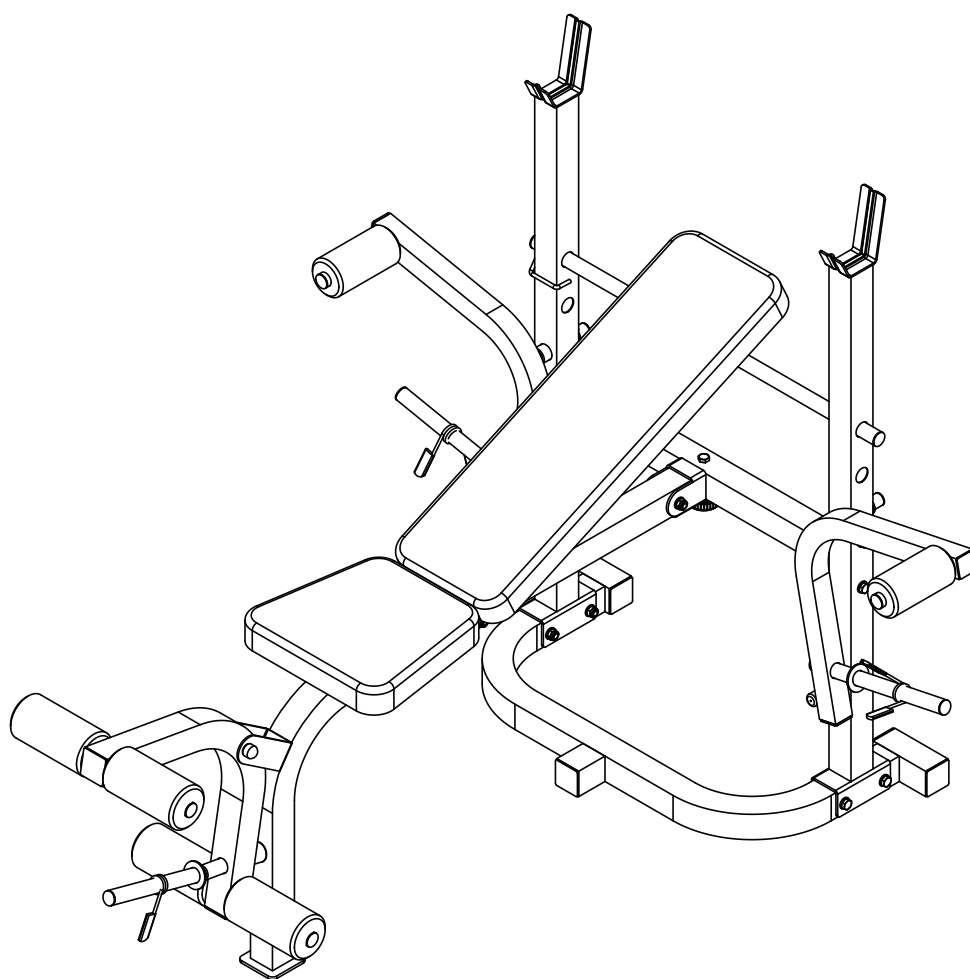


LifeGear F2 body/BENCH

ITEM NO.: 76110

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.

TABLE OF CONTENTS

WARRANTY -----	1
SAFETY INSTRUCTIONS -----	2
PARTS LIST -----	3
HARDWARE PACKING LIST -----	4
TOOLS -----	4
OVERVIEW DRAWING -----	5
ASSEMBLY INSTRUCTIONS -----	6
ADJUSTMENT -----	11
STORAGE -----	12
MAINTENANCE -----	12
WARM UP AND COOL DOWN ROUTINE -----	13

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 extended only to the original owner and is not transferable.

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**

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this body bench: Read all instructions before using this body bench.

1. Read all the instructions in this manual and do warm up exercises before using this body bench.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This body bench should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes when using this body bench. Do not wear clothes that might catch on any part of the body bench.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Close supervision is necessary when this body bench is used by, on, or near children, invalids, or disabled persons.
8. Children should not use the body bench without adult supervision.
9. Do not jump on the body bench.
10. Do not use this body bench outdoors.
11. Inspect and tighten all parts each time before using this body bench.
12. This body bench is for household use only.
13. Only one person should be on body bench while in use.
14. Keep children and pets away from body bench while in use. The minimum free space required for safe operation is not less than two meters.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. The maximum weight capacity for this product is 250 lbs/110 kgs.

WARNING: Before beginning any exercise program consult your physician.

