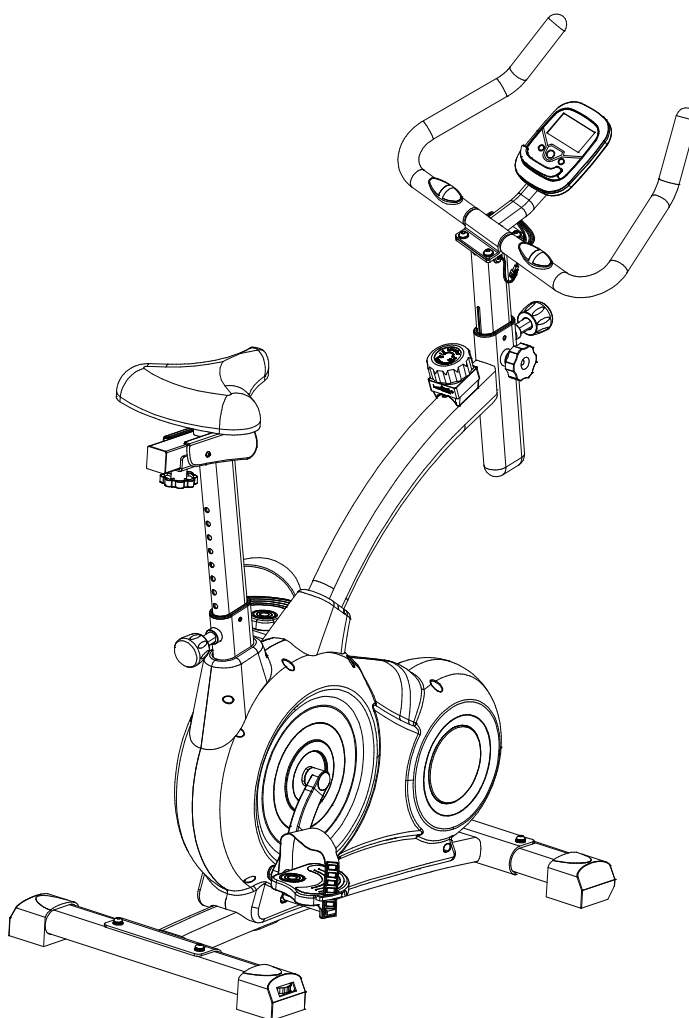


# ***2 IN 1; UPRIGHT / SPINNING BIKE***

***ITEM NO.: 23001***

***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, Aug.

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS KIT -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
ADJUSTMENTS -----	18
TRANSPORTING THE UPRIGHT BIKE -----	21
OPERATING THE COMPUTER CONSOLE -----	22
MAINTENANCE -----	24
TROUBLESHOOTING -----	24
WARM UP AND COOL DOWN ROUTINE -----	25

# 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 120 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.

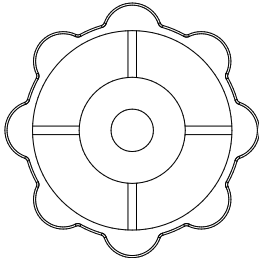
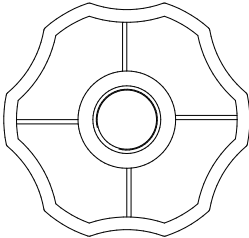

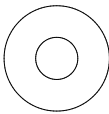
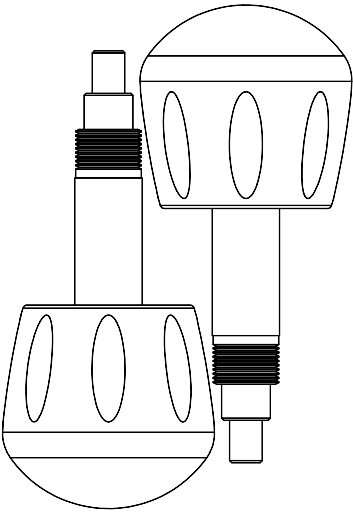
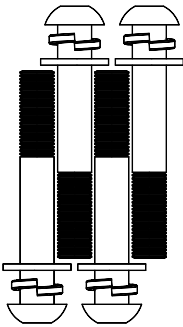
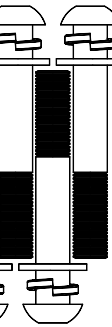
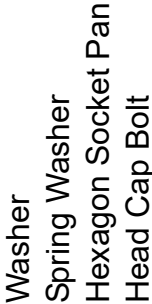

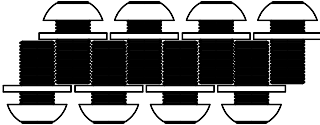
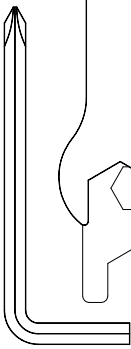
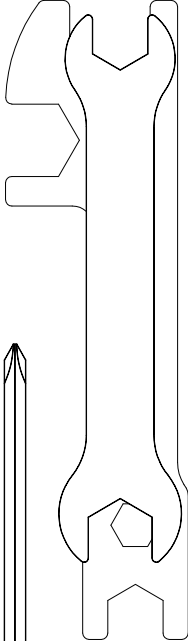
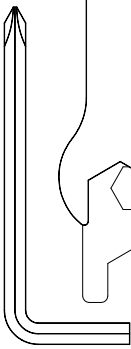
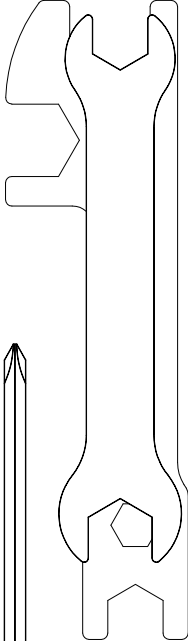
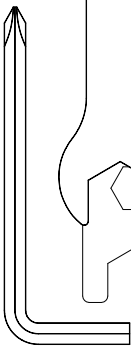
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	032	Front Cover Ø129x9.5	2
002	Front Stabilizer	1	033	Right Cover	1
003	Rear Stabilizer	1	034	Front Right Stabilizer End Cap	1
004	Handlebar Post	1	035	Front Left Stabilizer End Cap	1
005	Seat Post	1	036	Flange Nut M10xP1.0x7.0t	2
006	Seat Sliding Tube	1	037	Hexagon Head Bolt M6x12	3
007	Handlebar	1	038	Washer Ø6	3
008	Idler Arm	1	039	Spacer Ø8.5xØ6.1x4.2	3
009	Belt Pulley Shaft	1	040	Spring Ø19xØ3x80	1
010	Front Post	1	041	Spacer Ø14xØ10.1x2.0	1
011	U Bracket for Seat Sliding Tube	1	042	Cross Recessed Flat Head Bolt M6x12	1
012	Rear Stabilizer End Cap	2	043	Bearing 6000	2
013	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x19	9	044	Hexagon Nut M10xP1.0x5.7t	2
014	Washer Ø8	15	045	Flywheel	1
015	Spring Washer Ø8	4	046	Tension Cable (L=1400 mm)	1
016	Hexagon Socket Pan Head Cap Bolt M8x55	4	047	Left Seat Post Cover	1
017	Sensor Wire	1	048	Right Seat Post Cover	1
018	Bearing 6004	2	049	Left Crank	1
019	Magnet Ø18x9	1	050	Clip Ø20	1
020	Spacer Ø25xØ20.1x4.2	1	051L	Left Foot Pedal	1
021	Nylon Nut M6	4	051R	Right Foot Pedal	1
022	Spring Washer Ø6	4	052L	Nylon Nut 9/16" for Left Foot Pedal	1
023	Belt Pulley Ø260/J6	1	052R	Nylon Nut 9/16" for Right Foot Pedal	1
024	Belt 440 PJ6	1	053	Left Cover	1
025	Hexagon Head Bolt M6x15	4	054	Round Knob M16x1.5	2
026	Right Crank	1	055	Hexagon Socket Pan Head Cap Bolt M8x15	10
027	Flange Nut M10xP1.25	2	056	Curve Washer Ø16xØ8x1.5t	2
028	Crank Cover	2	057	Plastic Bushing 80x40	2
029	Wave Washer Ø26xØ20x0.3t	1	058	Front Post Cover	1
030	Crank Cap Ø178x9.5	2	059	Seat Adjustment Knob M10	1
031	Cross Recessed Pan Head Tapping Screw ST4.2x20	11	060	Washer Ø25xØ10x2.0t	1

