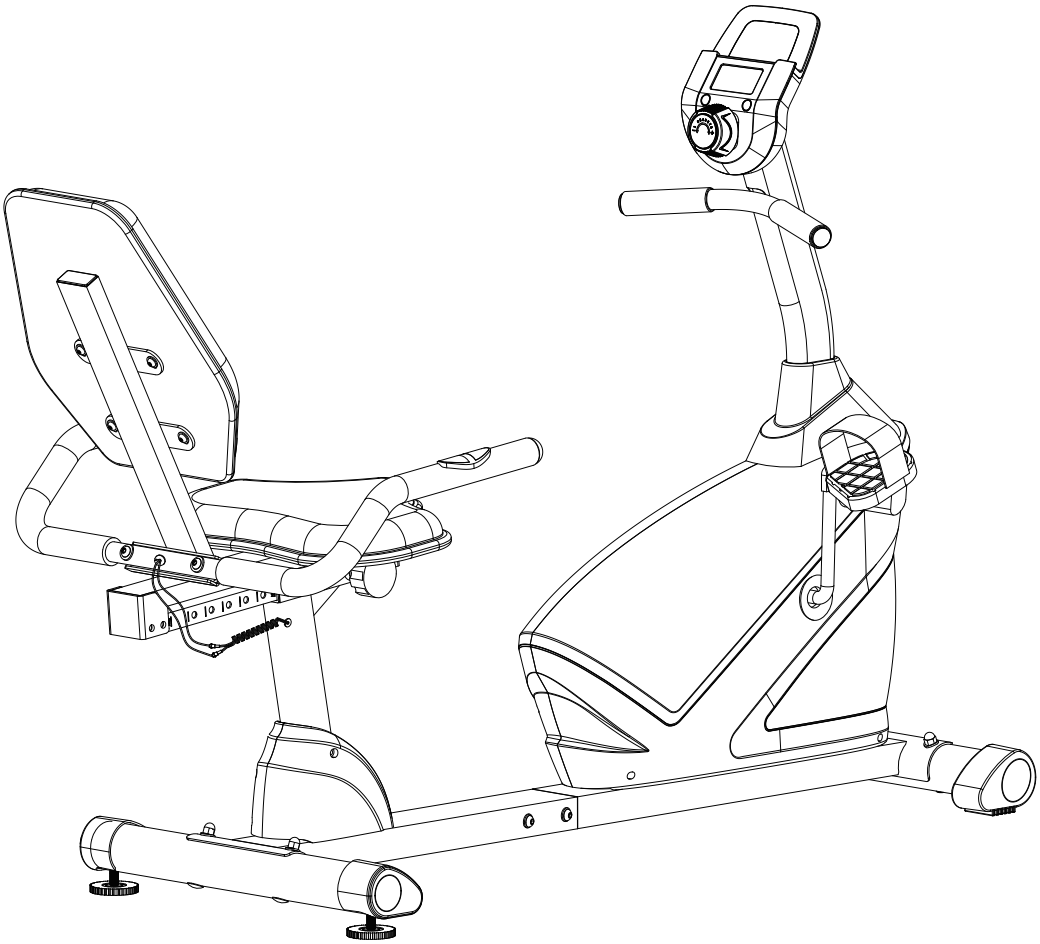
FORMULA
MAGNETIC RECUMBENT BIKE
ITEM NO.: 26582

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.

2020, Sept.

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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.

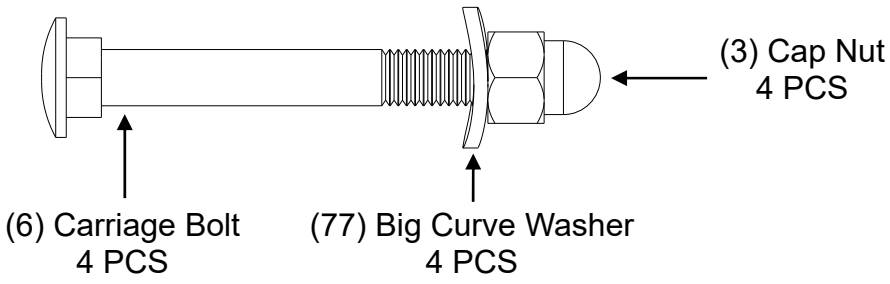
PARTS LIST

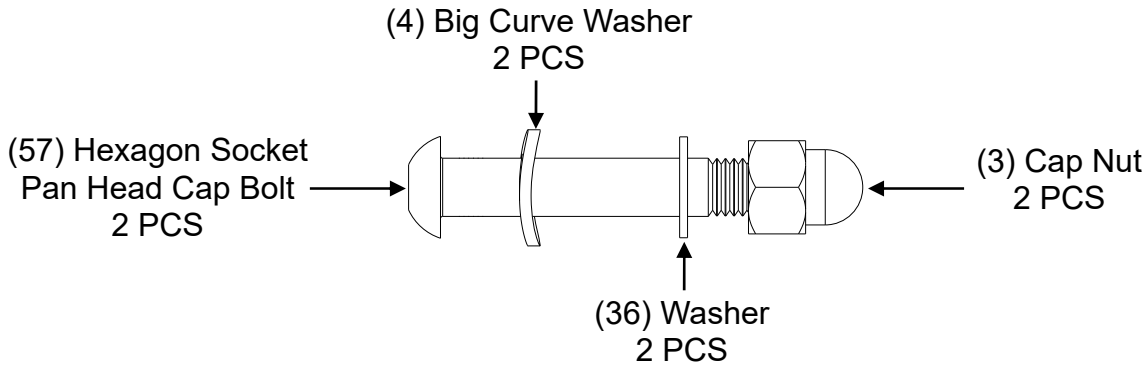
No.	Description	Qty	No.	Description	Qty
001	Front Right Stabilizer End Cap	1	023	Triangle Knob M12x58	1
002	Front Stabilizer Ø60x1.5x330	1	024	Handlebar End Cap Ø25x1.5	4
003	Cap Nut M8	6	025	Front Handlebar Foam Grip Ø24xØ30x160	2
004	Big Curve Washer Ø8xØ20x2	3	026	Extension Sensor Wire L=500 mm	1
005	Cross Recessed Pan Head Tapping Screw ST4.2x25	9	027	Extension Hand Pulse Sensor Wire II L=350 mm	2
006	Carriage Bolt M8x70	4	028	Computer	1
007	Front Left Stabilizer End Cap	1	029	Cross Recessed Pan Head Bolt M5x12	4
008	Cover Cap Ø25xØ40x10	2	030	Tension Control Knob	1
009	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x25	6	031	Tension Cable L=1150 mm	1
010	Right Cover	1	032	Big Washer Ø5xØ18x1.5	1
011	Belt 360J6	1	033	Cross Recessed Pan Head Bolt M5x15	1
012	Right Foot Pedal YH-30X	1	034	Front Handlebar Post	1
013	Belt Pulley with Crank Ø240	1	035	Hexagon Socket Pan Head Cap Bolt M8x10	4
014	Washer Ø40xØ24x3	1	036	Washer Ø8	20
015	Bearing Nut I 15/16"	1	037	Cross Recessed Pan Head Bolt M6x10	1
016	Bearing	2	038	Rear Left Stabilizer End Cap	1
017	Bearing Cup	2	039	Idle Wheel Bracket	1
018	Bearing Nut II 7/8"	1	040	Hexagon Socket Pan Head Cap Bolt M8x20	1
019	Hexagon Nut 7/8"	1	041	Front Handlebar Post Cover	1
020	Flywheel Ø230	1	042	Hexagon Socket Pan Head Cap Bolt M8x30	1
021	Front Main Frame	1	043	Bearing 6000Z	2
022	Left Cover	1	044	Extension Hand Pulse Sensor Wire L=1000 mm	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
045	Hexagon Socket Pan Head Cap Bolt M8x30	2	063	Left Rear Main Frame Cover	1
046	Rear Main Frame	1	064	Rear Stabilizer	1
047	Seat Cushion 250x345x40	1	065	Rear Right Stabilizer End Cap	1
048	Backrest 420x360x45	1	066	Nut M10	2
049	Cross Recessed Pan Head Bolt M6x15	8	067	Adjustable Leveler M10	2
050	Big Washer Ø6xØ18x1.5	9	068	Rear Handlebar	1
051	Back and Seat Support Bracket End Cap 23x53x1.5	1	069	Left Foot Pedal YH-30X	1
052	Seat Sliding Tube	1	070	Extension Hand Pulse Sensor Wire I L=1000 mm	1
053	Back and Seat Support Bracket	1	071	Sensor with Wire L=750 mm	1
054	Rear Handlebar Foam Grip Ø24xØ30x510	2	072	Hexagon Socket Pan Head Cap Bolt M8x15	13
055	Cross Recessed Pan Head Tapping Screw ST4.2x20	4	073	Washer Ø34.5xØ23x25	1
056	Hand Pulse Sensor with Wire L=750 mm	2	074	Nut M10x1x10	2
057	Hexagon Socket Pan Head Cap Bolt M8x45	2	075	Eyebolt M6x36	2
058	Wire Grommet Ø12.1	2	076	Cross Recessed Pan Head Tapping Screw ST2.9x12	1
059	Nut M6	2	077	Big Curve Washer Ø8xØ25x2	4
060	Round Knob M16x1.5	1	078	Spring Washer Ø6	2
061	Bushing	2	079	Tension Bracket	2
062	Right Rear Main Frame Cover	1			

