MAGNETIC UPRIGHT BIKE W/APP
ITEM NO.: 20057

LifeGear
Get active for life

FitShow App Kinomap App Zwift App

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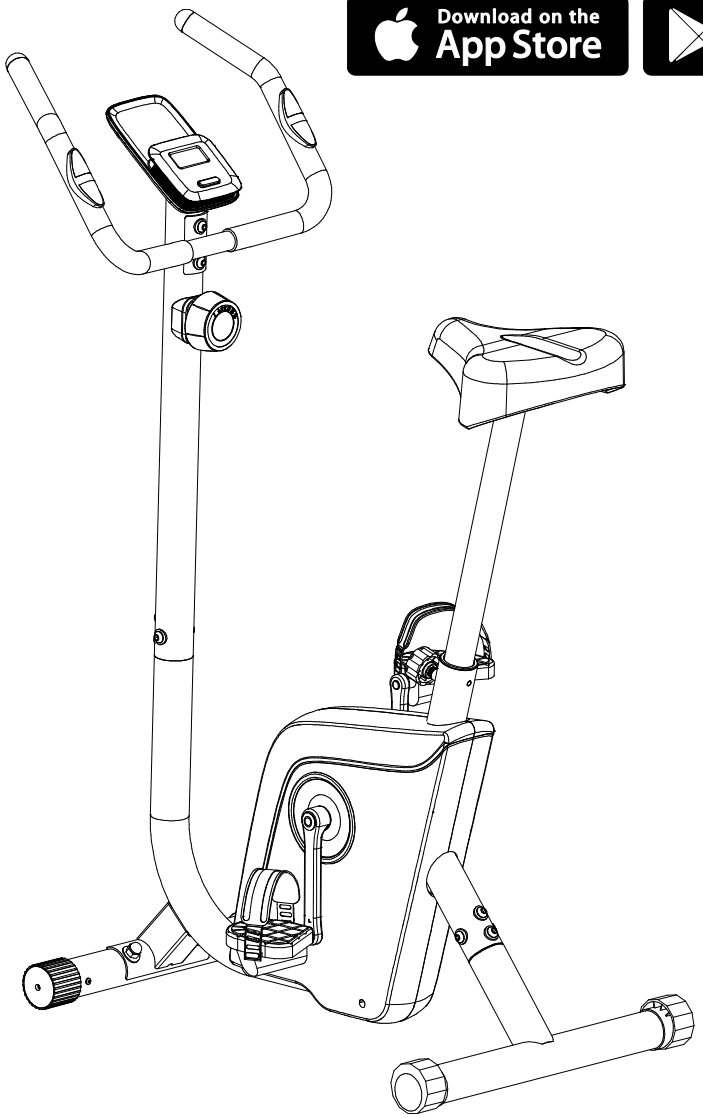


OWNER'S MANUAL

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, Aug.

TABLE OF CONTENTS

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

Basic precautions should always be followed, including the following important safety instructions when using this magnetic upright bike. Read all instructions before using it.

1. Read and carefully follow all instructions before using this magnetic upright bike. Ensure that the magnetic upright bike is properly assembled and tightened before use.
2. Before exercising, warm-up exercises are recommended to prevent muscle injury.
3. Before use, please ensure that all parts are undamaged and securely fastened. Place the magnetic upright bike on a flat surface during use.
4. Never drop or insert any object into any opening.
5. Keep your hands and feet away from moving parts.
6. When using this magnetic upright bike, wear appropriate clothing and shoes. Avoid clothing that may catch on any part of the machine.
7. Do not attempt any maintenance or adjustments beyond those described in this manual. If any issues arise, discontinue use and consult your local dealer.
8. Keep children and pets away from the magnetic upright bike at all times.
9. Children should not use the magnetic upright bike without adult supervision.
10. Disabled individuals should not use the magnetic upright bike without a qualified person or physician in attendance.
11. Do not jump on the magnetic upright bike, and do not use it outdoors.
12. Inspect and tighten all parts each time before using this magnetic upright bike.
13. This magnetic upright bike is for household use only; it is not a commercial model. Only one person at a time should use this magnetic upright bike.
14. If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
15. Take care when mounting or dismounting the magnetic upright bike.
16. Do not allow children to use or play on the magnetic upright bike; it is designed for adult use. The minimum required free space for safe operation is not less than two meters.
17. 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

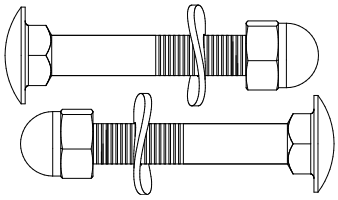
No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	027	Curve Washer Ø16xØ8x1.5	2
002	Handlebar Post	1	028	Cross Recessed Pan Head Bolt M5x10	6
003	Handlebar	1	029	Computer Console	1
004	Seat Post	1	030	Handlebar Foam Grip Ø30xØ24x470	2
005	Rear Stabilizer Ø50	1	031	Hand Pulse Sensor with Wire (L=750 mm)	2
006	Front Stabilizer Ø50	1	032	Handlebar End Cap Ø25	2
007	Rear Stabilizer End Cap Ø50	2	033	Crank Cover	2
008	Big Curve Washer Ø20xØ8x2.0	8	034	Hexagon Flange Nut M10x1.25 (S14)	2
009	Hexagon Socket Pan Head Cap Bolt M8x20	10	035L	Left Crank	1
010L	Left Foot Pedal (YH-30X)	1	035R	Right Crank	1
010R	Right Foot Pedal (YH-30X)	1	036	Crank Cap Ø60xØ26x6.5	2
011	Seat Post Bushing	1	037	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	2
012	Cross Recessed Pan Head Tapping Screw ST4.2x20	4	038L	Left Cover	1
013	Carriage Bolt M10x57	2	038R	Right Cover	1
014	Front Stabilizer End Cap Ø50	2	039	C-ring Ø17x1	6
015	Big Curve Washer Ø25xØ10x2.0	2	040	Cross Recessed Pan Head Bolt M6x10	6
016	Hexagon Cap Nut M10	2	041	Washer Ø12xØ6x1.0	6
017A	Extension Sensor Wire I (L=1200 mm)	1	042	Plastic Bearing Bracket	2
017B	Sensor with Wire (L=200 mm)	1	043	Bearing 6003	2
018	Seat Post Knob M16x1.5x27	1	044	Flywheel Ø165	1
019	Extension Sensor Wire II (L=800 mm)	1	045A	Magnet Bracket	1
020	Washer Ø16xØ8x1.5	15	045B	Magnet Backing Plate	3
021	Hexagon Nylon Nut M8	3	045C	Magnet 20x10xH5	3
022	Seat	1	045D	Magnet 20x20xH8	7
023	Tension Control Knob	1	046	Washer Ø12xØ5x1.0	1
024	Big Curve Washer Ø5	1	047	Hexagon Head Bolt M8x20	12
025	Cross Recessed Pan Head Bolt M5x45	1	048	Spring Washer Ø8	12
026	Tension Cable (L=1400 mm)	1	049	Spring Ø10xØ0.8x53	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
050	Hexagon Nut M6 (S10)	3	060	Hexagon Nylon Nut M10 (S17)	1
051	Hexagon Head Bolt M6x25	1	061	Hexagon Flange Nut M10x1.0xH9	2
052	Support Plate Assembly	1	062	Eyebolt M6x45	2
053	Belt Wheel with Crank Axle	1	063	Axle Ø12.7x97	1
054	Belt (PJ230/J3)	1	064	Bearing 608	2
055	Belt (PJ240/J4)	1	065	Belt Wheel Ø150	1
056	Cross Recessed Countersunk Head Bolt M5x10	1	066	C-ring Ø10	1
057	Big Washer Ø20xØ8x2.0	1	067	Hexagon Thin Nut M10x1.0 B5 (S17)	1
058	Bearing 6202RS	1	068	Cross Recessed Pan Head Tapping Screw ST4.2x25	7
059	Idle Wheel Axle Ø17x33	1			

