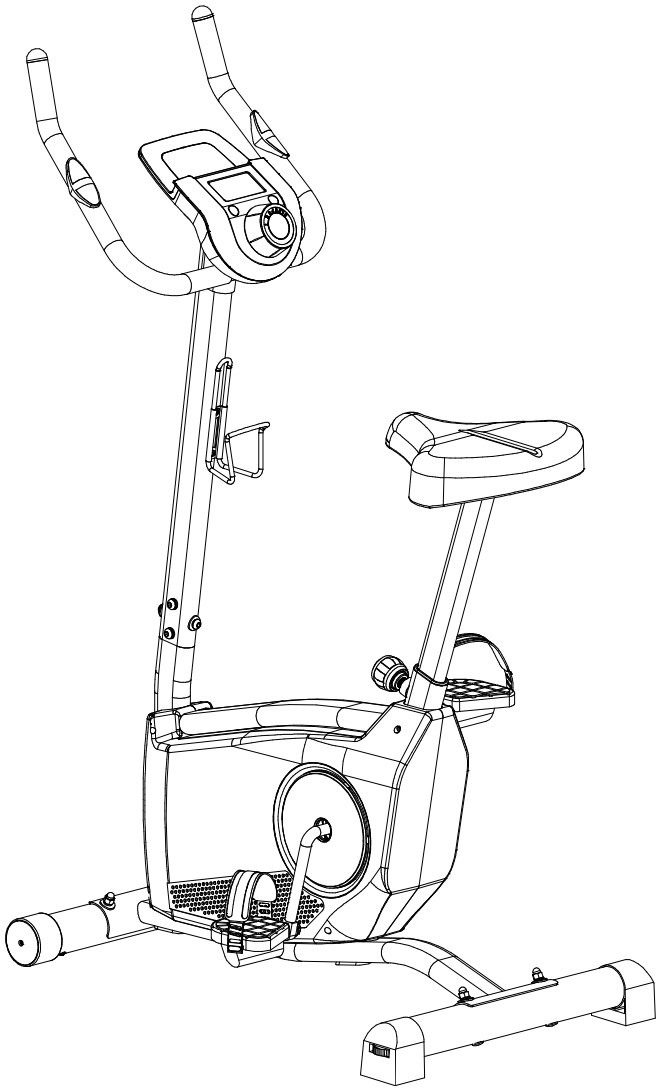
ARES MAGNETIC UPRIGHT BIKE
ITEM NO.: 20052

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, May

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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 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

Read all instructions before using this equipment. When using this equipment, basic precautions should always be followed, including the following important safety instructions.

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. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. 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.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. 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.
12. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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

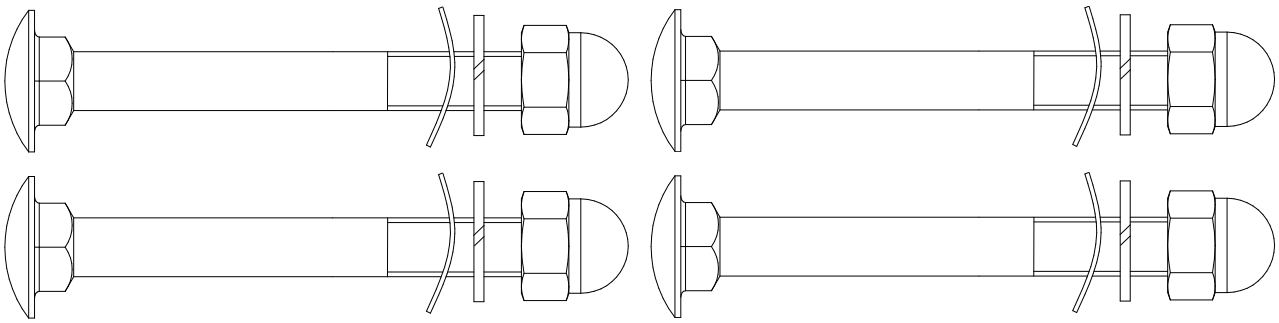
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	027	Cross Recessed Pan Head Tapping Screw ST4.8x15	2
002	Handlebar Post	1	028	Washer Ø5	1
003	Handlebar	1	029	Cross Recessed Pan Head Tapping Bolt M5x15	1
004	Seat Post	1	030	Hexagon Socket Pan Head Cap Bolt M8x18	4
005	Front Stabilizer Ø60x1.5x380	1	031	Handlebar Foam Grip Ø30xØ24x520	2
006	Rear Stabilizer Ø60x1.5x480	1	032	Handlebar End Cap Ø25	2
007	Left Foot Pedal (YH-30X)	1	033	Cross Recessed Pan Head Tapping Screw ST4.2x20	6
008	Left Foot Pedal Strap	1	034	Front Stabilizer End Cap Ø60	2
009	Right Foot Pedal (YH-30X)	1	035	Hexagon Socket Pan Head Cap Bolt M8x20	1
010	Right Foot Pedal Strap	1	036	Idler Arm	1
011	Computer Console	1	037	Idler Wheel Ø10xØ35	1
012	Seat	1	038	Washer Ø6xØ12x1.0T	1
013	Round Knob M16x1.5	1	039	Cross Recessed Pan Head Bolt M6x10	1
014	Water Bottle Holder	1	040	Eyebolt M8x85	1
015	Carriage Bolt M8x75	4	041	Plastic Bushing	1
016	Big Curve Washer Ø8xØ20x2.0t	4	042	Tension Cable	1
017	Cap Nut M8	4	043	Sensor with Wire (L=1100 mm)	1
018	Hexagon Nylon Nut M8	6	044	Cross Recessed Pan Head Tapping Screw ST2.9x12	
019	Washer Ø16xØ8x1.5	13	045	Rear Stabilizer End Cap Ø60	2
020	Hexagon Socket Pan Head Cap Bolt M8x15	6	046	Hexagon Nut 7/8”	2
021	Spring Washer Ø8	16	047	Washer Ø23xØ34.5x2.5	1
022	Curve Washer Ø16xØ8x1.5	2	048	Bearing Nut II 7/8”	1
023	Tension Control Knob	1	049	Ball Bearing	2
024	Sensor Extension Wire (L=800 mm)	1	050	Bearing Cup Ø56x2.25x68	2
025	Hand Pulse Sensor with Wire (L=750 mm)	2	051	Bearing Nut I 15/16”	1
026	Cross Recessed Pan Head Bolt M5x10	4	052	Washer Ø24xØ40x3.0	1

PARTS LIST

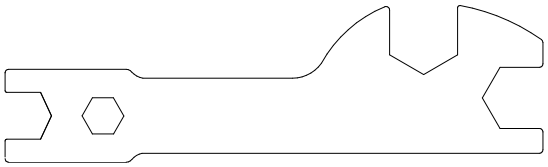
No.	Description	Qty	No.	Description	Qty
053	Belt Pulley with Crank	1	061	Plastic Screw Anchor Ø8x32	7
054	Belt 360J	1	062	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	8
055	Flywheel	1	063	Left Cover	1
056	Hexagon Flange Nut M10x1.0xH6	2	064	Right Cover	1
057	Eyebolt M6x36	2	065	Crank Cap	2
058	Tension Bracket 31x30x1.0t	2	066	Spring Washer Ø20xØ13x2.0	2
059	Spring Washer Ø6	2	067	Left Nylon Nut 1/2" (S19)	1
060	Hexagon Nylon Nut M6 (S10)	2	068	Right Nylon Nut 1/2" (S19)	1

