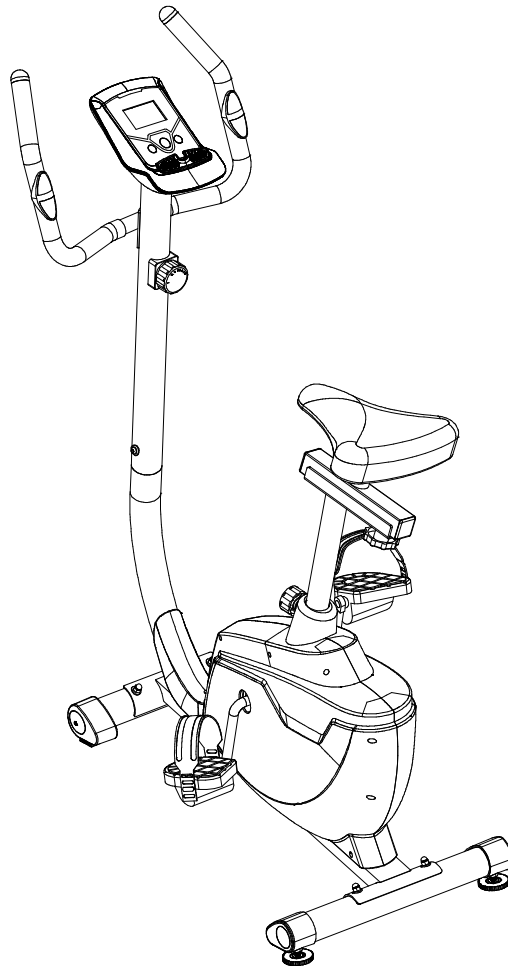


# ***SWANY MAGNETIC UPRIGHT BIKE ITEM NO.: 20465***

***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, Nov.

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST -----	5
TOOLS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
OPERATING THE COMPUTER -----	18
HOW TO MOVE THE BIKE -----	20
MAINTENANCE -----	20
ADJUSTMENTS -----	21
TROUBLESHOOTING -----	22
WARM UP AND COOL DOWN ROUTINE -----	23

# 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.

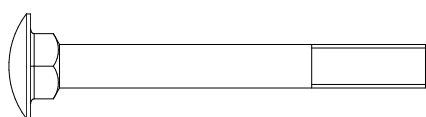
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	028	Flywheel	1
002	Handlebar Post	1	029	Rear Left Stabilizer End Cap	1
003	Seat Post	1	030	Hexagon Nut M10	2
004	Handlebar Ø25	1	031	Carriage Bolt M8x70	4
005	Front Stabilizer Ø60x1.5x330	1	032	Adjustable Leveler M10	2
006	Rear Stabilizer Ø60x1.5x480	1	033	Big Curve Washer Ø25xØ8	8
007	Left Cover	1	034	Cap Nut M8	4
008	Right Cover	1	035	Front Left Stabilizer End Cap	1
009	Left Foot Pedal	1	036	Front Right Stabilizer End Cap	1
010	Right Foot Pedal	1	037	Washer Ø6xØ12x1.0	1
011	Cover Cap Ø40xØ25x10	2	038	Hexagon Socket Pan Head Cap Bolt M6x10	1
012	Belt PJ 310J6	1	039	Bearing 6000ZZ	2
013	Belt Pulley with Crank	1	040	Idle Wheel Bracket	1
014	Washer Ø23xØ34.5x2.5	1	041	Seat Post Knob M16x1.5	1
015	Bearing Nut II 7/8"	1	042	Seat Post Bushing	1
016	Bearing 6000ZZ	2	043	Seat Post Cover	1
017	Bearing Cup	2	044	Handlebar Post Cover	1
018	Bearing Nut I 15/16"	1	045	Nylon Nut M8	3
019	Hexagon Nut 7/8"	1	046	Washer Ø16xØ8x1.5	3
020	Washer Ø24xØ40x3	1	047	Seat Cushion	1
021	Cross Recessed Pan Head Tapping Screw ST4.2x25	5	048	Computer	1
022	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x19	5	049	Tension Control Knob	1
023	Hexagon Nut M6	2	050	Cross Recessed Pan Head Bolt M5x10	4
024	Tension Bracket	2	051	Hexagon Socket Pan Head Cap Bolt M8x15	4
025	Spring Washer Ø6	2	052	Curve Washer Ø16xØ8x1.5	2
026	Eyebolt M6x36	2	053	Sensor with Wire	1
027	France Nut M10x1x6	2	054	Cross Recessed Pan Head Tapping Screw ST4.2x18	1

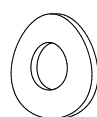
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Handlebar Foam Grip Ø24xØ30x455	2	065	Seat Sliding Tube	1
056	Handlebar End Cap Ø25	2	066	Seat Sliding Tube End Cap (□38)	2
057	Hand Pulse Sensor with Wire L=750mm	2	067	Big Washer Ø8xØ25x2	1
058	Cross Recessed Pan Head Tapping Screw ST4.2×20	2	068	Seat Adjustment Knob M8	1
059	Extension Sensor Wire L=1100 mm	1	069	Sensor Bracket	1
060	Tension Cable L=1280 mm	1	070	Spacer Ø14x2	1
061	Rear Right Stabilizer End Cap	1	071	Cross Recessed Pan Head Tapping Screw ST4.8x15	2
062	Cross Recessed Pan Head Bolt M5x25	1	072	Hexagon Socket Pan Head Cap Bolt M8x25	1
063	Big Curve Washer Ø5	1	073	Hexagon Socket Pan Head Cap Bolt M8x10	1
064	Hexagon Socket Pan Head Cap Bolt M8x15 (NYLOK Blue Patch)	2			

