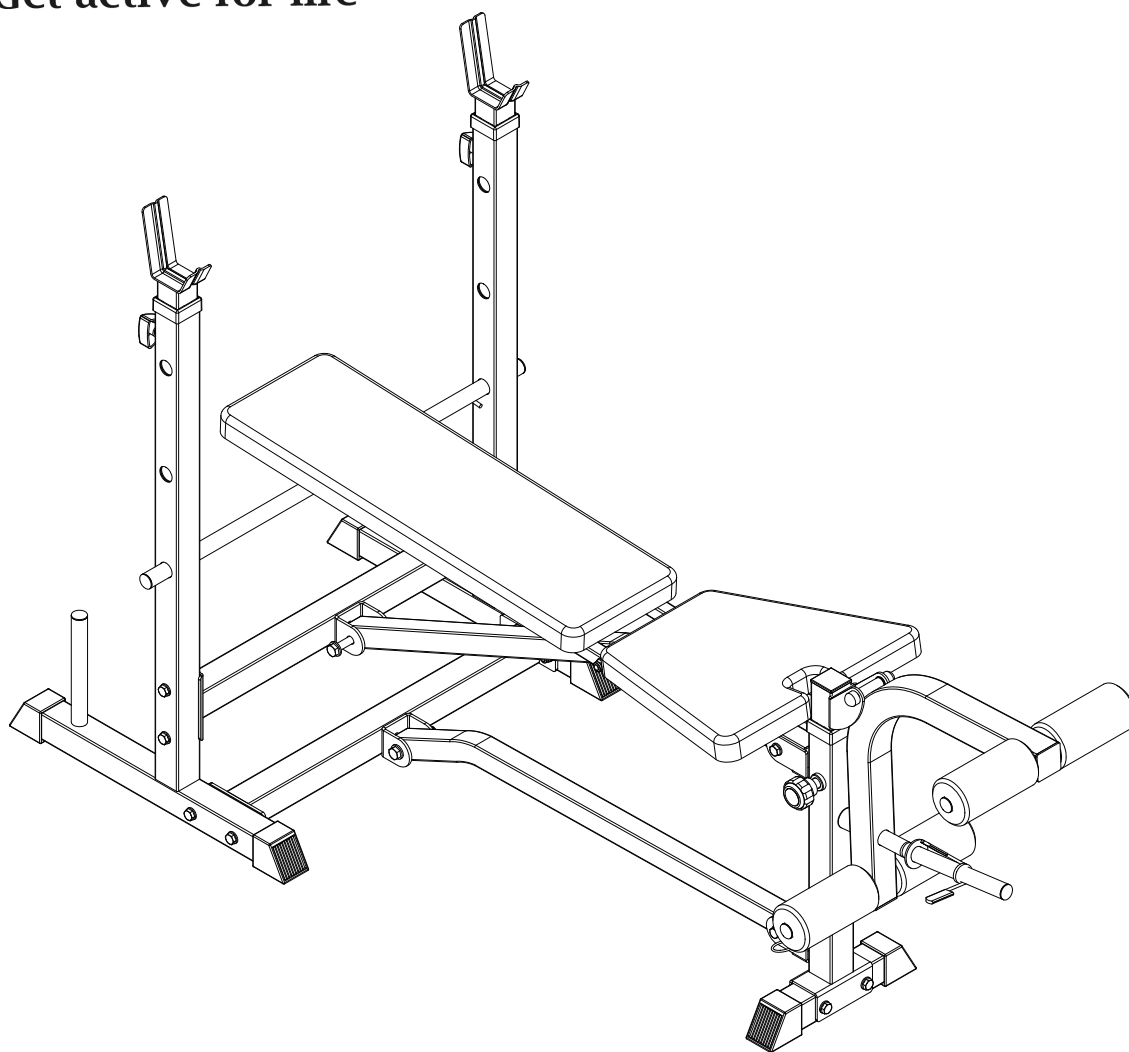


# ***LifeGear F1 body/BENCH***

***ITEM NO.: 76100***

***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo, subject to change without notice.

2014, Aug.

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE PACKING LIST -----	5
TOOLS -----	5
OVERVIEW DRAWING -----	6
ASSEMBLY INSTRUCTIONS -----	7
ADJUSTMENTS -----	13
STORAGE -----	14
MAINTENANCE -----	14
WARM UP AND COOL DOWN ROUTINE -----	15

# 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.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment.
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. Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
8. Do not jump on this equipment.
9. Do not use the equipment outdoors.
10. This equipment is for household use only. It is not a commercial model.
11. Only one person at a time should use this equipment.
12. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
13. Care should be taken in mounting or dismounting the equipment.
14. 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.
15. Inspect and tighten all parts each time before using this equipment.
16. The maximum weight capacity for this product is 110 kgs.

