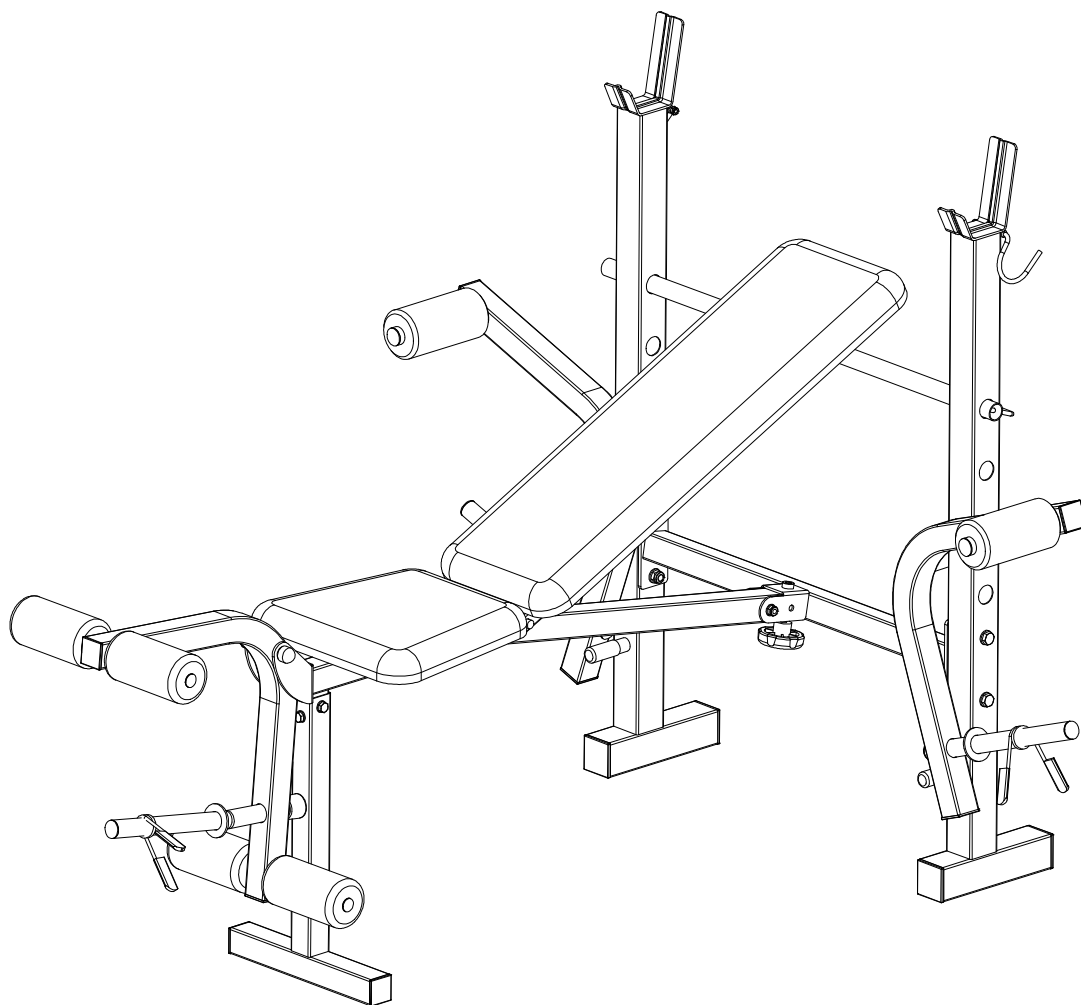


LifeGear F3 body/BENCH

ITEM NO.: 76120

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.

2021, Feb.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST -----	5
TOOLS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
STORAGE -----	17
MAINTENANCE -----	17
WARM UP AND COOL DOWN ROUTINE -----	18

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 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.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment.
5. Never drop or insert any object into any opening.
6. 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.
7. Do not jump on the equipment.
8. Do not use the equipment outdoors.
9. This equipment is for household use only. It is not a commercial model.
10. Only one person at a time should use this equipment.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. Care should be taken in mounting or dismounting the equipment.
13. Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
14. Children should not use the equipment without adult supervision.
15. Inspect and tighten all parts each time before using this equipment.
16. Keep children and pets away from equipment while in use. The minimum free space required for safe operation is not less than two meters.
17. Doing all the exercises with a slow and controlled movement.
18. The maximum weight capacity for this product is 250 lbs/110 kg.

WARNING: Before beginning any exercise program consult your physician.

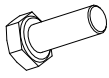
This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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

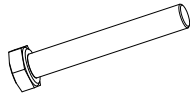
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Frame	2	024	Round End Cap Ø25	9
002			025	Round End Cap Ø22	2
003	Rear Support Tube	1	026	Square End Cap 25x25	4
004	Right Butterfly Arm	1	027	V-Spring	2
005	Left Butterfly Arm	1	028	Bolt M6x16	4
006	Front Frame	1	029	Bolt M6x40	4
007	Adjustable Tube	1	030	Bolt M8x12	1
008	Seat Support Tube	1	031	Bolt M8x50	1
009	Backrest Frame	2	032	Bolt M8x55	1
010	Leg Developer	1	033	Bolt M10x25	2
011	Foam Roller Tube	2	034	Bolt M10x70	4
012	Seat Pad	1	035	Bolt M10x75	1
013	Backrest	1	036	Nylon Lock Nut M6	2
014	Right Safety Hook	1	037	Nylon Lock Nut M8	2
015	Foam Roller Ø23xØ70x140	2	038	Nylon Lock Nut M10	5
016	Foam Roller Ø17xØ70x140	4	039	Washer Ø6	8
017	Bumper Ø25	1	040	Washer Ø8	5
018	Spring Clip Ø25	3	041	Washer Ø10	12
019	Round Knob M8x50	1	042	End Cap Ø19	2
020	Plastic Bearing Ø22	4	043	Butterfly Arm Foam Roller Tube	2
021	Square End Cap 50x50	4	044	Left Safety Hook	1
022	Square End Cap 38x38	8	045	Nut Cap M10	2
023	Round End Cap Ø19	4			

