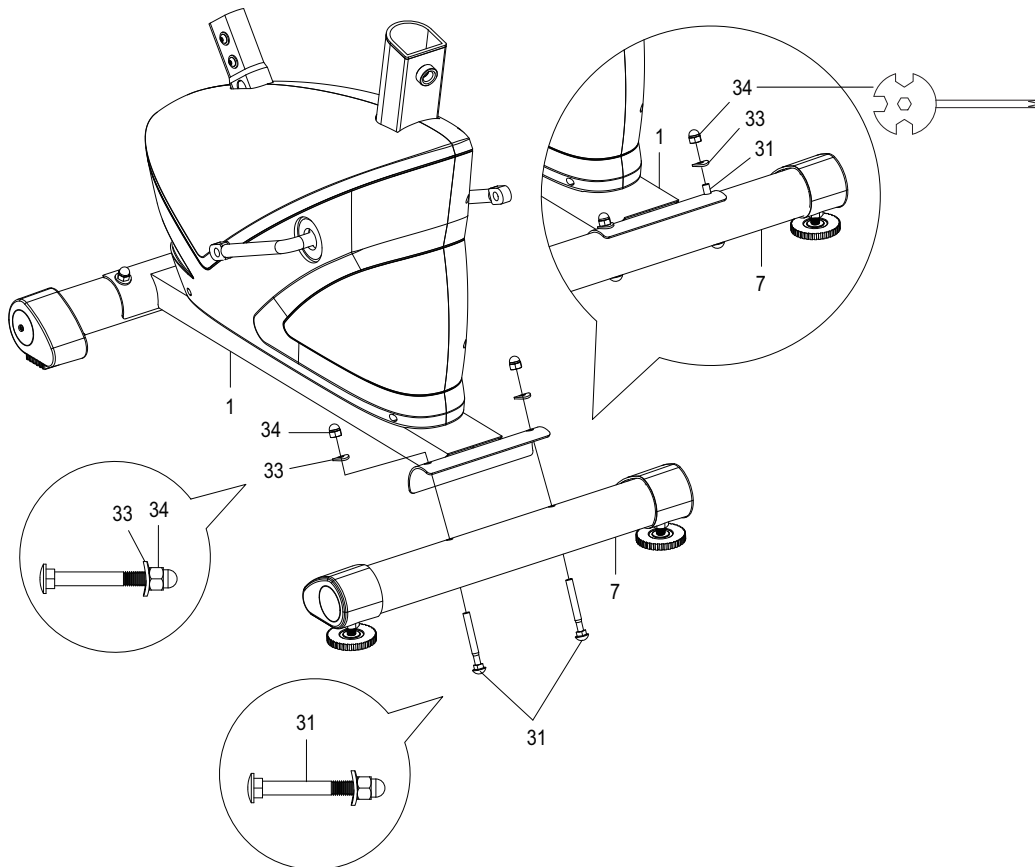
## Hardware:





**STEP 2**

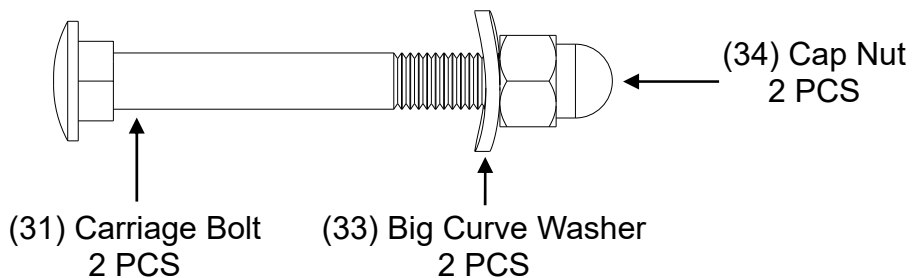
Install two Adjustable Levels (32) with two Hexagon Nuts (30) onto the Rear Stabilizer (7).

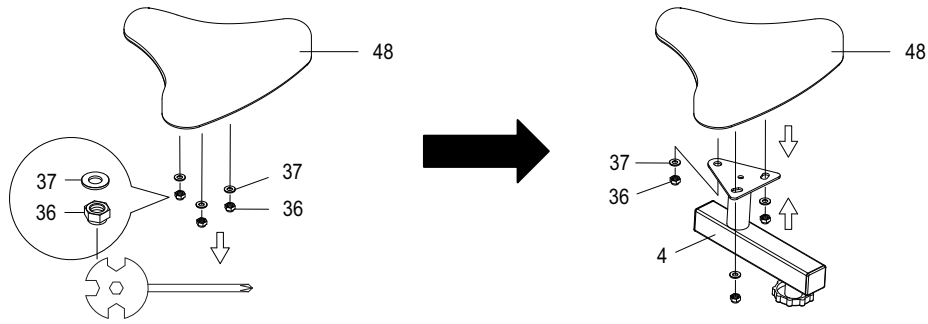


**STEP 3**

Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (7) onto the rear curve plate of the Main Frame (1) with two Carriage Bolts (31), two Big Curve Washers (33), and two Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

