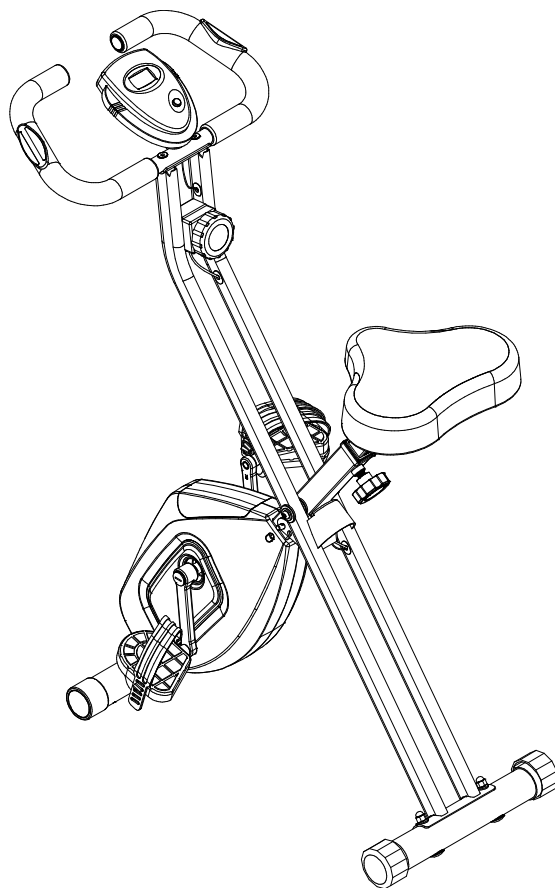


X KROSS ***Magnetic Upright Bike***

ITEM NO.: 21055

LifeGear

Get active for life



OWNER'S MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

2024, Nov.

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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

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

1. Read and follow all instructions carefully before using this equipment. Ensure the equipment is properly assembled and tightened before use.
2. To prevent muscle injury, warm-up exercises are recommended before exercising.
3. Ensure all parts are undamaged and securely fastened before use. Place the equipment on a flat surface when in use; using a mat or other covering material on the ground is recommended.
4. Wear appropriate clothing and shoes when using this equipment. Avoid wearing clothing that may catch on any part of the equipment, and ensure the pedaling straps are securely fastened.
5. Perform only the maintenance and adjustments described in this manual. If any issues arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is intended for household use only; it is not for commercial use.
8. Only one person should use this equipment at a time.
9. If you experience chest pain, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
10. Use caution when mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away while in use. This machine is designed for adult use only. Ensure a minimum of two meters of free space around the equipment for safe operation.
12. This product's maximum weight capacity is 100 kg.

WARNING: Before beginning any exercise program, consult your physician, especially if you are over 35 years old or have pre-existing health conditions. Read all instructions before using this equipment. Do not operate without proper guards in place, as exposed moving parts may cause serious injury.

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

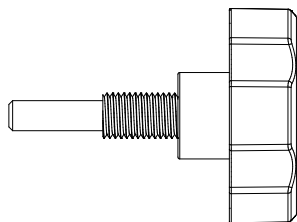
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front Frame	1	025	Computer Console	1
002	Rear Frame	1	026	Handlebar End Cap Ø25	2
003	Handlebar	1	027	Wire Grommet 22x16	2
004	Rear Stabilizer Ø50x1.5Tx360	1	028	Seat Post Plastic Bushing (□38x38)	1
005	Seat Post	1	029	Rubber Pad	1
006	Flywheel	1	030	Hexagon Nut M10	2
007	Belt Pulley with Crank Axle Ø155	1	031	Eyebolt M6x50	2
008	Belt Pulley Ø150	1	032	Tension Bracket	2
009	Belt 230/J3	2	033	Nylon Nut M6	2
010	Hand Pulse Sensor	2	034	Axle Ø13x94	1
011	Left Cover	1	035	Top Cover	1
012	Right Cover	1	036	Bearing 6000Z	2
013	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x15	4	037	Plastic Washer Ø10.5xØ14xT1.0	1
014	Rear Stabilizer End Cap Ø50	2	038	Special Nut M10	1
015	Front Stabilizer End Cap Ø50	2	039	Cross Recessed Pan Head Bolt M6x10	6
016	Tension Control Knob (L=1080 mm)	1	040	Bearing Cup Ø74x2	2
017	Seat Cushion	1	041	C-ring Ø17	6
018	Left Foot Pedal (1/2")	1	042	Bearing Bracket Ø74xØ35x12	2
019	Right Foot Pedal (1/2")	1	043	Bearing 6003Z	2
020	Left Crank (5")	1	044	Sensor with Wire (L=150 mm)	1
021	Right Crank (5")	1	045	Cross Recessed Pan Head Tapping Screw ST4.2x20	5
022	Crank Cover	2	046	Extension Sensor Wire (L=970 mm)	1
023	Seat Height Adjustment Knob M12	1	047	Hexagon Head Bolt M6x25	1
024	Handlebar Foam Grip Ø33xØ23x420	2	048	Hexagon Nut M6	1

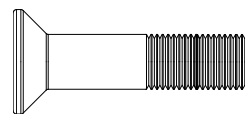
PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Nylon Nut M10	1	065	Hexagon Cap Nut M8	4
050	Washer Ø10	1	066	France Nut M10	2
051	Idle Wheel Axle	1	067	Washer Ø8xØ16x1.5T	3
052	Bearing 6202	1	068	Nylon Nut M8	3
053	C-ring Ø15	1	069	Hexagon Socket Countersunk Head Bolt M8x35	2
054	Wire Grommet Ø12	1	070	Washer Ø5xØ9x0.8T	2
055	Spring Ø8xØ0.8x50	1	071	Cross Recessed Countersunk Head Tapping Screws ST4.2x20	2
056	Magnet Bracket	1	072	Cross Recessed Pan Head Bolt M4x10	1
057	Hexagon Socket Pan Head Cap Bolt M8x15	2	073	Lock Pin Ø8x60	1
058	Big Washer Ø8xØ24x2.0T	2	074	Magnet 20x20x16 (N)	5
059	Bushing Ø28xØ16x10	6	075	Magnet Spacer Grid	1
060	Axle Ø16x96	1	076	Magnet 20x20x16 (S)	5
061	Cross Recessed Pan Head Bolt M5x20	1	077	Cross Recessed Pan Head Tapping Screw ST3x12	5
062	Big Washer Ø5xØ15	1	078	Cross Recessed Pan Head Bolt M5x10	1
063	Front Stabilizer Ø50x1.5Tx295	1	079	Hand Pulse Sensor Wire (L= 450 mm)	1
064	Curve Washer Ø8	4	080	Cross Recessed Pan Head Tapping Screw ST3.5x16	2