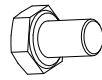
HARDWARE LIST



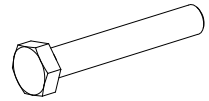
(28) Bolt M6x16
4 PCS



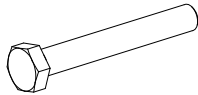
(29) Bolt M6x40
4 PCS



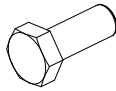
(30) Bolt M8x12
1 PC



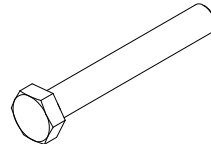
(31) Bolt M8x50
1 PC



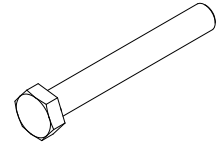
(32) Bolt M8x55
1 PC



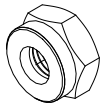
(33) Bolt M10x25
2 PCS



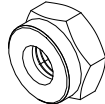
(34) Bolt M10x70
4 PCS



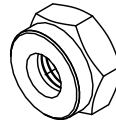
(35) Bolt M10x75
1 PC



(36) Nylon Lock
Nut M6
2 PCS



(37) Nylon Lock
Nut M8
2 PCS



(38) Nylon Lock
Nut M10
5 PCS



(39) Washer Ø6
8 PCS

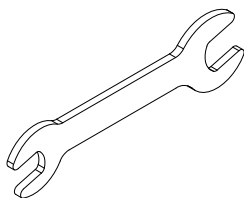


(40) Washer Ø8
5 PCS

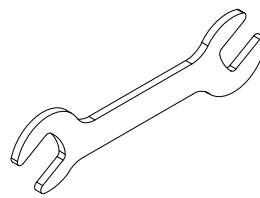