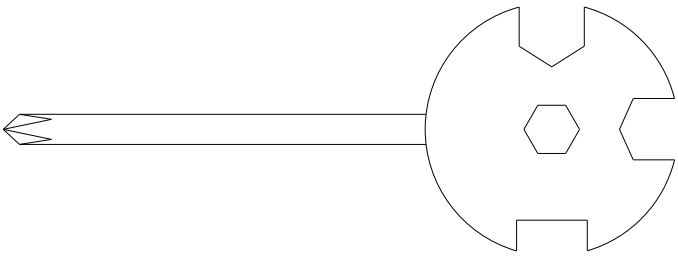
HARDWARE LIST





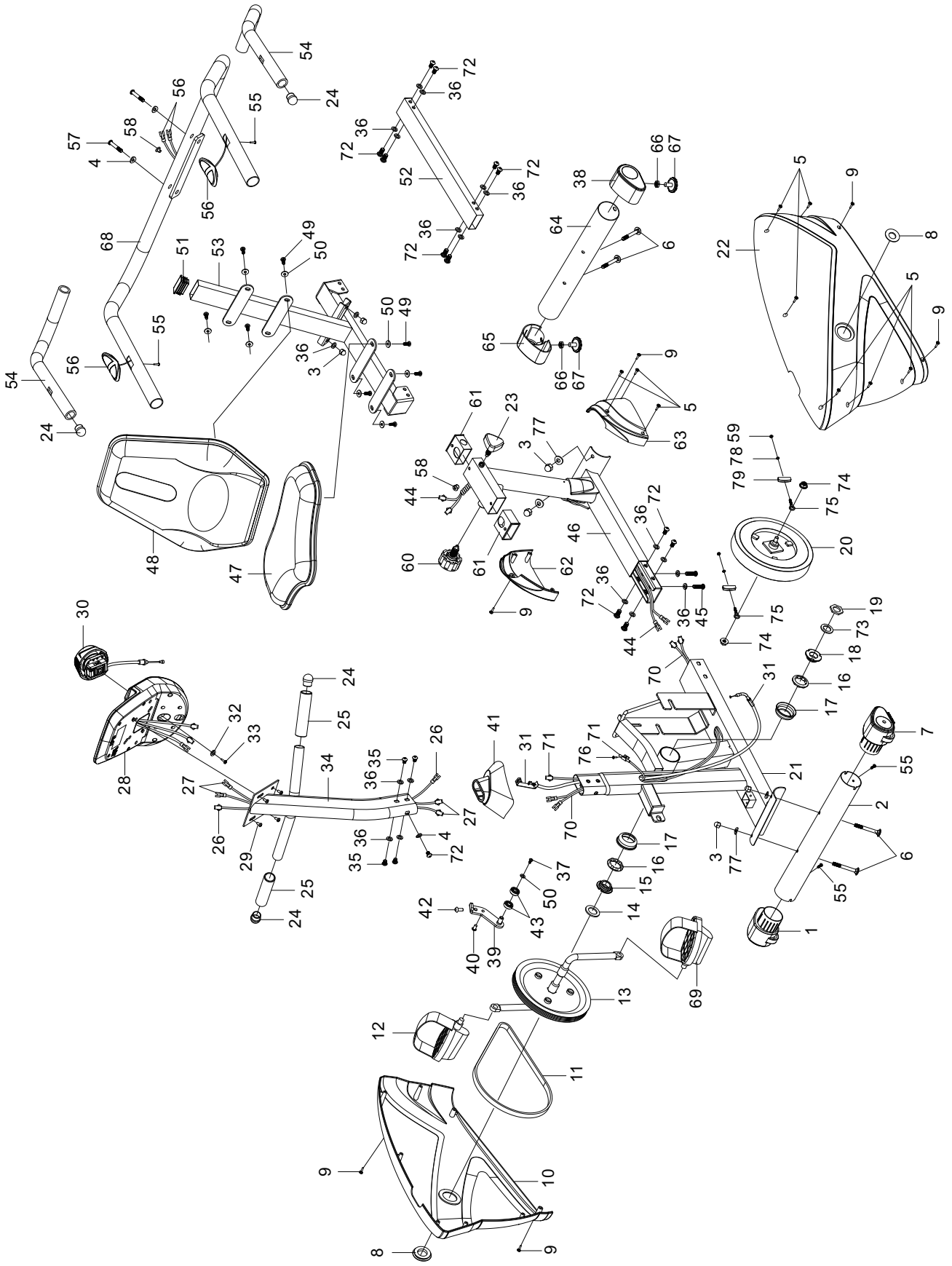
TOOLS

Allen Wrench
1 PC

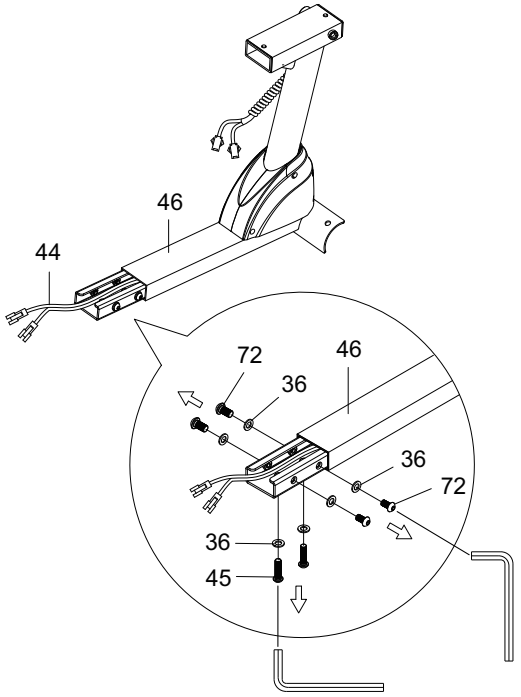


Multi Hex Tool with Phillips Screwdriver
1 PC

EXPLODED VIEW

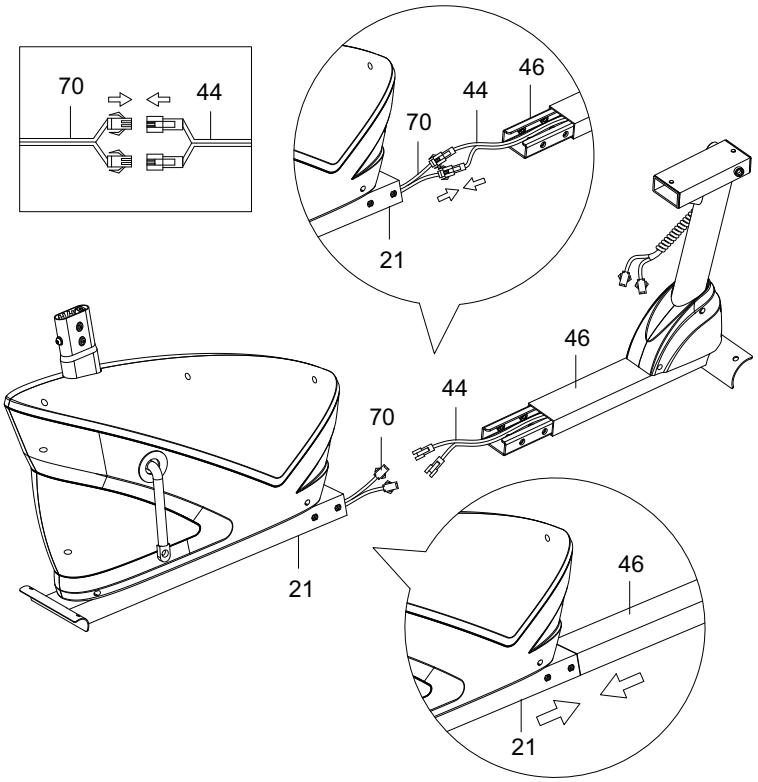


ASSEMBLY INSTRUCTIONS



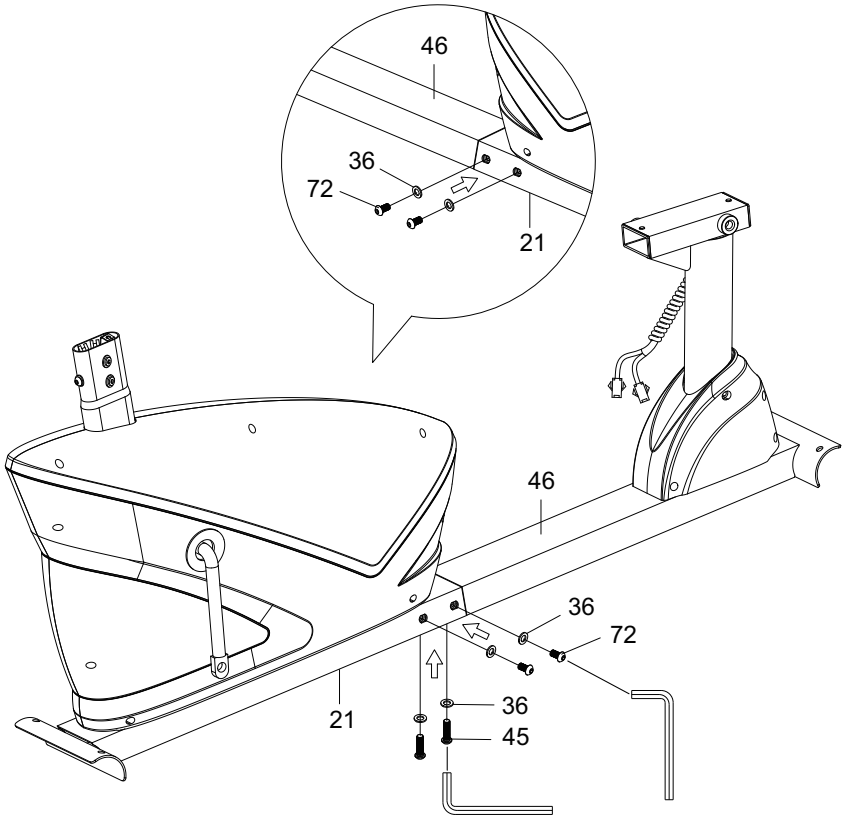
STEP 1

Remove six Washers (36), four Hexagon Socket Pan Head Cap Bolts (72), and two Hexagon Socket Pan Head Cap Bolts (45) from