HARDWARE & COMPONENT LIST

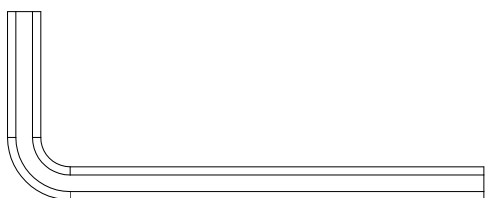


(23) Seat Height Adjustment Knob
1 PC

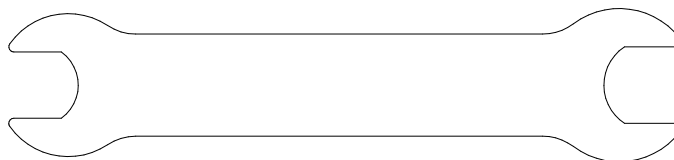


(69) Hexagon Socket
Countersunk Head Bolt
2 PCS

TOOLS

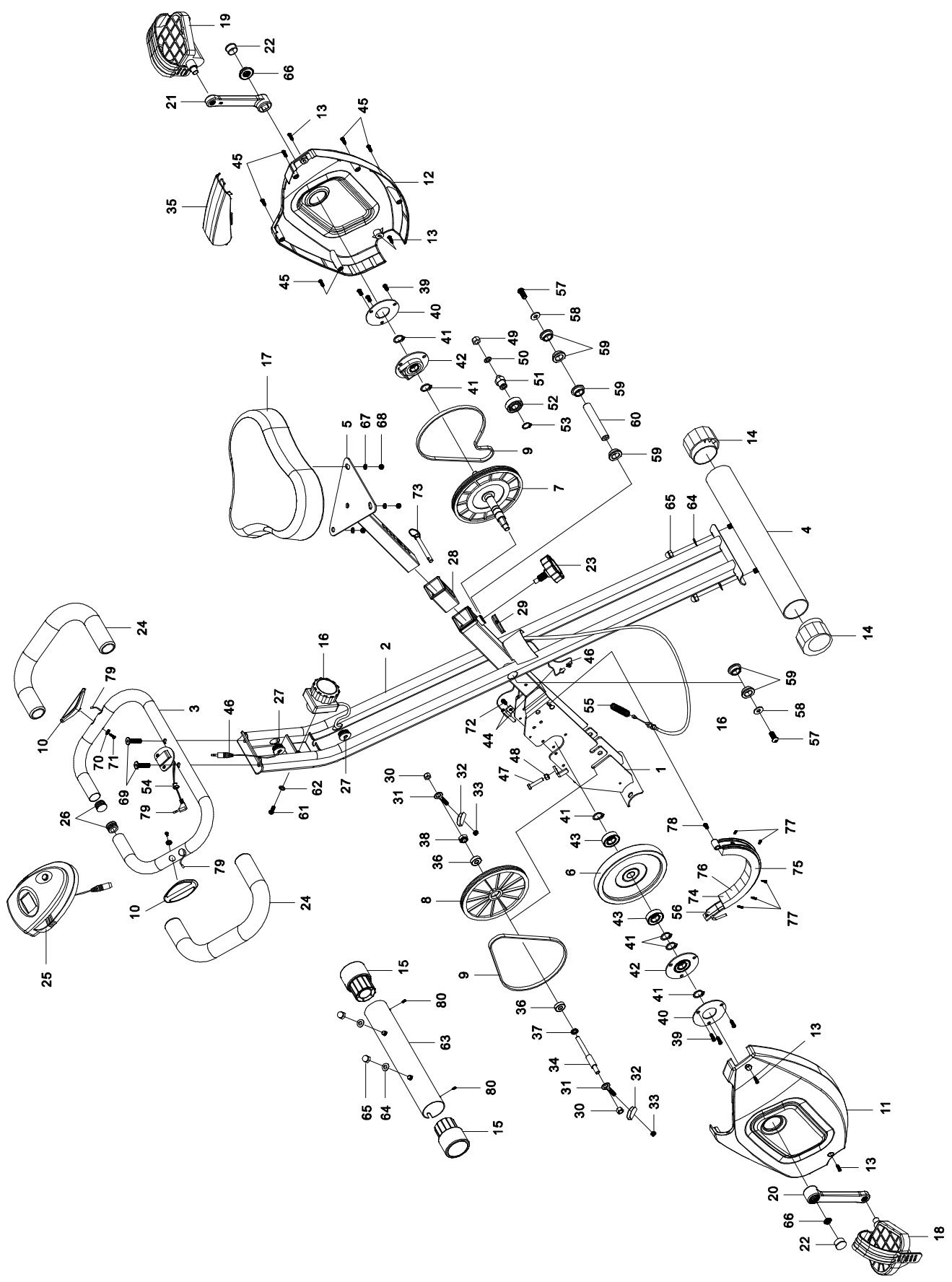


Allen Wrench S5
1 PC

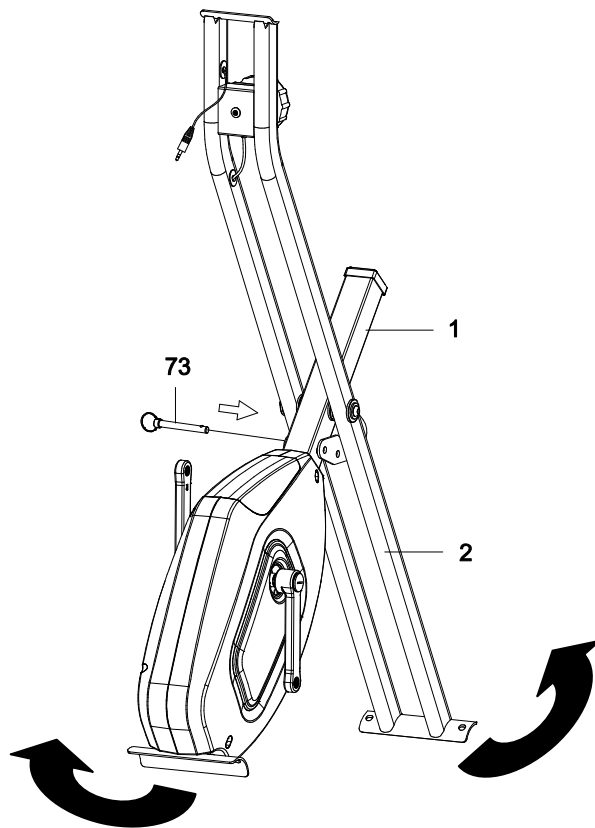


Double Open End Wrench
1 PC