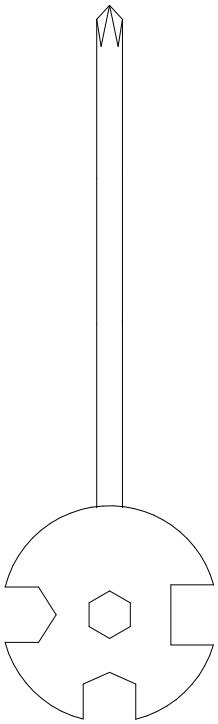
HARDWARE AND TOOLS KIT

STEP 1

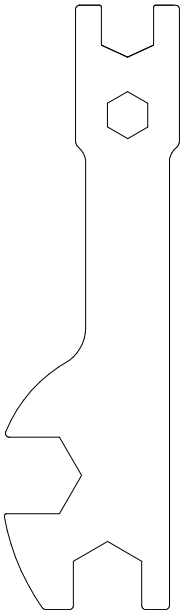


(13) Carriage Bolt M10x57 2 PCS
(15) Big Curve Washer Ø25xØ10x2.0 2 PCS
(16) Hexagon Cap Nut M10 2 PCS

Allen Wrench S6
1 PC

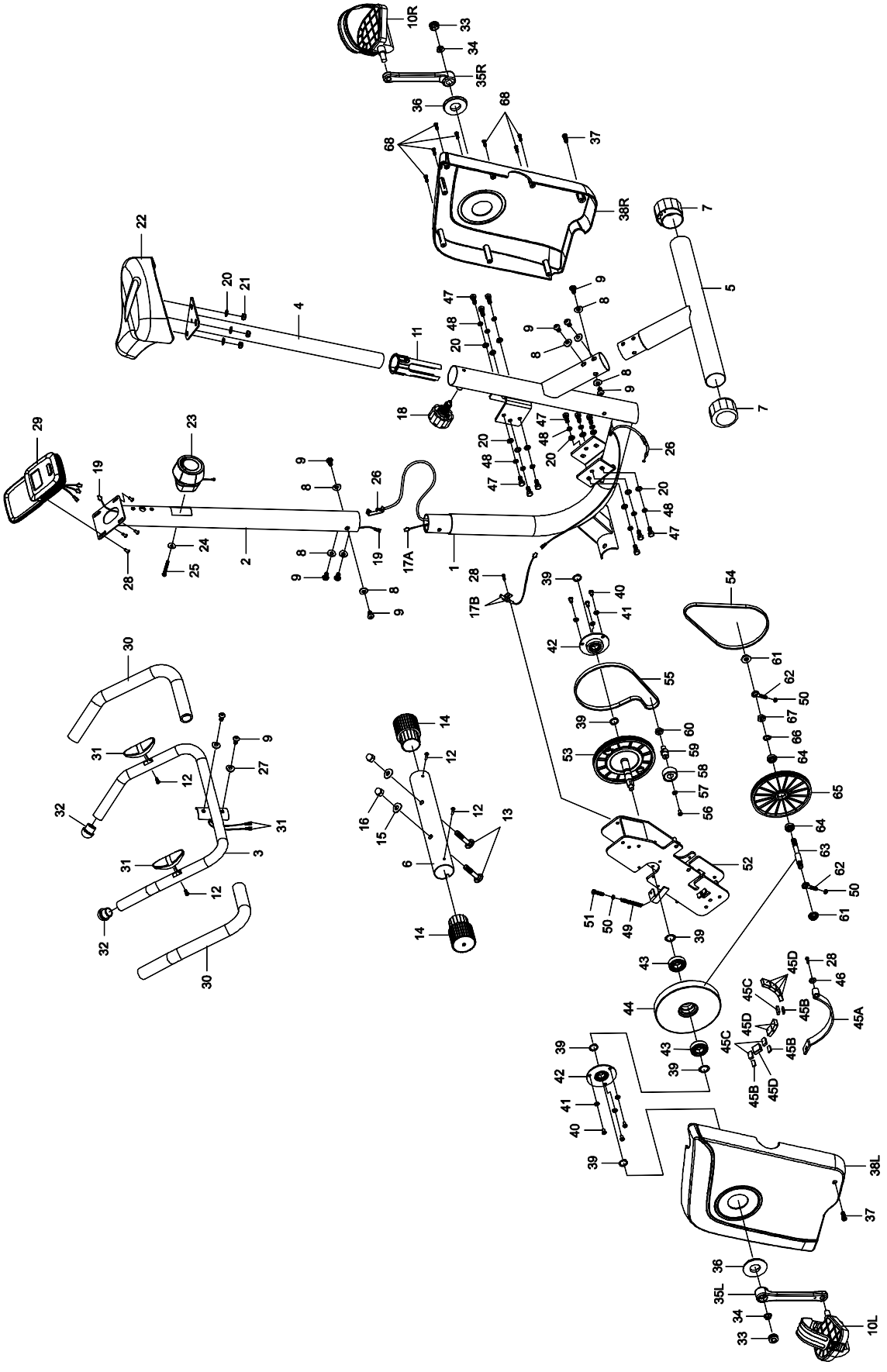


Multi Hex Tool with Phillips Screwdriver
S10-S13-S14-S15
1 PC

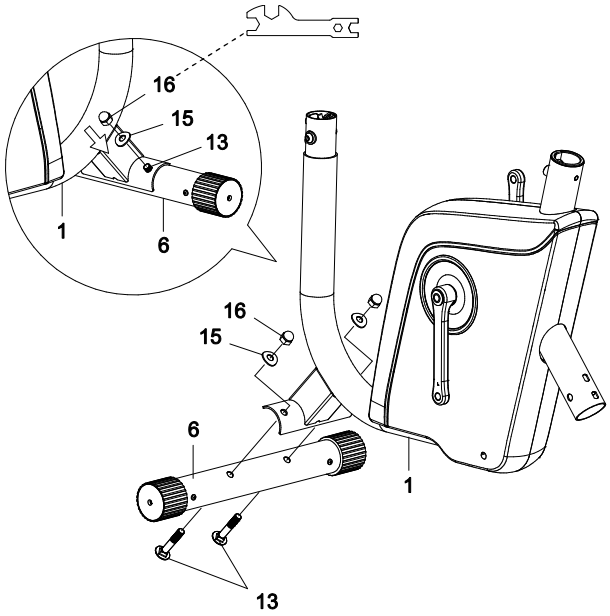


Multi Hex Tool
S10-S13-S17-S19
1 PC

EXPLODED VIEW

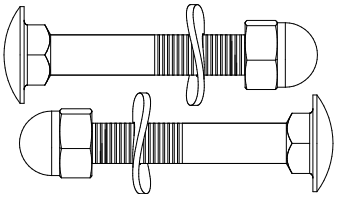


ASSEMBLY INSTRUCTIONS

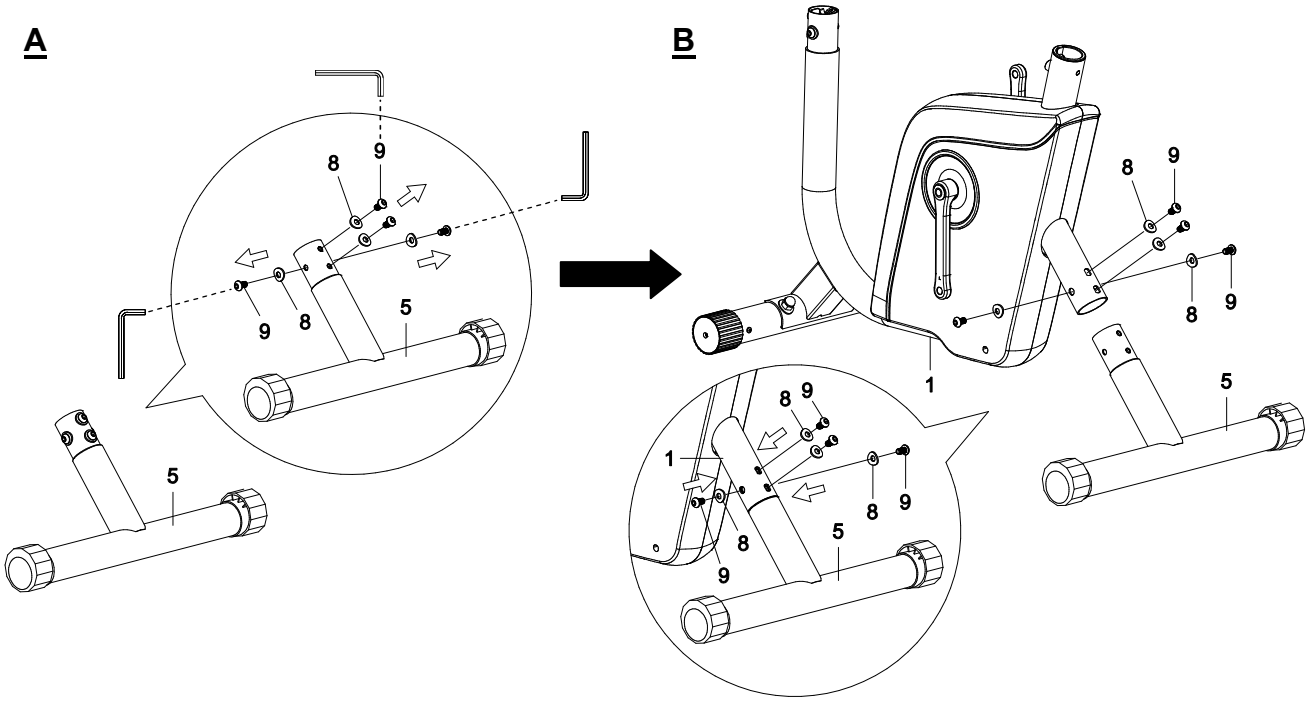


STEP 1
Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (6) onto the front curve plate of the Main Frame (1) with two M10x57 Carriage Bolts (13), two Ø25xØ10x2.0 Big Curve Washers (15), and two M10 Hexagon Cap Nuts (16). Tighten hexagon cap nuts with the Multi Hex Tool provided.

Hardware:



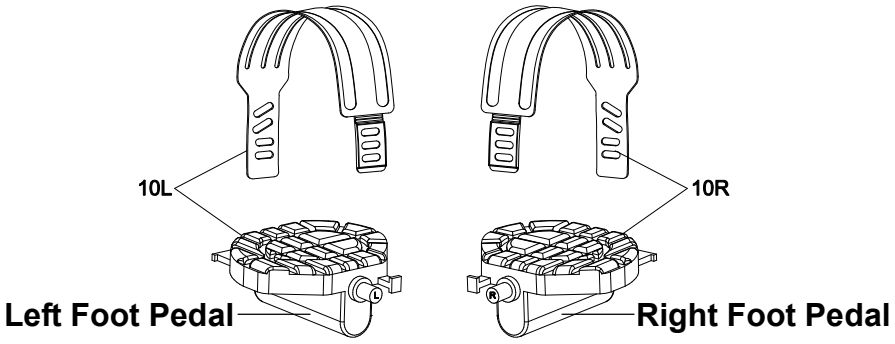
(13) Carriage Bolt M10x57	2 PCS
(15) Big Curve Washer Ø25xØ10x2.0	2 PCS
(16) Hexagon Cap Nut M10	2 PCS



STEP 2