(41) Washer Ø10
12 PCS

TOOLS

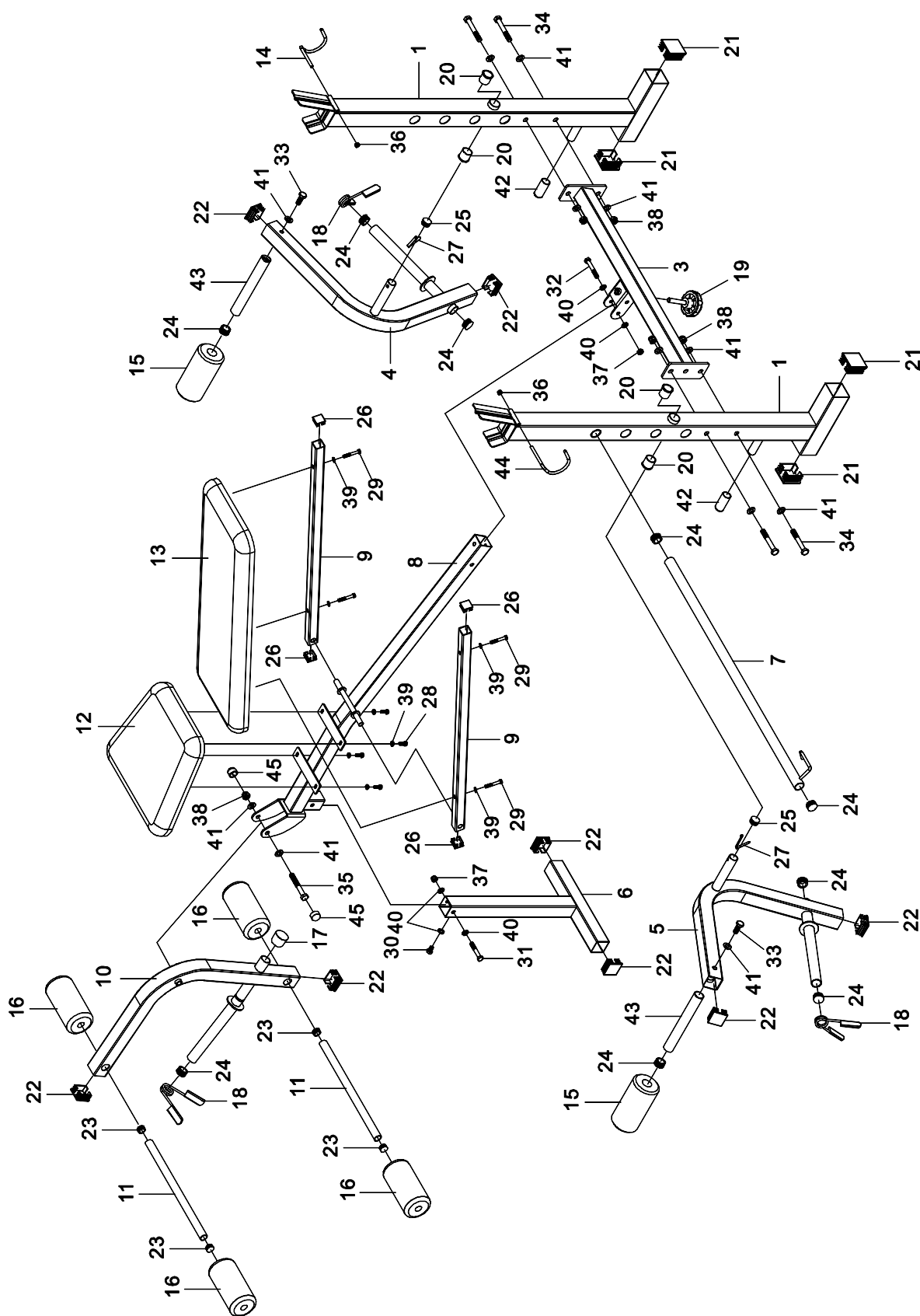


Wrench 14-10
1 PC

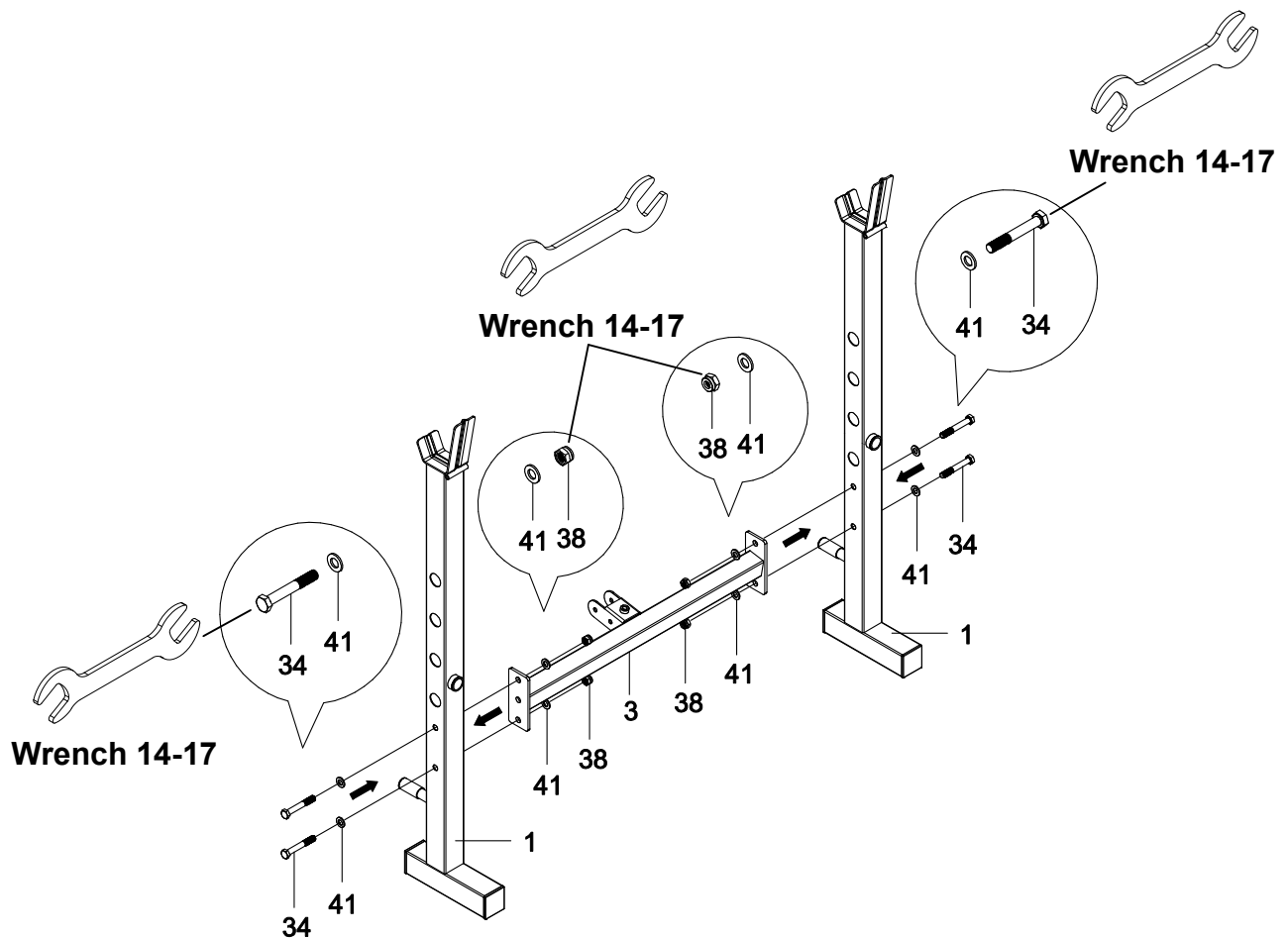


Wrench 14-17
2 PCS

EXPLODED VIEW



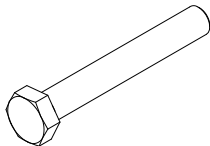
ASSEMBLY INSTRUCTIONS



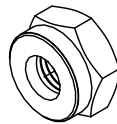
Step 1

Attach the Rear Support Tube (3) onto the Rear Frames (1) with four M10x70 Bolts (34), four M10 Nylon Lock Nuts (38), and eight Ø10 Washers (41). Tighten bolts and nuts with two 14-17 Wrenches provided.

Hardware:



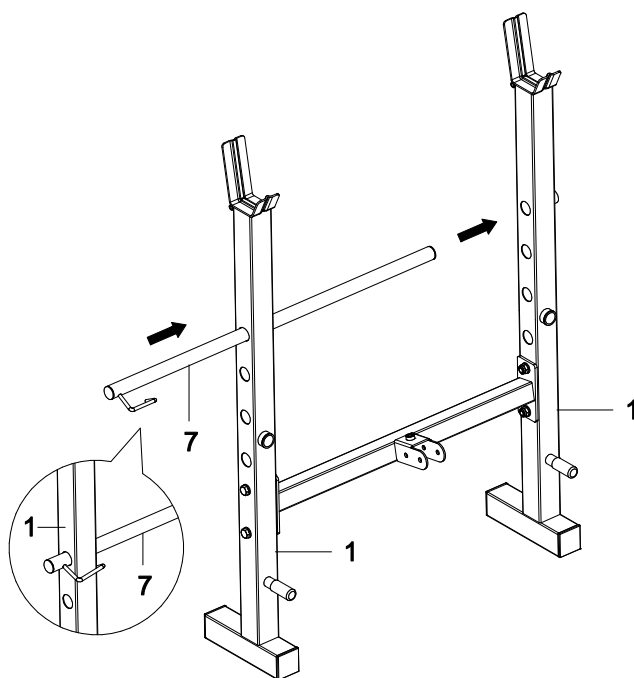
(34) Bolt M10x70
4 PCS



(38) Nylon Lock Nut M10
4 PCS

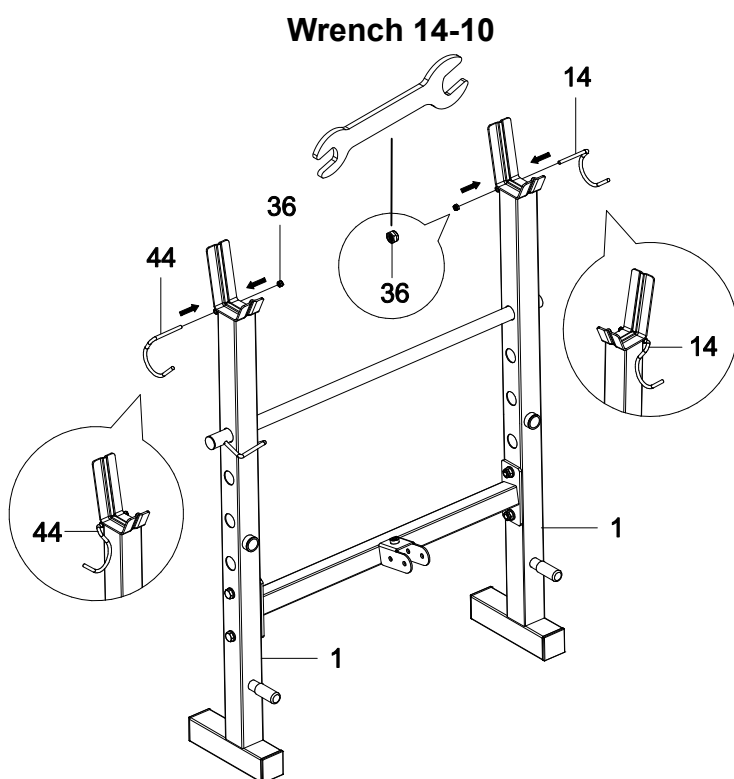


(41) Washer Ø10
8 PCS

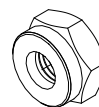


Step 2

Insert the Adjustable Tube (7) into the one of the holes of the Rear Frames (1).