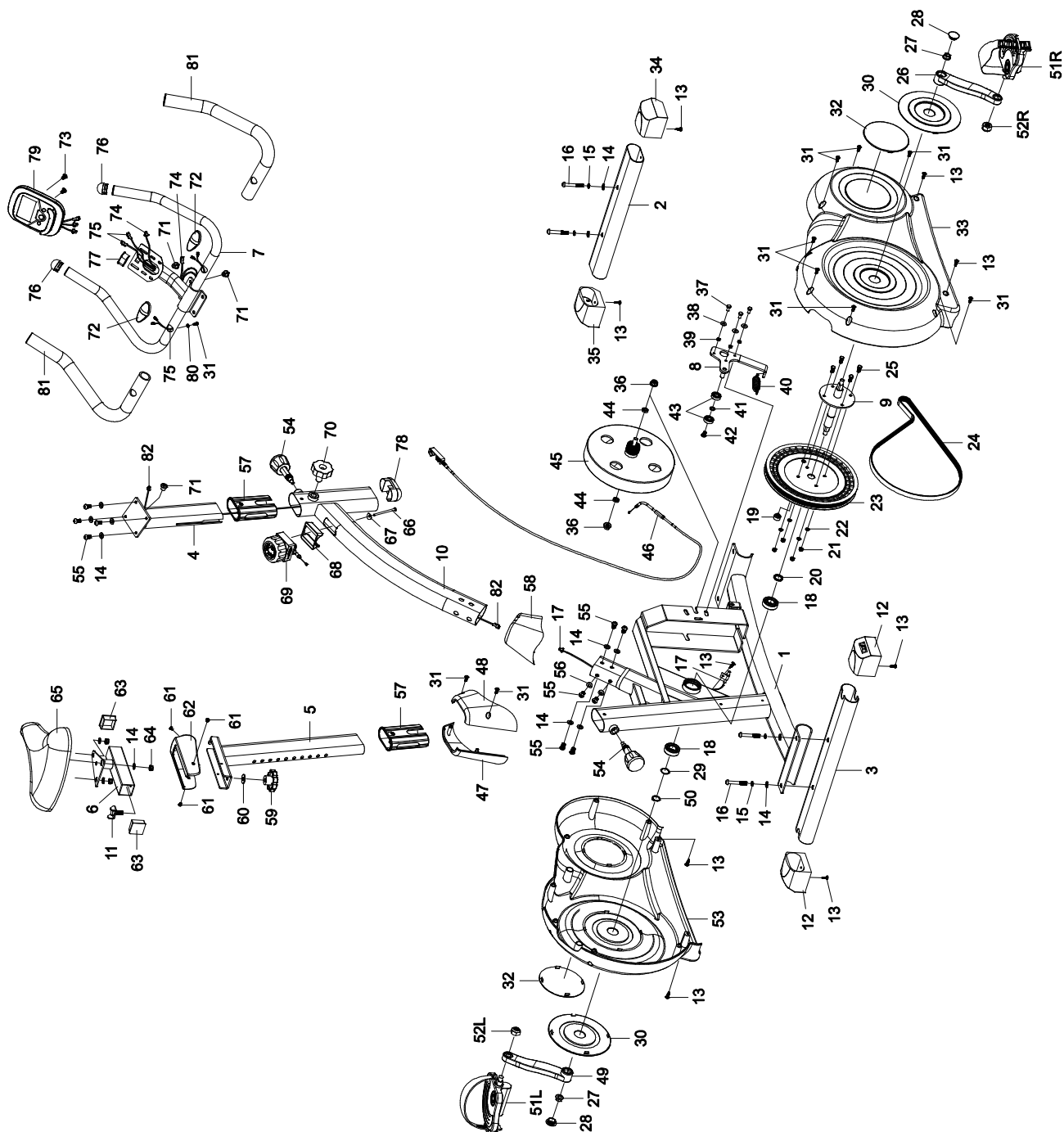
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Cross Recessed Pan Head Bolt M5x6	3	072	Hand Pulse Sensor	2
062	Seat Sliding Tube Cover	1	073	Cross Recessed Pan Head Bolt M5x12	2
063	Seat Sliding Tube Square End Cap (□38x38)	2	074	Sensor Extension Wire I (L=300 mm)	1
064	Nylon Nut M8	3	075	Hand Pulse Sensor Wire (L=800 mm)	2
065	Seat	1	076	Handlebar End Cap Ø28.6	2
066	Cross Recessed Pan Head Bolt M5x75	1	077	Oval End Cap (40x20)	1
067	Curve Washer Ø5	1	078	Oval End Cap (80x40)	1
068	Tension Control Knob Bracket	1	079	Computer Console	1
069	Tension Control Knob	1	080	Washer Ø4	2
070	Lock Knob M10	1	081	Handlebar Foam Grip Ø32xØ26x740	2
071	Wire Grommet Ø12.1	3	082	Sensor Extension Wire (L=1100 mm)	1