## HARDWARE LIST



(31) Carriage Bolt  
4 PCS

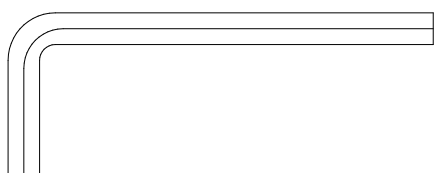


(33) Big Curve Washer  
4 PCS

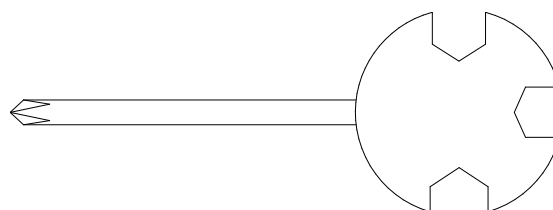


(34) Cap Nut  
4 PCS

## TOOLS



Allen Wrench S5  
1 PC

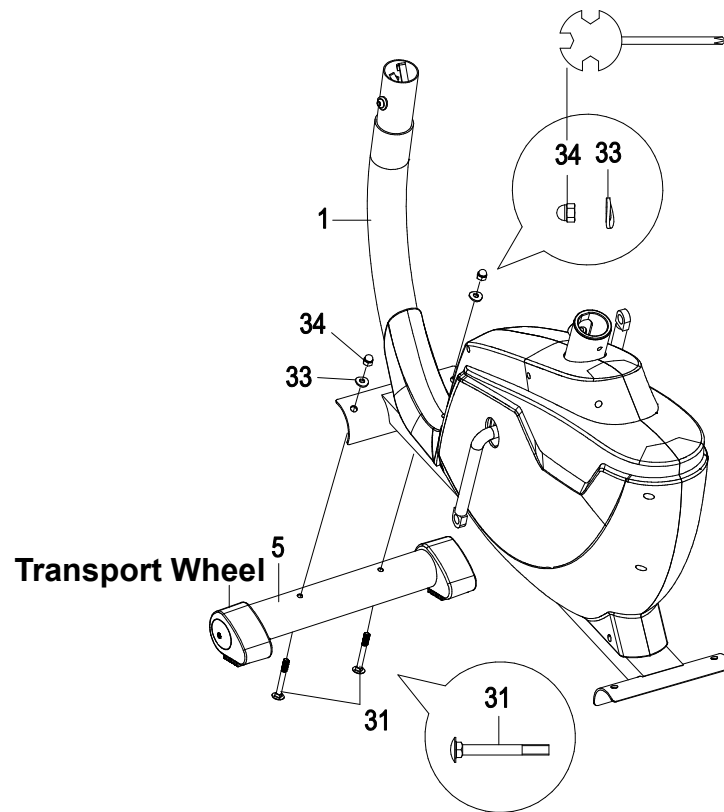


Multi Hex Tool with Phillips Screwdriver  
S13-S14-S15  
1 PC

Exploded view diagram of a vacuum cleaner, showing the main body, motor, wheels, and various accessories. The diagram is labeled with numbers 1 through 73, corresponding to the parts listed in the table below.

№	Наименование	Материал	Кол-во
1	Корпус пылесоса	Пластик	1
2	Всасывающий шланг	Резина	1
3	Всасывающий шланг	Резина	1
4	Всасывающий шланг	Резина	1
5	Всасывающий шланг	Резина	1
6	Всасывающий шланг	Резина	1
7	Всасывающий шланг	Резина	1
8	Всасывающий шланг	Резина	1
9	Всасывающий шланг	Резина	1
10	Всасывающий шланг	Резина	1
11	Всасывающий шланг	Резина	1
12	Всасывающий шланг	Резина	1
13	Всасывающий шланг	Резина	1
14	Всасывающий шланг	Резина	1
15	Всасывающий шланг	Резина	1
16	Всасывающий шланг	Резина	1
17	Всасывающий шланг	Резина	1
18	Всасывающий шланг	Резина	1
19	Всасывающий шланг	Резина	1
20	Всасывающий шланг	Резина	1
21	Всасывающий шланг	Резина	1
22	Всасывающий шланг	Резина	1
23	Всасывающий шланг	Резина	1
24	Всасывающий шланг	Резина	1
25	Всасывающий шланг	Резина	1
26	Всасывающий шланг	Резина	1
27	Всасывающий шланг	Резина	1
28	Всасывающий шланг	Резина	1
29	Всасывающий шланг	Резина	1
30	Всасывающий шланг	Резина	1
31	Всасывающий шланг	Резина	1
32	Всасывающий шланг	Резина	1
33	Всасывающий шланг	Резина	1
34	Всасывающий шланг	Резина	1
35	Всасывающий шланг	Резина	1
36	Всасывающий шланг	Резина	1
37	Всасывающий шланг	Резина	1
38	Всасывающий шланг	Резина	1
39	Всасывающий шланг	Резина	1
40	Всасывающий шланг	Резина	1
41	Всасывающий шланг	Резина	1
42	Всасывающий шланг	Резина	1
43	Всасывающий шланг	Резина	1
44	Всасывающий шланг	Резина	1
45	Всасывающий шланг	Резина	1
46	Всасывающий шланг	Резина	1
47	Всасывающий шланг	Резина	1
48	Всасывающий шланг	Резина	1
49	Всасывающий шланг	Резина	1
50	Всасывающий шланг	Резина	1
51	Всасывающий шланг	Резина	1
52	Всасывающий шланг	Резина	1
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56	Всасывающий шланг	Резина	1
57	Всасывающий шланг	Резина	1
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60	Всасывающий шланг	Резина	1
61	Всасывающий шланг	Резина	1
62	Всасывающий шланг	Резина	1
63	Всасывающий шланг	Резина	1
64	Всасывающий шланг	Резина	1
65	Всасывающий шланг	Резина	1
66	Всасывающий шланг	Резина	1
67	Всасывающий шланг	Резина	1
68	Всасывающий шланг	Резина	1
69	Всасывающий шланг	Резина	1
70	Всасывающий шланг	Резина	1
71	Всасывающий шланг	Резина	1
72	Всасывающий шланг	Резина	1
73	Всасывающий шланг	Резина	1

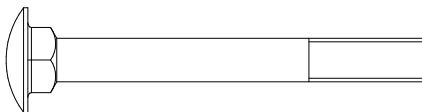
# ASSEMBLY INSTRUCTIONS



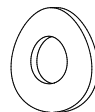
## STEP 1

Position the Front Stabilizer (5) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (5) onto the front curve plate of the Main Frame (1) with two Carriage Bolts (31), two Big Curve Washers (33), and two Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

