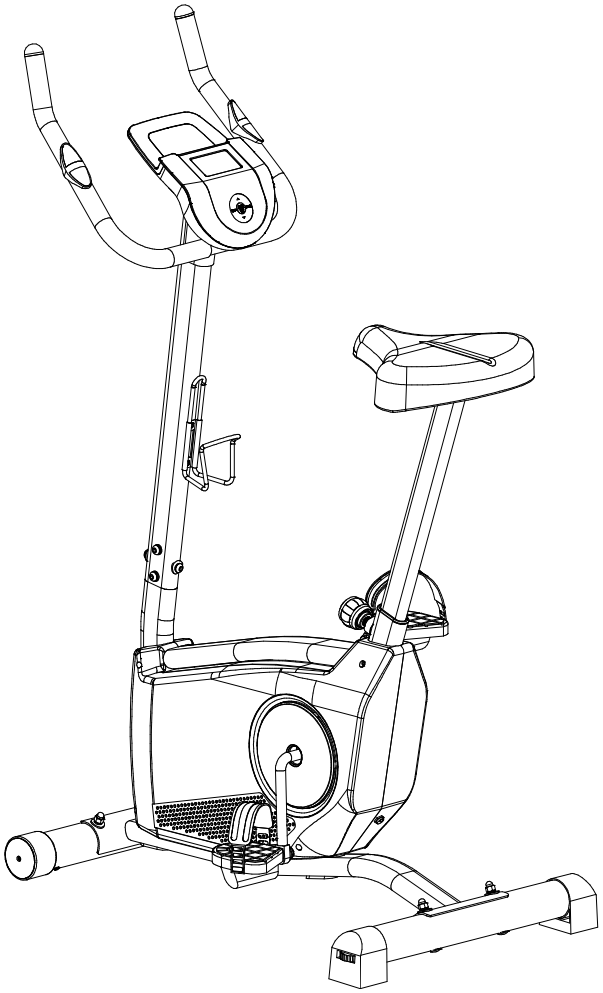
ARES PROGRAMMABLE MAGNETIC UPRIGHT BIKE
ITEM NO.: 20056

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.

2022, July

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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.

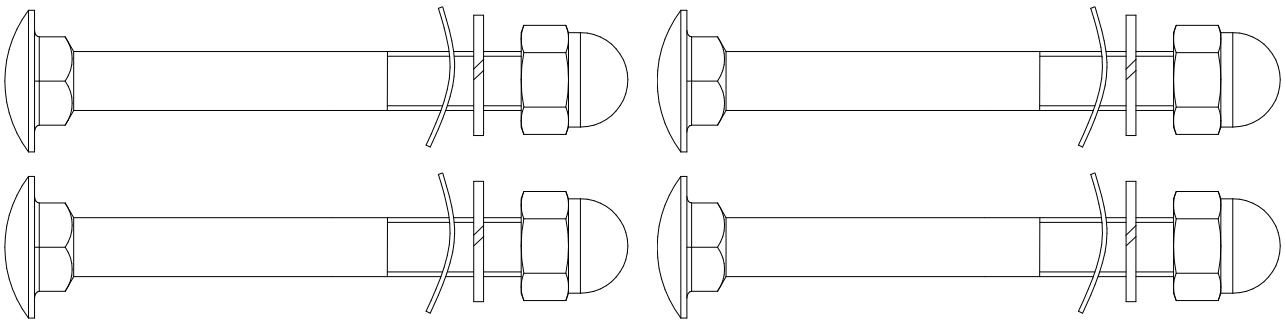
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	023	Right Cover	1
002	Handlebar Post	1	024	Hexagon Socket Pan Head Cap Bolt M8x18	4
003	Handlebar	1	025	Hexagon Socket Pan Head Cap Bolt M8x15	6
004	Seat Post	1	026	Spring Washer Ø8	16
005	Seat	1	027	Washer Ø16xØ8x1.5	13
006	Front Stabilizer Ø60x1.5x380	1	028	Curve Washer Ø16xØ8x1.5	2
007	Rear Stabilizer Ø60x1.5x480	1	029	Front Stabilizer End Cap Ø60	2
008	Handlebar Foam Grip Ø30xØ24x520	2	030	Carriage Bolt M8x75	4
009	Handlebar End Cap Ø25	2	031	Big Curve Washer Ø8xØ20x2.0t	4
010	Hand Pulse Sensor with Wire (L=750 mm)	2	032	Cap Nut M8 (S14)	4
011	Cross Recessed Pan Head Tapping Screw ST4.2x20	6	033	Rear Stabilizer End Cap Ø60	2
012	Computer Console	1	034	Sensor with Wire (L=300 mm)	1
013	Cross Recessed Pan Head Bolt M5x10	4	035	Cross Recessed Pan Head Tapping Screw ST2.9x12	2
014	Computer Extension Wire (L=800 mm)	1	036	Hexagon Nut 7/8”	2
015	Crank Cap	2	037	Washer Ø23xØ34.5x2.5	1
016	Motor	1	038	Bearing Nut II 7/8”	1
017	Motor Tension Cable	1	039	Ball Bearing	2
018	Computer Extension Wire I (L= 900 mm)	1	040	Bearing Cup Ø56x2.25x68	2
019	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x15	4	041	Bearing Nut I 15/16”	1
020	Plastic Screw Anchor Ø8x32	7	042	Washer Ø24xØ40x3.0	1
021	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	8	043	Belt Pulley with Crank	1
022	Left Cover	1	044	Belt (360J6)	1

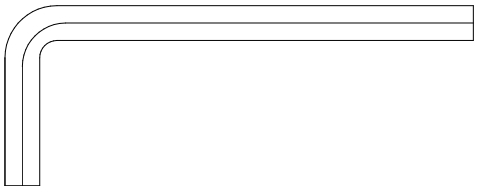
PARTS LIST

No.	Description	Qty	No.	Description	Qty
045	Left Foot Pedal (YH-30X)	1	058	Idler Wheel Ø10xØ35	1
046	Right Foot Pedal (YH-30X)	1	059	Washer Ø6xØ12x1.0T	1
047	Spring Washer Ø20xØ13x2.0	2	060	Cross Recessed Pan Head Bolt M6x10	1
048	Left Nylon Nut 1/2" (S19)	1	061	Eyebolt M8x85	1
049	Right Nylon Nut 1/2" (S19)	1	062	Hexagon Nylon Nut M8	6
050	Flywheel	1	063	Round Knob M16x1.5	1
051	Hexagon Flange Nut M10x1.0xH6	2	064	Plastic Bushing	1
052	Eyebolt M6x36	2	065	Water Bottle Holder	1
053	Tension Bracket 31x30x1.0t	2	066	Cross Recessed Pan Head Tapping Screw ST4.8x15	2
054	Spring Washer Ø6	2	067	Power Supply Wire (L=200 mm)	1
055	Hexagon Nylon Nut M6 (S10)	2	068	Hexagon Nut 1/2"	1
056	Hexagon Socket Pan Head Cap Bolt M8x20	1	069	AC Adapter	1
057	Idler Arm	1			

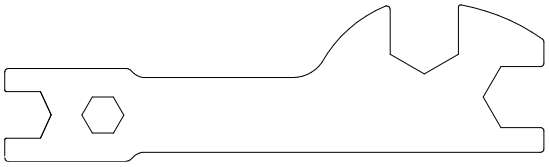
HARDWARE LIST AND TOOLS



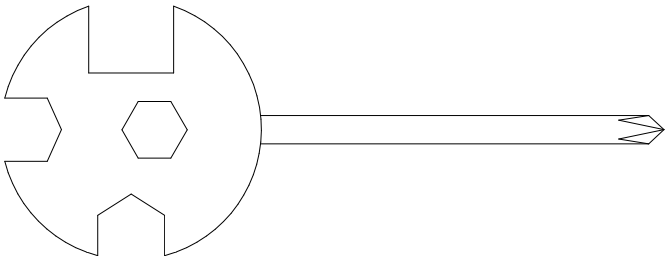
(26) Spring Washer	4 PCS
(30) Carriage Bolt	4 PCS
(31) Big Curve Washer	4 PCS
(32) Cap Nut	4 PCS



