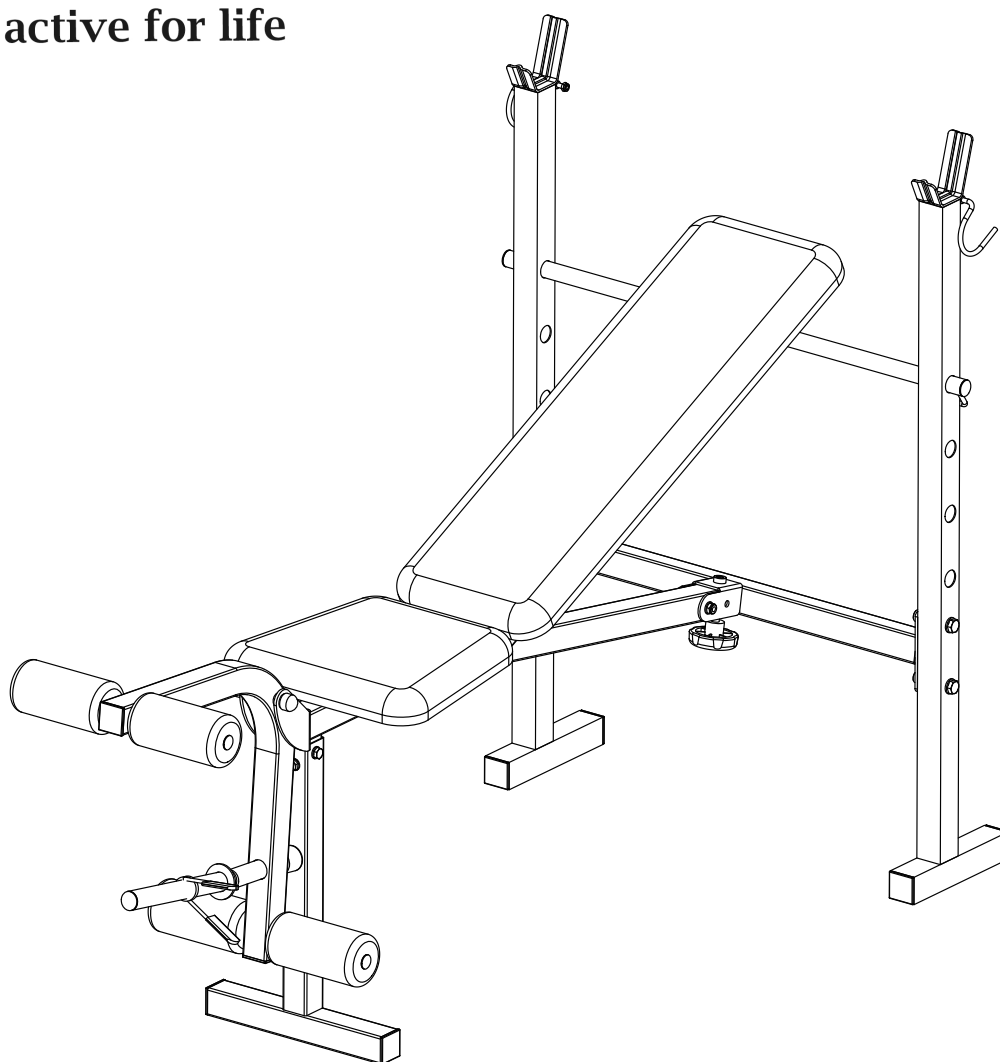


Life Gear F4 body/BENCH

ITEM NO.: 76130

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.