**Hardware:**

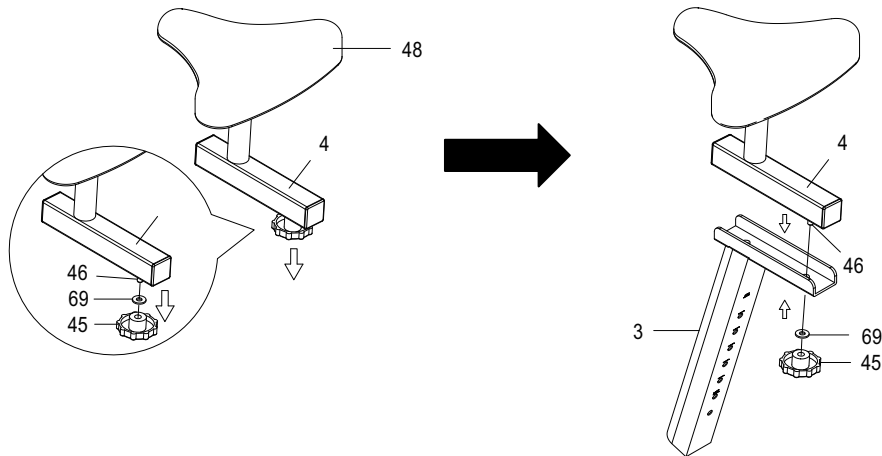




**STEP 4**

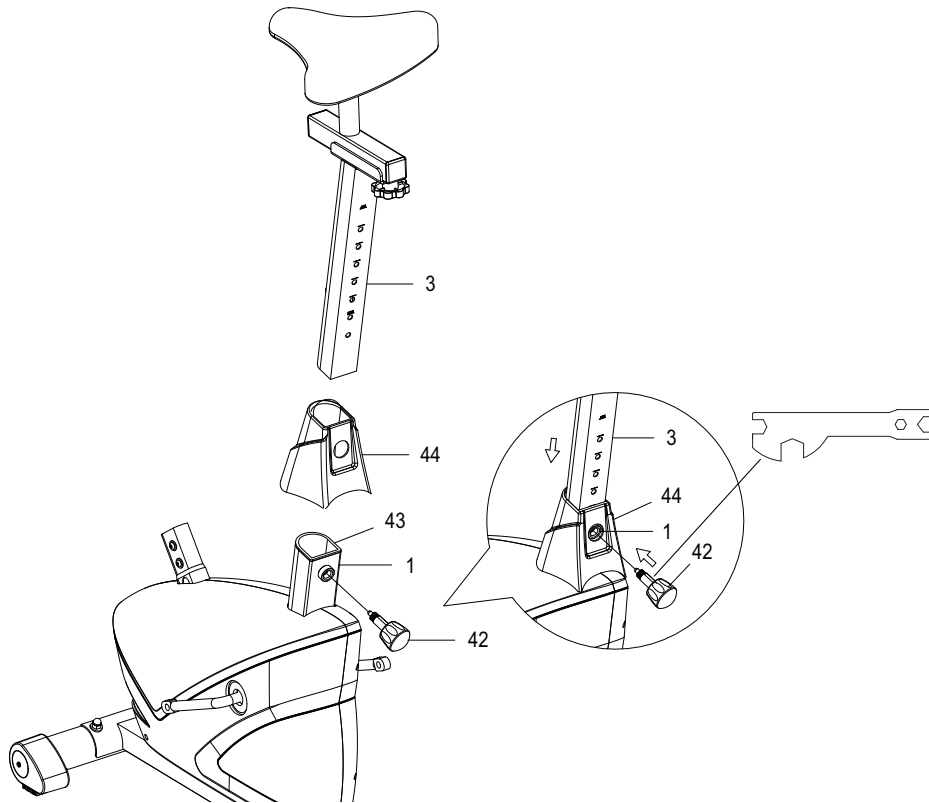
Remove three Nylon Nuts (36) and three Washers (37) from underside of the Seat Cushion (48). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