HARDWARE LIST AND TOOLS

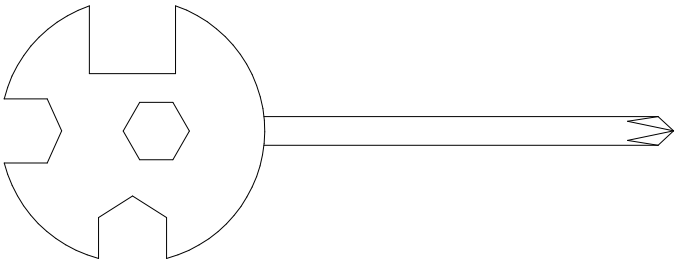


(15) Carriage Bolt	4 PCS
(16) Big Curve Washer	4 PCS
(17) Cap Nut	4 PCS
(21) Spring Washer	4 PCS

Allen Wrench 6 mm
1 PC

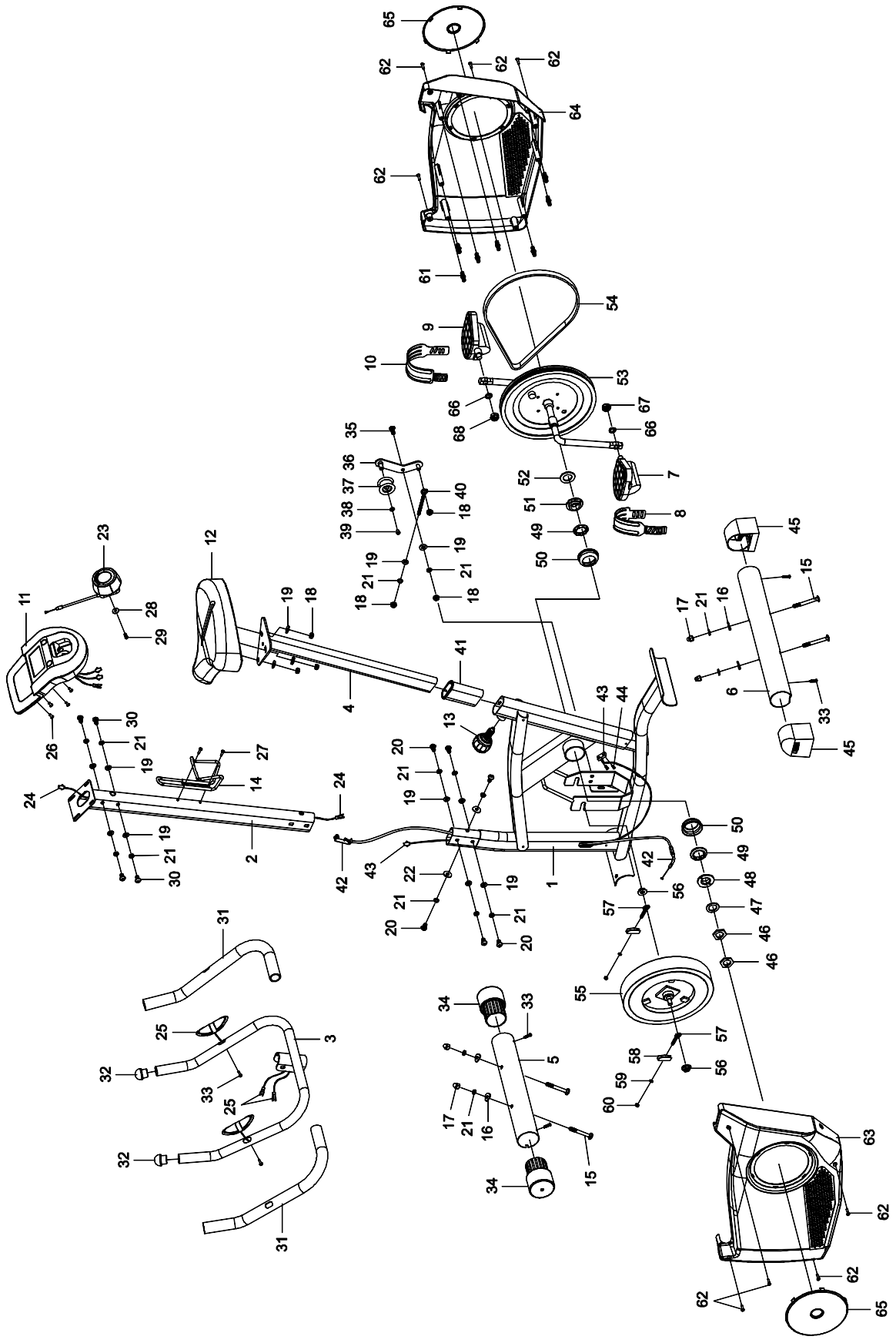


Multi Hex Tool
1 PC

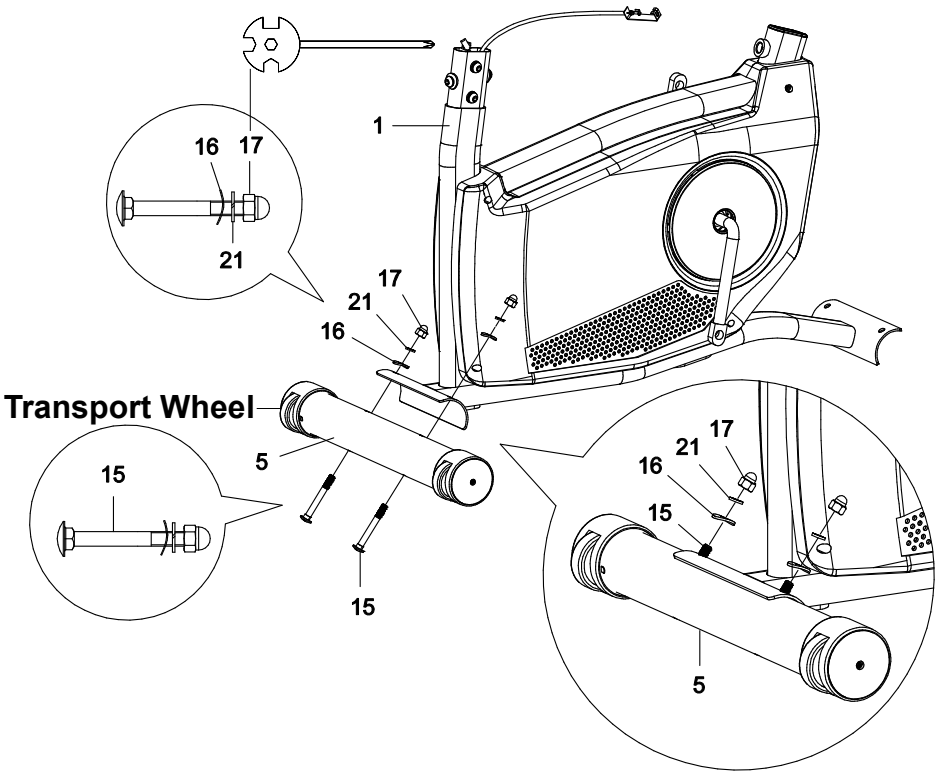


Multi Hex Tool with Phillips Screwdriver
1 PC

EXPLODED VIEW



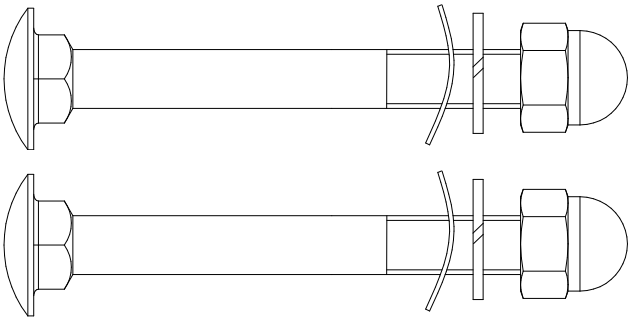
ASSEMBLY INSTRUCTIONS



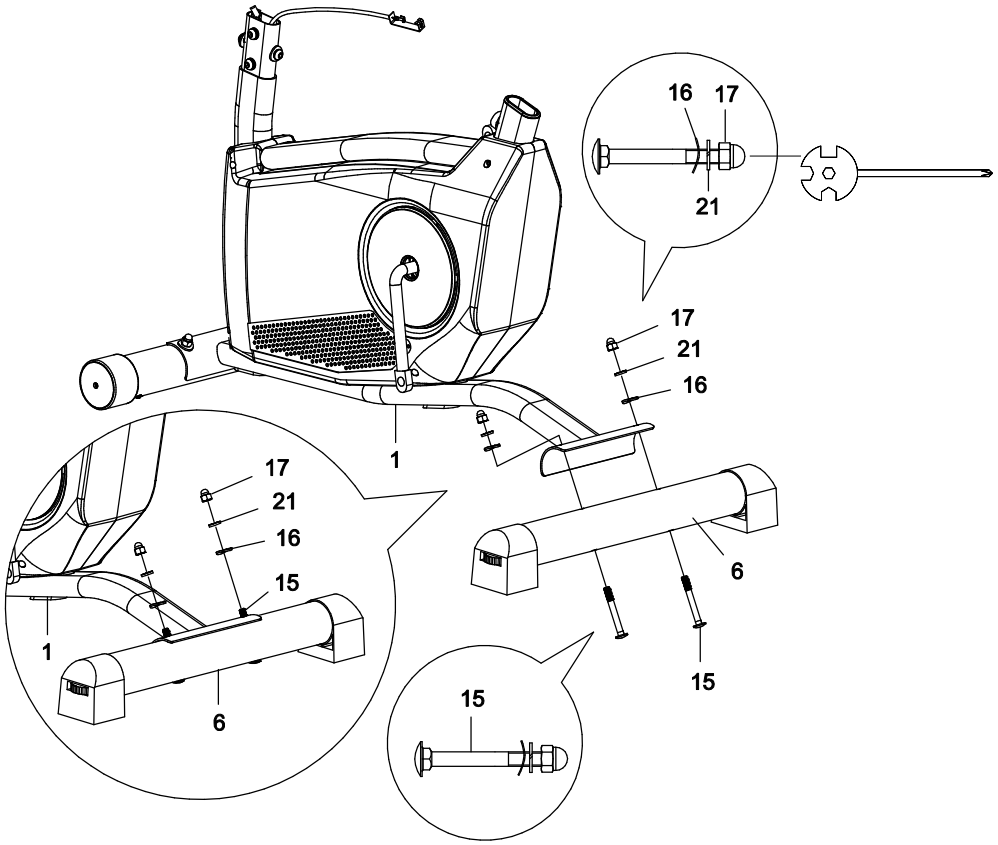
STEP 1

Position the Front Stabilizer (5) with the Transport Wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (5) onto the front curve of the Main Frame (1) with two Carriage Bolts (15), two Big Curve Washers (16), two Spring Washers (21), and two Cap Nuts (17). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



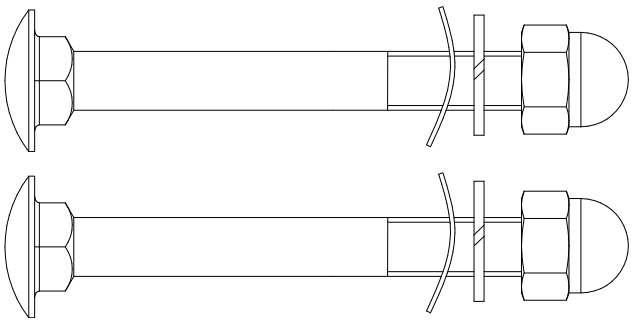
(15) Carriage Bolt	2 PCS
(16) Big Curve Washer	2 PCS
(17) Cap Nut	2 PCS
(21) Spring Washer	2 PCS



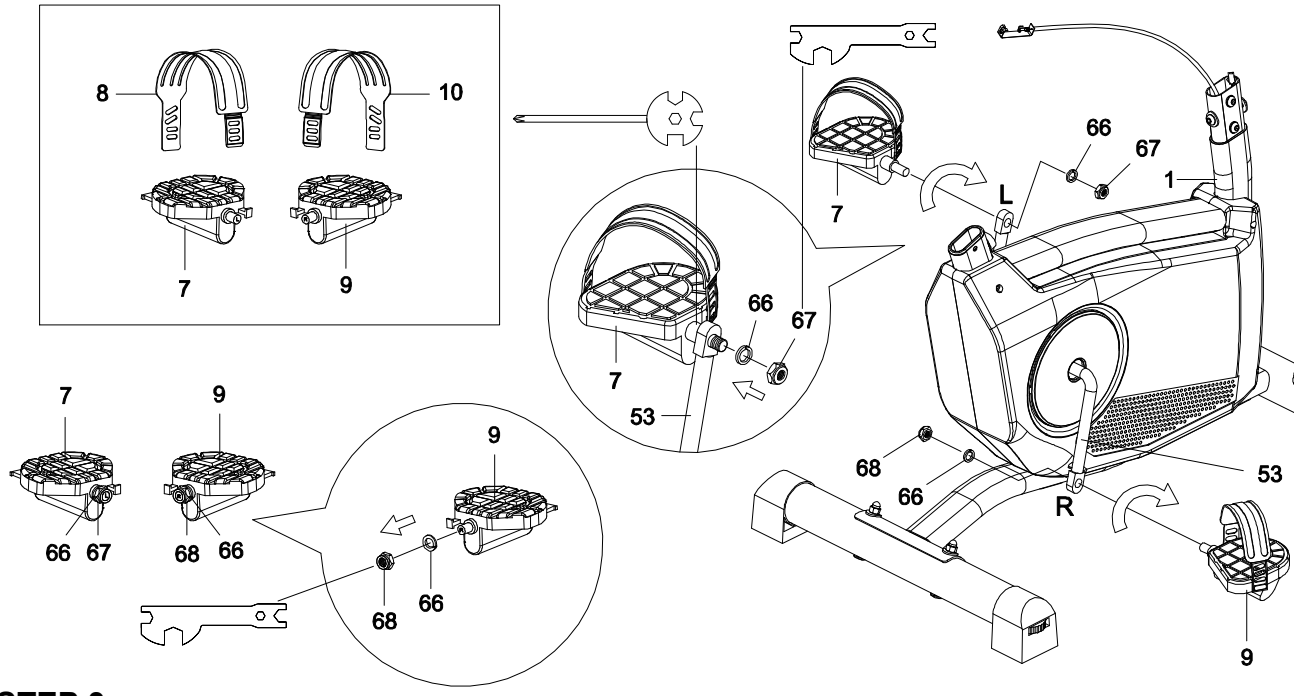
STEP 2

Position the Rear Stabilizer (6) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (6) onto the rear curve of the Main Frame (1) with two Carriage Bolts (15), two Big Curve Washers (16), two Spring Washers (21), and two Cap Nuts (17). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(15) Carriage Bolt	2 PCS
(16) Big Curve Washer	2 PCS
(17) Cap Nut	2 PCS
(21) Spring Washer	2 PCS



STEP 3

IMPORTANT: Only turn the foot pedals in the direction instructed. The left and right foot pedals have different turning directions for installation. The Cranks, Foot Pedals, Pedal Shafts, and Pedal Straps are marked with the letter R (Right) and L (Left) to denote the side of the recumbent bike they are on.

Select the Right Foot Pedal Strap (10) which has R marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Right Foot Pedal (9). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (9). Select adjustment holes which allow your foot to be easily removed from the foot pedal. Use the same procedure to snap the Left Foot Pedal Strap (8) onto the Left Foot Pedal (7).