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

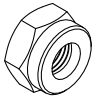
CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Upright Beam 50x50xt1.5	2	020	Butterfly Arm Buffer Cap Ø22xØ19x48	2
002	Base Frame 50x50xt1.5	1	021	Leg Developer Buffer Cap Ø25	1
003	Cross Brace 50x50xt1.5	1	022	End Cap Ø22	2
004	Main Seat Support Frame 50x50xt1.5	1	023	End Cap Ø25	13
005	Left Butterfly Arm 50x50xt1.5	1	024	Square End Cap 20x20	4
006	Right Butterfly Arm 50x50xt1.5	1	025	Backrest Support Tube Square End Cap 25x25	4
007	Leg Developer 50x50xt1.5-Ø25xt1.5	1	026	Butterfly Arm Square End Cap 38x38	4
008	Backrest Adjustment Bar Ø25x1.5x780	1	027	Square End Cap 50x50	8
009	Butterfly Arm Foam Roller Tube Ø25x1.5x185	2	028	Nut Cap M10	2
010	Backrest Support Tube 25x25xt1.5x780	2	029	Nylon Nut M10	11
011	Foam Roller Tube Ø25x1.5x380	2	030	Washer Ø6	8
012	Backrest Pad	1	031	Washer Ø10	24
013	Seat Pad	1	032	Bolt M6x35	4
014	Spring Clip Ø25	3	033	Bolt M6x40	4
015	V-Spring Ø22	2	034	Bolt M10x25	2
016	Butterfly Arm Foam Roller Ø70x140	2	035	Bolt M10x70	4
017	Leg Developer Foam Roller Ø80x160	4	036	Bolt M10x75	6
018	Lock Knob M10	1	037	Bolt M10x150	1
019	Plastic Bearing Ø30xØ23x26	4			