the Rear Main Frame (46). Remove bolts with the Allen Wrench provided.



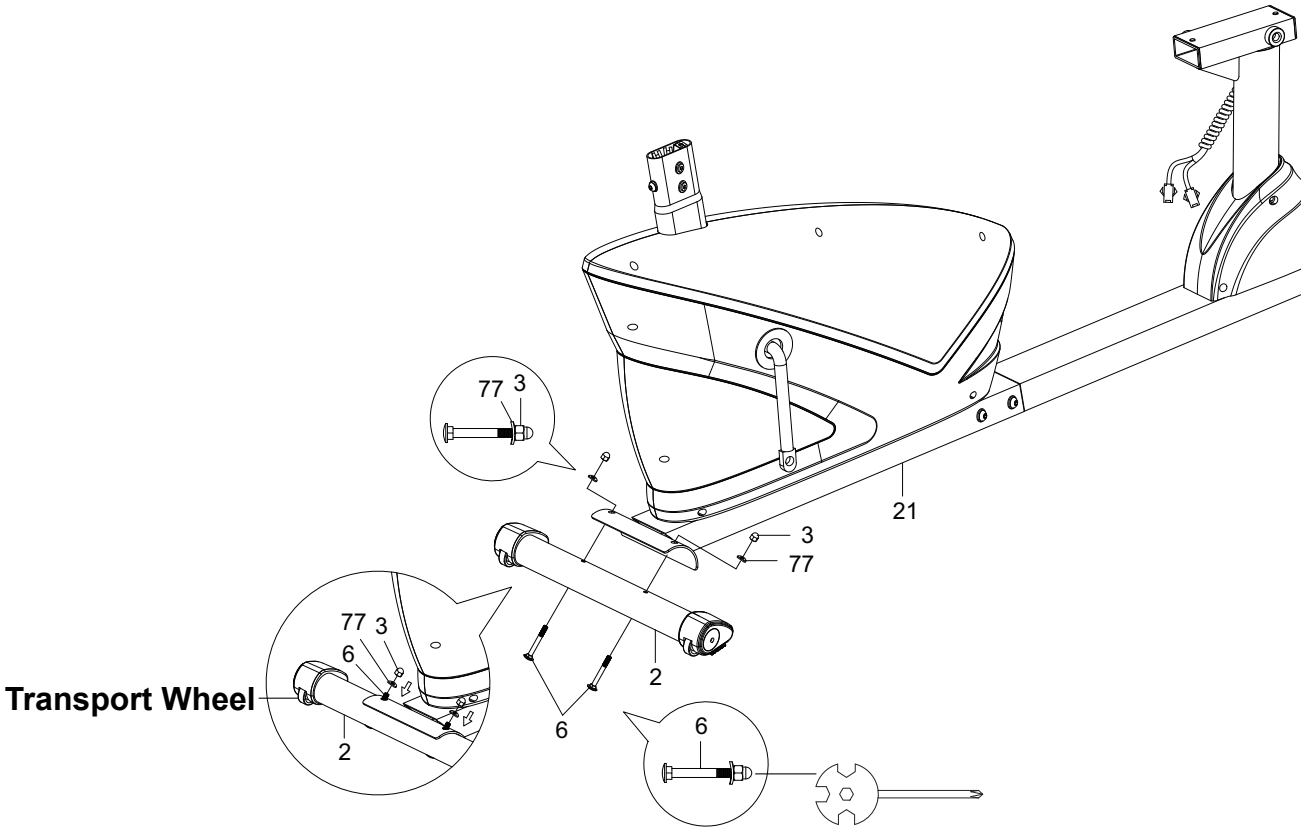
STEP 2

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



STEP 3

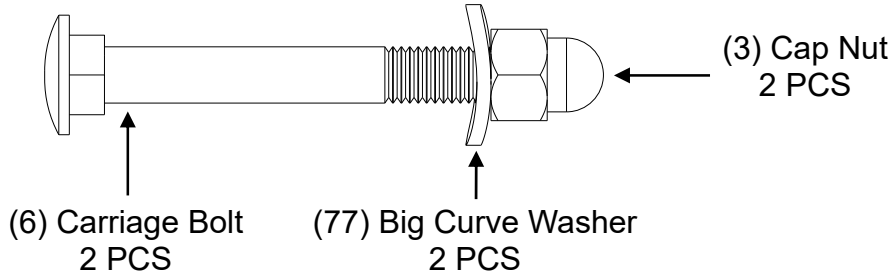
Attach the Rear Main Frame (46) into the Front Main Frame (21) with six Washers (36), four Hexagon Socket Pan Head Cap Bolts (72), and two Hexagon Socket Pan Head Cap Bolts (45) that were removed. Tighten bolts with the Allen Wrench provided.