Installing the Right Foot Pedal onto the Right Crank:

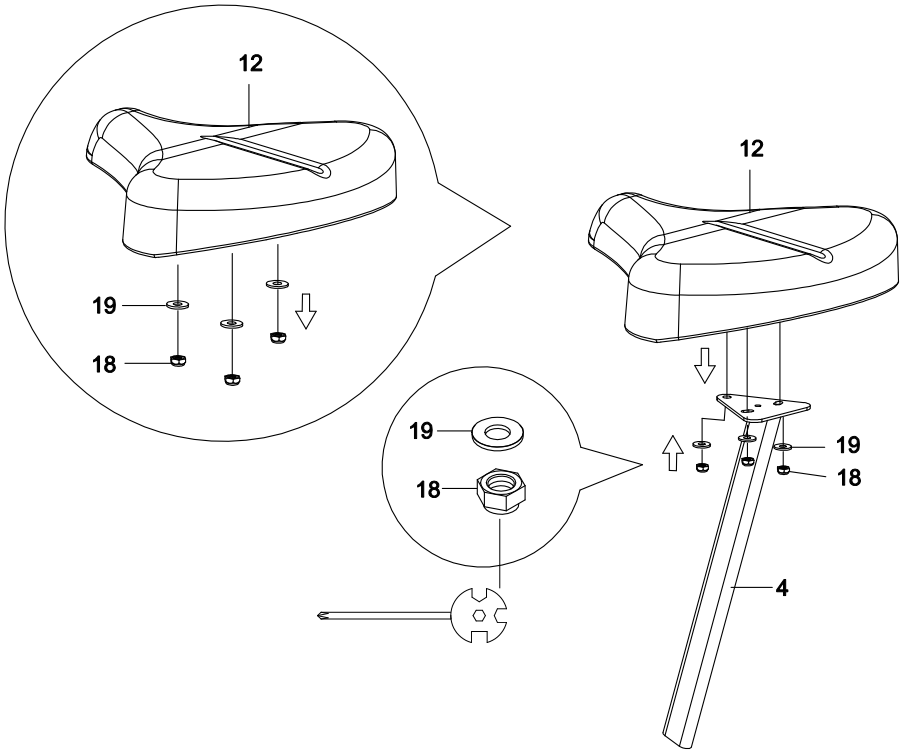
Remove one Right Nylon Nut (68) and one Spring Washer (66) from the Right Foot Pedal (9). Remove nylon nut with the Multi Hex Tool provided.

Insert the Right Foot Pedal (9) perfectly straight into the threaded hole in the right Crank (53). Turn the pedal shaft by hand in a clockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Right Foot Pedal (9). Attach removed one Right Nylon Nut (68) and one Spring Washer (66) to the protruding shaft in a counterclockwise direction. Use both Multi Hex Tool and Multi Hex Tool with Phillips Screwdriver to simultaneously tighten the Right Foot Pedal (9) and the Right Nylon Nut (68). Only tighten in the directions instructed.

Installing the Left Foot Pedal onto the Left Crank:

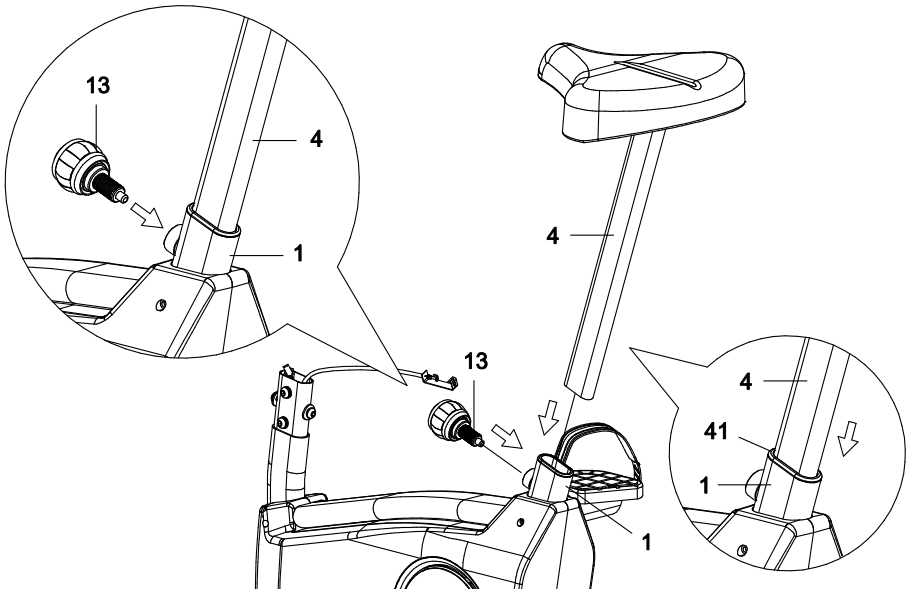
Remove one Left Nylon Nut (67) and one Spring Washer (66) from the Left Foot Pedal (7). Remove nylon nut with the Multi Hex Tool provided.

Insert the Left Foot Pedal (7) perfectly straight into the threaded hole in the left Crank (53). Turn the pedal shaft by hand in a counterclockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Left Foot Pedal (7). Attach removed one Left Nylon Nut (67) and one Spring Washer (66) to the protruding shaft in a clockwise direction. Use both Multi Hex Tool and Multi Hex Tool with Phillips Screwdriver to simultaneously tighten the Left Foot Pedal (7) and the Left Nylon Nut (67). Only tighten in the directions instructed.



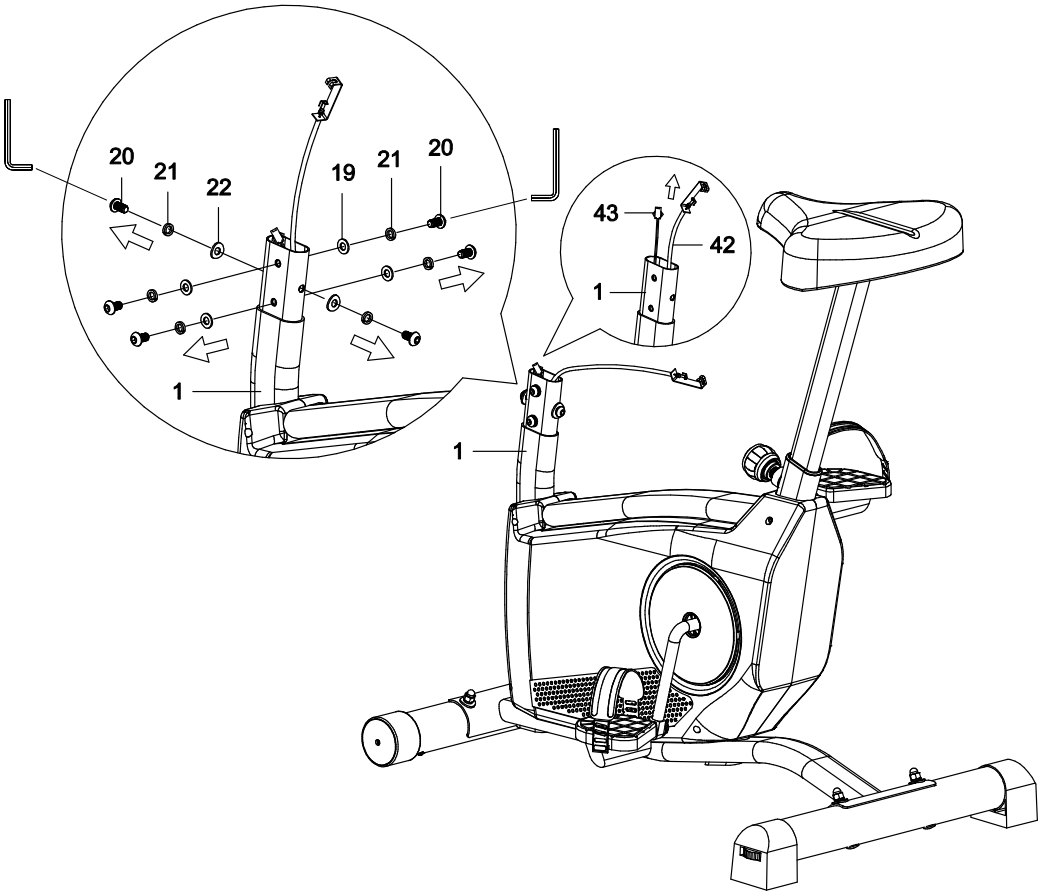
STEP 4

Remove three Hexagon Nylon Nuts (18) and three Washers (19) from the Seat (12). Remove hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Attach the Seat (12) onto the Seat Post (4) with three Hexagon Nylon Nuts (18) and three Washers (19) that were removed. Tighten hexagon nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 5