HARDWARE PACKING LIST



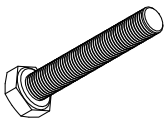
(29) Nylon Nut M10
11 PCS



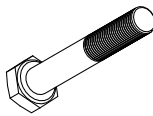
(30) Washer Ø6
8 PCS



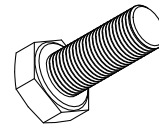
(31) Washer Ø10
24 PCS



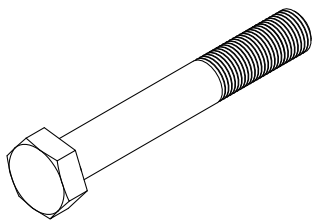
(32) Bolt M6x35
4 PCS



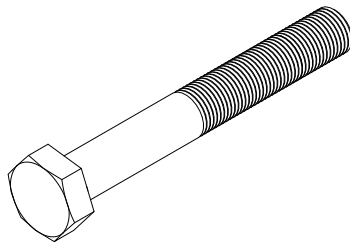
(33) Bolt M6x40
4 PCS



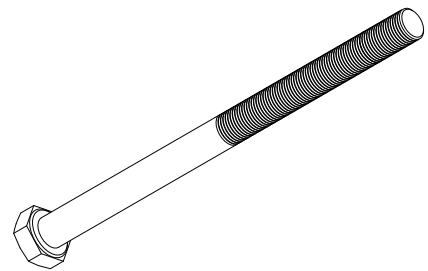
(34) Bolt M10x25
2 PCS



(35) Bolt M10x70
4 PCS

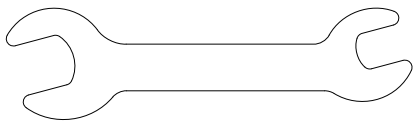


(36) Bolt M10x75
6 PCS



(37) Bolt M10x150
1 PC

TOOLS

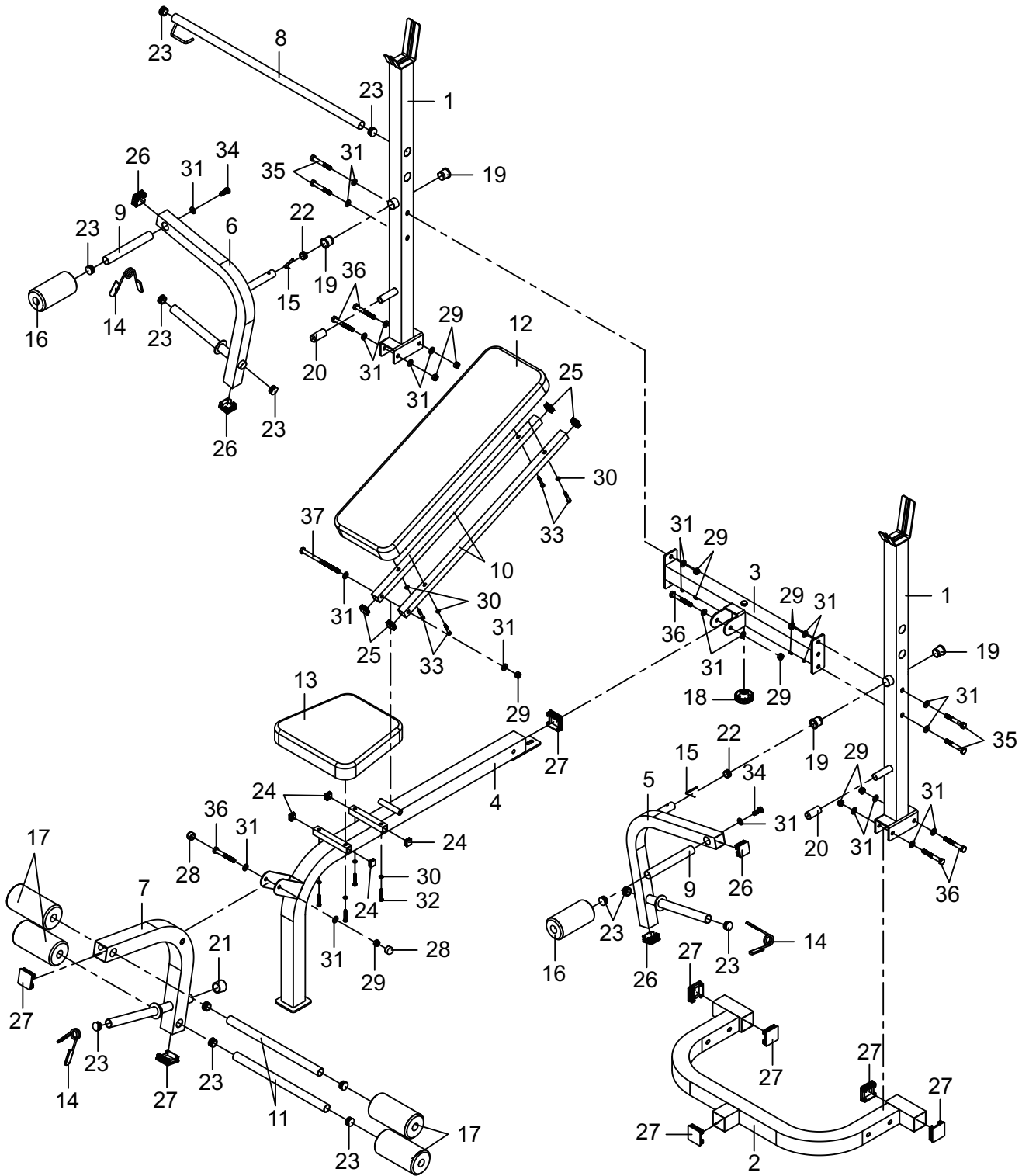


Wrench 14-10
1 PC

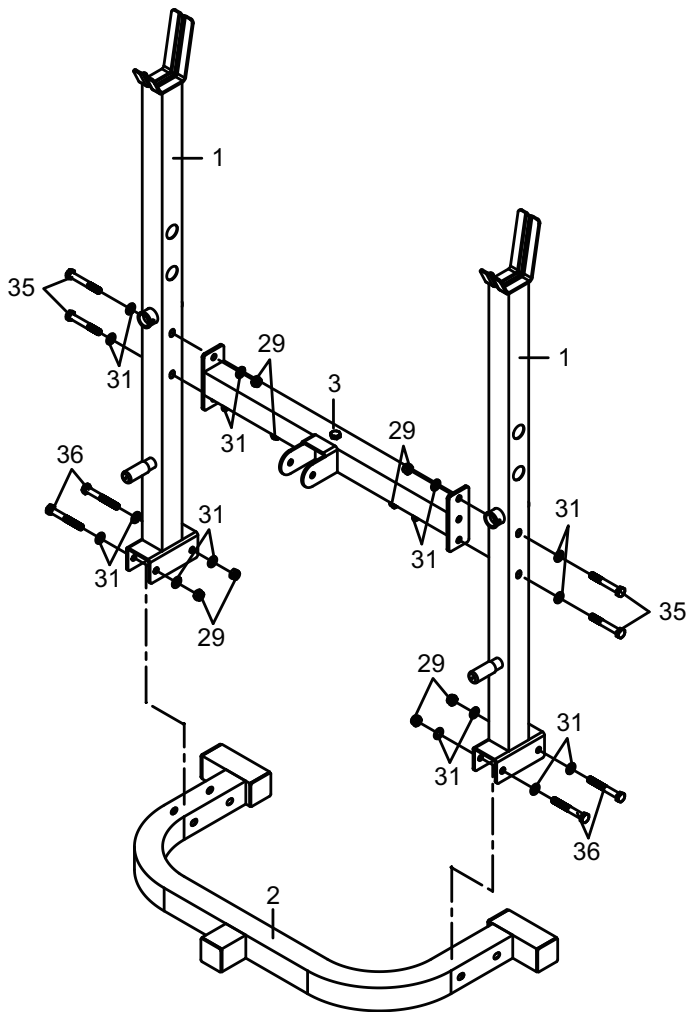


Wrench 14-17
2 PCS

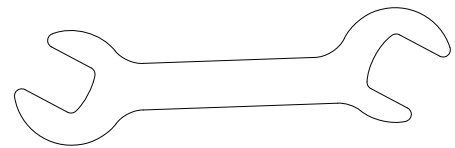
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