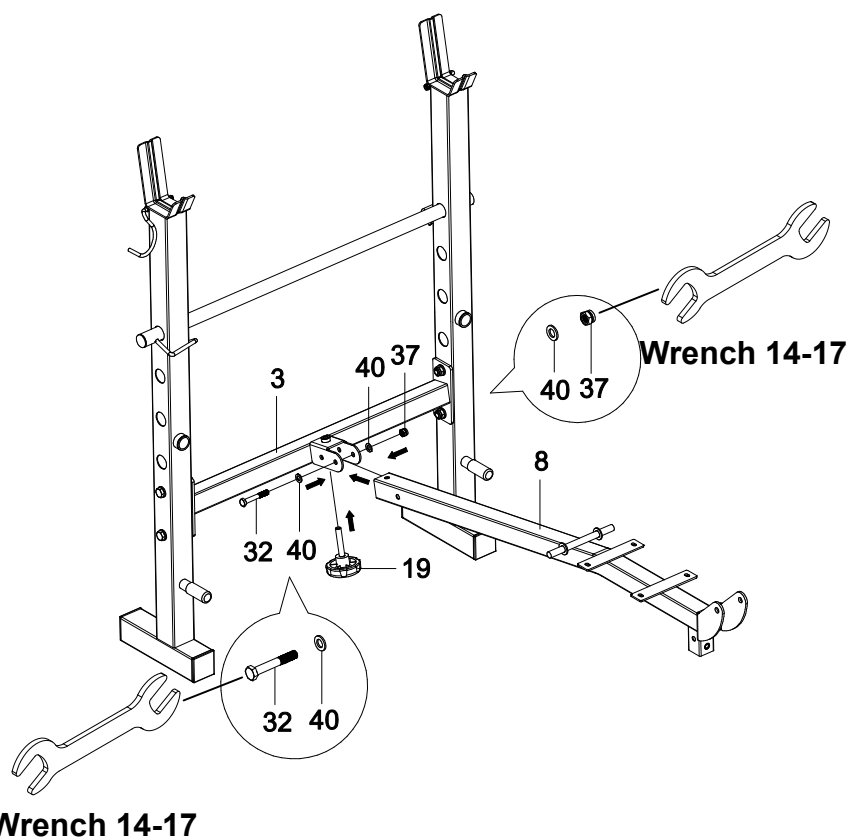
Hardware:



(36) Nylon Lock Nut M6
2 PCS

Step 3

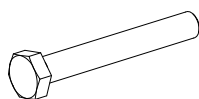
Attach the Right and Left Safety Hooks (14, 44) onto the Rear Frames (1) with two M6 Nylon Lock Nuts (36). Tighten nuts with the 14-10 Wrench provided.



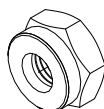
Step 4

Attach the Seat Support Tube (8) onto the Rear Support Tube (3) with one M8x55 Bolt (32), one M8 Nylon Lock Nut (37), and two Ø8 Washers (40). Tighten bolts and nuts with two 14-17 Wrenches provided. Insert the Round Knob (19) into the hole on the Seat Support Tube (8) and turn the Round Knob (19) to tighten the Seat Support Tube (8) in place.

Hardware:



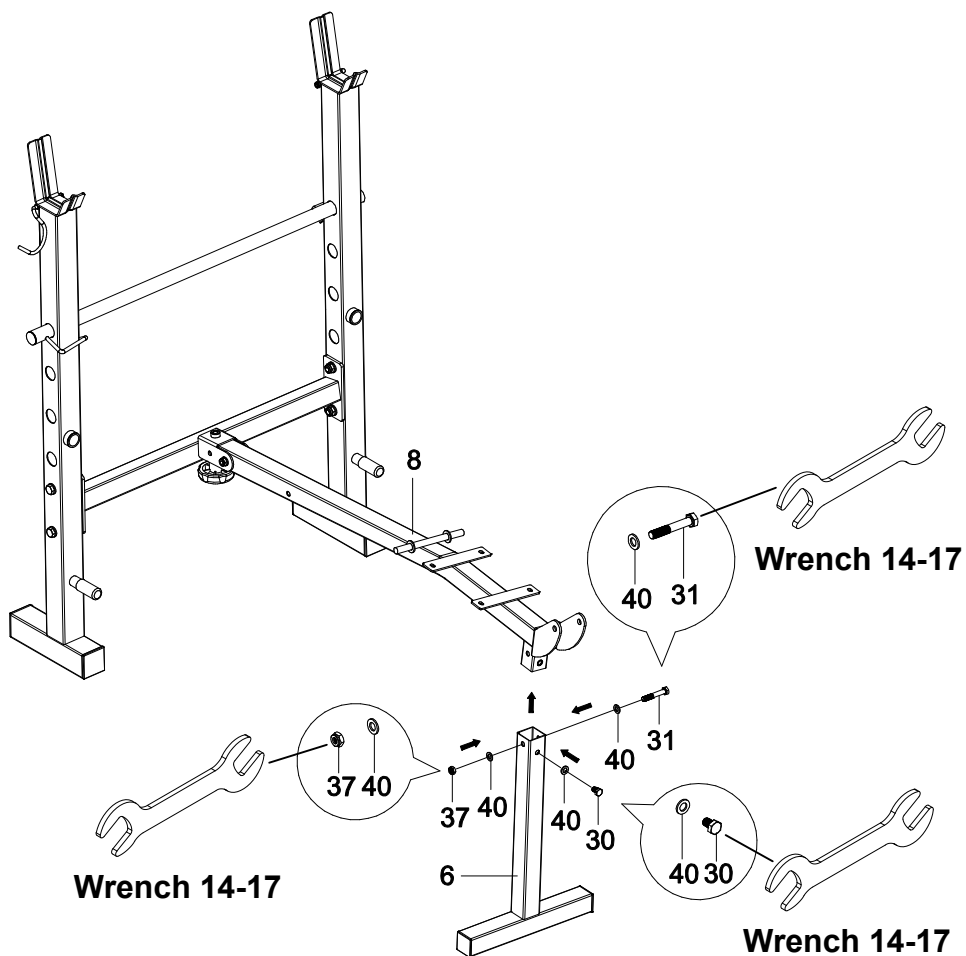
(32) Bolt M8x55
1 PC



(37) Nylon Lock Nut M8
1 PC



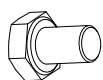
(40) Washer Ø8
2 PCS



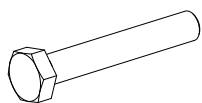
Step 5

Attach the Front Frame (6) onto the Seat Support Tube (8) with one M8x12 Bolt (30), one M8x50 Bolt (31), one M8 Nylon Lock Nut (37), and three Ø8 Washers (40). Tighten bolts and nut with the 14-17 Wrenches provided.