EXPLODED VIEW

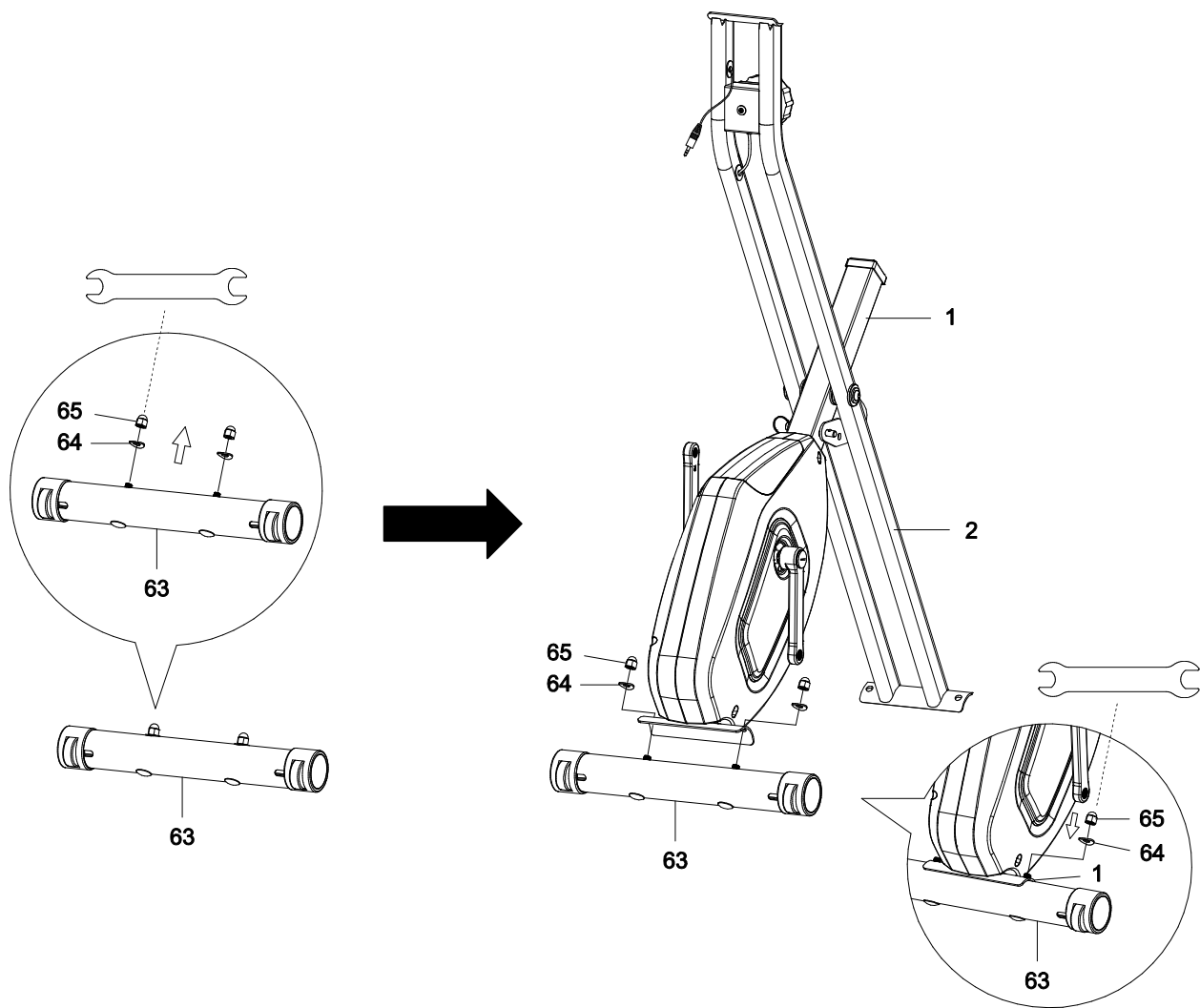


ASSEMBLY INSTRUCTIONS



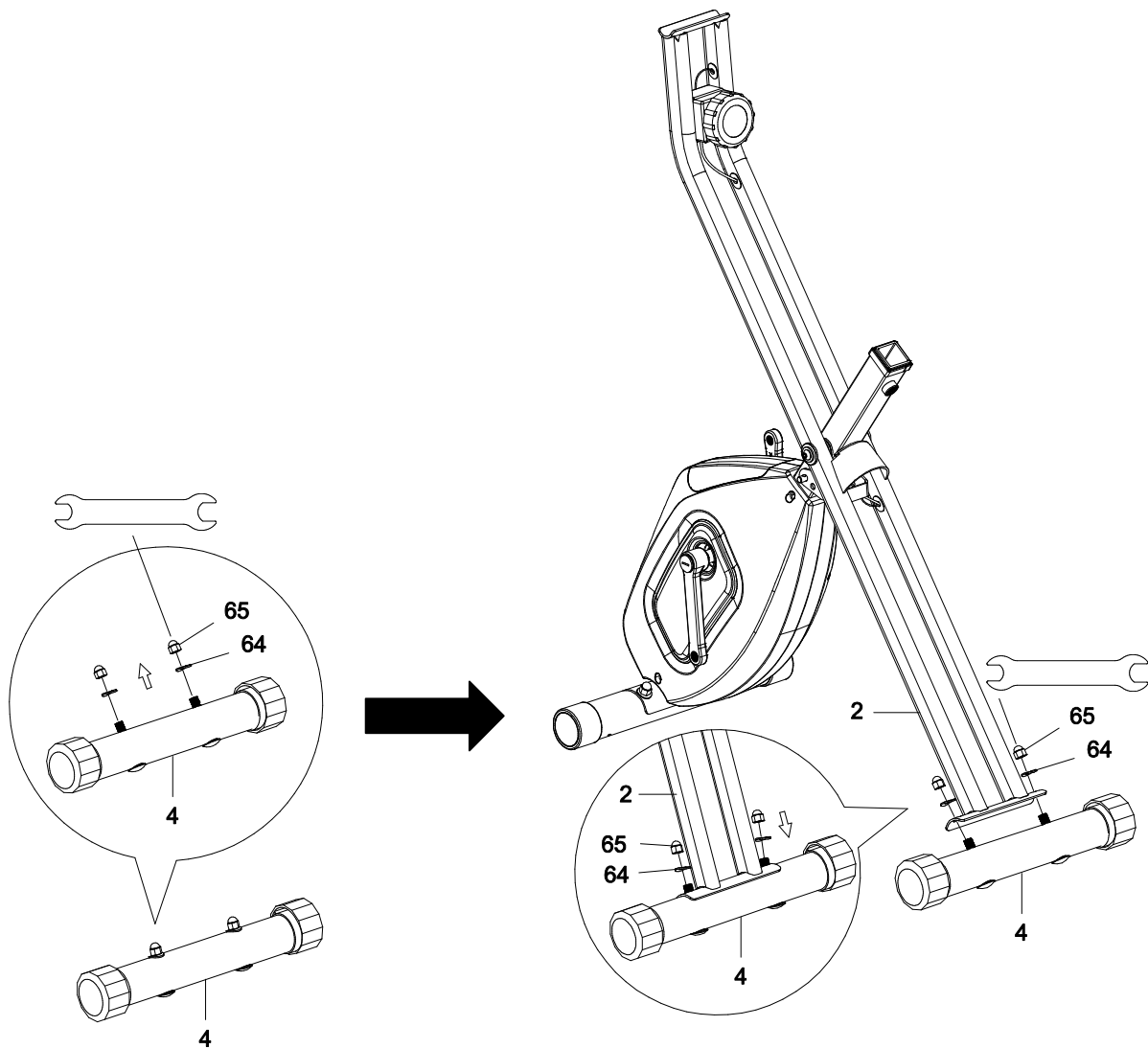
STEP 1

Remove the Lock Pin (73) from the bike. Extend the Front and Rear Frames (1, 2) until the pin holes align, then insert the Lock Pin (73) to secure the Front and Rear Frames (1, 2).



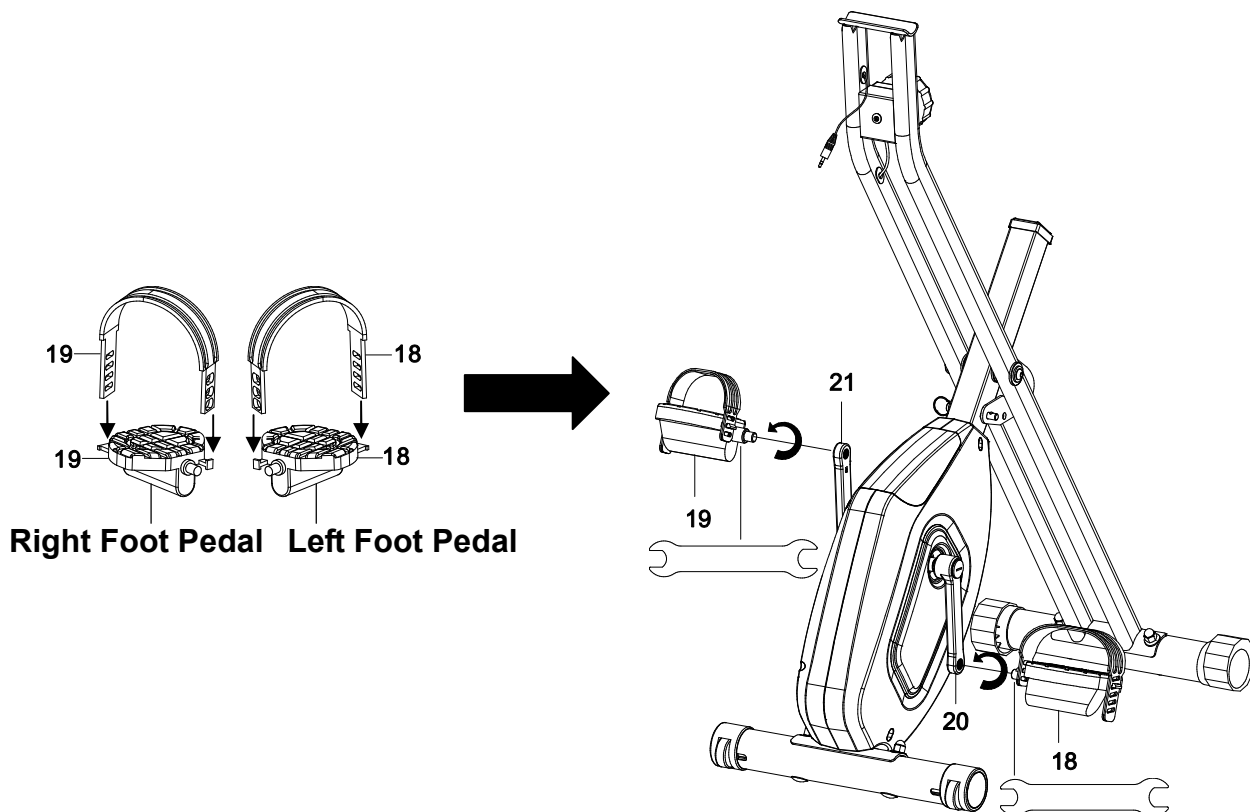
STEP 2

Detach two Curve Washers (64) and two Hexagon Cap Nuts (65) from the Front Stabilizer (63) using the Double Open End Wrench provided. Position the Front Stabilizer (63) under the Front Frame (1), align the bolt holes, and reattach the two Curve Washers (64) and two Hexagon Cap Nuts (65), tightening with the Double Open End Wrench.



