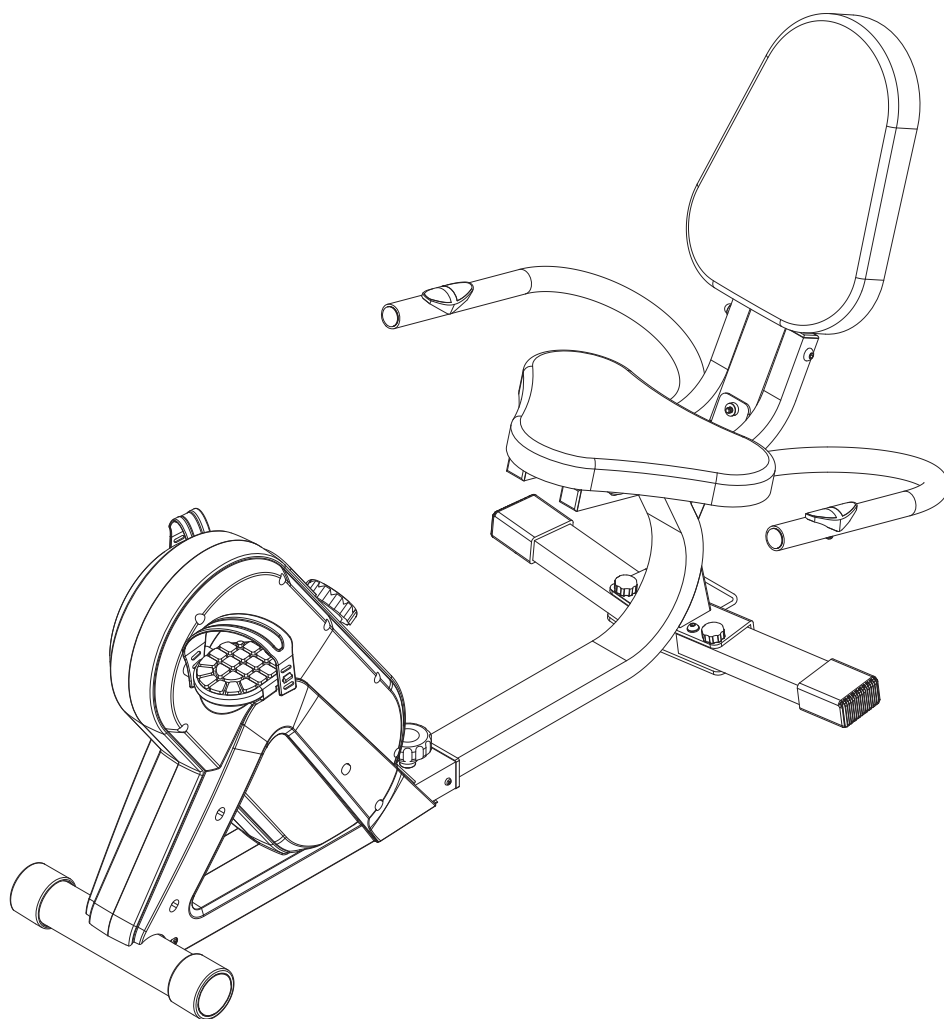


# ***Foldable Recumbent Bike***

***Item No.: 26350***

***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. 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.

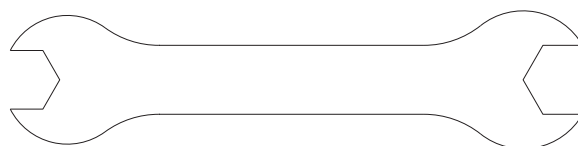
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001L	Left Foot Pedal	1	025	Front Main Frame Bushing 40x80	1
001R	Right Foot Pedal	1	026	Flywheel Axle Ø15xØ21x86	1
002	Screw M4x20	12	027	Bearing 6002RS	2
003L	Left Cover	1	028	Flywheel Ø180	1
003R	Right Cover	1	029	Wave Washer Ø17.5xØ23	3
004	Belt (300J)	1	030	Big Washer Ø8.5xØ30	1
005	Cross Recessed Pan Head Bolt M6x15	3	031	Spring Washer Ø8.5xØ14	1
006	Washer Ø6.5xØ12	1	032	Hexagon Head Bolt M8x20	1
007	Bearing 6000Z	2	033	Magnet Bracket	1
008	Hexagon Nylon Nut M8	2	034	Cross Recessed Tapping Screw M4x20	10
009	Washer Ø8.5xØ18	6	035	Transport Wheel Cap Ø60	2
010	Idler Arm	1	036	Front Main Frame	1
011	Hexagon Nut M6	2	037	Washer Ø25x3.0t	1
012	Hexagon Head Bolt M6x60	1	038	Rear Main Frame	1
013	Spring Ø20x70	1	039	Hand Pulse Sensor	2
014	Wire Grommet Ø16	1	040	Handlebar Foam Grip Ø23xØ30	2
015	Belt Pulley with Crank	1	041L	Left Handlebar Ø25.4	1
016	Handlebar Wire Grommet Ø30xØ22	2	041R	Right Handlebar Ø25.4	1
017	Sensor and Sensor Wire (w/Sensor Bracket) (L=300 mm)	1	042	Handlebar End Cap Ø25.4	2
018	Cross Recessed Tapping Screw ST3.2x12	1	043	Spring Button	2
019	Computer FB013	1	044	Hand Pulse Sensor Wire (L=700 mm)	2
020	Tension Control Knob	1	045	Seat Cushion	1
021	Cross Recessed Pan Head Bolt M5x15	2	046	Back Cushion	1
022	Tension Control Knob Bracket	1	047	Square End Cap (□30)	4
023	Seat Adjustment Knob M16	1	048	Rectangle End Cap (□30x60)	2
024	Extension Hand Pulse Sensor Wire	1	049	Hexagon Socket Pan Head Cap Bolt M8x45	2