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



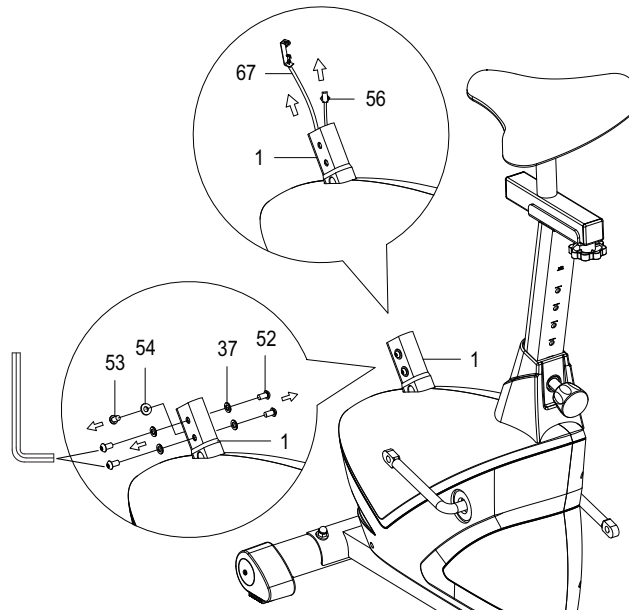
**STEP 5**

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



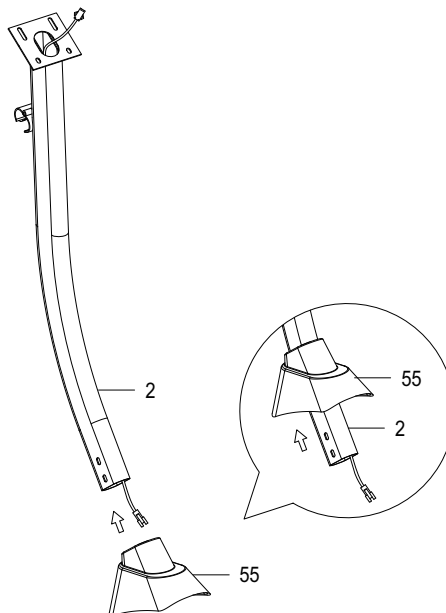
## STEP 6

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



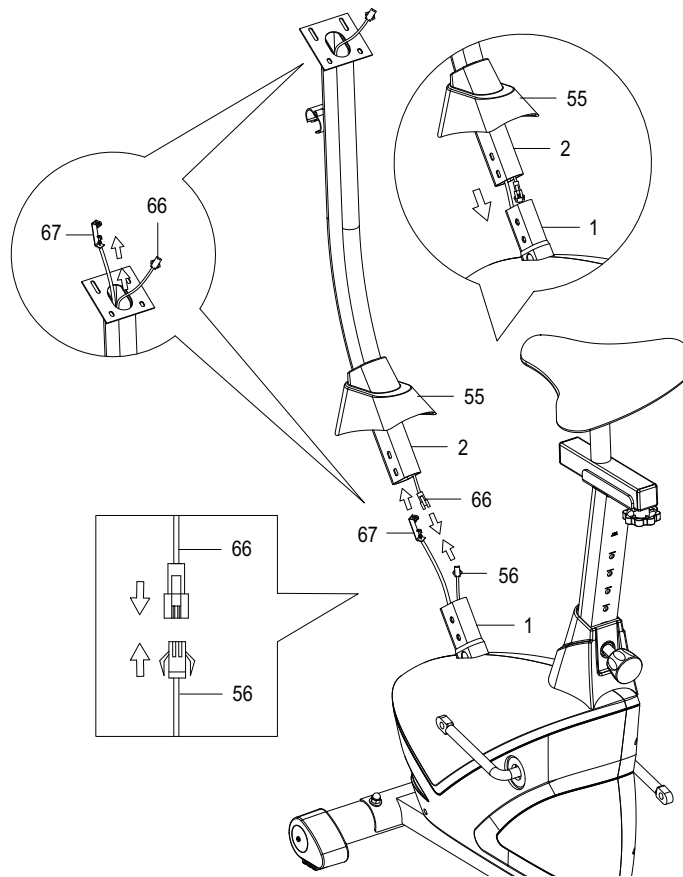
**STEP 7**

Pull both Sensor Wire (56) and Tension Cable (67) out from the tube of the Main Frame (1). Remove four Hexagon Socket Pan Head Cap Bolts (52), four Washers (37), one Hexagon Socket Pan Head Cap Bolt (53), and one Curve Washer (54) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided.



**STEP 8**

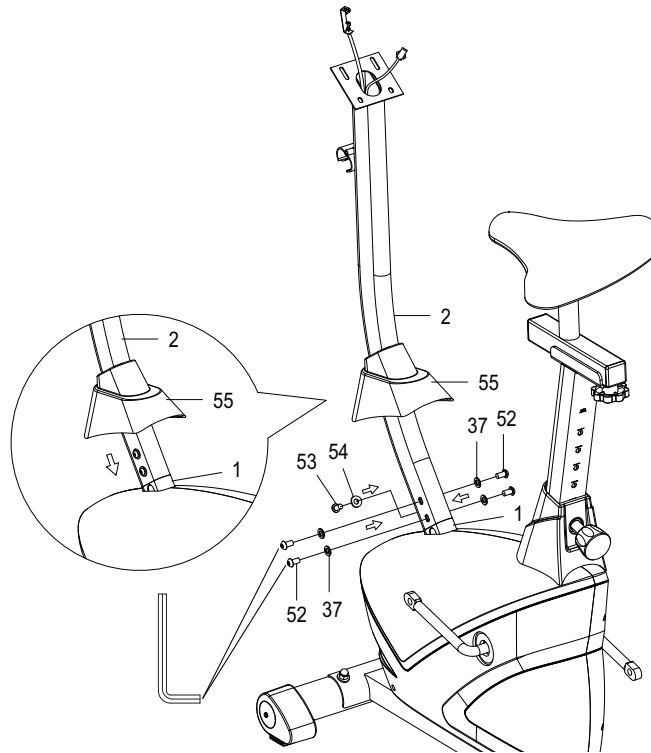
Slide the Handlebar Post Cover (55) up to the Handlebar Post (2).