**WARNING:** Before beginning any exercise program consult your physician.

**This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.**

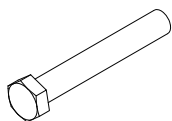
**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Frame	2	023	Leg Developer End Cap 50x50	2
002	Adjustable Weight Crutch	2	024	Bumper	1
003	Upper Support Tube	1	025	Spring Clip	1
004	Lower Support Tube	1	026	Triangle Knob	2
005	Adjustable Bar	1	027	Round Knob	1
006	Seat Support Tube	1	028	Square End Cap 25x25	8
007	Base Support Tube	1	029	Square End Cap 45x45	1
008	U Shaped Seat Adjustment	1	030	Bushing Ø10	2
009	Front Base Tube	1	031		
010	Front Frame	1	032	Hexagon Bolt M10x80	2
011	Foam Roller Tube	2	033	Washer Ø10	4
012	Leg Developer	1	034	Hexagon Nylon Lock Nut M10	2
013	Leg Height Adjustable Tube	1	035	Hexagon Bolt M10x70	8
014	Backrest	1	036	Hexagon Bolt M10x75	5
015	Seat Pad	1	037	Hexagon Bolt M10x140	1
016	Backrest Tube	2	038	Hexagon Bolt M10x190	1
017	Seat Pad Tube	2	039	Hexagon Bolt M6x40	8
018	Square Bushing	3	040	Washer Ø6	8
019	Foot End Cap	6	041	Hexagon Nylon Lock Nut M10	15
020	Foam Roller	4	042	Washer Ø10	30
021	Round Plug Ø25	9	043	Ring Pin Ø10x65	2
022	Square Plug 38x38	4	044	Nut Cap M10	2

# HARDWARE PACKING LIST

## Hardware Bag



(32) Hexagon Bolt  
M10x80  
2 PCS



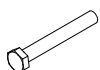
(33) Washer Ø10  
4 PCS



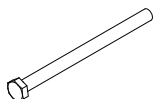
(34) Hexagon Nylon  
Lock Nut M10  
2 PCS