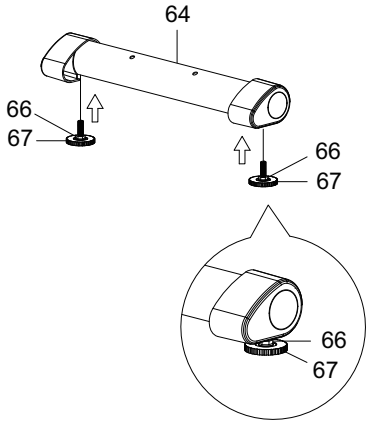


STEP 4

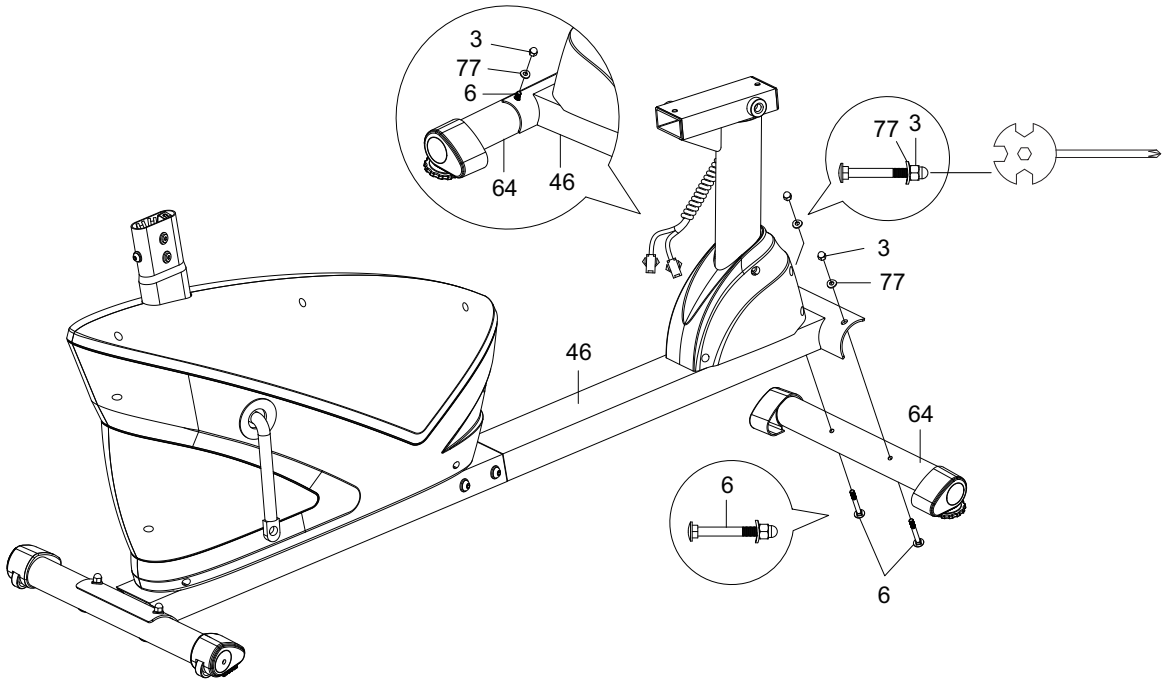
Position the Front Stabilizer (2) in front of the Front Main Frame (21) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve plate of the Front Main Frame (21) with two Carriage Bolts (6), two Big Curve Washers (77), and two Cap Nuts (3). Tighten cap nuts with the Multi Hex Tool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

Hardware:



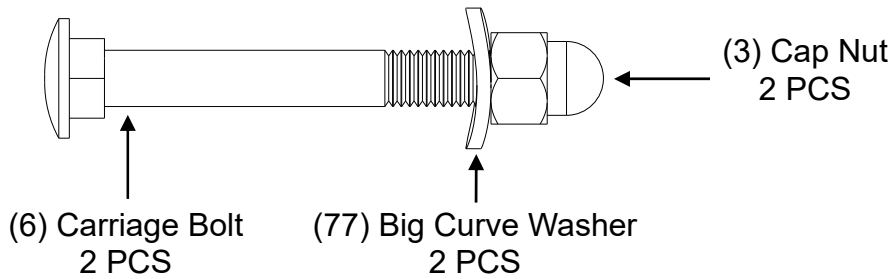


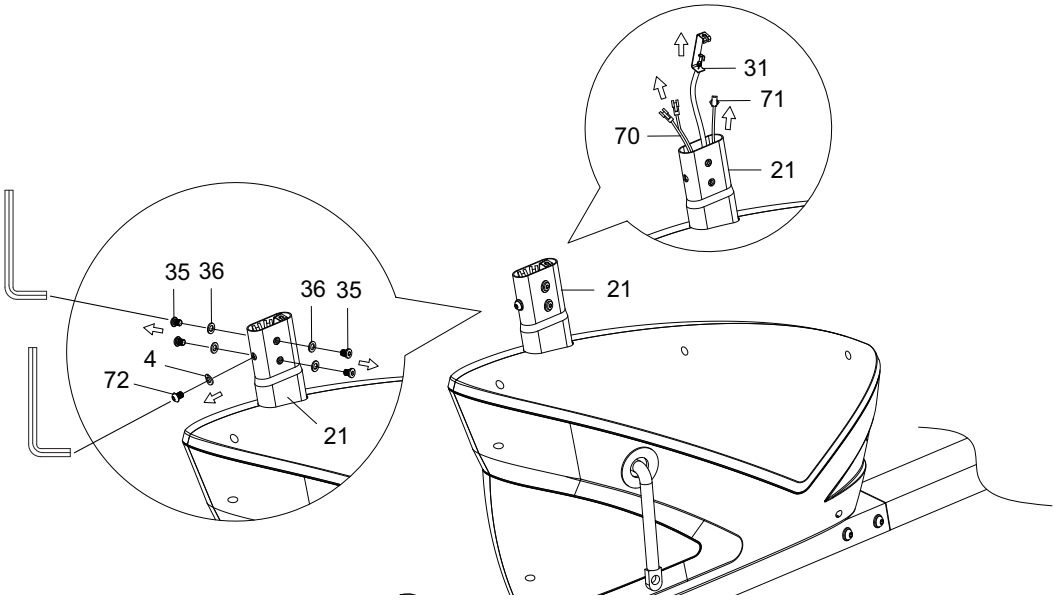
STEP 5
Install two Adjustable Levelers (67) with two Nuts (66) onto the Rear Stabilizer (64).



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

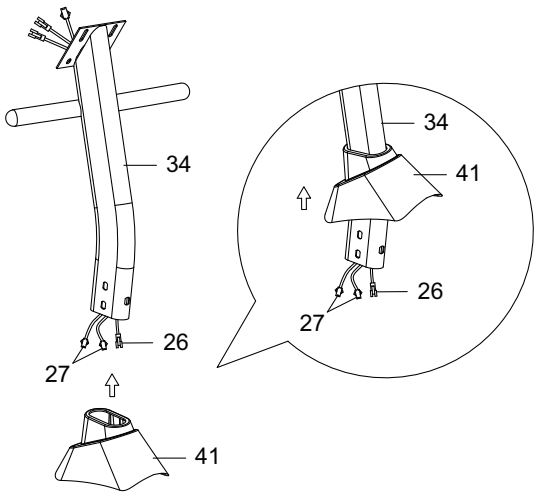
Hardware:





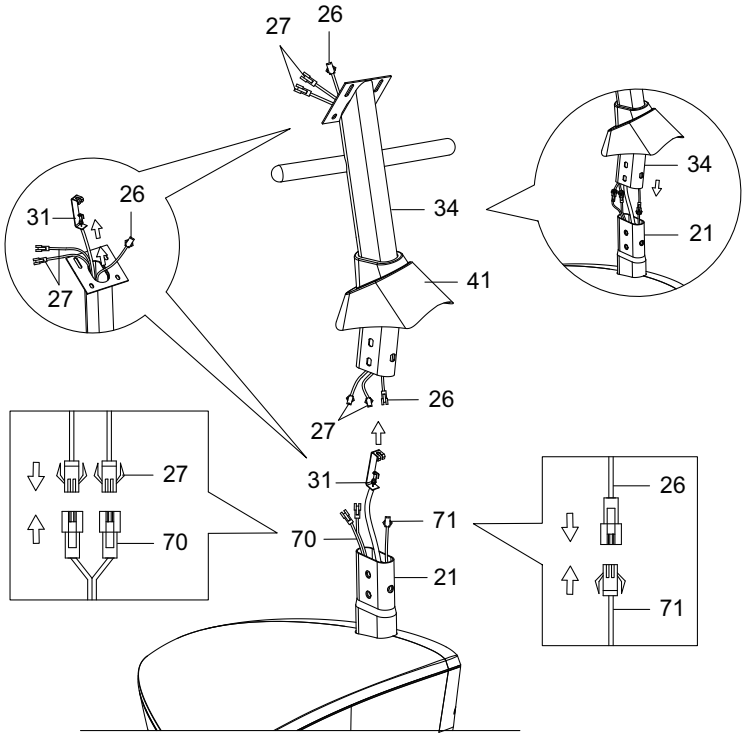
STEP 7

Remove four Washers (36), four Hexagon Socket Pan Head Cap Bolts (35), one Big Curve Washer (4), and one Hexagon Socket Pan Head Cap Bolt (72) from the tube of the Front Main Frame (21). Remove bolts with the Allen Wrench provided.