Allen Wrench 6 mm
1 PC

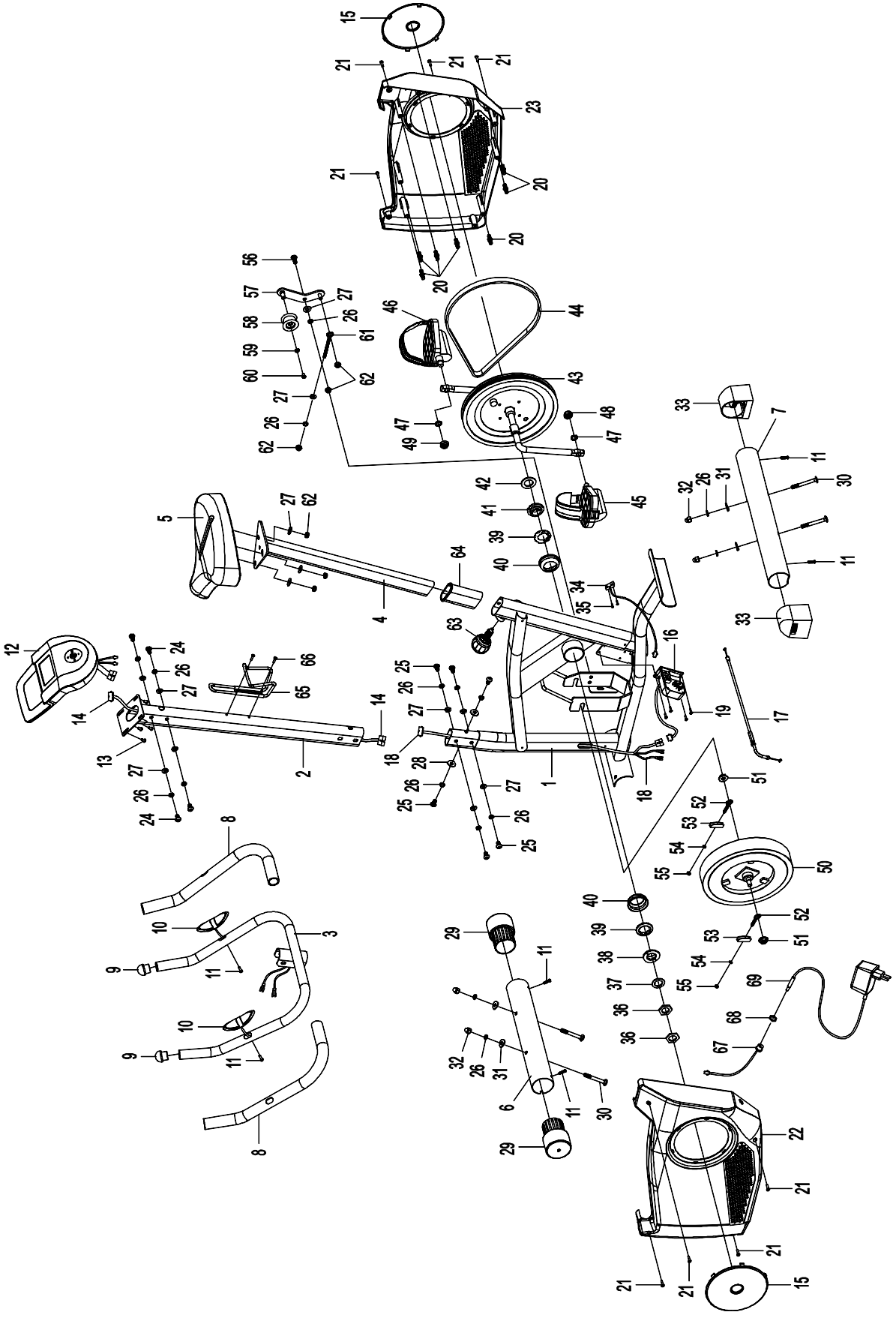


Multi Hex Tool
1 PC

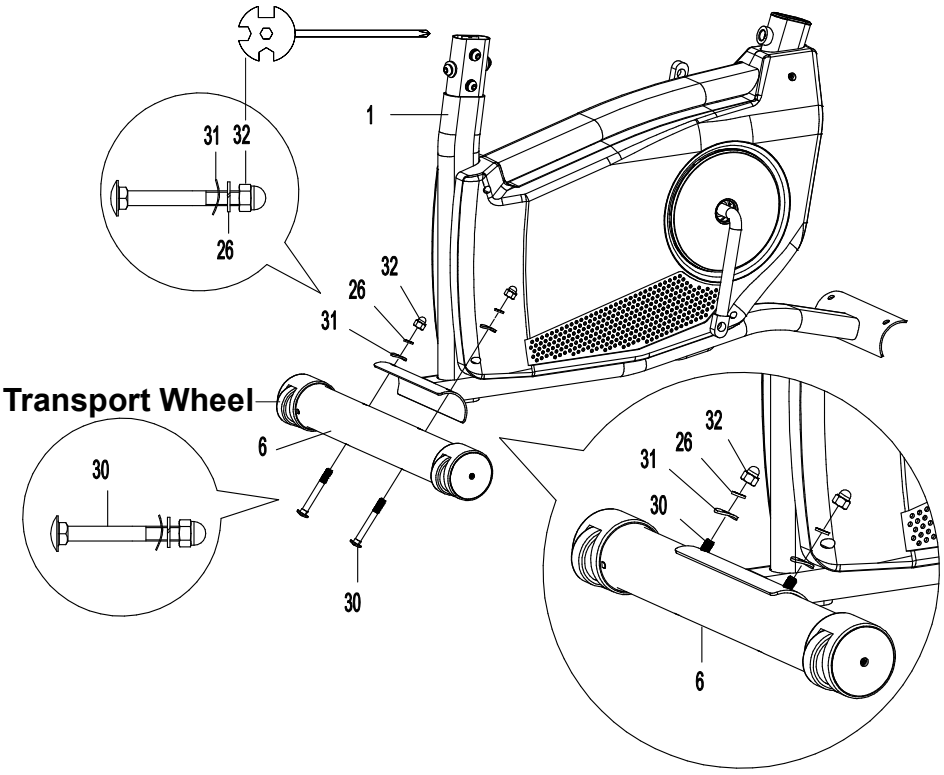


Multi Hex Tool with Phillips Screwdriver
1 PC

EXPLODED VIEW



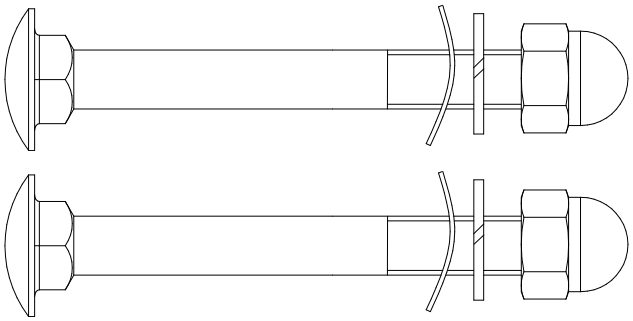
ASSEMBLY INSTRUCTIONS



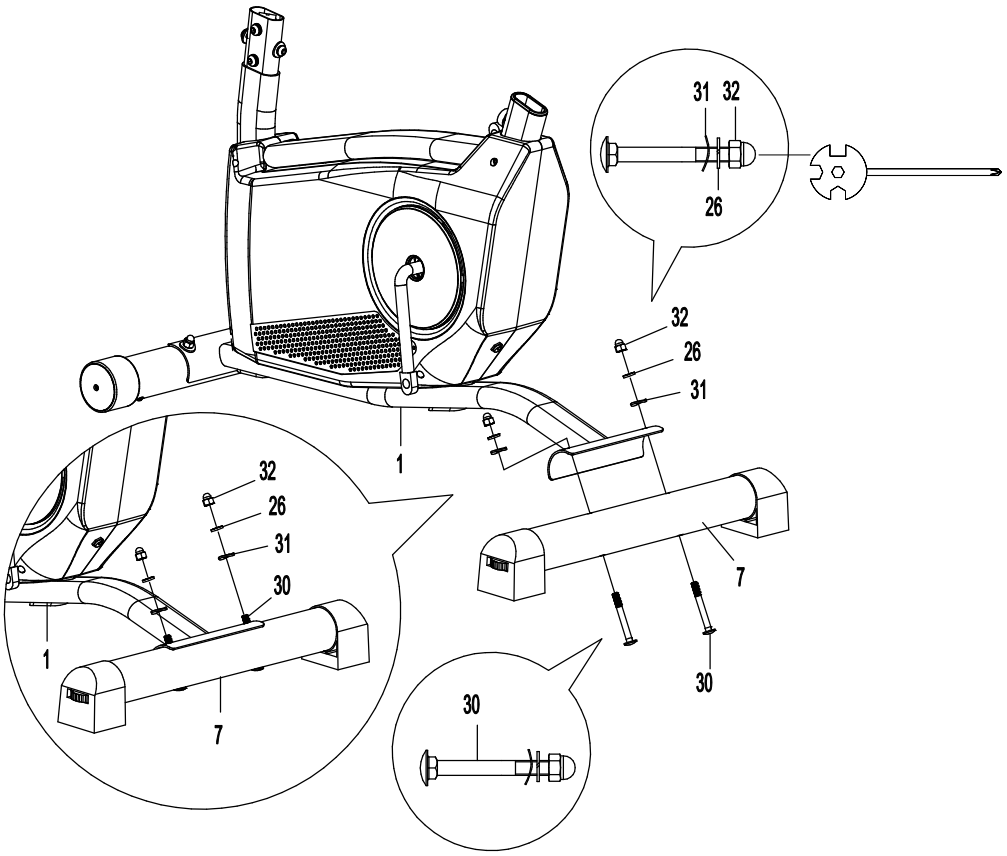
STEP 1

Position the Front Stabilizer (6) with the Transport Wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two Carriage Bolts (30), two Big Curve Washers (31), two Spring Washers (26), and two Cap Nuts (32). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



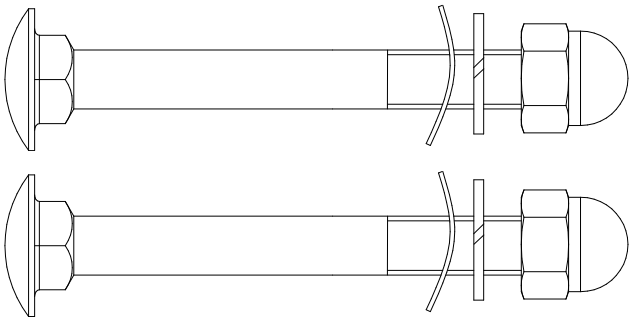
(26) Spring Washer	2 PCS
(30) Carriage Bolt	2 PCS
(31) Big Curve Washer	2 PCS
(32) Cap Nut	2 PCS