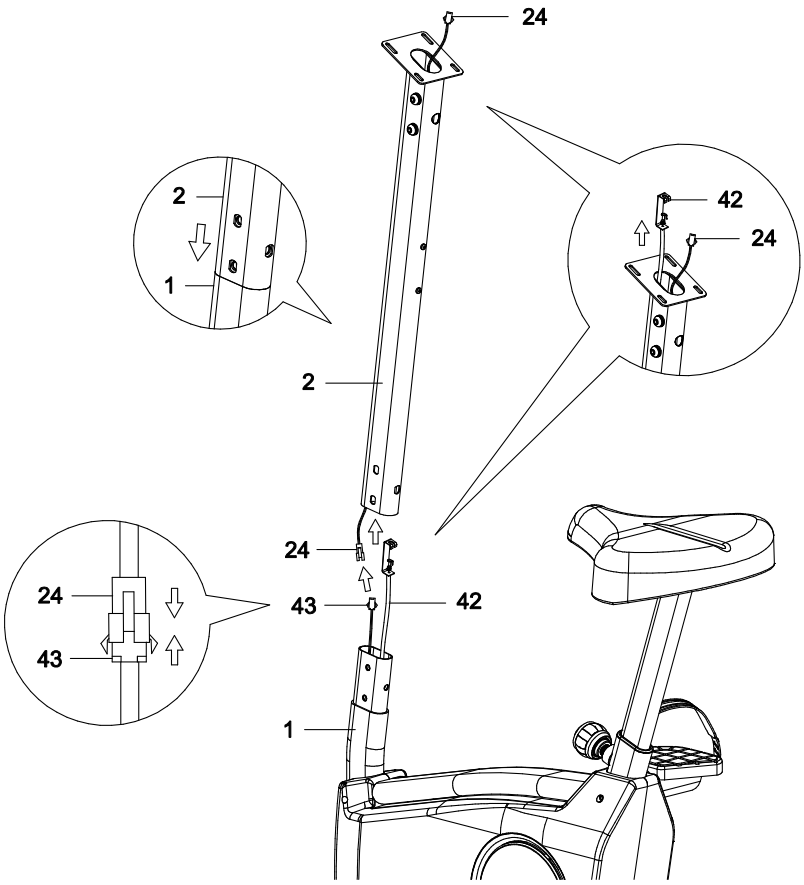
Insert the Seat Post (4) through the Plastic Bushing (41) and into the tube of the Main Frame (1). Insert the Round Knob (13) into the threaded hole of the Main Frame (1). Turn the Round Knob (13) in a clockwise direction making sure that the Round Knob (13) catches one of the height adjustment holes on the Seat Post (4) before you start fully tightening the Round Knob (13).



STEP 6

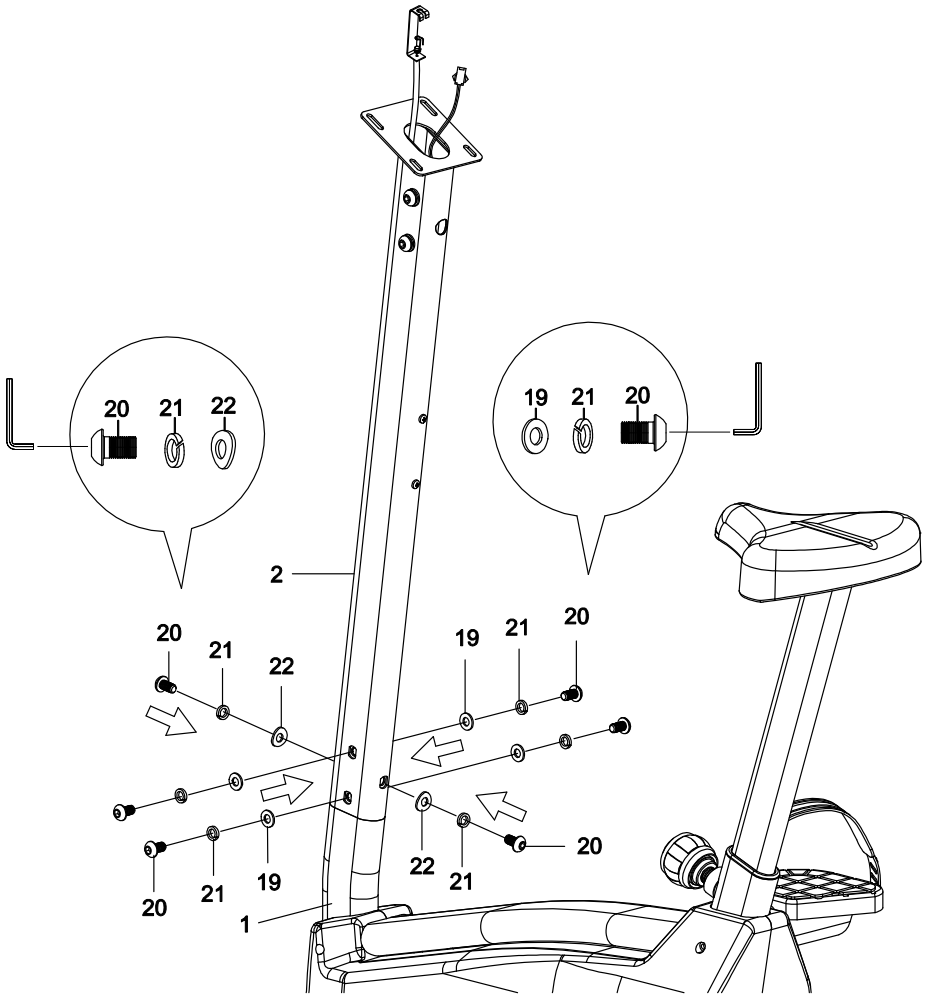
Remove six Hexagon Socket Pan Head Cap Bolts (20), six Spring Washers (21), four Washers (19), and two Curve Washers (22) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided.

Pull the Sensor Wire (43) out of the tube of the Main Frame (1).



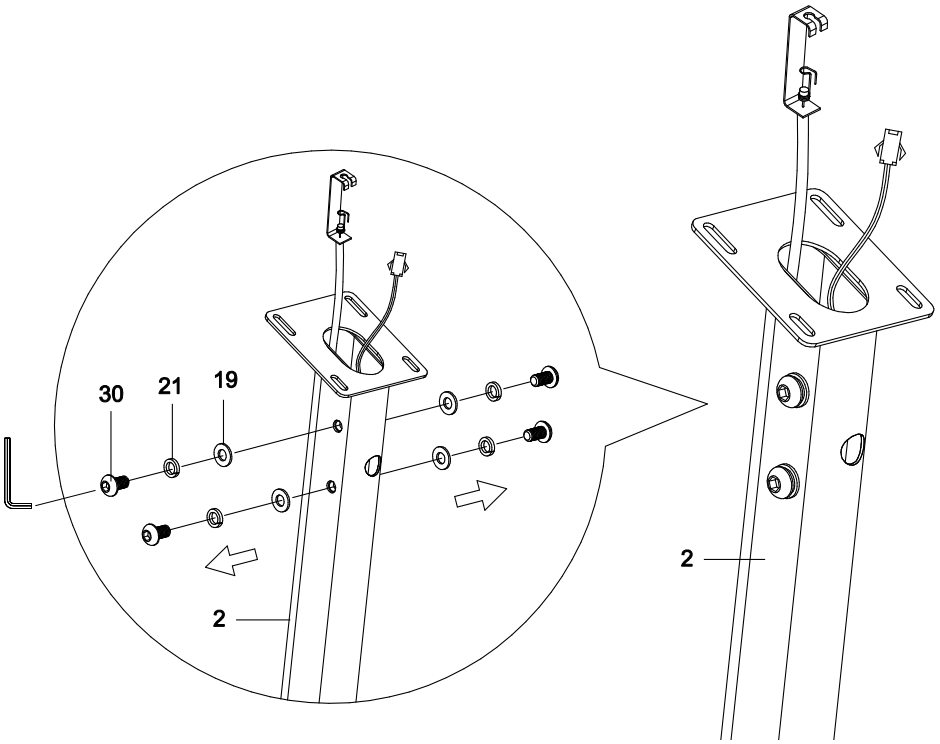
STEP 7

It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (2) in place while the other person to insert and connect the wires.
Insert the Tension Cable (42) through into the bottom hole of the Handlebar Post (2) and pull it out from the top end of the Handlebar Post (2).
Connect the Sensor Wire (43) from the Main Frame (1) to the Sensor Extension Wire (24) from the Handlebar Post (2).
Slide the Handlebar Post (2) onto the Main Frame (1) and align bolt holes.



