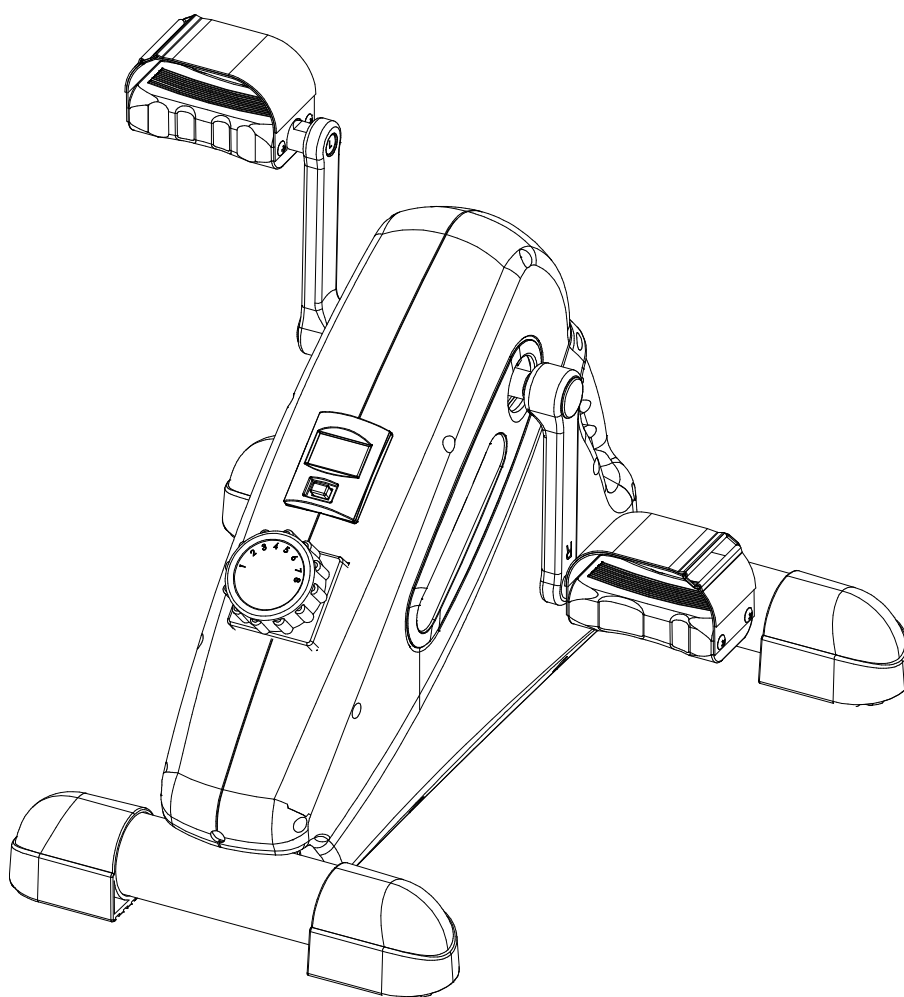


Magnetic Resistance

ITEM NO.: 16075N

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.

2024, Nov.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST -----	5
TOOLS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
OPERATING THE DIGITAL DISPLAY COMPUTER -----	10
OPERATING THE TENSION CONTROL KNOB -----	11
STORAGE PRECAUTIONS -----	11
WORKOUT -----	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 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

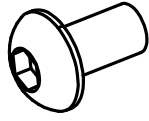
Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipts for future reference.