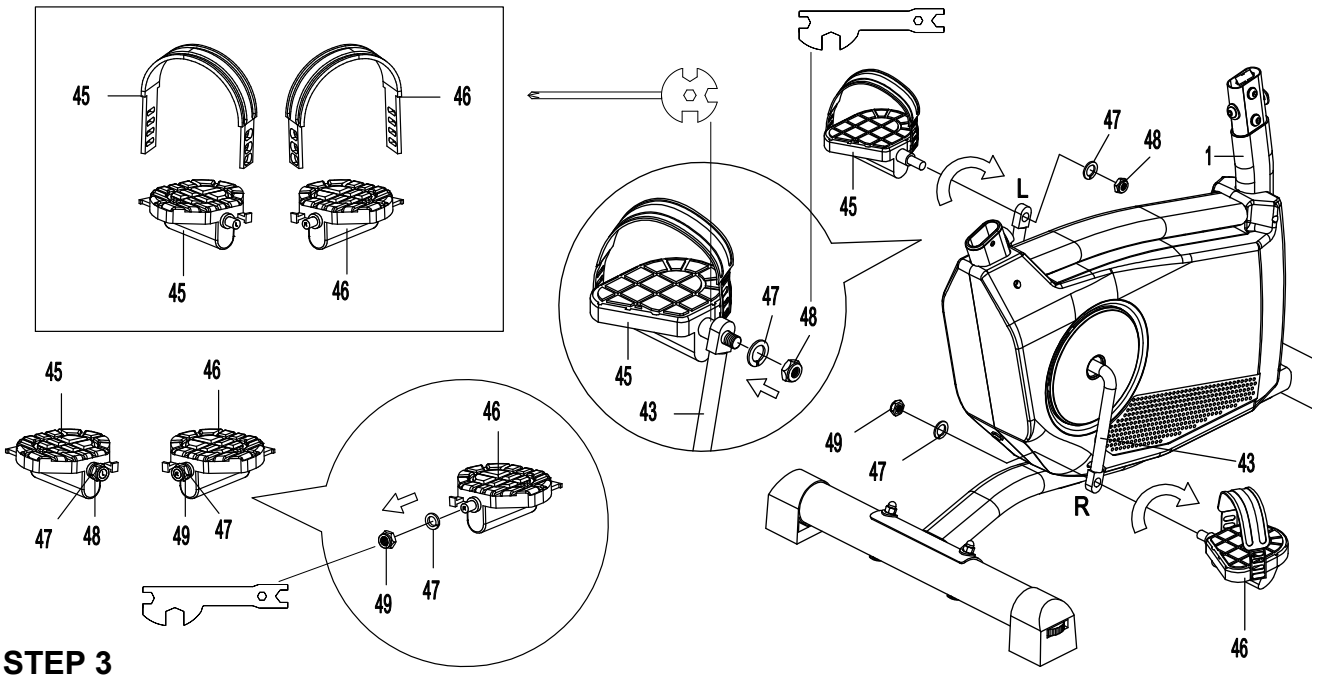
STEP 2

Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (7) onto the rear curve of the Main Frame (1) with two Carriage Bolts (30), two Big Curve Washers (31), two Spring Washers (26), and two Cap Nuts (32). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(26) Spring Washer	2 PCS
(30) Carriage Bolt	2 PCS
(31) Big Curve Washer	2 PCS
(32) Cap Nut	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 (46) 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 (46). Snap the other end of the strap onto the outside edge of the Right Foot Pedal (46). 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 (45) onto the Left Foot Pedal (45).

Installing the Right Foot Pedal onto the Right Crank:

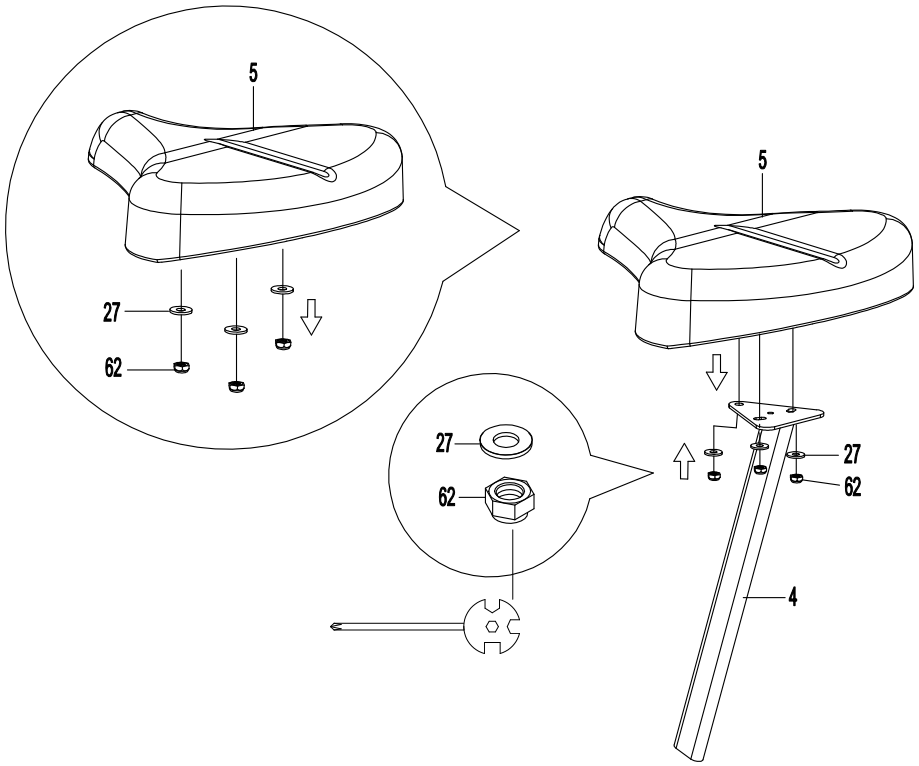
Remove one Right Nylon Nut (49) and one Spring Washer (47) from the Right Foot Pedal (46). Remove nylon nut with the Multi Hex Tool provided.

Insert the Right Foot Pedal (46) perfectly straight into the threaded hole in the right Crank (43). 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 (46). Attach removed one Right Nylon Nut (49) and one Spring Washer (47) 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 (46) and the Right Nylon Nut (49). Only tighten in the directions instructed.

Installing the Left Foot Pedal onto the Left Crank:

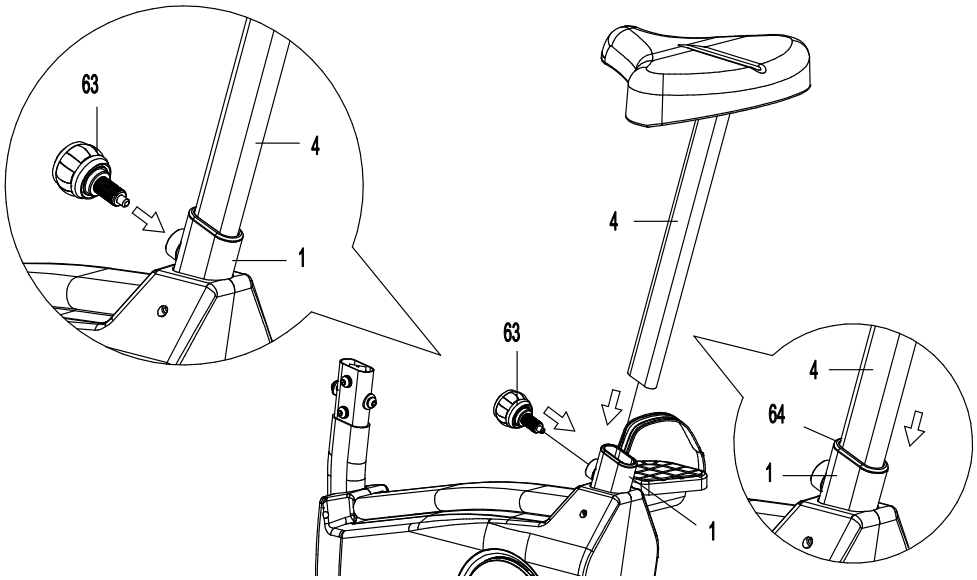
Remove one Left Nylon Nut (48) and one Spring Washer (47) from the Left Foot Pedal (45). Remove nylon nut with the Multi Hex Tool provided.

Insert the Left Foot Pedal (45) perfectly straight into the threaded hole in the left Crank (43). 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 (45). Attach removed one Left Nylon Nut (48) and one Spring Washer (47) 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 (45) and the Left Nylon Nut (48). Only tighten in the directions instructed.



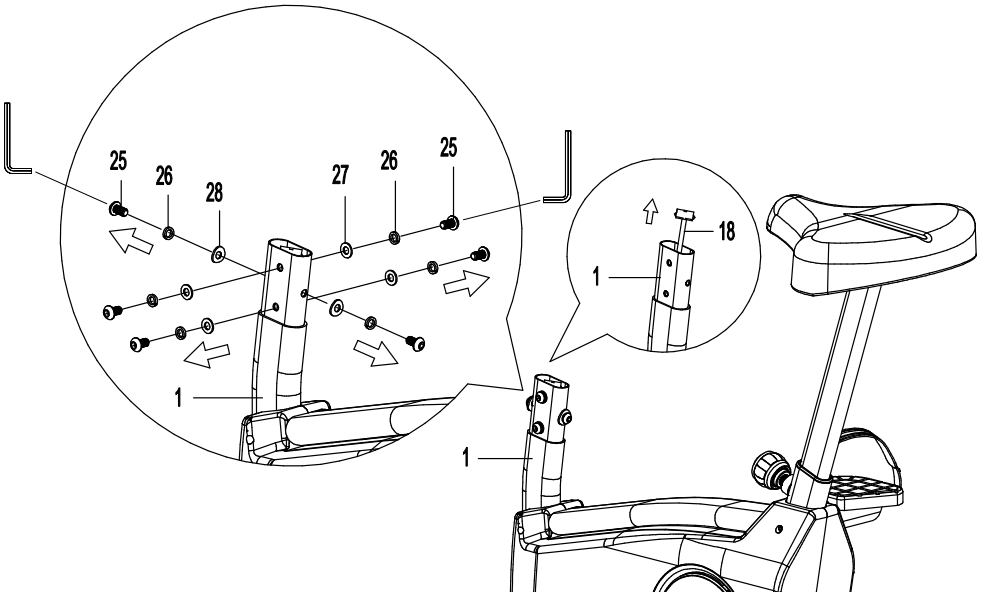
STEP 4

Remove three Hexagon Nylon Nuts (62) and three Washers (27) from the Seat (5). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Attach the Seat (5) onto the Seat Post (4) with three Hexagon Nylon Nuts (62) and three Washers (27) that were removed. Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 5

Insert the Seat Post (4) through the plastic bushing and into the tube of the Main Frame (1). Insert the Round Knob (63) into the threaded hole of the Main Frame (1). Turn the Round Knob (63) in a clockwise direction making sure that the Round Knob (63) catches one of the height adjustment holes on the Seat Post (4) before you start fully tightening the Round Knob (63).

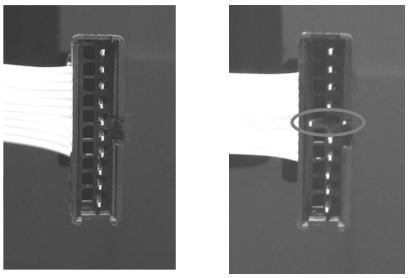


STEP 6

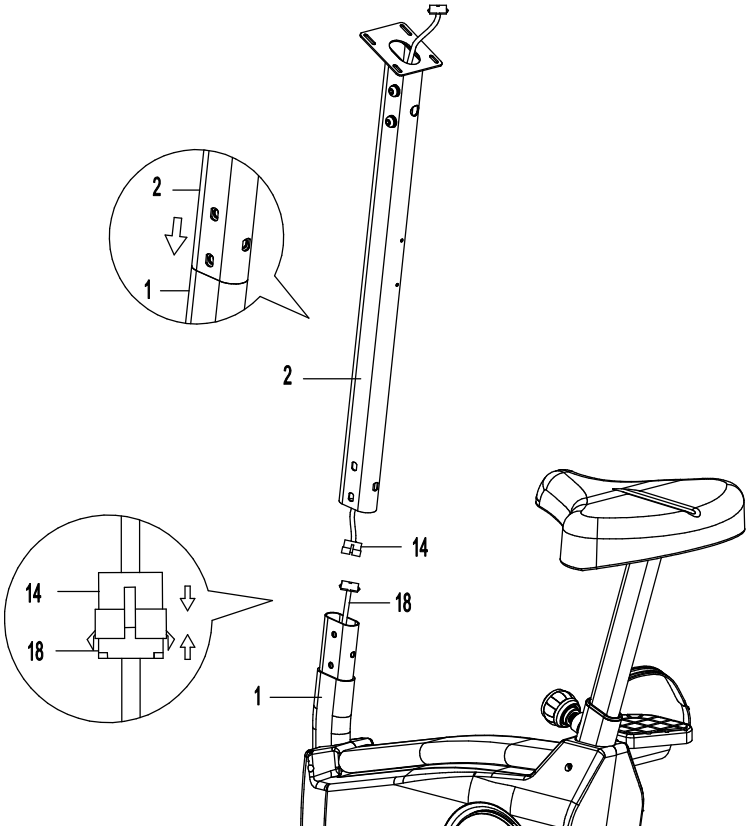
Remove six Hexagon Socket Pan Head Cap Bolts (25), six Spring Washers (26), four Washer (27), and two Curve Washers (28) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided.