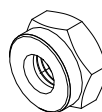
Hardware:



(30) Bolt M8x12
1 PC



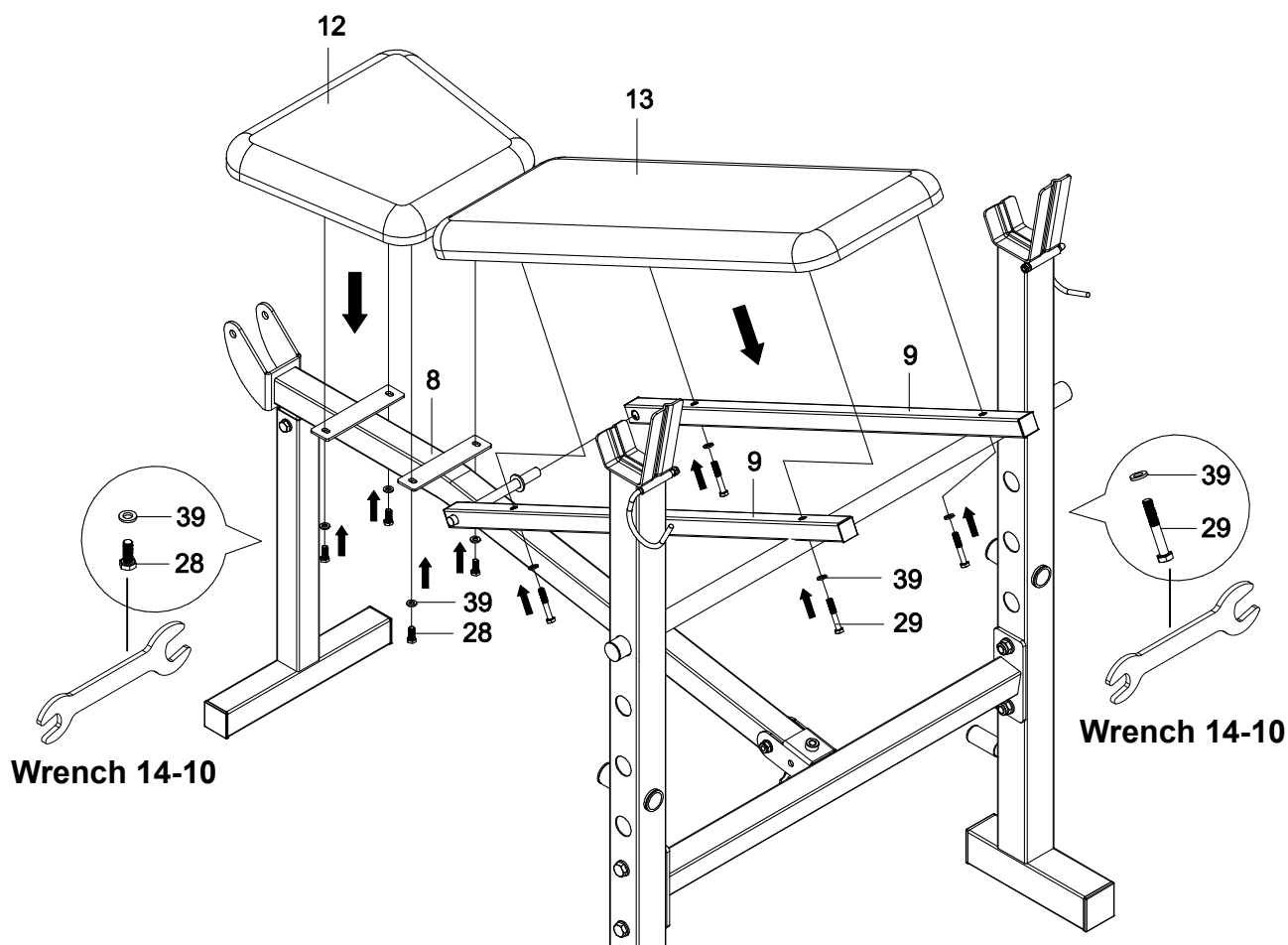
(31) Bolt M8x50
1 PC



(37) Nylon Lock Nut M8
1 PC



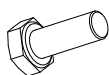
(40) Washer Ø8
3 PCS



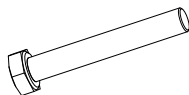
Step 6

Install two Backrest Frames (9) onto the center bars of the Seat Support Tube (8). Attach the Backrest (13) onto the Backrest Frames (9) with four M6x40 Bolts (29) and four Ø6 Washers (39). Tighten bolts with the 14-10 Wrench provided. Attach the Seat Pad (12) onto the Seat Support Tube (8) with four M6x16 Bolts (28) and four Ø6 Washers (39). Tighten bolts with the 14-10 Wrench provided.

Hardware:



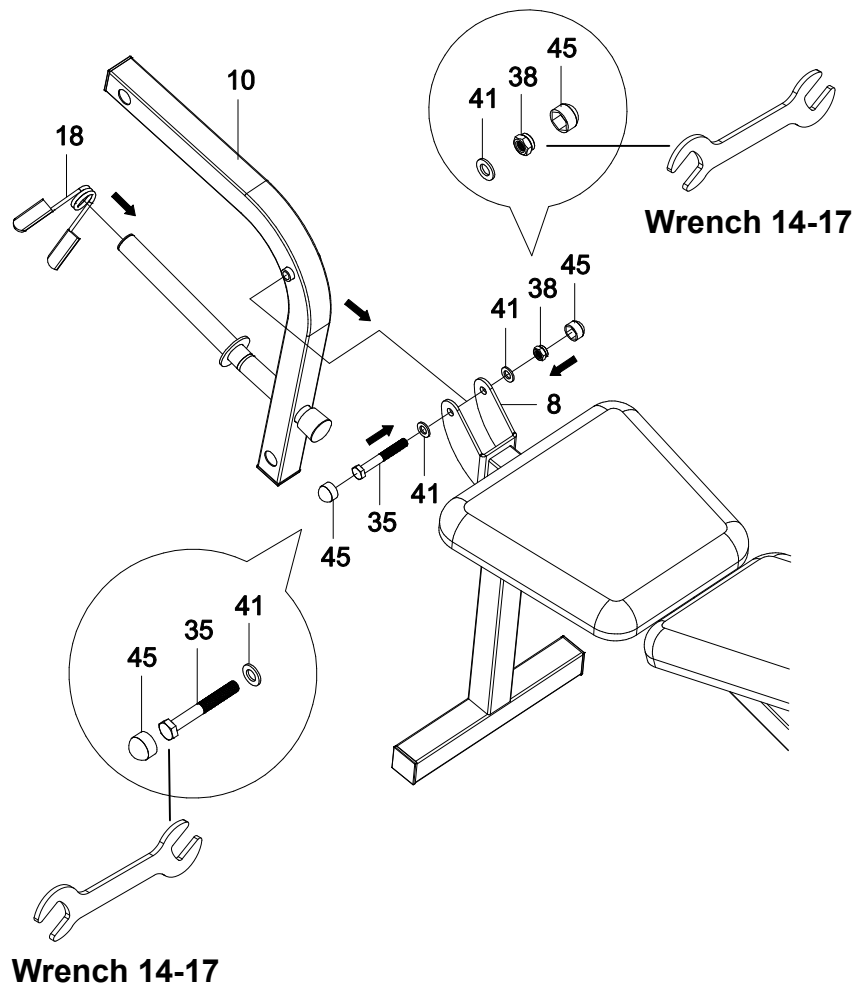
(28) Bolt M6x16
4 PCS



(29) Bolt M6x40
4 PCS



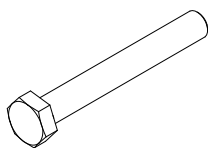
(39) Washer Ø6
8 PCS



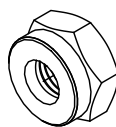
Step 7

Attach the Leg Developer (10) onto the Seat Support Tube (8) with one M10x75 Bolt (35), one M10 Nylon Lock Nut (38), and two Ø10 Washers (41). Tighten bolt and nut with two 14-17 Wrenches provided. Then cover the M10x75 Bolt (35) and M10 Nylon Lock Nut (38) with two M10 Nut Caps (45). Install one Ø25 Spring Collar (18) onto the weight sliding tube of the Leg Developer (10).

Hardware:



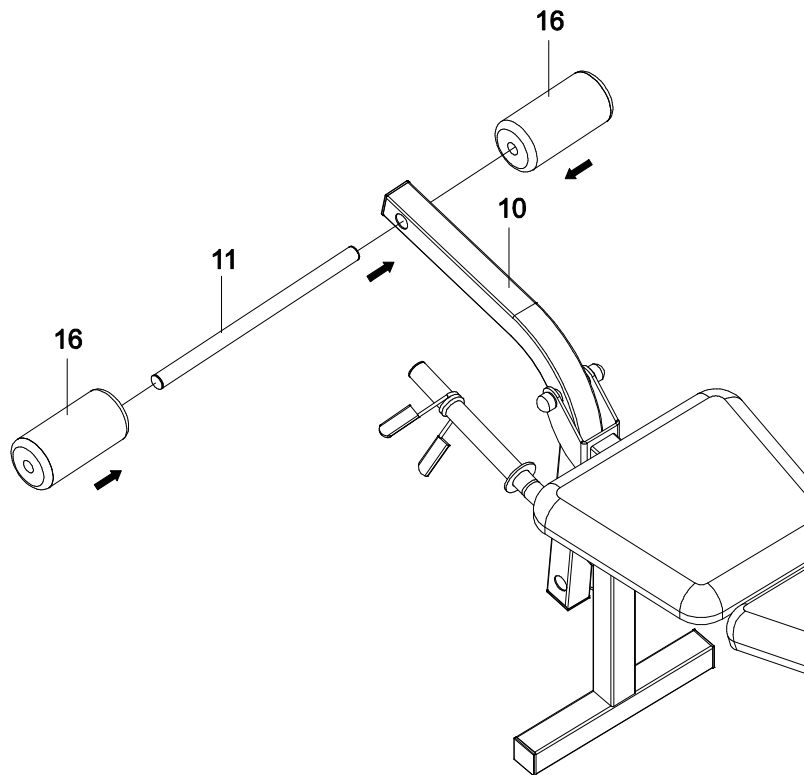
(35) Bolt M10x75
1 PC



(38) Nylon Lock Nut M10
1 PC

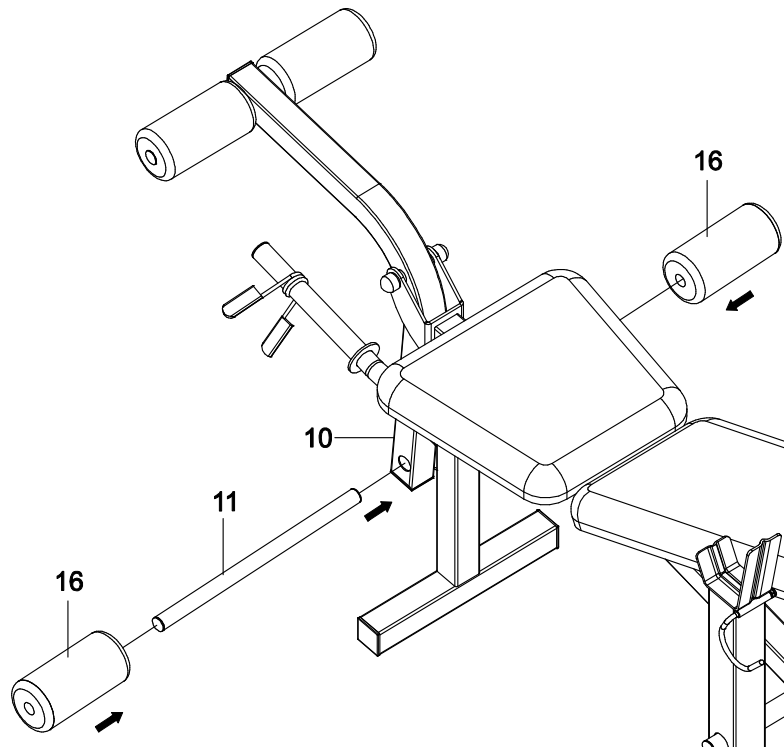


(41) Washer Ø10
2 PCS



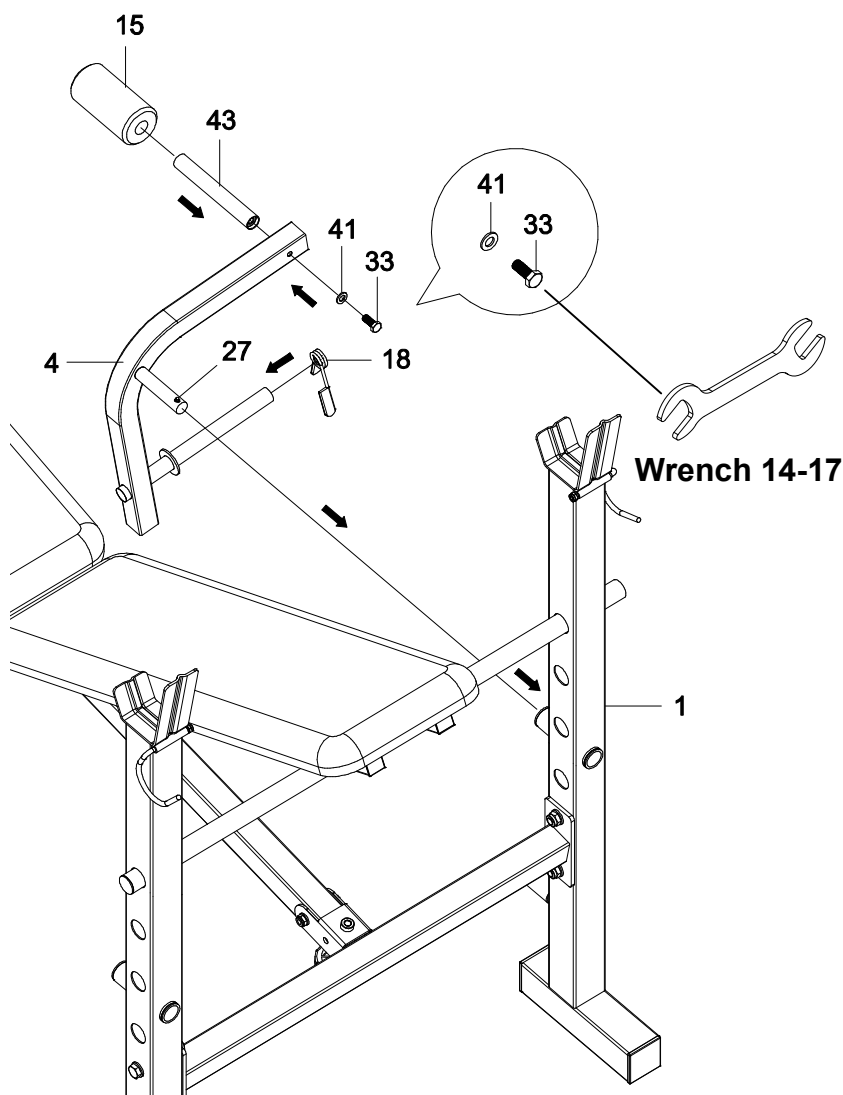
Step 8

Insert the Foam Roller Tube (11) through the top hole in the Leg Developer (10), leaving room on each side for the Ø17xØ70x140 Foam Rollers (16). Slide both Ø17xØ70x140 Foam Rollers (16) onto the Foam Roller Tube (11).



Step 9

Insert the Foam Roller Tube (11) through the bottom hole in the Leg Developer (10), leaving room on each side for the Ø17xØ70x140 Foam Rollers (16). Slide both Ø17xØ70x140 Foam Rollers (16) onto the Foam Roller Tube (11).

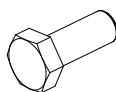


Step 10

Press the button of the V-Spring (27) of the Right Butterfly Arm (4) and then insert the tube of the Right Butterfly Arm (4) into the hole of the Rear Frame (1) until the button of the V-Spring (27) "pops" down into the locked position.

Install one Ø25 Spring Collar (18) onto the weight sliding tube of the Right Butterfly Arm (4). Attach the Butterfly Arm Foam Roller Tube (43) onto the Right Butterfly Arm (4) with one M10x25 Bolt (33) and one Ø10 Washer (41). Tighten bolt and nut with the 14-17 Wrench provided. Slide the Ø23xØ70x140 Foam Roller (15) onto the Butterfly Arm Foam Roller Tube (43).

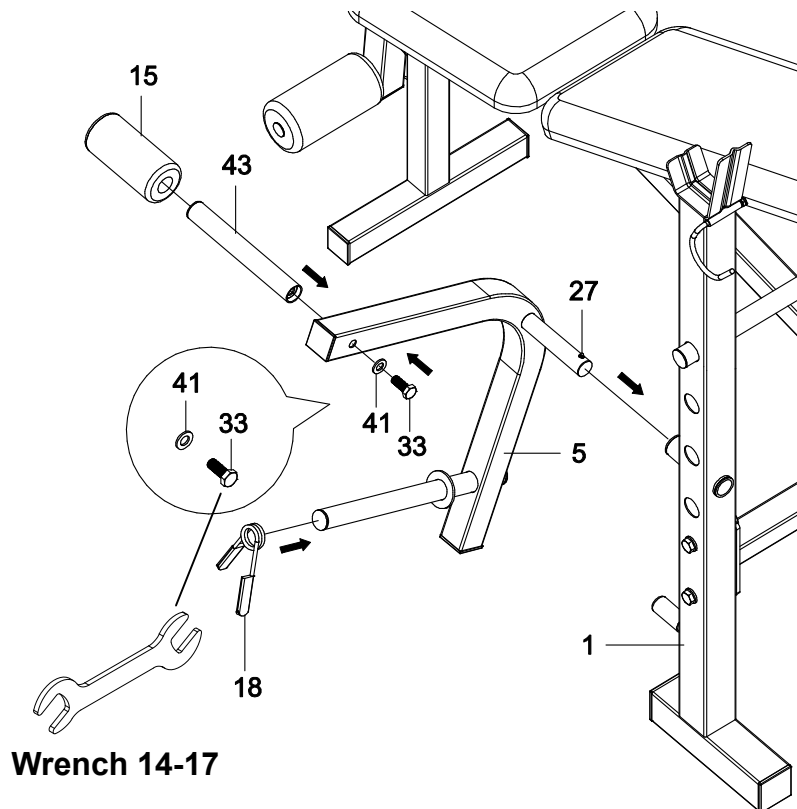
Hardware:



(33) Bolt M10x25
1 PC



(41) Washer Ø10
1 PC

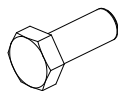


Step 11

Press the button of the V-Spring (27) of the Left Butterfly Arm (5) and then insert the tube of the Left Butterfly Arm (5) into the hole of the Rear Frame (1) until the button of the V-Spring (27) "pops" down into the locked position.