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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 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 equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
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 equipment should be placed on a flat surface when using.
4. Please wear proper clothes and shoes when using this equipment.
5. 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*.
6. Do not use the equipment outdoors.
7. Inspect and tighten all parts each time before using this equipment.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the equipment while in use. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. 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 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	Rear Frame	2	019	Round Knob	1
002	Nut Cap M10	2	020	Nylon Nut M8	2
003	Rear Support Tube	1	021	Nylon Nut M10	5
004	Washer Ø6	8	022	Square End Cap (□38x38)	8
005	Washer Ø8	5	023	Round End Cap Ø19	4
006	Front Frame	1	024	Round End Cap Ø25	1
007	Adjustable Tube	1	025	Nylon Nut M6	2
008	Seat Support Tube	1	026	Square End Cap (□25x25)	4
009	Backrest Frame	2	027	Bolt M10x75	1
010	Leg Developer	1	028	Bolt M6x16	4
011	Roller Tube	2	029	Bolt M6x40	4
012	Seat Pad	1	030	Bolt M8x12	1
013	Backrest	1	031	Bolt M8x50	1
014	Right Safety Hook	1	032	Bolt M8x55	1
015	Left Safety Hook	1	033	Washer Ø10	10
016	Roller Pad Ø17xØ70x140	4	034	Bolt M10x55	4
017	Bumper Ø25	1	035	Round End Cap Ø22	2
018	Clip for Weight Sliding Tube Ø25	1			