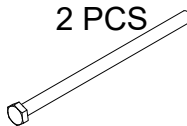
(35) Hexagon Bolt  
M10x70  
8 PCS



(36) Hexagon Bolt  
M10x75  
5 PCS



(37) Hexagon Bolt  
M10x140  
1 PC



(38) Hexagon Bolt  
M10x190  
1 PC



(39) Hexagon Bolt  
M6x40  
8 PCS



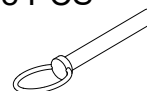
(40) Washer Ø6  
8 PCS



(41) Hexagon Nylon  
Lock Nut M10  
15 PCS

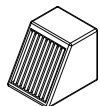


(42) Washer Ø10  
30 PCS

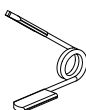


(43) Ring Pin  
Ø10x65  
2 PCS

## Plastic Parts



(19) Foot End Cap  
6 PCS



(25) Spring Clip  
1 PC



(26) Triangle Knob  
2 PCS

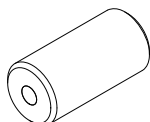


(27) Round Knob  
1 PC



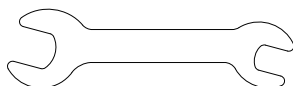
(44) Nut Cap M10  
2 PCS

## Foam Roller

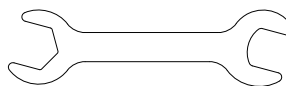


(20) Foam Roller  
4 PCS

## TOOLS

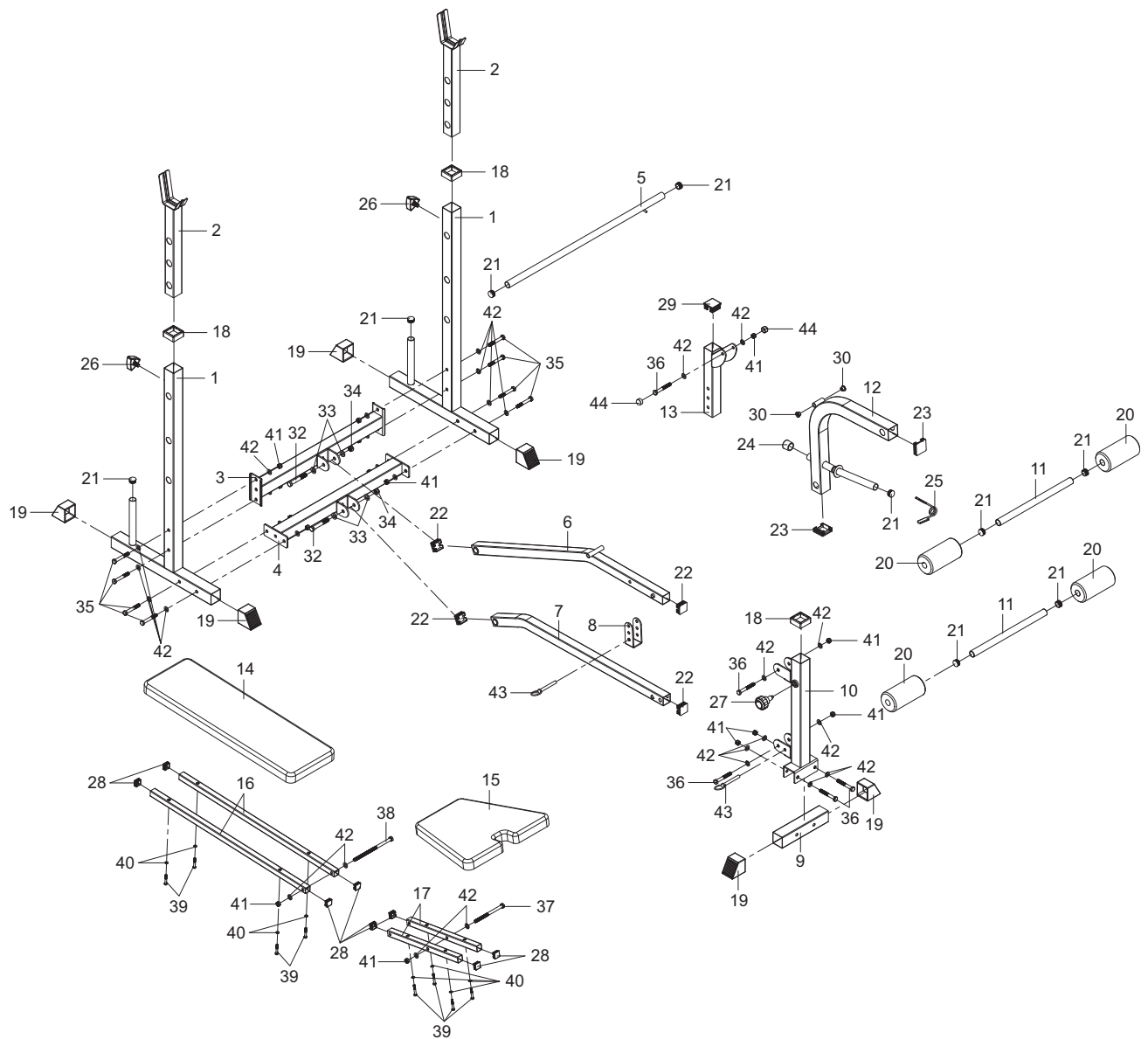


Wrench 10-14  
1 PC

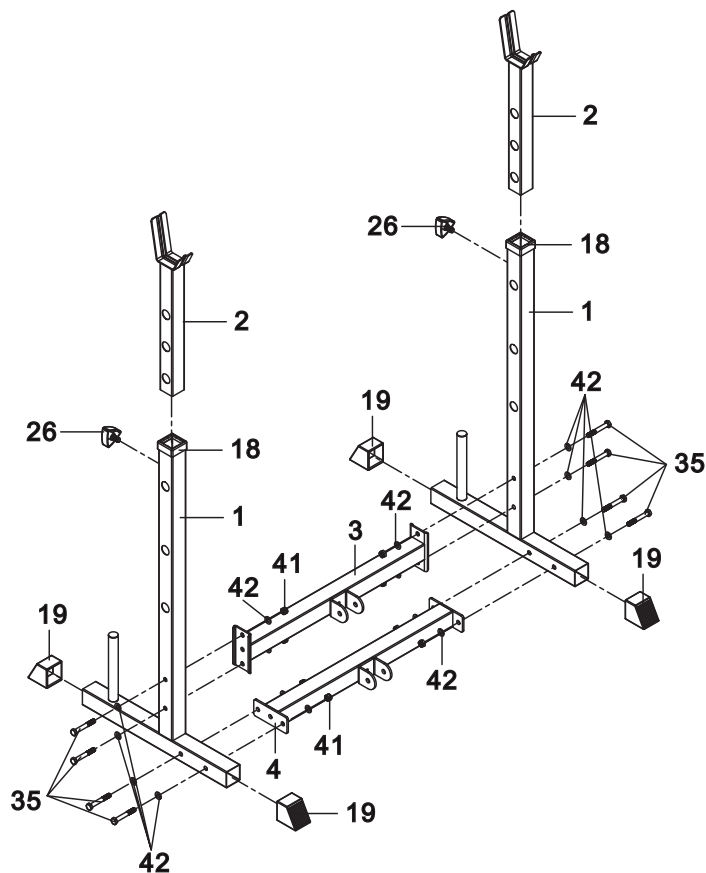


Wrench 17-19  
2 PCS

# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



## Tool:



2 Wrenches (17-19)

## Step 1

Attach the Upper Support Tube (3) onto the Rear Frames (1) with four M10x70 Hexagon Bolts (35), four M10 Hexagon Nylon Lock Nuts (41), and eight Ø10 Washers (42). Tighten bolts and nuts with two 17-19 Wrenches provided.

Attach the Lower Support Tube (4) onto the Rear Frames (1) with four M10x70 Hexagon Bolts (35), four M10 Hexagon Nylon Lock Nuts (41), and eight Ø10 Washers (42). Tighten bolts and nuts with two 17-19 Wrenches provided.

Install four Foot End Caps (19) onto the Rear Frames (1).

Insert two Adjustable Weight Crutches (2) into the top square holes of the Rear Frames (1). Adjust the position and insert the Triangle Knobs (26). Turn the Triangle Knobs (26) in the clockwise direction to tighten.