## STEP 9

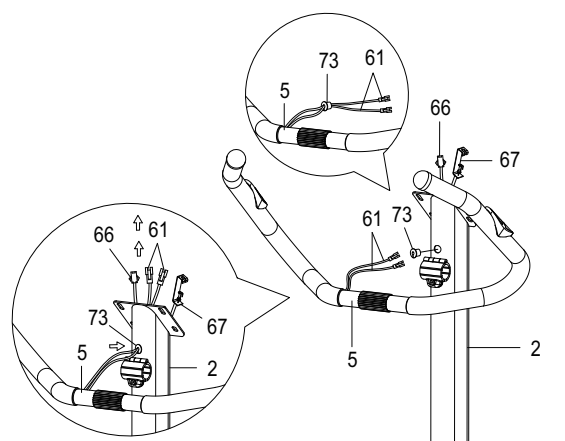
It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (2) in place while the other person to insert and connect the wires. Insert the Tension Cable (67) through into the bottom hole of the Handlebar Post (2) and pull it out from the top end of the Handlebar Post (2).

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



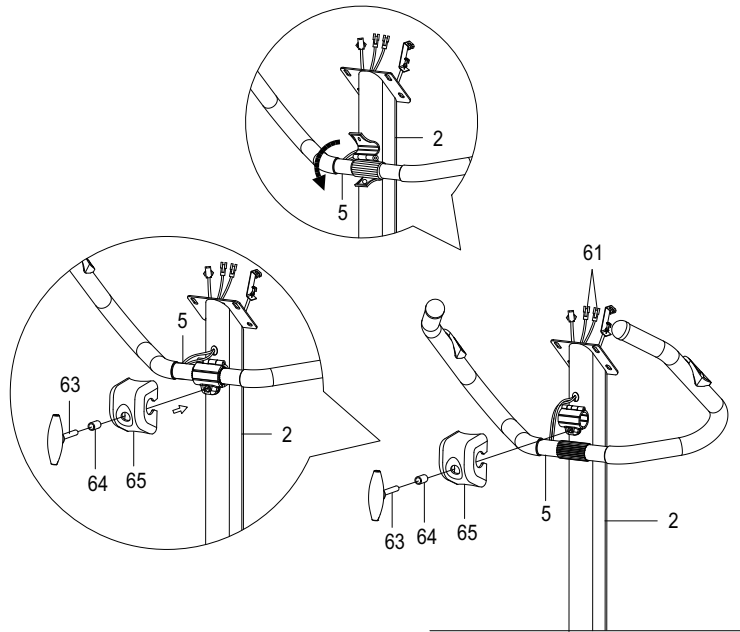
### STEP 10

Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and secure with four Hexagon Socket Pan Head Cap Bolts (52), four Washers (37), one Hexagon Socket Pan Head Cap Bolt (53), and one Curve Washer (54) from the tube of the Main Frame (1). Tighten bolts with the Allen Wrench provided. Slide the Handlebar Post Cover (55) down to the Handlebar Post (2).



### STEP 11

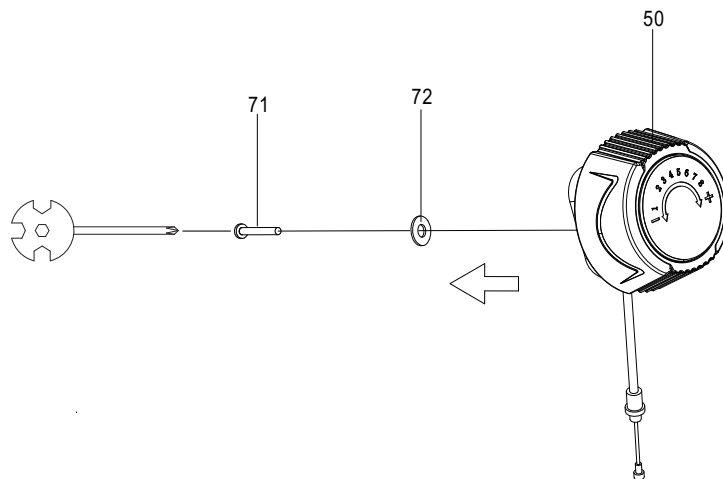
Insert the Hand Pulse Sensor Wires (61) and the Wire Grommet (73) through into the hole on the Handlebar Post (2). Then pull the Hand Pulse Sensor Wires (61) out from the top end of the Handlebar Post (2).



### STEP 12

Place the Adjustable Handlebar (5) through clamp on the Handlebar Post (2) with hand pulse sensors facing the seat.