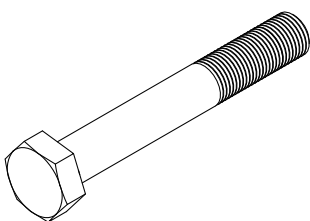
2 Wrenches (14-17)

Step 1

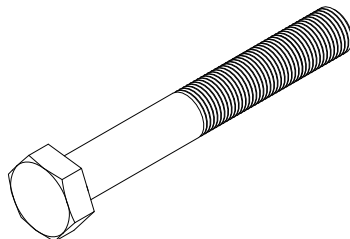
Attach the 50x50x1.5 Cross Brace (3) onto the 50x50x1.5 Upright Beams (1) with four M10x70 Bolts (35), four M10 Nylon Nuts (29), and eight Ø10 Washers (31). **DO NOT fully tighten the bolts and nylon nuts.**

Attach the 50x50x1.5 Base Frame (2) onto the 50x50x1.5 Upright Beams (1) with four M10x75 Bolts (36), four M10 Nylon Nuts (29), and eight Ø10 Washers (31). Tighten bolts and nylon nuts with two 14-17 Wrenches provided. **Securely tighten all bolts and nylon nuts previously installed.**

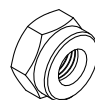
Hardware:



4 Bolts (M10x70)



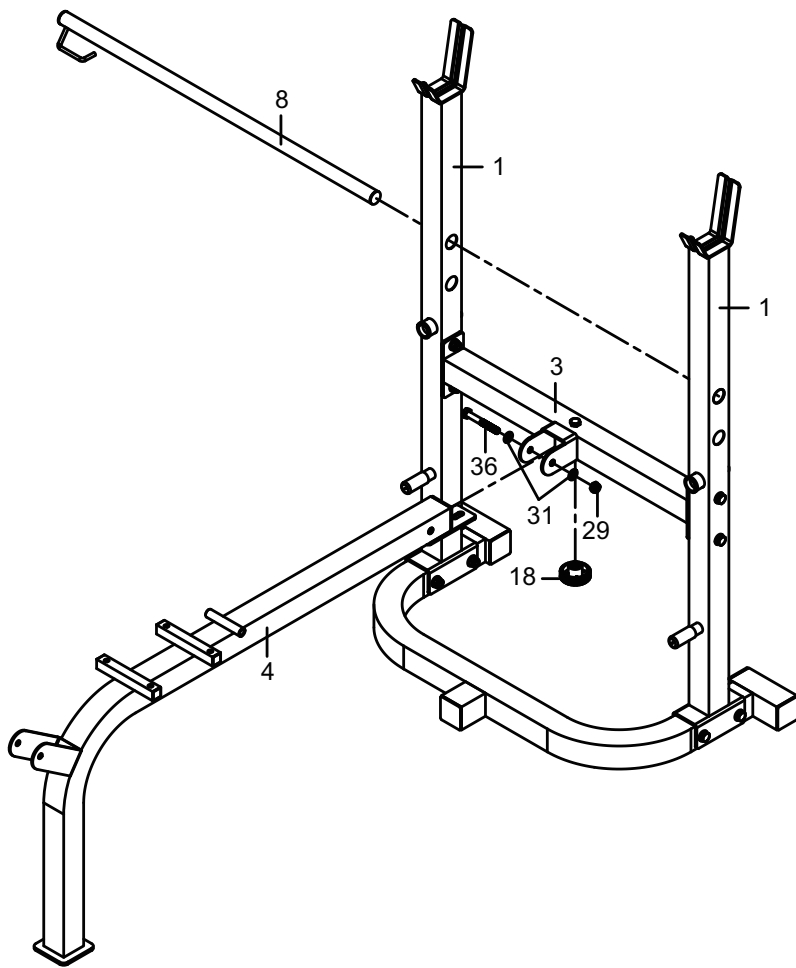
4 Bolts (M10x75)



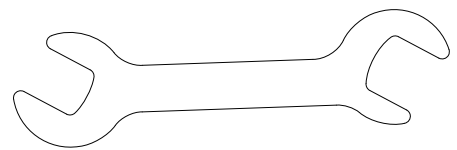
8 Nylon Nuts (M10)



16 Washers (Ø10)



Tool:



2 Wrenches (14-17)

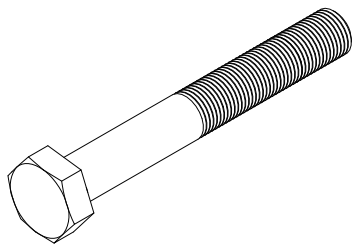
Step 2

Insert the $\text{\O}25 \times 1.5 \times 780$ Backrest Adjustment Bar (8) into the one of the holes of the $50 \times 50 \times 1.5$ Upright Beams (1).