## Hardware & Plastic Parts:



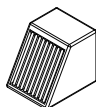
(35) Hexagon Bolt M10x70  
8 PCS



(42) Washer Ø10  
16 PCS



(41) Hexagon Nylon Lock Nut M10  
8 PCS

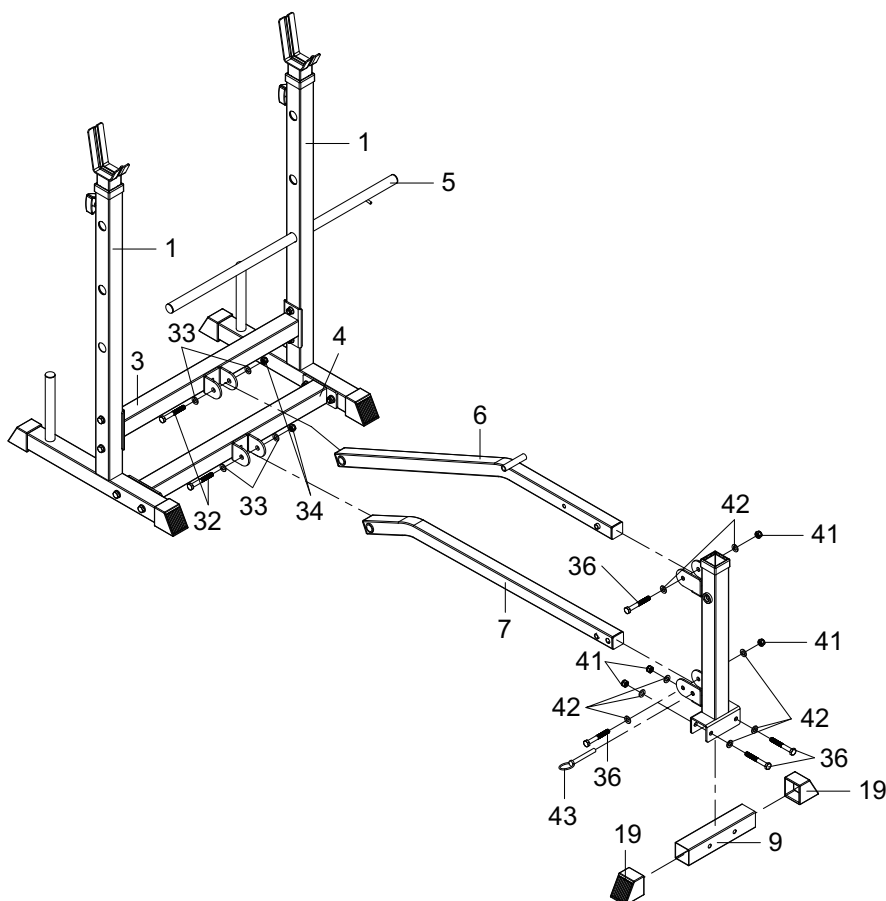


(19) Foot End Cap  
4 PCS

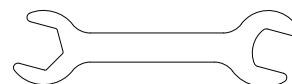


(26) Triangle Knob  
2 PCS





### Tool:



2 Wrenches (17-19)

### Step 2

Attach the Front Frame (10) onto the Front Base Tube (9) with two M10x75 Hexagon Bolts (36), two M10 Hexagon Nylon Lock Nuts (41), and four Ø10 Washers (42). Tighten bolts and nuts with two 17-19 Wrenches provided.

Install two Foot End Caps (19) onto the Front Base Tube (9).

Attach one end of the Base Support Tube (7) onto the Lower Support Tube (4) with one M10x80 Hexagon Bolt (32), one M10 Hexagon Nylon Lock Nut (34), and two Ø10 Washers (33). Tighten bolt and nut with two 17-19 Wrenches provided.

Attach the other end of the Base Support Tube (7) onto the Front Frame (10) with one M10x75 Hexagon Bolt (36), one M10 Hexagon Nylon Lock Nut (41), and two Ø10 Washers (42). Tighten bolt and nut with two 17-19 Wrenches provided.

Insert the Ø10x65 Ring Pin (43) into the holes of the Front Frame (10) and Base Support Tube (7) to lock the Base Support Tube (7) in place.

Attach one end of the Seat Support Tube (6) onto the Upper Support Tube (3) with one M10x80 Hexagon Bolt (32), one M10 Hexagon Nylon Lock Nut (34), and two Ø10 Washers (33). Tighten bolt and nut with two 17-19 Wrenches provided.

Attach the other end of the Seat Support Tube (6) onto the Front Frame (10) with one M10x75 Hexagon Bolt (36), one M10 Hexagon Nylon Lock Nut (41), and two Ø10 Washers (42). Tighten bolt and nut with two 17-19 Wrenches provided.

Insert the Adjustable Bar (5) into the one of the holes of the Rear Frames (1).