HARDWARE PACKING LIST



(4) Washer Ø6
8 PCS



(5) Washer Ø8
5 PCS



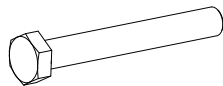
(20) Nylon Nut M8
2 PCS



(21) Nylon Nut M10
5 PCS



(25) Nylon Nut M6
2 PCS



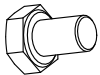
(27) Bolt M10x75
1 PC



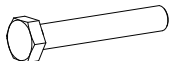
(28) Bolt M6x16
4 PCS



(29) Bolt M6x40
4 PCS



(30) Bolt M8x12
1 PC



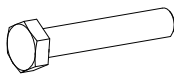
(31) Bolt M8x50
1 PC



(32) Bolt M8x55
1 PC

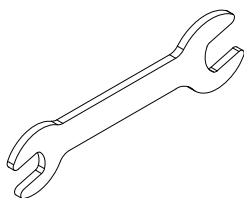


(33) Washer Ø10
10 PCS

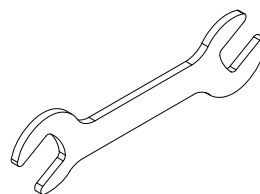


(34) Bolt M10x55
4 PCS

TOOLS

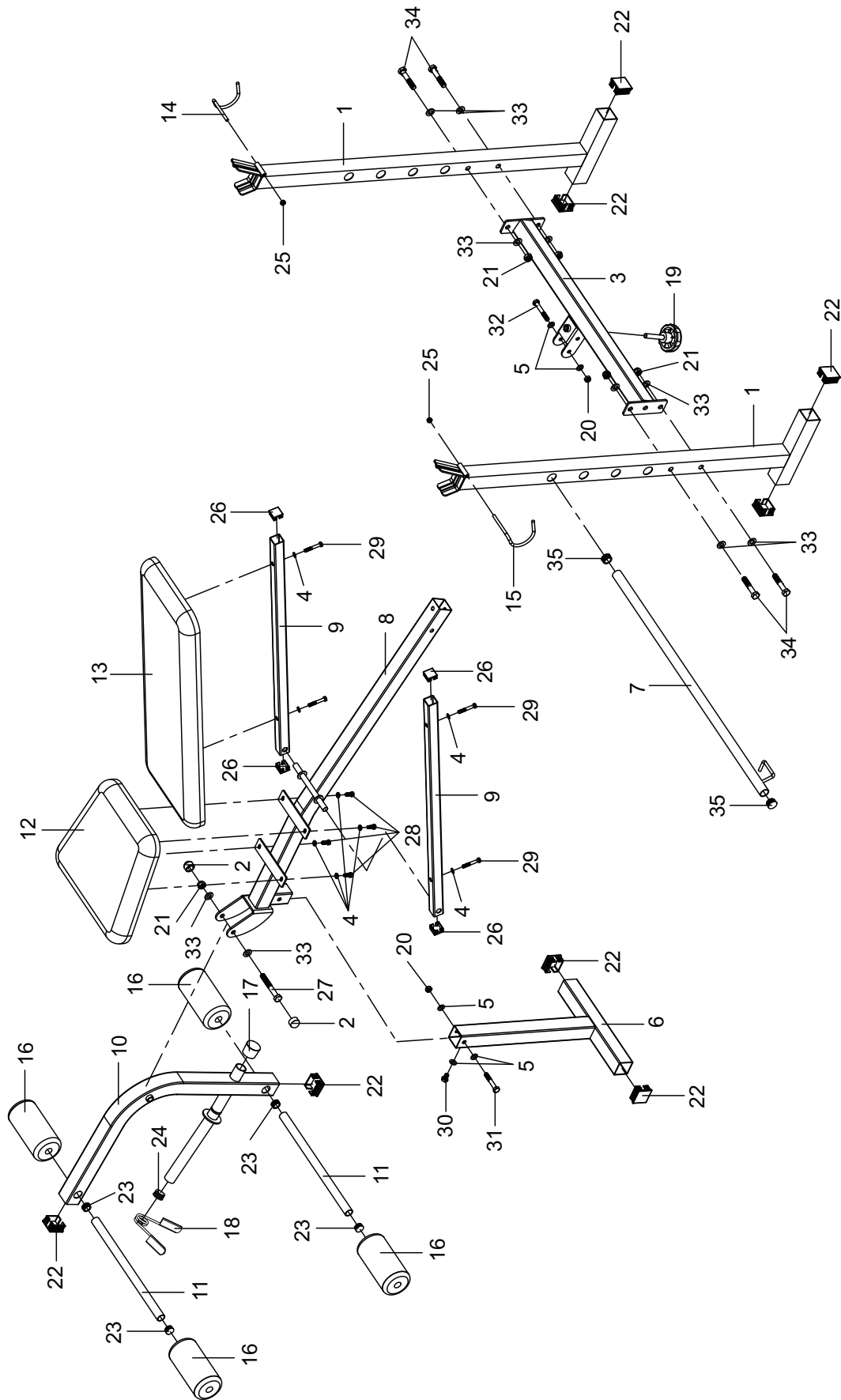


Wrench 14-10
1 PC

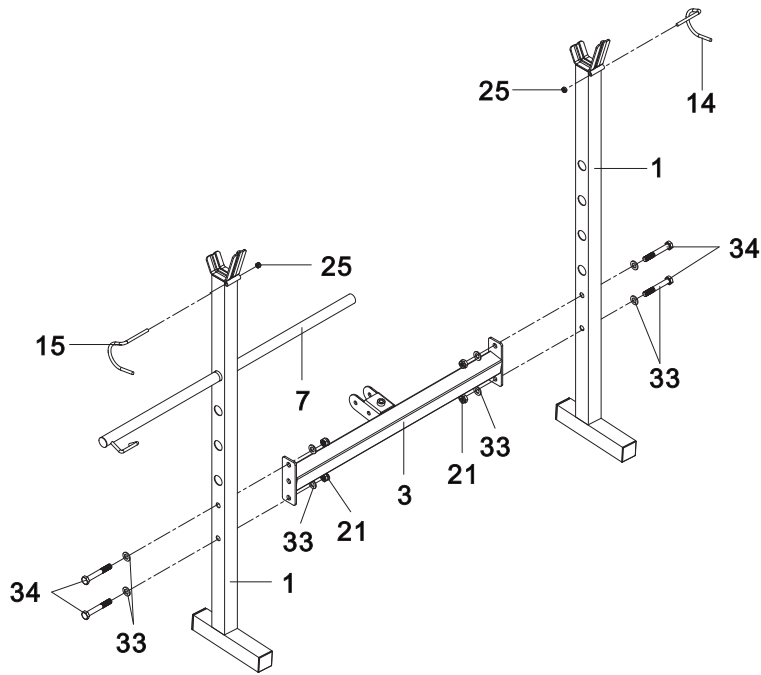


Wrench 14-17
2 PCS

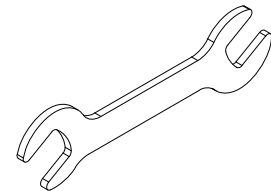
OVERVIEW DRAWING



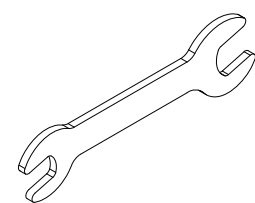
ASSEMBLY INSTRUCTIONS



Tool:



2 Wrenches (14-17)



1 Wrench (14-10)

Step 1

Attach the Rear Support Tube (3) onto Rear Frames (1) with four M10 Nylon Nuts (21), four M10x55 Bolts (34), and eight Ø10 Washers (33). Tighten bolts with two Wrenches provided.