## PARTS LIST

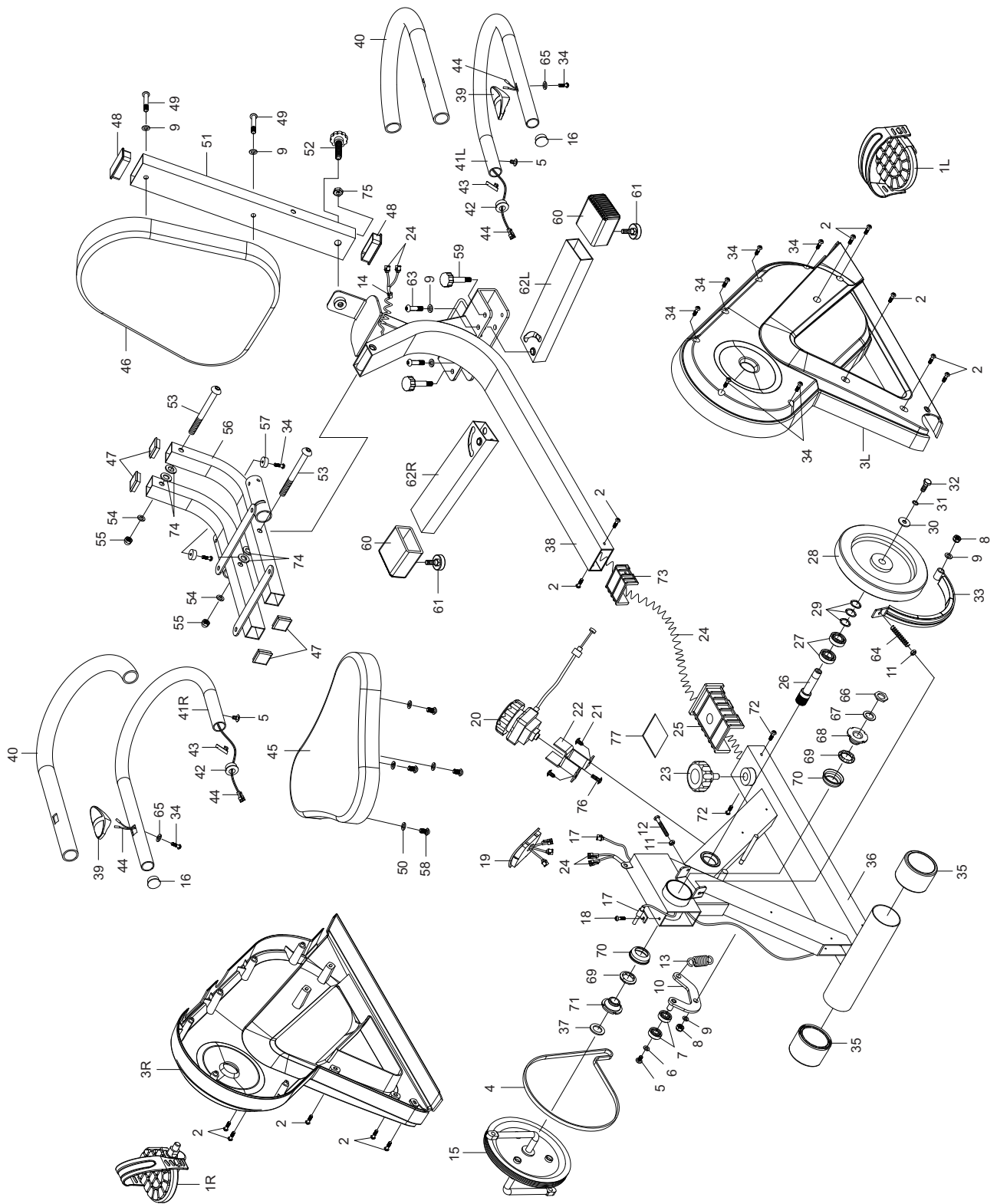
No.	Description	Qty	No.	Description	Qty
050	Washer Ø8.5xØ18	4	064	Spring Ø8x50	1
051	Back Cushion Tube	1	065	Washer Ø5xØ12x1.5t	2
052	Back Cushion Tube Knob M8x40	1	066	Hexagon Nut 7/8"	1
053	Hexagon Socket Pan Head Cap Bolt M10x140	2	067	Washer Ø23x3.0t	1
054	Washer Ø10.5xØ20	2	068	Bearing Nut II 7/8"	1
055	Cap Nut M10	2	069	Ball Bearing	2
056	Seat Frame	1	070	Bearing Cup	2
057	Rubber Pad Ø30x10	2	071	Bearing Nut I 15/16"	1
058	Cross Recessed Pan Head Bolt M6x20	4	072	Cross Recessed Pan Head Bolt M5x8	2
059	Rear Stabilizer Adjustment Knob M8	2	073	Rear Main Frame Bushing 30x60	1
060	Rear Stabilizer End Cap 30x60	2	074	Plastic Washer Ø22xØ11x1T	4
061	Adjustable Leveler M8x30	2	075	Hexagon Nut M8	1
062L	Left Rear Stabilizer 30x60x270	1	076	Cross Recessed Pan Head Bolt M5x25	1
062R	Right Rear Stabilizer 30x60x270	1	077	Iron Plate	1
063	Hexagon Socket Pan Head Cap Bolt M8x50	2			