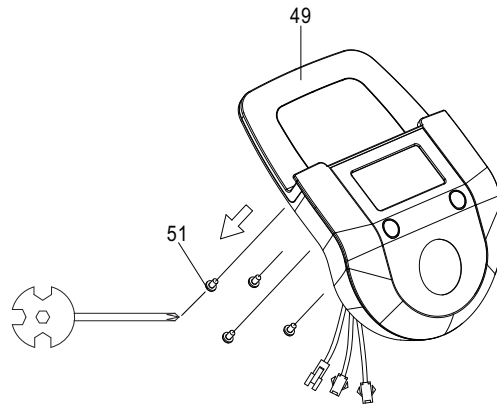
Hold the Adjustable Handlebar (5) in desired position and fasten Clamp Cover (65), Spacer (64), and Handlebar T-Knob (63) onto clamp. Tighten the Handlebar T-Knob (63) after adjustment.



### STEP 13

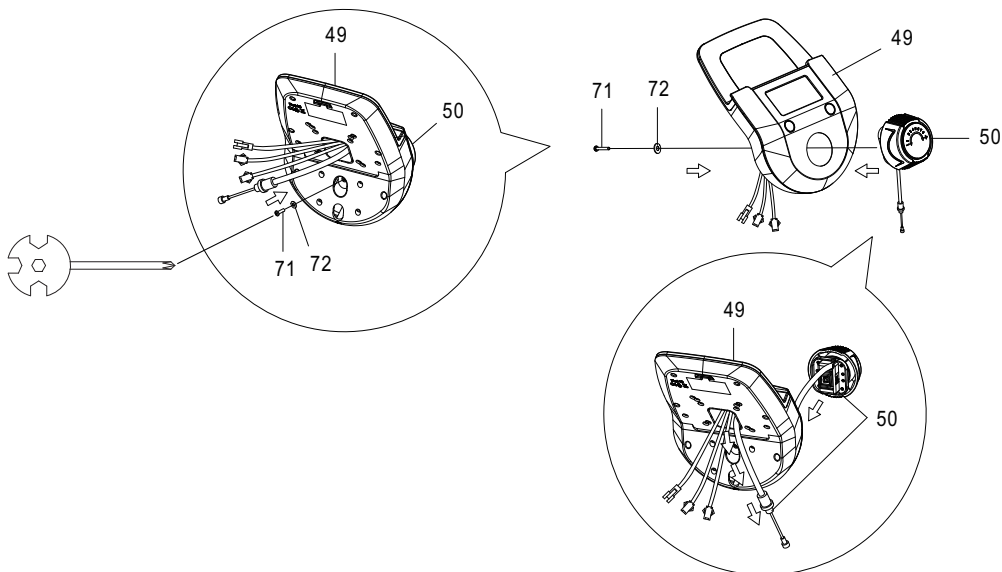
Remove one Cross Recessed Pan Head Tapping Bolt (71) and one Big Washer (72) from the Tension Control Knob (50). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.