Attach the $50 \times 50 \times 1.5$ Main Seat Support Frame (4) onto the $50 \times 50 \times 1.5$ Cross Brace (3) with one M10x75 Bolt (36), one M10 Nylon Nut (29), and two $\text{\O}10$ Washers (31). Tighten bolt and nylon nut with two 14-17 Wrenches provided.

Turn the M10 Lock Knob (18) onto the bolt of the $50 \times 50 \times 1.5$ Cross Brace (3) to tighten the $50 \times 50 \times 1.5$ Main Seat Support Frame (4) in place.

Hardware:



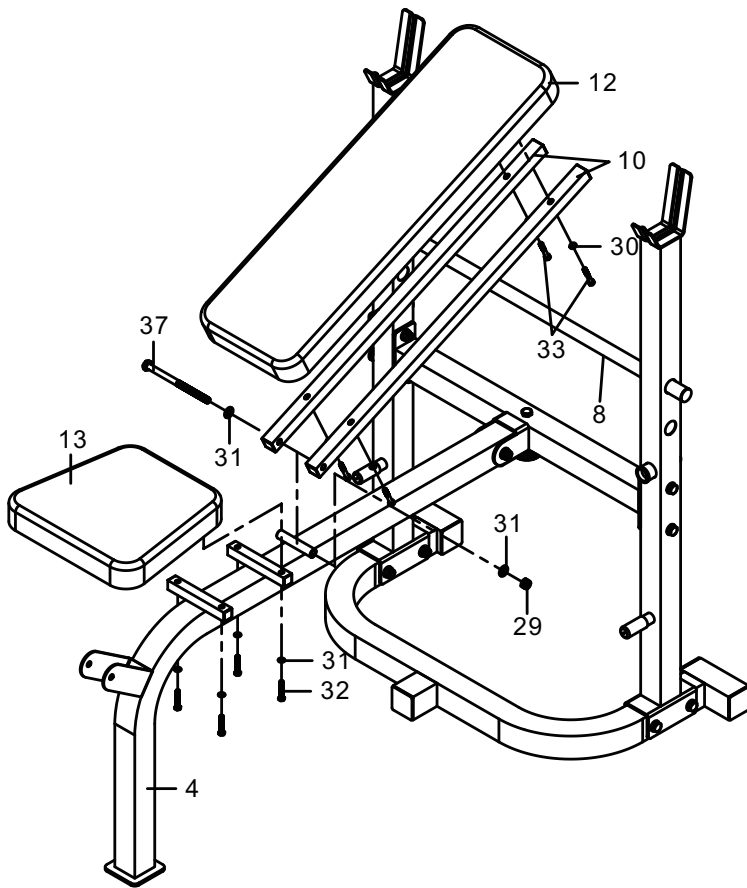
1 Bolt (M10x75)



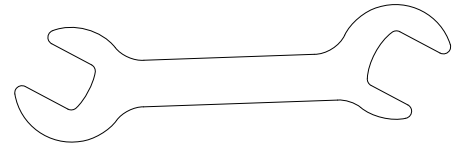
1 Nylon Nut (M10)



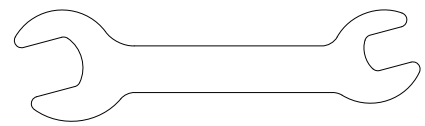
2 Washers ($\text{\O}10$)



Tool:



2 Wrenches (14-17)



1 Wrench (14-10)

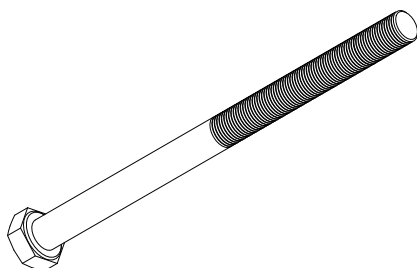
Step 3

Attach the two side-holes on both 25x25x1.5x780 Backrest Support Tubes (10) onto the 50x50x1.5 Main Seat Support Frame (4) with one M10x150 Bolt (37), one M10 Nylon Nut (29), and two Ø10 Washers (31). Tighten bolt and nylon nut with two 14-17 Wrenches provided. Place the other end of the 25x25x1.5x780 Backrest Support Tubes (10) against the Ø25x1.5x780 Backrest Adjustment Bar (8).

Attach the Backrest Pad (12) onto the 25x25x1.5x780 Backrest Support Tubes (10) with four M6x40 Bolts (33) and four Ø6 Washers (30). Tighten bolts with the 14-10 Wrench provided.