A. Remove four Ø20xØ8x2.0 Big Curve Washers (8) and four M8x20 Hexagon Socket Pan Head Cap Bolts (9) from the Rear Stabilizer (5). Remove bolts with the Allen Wrench provided.

B. Position the Rear Stabilizer (5) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (5) into the rear tube of Main Frame (1) with four Ø20xØ8x2.0 Big Curve Washers (8) and four M8x20 Hexagon Socket Pan Head Cap Bolts (9) that were removed. Tighten bolts with the Allen Wrench provided.

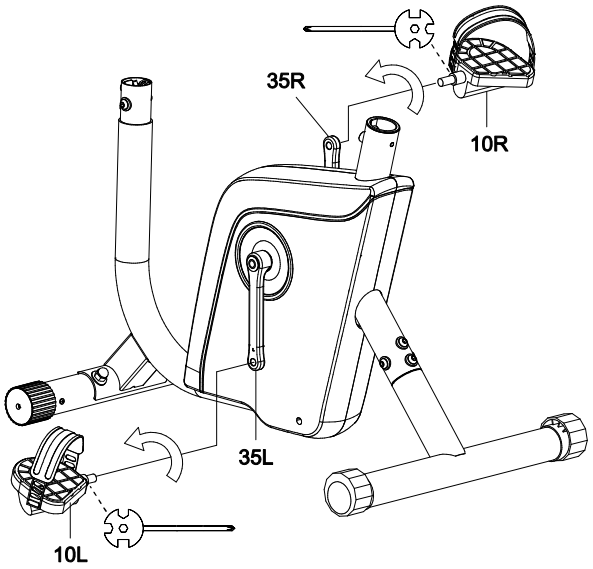


STEP 3

IMPORTANT: The Foot Pedals, Pedal Shafts, and Pedal Straps are marked with the letter R (Right) and L (Left) to denote the side of the magnetic upright bike they are on.

Select the Left Foot Pedal Strap (10L) which has L marked on the side of the strap. Snap the three hole end of the strap onto the inside edge of the Left Foot Pedal (10L). Snap the other end of the strap onto the outside edge of the Left Foot Pedal (10L). Select adjustment holes which allow your foot to be easily removed from the foot pedal.