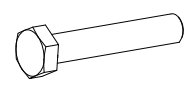
Attach the Right/Left Safety Hooks (14, 15) onto Rear Frames (1) with two M6 Nylon Nuts (25). Tighten nuts with the Wrench provided.

Insert the Adjustable Tube (7) into the one of the holes of the Rear Frames (1).

Hardware:



4 Nylon Nuts (M10)



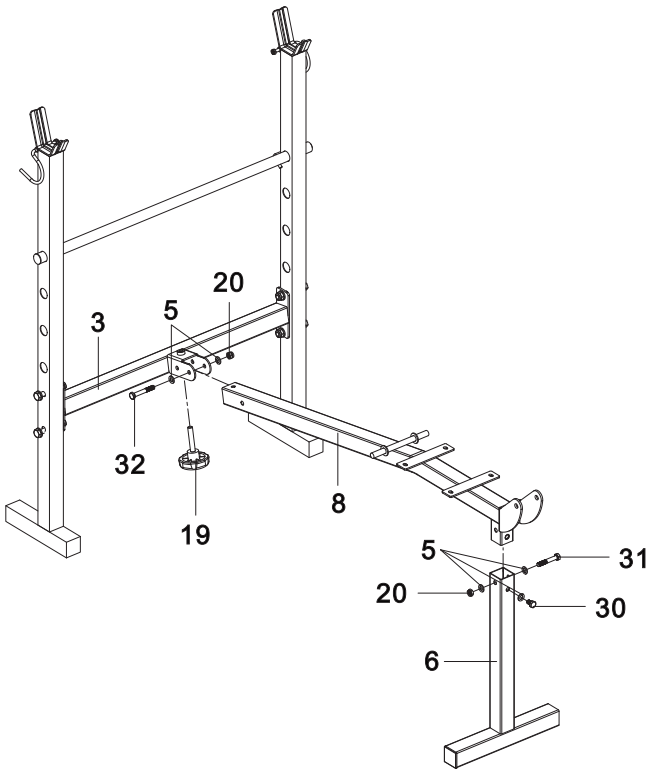
4 Bolts (M10x55)



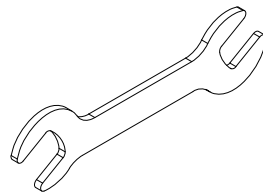
8 Washers (Ø10)



2 Nylon Nuts (M6)



Tool:



2 Wrenches (14-17)

Step 2

Attach the Seat Support Tube (8) onto the Rear Support Tube (3) with one M8 Nylon Nut (20), one M8x55 Bolt (32), and two Ø8 Washers (5). Tighten bolts with two Wrenches provided. Insert the Round Knob (19) into the hole on the Seat Support Tube (8) and turn the Round Knob (19) to tighten the Seat Support Tube (8) in place.

Attach the Front Frame (6) onto the Seat Support Tube (8) with one M8 Nylon Nut (20), one M8x12 Bolt (30), one M8x50 Bolt (31), and three Ø8 Washers (5). Tighten bolts with two Wrenches provided.