## TOOL

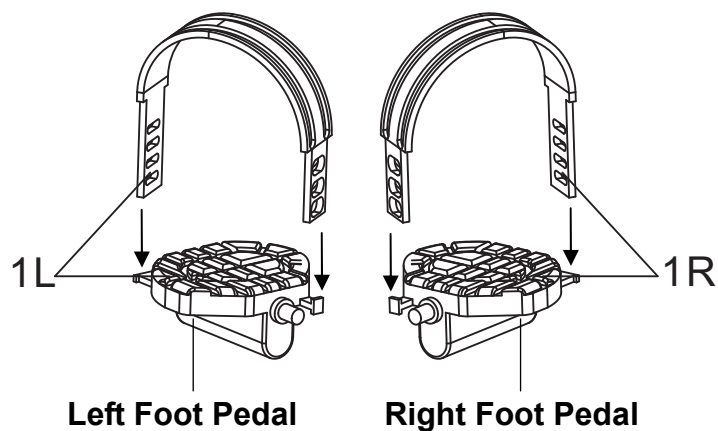


Double Open End Wrench  
1 PC

# EXPLODED VIEW



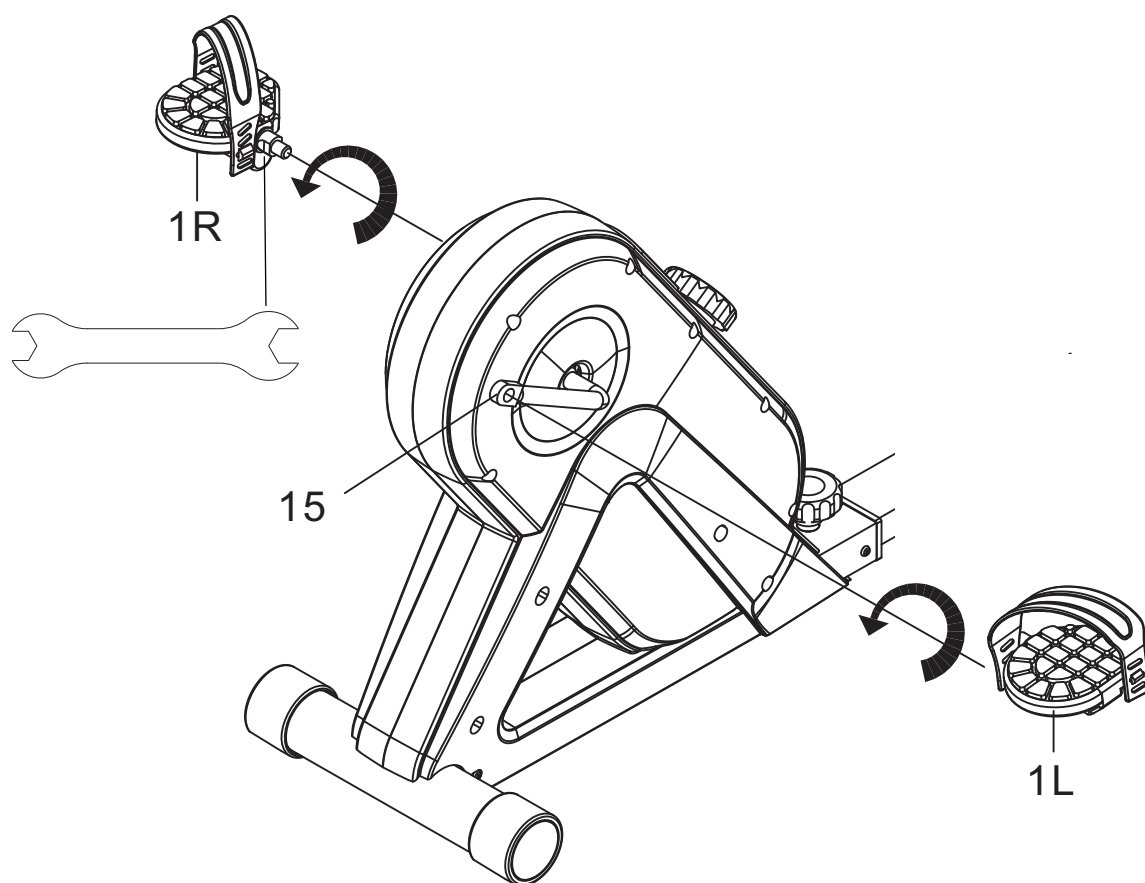
# FOOT PEDAL ASSEMBLY INSTRUCTIONS



## STEP 1

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

Select the Right Foot Pedal Strap (1R) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (1R). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (1R). Select adjustment holes which allow your foot to be easily removed from the foot pedal. Use the same procedure to snap the Left Foot Pedal Strap (1L) onto the Left Foot Pedal (1L).



## STEP 2

Insert the pedal shaft of Left Foot Pedal (1L) into threaded hole in the left Crank (15).

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.**

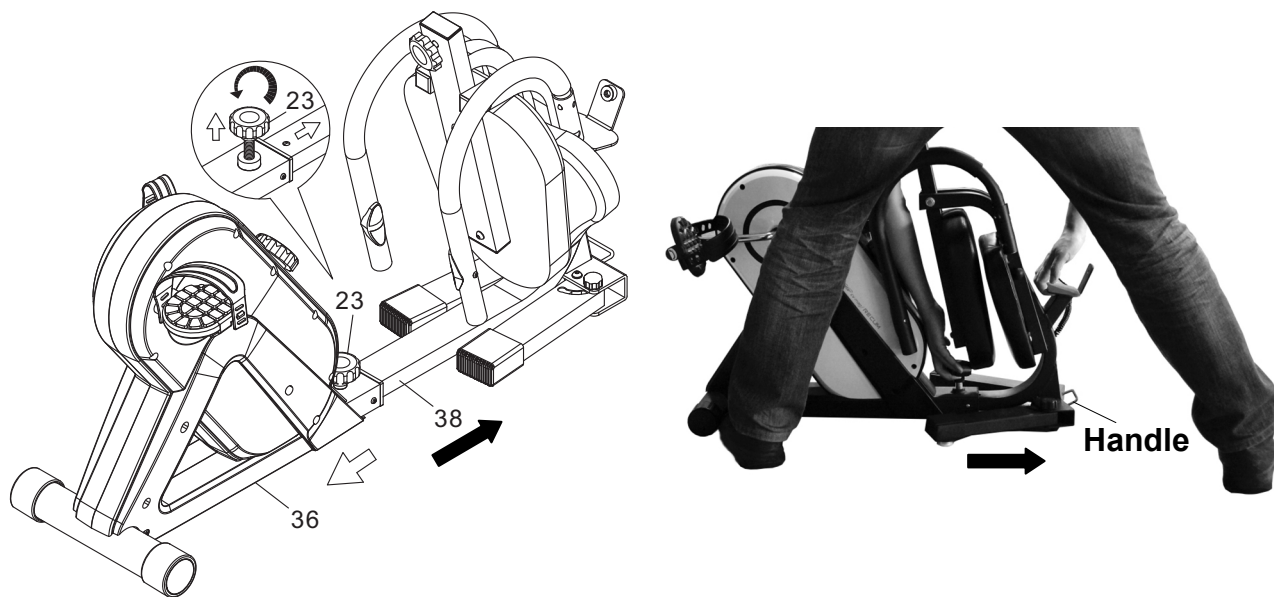
Tighten the pedal shaft of Left Foot Pedal (1L) with the Double Open End Wrench provided.

Insert pedal shaft of Right Foot Pedal (1R) into threaded hole in right Crank (15).

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

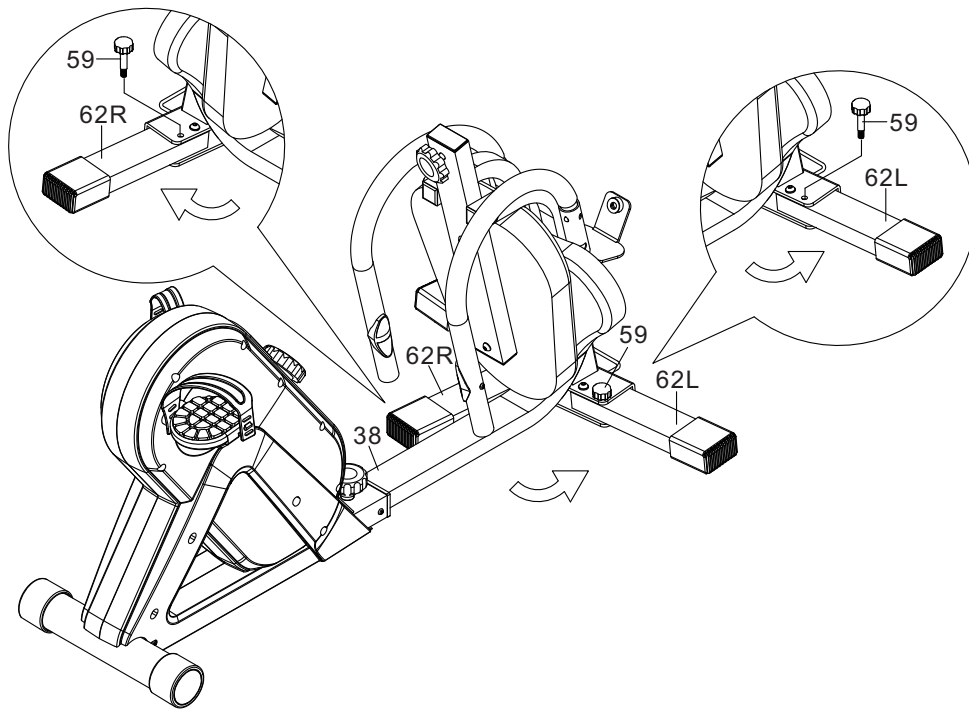
Tighten pedal shaft of Right Foot Pedal (1R) with the Double Open End Wrench provided.