STEP 8

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

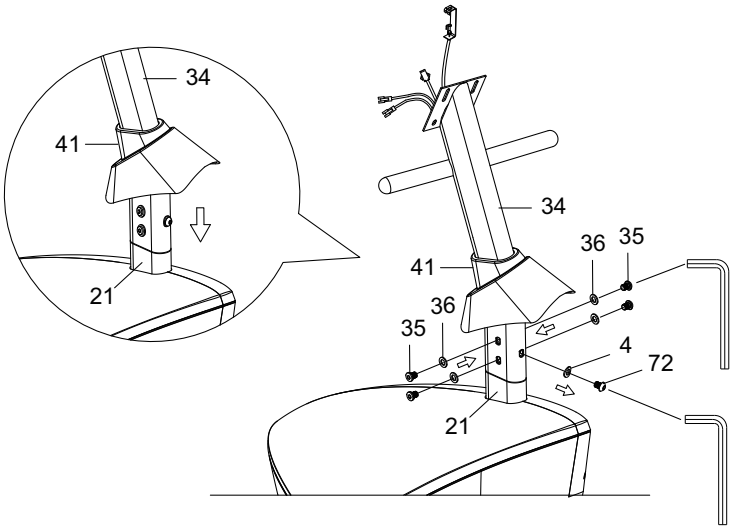


STEP 9

It is recommended to have a second person assist with this step. One person should hold the Front Handlebar Post (34) and Front Handlebar Post Cover (41) in place while the other person to insert the Tension Cable (31) and connect wires.

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

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

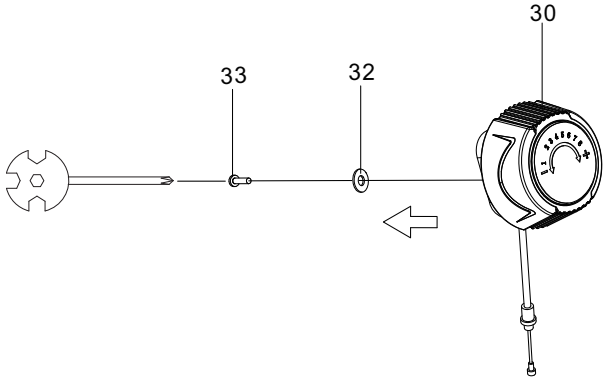


STEP 10

Insert the Front Handlebar Post (34) onto the tube of the Front Main Frame (21) and align bolt holes.

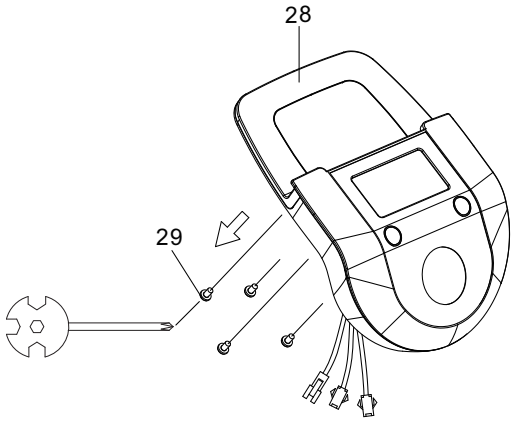
Attach the Front Handlebar Post (34) onto the tube of the Front Main Frame (21) with four Washers (36), four Hexagon Socket Pan Head Cap Bolts (35), one Big Curve Washer (4), and one Hexagon Socket Pan Head Cap Bolt (72) that were removed. Tighten bolts with the Allen Wrench provided.

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

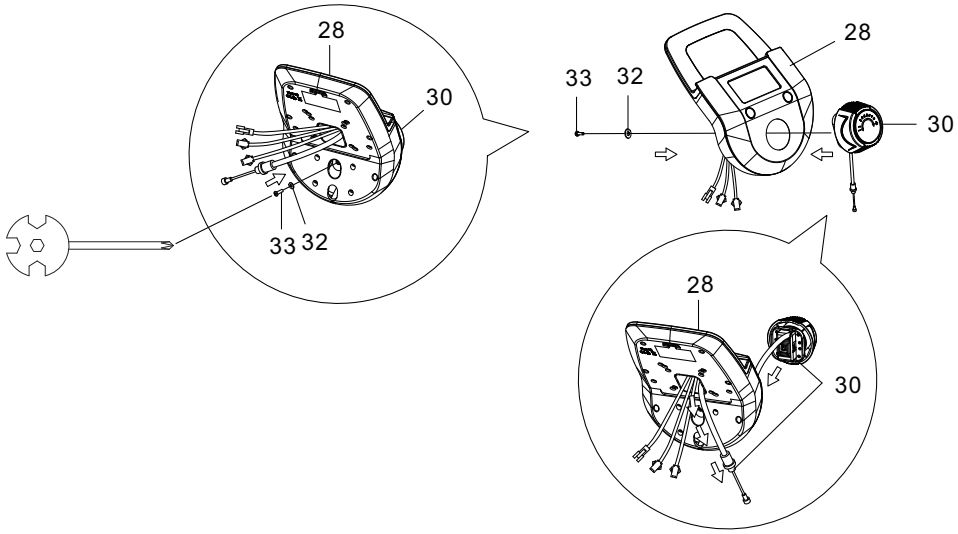


STEP 11

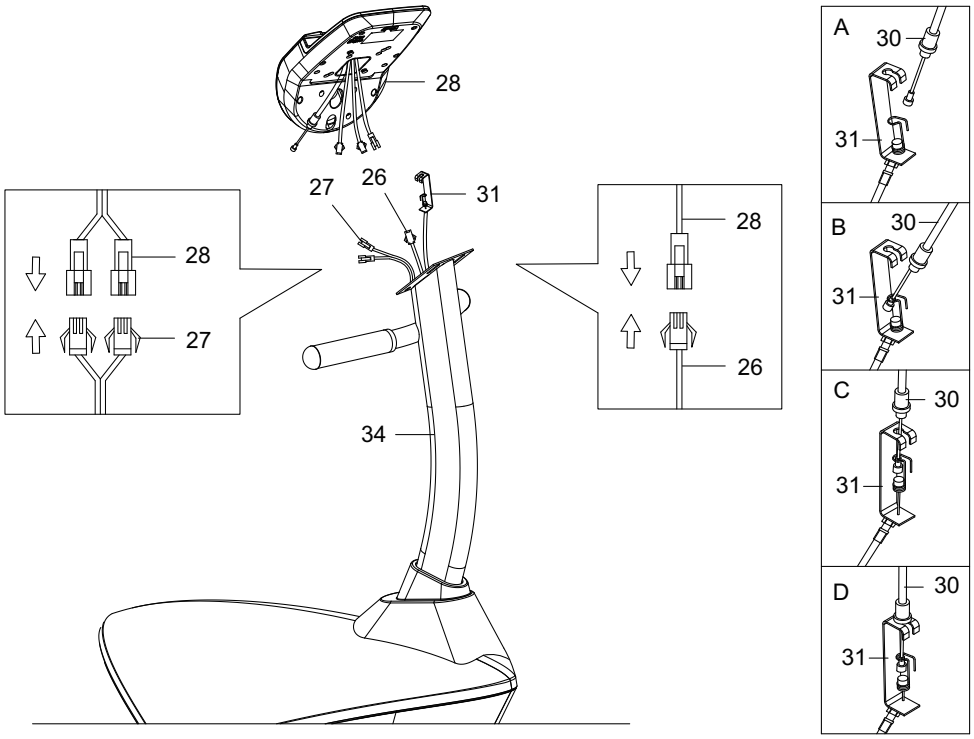
Remove one Cross Recessed Pan Head Bolt (33) and one Big Washer (32) from the Tension Control Knob (30). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 12
Remove four Cross Recessed Pan Head Bolts (29) from the Computer (28). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 13
Insert the Tension Control Knob (30) into the hole on the Computer (28).
Attach the Tension Control Knob (30) into the Computer (28) with one Cross Recessed Pan Head Bolt (33) and one Big Washer (32) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 14

It is recommended to have a second person assist with this step. One person should hold the Computer (28) in place while the other person to connect the wires.

Connect the Extension Sensor Wire (26) and Extension Hand Pulse Sensor Wires II (27) to the wires that come from the Computer (28).