Pull the Computer Extension Wire I (18) out of the tube of the Main Frame (1).

CORRECT **INCORRECT**



WARNING: BEFORE CONNECTING ANY WIRES, MAKE SURE THE METAL PRONGS OF THE WIRES ARE ALIGNED LIKE IN THE ABOVE CORRECT IMAGE.

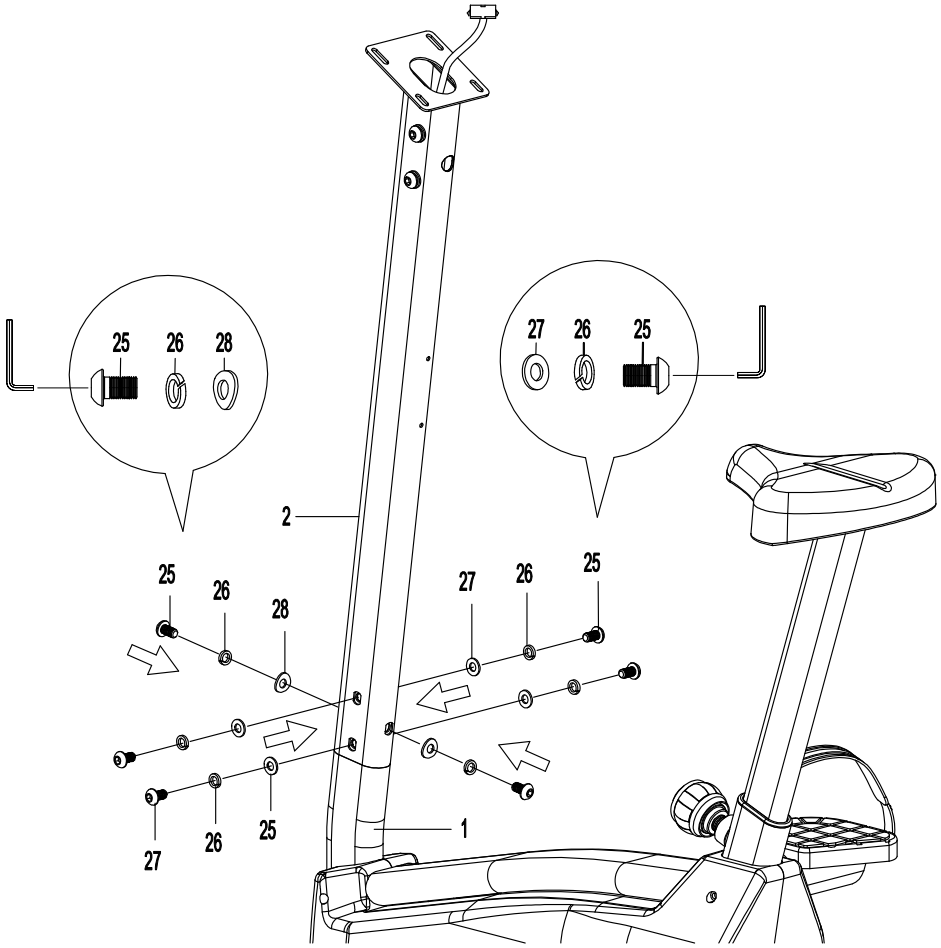


STEP 7

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 connect the wires.

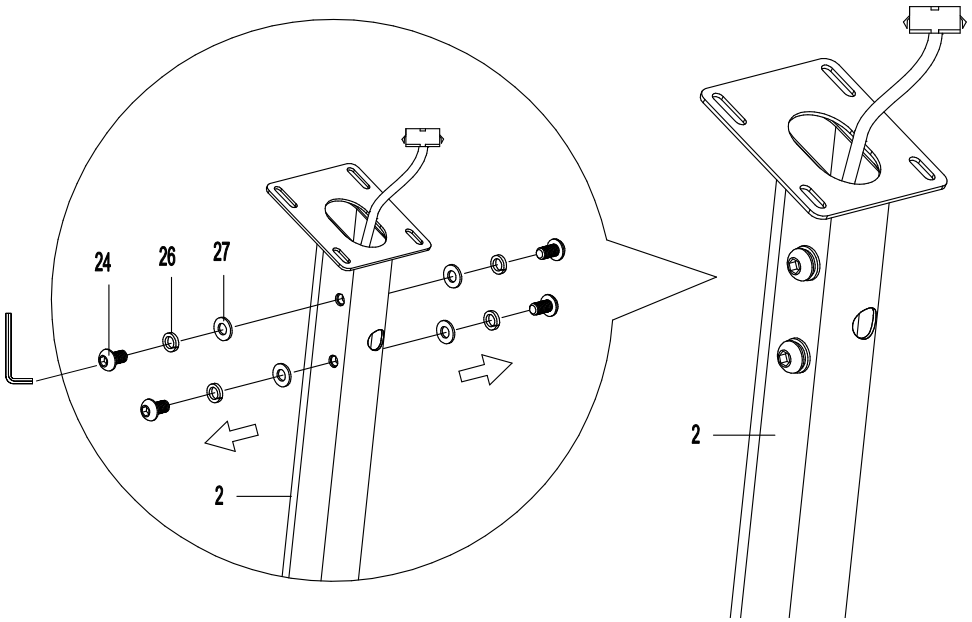
Connect the Computer Extension Wire I (18) from the Main Frame (1) to the Computer Extension Wire (14) from the Handlebar Post (2).

Slide the Handlebar Post (2) onto the Main Frame (1) and align bolt holes.