# HOW TO SET UP THE RECUMBENT BIKE



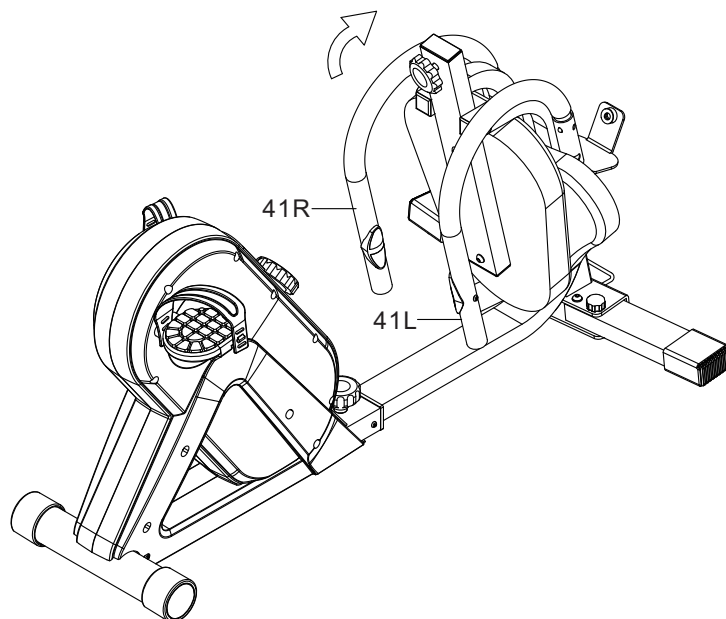
## STEP 1

Put one foot behind the front stabilizer of the Front Main Frame (36). One hand grasps the handle or Rear Main Frame (38) and the other hand to turn the Seat Adjustment Knob (23) in a counterclockwise direction until it can be pulled out. Pull out the Seat Adjustment Knob (23) and then slide the Rear Main Frame (38) fore or aft direction to the suitable position. Lock the Rear Main Frame (38) in place by releasing the Seat Adjustment Knob (23) onto the Rear Main Frame (38). For added safety, tighten the Seat Adjustment Knob (23) in a clockwise direction.



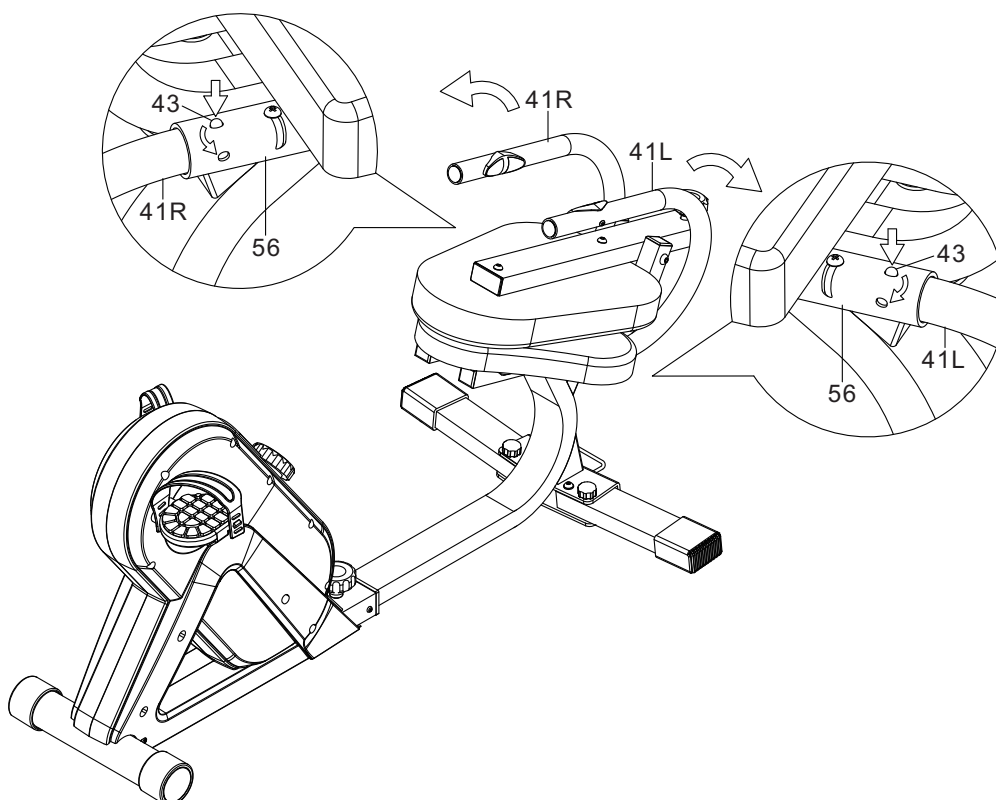
## STEP 2

Remove two Rear Stabilizer Adjustment Knobs (59) from the Rear Main Frame (38). Pull both Left and Right Rear Stabilizers (62L, 62R) up and align knob holes. Secure both Left and Right Rear Stabilizers (62L, 62R) in place by tightening both Rear Stabilizer Adjustment Knobs (59) in a clockwise direction.