Use the same procedure to snap the Right Foot Pedal Strap (10R) onto the Right Foot Pedal (10R).



STEP 3-1

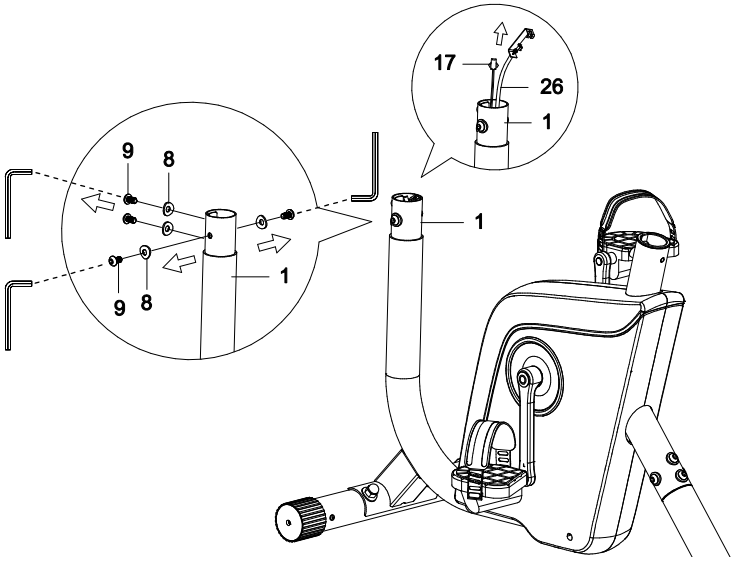
IMPORTANT: Only turn the foot pedals in the direction instructed. The left and right foot pedals have different turning directions for installation.

Installing the Left Foot Pedal onto the Left Crank:

Insert the Left Foot Pedal (10L) perfectly straight into the threaded hole in the Left Crank (35L). 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 (10L). Only tighten in the directions instructed.

Installing the Right Foot Pedal onto the Right Crank:

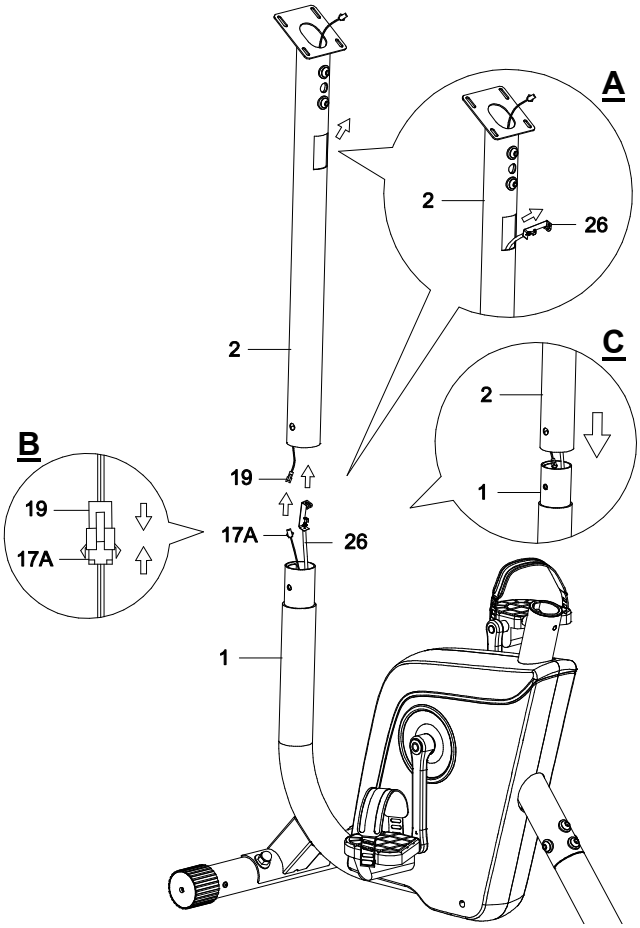
Insert the Right Foot Pedal (10R) perfectly straight into the threaded hole in the Right Crank (35R). Turn the pedal shaft by hand in a clockwise direction until snug. Use the Multi Hex Tool with Phillips Screwdriver to fully tighten the Right Foot Pedal (10R). Only tighten in the directions instructed.



STEP 4

Remove four Ø20xØ8x2.0 Big Curve Washers (8) and four M8x20 Hexagon Socket Pan Head Cap Bolts (9) from the tube of Main Frame (1). Remove bolts with the Allen Wrench provided.

Pull both Sensor Wire (17) and Tension Cable (26) out of the tube of Main Frame (1).



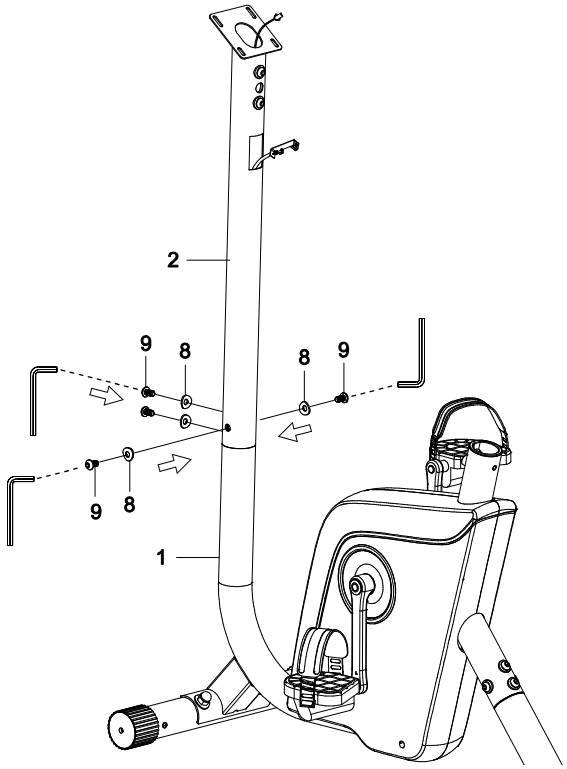
STEP 4-1

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.

A. Insert the Tension Cable (26) through into the bottom hole of the Handlebar Post (2) and pull it out from the square hole of the Handlebar Post (2).

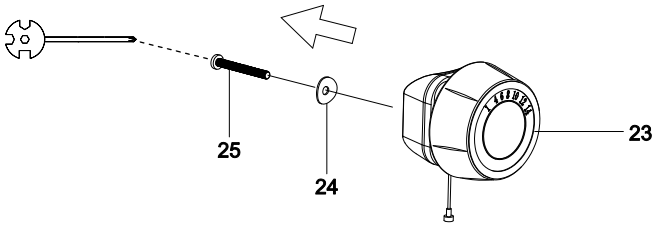
B. Connect the Extension Sensor Wire I (17A) from the Main Frame (1) to the Extension Sensor Wire II (19) from the Handlebar Post (2).

C. Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and align bolt holes.