Attach the Seat Pad (13) onto the 50x50x1.5 Main Seat Support Frame (4) with four M6x35 Bolts (32) and four Ø6 Washers (30). Tighten bolts with the 14-10 Wrench provided.

Hardware:



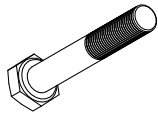
1 Bolt (M10x150)



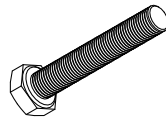
1 Nylon Nut (M10)



2 Washers (Ø10)



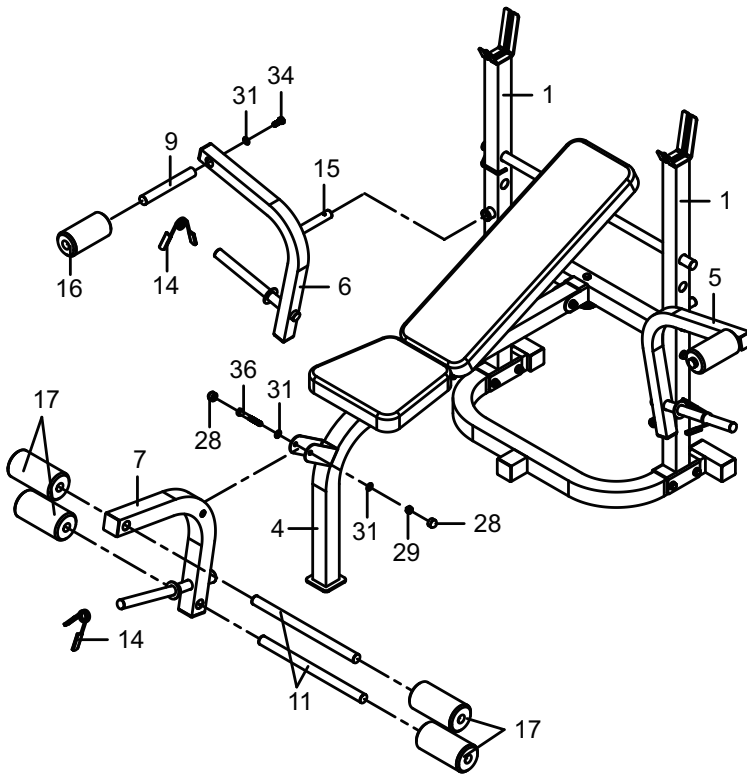
4 Bolts (M6x40)



4 Bolts (M6x35)



8 Washers (Ø6)



Tool:



2 Wrenches (14-17)

Step 4

Attach the 50x50xt1.5-Ø25xt1.5 Leg Developer (7) onto the 50x50xt1.5 Main Seat Support Frame (4) with one M10x75 Bolt (36), one M10 Nylon Nut (29), and two Ø10 Washers (31). Tighten bolt and nylon nut with two 14-17 Wrenches provided. Then cover the M10x75 Bolt (36) and M10 Nylon Nut (29) with two M10 Caps (28).

Install one Ø25 Spring Clip (14) onto the weight sliding tube of the 50x50xt1.5-Ø25xt1.5 Leg Developer (7).

Insert the Ø25x1.5x380 Foam Roller Tube (11) through the hole in the 50x50xt1.5-Ø25xt1.5 Leg Developer (7), leaving room on each side for the Ø80x160 Leg Developer Foam Rollers (17). Slide both Ø80x160 Leg Developer Foam Rollers (17) onto the Ø25x1.5x380 Foam Roller Tube (11).

Use the same procedure to install the other Ø25x1.5x380 Foam Roller Tube (11) and Ø80x160 Leg Developer Foam Rollers (17).

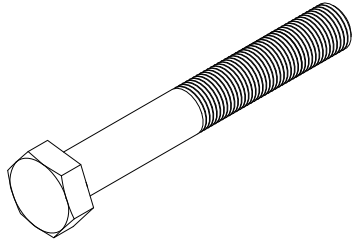
Press the button of the Ø22 V-Spring (15) of the 50x50xt1.5 Left Butterfly Arm (5) and then insert the tube of the 50x50xt1.5 Left Butterfly Arm (5) into the hole of the 50x50xt1.5 Upright Beam (1) until the button of the Ø22 V-Spring (15) "pops" down into the locked position.

Install one Ø25 Spring Clip (14) onto the weight sliding tube of the 50x50xt1.5 Left Butterfly Arm (5).

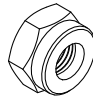
Attach the Ø25x1.5x185 Butterfly Arm Foam Roller Tube (9) onto the 50x50xt1.5 Left

Butterfly Arm (5) with one M10x25 Bolt (34) and one Ø10 Washer (31). Tighten bolt with the 14-17 Wrench provided. Slide the Ø70x140 Butterfly Arm Foam Roller (16) onto the B Ø25x1.5x185 Butterfly Arm Foam Roller Tube (9). Use the same procedure to install the 50x50xt1.5 Right Butterfly Arm (6) onto the 50x50xt1.5 Upright Beam (1).