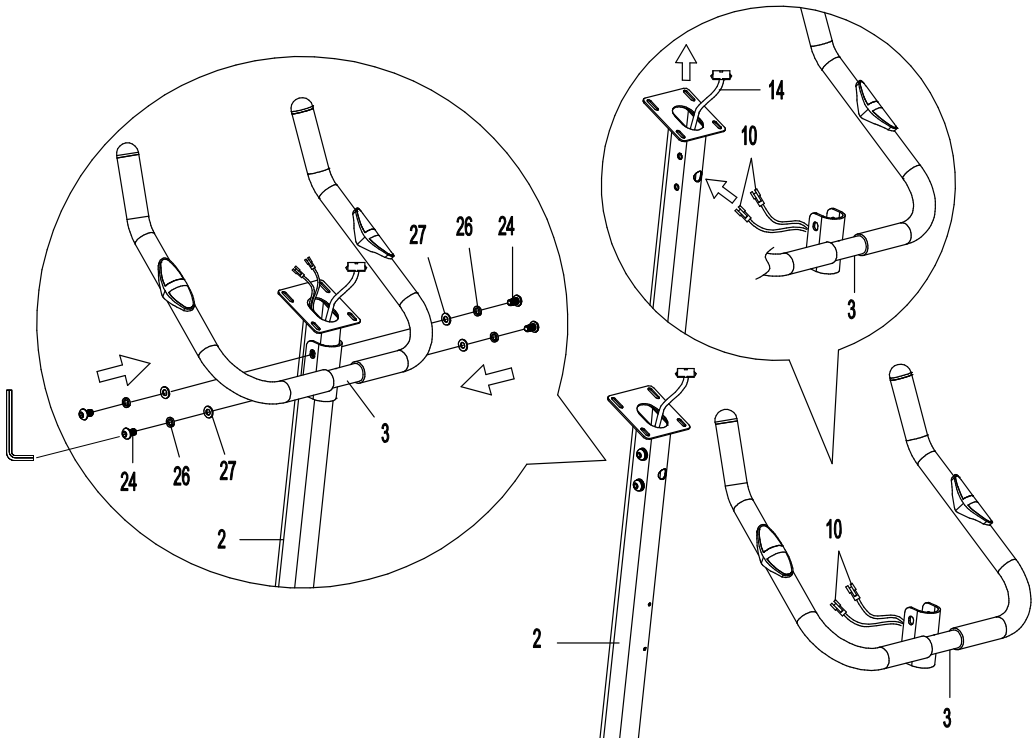
STEP 8

Attach the Handlebar Post (2) onto the tube of the Main Frame (1) with six Hexagon Socket Pan Head Cap Bolts (25), six Spring Washers (26), four Washers (27), and two Curve Washers (28) that were removed from the tube of the Main Frame (1). Tighten bolts with the Allen Wrench provided.



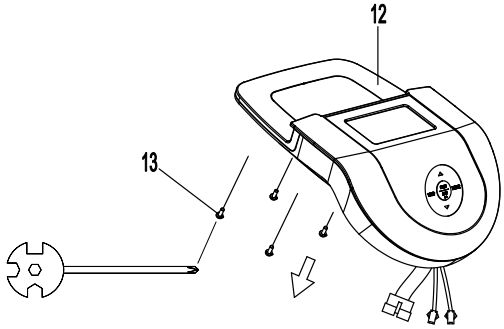
STEP 9

Remove four Hexagon Socket Pan Head Cap Bolts (24), four Spring Washers (26), and four Washers (27) from the Handlebar Post (2). Remove bolts with the Allen Wrench provided.



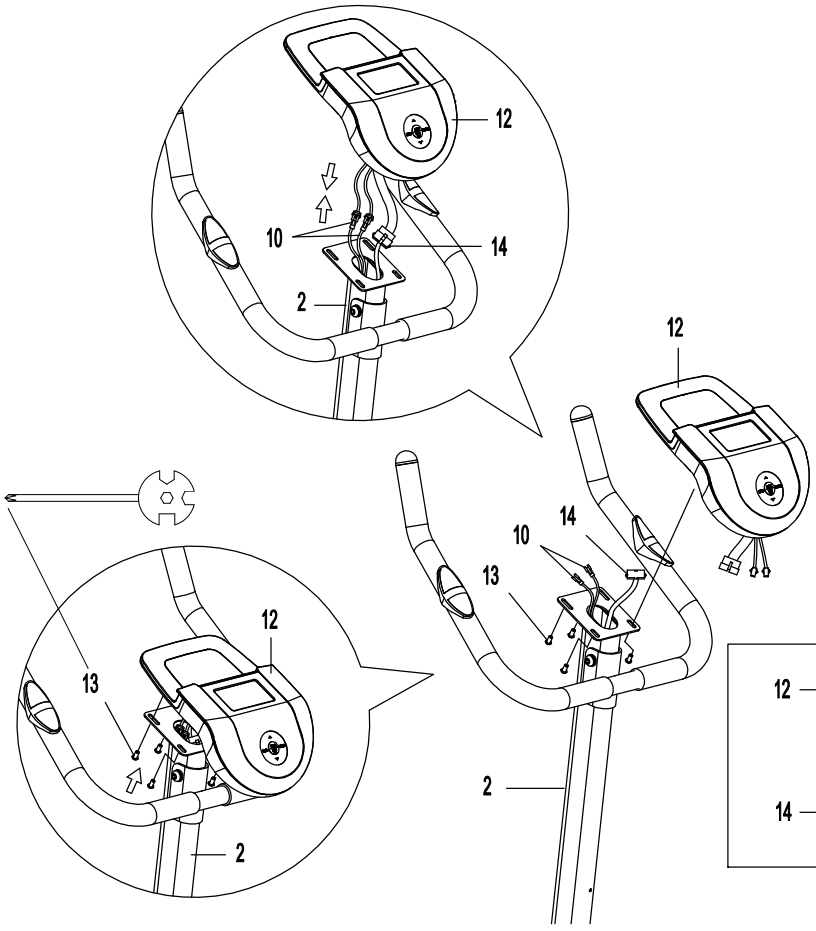
STEP 10

Insert the Hand Pulse Sensor Wires (10) 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 (24), four Spring Washers (26), and four Washers (27) that were removed from the Handlebar Post (2). Tighten bolts with the Allen Wrench provided.

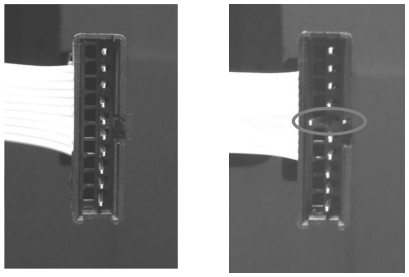


STEP 11

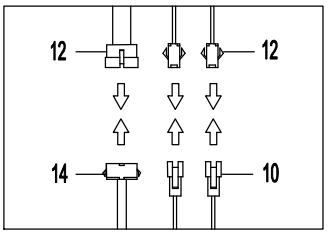
Remove four Cross Recessed Pan Head Bolts (13) from the Computer Console (12). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



CORRECT **INCORRECT**

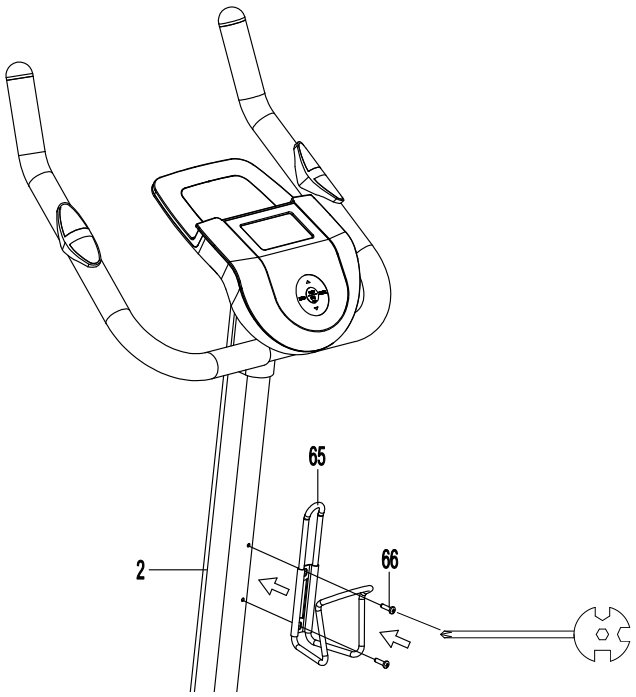


WARNING: BEFORE CONNECTING ANY WIRES, MAKE SURE THE METAL PRONGS OF THE WIRES ARE ALIGNED LIKE IN THE ABOVE CORRECT IMAGE.