1. Consult your physician before beginning your exercise program.
2. If you experience any unusual physical symptoms such as dizziness, severe muscle or joint pain, or chest pain, stop exercising and consult your physician immediately.
3. Keep children and pets away from the machine while it is in use.
4. Do not operate this equipment if it is damaged.
5. Set up this equipment as directed in Assembly Instructions and place it on a flat, stable, non-slip surface.
6. Keep hands and feet away from all moving parts. Do not insert any object into any openings.
7. Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise routine.
8. Never exercise to the point of exhaustion.
9. Do not stand on the unit, exercise only in a seated position.
10. Maintain a minimum safety clearance during operation. This equipment is designed as a home-use exercise device. Users must have full muscle control to operate this unit.
It may not be suitable for individuals who are quadriplegic or paraplegic; please consult your physician.
11. Close supervision is necessary when this unit is used by, on, or near children, invalids, or disabled persons.
12. Use this unit only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.
13. Never operate the unit with the air openings blocked; keep the air openings free of lint.
14. Do not use outdoors.
15. Do not operate the unit where aerosol (spray) products are being used or where oxygen is being administered.
16. For Household Use Only.
17. Regularly inspect the exercise equipment for maintenance and for loose or broken parts.
18. Wear comfortable and suitable clothing when using this equipment. Do not use the equipment barefoot or in socks; always wear appropriate athletic footwear.
19. Perform each exercise in a controlled manner and always begin exercises slowly.
20. Have the unit serviced by a qualified service technician. **DO NOT ATTEMPT TO SERVICE THE UNIT YOURSELF.**

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Hexagon Nut M10x8.5	2
002	Rear Stabilizer Ø50x1.5Tx380	1	027	Tension Bracket	2
003	Front Stabilizer Ø50x1.5Tx220	1	028	Hexagon Nut M6x6	2
004	Magnet Bracket	1	029	Hexagon Nut M8x7.7	1
005	Tension Control Knob Bracket	1	030	Washer Ø8.5x16x1.5T	1
006	Belt Pulley Ø120x152	1	031	Hexagon Socket Button Head Bolt M8x42	1
007	Magnet 15x10x5T	7	032	Cross Recessed Truss Head Tapping Screw ST4.2x15	4
008	Spacer Ø14xØ10.5x4	2	033	Cross Recessed Pan Head Tapping Screw ST4.2x15	7
009	Flywheel	1	034	Single Sided Adhesive Tape	4
010	Stabilizer End Cap	4	035	PVC Pad Ø18.5xØ17x9	2
011	Square Sensor (L=300 mm)	1	036	Cross Recessed Pan Head Tapping Screw ST2.9x10	2
012	Big Washer Ø75x2.0T	2	037	Spring Ø9.4xØ1.0x50	1
013	Bearing Bracket Ø74xØ41.5x12.5	2	038	Belt 220PJ3	1
014	Right Crank 5" (9/16")	1	039	Crank Cap	2
015	Left Crank 5" (9/16")	1	040	Right Cover	1
016	Digital Display Computer	1	041	Left Cover	1
017	Hexagon Flange Bolt M8x20	2	042	Right Hand Grip 9/16"	1
018	Hexagon Socket Button Head Bolt M8x12	6	043	Left Hand Grip 9/16"	1
019	Spring Washer Ø8.4xØ13.5x2.5T	6	044	Right Foot Pedal (JD-5B)	1
020	C Ring Ø17xØ15.7x1.0T	4	045	Left Foot Pedal (JD-5B)	1
021	Bearing 6003Z	2	046	Round Magnet Ø12x5.0t	1
022	Tension Control Knob	1	047	Non-Slip Mat	1
023	Flywheel Axle Ø10x75	1	048	Cross Recessed Truss Head Tapping Screw ST4.2x20	2
024	Cross Recessed Truss Head Bolt M5x12	10	049	Hexagon Nut M5x4	1
025	Eyebolt M6x43	2	050	Cross Recessed Pan Head Bolt M5x15	1