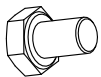
Hardware:



5 Washers (Ø8)



2 Nylon Nuts (M8)



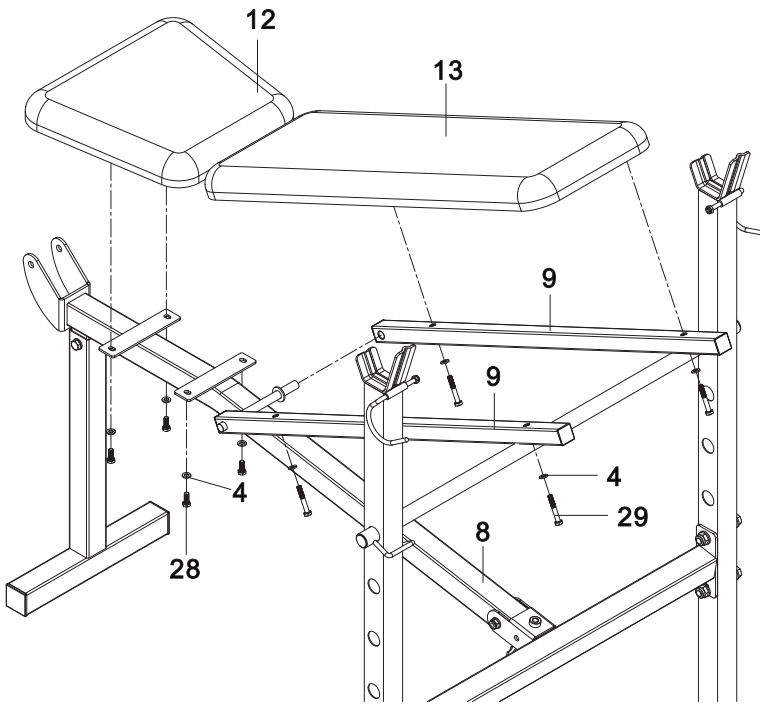
1 Bolt (M8x12)



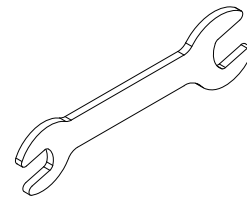
1 Bolt (M8x50)



1 Bolt (M8x55)



Tool:



1 Wrench (14-10)

Step 3

Install two Backrest Frames (9) onto the center bars of the Seat Support Tube (8). Attach the Backrest (13) onto the Backrest Frames (9) with four Ø6 Washers (4) and four M6x40 Bolts (29). Tighten bolts with the Wrench provided. Attach the Seat Pad (12) onto the Seat Support Tube (8) with four Ø6 Washers (4) and four M6x16 Bolts (28). Tighten bolts with the Wrench provided.

Hardware:



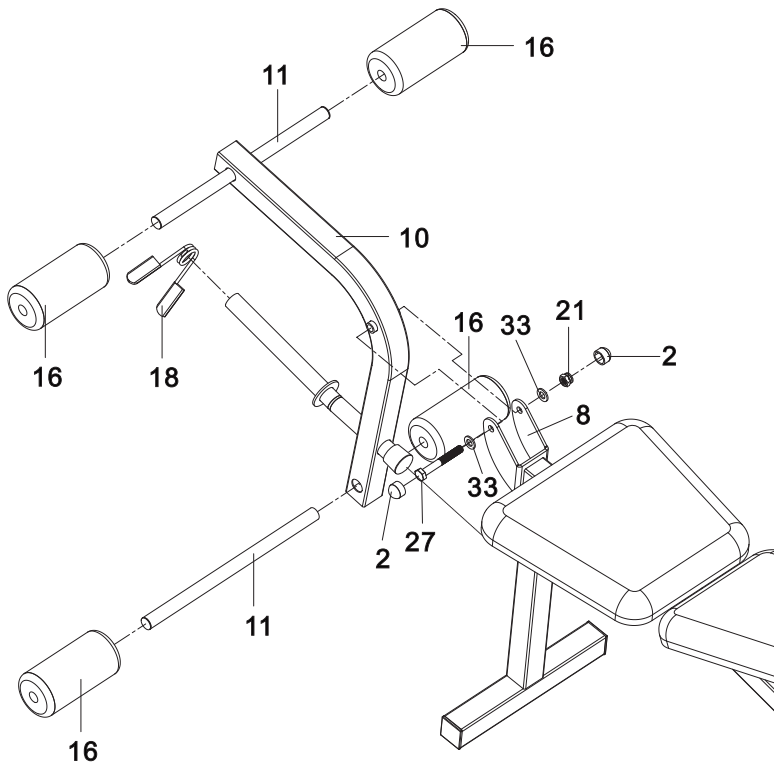
8 Washers (Ø6)