STEP 11-1

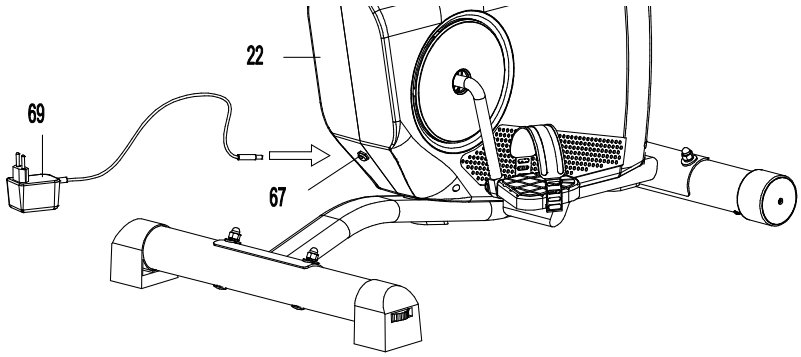
It is recommended to have a second person assist with this step. One person should hold the Computer Console (12) in place while the other person to connect the wires.
Connect the Hand Pulse Sensor Wires (10) and Computer Extension Wire (14) to the wires that come from the Computer Console (12). Tuck wires into the Handlebar Post (2).
Attach the Computer Console (12) onto the top end of the Handlebar Post (2) with four Cross Recessed Pan Head Bolts (13) that were removed from the Computer Console (12).
Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 12

Remove two Cross Recessed Pan Head Tapping Screws (66) from the Handlebar Post (2). Remove screws with the Multi Hex Tool with Phillips Screwdriver provided.

Attach the Water Bottle Holder (65) onto the Handlebar Post (2) with four Cross Recessed Pan Head Tapping Screws (66) that were removed from the Handlebar Post (2). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



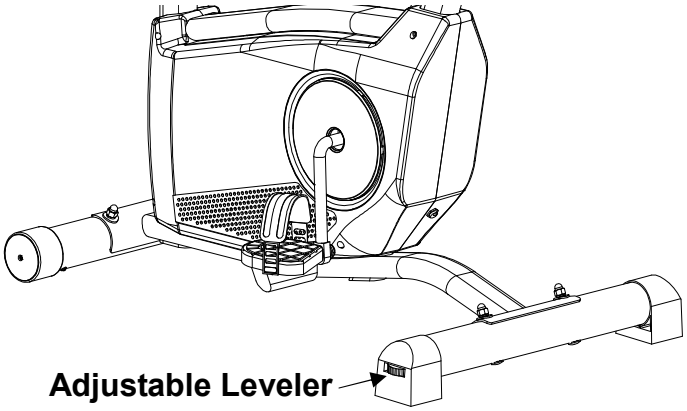
STEP 13

Plug one end of the AC Adapter (69) into the power jack of the Power Supply Wire (67) on the rear of the Left Cover (22). **Before plugging in, make sure to check carefully the specifications on the Adapter.** Plug the other end of the AC Adapter (69) into the electrical wall outlet.

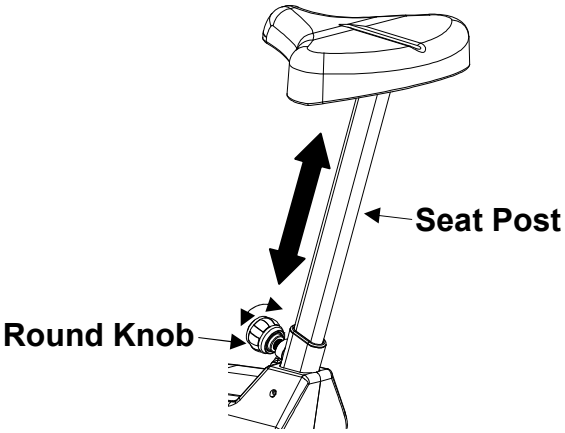
NOTE: The computer console should turn on immediately when the AC Adapter (69) is inserted into the electrical wall outlet. If the computer console does not turn on, push and wiggle the plug inserted into Power Supply Wire (67) to check if the plug is inserted correctly.

WARNING: THIS COMPUTER CONSOLE IS NOT BATTERY OPERATED. USE THE AC ADAPTER PROVIDED TO POWER THE COMPUTER CONSOLE.

ADJUSTMENTS



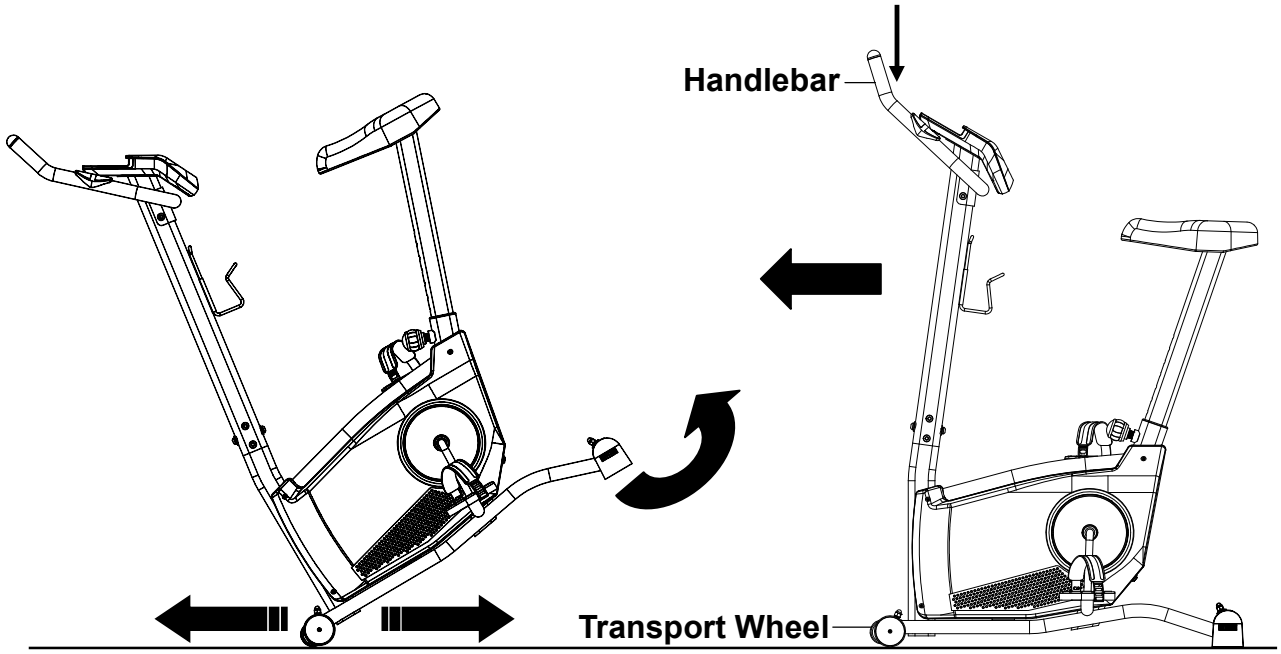
Adjusting the Adjustable Leveler
Turn the **Adjustable Leveler** on the rear stabilizer as needed to level the upright bike.



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.

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 THIS COMPUTER CONSOLE
THIS COMPUTER CONSOLE IS NOT BATTERY OPERATED. USE THE AC ADAPTOR PROVIDED TO POWER THE COMPUTER CONSOLE.

BUTTONS AND FUNCTIONS:

START/STOP: Press the START/STOP button to start or pause the workout.

MODE: Press the MODE button to alternate the following functions during workout:
RPM←→KMPH/MPH
DIST (DISTANCE)←→ODO (ODOMETER)
CAL (CALORIES)←→WATT

ENTER: Press the ENTER button to confirm the selection or toggle through: TIME, DISTANCE, CALORIES, or PROGRAMS.

▲: Increases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, or PROGRAMS.

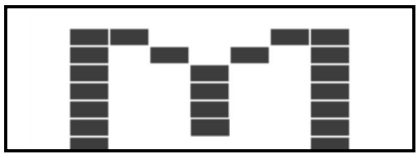
▼: Decreases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, or PROGRAMS.

RESET: In stop mode, press and hold the RESET (START/STOP) button for 3 seconds will reset all the computer console displays to zero except the ODO (ODOMETER) data values.

PROGRAM OPERATION:

This computer console has 25 built-in programs to choose from, including 1 Manual Program and 24 Pre-set Programs.