HARDWARE AND TOOLS KIT

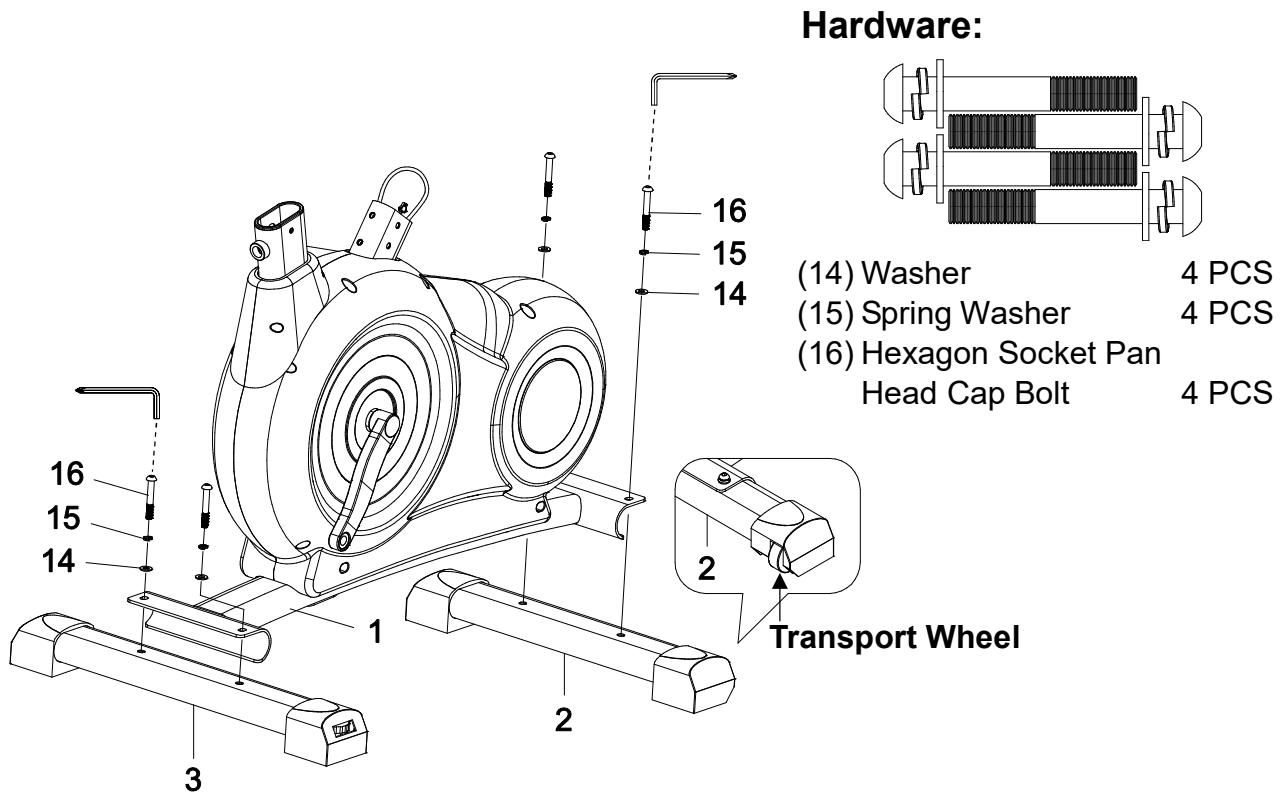
				(59) Seat Adjustment Knob	1 PC	(70) Lock Knob	1 PC
				(55) Hexagon Socket Pan Head Cap Bolt	2 PCS	(56) Curve Washer	2 PCS
				(60) Washer	1 PC	(14) Washer	4 PCS
				(15) Spring Washer	4 PCS	(16) Hexagon Socket Pan Head Cap Bolt	4 PCS
				(54) Round Knob	2 PCS	(14) Washer	8 PCS
				Allen Wrench with Phillips	1 PC	(55) Hexagon Socket Pan Head Cap Bolt	8 PCS
				Screwdriver 5 mm	1 PC	Head Cap Bolt	8 PCS
				Multi Hex Tool	1 PC		
				Double Open End Wrench	1 PC		

# EXPLODED VIEW





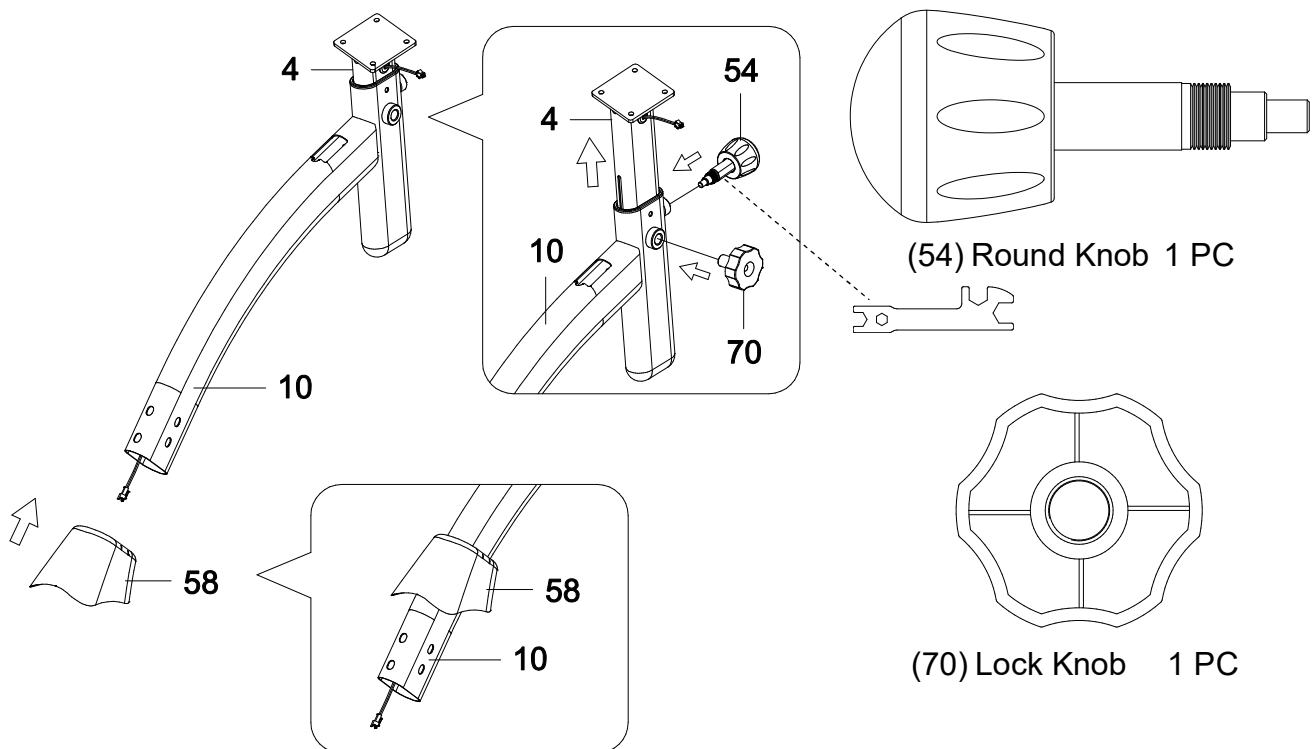
# ASSEMBLY INSTRUCTIONS



## STEP 1

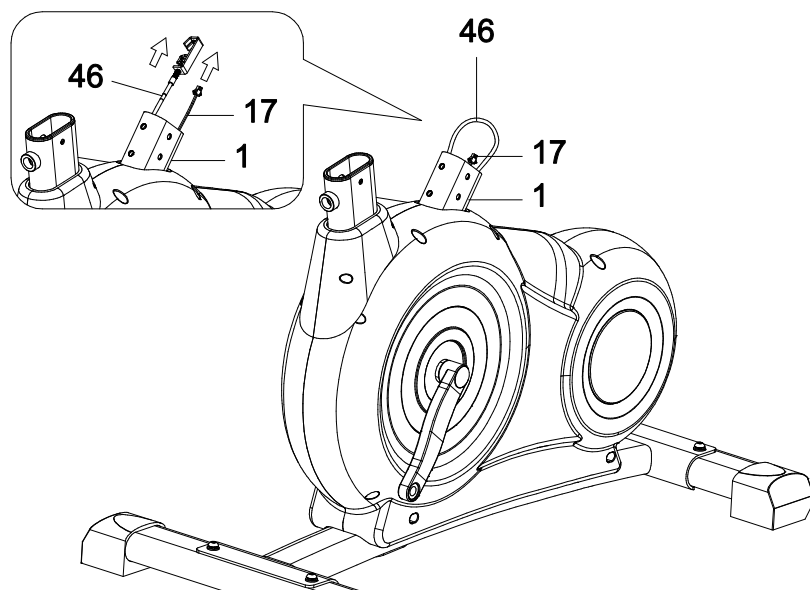
Position the Front Stabilizer (2) with the Transport Wheels in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve of the Main Frame (1) with two Hexagon Socket Pan Head Cap Bolts (16), two Spring Washers (15), two Washers (14). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Position the Rear Stabilizer (3) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) with two Hexagon Socket Pan Head Cap Bolts (16), two Spring Washers (15), two Washers (14). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