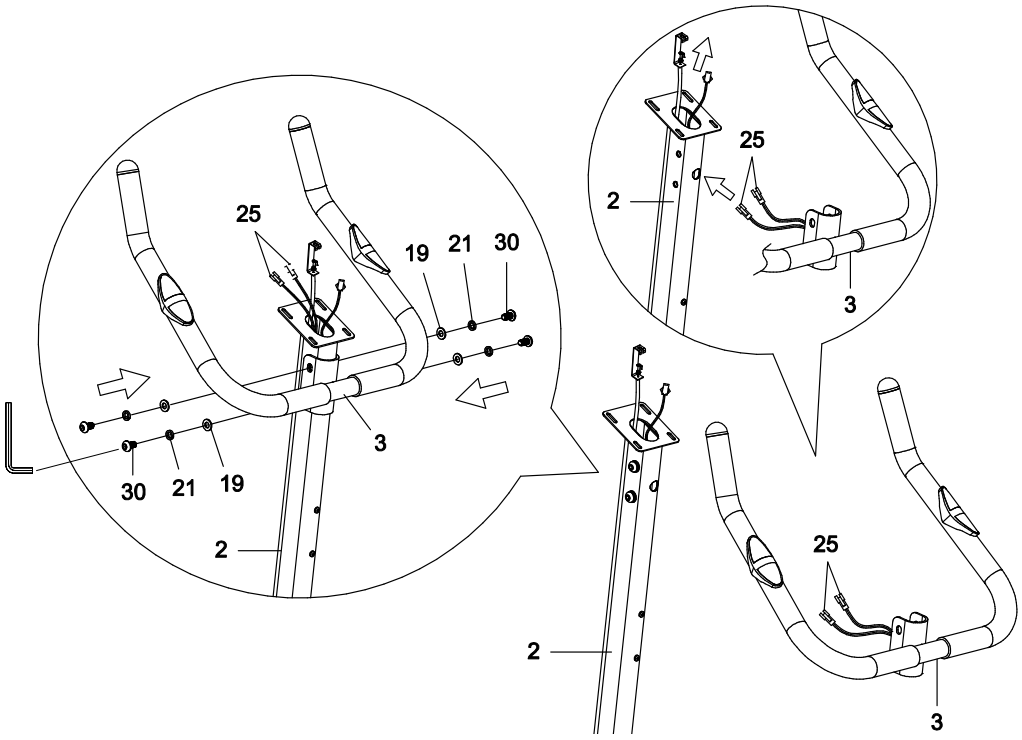
STEP 8

Attach the Handlebar Post (2) onto the tube of the Main Frame (1) with six Hexagon Socket Pan Head Cap Bolts (20), six Spring Washers (21), four Washers (19), and two Curve Washers (22) that were removed from the tube of the Main Frame (1). Tighten bolts with the Allen Wrench provided.



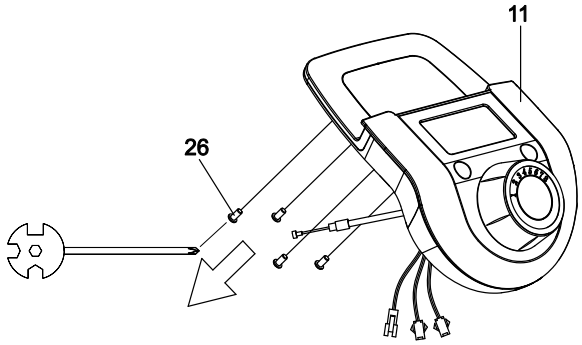
STEP 9

Remove four Hexagon Socket Pan Head Cap Bolts (30), four Spring Washers (21), and four Washers (19) from the Handlebar Post (2). Remove bolts with the Allen Wrench provided.



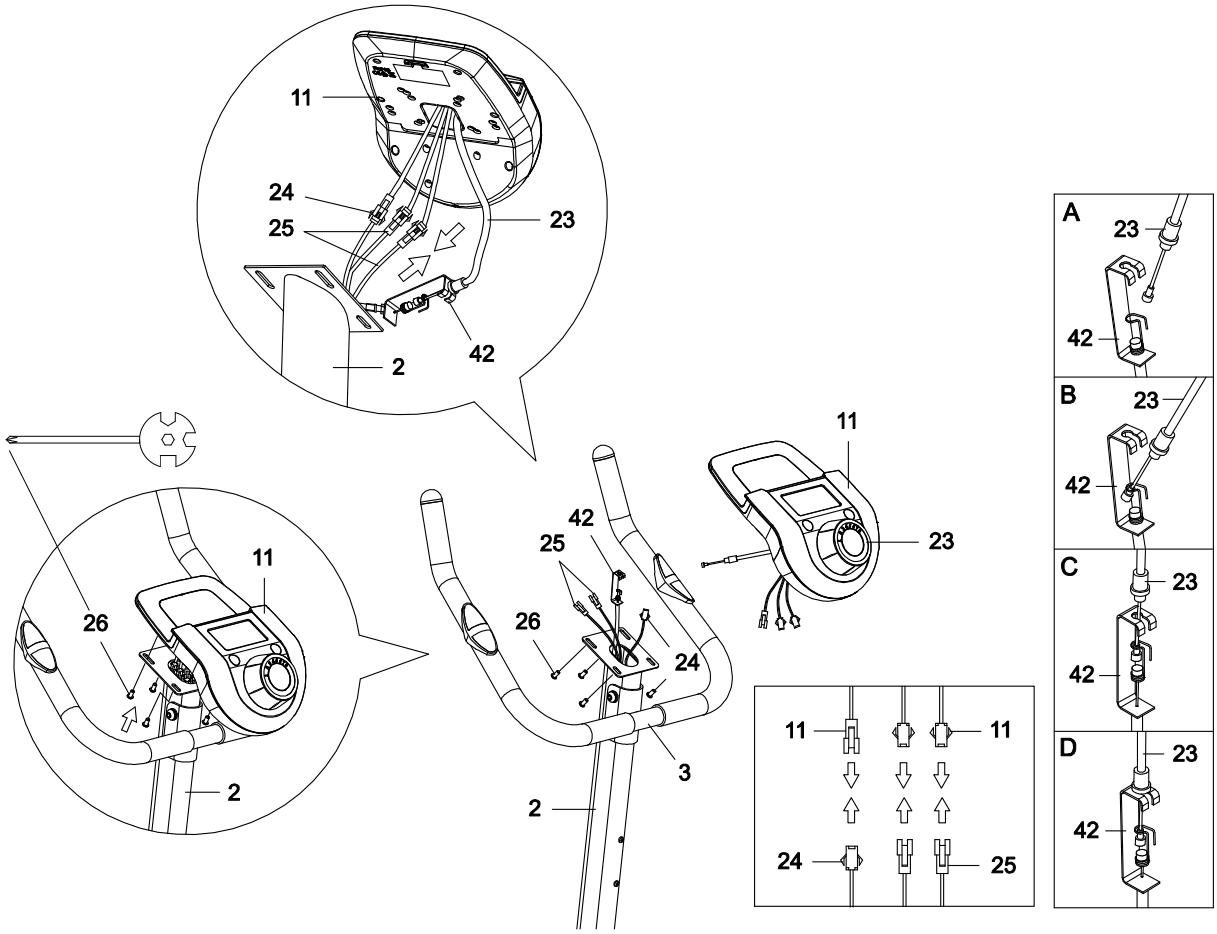
STEP 10

Insert the Hand Pulse Sensor Wires (25) from the Handlebar (3) into the hole on the Handlebar Post (2) and then pull them out from the top end of the Handlebar Post (2). Attach the Handlebar (3) onto the Handlebar Post (2) with four Hexagon Socket Pan Head Cap Bolts (30), four Spring Washers (21), and four Washers (19) that were removed from the Handlebar Post (2). Tighten bolts with the Allen Wrench provided.