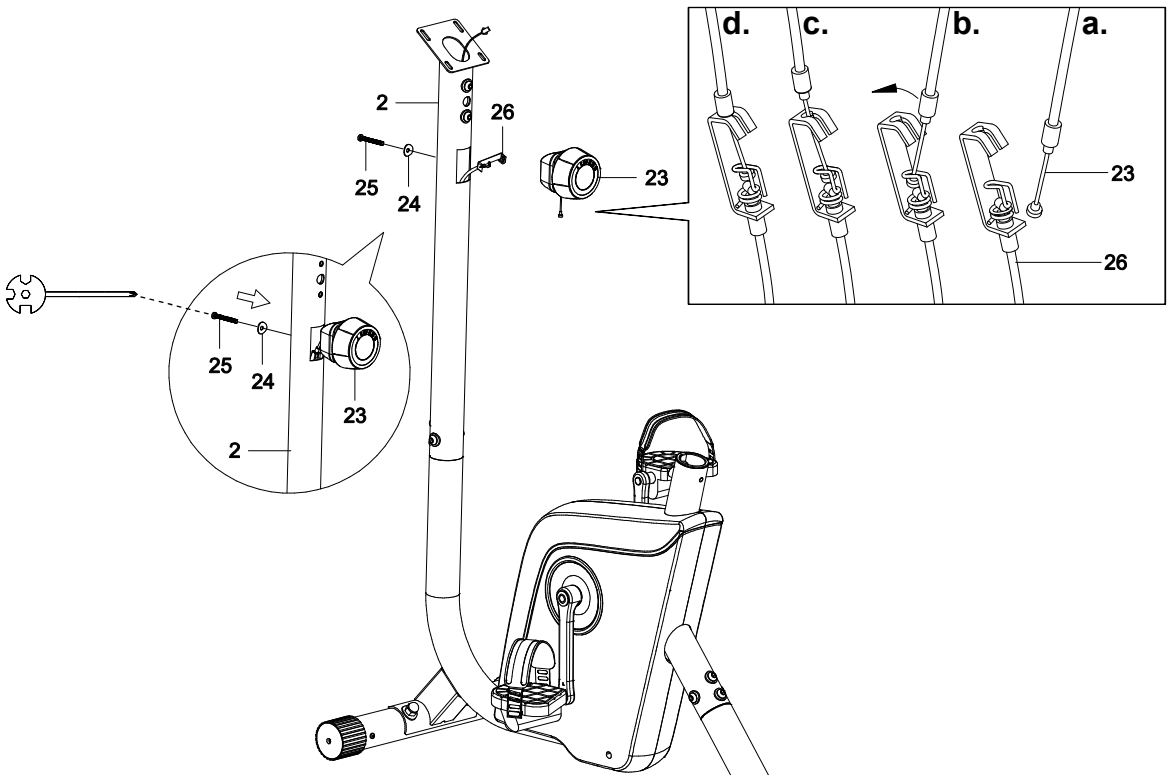
STEP 4-2

Attach the Handlebar Post (2) onto the tube of Main Frame (1) with four Ø20xØ8x2.0 Big Curve Washers (8) and four M8x20 Hexagon Socket Pan Head Cap Bolts (9). Tighten bolts with the Allen Wrench provided.



STEP 5

Remove one Ø5 Big Curve Washer (24) and one M5x45 Cross Recessed Pan Head Bolt (25) from the Tension Control Knob (23). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 5-1

Turn the Tension Control Knob (23) to its highest setting.

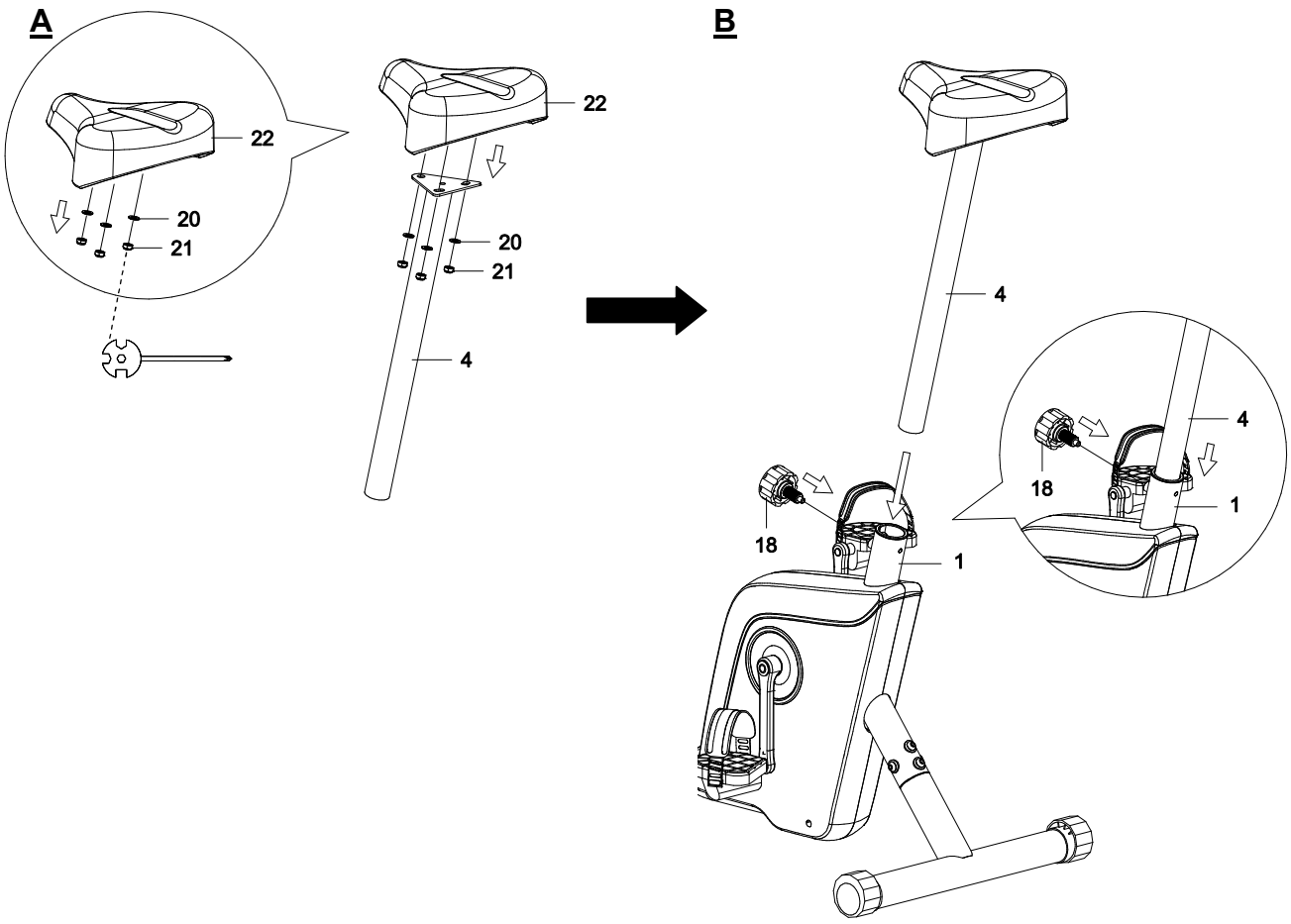
Put the cable end of resistance cable of Tension Control Knob (23) into the cable lock of Tension Cable (26), see Figure a.

Pull the resistance cable of Tension Control Knob (23) up and force it into the slot of metal bracket of Tension Cable (26), 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 (26), see Figure c.

