

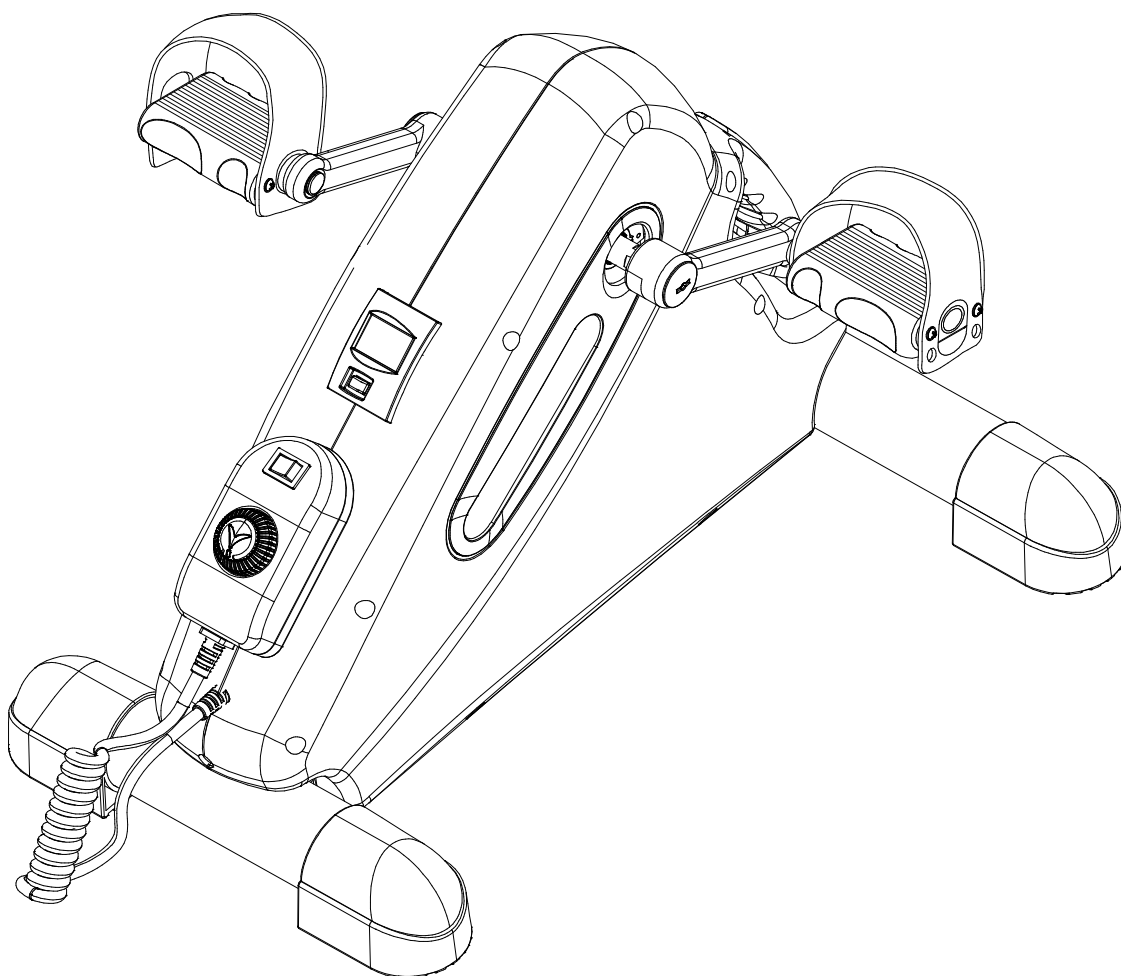
Motorized OXY CYCLE PRO

Forward & Backward

ITEM NO.: 16063

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.

2023, Jan.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
ELECTRICAL SAFETY -----	4
PARTS LIST -----	5
HARDWARE LIST -----	5
TOOLS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
OPERATING THE DIGITAL DISPLAY COMPUTER -----	10
OPERATING THE CONTROLLER -----	11
STORAGE PRECAUTIONS -----	11
WORKOUT PRINCIPAL -----	12
EXERCISES -----	13
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 PRECAUTIONS

Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipts for future reference.