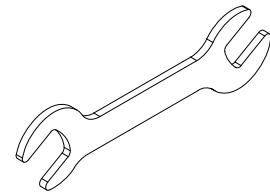
4 Bolts (M6x16)



4 Bolts (M6x40)



Tool:



2 Wrenches (14-17)

Step 4

Attach the Leg Developer (10) onto the Seat Support Tube (8) with one M10 Nylon Nut (21), one M10x75 Bolt (27), and two Ø10 Washers (33). Tighten bolt and nut with two Wrenches provided.. Then cover the M10 Nylon Nut (21) and M10x75 Bolt (27) with two M10 Nut Caps (2).

Install one Clip for Weight Sliding Tube (18) onto the Leg Developer (10).

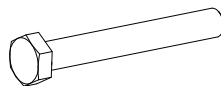
Insert the Roller Tube (11) through the hole in the Leg Developer (10), leaving room on each side for the Roller Pads (16). Slide both Roller Pads (16) onto the Roller Tube (11).

Use the same procedure to install the other Roller Tube (11) and Roller Pads (16).

Hardware:



1 Nylon Nut (M10)

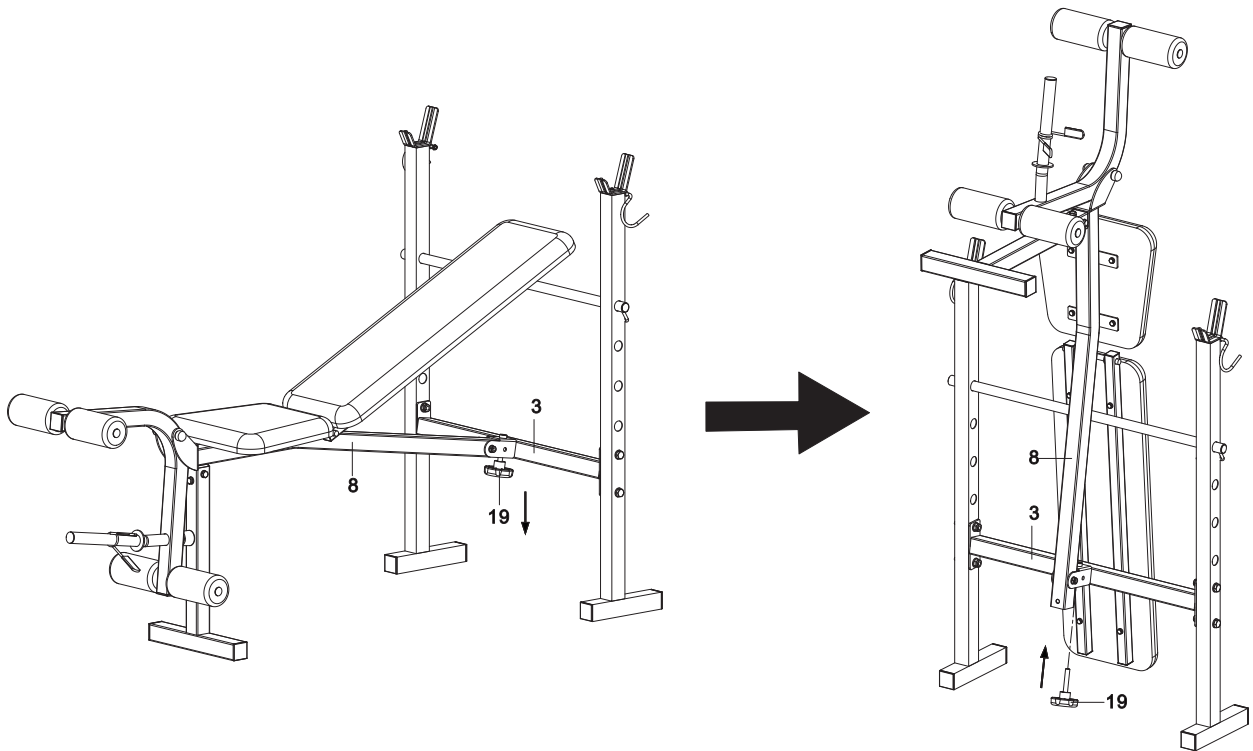


1 Bolt (M10x75)