### Hardware & Plastic Parts:



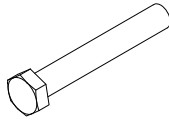
(36) Hexagon Bolt M10x75  
4 PCS



(42) Washer Ø10  
8 PCS



(41) Hexagon Nylon Lock Nut M10  
4 PCS



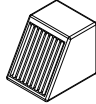
(32) Hexagon Bolt M10x80  
2 PCS



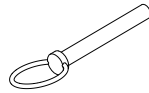
(33) Washer Ø10  
4 PCS



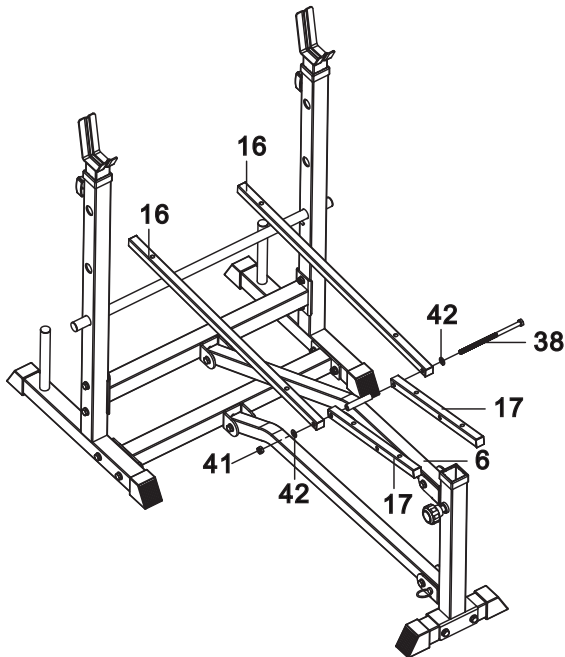
(34) Hexagon Nylon Lock Nut M10  
2 PCS



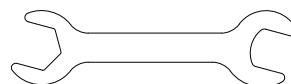
(19) Foot End Cap  
2 PCS



(43) Ring Pin Ø10x65  
1 PC



#### Tool:

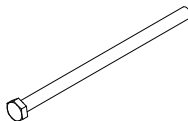


2 Wrenches (17-19)

#### Step 3

Attach two Seat Pad Tubes (17) and two Backrest Tubes (16) onto the center bar of the Seat Support Tube (6) with one M10x190 Hexagon Bolt (38), one M10 Hexagon Nylon Lock Nut (41), and two Ø10 Washers (42). Tighten bolt and nut with two 17-19 Wrenches provided.

#### Hardware:



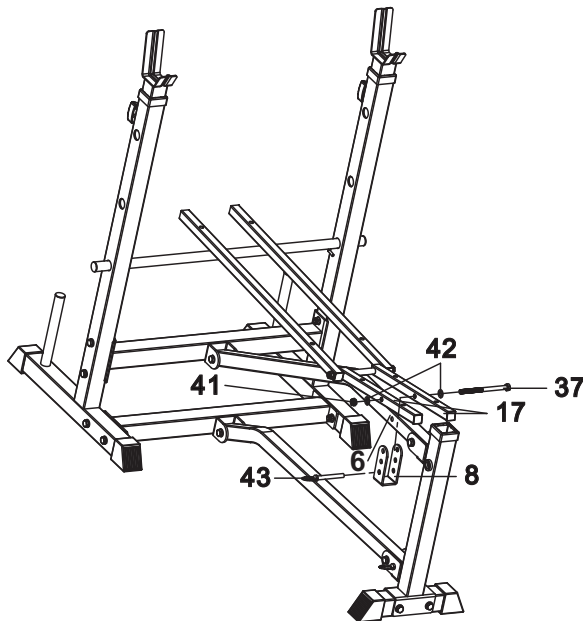
(38) Hexagon Bolt M10x190  
1 PC



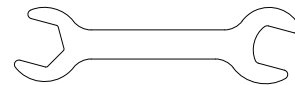
(42) Washer Ø10  
2 PCS



(41) Hexagon Nylon Lock Nut M10  
1 PC



#### Tool:



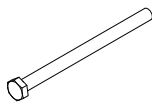
2 Wrenches (17-19)

#### Step 4

Attach the U Shaped Seat Adjustment (8) onto the Seat Pad Tubes (17) with one M10x140 Hexagon Bolt (37), one M10 Hexagon Nylon Lock Nut (41), and two Ø10 Washers (42). Tighten bolt and nut with two 17-19 Wrenches provided.

Insert the Ø10x65 Ring Pin (43) into the holes on the U Shaped Seat Adjustment (8) and Seat Support Tube (6) to lock the Seat Pad Tubes (17) in place.