STEP 11

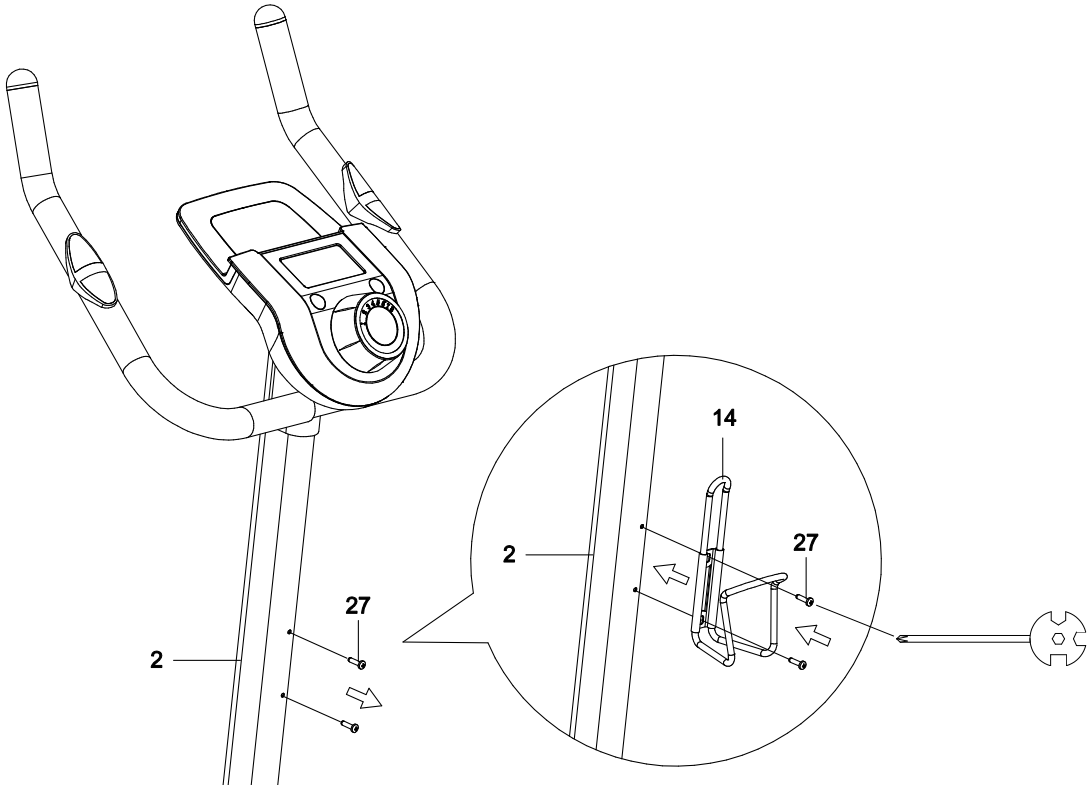
Remove four Cross Recessed Pan Head Bolts (26) from the Computer Console (11).
Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 12

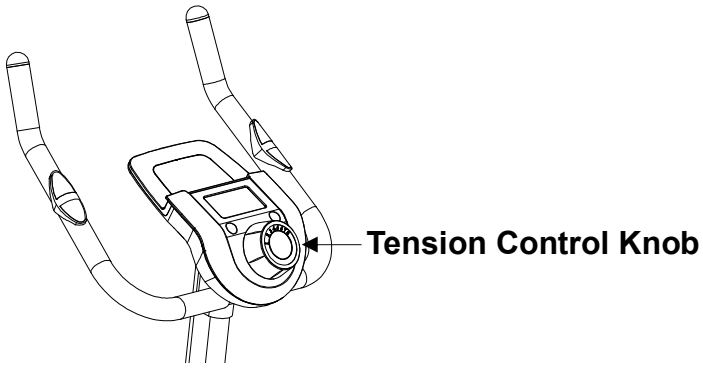
It is recommended to have a second person assist with this step. One person should hold the Computer Console (11) in place while the other person to connect the wires.
Put the cable end of resistance cable of Tension Control Knob (23) into the cable lock of Tension Cable (42), see Figure A.
Pull the resistance cable of Tension Control Knob (23) up and force it into the slot of metal bracket of Tension Cable (42), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (23) into the hole at the end of the slot in the metal bracket of Tension Cable (42), see Figure C.
Connect the resistance cable of Tension Control Knob (23) to Tension Cable (42) complete, see Figure D.
Connect the Hand Pulse Sensor Wires (25) and Sensor Extension Wire (24) to the wires that come from the Computer Console (11). Tuck wires into the Handlebar Post (2).
Attach the Computer Console (11) onto the top end of the Handlebar Post (2) with four Cross Recessed Pan Head Bolts (26) that were removed from the Computer Console (11).
Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

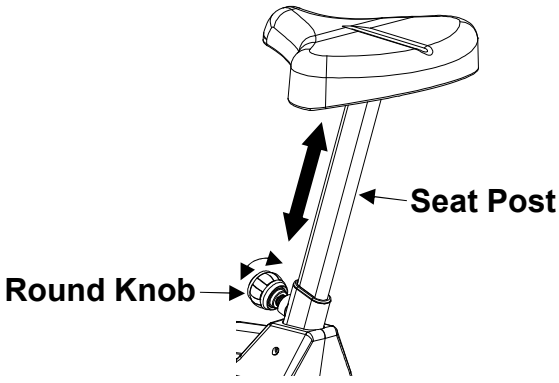


STEP 13
Remove two Cross Recessed Pan Head Tapping Screws (27) from the Handlebar Post (2). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.
Attach the Water Bottle Holder (14) onto the Handlebar Post (2) with four Cross Recessed Pan Head Tapping Screws (27) that were removed from the Handlebar Post (2). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

ADJUSTMENTS

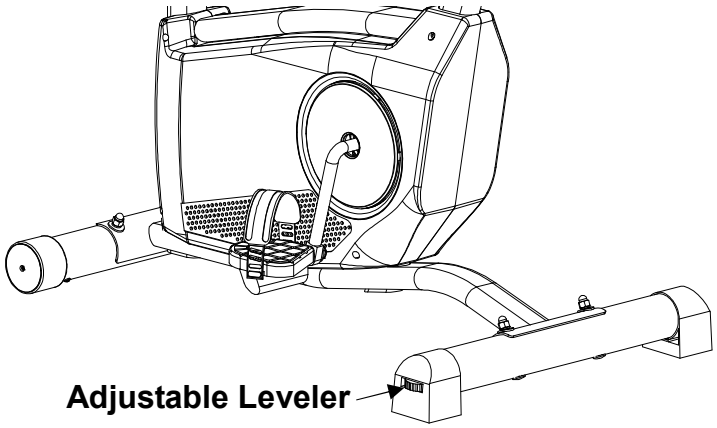


Adjusting the Tension Control Knob
To increase the tension, turn the **Tension Control Knob** in a clockwise direction.
To decrease the tension, turn the **Tension Control Knob** in a counterclockwise direction.