HARDWARE LIST

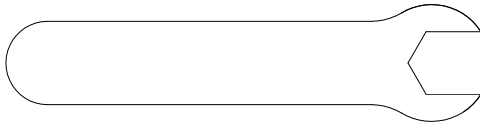


(18) Hexagon Socket
Button Head Bolt
6 PCS



(19) Spring Washer
6 PCS

TOOLS

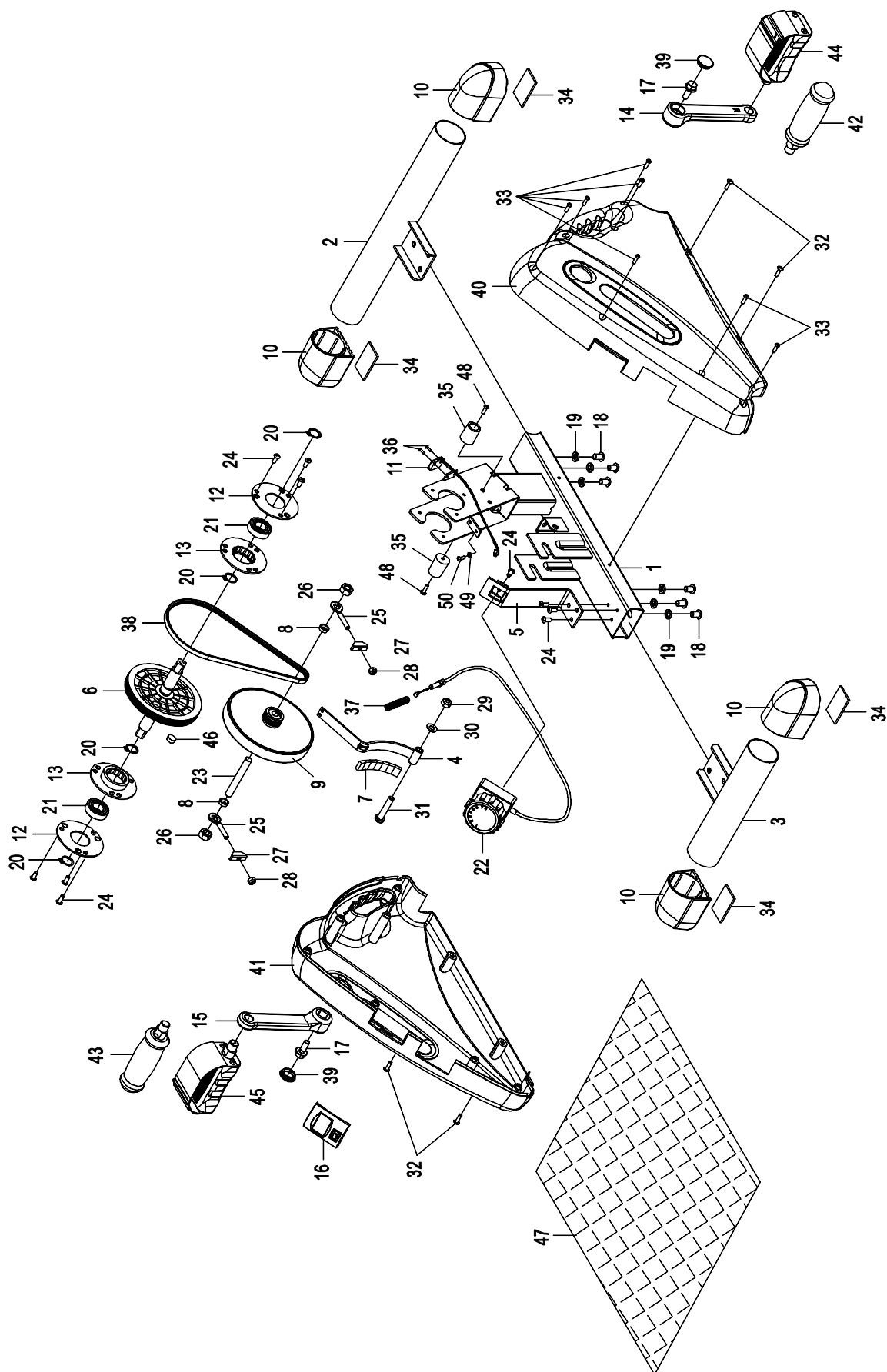


Wrench
1 PC

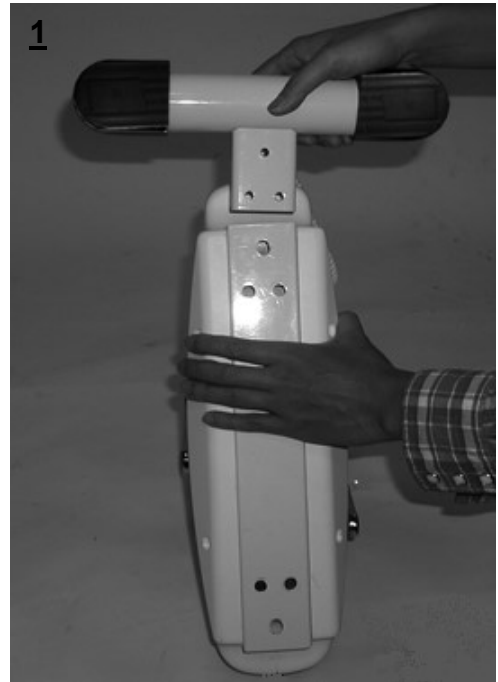
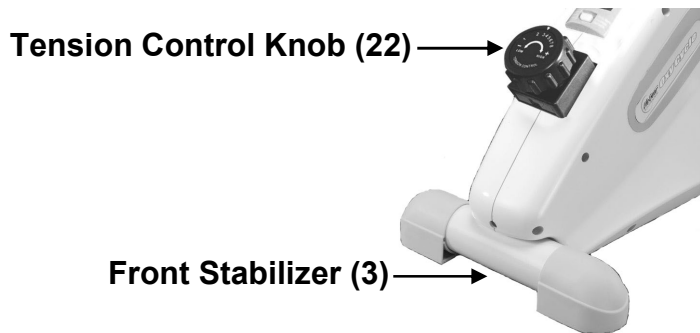


Allen Wrench
1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

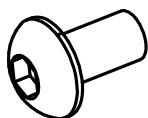


1. Hold the unit upright with the Tension Control Knob (22) facing up, then insert the Front Stabilizer (3) into the Main Frame (1).



2. Attach the Front Stabilizer (3) to the Main Frame (1) with three Hexagon Socket Button Head Bolts (18) and three Spring Washers (19). Tighten bolts with the Allen Wrench provided.

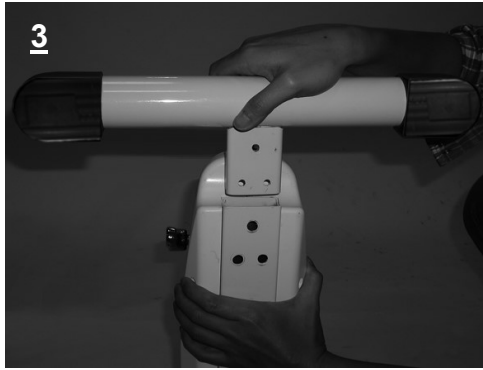
Hardware:



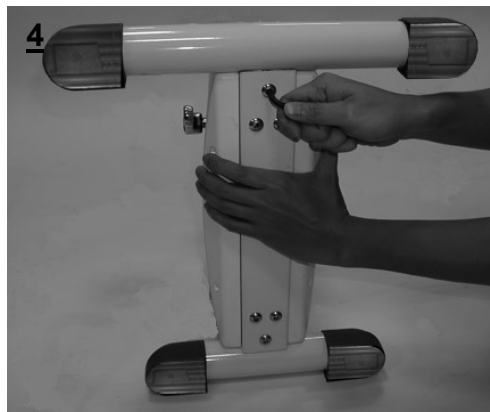
(18) Hexagon Socket
Button Head Bolt
3 PCS



(19) Spring Washer
3 PCS

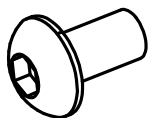


3. Insert the Rear Stabilizer (2) into the Main Frame (1).



4. Attach the Rear Stabilizer (2) to the Main Frame (1) with three Hexagon Socket Button Head Bolts (18) and three Spring Washers (19). Tighten bolts with the Allen Wrench provided.

Hardware:



(18) Hexagon Socket
Button Head Bolt
3 PCS



(19) Spring Washer
3 PCS



5. Connect the Left Foot Pedal (45) to the Left Crank (15) by threading it into the crank assembly in a counter-clockwise direction with the provided wrench. (See Figures 5 and 6). Connect the Right Foot Pedal (44) to the Right Crank (14) 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).

OPERATING THE DIGITAL DISPLAY COMPUTER

COMPUTER BUTTON FUNCTIONS:

Push the button to turn on the display.

Push the button to select a function.

Push and hold the button for 3 seconds to reset all functions to zero, except for the TOTAL REPS function.



COMPUTER DISPLAY FUNCTIONS & MEASURING RANGE:

SCAN: Automatically displays each function every 6 seconds in the order:

SCAN→REP→TMR→T.REPS→CAL→DIS

REPS: Displays the number of rotations.