1. If any part of the cable/wire is stripped or damaged, STOP using the motorized oxy cycle pro immediately.
2. Please always unplug the motorized oxy cycle pro from the electrical outlet immediately after using and before cleaning.
3. Do not operate the motorized oxy cycle pro in a wet or moist environment.
4. Consult your physician before beginning your exercise program.
5. If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
6. Keep children and pets away from the machine while in use.
7. Do not operate this motorized oxy cycle pro if it is damaged.
8. Set up this motorized oxy cycle pro as directed in Assembly Instructions and place unit on a flat, stable, and non-slip surface.
9. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
10. Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
11. Never exercise to exhaustion.
12. Do not stand on the unit, only exercise in seated position.
13. Keep a minimum safety clearance during operation. The equipment is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
14. Do not use outdoors.
15. For Household Use Only.
16. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
17. Wear comfortable and suitable clothing when using this equipment. Do not use the equipment barefoot or in socks. Always wear appropriate athletic footwear.
18. Each exercise should be performed in a controlled manner and always begin exercises slowly.
19. Have the unit serviced by a qualified service technician. DO NOT ATTEMPT TO SERVICE THE UNIT YOURSELF.

ELECTRICAL SAFETY

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this unit.

DANGER- To reduce the risk of electric shock:

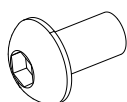
WARNING- To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from electrical outlet when not in use and before putting on or cleaning.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when the motorized oxy cycle pro is used by, on, or near children, invalids or disabled persons.
4. Use the motorized oxy cycle only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate the motorized oxy cycle pro if it has a damaged cord or plug. If it is not working properly, if it has been dropped or damaged, or dropped into water.
6. Do not carry the motorized oxy cycle pro by supply cord or use cord as a handle.
7. Keep the cord away from heated surface.
8. Never operate the motorized oxy cycle pro with the air openings blocked; keep the air openings free of lint.
9. Never drop or insert any object into any opening.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn the speed control knob to the off position, then remove plug from the electrical outlet.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Digital Display Computer	1	019	Screw ST3.5x10	4
002	Rear Stabilizer Ø50x380	1	020	Bolt M8x20mm	2
003	Front Stabilizer Ø50x220	1	021	Non-Slip Mat	1
004	Main Frame	1	022	AC Power Cable	1
005	Magnet Bracket Ø27.8x10	1	023	Bolt M6x12mm	6
006	Right Cover	1	024	Bolt M8x12mm	6
007	Left Cover	1	025	Screw ST2.9x10	2
008	Right Crank	1	026	Screw ST4.2x15	11
009	Left Crank	1	027	Spring Washer Ø6.4xØ9.6x1.1t	6
010	Plastic Cap	2	028	Spring Washer Ø8.4xØ13.5x2.5t	6
011	Controller	1	029	Power Socket	1
012	Stabilizer End Cap	4	030	Red Wire	1
013	Motor	1	031	Black Wire	1
014	Square Sensor	1	032	Earth Wire	1
015	Square Magnet	1	033	Cross Recessed Pad Head Bolt M5x10	1
016	Power Control Board	1	034	Spring Washer Ø5.1xØ8.1x1.1t	1
017	Right Pedal JD-5B	1	035	Washer Ø5.1xØ10.3x0.8t	1
018	Left Pedal JD-5B	1			