## Hardware:



(31) Carriage Bolt  
2 PCS

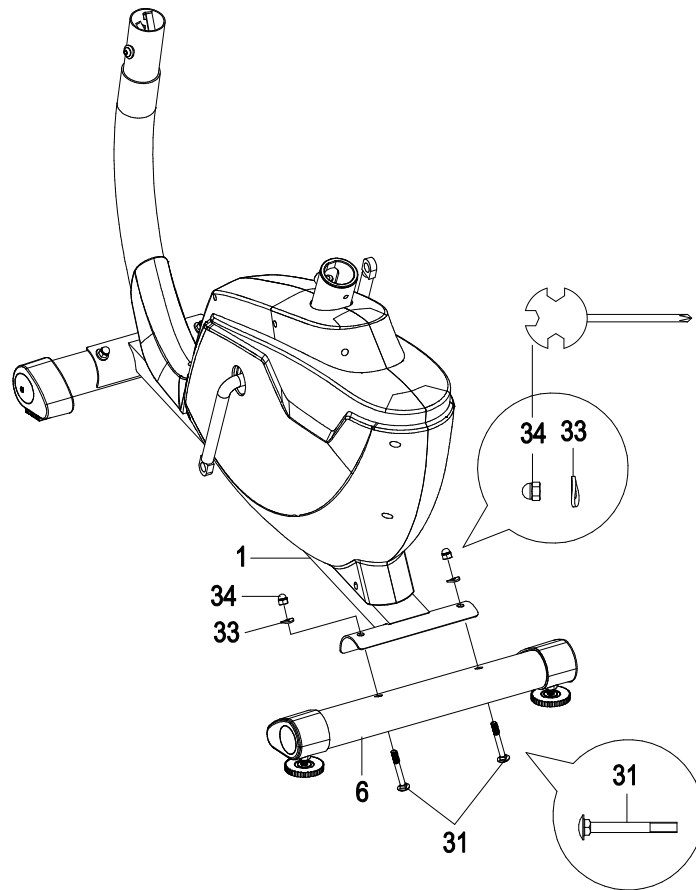


(33) Big Curve Washer  
2 PCS



(34) Cap Nut  
2 PCS

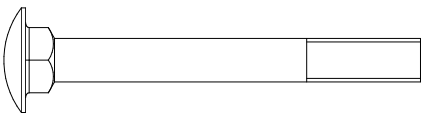




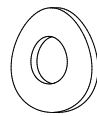
## STEP 2

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 (31), two Big Curve Washers (33), and two Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