Adjusting the Seat Height
Loosen the **Round Knob** by turning it counterclockwise direction until it can be pulled out. Pull out the **Round Knob** and then slide the **Seat Post** up or down and settle on the desired height. Lock the **Seat Post** in place by releasing the **Round Knob** and sliding the **Seat Post** up or down slightly until the **Round Knob** "pops" down into the locked position. Tighten the **Round Knob** in a clockwise direction to secure in place.

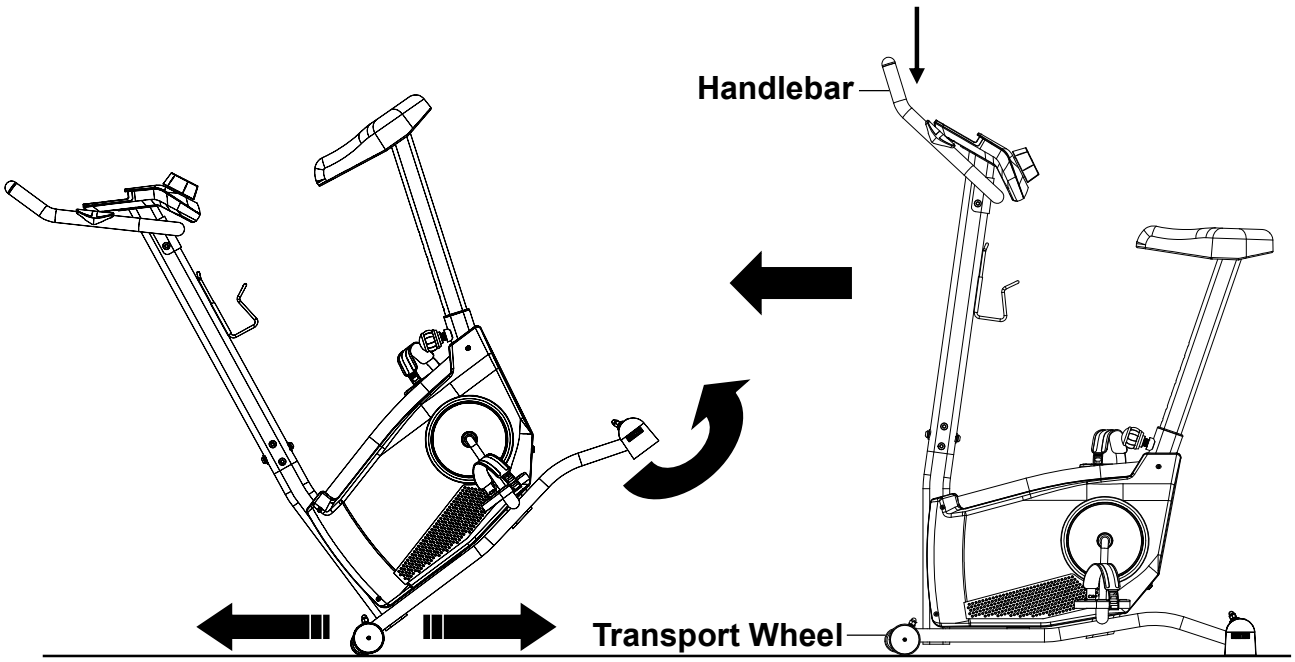
NOTE: When adjusting the height of Seat Post, the MAX line cannot be higher than the edge of the plastic bushing. Make sure that the Round Knob is locked in place before using the upright bike.



Adjusting the Adjustable Leveler

Turn the **Adjustable Leveler** on the rear stabilizer as needed to level the upright bike.

TRANSPORTING THE UPRIGHT BIKE



This upright bike has a pair of **Transport Wheels** built into the front stabilizer and can be carefully tilted onto its **Transport Wheels** for easy moving and storage.
To transport the bike, stand in front of the bike, firmly grasp the **Handlebar** with both hands. Next, carefully push the bike down until the **Transport Wheels** on the front stabilizer make contact with the ground. Push or pull the unit to the desired location, then gently lower the rear stabilizer to the ground. Always maintain both hands on the bike during transportation.

OPERATING THE COMPUTER CONSOLE

USING YOUR COMPUTER
The computer console can be activated by pressing one of the buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:
MODE: Press the MODE button to select the functions of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO data values.

RESET: Press the RESET button to reset data values of TIME, DIST (DISTANCE), or CAL (CALORIES) to zero.
Press and hold the RESET button for 3 seconds to reset all data values to zero except the ODO data values.

COMPUTER FUNCTIONS:
SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance travelled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO: Displays the total accumulative distance travelled. The ODO data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will reset to zero.

P (PULSE): Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

MAINTENANCE

Cleaning
The upright bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage
Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: The upright bike wobbles when in use.
SOLUTION: Turn the adjustable leveler on the rear stabilizer or adjustable leveler as needed to level the upright bike.

PROBLEM: The computer console does not turn on.
SOLUTION: Remove the computer console and verify all the wires that come from the computer console are properly connected to the wires that come from the handlebar post.
SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.
SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.
SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.
SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.
SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The upright bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the upright bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

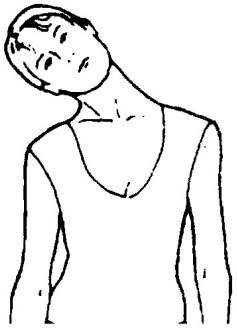
WARM UP AND COOL DOWN ROUTINE

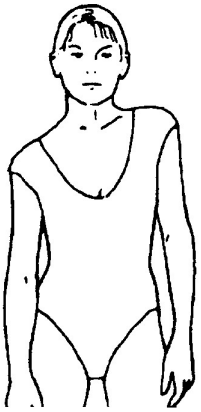
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching 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

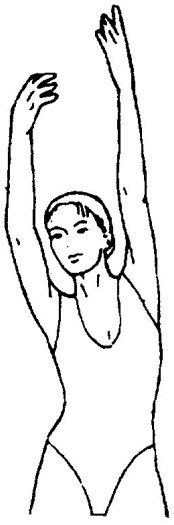
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.





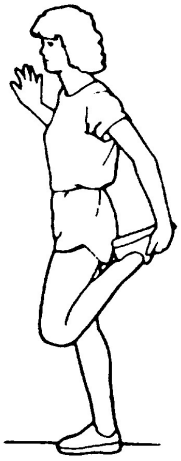
SHOULDER LIFTS

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.

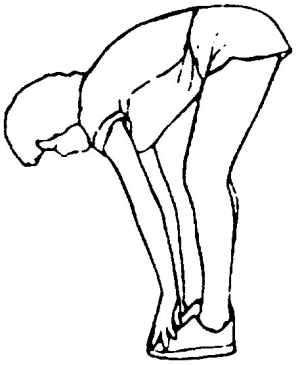


QUADRICEPS STRETCH

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.

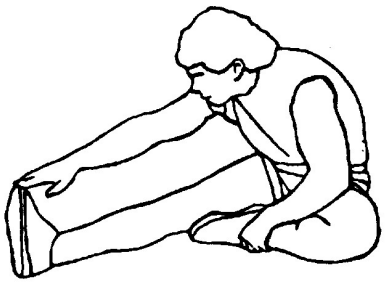


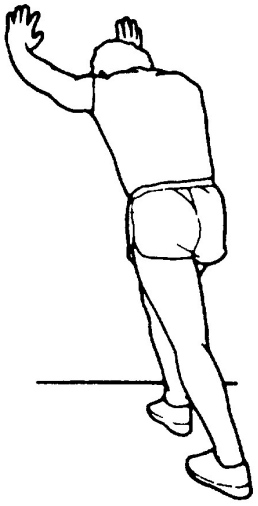
TOE TOUCHES

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.