HARDWARE LIST

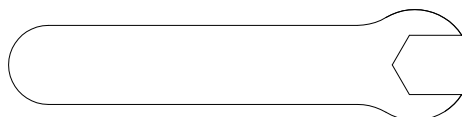


(24) Bolt
6 PCS

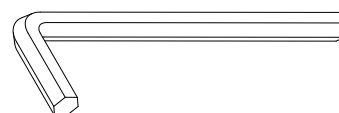


(28) Spring Washer
6 PCS

TOOLS

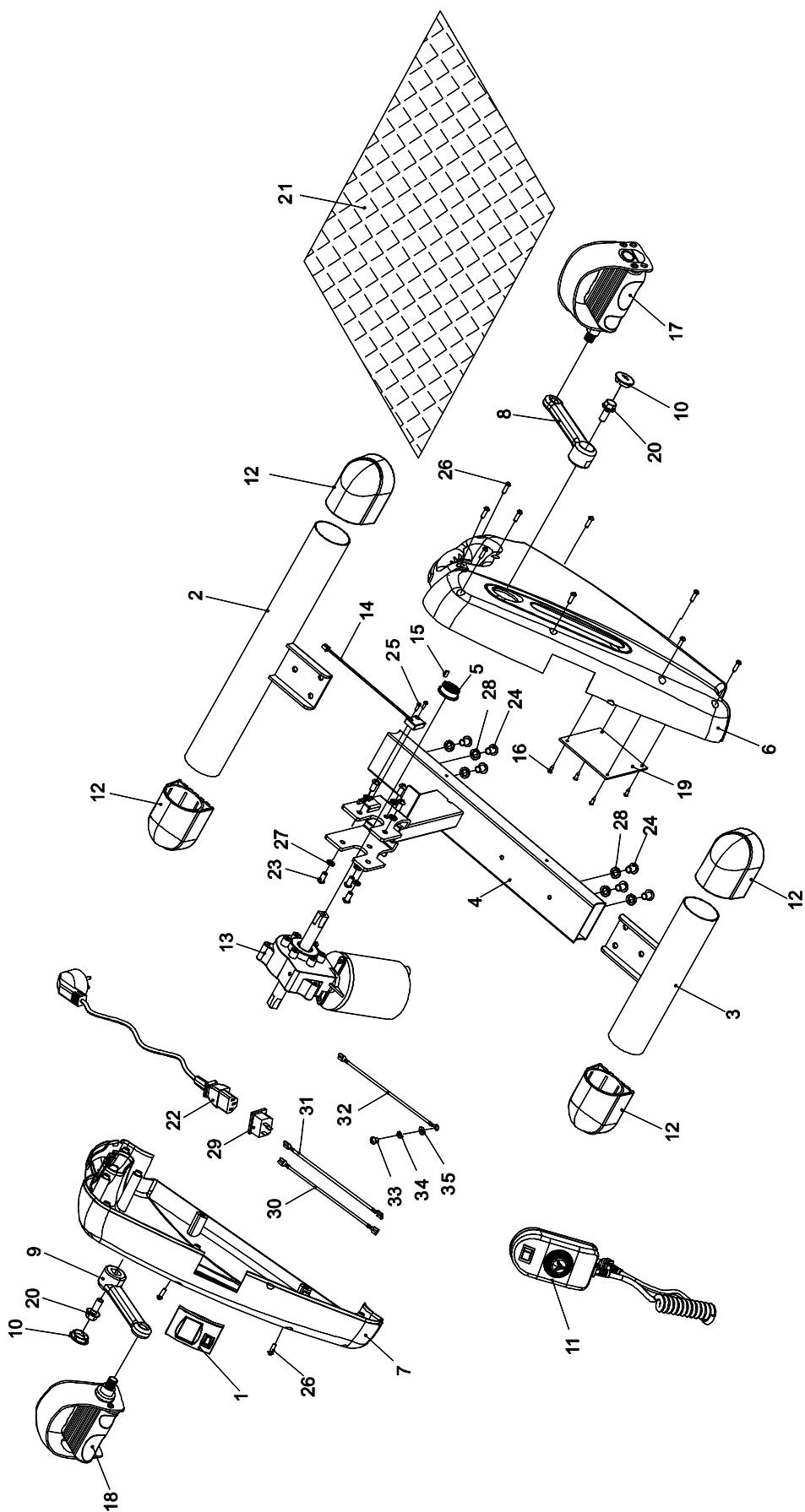


Wrench
1 PC

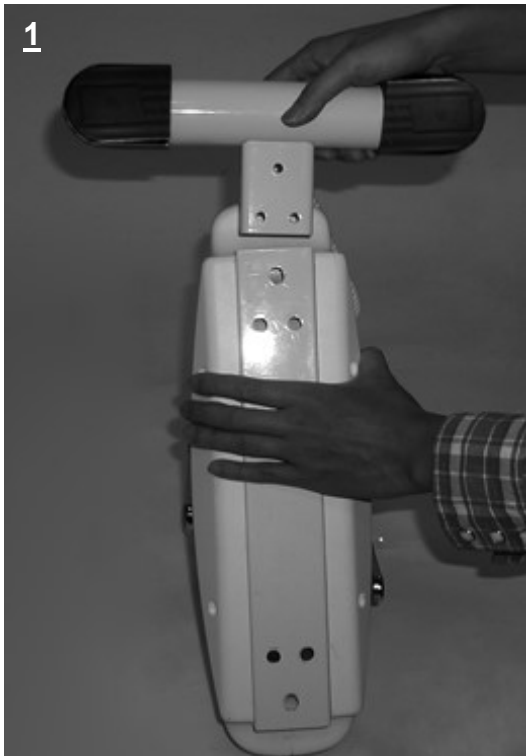


Allen Wrench
1 PC

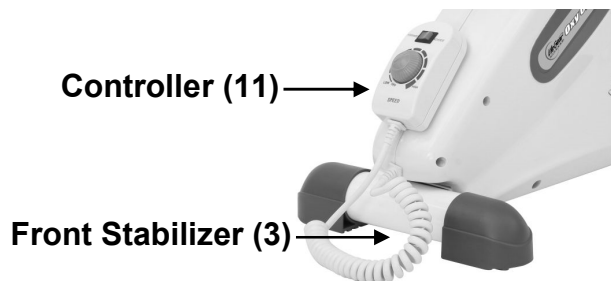
EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

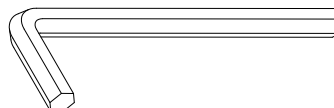


1. Hold the unit in an upright position. The Controller (11) side facing up. Then Insert the Front Stabilizer (3) into the Main Frame (4) and align bolt holes.



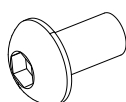