## Hardware:



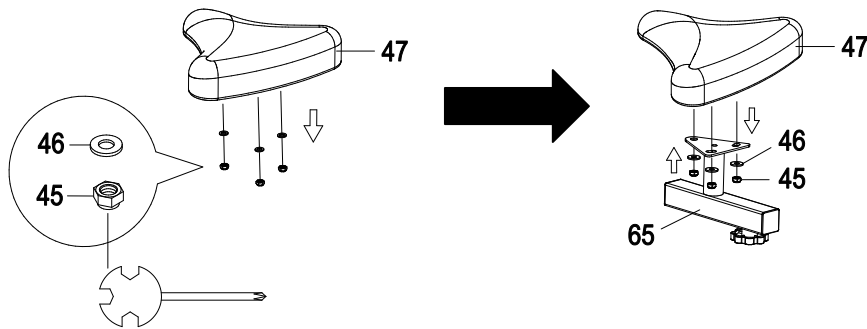
(31) Carriage Bolt  
2 PCS



(33) Big Curve Washer  
2 PCS

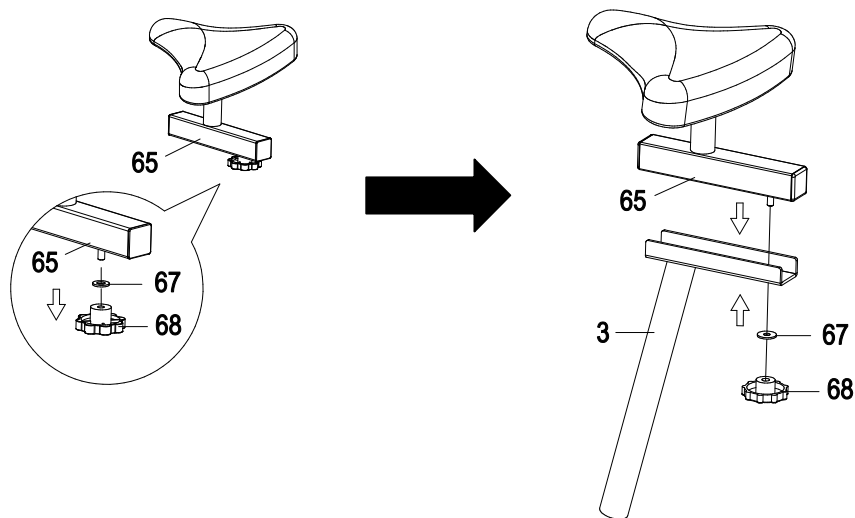


(34) Cap Nut  
2 PCS



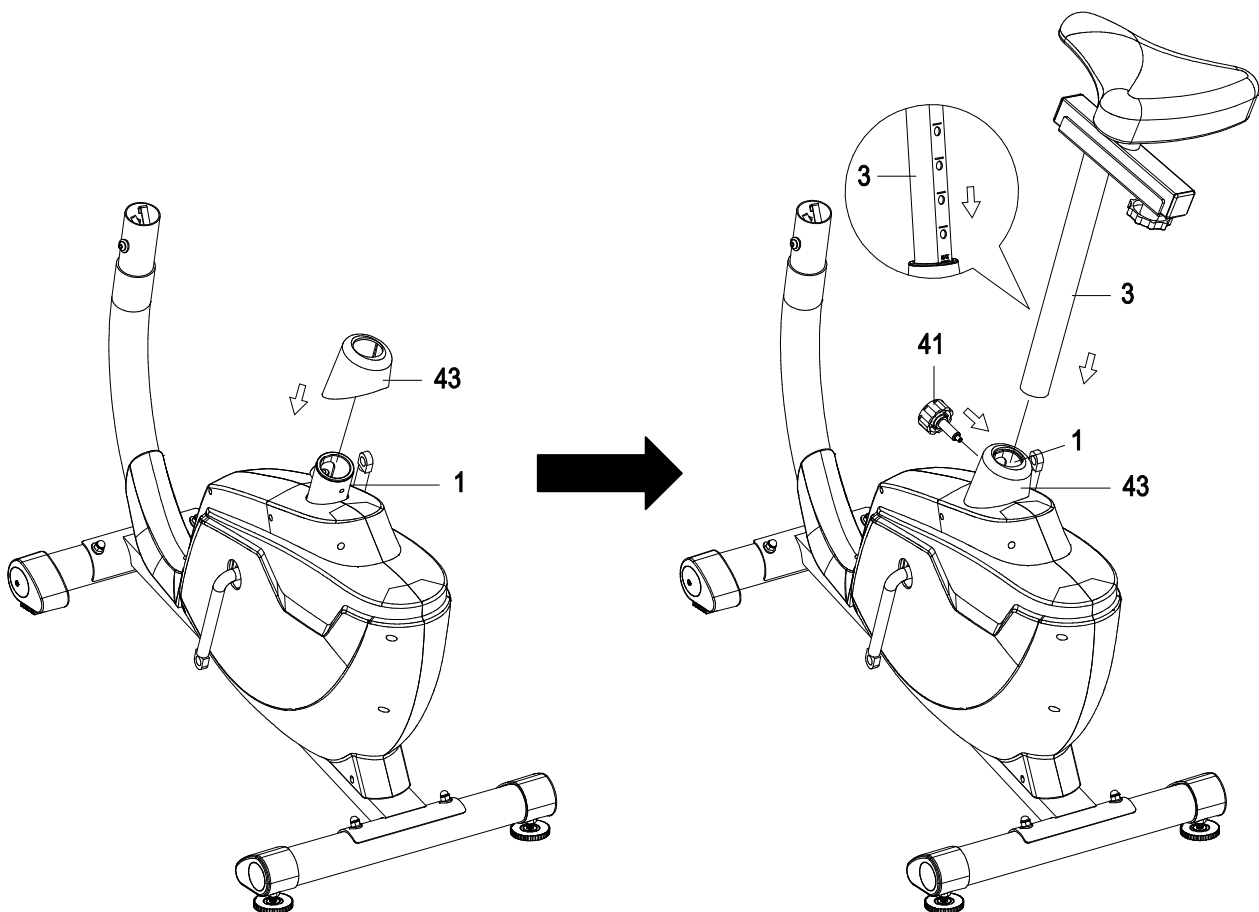
### STEP 3

Remove three Nylon Nuts (45) and three Washers (46) from underside of the Seat Cushion (47). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (47) through holes on top of the Seat Sliding Tube (65), attach with three removed Nylon Nuts (45) and Washers (46). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



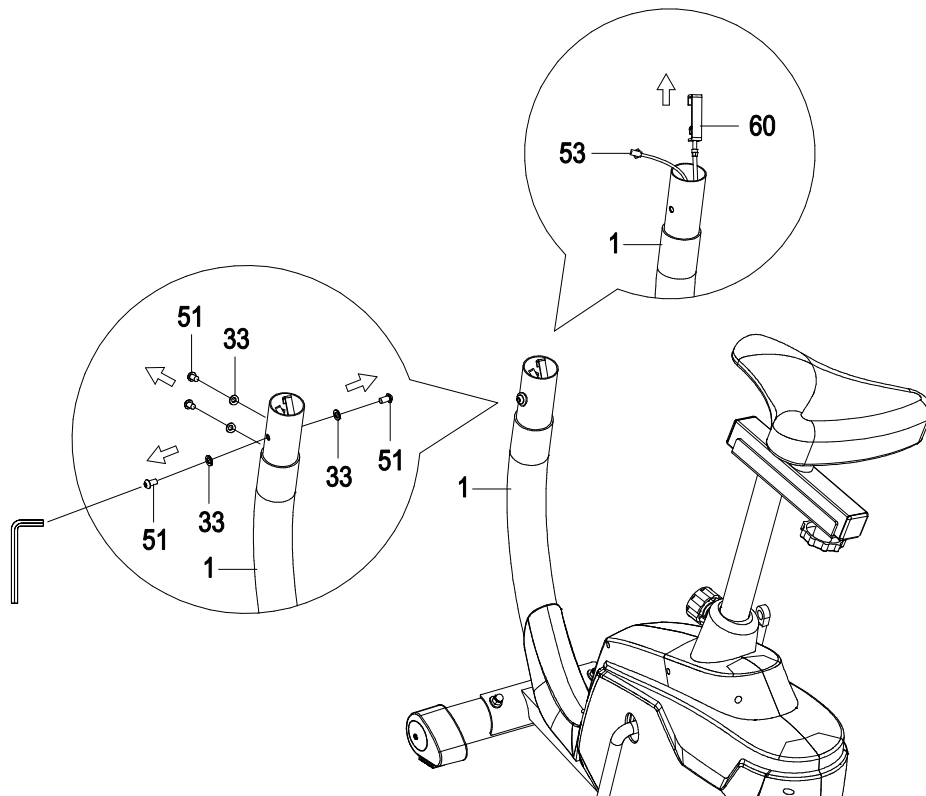
### STEP 4

Remove one Big Washer (67) and one Seat Adjustment Knob (68) from underside of the Seat Sliding Tube (65). Guide the seat sliding tube bolt on underside of the Seat Sliding Tube (65) through a hole on the top of the Seat Post (3), attach with one removed Big Washer (67) and Seat Adjustment Knob (68).



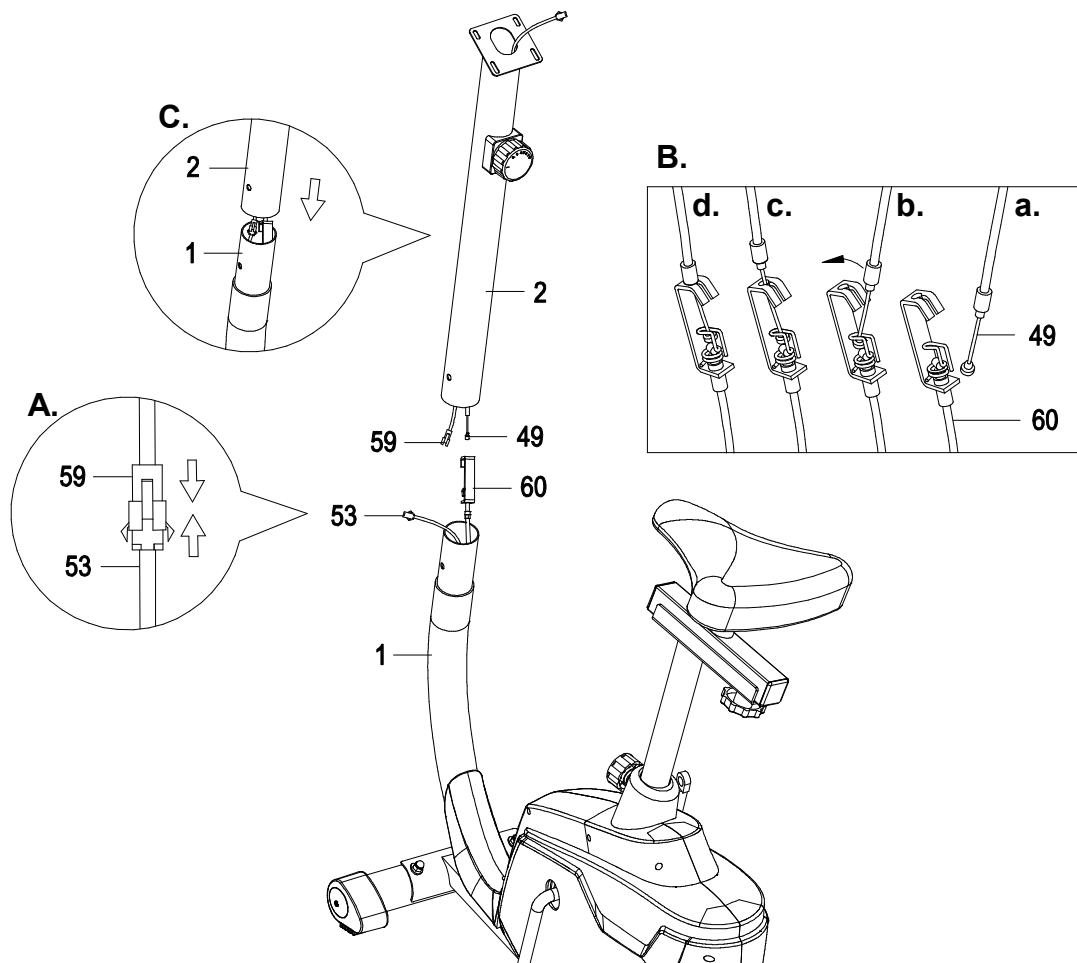
## STEP 5

Slide the Seat Post Cover (43) onto the tube of the Main Frame (1).  
Insert the Seat Post (3) into the seat post plastic bushing on the tube of the Main Frame (1) and then attach the Seat Post Knob (41) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (3) in the suitable position.