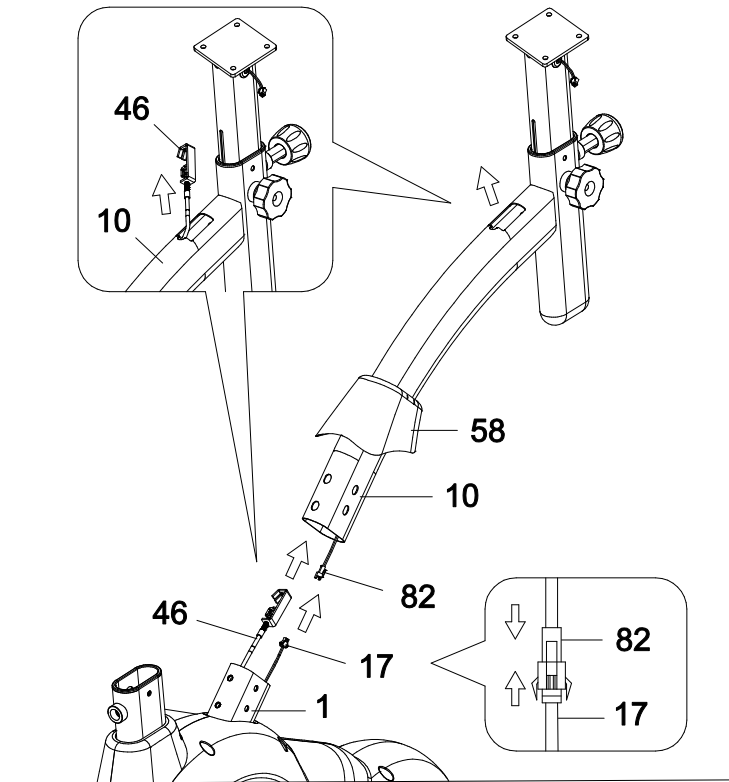
## STEP 2

Pull the Handlebar Post (4) up and align knob holes. Insert the Round Knob (54) into the threaded hole of the Front Post (10). Turn the Round Knob (54) in a clockwise direction making sure that the Round Knob (54) catches one of the height adjustment holes on the Handlebar Post (4) before you start fully tightening the Round Knob (54) in a clockwise direction with the Multi Hex Tool provided. Finally, Insert the Lock Knob (70) into the threaded hole of the Front Post (10). Turn the Lock Knob (70) in a clockwise direction to secure the Handlebar Post (4) in place. Slide the Front Post Cover (58) up to the Front Post (10).



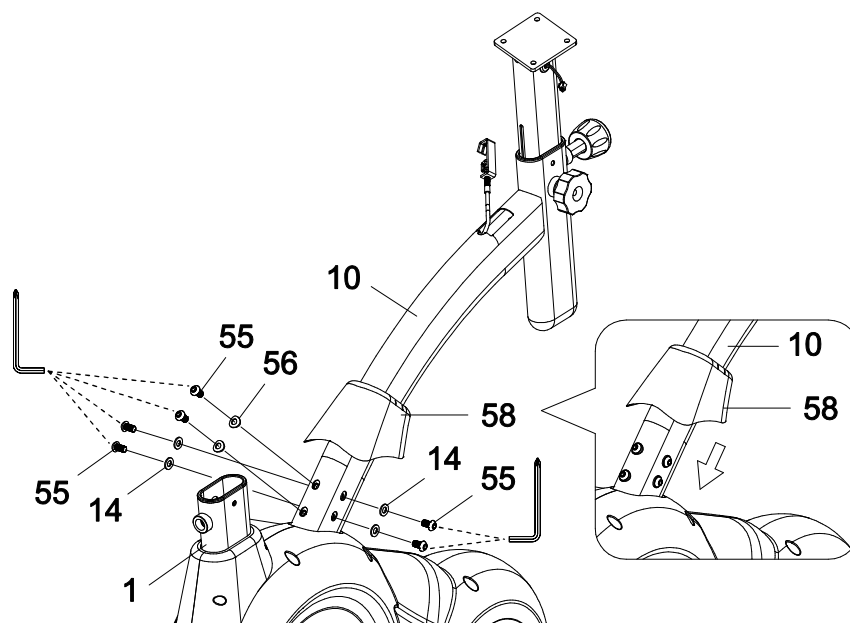
## STEP 3

Pull both Sensor Wire (17) and Tension Cable (46) out from the tube of the Main Frame (1).



#### STEP 4

It is recommended to have a second person assist with this step. One person should hold the Front Post (10) in place while the other person to insert and connect the wires. Insert the Tension Cable (46) through into the bottom hole of the Front Post (10) and pull it out from the square hole of the Front Post (10). Connect the Sensor Wire (17) from the Main Frame (1) to the Sensor Extension Wire (82) from the Front Post (10).



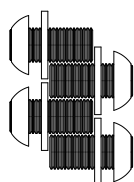
### STEP 5

Slide the Front Post (10) onto the Main Frame (1) and align bolt holes.

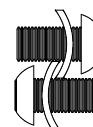
Attach the Front Post (10) onto the tube of the Main Frame (1) with six Hexagon Socket Pan Head Cap Bolts (55), four Washers (14), and two Curve Washers (56). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Slide the Front Post Cover (58) down to the Main Frame (1).

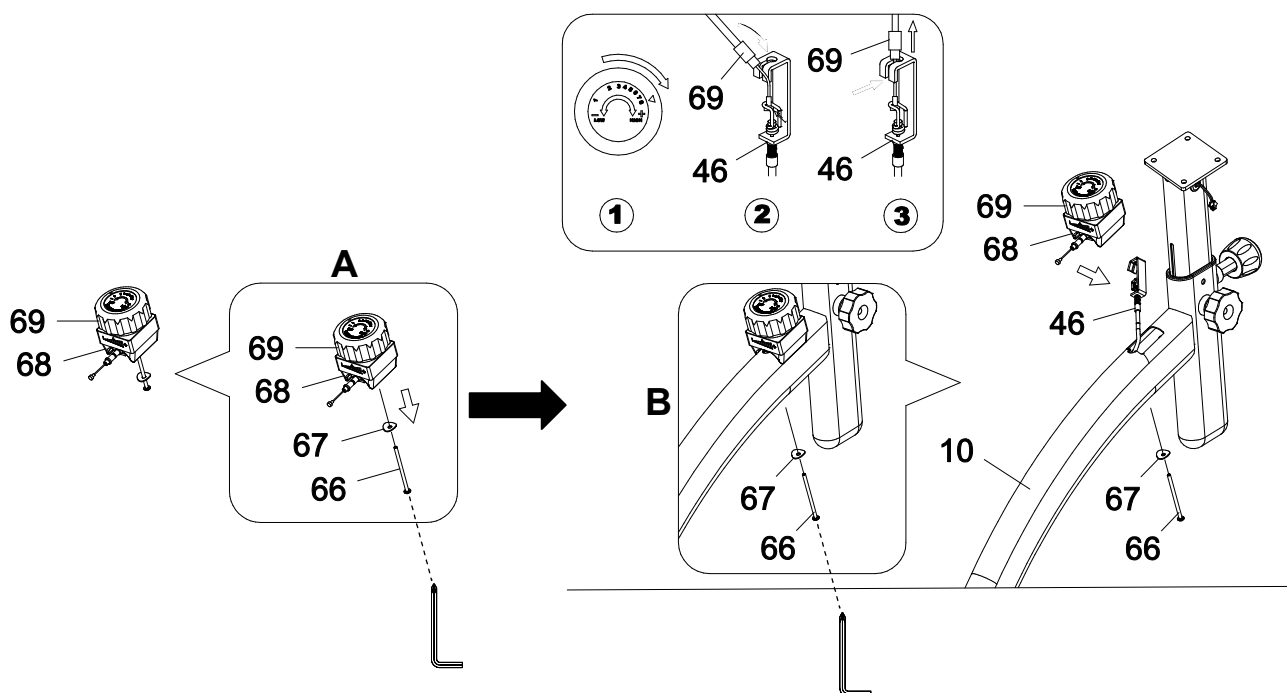
### Hardware:



(14) Washer	4 PCS
(55) Hexagon Socket Pan Head Cap Bolt	4 PCS



(55) Hexagon Socket Pan Head Cap Bolt	2 PCS
(56) Curve Washer	2 PCS



## STEP 6

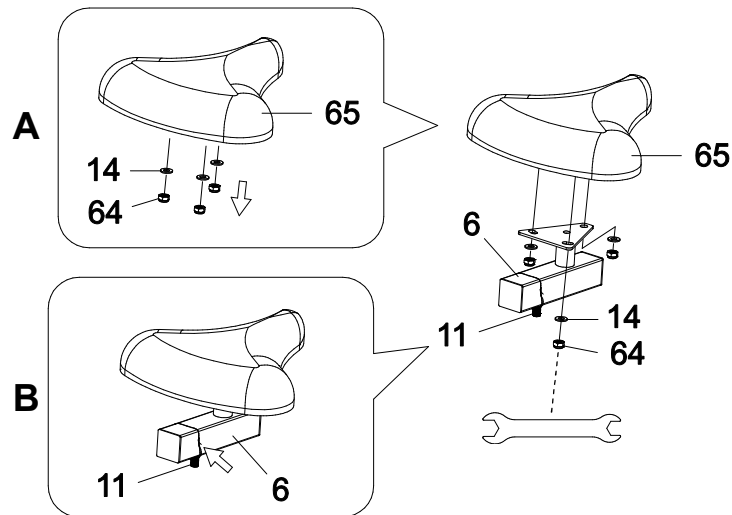
Remove one Cross Recessed Pan Head Bolt (66) and one Curve Washer (67) from the Tension Control Knob (69). Remove bolt with the Allen Wrench with Phillips Screwdriver provided. See Figure A.

Turn the Tension Control Knob (69) to its highest setting. See Figure 1.

Put the cable end of resistance cable of Tension Control Knob (69) into the cable lock of Tension Cable (46). Pull the resistance cable of Tension Control Knob (69) up and force it into the slot of metal bracket of Tension Cable (46). See Figure 2.

Insert the metal fitting on the resistance cable of Tension Control Knob (69) into the hole at the end of the slot in the metal bracket of Tension Cable (46). See Figure 3. Tuck the excess cable of the Tension Control Knob (69) and the Tension Cable (46) inside of the Front Post (10).

Attach the Tension Knob (69) with the Tension Control Knob Bracket (68) onto the Front Post (10) with one Cross Recessed Pan Head Bolt (66) and one Curve Washer (67) that were removed from the Tension Control Knob (69). Tighten bolt with the Allen Wrench with Phillips Screwdriver provided. See Figure B.

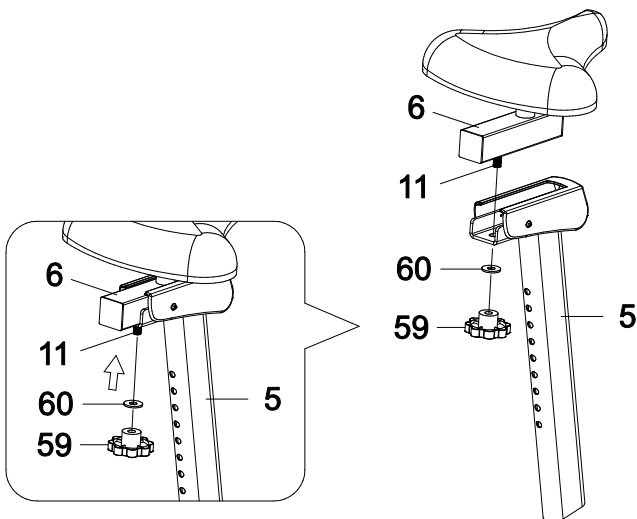


### STEP 7

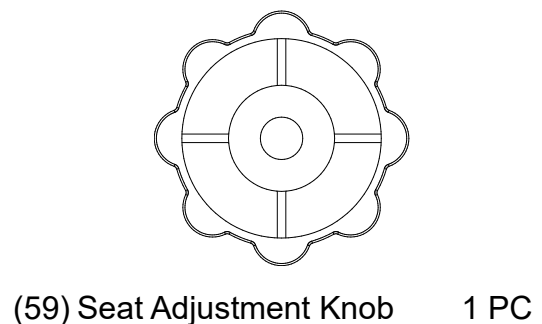
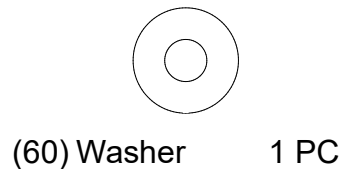
Remove three Nylon Nuts (64) and three Washers (14) from the Seat (65). Remove nylon nuts with the Double Open End Wrench provided. See Figure A.

Untie the String from the Seat Sliding Tube (6). See Figure B.

Attach the Seat (65) onto the Seat Sliding Tube (6) with three Nylon Nuts (64) and three Washers (14) that were removed. Tighten nylon nuts with the Double Open End Wrench provided.



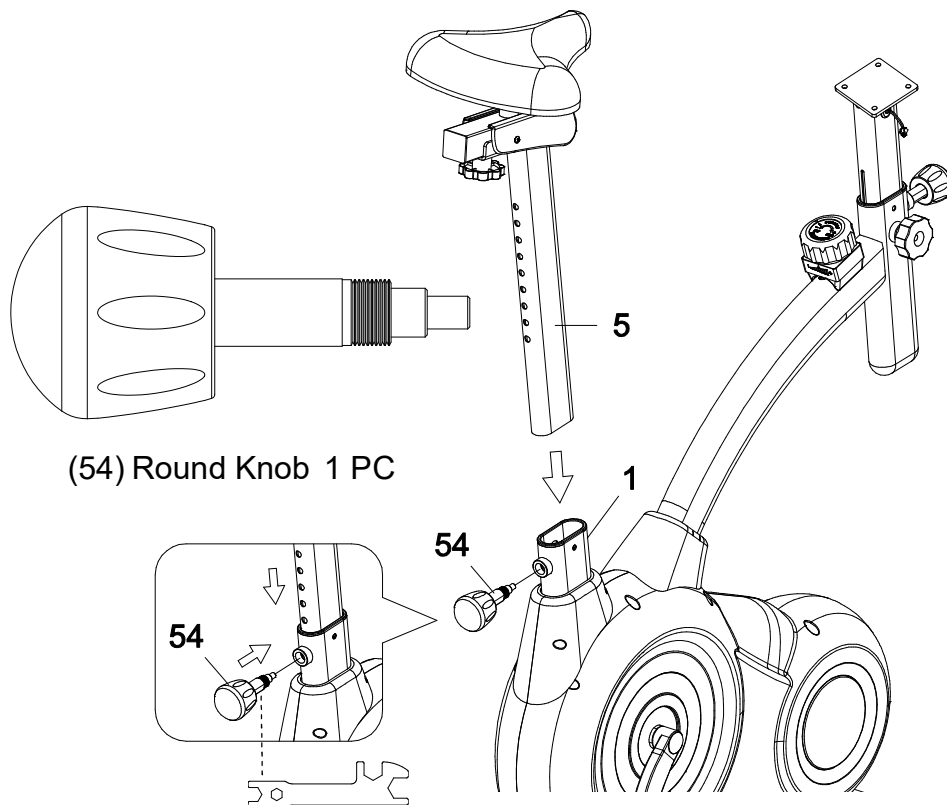
### Hardware:



### STEP 8

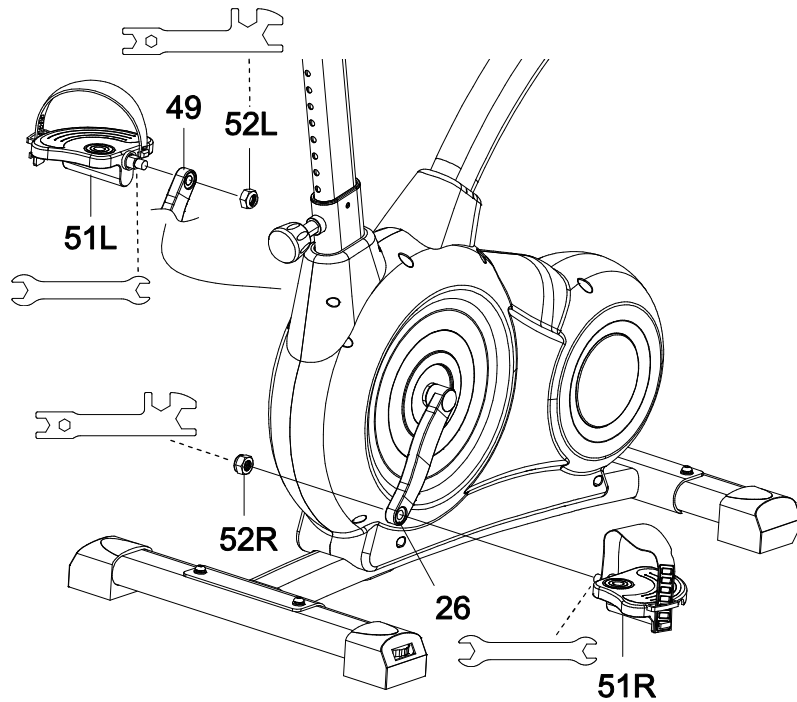
Attach the Seat Sliding Tube (6) with U Bracket for Seat Sliding Tube (11) onto the Seat Post (5) with one Washer (60) and one Seat Adjustment Knob (59).

Tighten the Seat Adjustment Knob (59) onto the U Bracket for Seat Sliding Tube (11) by turning it in a clockwise direction to secure the Seat Adjustment Knob (59) in place.



## STEP 9

Insert the Seat Post (5) into the tube of the Main Frame (1) and align knob holes. Then insert the Round Knob (54) into the threaded hole of the Main Frame (1). Turn the Round Knob (54) in a clockwise direction making sure that the Round Knob (54) catches one of the height adjustment holes on the Seat Post (5) before you start fully tightening the Round Knob (54) in a clockwise direction with the Multi Hex Tool provided.



## STEP 10

**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.

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

Remove one Nylon Nut for Right Foot Pedal (52R) from the Right Foot Pedal (51R).

Remove nylon nut with the Multi Hex Tool provided.

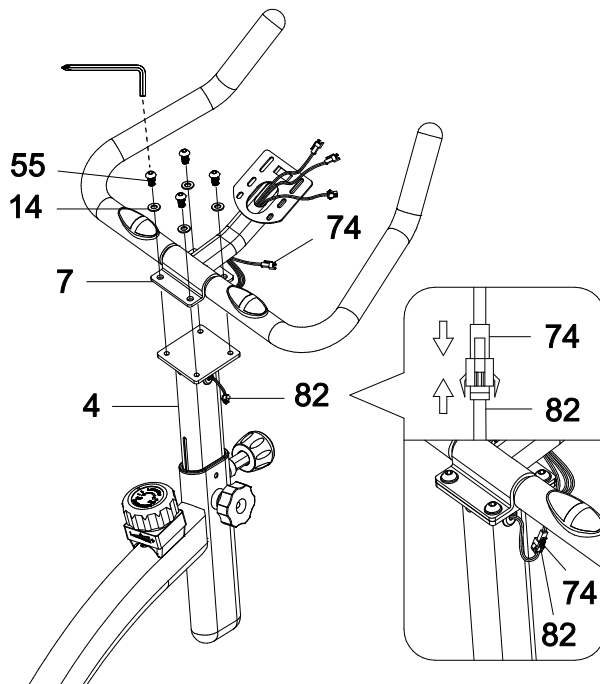
Insert the Right Foot Pedal (51R) perfectly straight into the threaded hole in the Right Crank (26). Turn the pedal shaft by hand in a clockwise direction until snug. Use the Double Open End Wrench to fully tighten the Right Foot Pedal (51R). Attach removed one Nylon Nut for Right Foot Pedal (52R) to the protruding shaft in a counterclockwise direction. Use both Multi Hex Tool and Double Open End Wrench to simultaneously tighten the Right Foot Pedal (51R) and the Nylon Nut for Right Foot Pedal (52R). Only tighten in the directions instructed.

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

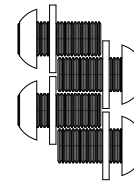
Remove one Nylon Nut for Left Foot Pedal (52L) from the Left Foot Pedal (51L). Remove nylon nut with the Multi Hex Tool provided.

Insert the Left Foot Pedal (51L) perfectly straight into the threaded hole in the Left Crank (49). Turn the pedal shaft by hand in a counterclockwise direction until snug. Use the Double Open End Wrench to fully tighten the Left Foot Pedal (51L). Attach removed one Nylon Nut for Left Foot Pedal (52L) to the protruding shaft in a clockwise direction. Use both Multi Hex Tool and Double Open End Wrench to simultaneously tighten the Left Foot Pedal (51L) and the Nylon Nut for Left Foot Pedal (52L). Only tighten in the directions instructed.