Install one Ø25 Spring Collar (18) onto the weight sliding tube of the Left Butterfly Arm (5). Attach the Butterfly Arm Foam Roller Tube (43) onto the Left Butterfly Arm (5) with one M10x25 Bolt (33) and one Ø10 Washer (41). Tighten bolt and nut with the 14-17 Wrench provided. Slide the Ø23xØ70x140 Foam Roller (15) onto the Butterfly Arm Foam Roller Tube (43).

Hardware:

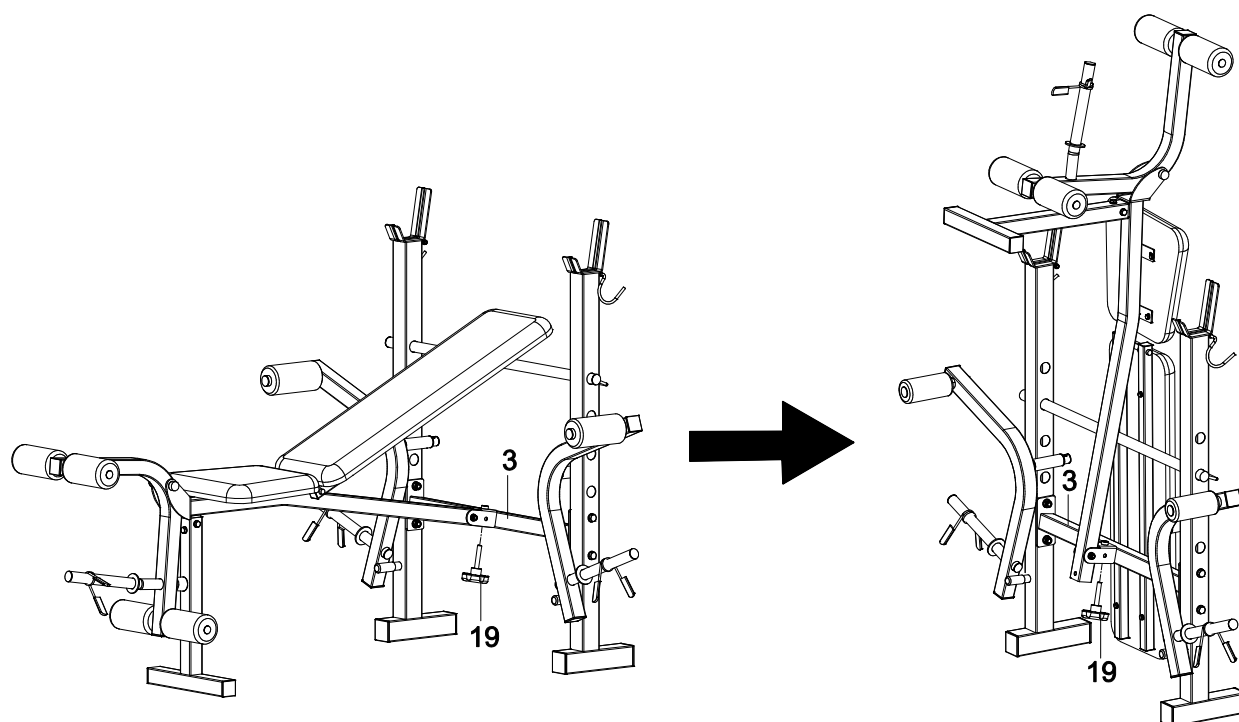


(33) Bolt M10x25
1 PC



(41) Washer Ø10
1 PC

STORAGE



For your storage convenience, the bench can be folded down to place against a wall. Remove the Round Knob (19) from the Rear Support Tube (3) and Seat Support Tube (8). Then pull the Seat Support Tube (8) all the way up in the vertical position. Insert the Round Knob (19) into the Rear Support Tube (3) that was removed. Store the bench in a clean and dry environment away from children.

MAINTENANCE

Please wipe your perspiration off the bench with a clean, dry cloth after each use.

Upholstery can be cleaned with a mild detergent or spray cleaner.

Please inspect all assembly bolts and nuts on the bench for proper tightness and frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use this bench and contact an Authorized Service Representative immediately.

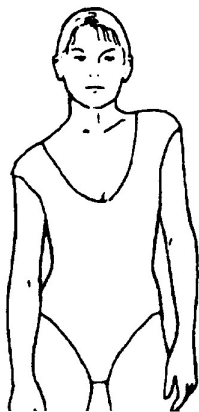
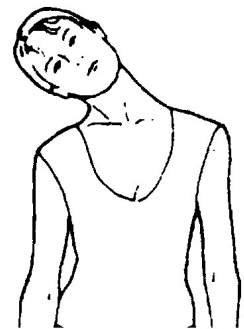
WARM UP AND COOL DOWN ROUTINE

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.

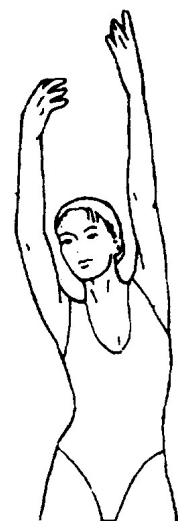
HEAD ROLLS

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.

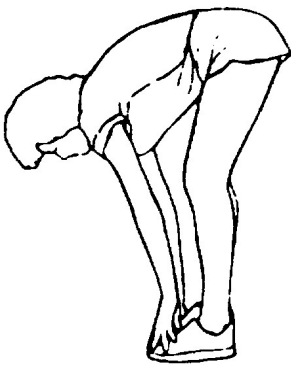


QUADRICEPS STRETCH

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.

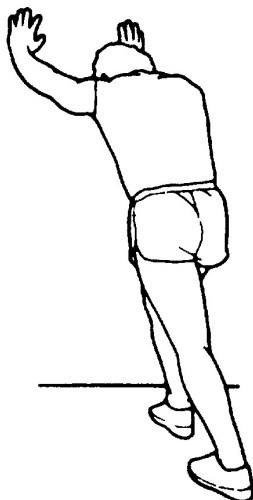
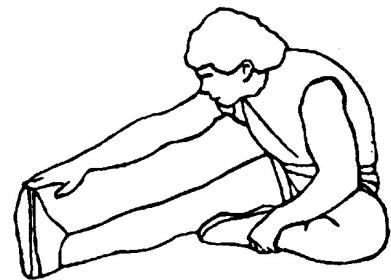


TOE TOUCHES

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 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.