### STEP 6

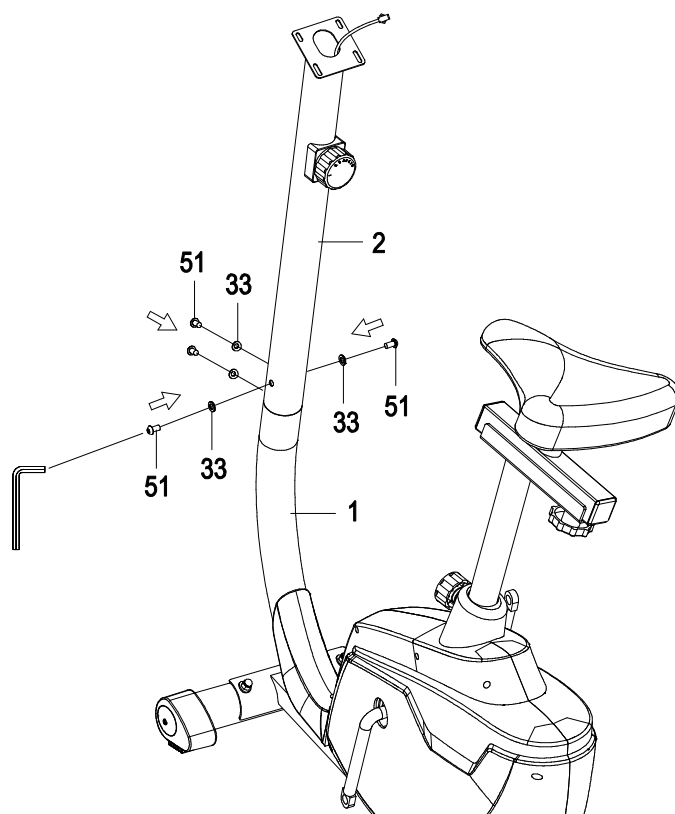
Remove four Big Curve Washers (33) and four Hexagon Socket Pan Head Cap Bolts (51) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided. Pull both Sensor Wire (53) and Tension Cable (60) out of the tube of the Main Frame (1).



## STEP 7

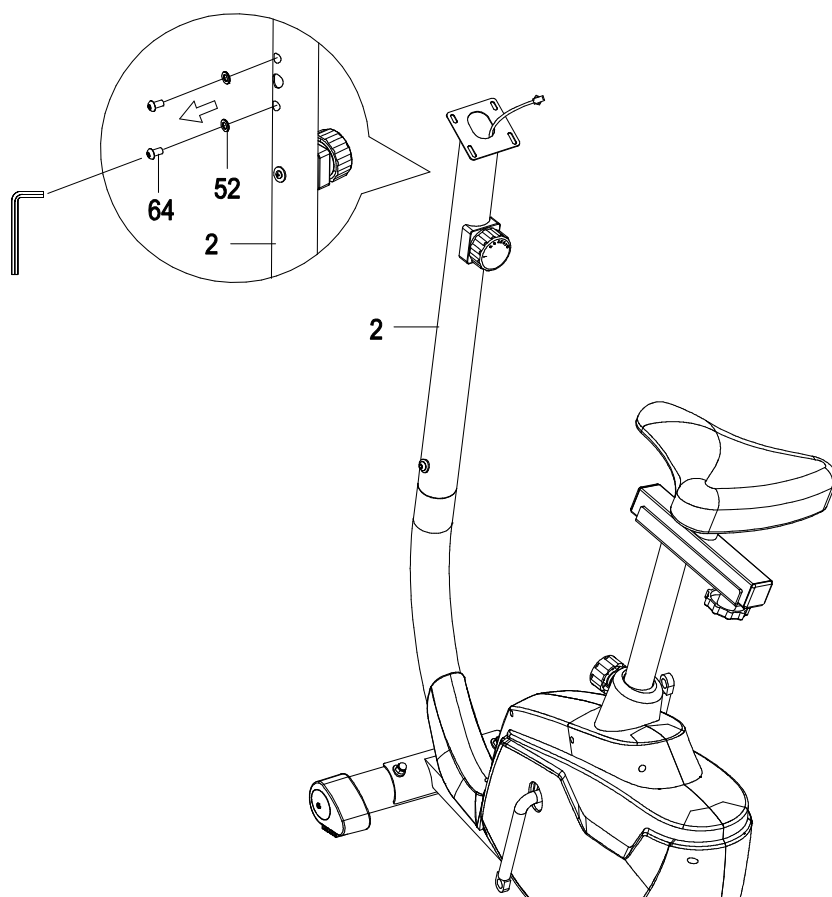
It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (2) in place while the other person inserts and connects the wires.

- A.** Connect the Sensor Wire (53) from the Main Frame (1) to the Extension Sensor Wire (59) from the Handlebar Post (2).
- B.** Put the cable end of the resistance cable of the Tension Control Knob (49) into the cable lock of the Tension Cable (60), see Figure a.  
 Pull the resistance cable of the Tension Control Knob (49) up and force it into the slot of the metal bracket of the Tension Cable (60), see Figure b.  
 Insert the metal fitting on the resistance cable of the Tension Control Knob (49) into the hole at the end of the slot in the metal bracket of the Tension Cable (60), see Figure c.  
 Connect the resistance cable of the Tension Control Knob (49) to the Tension Cable (60) completely, see Figure d.
- C.** Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and align the bolt holes.