STEP 3

Detach two Curve Washers (64) and two Hexagon Cap Nuts (65) from the Rear Stabilizer (4) using the Double Open End Wrench provided. Position the Rear Stabilizer (4) under the Rear Frame (2), align the bolt holes, and reattach the two Curve Washers (64) and two Hexagon Cap Nuts (65), tightening with the Double Open End Wrench.



STEP 4

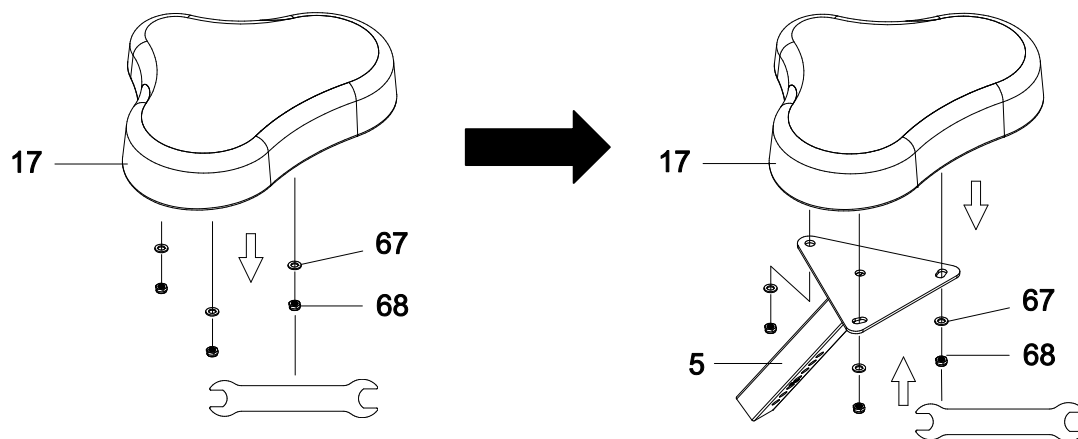
The Foot Pedals and Pedal Straps are marked “R” for Right and “L” for Left.

Select the Left Foot Pedal Strap (18) with 'L' marked on the side. Snap the three-hole end of the strap onto the inside edge of the Left Foot Pedal (18), then snap the other end onto the outside edge of the pedal. Choose adjustment holes that allow your foot to be easily removed from the pedal. Use the same procedure to attach the Right Foot Pedal Strap (19) to the Right Foot Pedal (45).

Insert the pedal shaft of the Left Foot Pedal (18) into the threaded hole in the Left Crank (20), turning it by hand counterclockwise until snug.

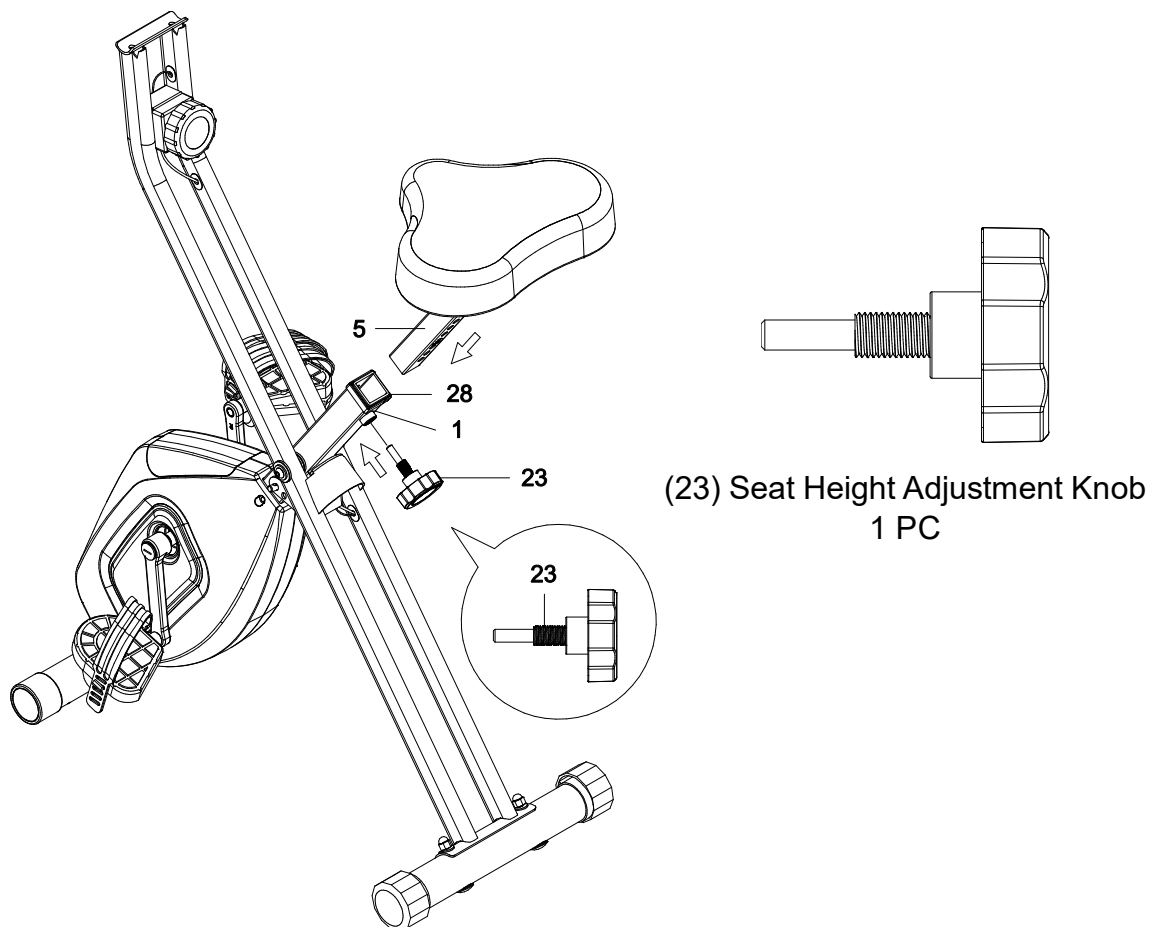
Note: Do not turn the pedal shaft clockwise, as this will strip the threads.