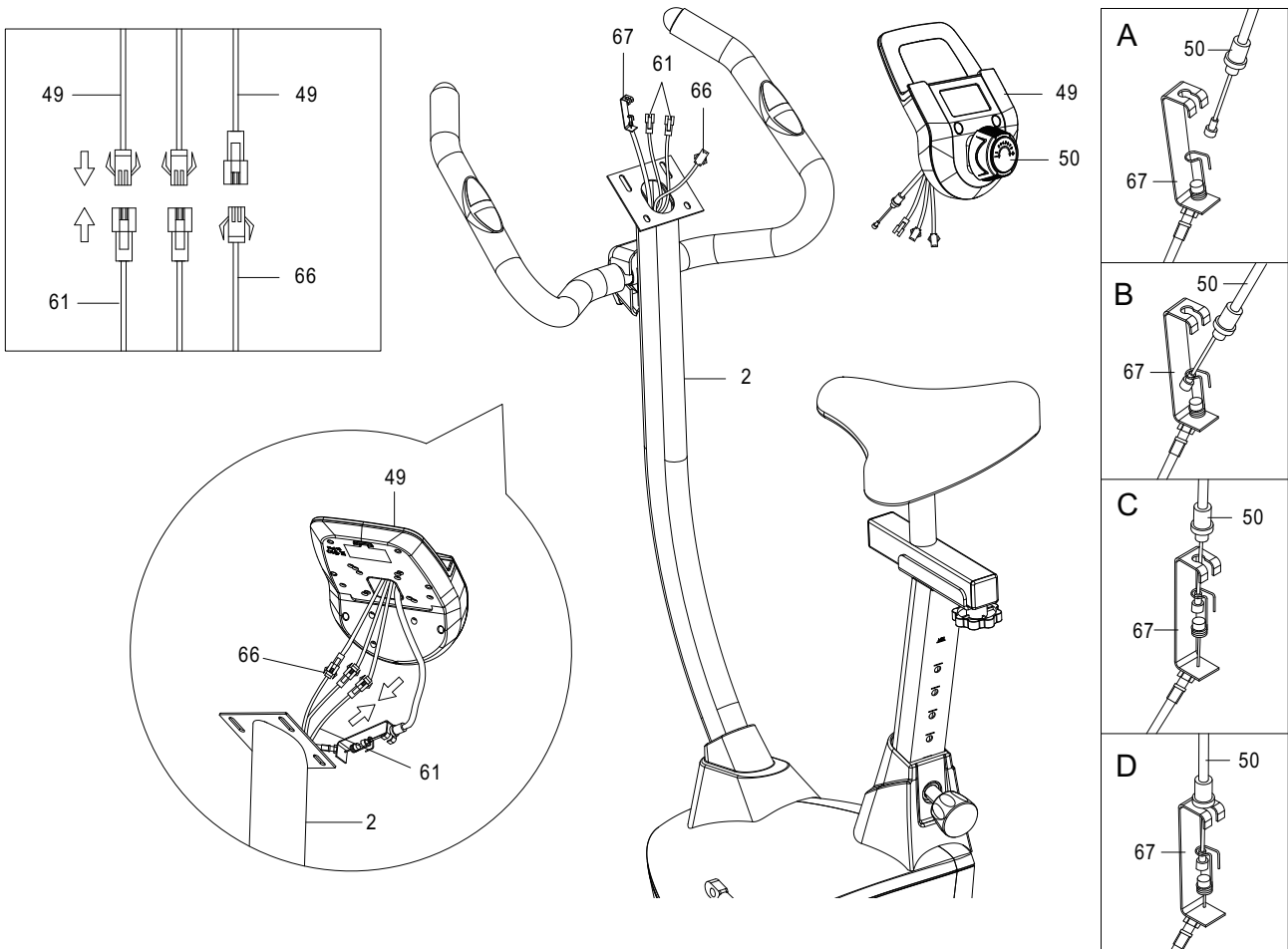
### STEP 14

Remove four Cross Recessed Pan Head Bolts (51) from the Computer (49). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 15

Insert the Tension Control Knob (50) into the hole on the Computer (49). Attach the Tension Control Knob (50) into the Computer (49) with one Cross Recessed Pan Head Tapping Bolt (71) and one Big Washer (72) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



## STEP 16

It is recommended to have a second person assist with this step. One person should hold the Computer (49) in place while the other person connects the wires.

Connect the Hand Pulse Sensor Wires (61) and Extension Sensor Wire (66) to the wires that come from the Computer (49).

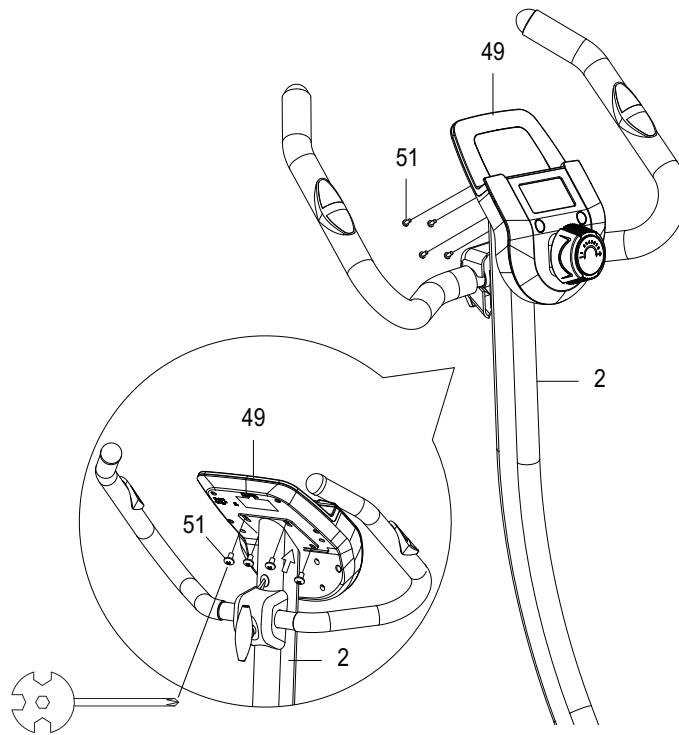
Put the cable end of resistance cable of Tension Control Knob (50) into the cable lock of Tension Cable (67), see Figure A.

Pull the resistance cable of Tension Control Knob (50) up and force it into the slot of metal bracket of Tension Cable (67), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (50) into the hole at the end of the slot in the metal bracket of Tension Cable (67), see Figure C.