## STEP 3

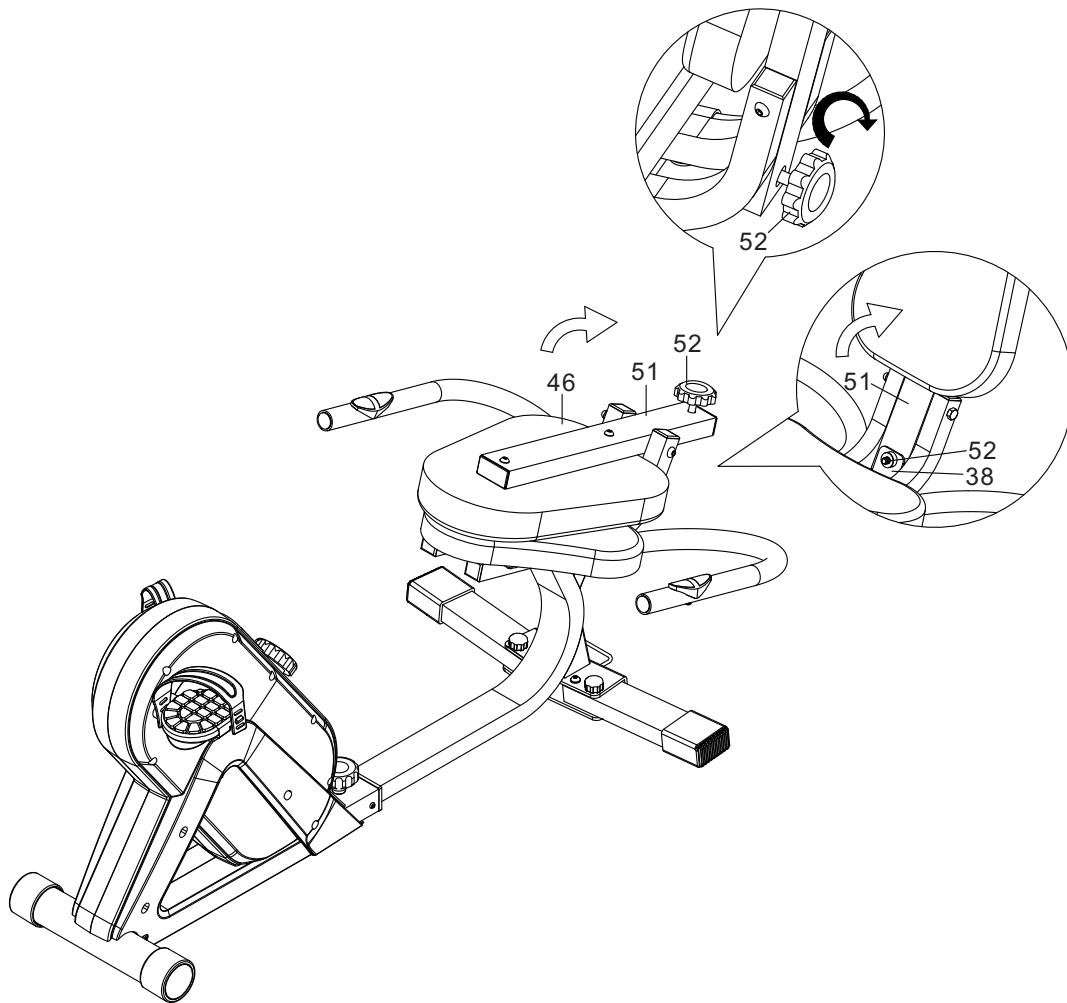
One hand grasps the Left or Right Handlebar (41L, 41R) and then pull it down.



#### **STEP 4**

Press down the Spring Button (43) on the Left Handlebar (41L) and then push the Left Handlebar (41L) down until the Spring Button (43) is locked in the other adjustment hole on the Seat Frame (56).

Use the same procedure to push down the Right Handlebar (41R).

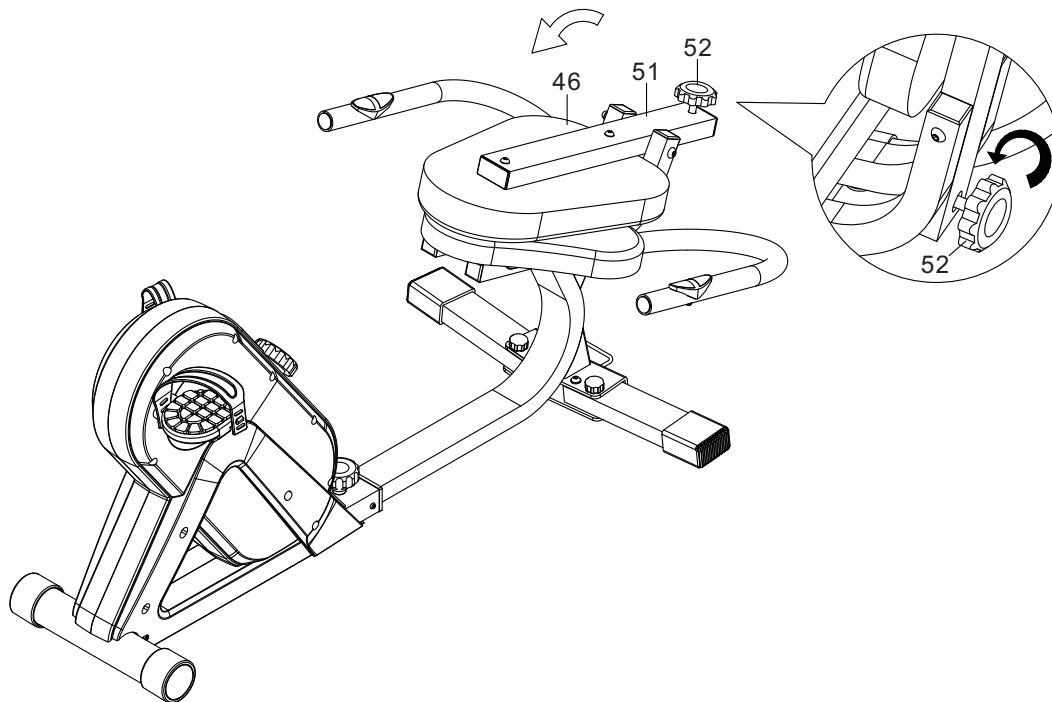


## STEP 5

Pull the Back Cushion (46) up and align knob hole.

Secure the Back Cushion Tube (51) in place by tightening the Back Cushion Tube Knob (52) in a clockwise direction.