Tighten the Left Foot Pedal (18) with the provided Double Open End Wrench. Insert the pedal shaft of the Right Foot Pedal (19) into the threaded hole in the Right Crank (21), turning it by hand clockwise until snug, then tighten with the Double Open End Wrench.



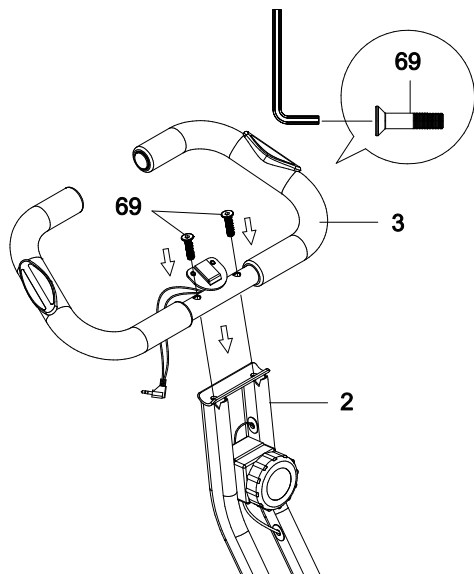
STEP 5

Remove the three Nylon Nuts (68) and three Washers (67) from the underside of the Seat Cushion (17) using the provided Double Open End Wrench. Guide the bolts on the underside of the Seat Cushion (17) through the holes on top of the Seat Post (5), then reattach the three Nylon Nuts (68) and Washers (67). Tighten the nylon nuts with the Double Open End Wrench.

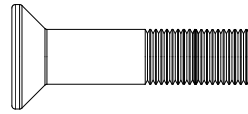


STEP 6

Insert the Seat Post (5) into the Seat Post Plastic Bushing (28) located on the Front Frame (1) tube. Secure the Seat Post (5) at the desired height by attaching the Seat Height Adjustment Knob (23) to the Front Frame (1) tube and turning it clockwise.



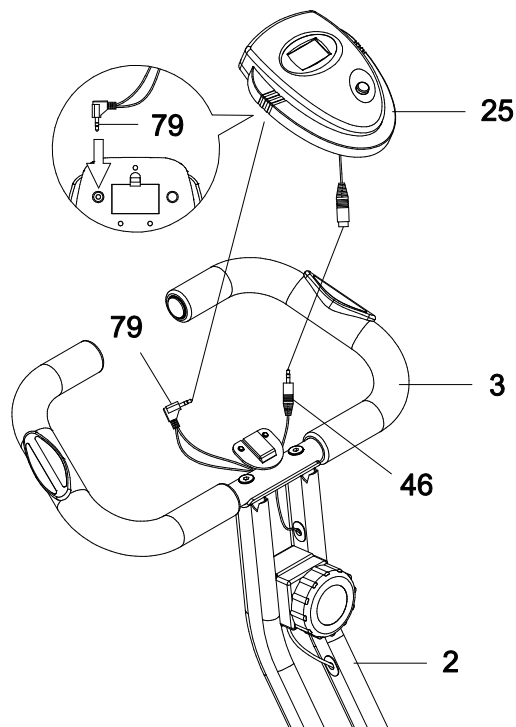
Hardware:



(69) Hexagon Socket
Countersunk Head Bolt
2 PCS

STEP 7

Attach the Handlebar (3) to the curved plate of the Rear Frame (2) using two Hexagon Socket Countersunk Head Bolts (69). Tighten the bolts with the provided Allen Wrench.



STEP 8

With the help of a second person, hold the Computer Console (25) near the mounting area on the Handlebar (3). Connect the Extension Sensor Wire (46) from the Rear Frame (2) to the wire that comes from the Computer Console (25), and plug the Hand Pulse Sensor Wire (79) into the back of the Computer Console (25).

Slide the Computer Console (25) onto the Handlebar (3) mount.

OPERATING THE COMPUTER

USING YOUR COMPUTER

Activate the computer by pressing the MODE button or by pedaling. If idle for 4-5 minutes, it will automatically power off.

BUTTON FUNCTIONS:

Press the MODE button to select the functions of the computer.

Press and hold the MODE button for 2-3 seconds to reset all data values to zero.



COMPUTER FUNCTIONS:

SCAN: Automatically cycles through each function.

TIME: Displays workout time.

SPEED: Shows current speed.

DISTANCE: Shows cumulative distance.

CALORIE: Displays approximate calories burned.