### Hardware:

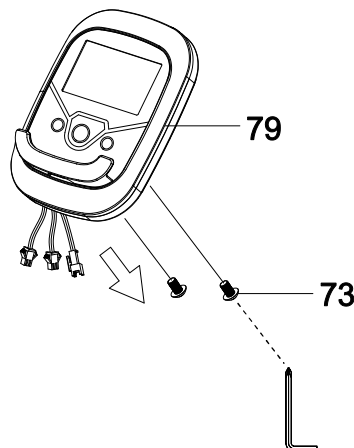


(14) Washer	4 PCS
(55) Hexagon Socket Pan Head Cap Bolt	4 PCS

### STEP 11

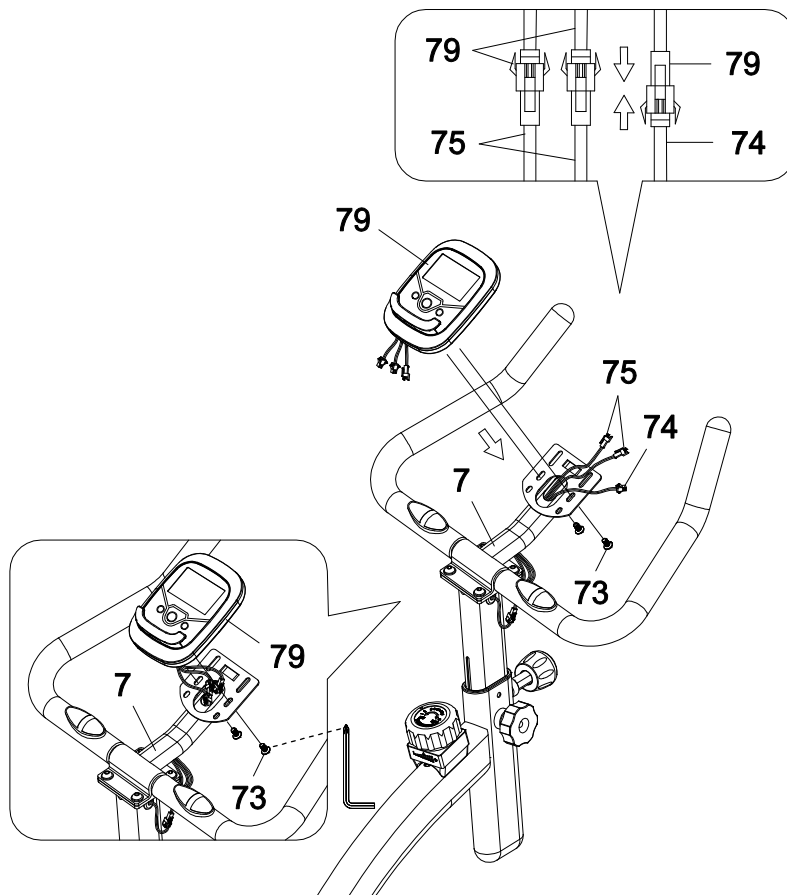
Attach the Handlebar (7) onto the Handlebar Post (4) with four Hexagon Socket Pan Head Cap Bolts (55) and four Washers (14). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Connect the Sensor Extension Wire (82) from the Handlebar Post (4) to the Sensor Extension Wire I (74) from the Handlebar (7).



### STEP 12

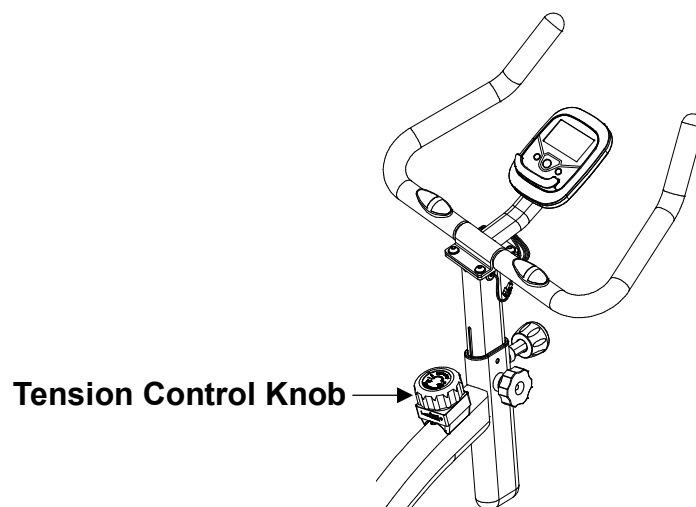
Remove two Cross Recessed Pan Head Bolts (73) from the Computer Console (79). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.



### STEP 13

It is recommended to have a second person assist with this step. One person should hold the Computer Console (79) in place while the other person connects the wires. Connect the Sensor Extension Wire I (74) and Hand Pulse Sensor Wires (75) to the wires that come from the Computer Console (79). Tuck wires into the Handlebar (7). Attach the Computer Console (79) onto the top end of the Handlebar (7) with two Cross Recessed Pan Head Bolts (73) that were removed from the Computer Console (79). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

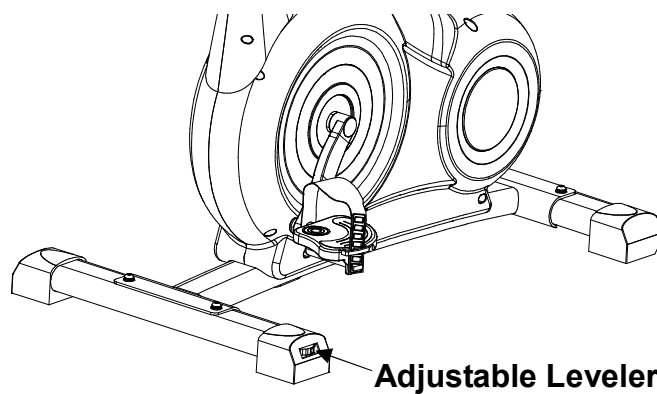
# ADJUSTMENTS



## Adjusting the Tension Control Knob

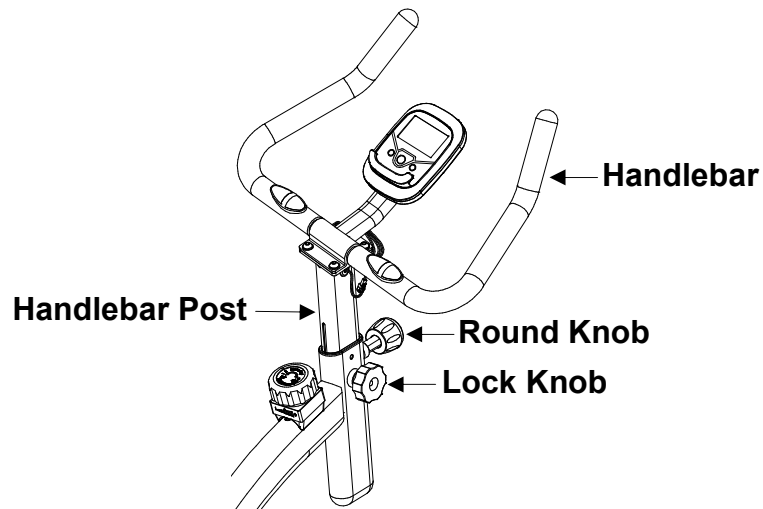
To increase the tension, turn the **Tension Control Knob** in a clockwise direction.

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



## Adjusting the Adjustable Leveler

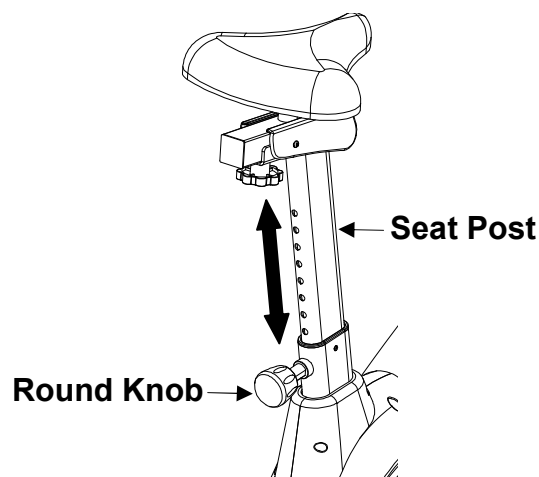
Turn the **Adjustable Leveler** on the rear stabilizer as needed to level the upright bike.