Hardware:



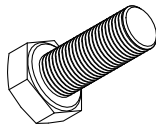
1 Bolt (M10x75)



1 Nylon Nut (M10)

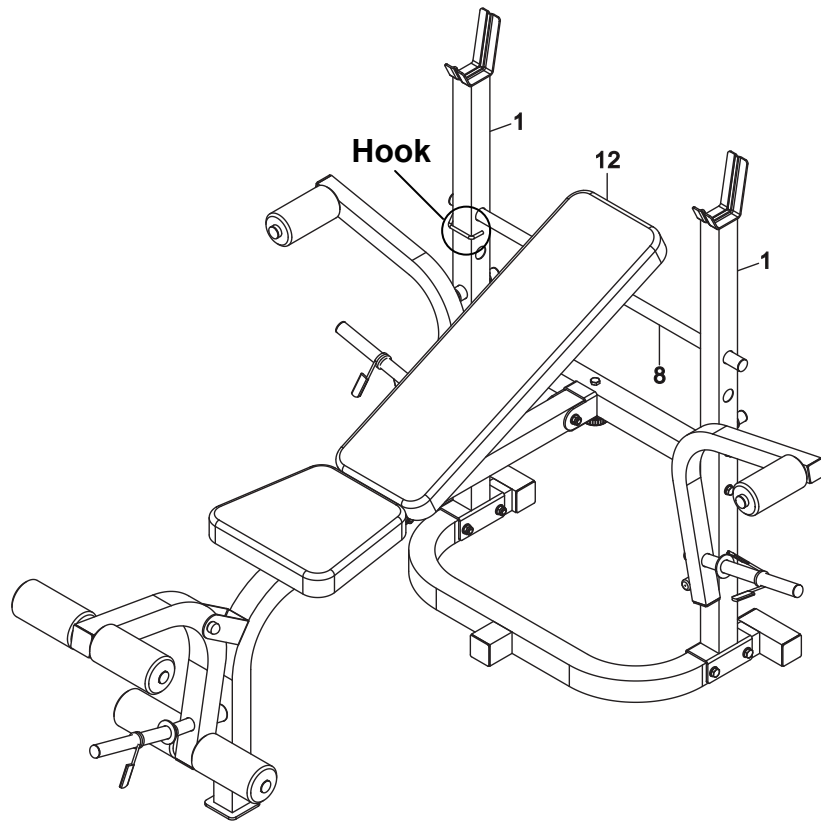


4 Washers (Ø10)



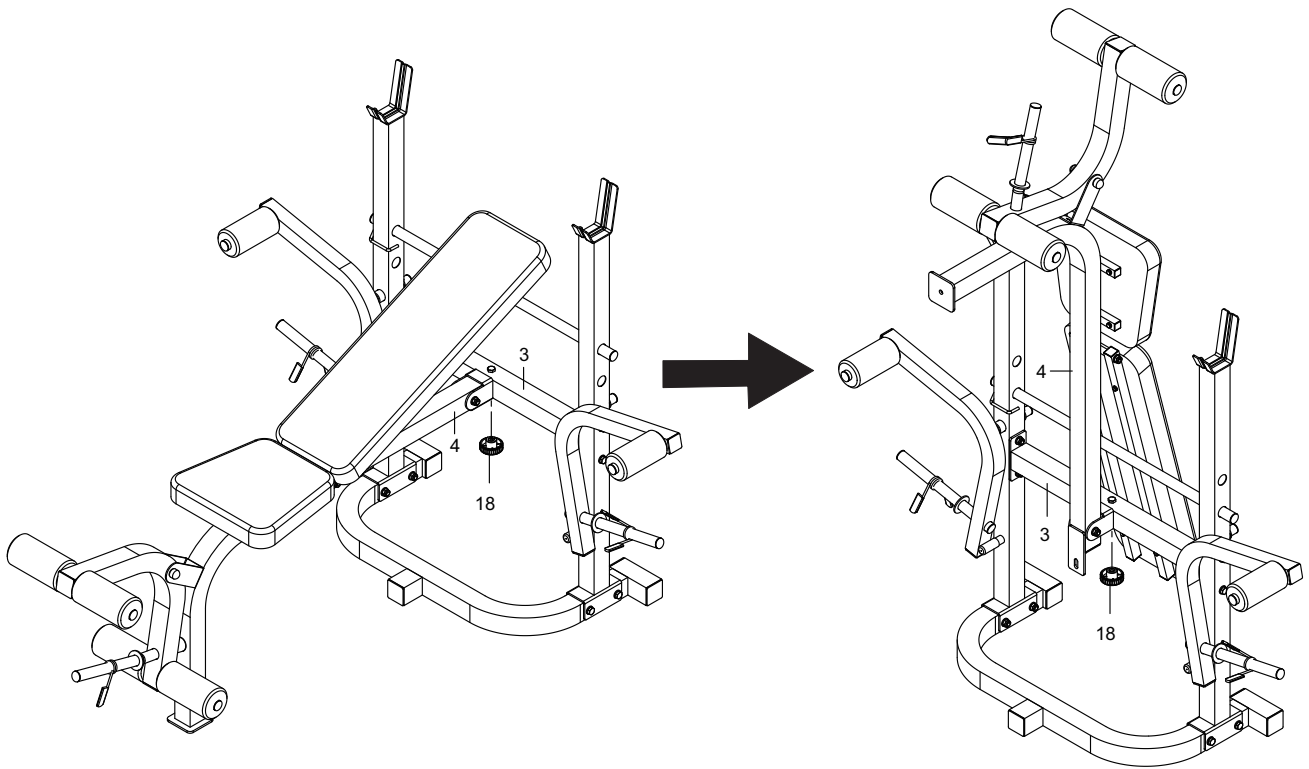
2 Bolts (M10x25)