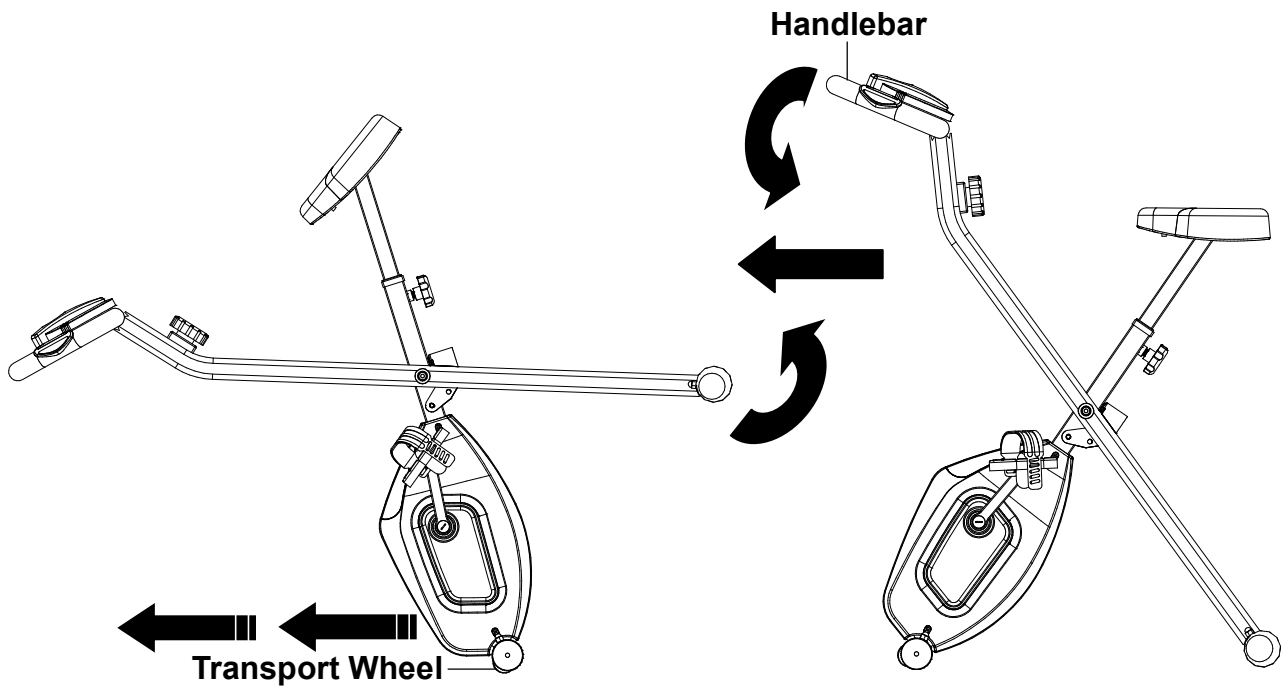
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

PULSE: Displays heart rate when both hands are on the pulse sensors. To ensure a more precise pulse reading, always hold the handlebar pulse sensors with both hands rather than just one hand when testing your heart rate.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two AA batteries into the battery housing.
3. Ensure batteries are correctly positioned, and the battery springs are in proper contact with batteries.
4. Reinstall the battery cover.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.

HOW TO MOVE THE BIKE



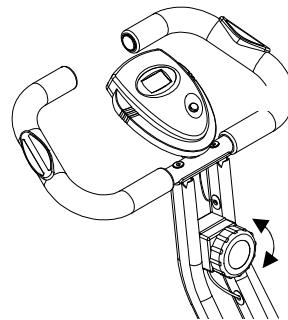
To move the bike, grasp the Handlebar and tilt it onto its Transport Wheels.

NOTE: Always use a second person for assistance.

ADJUSTMENTS

Adjusting the Tension Control Knob

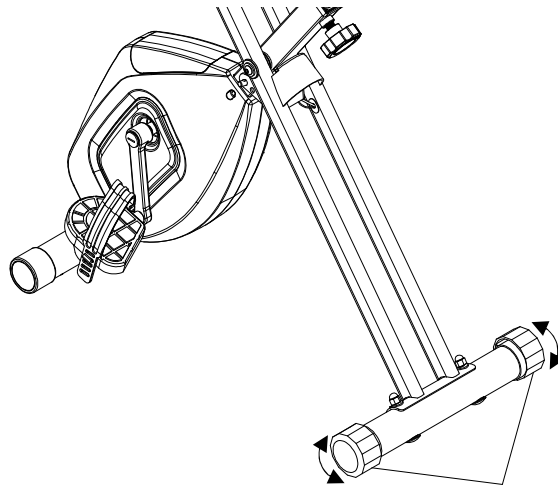
Turn clockwise to increase tension and counterclockwise to decrease.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike.