MANUAL PROGRAM MODE:

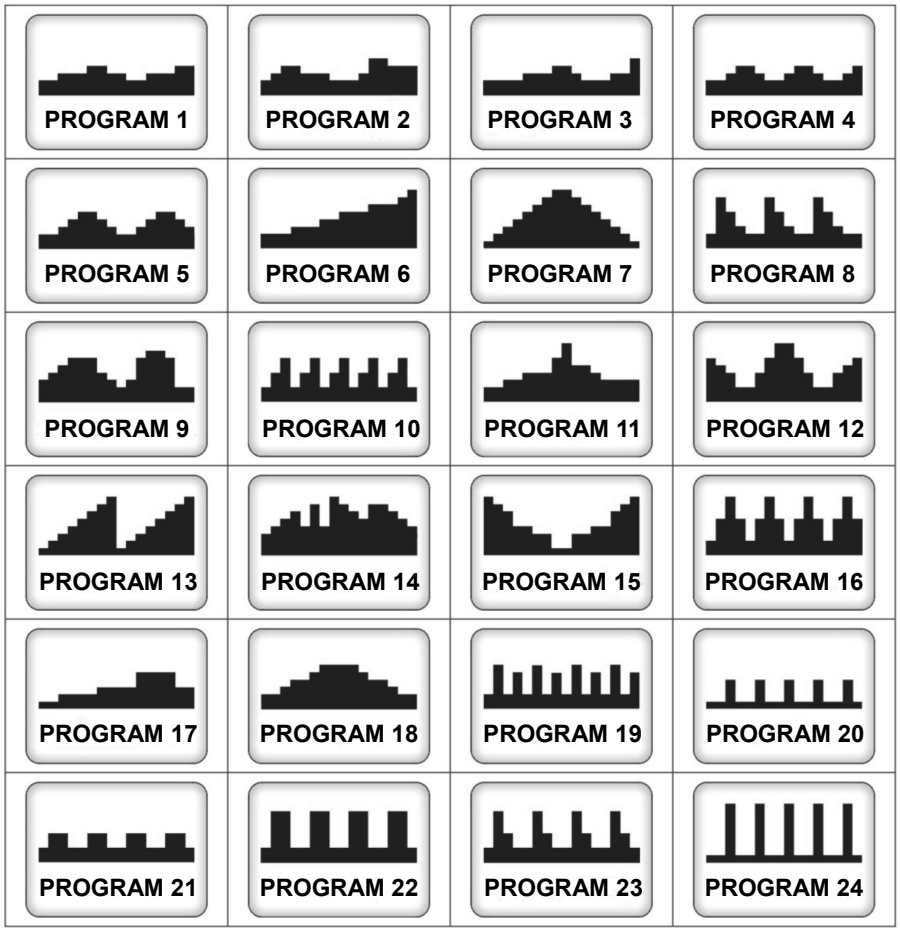


The first screen that appears when the computer console is turned on is default profile with

the letter “M” for the Manual Program. Press the ENTER button to enter the program. Next, the TIME goal parameter will flash. You can assign a value from which the computer console will count down by using the ▲ or ▼ button or press the ENTER button again to set a DISTANCE or CALORIES goal. Only one of the TIME, DISTANCE, or CALORIES goal can be set count down for your workout, the others will count up during your workout. Press the START/STOP button to initiate your workout. You may press the ▲ or ▼ button to increase or decrease the resistance during workout. When a goal is achieved the computer console will sound an alarm and stop the workout. To continue your workout, press the START/STOP button again in order to resume.

PROGRAM 1- PROGRAM 24 (PRE-SET PROGRAMS MODE):

When the computer console is turned, you may press the ▲ or ▼ button to select one of the pre-set programs (PROGRAM 1-PROGRAM 24) and then press the ENTER button to enter the program. Next, the TIME goal parameter will flash. You can assign a value from which the computer console will count down by using the ▲ or ▼ button or press the ENTER button again to set a DISTANCE or CALORIES goal. Only one of the TIME, DISTANCE, or CALORIES goal can be set count down for your workout, the others will count up during your workout. Press the START/STOP button to initiate your workout. You may exercise with different level of resistance in different intervals as the profile show. You may also press the ▲ or ▼ button to increase or decrease the resistance during workout. When a goal is achieved the computer console will sound an alarm and stop the workout. To continue your workout, press the START/STOP button again in order to resume.



COMPUTER CONSOLE FEATURES:

CHANGE UNITS OF MEASUREMENT: To change from miles to kilometers or kilometers to miles, press and hold both ▲ and ▼ button for 3 seconds, this will reset the computer console display and change the units between Metric (kilometers) and Imperial (miles).

Shut Off: The computer console will go into standby after 20 minutes of inactivity.

Resistance: The Resistance can be adjusted during an active Pre-set Program, but the adjustment only affects the current column/interval.

COMPUTER CONSOLE ERROR MESSAGES

Error Messages	Potential Cause	Things to Check
E1	The motor does not activate.	Symptoms include an unusually loud noise coming from the motor, which means the Gears are NOT meshing correctly. Please contact your dealer for support.
E2	1. There is something wrong with the cables. 2. There is something wrong with the computer console. 3. There is something wrong with the motor.	1. Check if the wires are damaged, causing a circuit short. 2. Check the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 3. Check the wire that come from the motor is properly connected to the wire that come from the sensor.

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 the power plug at the lower rear of the upright bike is fully inserted. Wiggle and twist the plug to confirm the plug is making contact with the electrical leads.

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.

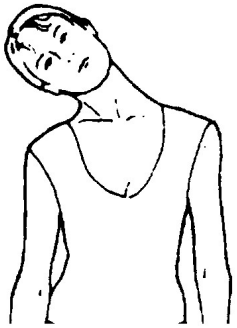
WARM UP AND COOL DOWN ROUTINE

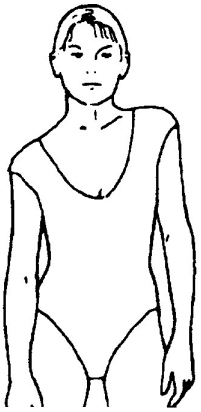
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching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

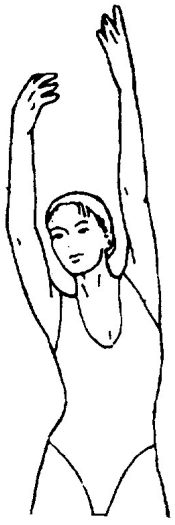
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for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





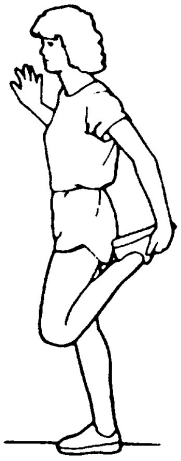
SHOULDER LIFTS

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.

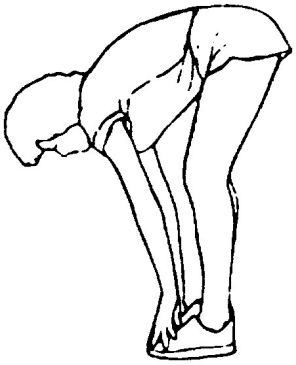


QUADRICEPS STRETCH

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.

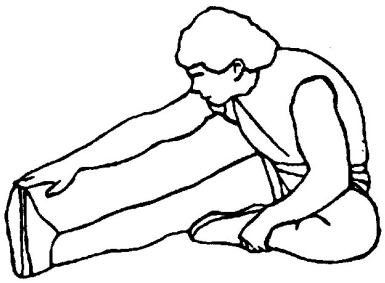


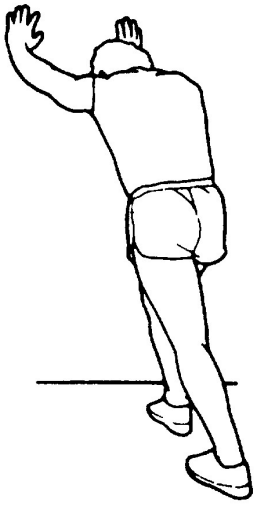
TOE TOUCHES

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.