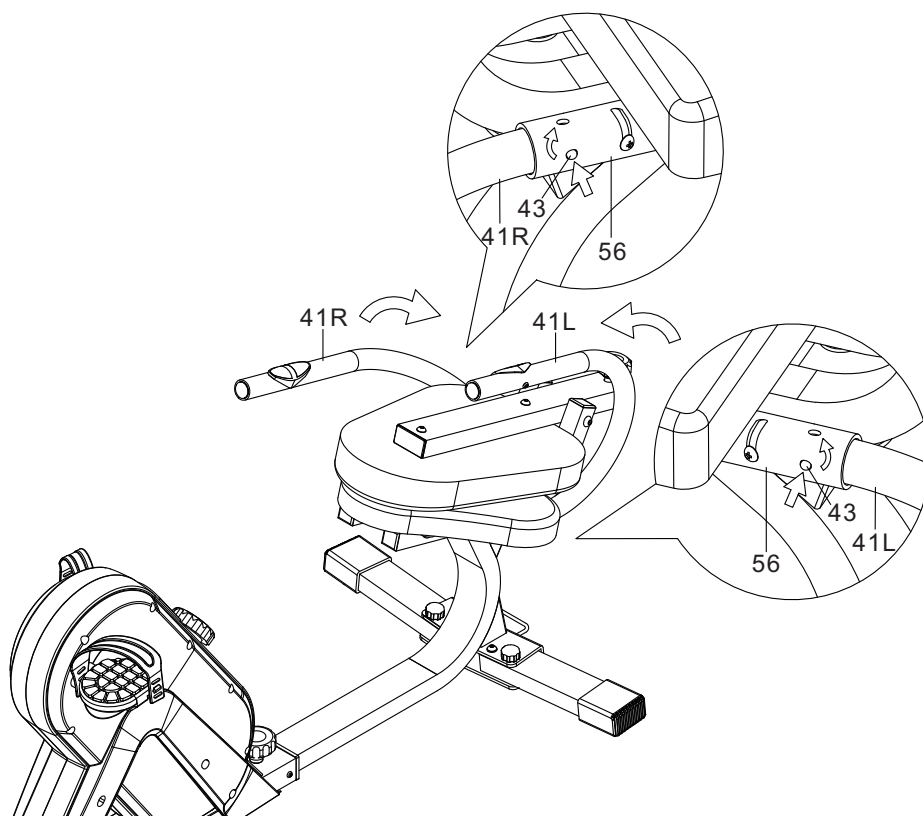
# FOLDING STORAGE



## STEP 1

Loosen the Back Cushion Tube Knob (52) in a counterclockwise direction until it can be pulled out.

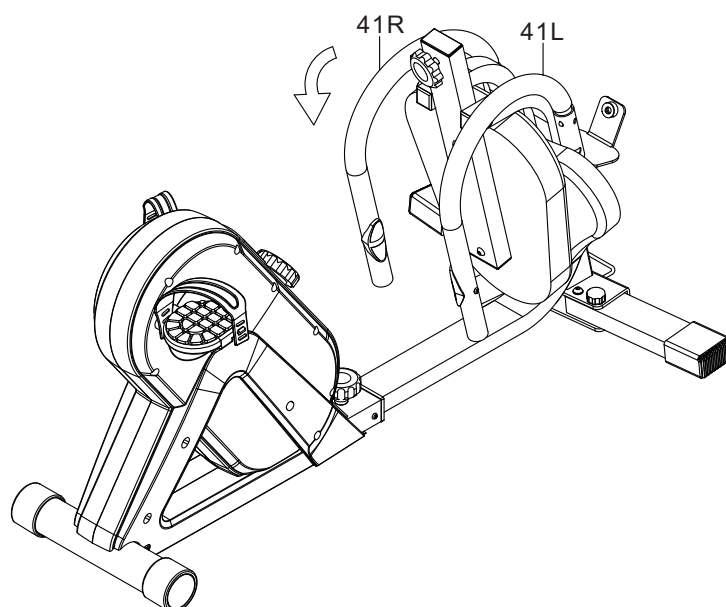
Push the Back Cushion (46) down.



## STEP 2

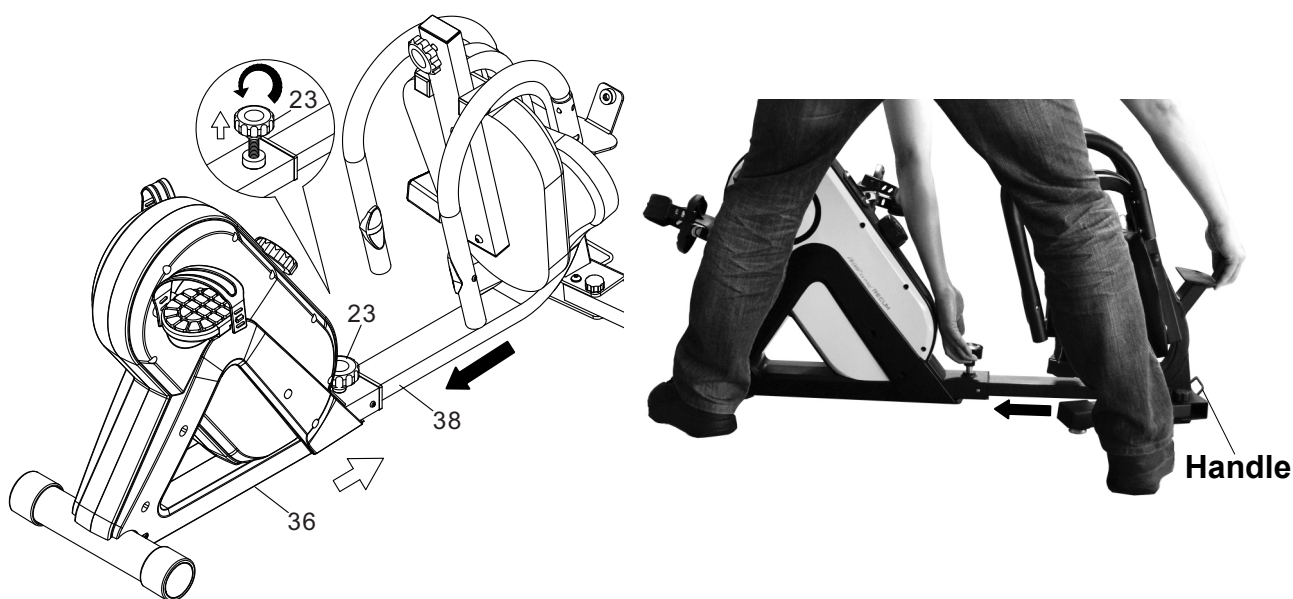
Press down the Spring Button (43) on the Left Handlebar (41L) and then pull the Left Handlebar (41L) up until the Spring Button (43) is locked in the other adjustment hole on the Seat Frame (56).

Use the same procedure to pull up the Right Handlebar (41R).