Connect the resistance cable of Tension Control Knob (23) to Tension Cable (26) complete, see Figure d.

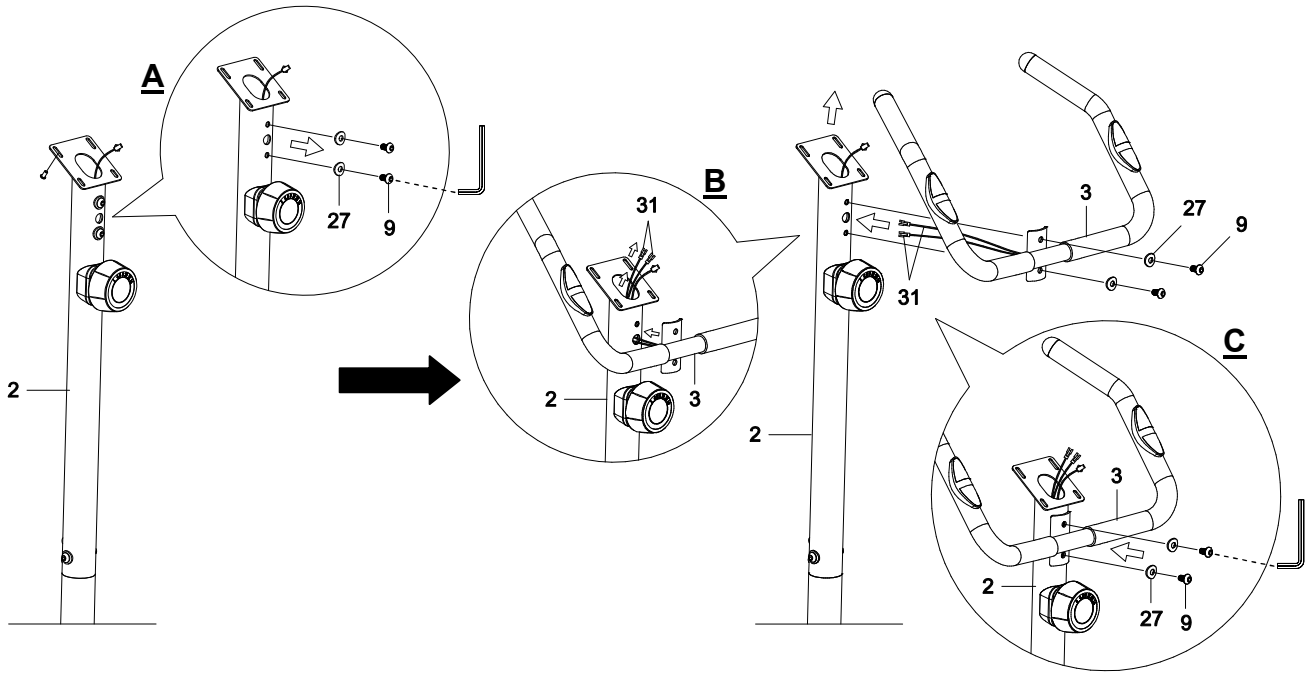
Attach the Tension Control Knob (23) onto the F Handlebar Post (2) with one Ø5 Big Curve Washer (24) and one M5x45 Cross Recessed Pan Head Bolt (25) that were removed from the Tension Control Knob (23). Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 6

A. Remove three Ø16xØ8x1.5 Washers (20) and three M8 Hexagon Nylon Nuts (21) from underside of the Seat (22). Remove nuts with the Multi Hex Tool with Phillips Screwdriver provided.
Guide bolts on underside of the Seat (22) through holes on top of the Seat Post (4), attach with three removed Ø16xØ8x1.5 Washers (20) and M8 Hexagon Nylon Nuts (21). Tighten nuts with the Multi Hex Tool with Phillips Screwdriver provided.

B. Insert the Seat Post (4) into the tube of the Main Frame (1). Then, insert the Seat Post Knob (18) into the threaded hole of the Main Frame (1). Turn the Seat Post Knob (18) clockwise, ensuring it catches one of the height adjustment holes on the Seat Post (4) before fully tightening it.

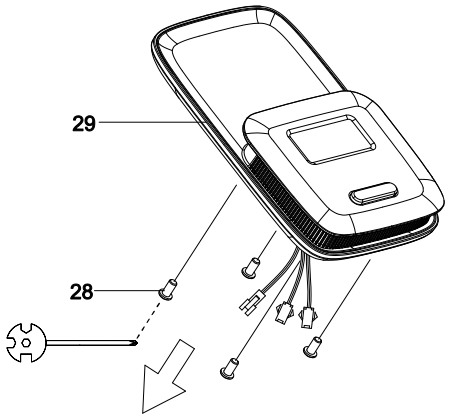


STEP 7

A. Remove two M8x20 Hexagon Socket Pan Head Cap Bolts (9) and two Ø16xØ8x1.5 Curve Washers (27) from the Handlebar Post (2). Remove bolts with the Allen Wrench provided.

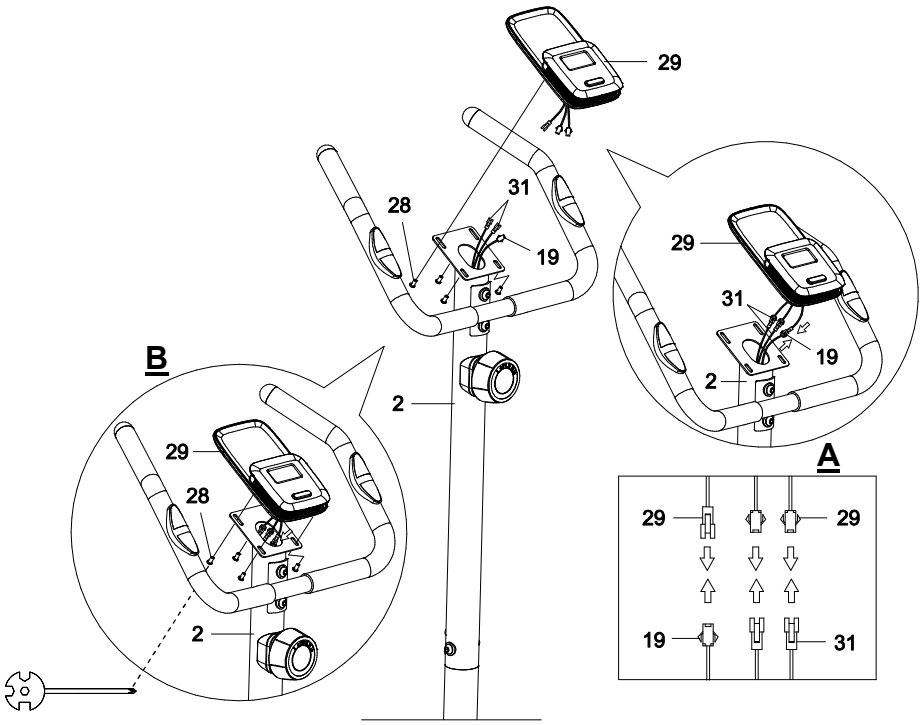
B. Insert the Hand Pulse Sensor Wires (31) from the Handlebar (3) through into the hole on the Handlebar Post (2) and pull them out from the top end of the Handlebar Post (2).