### Adjusting the Handlebar Height

First, loosen the **Lock Knob** by turning it counterclockwise. Then, loosen the **Round Knob** by turning it counterclockwise until it can be pulled out. Pull out the **Round Knob** and slide the **Handlebar Post** up or down to reach the desired height. Lock the **Handlebar Post** in place by releasing the **Round Knob** and sliding the **Handlebar Post** up or down slightly until the **Round Knob** 'pops' down into the locked position. Finally, tighten both the **Round** and **Lock Knobs** in a clockwise direction to secure them in place.

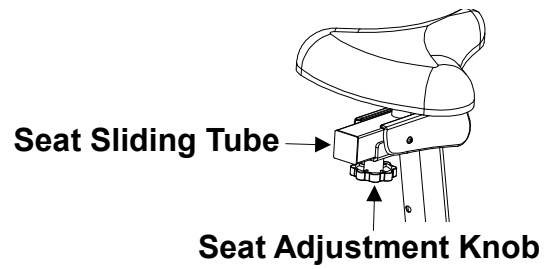
**NOTE:** When adjusting the height of the **Handlebar Post**, the **STOP** line cannot be higher than the edge of the plastic bushing. Ensure that both the **Round** and **Lock Knobs** are locked in place before using the bike.



### Adjusting the Seat Height

Loosen the **Round Knob** by turning it counterclockwise until it can be pulled out. Pull out the **Round Knob** and slide the **Seat Post** up or down to reach 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. Finally, tighten the **Round Knob** in a clockwise direction to secure it in place.

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

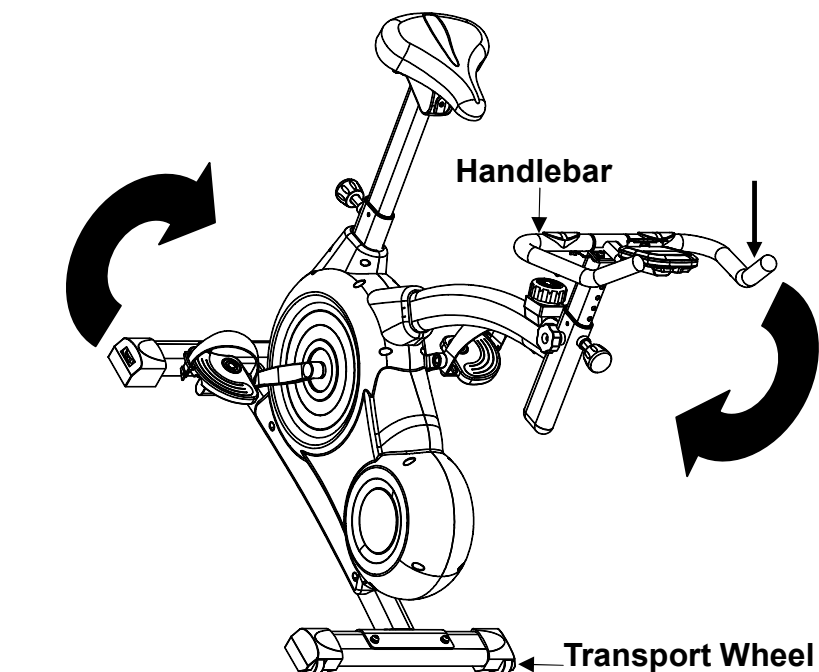


### **Adjusting the Seat Forward or Back**

Loosen the **Seat Adjustment Knob** by turning it counterclockwise. Slide the **Seat Sliding Tube** in a forward or backward direction to the desired position. Tighten the **Seat Adjustment Knob** in a clockwise direction to secure it in place.

**NOTE:** Ensure that the **Seat Adjustment Knob** is locked in place before using the bike.

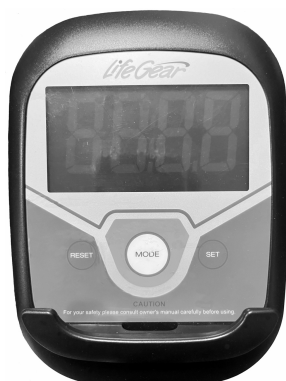
# TRANSPORTING THE UPRIGHT BIKE



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 a firm grip on the **Handlebar** during transportation.

# OPERATING THE COMPUTER CONSOLE



## 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 2 minutes, the power will turn off automatically.

### BUTTON FUNCTIONS:

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

Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

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

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

Press the RESET button to reset data values of TIME, DIST (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 ODO (ODOMETER) 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 5 seconds.

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

You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until the screen displays TIME. 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.

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

**DIST (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 DIST. 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 99.90 km. 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.

**ODO (ODOMETER):** Displays the total accumulative distance travelled. The ODOMETER 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 ODOMETER data values will reset to zero.

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

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

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

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



# MAINTENANCE

## Cleaning

The upright bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

## Storage

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

# TROUBLESHOOTING

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

**SOLUTION:** Turn the adjustable leveler on the rear stabilizer or adjustable leveler as needed to level the upright bike.

**PROBLEM:** The computer console does not turn on.

**SOLUTION:** Remove the computer console and verify all the wires that come from the computer console are properly connected to the wires that come from the handlebar post.

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

**SOLUTION:** The batteries in the computer console may be dead. Replace with new batteries.

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

**SOLUTION:** Make sure that the wire connections for the hand pulse sensors are secure.

**SOLUTION:** To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.

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

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

**SOLUTION:** The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

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

## PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

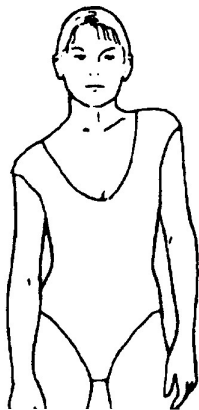
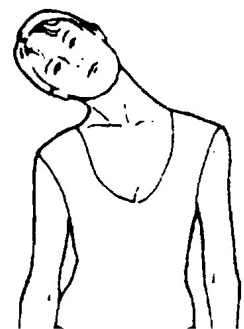
# WARM UP AND COOL DOWN ROUTINE

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

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

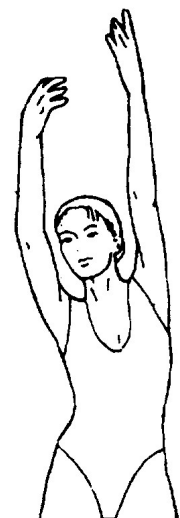
## HEAD ROLLS

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



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

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

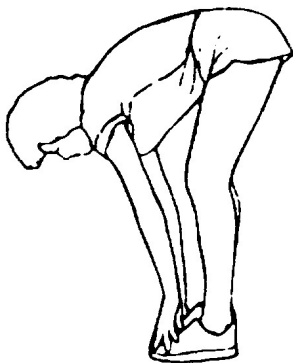


### **QUADRICEPS STRETCH**

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

### **INNER THIGH STRETCH**

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

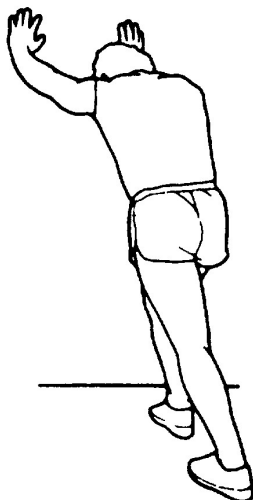
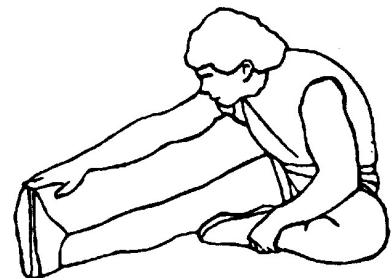


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.