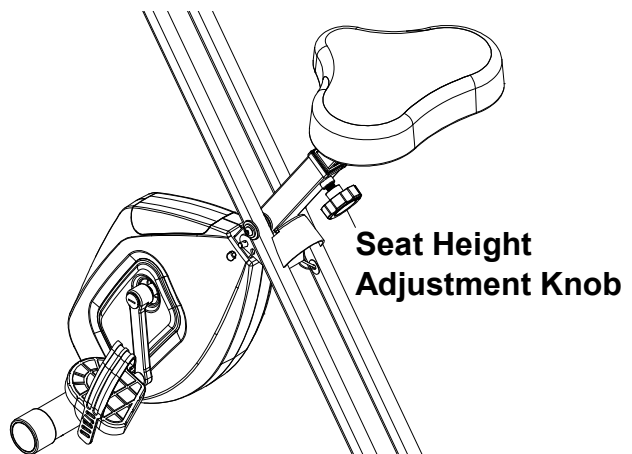


Rear Stabilizer End Cap

Adjusting the Seat Height

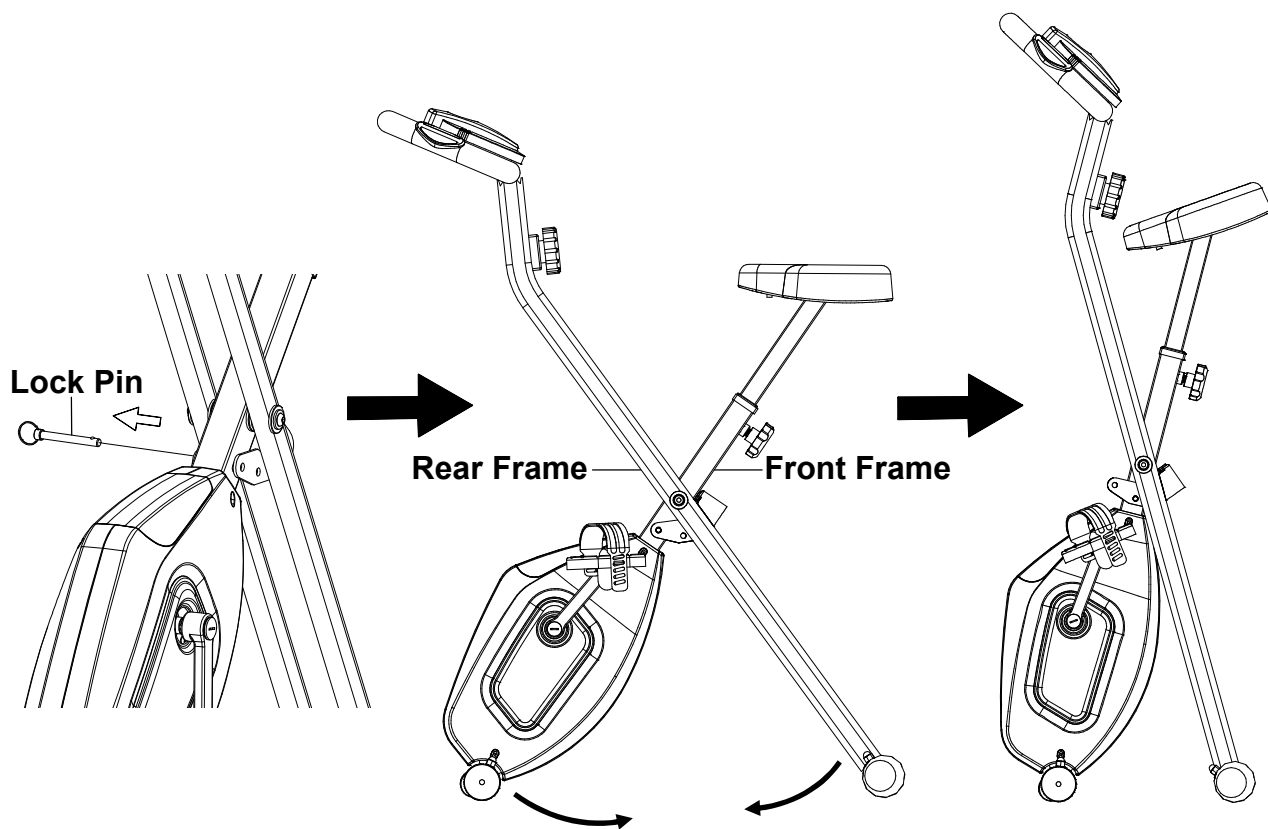
Loosen the seat height adjustment knob until the seat post can be slid up or down, slide the seat post to the desired height, and retighten.

NOTE: Do not exceed the STOP line on the seat post.



Seat Height Adjustment Knob

STORAGE



For your convenience, the bike can be folded and stored in a storage area.

1. Pull out the Lock Pin from the bike.
2. Push the Front and Rear Frames together until they meet.
3. Align the pin holes and insert the Lock Pin to secure the Front and Rear Frames in place.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Wipe perspiration off the 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 failure.

Keep the bike, especially the computer console, out of direct sunlight to prevent screen damage.

Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness weekly.

Storage

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

TROUBLESHOOTING

PROBLEM: The bike wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Ensure the wire from the computer console is properly connected to the wire from the rear frame.

SOLUTION: Check if the batteries are correctly positioned and if the battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead; replace them with new batteries.

PROBLEM: There is no heart rate reading, or the reading is erratic/inconsistent.

SOLUTION: Ensure the hand pulse sensor wire from the handlebar is properly plugged into the back of the computer console.

SOLUTION: For more accurate pulse readings, always hold both handlebar grip sensors instead of just one when testing heart rate.

SOLUTION: Avoid gripping the hand pulse sensors too tightly. Try to maintain moderate pressure while holding the sensors.

PROBLEM: The bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the bike. Inspect and tighten any loose bolts.

If these troubleshooting steps do not resolve the problem, discontinue use of the bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

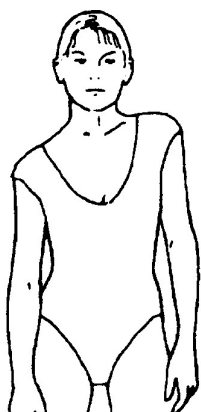
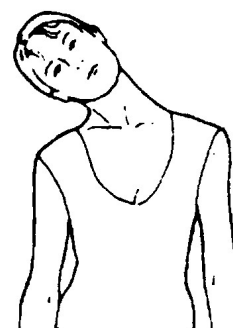
WARM UP AND COOL DOWN ROUTINE

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.

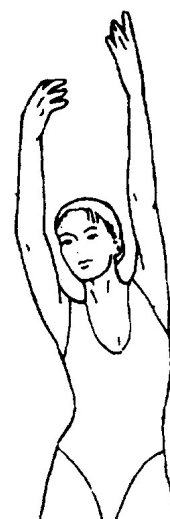
HEAD ROLLS

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.

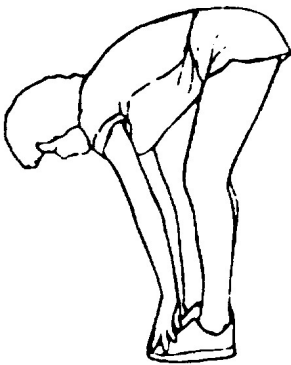


QUADRICEPS STRETCH

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.

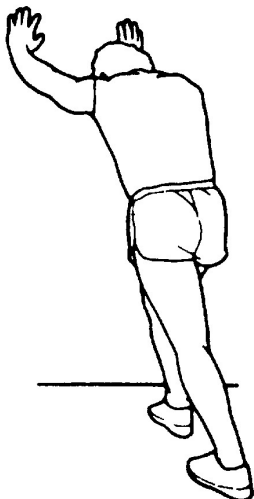
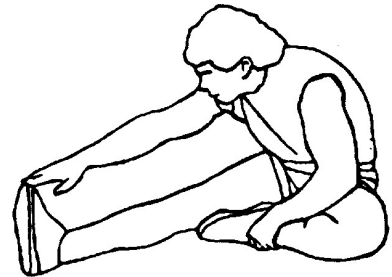


TOE TOUCHES

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.