2. Attach the Front Stabilizer (3) to the Main Frame (4) with three Bolts (24) and three Spring Washers (28) . Tighten bolts with the Allen Wrench provided.

Tool:



Allen Wrench

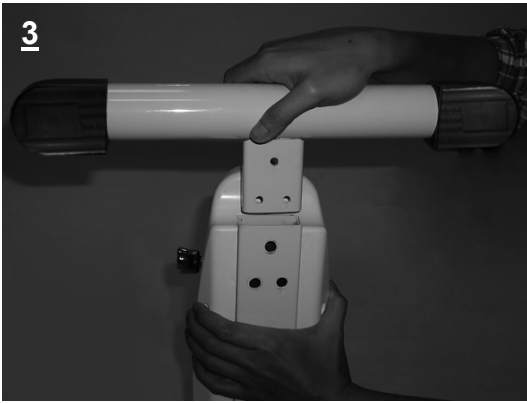
Hardware:



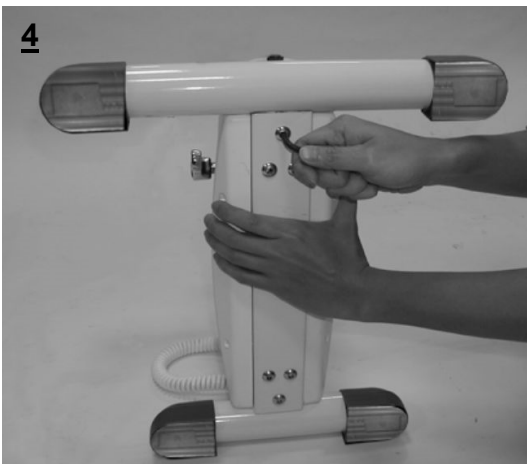
(24) Bolt
3 PCS



(28) Spring Washer
3 PCS

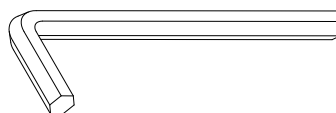


3. Insert the Rear Stabilizer (2) into the Main Frame (4) and align bolt holes.



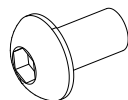
4. Attach the Rear Stabilizer (2) to the Main Frame (4) with three Bolts (24) and three Spring Washers (28) . Tighten bolts with the Allen Wrench provided.