TMR: Displays the exercise time.

T.REPS: Displays the total rotations.

CAL: Displays the calories burned during exercise.

DIS: Displays the cumulative distance traveled during exercise.

STOP: Indicates the unit is stopped.

AUTO START: Activates with motion or button press.

AUTO DISPLAY SHUT OFF: Shuts off automatically after approximately 4 minutes without activity.

BATTERY REPLACEMENT:



Use a slotted screwdriver to remove the Computer.



Remove the battery with a slotted screwdriver. Replace with a new Button Cell Battery.

OPERATING THE TENSION CONTROL KNOB



TENSION CONTROL KNOB

The resistance can be adjusted by turning the tension control knob. To increase resistance, turn the knob clockwise; to decrease resistance, turn it counterclockwise.

HOW TO USE THIS EQUIPMENT

Set your desired resistance by turning the Tension Control Knob, then pedal at a controlled pace to achieve the best results. Avoid excessive speeds or force, as they can damage the product or lead to injury. Start exercising at a slow pace.

STORAGE PRECAUTIONS

Do not store the unit in high or low-temperature environments.
Avoid prolonged exposure to direct sunlight or outdoor conditions.
Store the unit in a dry, dust-free area.

WORKOUT

Leg Exercise

Place the equipment on a non-slip mat and sit comfortably in a chair with the device directly in front of you. The knee joint should not be flexed less than 90 degrees. Wear rubber soled shoes and adjust the foot pedal straps to fit securely. Barefoot use is not recommended.

WARNING

Do not stand on the unit to exercise, only exercise while seated. Avoid chairs that move or pivot and do not use chairs with casters.



NOTE: Use the foot pedals for leg exercises.

Arm Exercise

Place the unit on a table in front of you on the non-slip mat, and use the hand grips for arm exercises.



NOTE: Use the hand grips specifically for arm exercises.

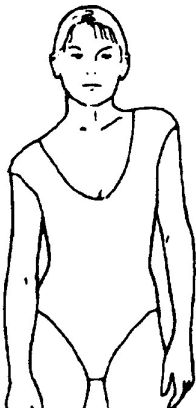
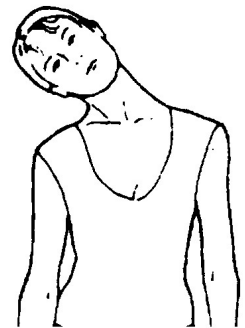
WARM UP AND COOL DOWN ROUTINE

WARMING UP is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

COOLING 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 from the muscles.

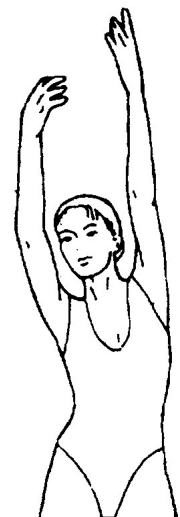
HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up 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. Repeat the action with your left arm.

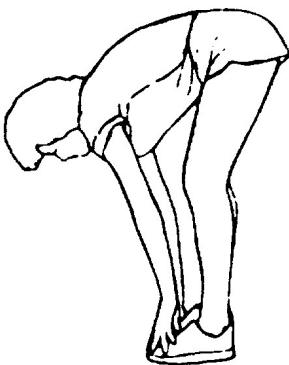


QUADRICEPS STRETCH

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. Repeat with the 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.

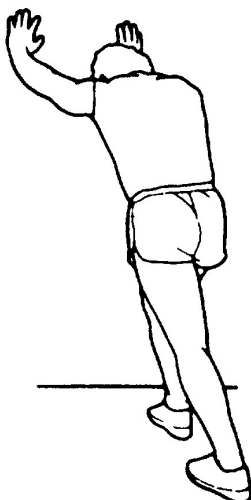
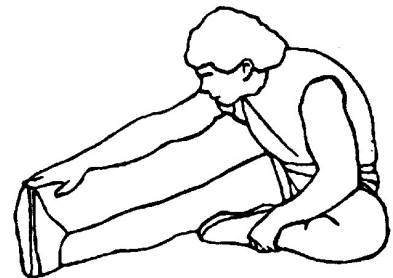


TOE TOUCHES

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.