#### Hardware:



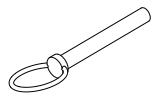
(37) Hexagon Bolt M10x140  
1 PC



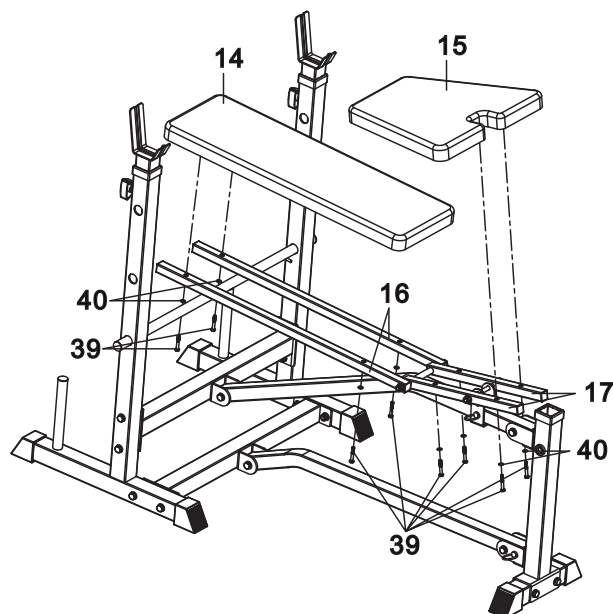
(42) Washer Ø10  
2 PCS



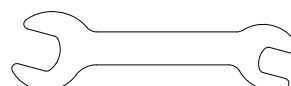
(41) Hexagon Nylon Lock Nut M10  
1 PC



(43) Ring Pin Ø10x65  
1 PC



### Tool:



2 Wrenches (10-14)

### Step 5

Attach the Backrest (14) onto the Backrest Tubes (16) with four M6x40 Hexagon Bolts (39) and four Ø6 Washers (40). Tighten bolt and nut with one 10-14 Wrench provided.

Attach the Seat Pad (15) onto the Seat Pad Tubes (17) with four M6x40 Hexagon Bolts (39) and four Ø6 Washers (40). Tighten bolt and nut with one 10-14 Wrench provided.

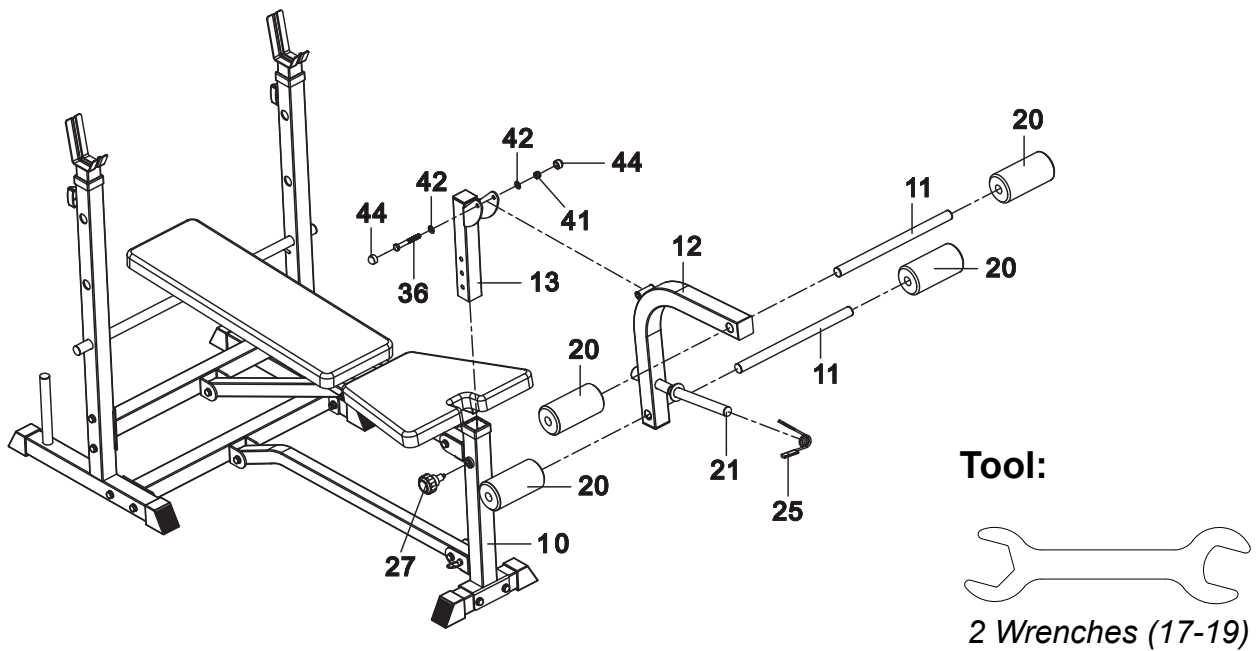
### Hardware:



(39) Hexagon Bolt M6x40  
8 PCS



(40) Washer Ø6  
8 PCS



### Step 6

Insert the Leg Height Adjustable Tube (13) into the top square hole of the Front Frame (10). Adjust the position and insert the Round Knob (27). Turn the Round Knob (27) in the clockwise direction to tighten.

Attach the Leg Developer (12) onto the Leg Height Adjustable Tube (13) with one M10x75 Hexagon Bolt (36), one M10 Hexagon Nylon Lock Nut (41), and two Ø10 Washers (42). Tighten bolt and nut with two 17-19 Wrenches provided. Then cover the M10x75 Hexagon Bolt (36) and M10 Hexagon Nylon Lock Nut (41) with two M10 Nut Caps (44).

Install one Spring Clip (25) onto the weight sliding tube of the Leg Developer (12).

Insert the Foam Roller Tube (11) through the hole in the Leg Developer (12), leaving room on each side for the Foam Rollers (20). Slide both Foam Rollers (20) onto the Foam Roller Tube (11).