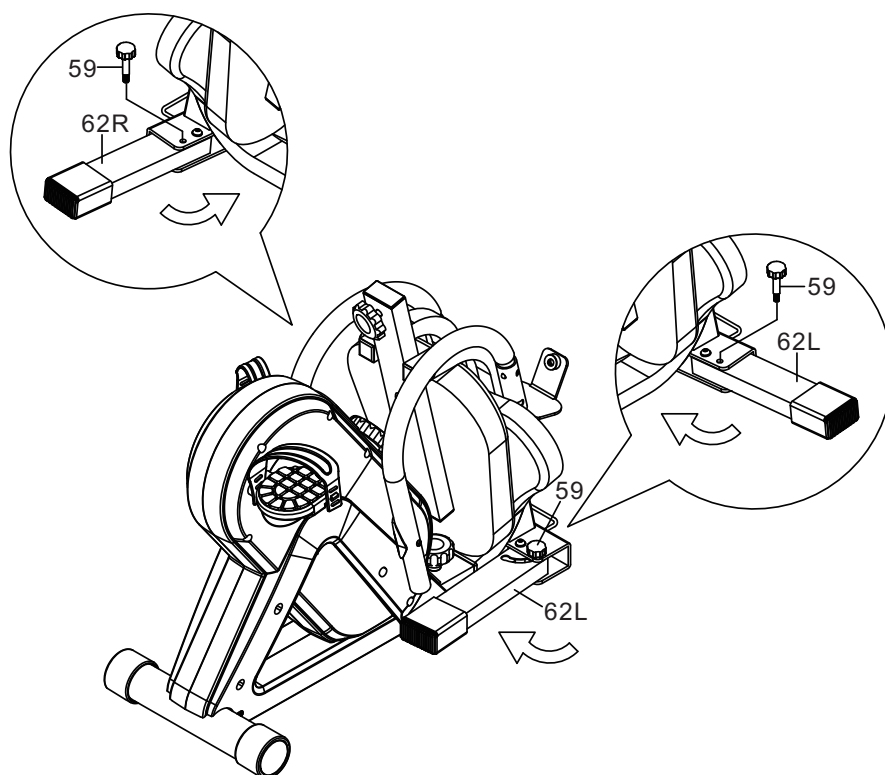
## STEP 3

One hand grasps the Left or Right Handlebar (41L, 41R) and then pull it down.



#### STEP 4

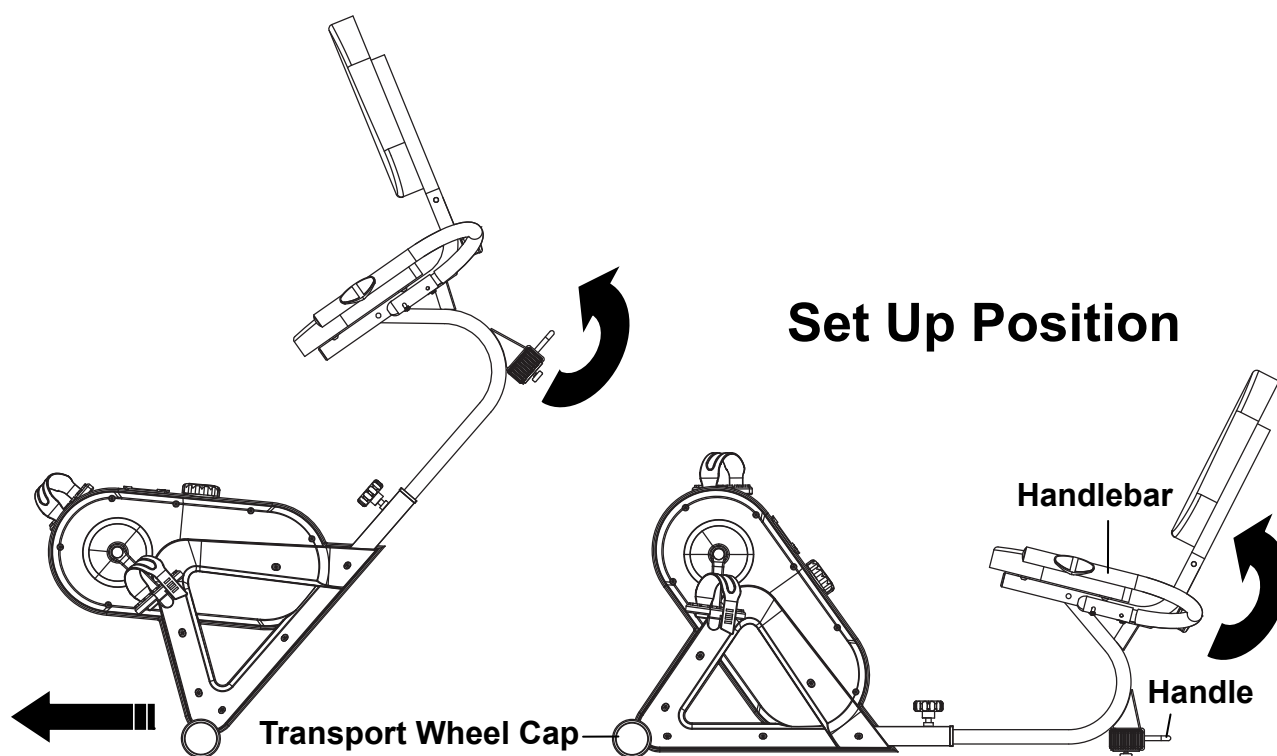
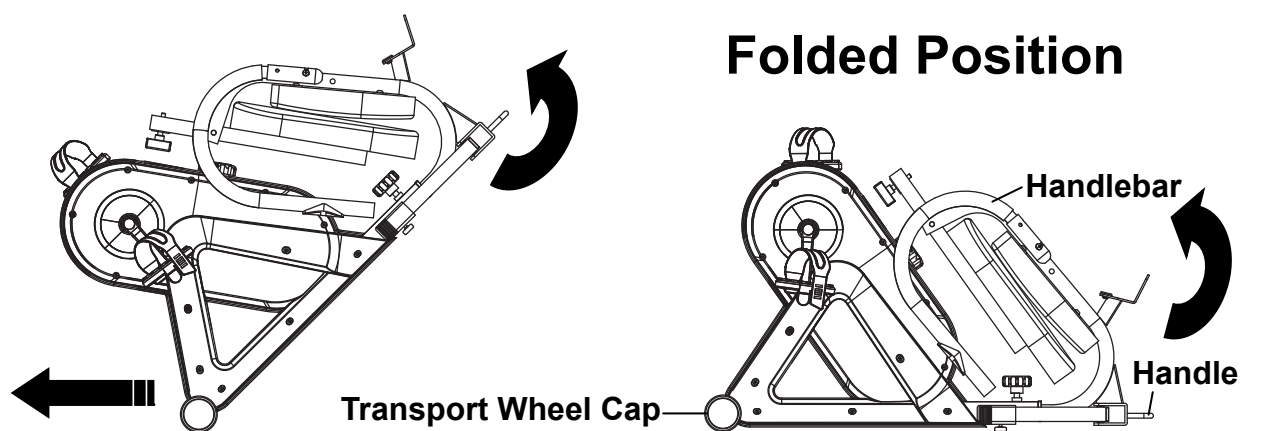
Put one foot in front of the front stabilizer of the Front Main Frame (36). One hand grasps the handle or Rear Main Frame (38) and the other hand to turn the Seat Adjustment Knob (23) in a counterclockwise direction until it can be pulled out. Pull out the Seat Adjustment Knob (23) and then slide the Rear Main Frame (38) aft direction to the folded position. Lock the Rear Main Frame (38) in place by releasing the Seat Adjustment Knob (23) onto the Rear Main Frame (38). For added safety, tighten the Seat Adjustment Knob (23) in a clockwise direction.



### STEP 5

Remove two Rear Stabilizer Adjustment Knobs (59) from the Rear Main Frame (38). Pull both Left and Right Rear Stabilizers (62L, 62R) down and align knob holes. Secure both Left and Right Rear Stabilizers (62L, 62R) in place by tightening both Rear Stabilizer Adjustment Knobs (59) in a clockwise direction.