C. Attach the Handlebar (3) onto the Handlebar Post (2) with two M8x20 Hexagon Socket Pan Head Cap Bolts (9) and two Ø16xØ8x1.5 Curve Washers (27) that were removed. Tighten bolts with the Allen Wrench provided.



STEP 8

Remove four M5x10 Cross Recessed Pan Head Bolts (28) from the Computer Console (29). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 8-1

A. It is recommended to have a second person assist with this step. One person should hold the Computer Console (29) in place while the other person to connect the wires. Connect the Hand Pulse Sensor Wires (31) and Extension Sensor Wire (19) to the wires that come from the Computer Console (29). Tuck wires into the Handlebar Post (2).

B. Attach the Computer Console (29) onto the top end of the Handlebar Post (2) with four M5x10 Cross Recessed Pan Head Bolts (28) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

USING YOUR COMPUTER
The computer activates by pressing the button or pedaling. If left idle for about 4 minutes, the power will turn off automatically.

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

COMPUTER FUNCTIONS:
SCAN: Press the button until the arrow points to SCAN. The computer console will automatically scan each function in sequence, changing every 6 seconds.

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

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance traveled 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 (ODOMETER): Displays the total cumulative distance traveled. The ODO data values can not be reset to zero by pressing and holding the button for 3 seconds. Removing the batteries from the computer console will reset the ODO data values to zero.

PULSE: Displays your current heart rate figures after you grip the handlebar sensors with both hands during exercise. For more precise pulse read-out, always hold onto the handlebar grip sensors with two hands instead of one hand when testing your heart rate figures.

HOW TO INSTALL THE BATTERIES:
1. Remove the battery cover on the back of the computer console.
2. Insert two size AAA batteries into the battery housing.
3. Ensure 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.

COMPATIBLE FITNESS APPLICATION

DOWNLOAD THE FITSHOW APPLICATION

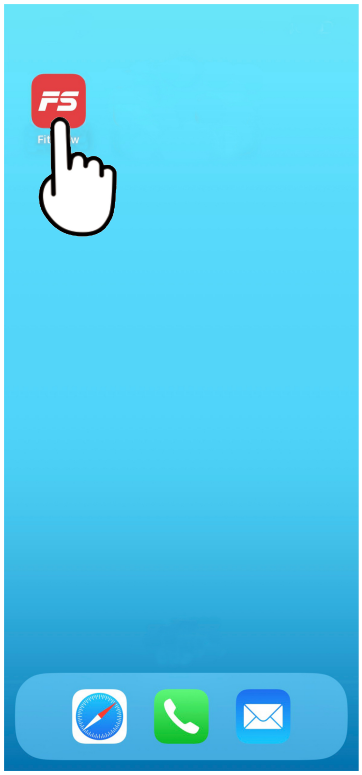
You can install the FitShow app on your mobile device using a QR code. Scan the QR code to download and install the app.
Alternatively, you can search FitShow app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.

Android

iOS

LOGGING INTO THE APPLICATION

After downloading app, tap on the FitShow icon on the screen to open the app.
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.



NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance.
We do not provide any services for the Fitshow App. If you encounter any issues while using the Fitshow App, please contact the application developer.

DOWNLOAD THE KINOMAP APPLICATION

You can install the Kinomap app on your mobile device using a QR code. Scan the QR code to download and install the app.
Alternatively, you can search Kinomap app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.

Android **iOS**

LOGGING INTO THE APPLICATION

After downloading app, tap on the Kinomap icon on the screen to open the app.
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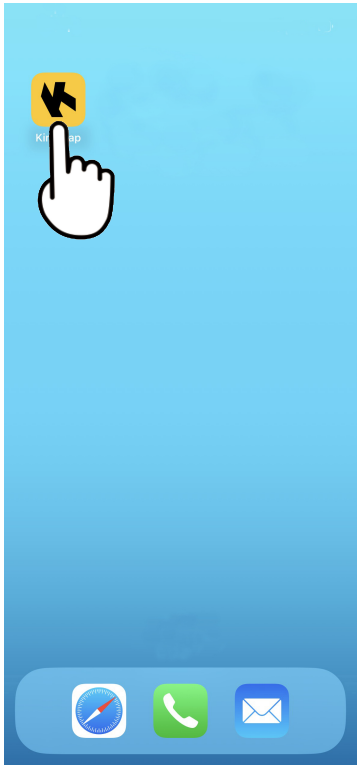

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DOWNLOAD THE ZWIFT APPLICATION

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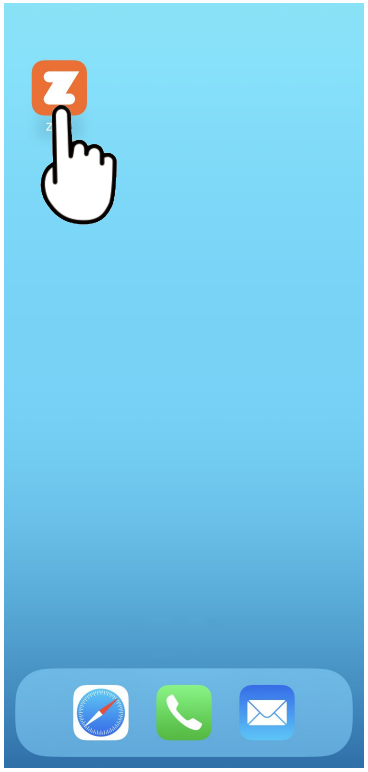
Alternatively, you can search Zwift app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.

Android **iOS**

LOGGING INTO THE APPLICATION

After downloading app, tap on the Zwift icon on the screen to open the app.
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.



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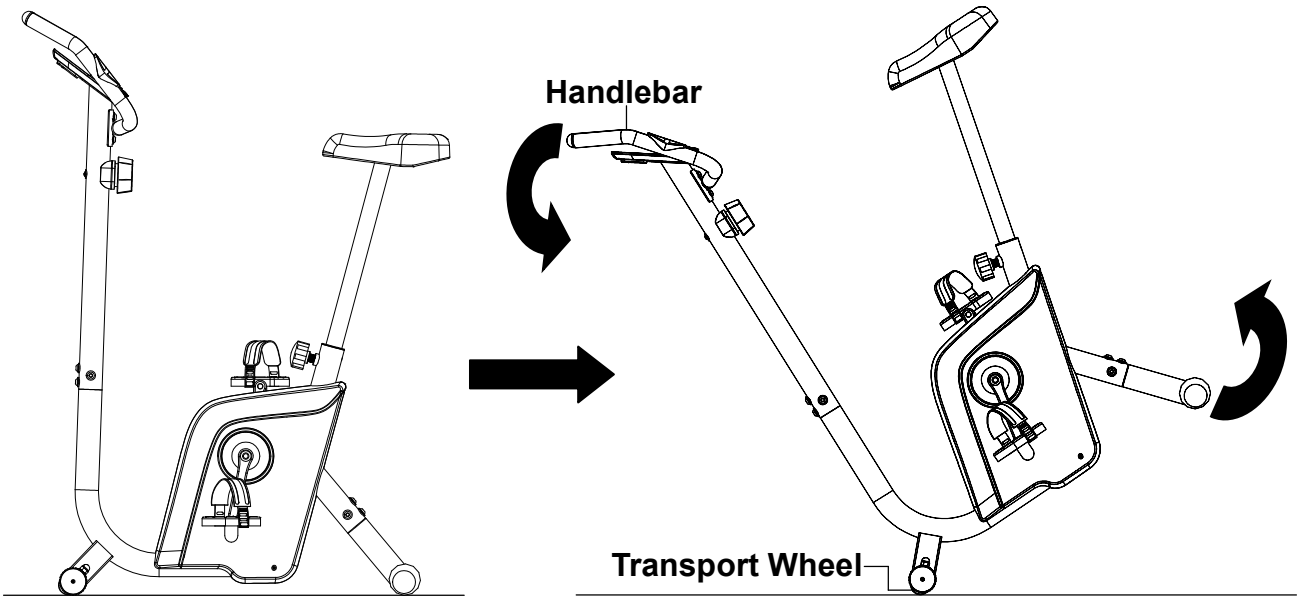
HOW TO MOVE THE BIKE