Use the same procedure to install the other Foam Roller Tube (11) and Foam Rollers (20).

### Hardware & Plastic Parts:



(27) Round Knob

1 PC



(36) Hexagon Bolt M10x75

1 PC



(42) Washer Ø10

2 PCS



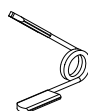
(41) Hexagon Nylon Lock Nut M10

1 PC



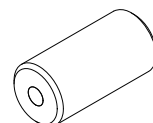
(44) Nut Cap M10

2 PCS



(25) Spring Clip

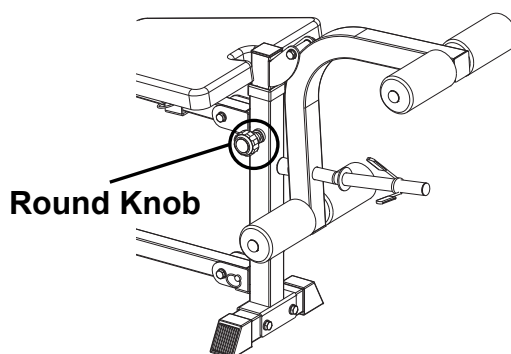
1 PC



(20) Foam Roller

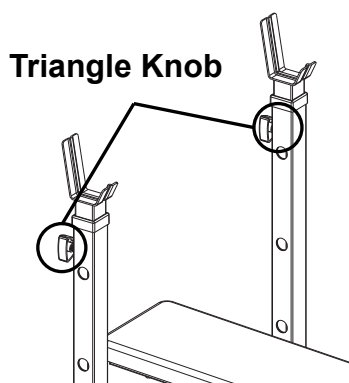
4 PCS

# ADJUSTMENTS



## Adjusting the Leg Height Adjustable Tube

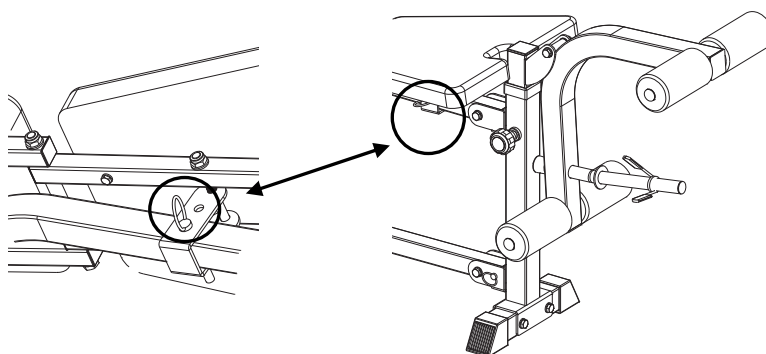
Turn the Round Knob in a counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Leg Height Adjustable Tube up or down direction to the suitable position. Lock the Leg Height Adjustable Tube in place by releasing the Round Knob and sliding the Leg Height Adjustable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



## Adjusting the Adjustable Weight Crutch

Turn the Triangle Knob in a counterclockwise direction until the Adjustable Weight Crutch can be slid up or down and then slide the Adjustable Weight Crutch up or down direction to the suitable position. Lock the Adjustable Weight Crutch in place by tightening the Triangle Knob in a clockwise direction.

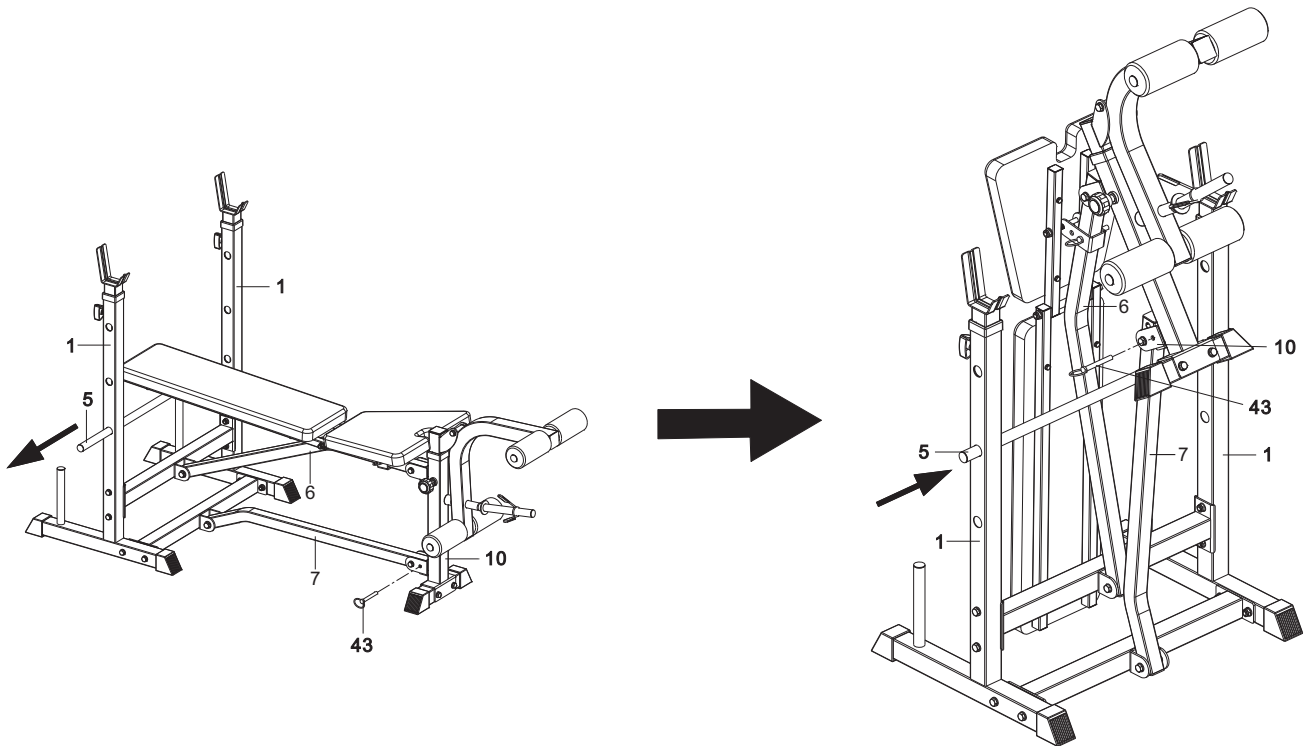
**NOTE: Please adjust the Adjustable Weight Crutches to the same height.**