# HOW TO MOVE THE RECUMBENT BIKE



This recumbent bike has a pair of Transport Wheel Caps on the both ends of the front stabilizer and can be carefully tilted onto its Transport Wheel Caps for easy moving and storage. To move the recumbent bike, firmly grasp the Handle with both hands. Next, carefully lift the recumbent bike up until it rolls freely on the Transport Wheel Caps.

**CAUTION:** It is suggested you always use the aid of a second person when moving the recumbent bike.

# 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 MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.



## COMPUTER FUNCTIONS:

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

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

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

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

**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).

**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:

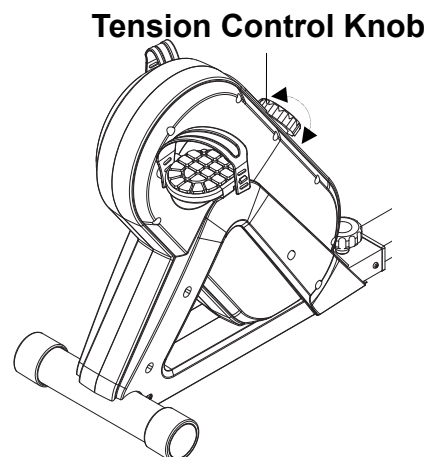
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

# ADJUSTMENTS

## Adjusting the Tension Control Knob

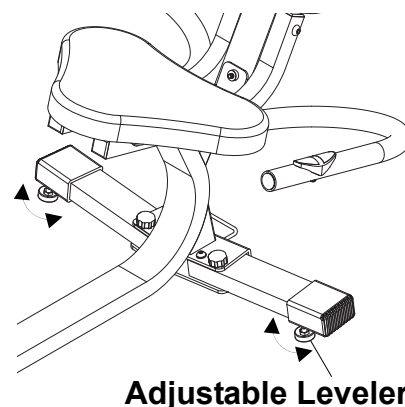
To increase the tension, turn the Tension Control Knob in a clockwise direction.

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



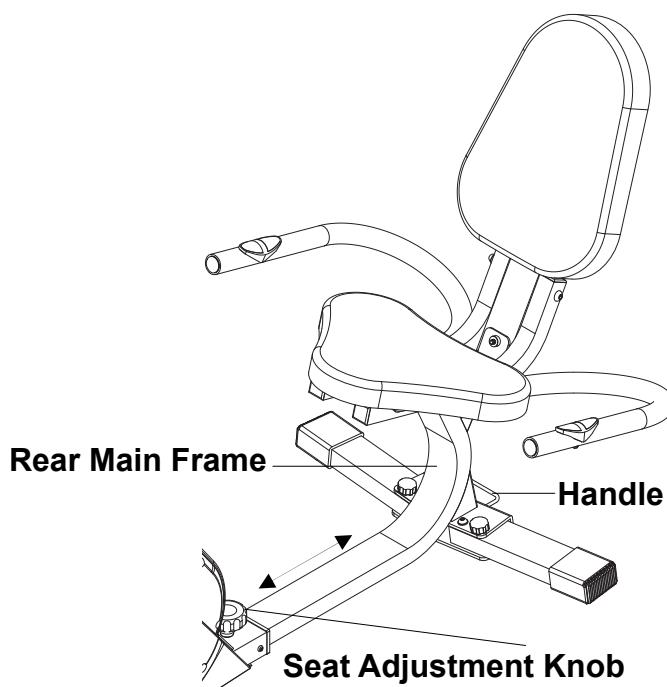
## Adjusting the Adjustable Leveler

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



## Adjusting the Seat Fore or Aft

One hand grasp the Handle or Rear Main Frame and the other hand to turn the Seat Adjustment Knob in a counterclockwise direction until it can be pulled out. Pull out the Seat Adjustment Knob and then slide the Rear Main Frame fore or aft direction to the suitable position. Lock the Rear Main Frame in place by releasing the Seat Adjustment Knob onto the Rear Main Frame. For added safety, tighten the Seat Adjustment Knob in a clockwise direction.



# MAINTENANCE

## Cleaning

The recumbent 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 recumbent 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 recumbent 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.

# TROUBLESHOOTING

**PROBLEM:** The recumbent bike wobbles when in use.

**SOLUTION:** Turn the adjustable leveler on the left or right rear stabilizer as needed to level the recumbent 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 front main frame.

**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 recumbent bike makes a squeaking noise when in use.

**SOLUTION:** The bolts may be loose on the recumbent 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 recumbent bike.**

## PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

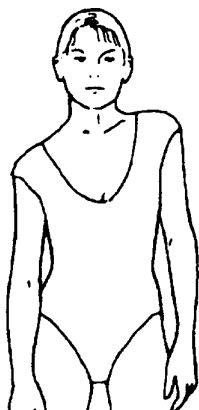
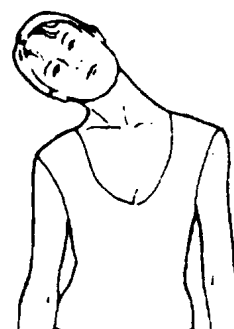
# WARM UP AND COOL DOWN ROUTINE

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.

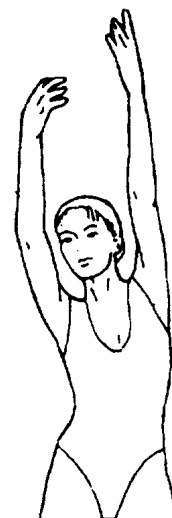
## HEAD ROLLS

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.

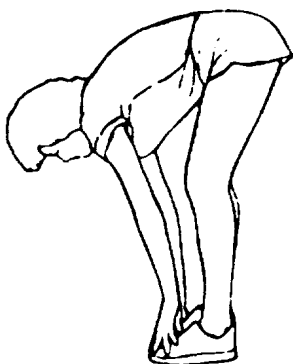


### **QUADRICEPS STRETCH**

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.

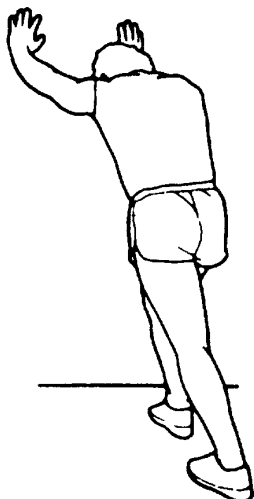
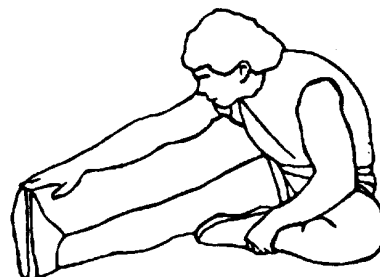


### **TOE TOUCHES**

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.