Tool:



Allen Wrench

Hardware:



(24) Bolt
3 PCS



(28) Spring Washer
3 PCS

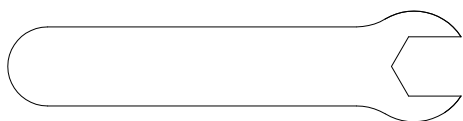


5. Connect the Left Foot Pedal (18) to the Left Crank (9) assembly where you would position your left foot when exercising. Thread it into the crank assembly in the counter-clockwise direction by the Wrench provided. (See figures 5 and 5-1).

Connect the Right Foot Pedal (17) to the Right Crank (8) assembly by threading it in the clockwise direction.

NOTE: The Left/Right Foot Pedals and Left/Right Cranks are marked with “L” & “R” (left and right).

Tool:



Wrench



6. Plug the indicated end of the AC Power Cable (22) into the Power Socket (29) on the machine.

OPERATING THE DIGITAL DISPLAY COMPUTER

COMPUTER BUTTON FUNCTIONS:

Push the button to turn on the display.

Push the button to select each function.

Press and hold the button for 5 seconds to reset all function values except the function of Total Reps.

COMPUTER DISPLAY FUNCTIONS:

SCAN: Automatically displays each function every 3 seconds.

REPS: Repetitions, each cycle counts as one repetition.

TIMER: Displays the exercise time.

TOTAL REPS: Accumulation of repetitions of exercise sessions.

CALORIES: Displays the calories burned during exercise.

DISTANCE: Displays the accumulative distance travelled during exercise.

STOP: The unit is stopped.

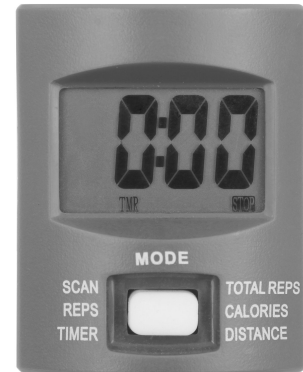
AUTO START: Start motion or push the button.

AUTO DISPLAY SHUT OFF: After approximately 4 minutes without operation.

BATTERY REPLACEMENT:

Replace battery with a button cell battery when display dims.

1. Pull out the computer from the main frame.
2. Push the old button cell battery out from the battery holder.
3. Place the new button cell battery back to the battery holder in right polarity.
4. Install the computer back onto the main frame.



OPERATING THE CONTROLLER



Make sure the controller is set to **OFF** position before plug the power cord into the electrical outlet.



FORWARD/REVERSE SWITCH

Allows user to set the pedals rotation in a forward or reverse direction.

SPEED CONTROL KNOB

Turn the **SPEED CONTROL KNOB** in a clockwise direction to increase speed.

Turn the **SPEED CONTROL KNOB** to **OFF** and then turn it in a clockwise direction again to restart 30-minute timer.

STORAGE PRECAUTIONS

Do not store the motorized oxy cycle pro in any place where it will be subjected to high or low temperature.

Do not expose to direct sunlight or outdoor for extended periods of time.

Do not store the motorized oxy cycle pro in a humid or dusty area.

WORKOUT PRINCIPAL

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using this product correctly and on a regular basis, you can achieve your goals.
2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 30 minutes, develop a 30 minute program with the motorized oxy cycle.
3. Exercising and working out on the motorized oxy cycle pro should be an enjoyable part of your daily life.
4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start your exercise slowly to warm up muscles.
6. The design of the motorized oxy cycle pro allows you to exercise your muscles with movements that are natural and efficient.

The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of workout. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

EXERCISES

How to use your Motorized Oxy Cycle Pro.