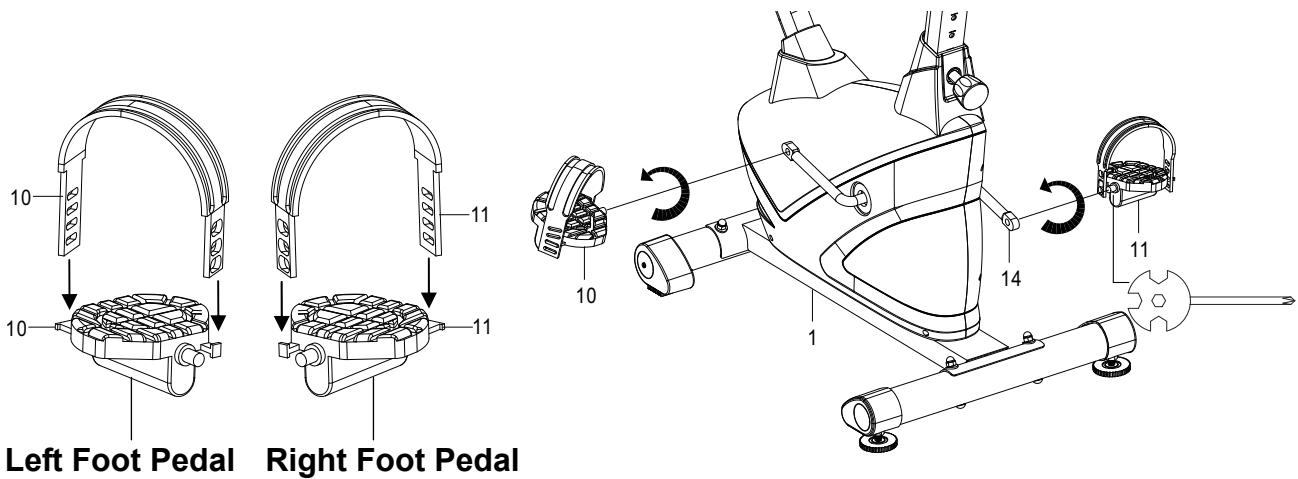
Connect the resistance cable of Tension Control Knob (50) to Tension Cable (67) complete, see Figure D.

Tuck wires into the Handlebar Post (2).



**STEP 17**

Attach the Computer (49) onto the top end of the Handlebar Post (2) with four Cross Recessed Pan Head Bolts (51) from the Computer (49) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



### STEP 18

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

Select the Left Foot Pedal Strap (10) which has L marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Left Foot Pedal (10). Snap the other end of the strap onto the outside edge of the Left Foot Pedal (10). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

Use the same procedure to snap the Right Foot Pedal Strap (11) onto the Right Foot Pedal (11).

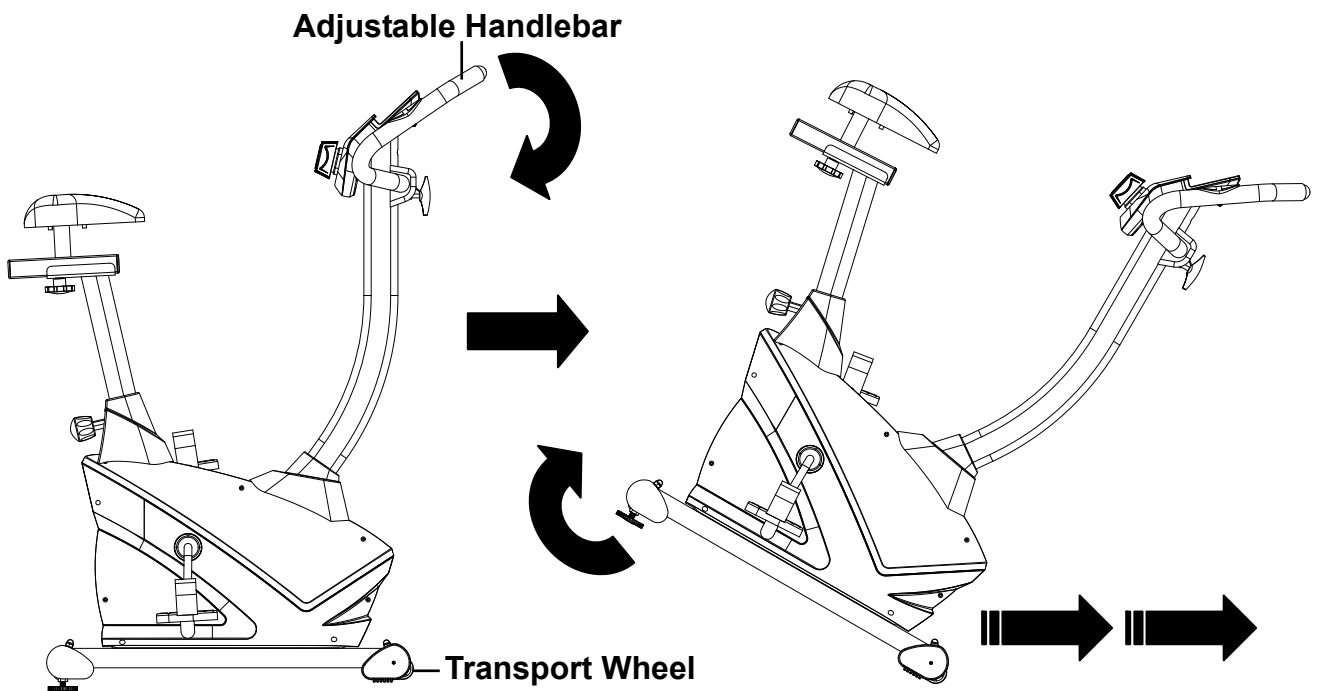
Insert the pedal shaft of Left Foot Pedal (10) into threaded hole in the left Crank (14). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

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

Tighten the pedal shaft of Left Foot Pedal (10) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (11) into threaded hole in right Crank (14). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (11) with the Multi Hex Tool with Phillips Screwdriver provided.