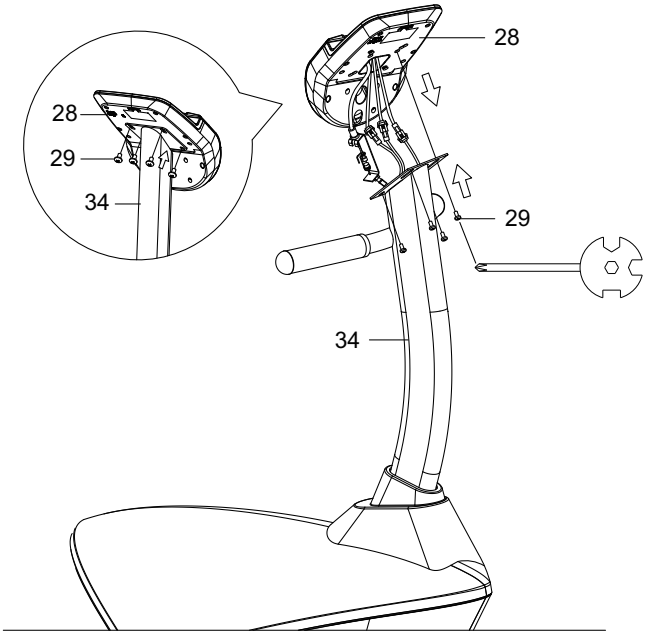
Put the cable end of resistance cable of Tension Control Knob (30) into the cable lock of Tension Cable (31), see Figure A.

Pull the resistance cable of Tension Control Knob (30) up and force it into the slot of metal bracket of Tension Cable (31), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (30) into the hole at the end of the slot in the metal bracket of Tension Cable (31), see Figure C.

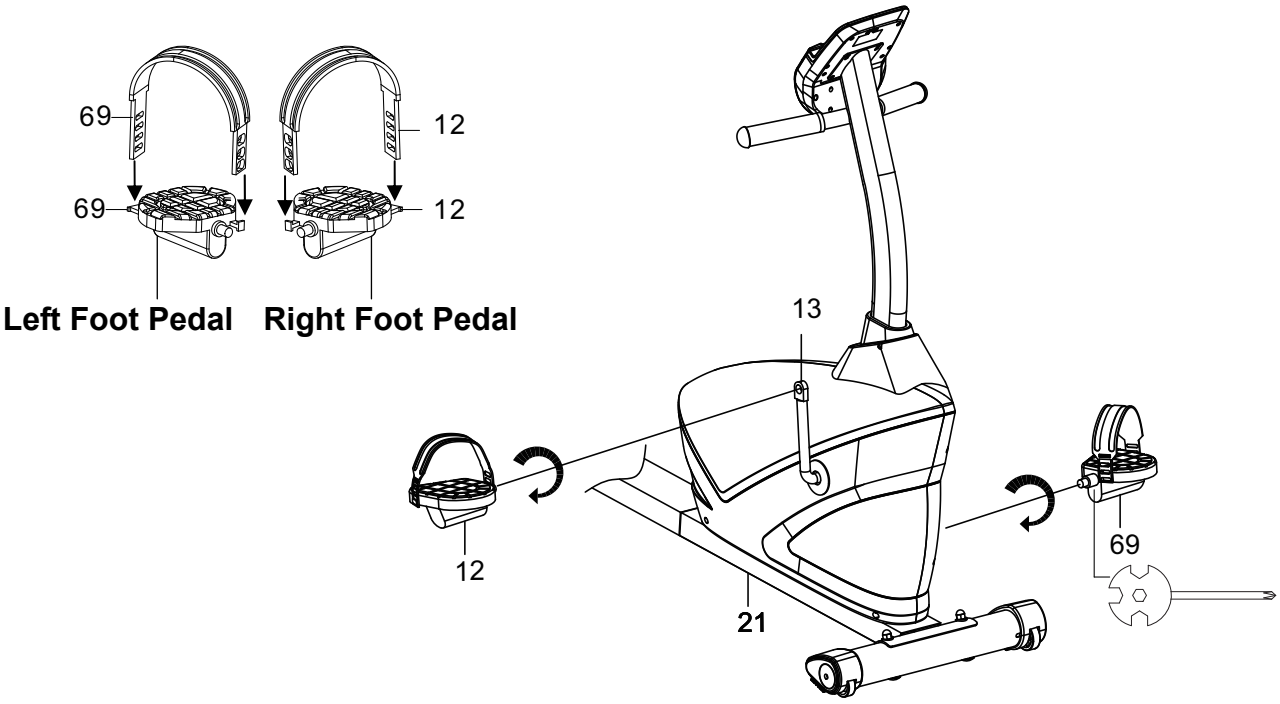
Connect the resistance cable of Tension Control Knob (30) to Tension Cable (31) complete, see Figure D.

Tuck wires into the Front Handlebar Post (34).



STEP 15

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



STEP 16

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

Select the Left Foot Pedal Strap (69) 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 (69). Snap the other end of the strap onto the outside edge of the Left Foot Pedal (69). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

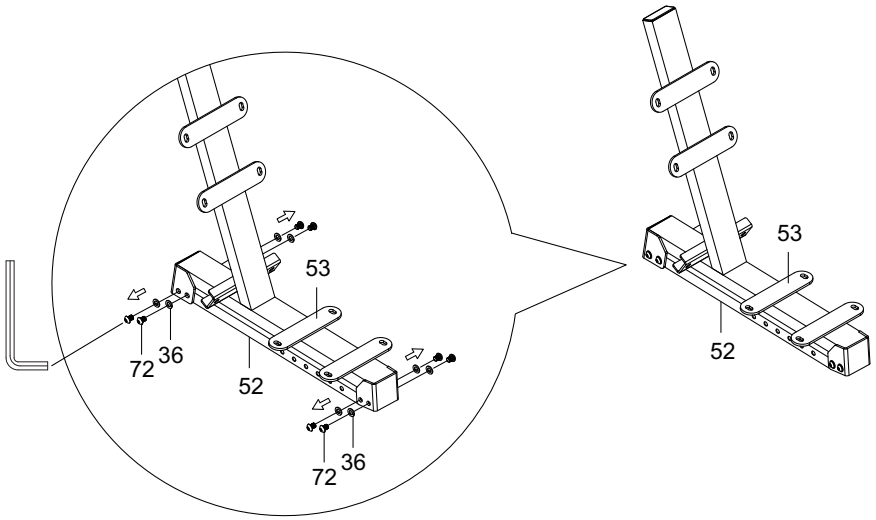
Use the same procedure to snap the Right Foot Pedal Strap (12) onto the Right Foot Pedal (12).

Insert the pedal shaft of Left Foot Pedal (69) into threaded hole in the left Crank (13). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

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

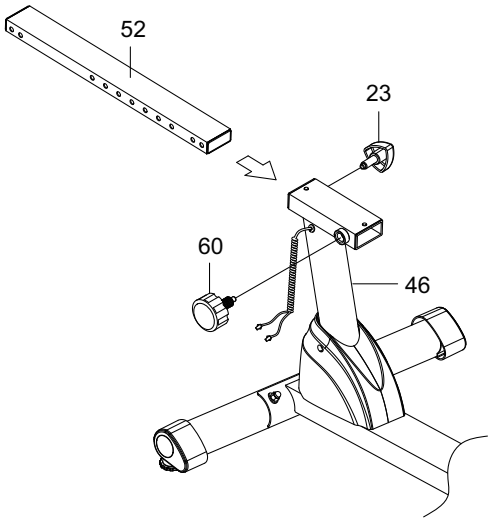
Tighten the pedal shaft of Left Foot Pedal (69) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (12) into threaded hole in right Crank (13). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (12) with the Multi Hex Tool with Phillips Screwdriver provided.