2 Washers (Ø10)

STORAGE



For your storage convenience, the bench can be folded down to place against a wall. Remove the Round Knob (19) from the Rear Support Tube (3) and Seat Support Tube (8). Then pull the Seat Support Tube (8) all the way up in the vertical position. Insert the Round Knob (19) into the Rear Support Tube (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.

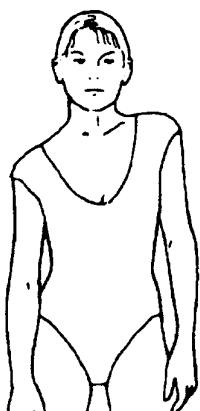
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

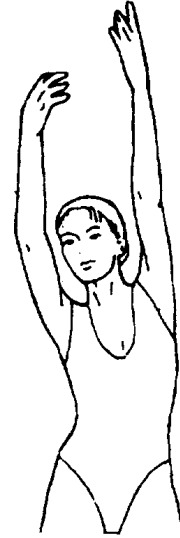


SHOULDER LIFTS

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.



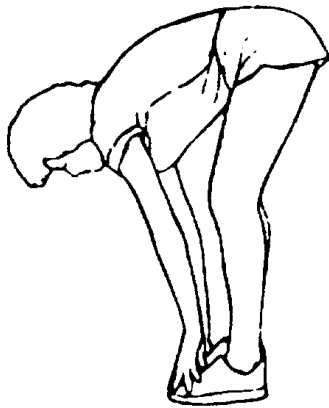
QUADRICEPS STRETCH

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.



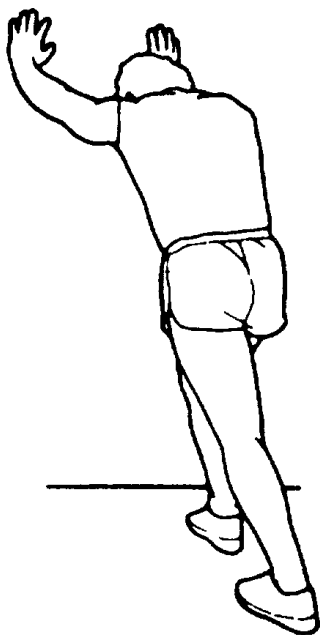
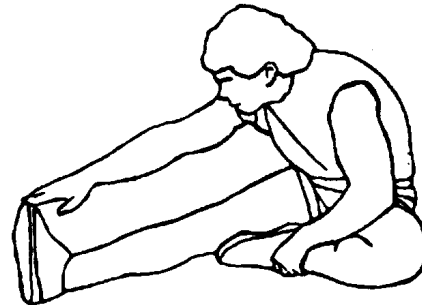


TOE TOUCHES

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.