## Adjusting the Seat Pad Height

Lift the Seat Pad up then align the pin holes on the U Shaped Seat Adjustment and Seat Support Tube. Insert the Ring Pin into the holes on the U Shaped Seat Adjustment and Seat Support Tube to lock the Seat Pad in place.

# STORAGE



For your storage convenience, the bench can be folded up to place in a storage area. Remove the Adjustable Bar (5) from the Rear Frames (1) and pull out the Ring Pin (43) from the Front Frame (10). Then pull the Seat Support Tube (6) and Base Support Tube (7) all the way up in the vertical position. Insert the Adjustable Bar (5) back into the holes on the Rear Frames (1) and insert the Ring Pin (43) back into the holes on the Front Frame (10). Store the bench in a clean and dry environment away from children.

# MAINTENANCE

Please wipe your perspiration off the bench with a clean, dry cloth after each use.

Upholstery can be cleaned with a mild detergent or spray cleaner.

Please inspect all assembly bolts and nuts on the bench for proper tightness and frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use this bench and contact your local dealer immediately.

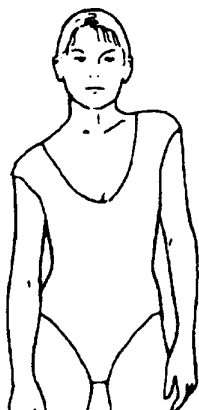
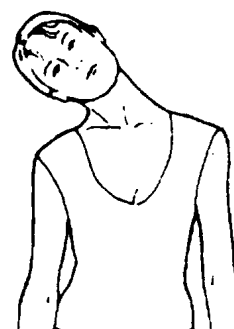
# WARM UP AND COOL DOWN ROUTINE

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.

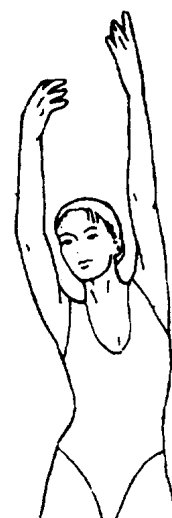
## HEAD ROLLS

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

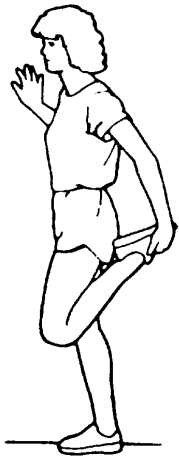
Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## 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.



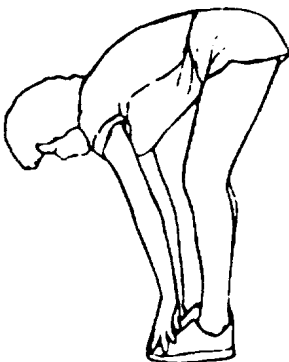


### **QUADRICEPS STRETCH**

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.

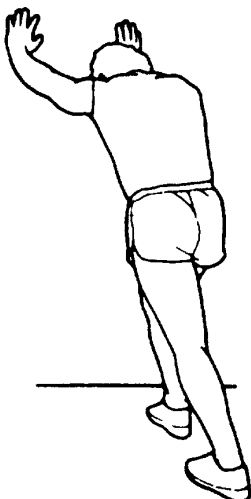
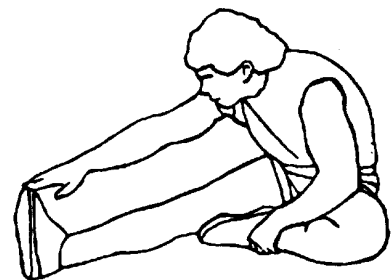


### **TOE TOUCHES**

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.