# HOW TO MOVE THE UPRIGHT BIKE



This upright bike has a pair of Transport Wheels on the both ends of 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 Adjustable 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 one of the buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.



## BUTTON FUNCTIONS:

**MODE:** 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 data values.

**RESET:** Press the RESET button to reset data values of TIME, DIST (DISTANCE), or CAL (CALORIES) to zero.

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

## COMPUTER FUNCTIONS:

**SCAN:** Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

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

**SPEED:** Displays the current training speed.

**DIST (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:** Displays the total accumulative distance travelled. The ODO data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will reset 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:

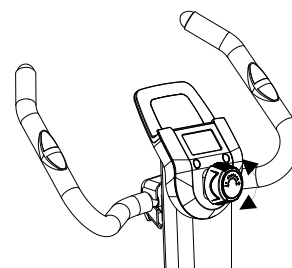
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

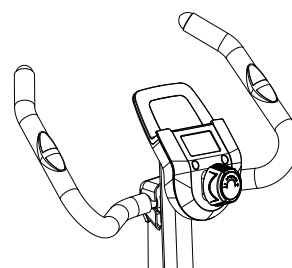


**Tension Control Knob**

## Adjusting the Adjustable Handlebar

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

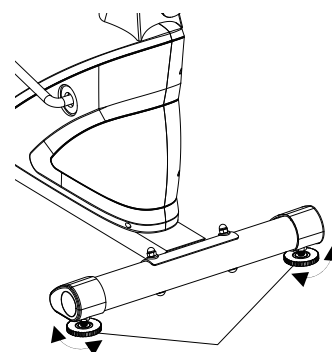
**NOTE: Continue to turn the handlebar T-Knob until the adjustable handlebar is secure before exercising.**



**Handlebar T-Knob**

## Adjusting the Adjustable Leveler

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

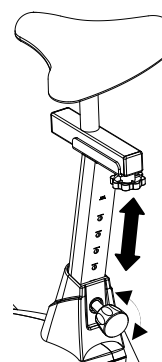


**Adjustable Leveler**

## Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

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

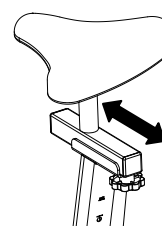


**Seat Post Knob**

## Adjusting the Seat Fore or Aft Position

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:** The upright bike wobbles when in use.

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

**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 handlebar 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 upright bike makes a squeaking noise when in use.

**SOLUTION:** The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

**If the above troubleshooting section does not fix the problem, discontinue use the upright bike.**

## PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.



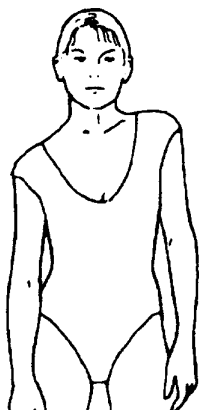
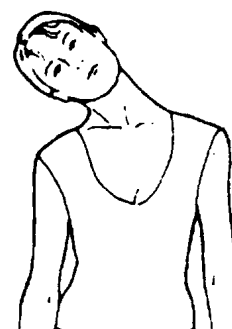
# WARM UP AND COOL DOWN ROUTINE

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.

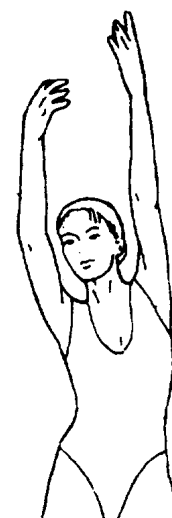
## HEAD ROLLS

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.

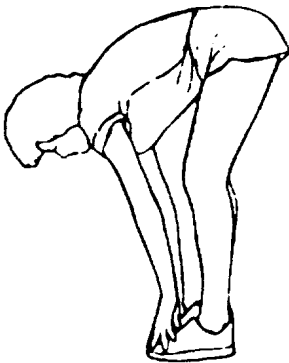


### **QUADRICEPS STRETCH**

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.

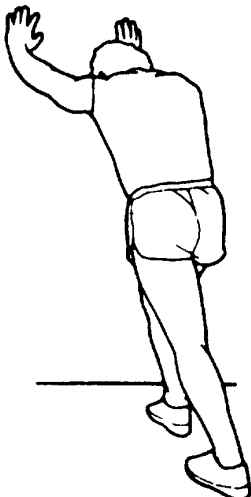
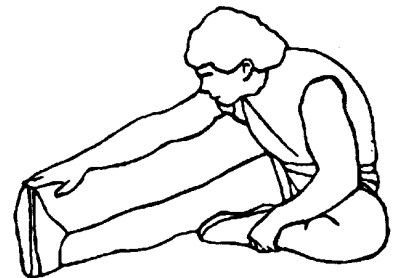


### **TOE TOUCHES**

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.