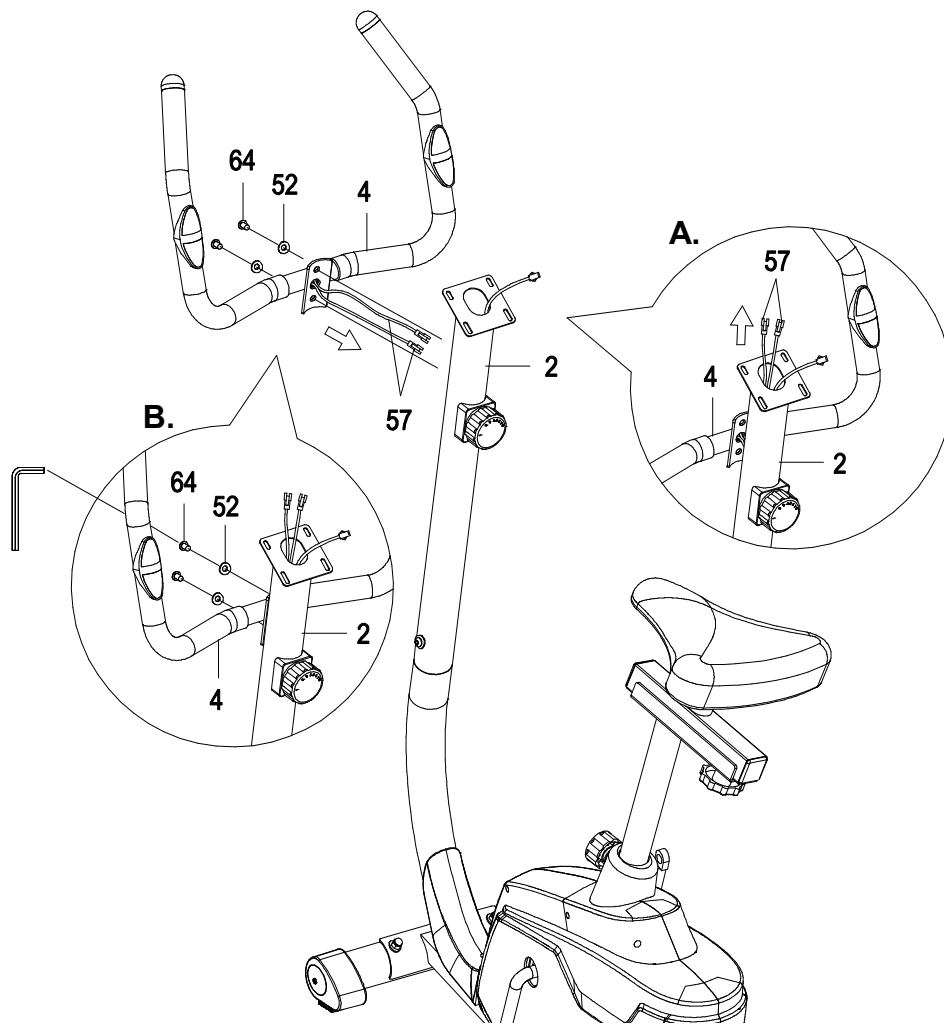
### STEP 8

Attach the Handlebar Post (2) onto the tube of the Main Frame (1) with four Big Curve Washers (33) and four Hexagon Socket Pan Head Cap Bolts (51) from the tube of the Main Frame (1) that were removed. Tighten bolts with the Allen Wrench provided.



### STEP 9

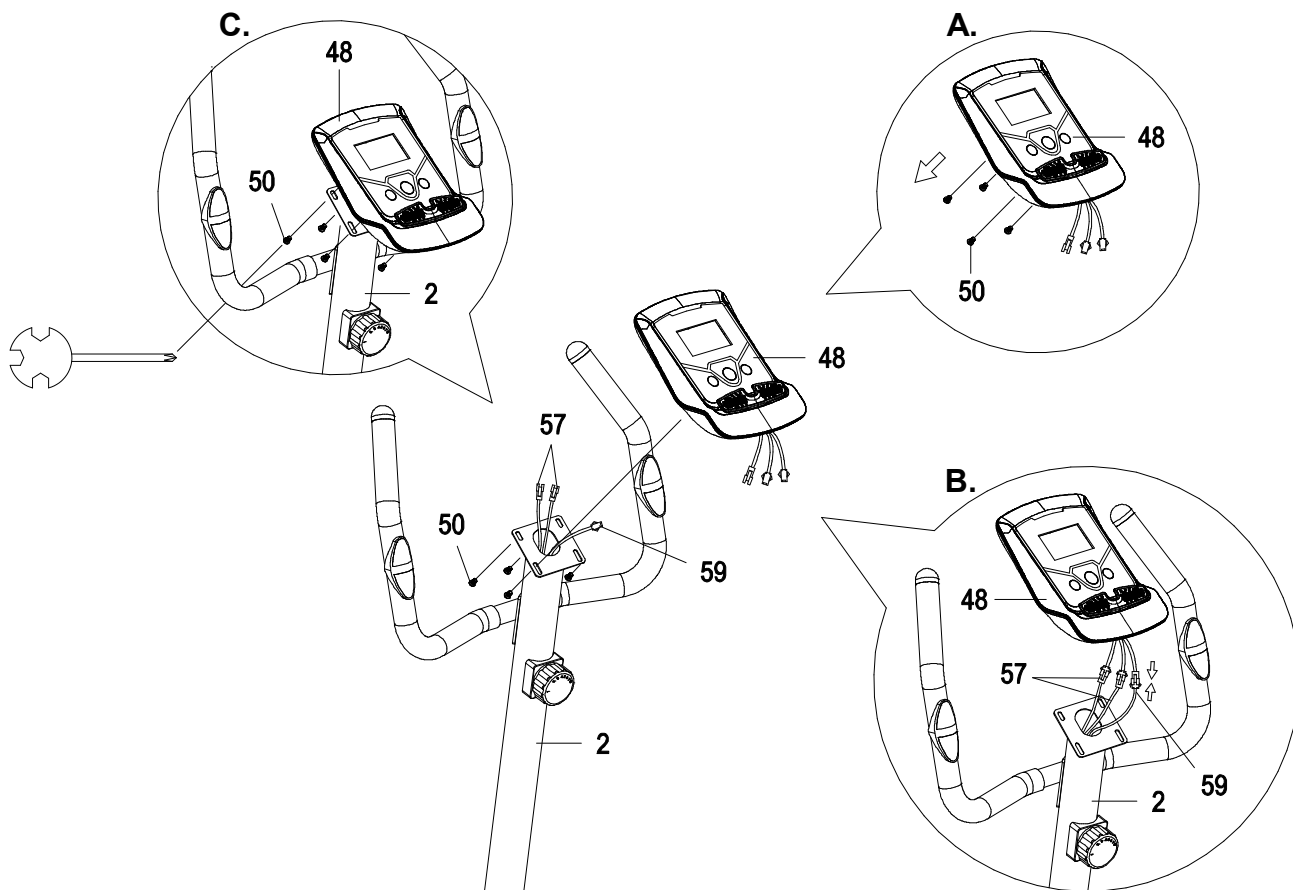
Remove two Curve Washers (52) and two Hexagon Socket Pan Head Cap Bolts (64) from the Handlebar Post (2). Remove bolts with the Allen Wrench provided.