This upright bike has a pair of Transport Wheels on the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.
To move the upright bike, firmly grasp the Handlebar with both hands. Next, carefully push the upright bike down until it rolls freely on the Transport Wheels.

CAUTION: It is suggested you always use the aid of a second person when moving the upright bike.

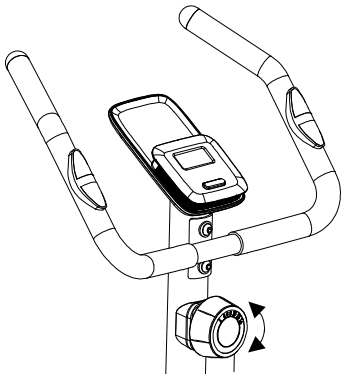
MAINTENANCE

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.

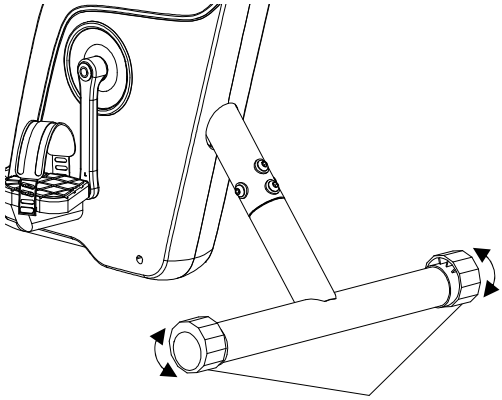
ADJUSTMENTS

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.



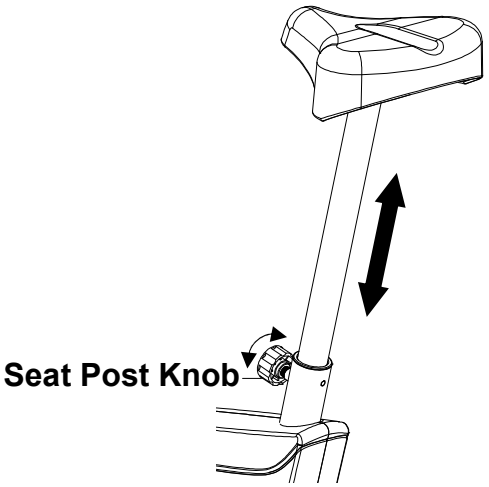
Tension Control Knob

Adjusting the Rear Stabilizer End Cap
Turn the Rear Stabilizer End Cap on the rear stabilizer as needed to level the upright bike.



Rear Stabilizer End Cap

Adjusting the Seat Height
Loosen the Seat Post Knob by turning it counterclockwise until it can be pulled out. Pull out the Seat Post Knob and then slide the seat post in an upward or downward direction to the desired position. Lock the seat post in place by releasing the Seat Post Knob and sliding the seat post upward or downward direction slightly until the Seat Post Knob "pops" down into the locked position. For added safety, tighten the Seat Post Knob in a clockwise direction to secure it in place.
NOTE: Do not set the seat post height any higher than the marked line. Ensure that the Seat Post Knob is locked in place before using the upright bike.



Seat Post Knob

TROUBLESHOOTING

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

PROBLEM: There is no display on the computer console.
SOLUTION: Remove the computer console and verify 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 onto 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.

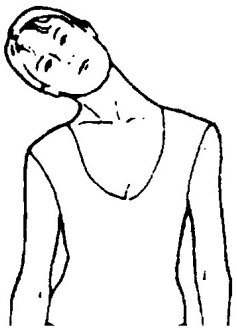
If the above troubleshooting section does not fix the problem, discontinue use the upright bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

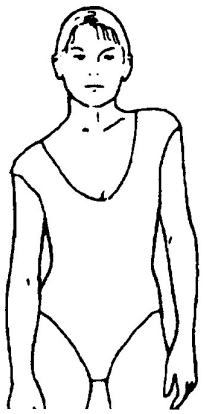
WARM UP AND COOL DOWN ROUTINE

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.

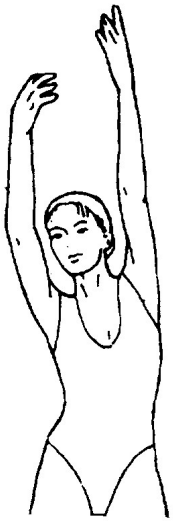
COOLING DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart from the muscles.



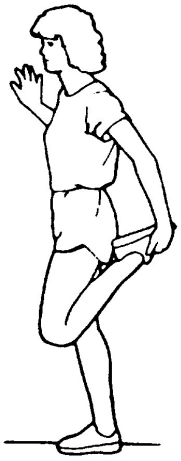
HEAD ROLLS
Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



SHOULDER LIFTS
Lift your right shoulder toward your ear. Lift your left shoulder up as you lower your right shoulder.

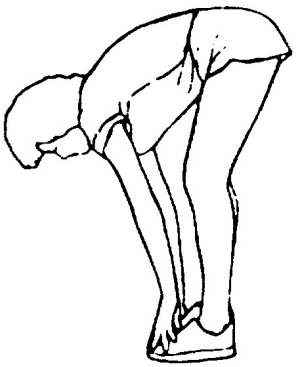


SIDE STRETCHES
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can. Repeat the action with your left arm.

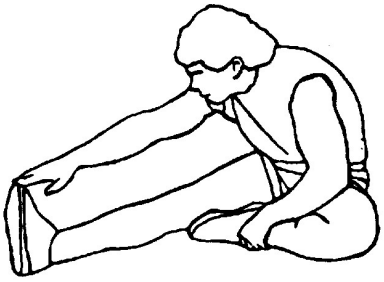


QUADRICEPS STRETCH
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat with the left foot.

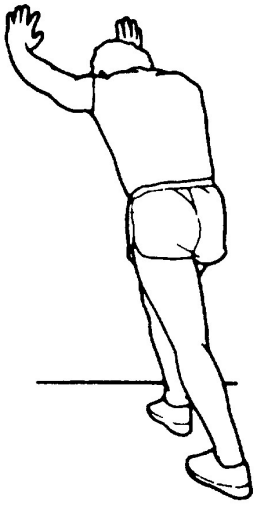
INNER THIGH STRETCH
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



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.