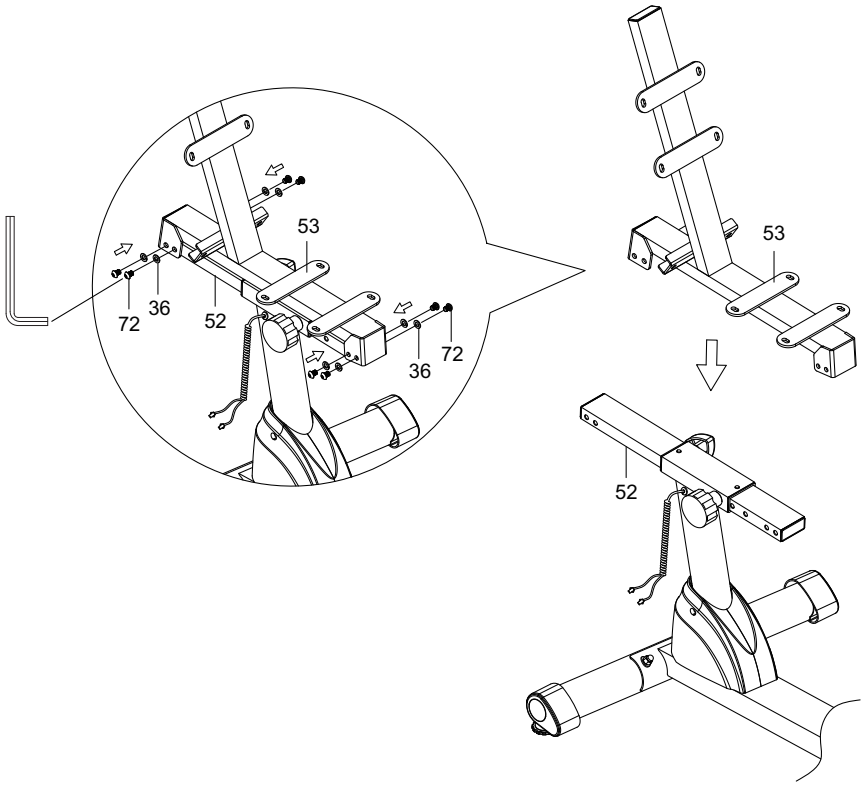
STEP 17

Remove eight Washers (36) and eight Hexagon Socket Pan Head Cap Bolts (72) from the Back and Seat Support Bracket (53). Remove bolts with the Allen Wrench provided.



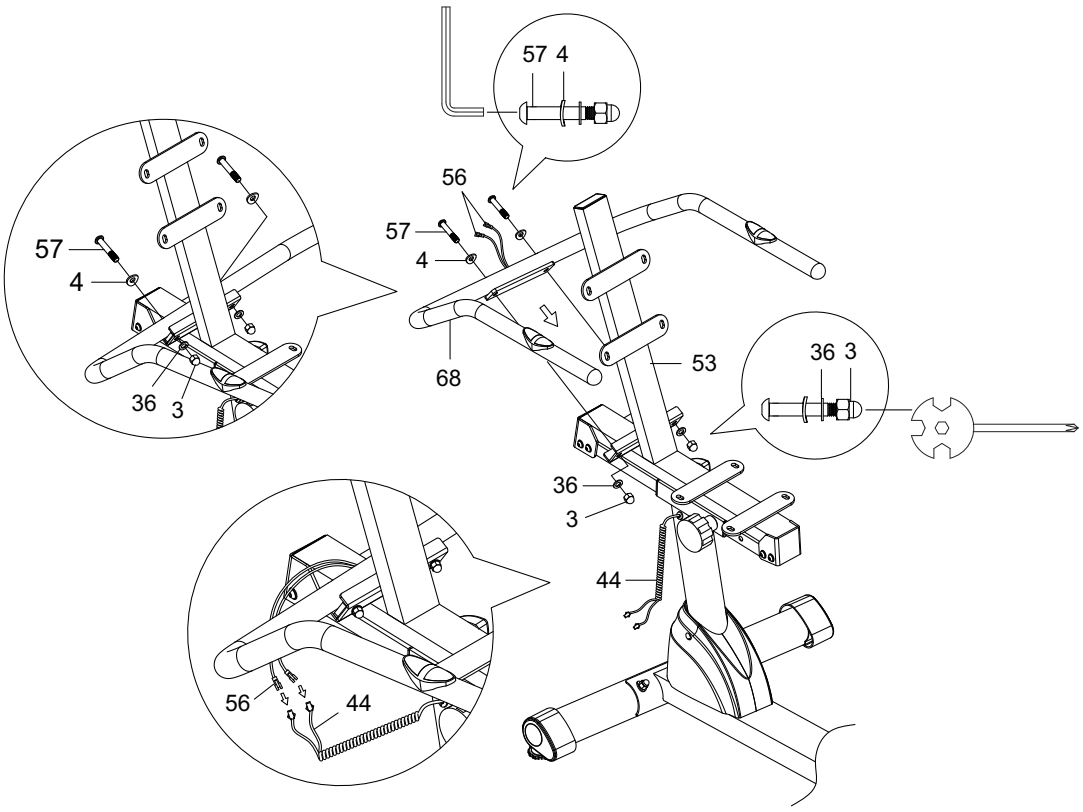
STEP 18

Insert the Seat Sliding Tube (52) into the bushings of the Rear Main Frame (46).
Insert the Round Knob (60) and Triangle Knob (23) into knob holes. Turn the Round Knob (60) and Triangle Knob (23) in the clockwise direction to tighten.



STEP 19

Attach the Back and Seat Support Bracket (53) onto the Seat Sliding Tube (52) with eight Washers (36) and eight Hexagon Socket Pan Head Cap Bolts (72) that were removed. Tighten bolts with the Allen Wrench provided.

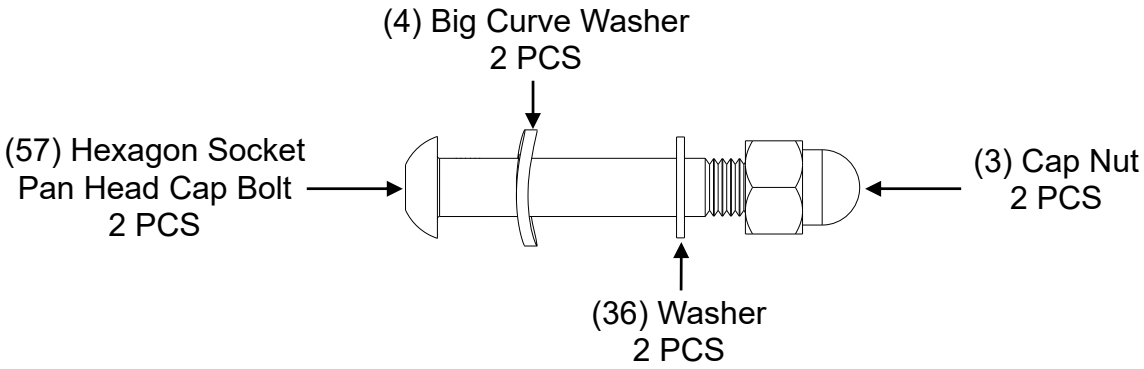


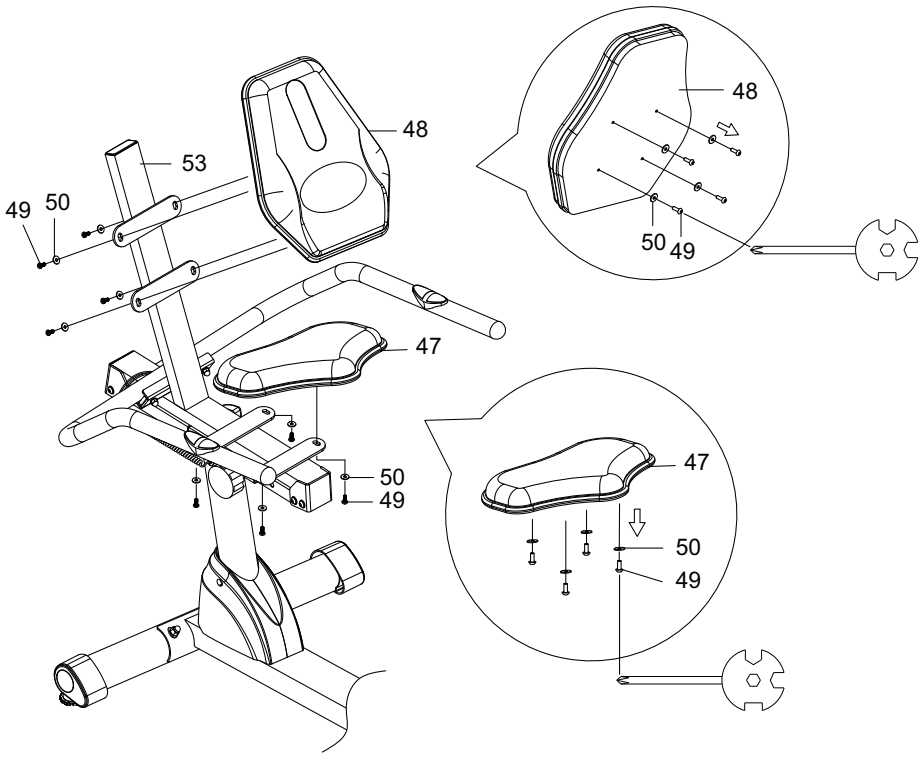
STEP 20

Attach the Rear Handlebar (68) onto the Back and Seat Support Bracket (53) with two Hexagon Socket Pan Head Cap Bolts (57), two Big Curve Washers (4), two Washers (36), and two Cap Nuts (3). Tighten bolts and cap nuts with the Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