## STEP 10

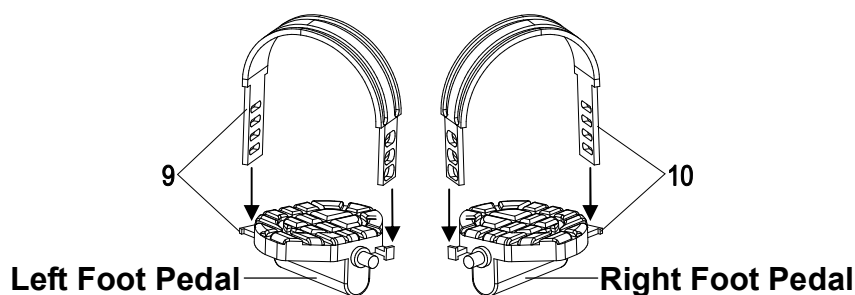
- A.** Insert the Hand Pulse Sensor Wires (57) from the Handlebar (4) through into the hole on the Handlebar Post (2) and pull them out from the top end of the Handlebar Post (2).
- B.** Attach the Handlebar (4) onto the Handlebar Post (2) with two Curve Washers (52) and two Hexagon Socket Pan Head Cap Bolts (64) that were removed. Tighten bolts with the Allen Wrench provided.





## STEP 11

- A.** Remove four Cross Recessed Pan Head Bolts (50) from the Computer (48). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.
- B.** It is recommended to have a second person assist with this step. One person should hold the Computer (48) in place while the other person to connect the wires. Connect the Hand Pulse Sensor Wires (57) and Extension Sensor Wire (59) to the wires that come from the Computer (48). Tuck wires into the Handlebar Post (2).
- C.** Attach the Computer (48) onto the top end of the Handlebar Post (2) with four Cross Recessed Pan Head Bolts (50) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

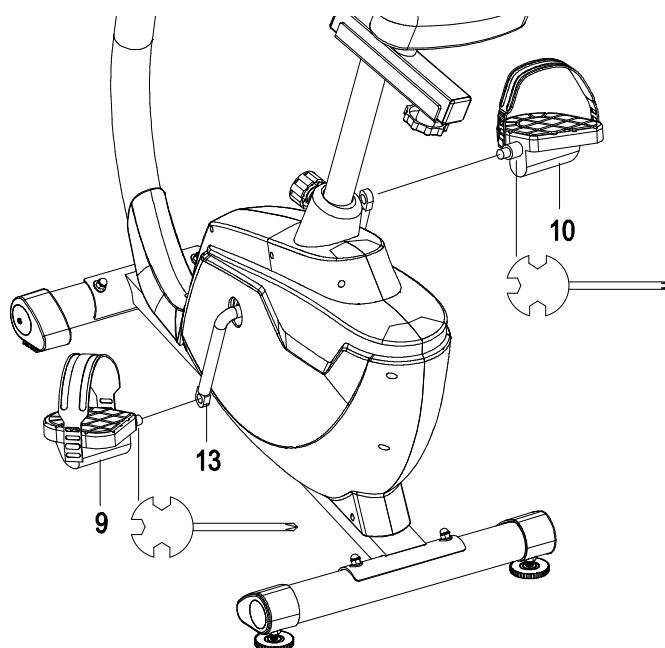


## STEP 12

**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 (9) 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 (9). Snap the other end of the strap onto the outside edge of the Left 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 Right Foot Pedal Strap (10) onto the Right Foot Pedal (10).



## STEP 13

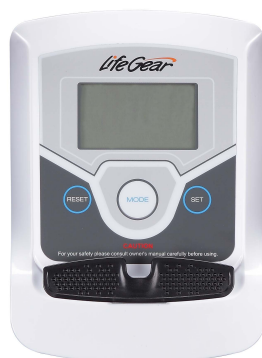
### **Installing the Left Foot Pedal onto the left Crank:**

Insert the Left Foot Pedal (9) perfectly straight into the threaded hole in the left Crank (13). 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 (9). Only tighten in the directions instructed.

### **Installing the Right Foot Pedal onto the right Crank:**

Insert the Right Foot Pedal (10) perfectly straight into the threaded hole in the right Crank (13). 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 (10). Only tighten in the directions instructed.

# OPERATING THE COMPUTER



## USING YOUR COMPUTER

The computer can be activated by pressing one of the three 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 TOTAL data values.

**SET:** Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

**RESET:** Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.

Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero for target pre-setting.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL 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 6 seconds.

**TMR (TIMER):** Displays your elapsed workout time in minutes and seconds.

You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

**SPEED:** Displays the current training speed.

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

You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DST. Press the SET button to change the distance. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.00 to 99.90km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, distance will start to count up immediately and the computer will begin beeping to remind you.

**CAL (CALORIES):** Displays approximate amount of calories burned during workout.

You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

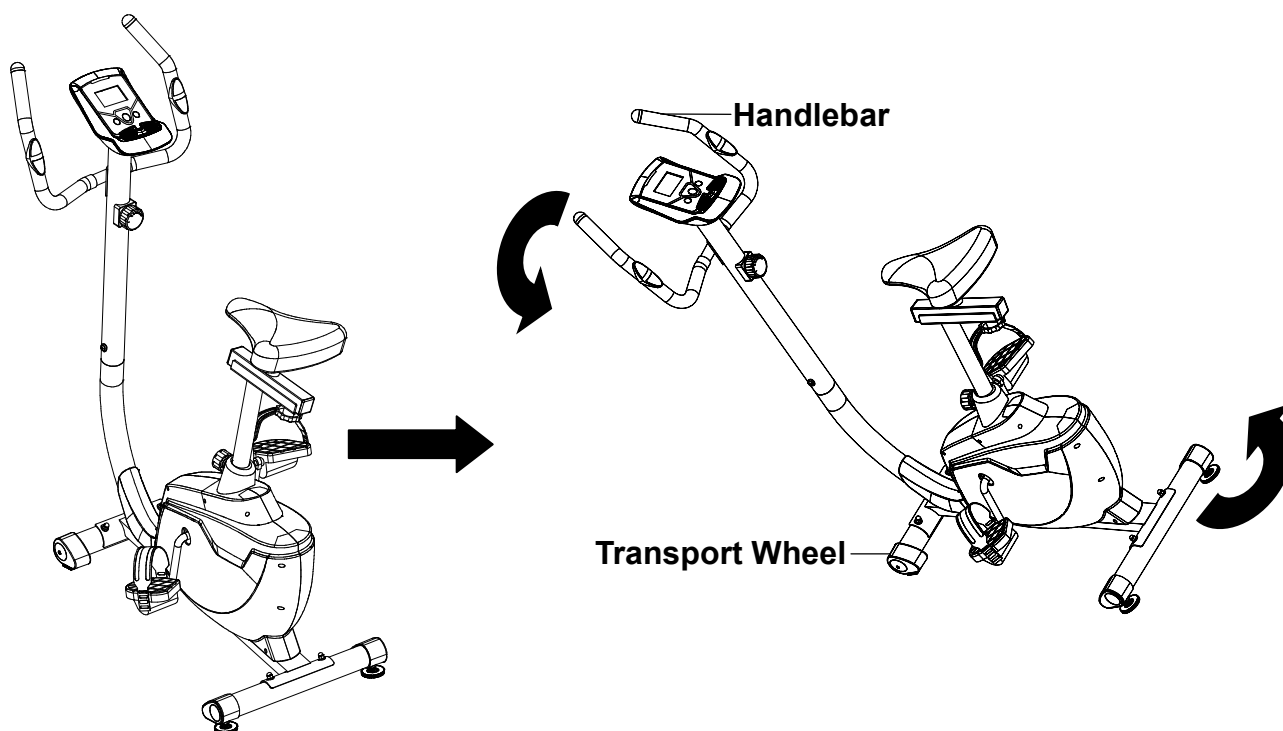
**TOTAL:** Displays the total accumulative distance travelled. The TOTAL data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the TOTAL data values will reset to zero.