ADJUSTMENT



Insert the $\text{Ø}25 \times 1.5 \times 780$ Backrest Adjustment Bar (8) through into one of the selected holes on the two $50 \times 50 \times 1.5$ Upright Beams (1) to obtain desired incline of the Backrest Pad (12). The Hook on the $\text{Ø}25 \times 1.5 \times 780$ Backrest Adjustment Bar (8) must be hooked the $50 \times 50 \times 1.5$ Upright Beam (1) up before use.

STORAGE



For your storage convenience, the bench can be folded for easy storage.

Remove the M10 Lock Knob (18) from the Cross Brace (3). Then pull the Seat Support Frame (4) all the way up in the vertical position. Turn the M10 Lock Knob (18) back onto the bolt of the 50x50x1.5 Cross Brace (3) that was removed.

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 an Authorized Service Representative immediately.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

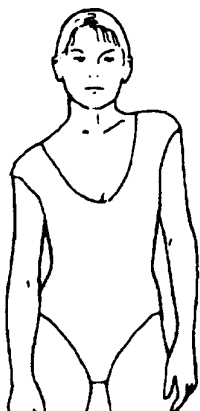
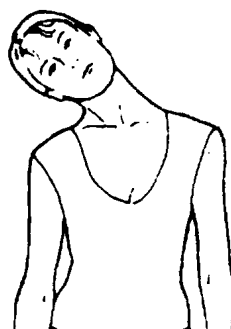
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

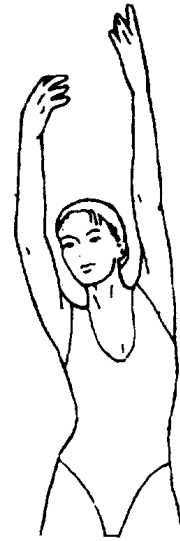


SHOULDER LIFTS

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.



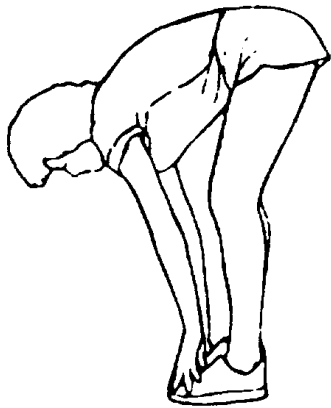
QUADRICEPS STRETCH

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.



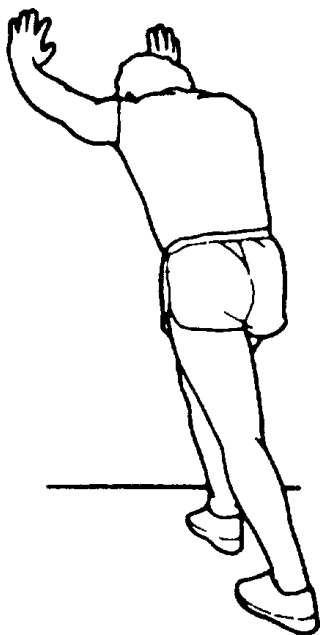
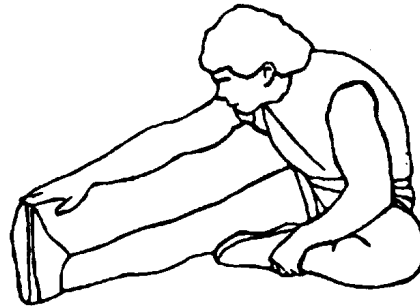


TOE TOUCHES

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.