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

Hardware:





STEP 21

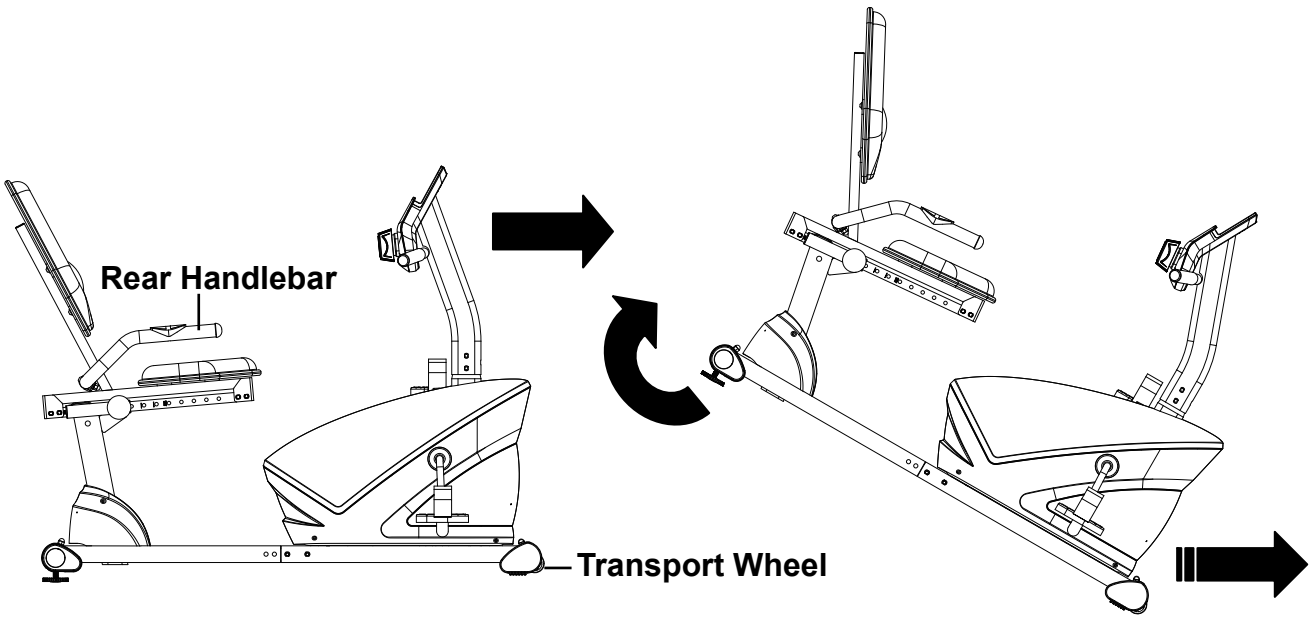
Remove four Cross Recessed Pan Head Bolts (49) and four Big Washers (50) from the back of the Seat Cushion (47). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Seat Cushion (47) onto the Back and Seat Support Bracket (53) with four Cross Recessed Pan Head Bolts (49) and four Big Washers (50) that were removed. Tighten bolts with Multi Hex Tool with Phillips Screwdriver provided.

Remove four Cross Recessed Pan Head Bolts (49) and four Big Washers (50) from the back of the Backrest (48). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Backrest (48) onto the Back and Seat Support Bracket (53) with four Cross Recessed Pan Head Bolts (49) and four Big Washers (50) that were removed. Tighten bolts with Multi Hex Tool with Phillips Screwdriver provided.

HOW TO MOVE THE RECUMBENT BIKE



CAUTION: Due to the size and weight of the recumbent bike, please moving it requires two people.

One person stands in front of the recumbent bike, hold the front handlebars. The other person lifts the Rear Handlebar until the recumbent bike will roll on the transport wheels. Carefully move the recumbent bike to the desired location, and then lower it to the floor.

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).

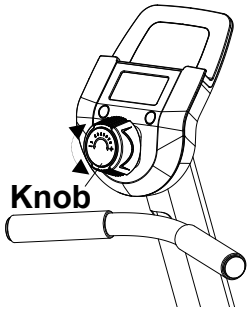
ODO: Displays the total accumulative distance travelled. The ODO data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will reset to zero.

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.

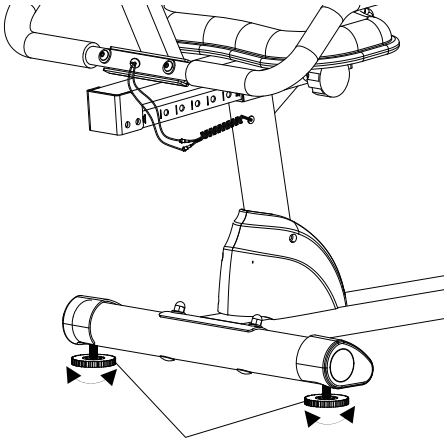
ADJUSTMENTS

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.



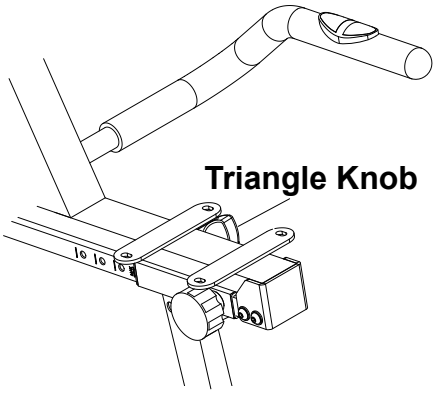
Tension Control Knob

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



Adjustable Leveler

Adjusting the Seat Fore or Aft Position
Loosen the triangle knob by turning it counterclockwise direction. Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the back and seat support bracket forward or backward direction to the desired position. Lock the back and seat support bracket in place by releasing the round knob and sliding the back and seat support bracket forward or backward slightly until the round knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the round knob and triangle knob in a clockwise direction.



Triangle Knob

Round Knob

NOTE: Make sure that the triangle knob and round knob are locked in place before using the recumbent bike.

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.

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

TROUBLESHOOTING

PROBLEM: The recumbent bike wobbles when in use.
SOLUTION: Turn the adjustable leveler on the 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 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 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.

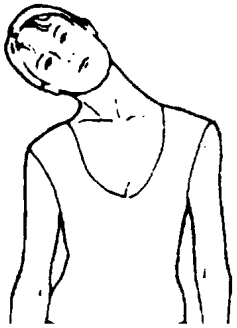
WARM UP AND COOL DOWN ROUTINE

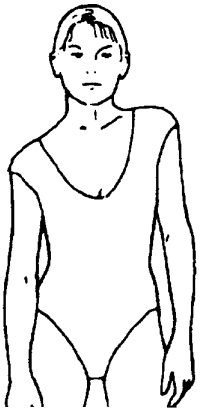
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching 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

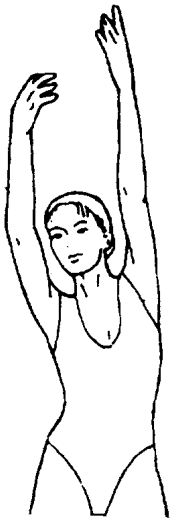
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for 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

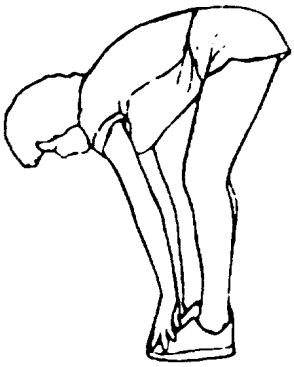
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

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.

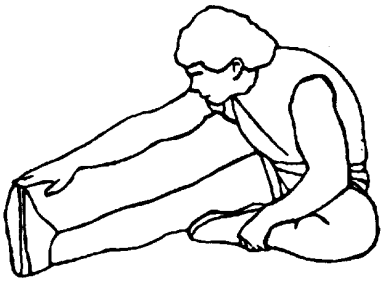


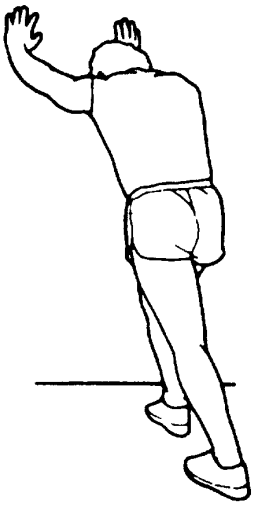
TOE TOUCHES

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.