The Motorized Oxy Cycle Pro can only be used after the power cord is plugged into the electrical outlet and then turn the **SPEED CONTROL KNOB** in a clockwise direction to increase speed. **Do NOT use the Motorized Oxy Cycle Pro without the power plugged in as this will damage the equipment.** When using the Motorized Oxy Cycle Pro, the proper way to exercise is to push the **FORWARD/REVERSE Switch** on the controller to the **FORWARD or REVERSE** position and to set the desired rotational speed of the pedal by turning the **Speed Control Knob** on the controller, and then **following that speed** to get the best results. Pedaling at excessive speeds or applying excessive force will activate the overload protection circuitry to stop the motor (to allow user pull out their feet/hands). The motor will turn off for 2-3 seconds and then turn on again automatically. If the motor overload situation persists (motor turns off and then turns on) for 10 times, the motor will stop working completely. The STOP sign will appear on the screen of the digital display computer. Please turn the **Speed Control Knob** to **OFF** and then turn it in a clockwise direction again to restart 30-minute timer.

Range of motion and flexibility

This motorized oxy cycle pro can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

Routine

People vary in how they adapt to repetitive exercise. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt to cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased to the high setting once you have adapted to the device. Longer periods of exercise will result in greater gains for you.

Leg Exercise

For use as a lower body device-place the motorized oxy cycle on a non-slip mat prior to use, and sit comfortable in a chair with the motorized oxy cycle directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user wears rubber soled shoes and adjusts the proper length of foot pedal straps when on the foot pedals so they do not slip off the foot pedals during the exercise.

WARNING:

Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



Arm Exercise

When using the motorized oxy cycle for upper body exercise-it should be placed directly in front of the user on a table top (on the included non-slip mat), and the user should be seated in a comfortable chair such that they can easily reach the pedals without hyper extending (over straightening) the elbow joint. This can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.



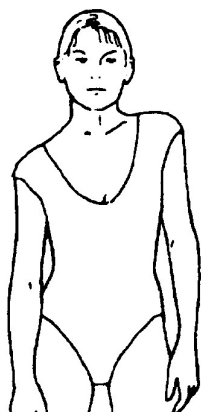
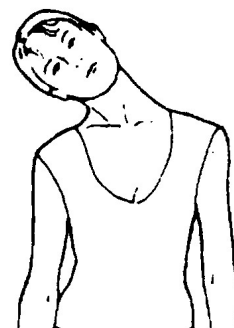
WARM UP AND COOL DOWN ROUTINE

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.

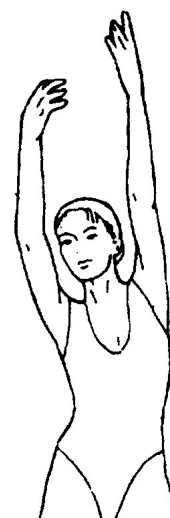
HEAD ROLLS

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.



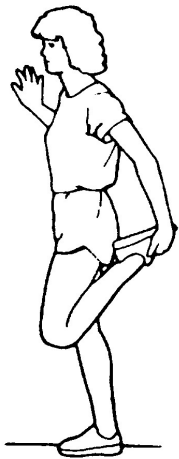
SHOULDER LIFTS

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.

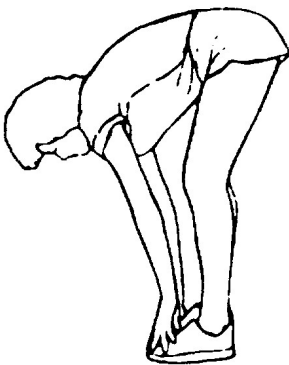


QUADRICEPS STRETCH

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.

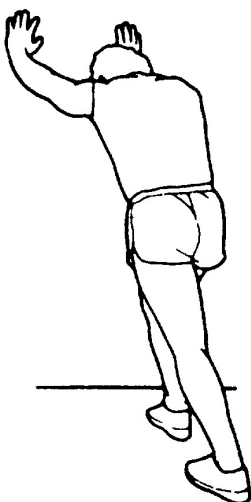
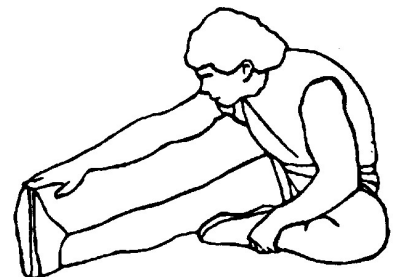


TOE TOUCHES

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 right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.