**PULSE:** Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse read-out is more precise, please always hold on to the handlebar grip sensors with two hands instead of only one hand when testing your heart rate figures.

#### **HOW TO INSTALL THE BATTERIES:**

1. Remove the battery cover on the back of the computer.
2. Place two size AA 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.

## 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 magnetic 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

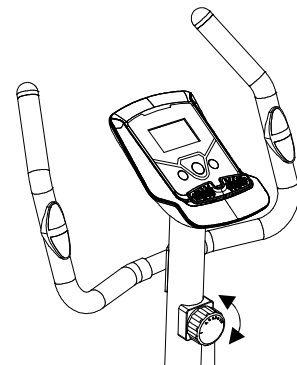
Store the magnetic upright bike in a clean and dry environment away from children.

# ADJUSTMENTS

## Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.

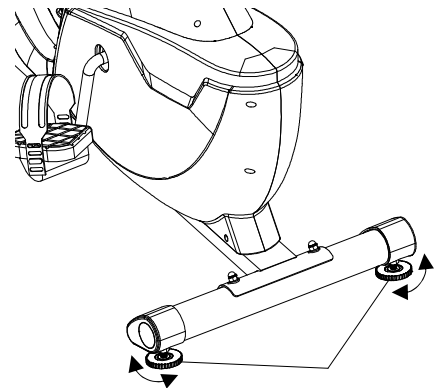
To decrease the tension, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

## Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.

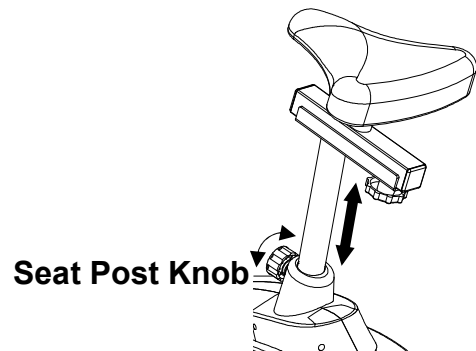


**Adjustable Leveler**

## Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

**NOTE: Do not set the seat post height any higher than the marked line.**

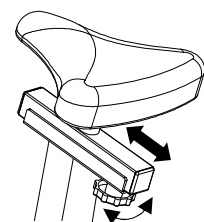


**Seat Post Knob**

## Adjusting the Seat Fore or Aft Position

Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn the seat adjustment knob to tighten.

**NOTE: Continue to turn the seat adjustment knob until the seat sliding tube is secure before exercising.**



**Seat Adjustment Knob**

# TROUBLESHOOTING

**PROBLEM:** The upright bike wobbles when in use.

**SOLUTION:** Turn the adjustable leveler 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 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:** No Speed.

**SOLUTION:** Open the covers and check the sensor to see if it is fix firmly or not. If not, retighten the screws on the sensor.

**SOLUTION:** Open the covers and check sensor wire to see if it is damage or not. If the sensor wire is damaged, change the new sensor with wire. Please connect your local dealer for support.

**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.

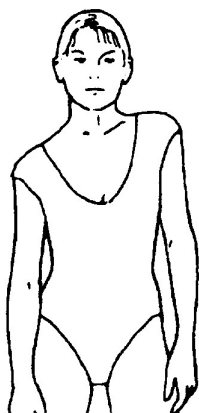
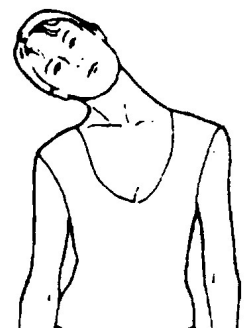
# WARM UP AND COOL DOWN ROUTINE

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. Warming up should 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.

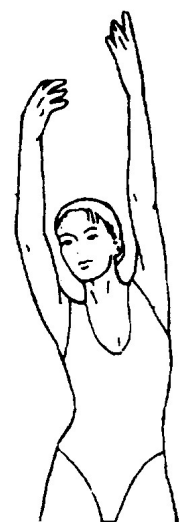
## HEAD ROLLS

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.



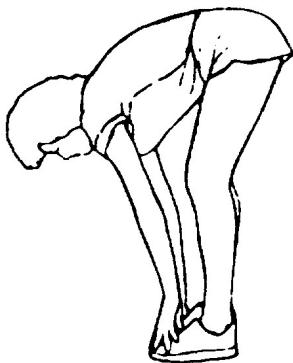


### **QUADRICEPS STRETCH**

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.

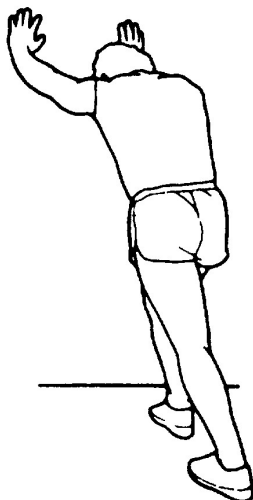
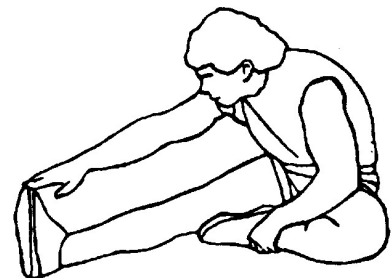


### **TOE TOUCHES**

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 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.