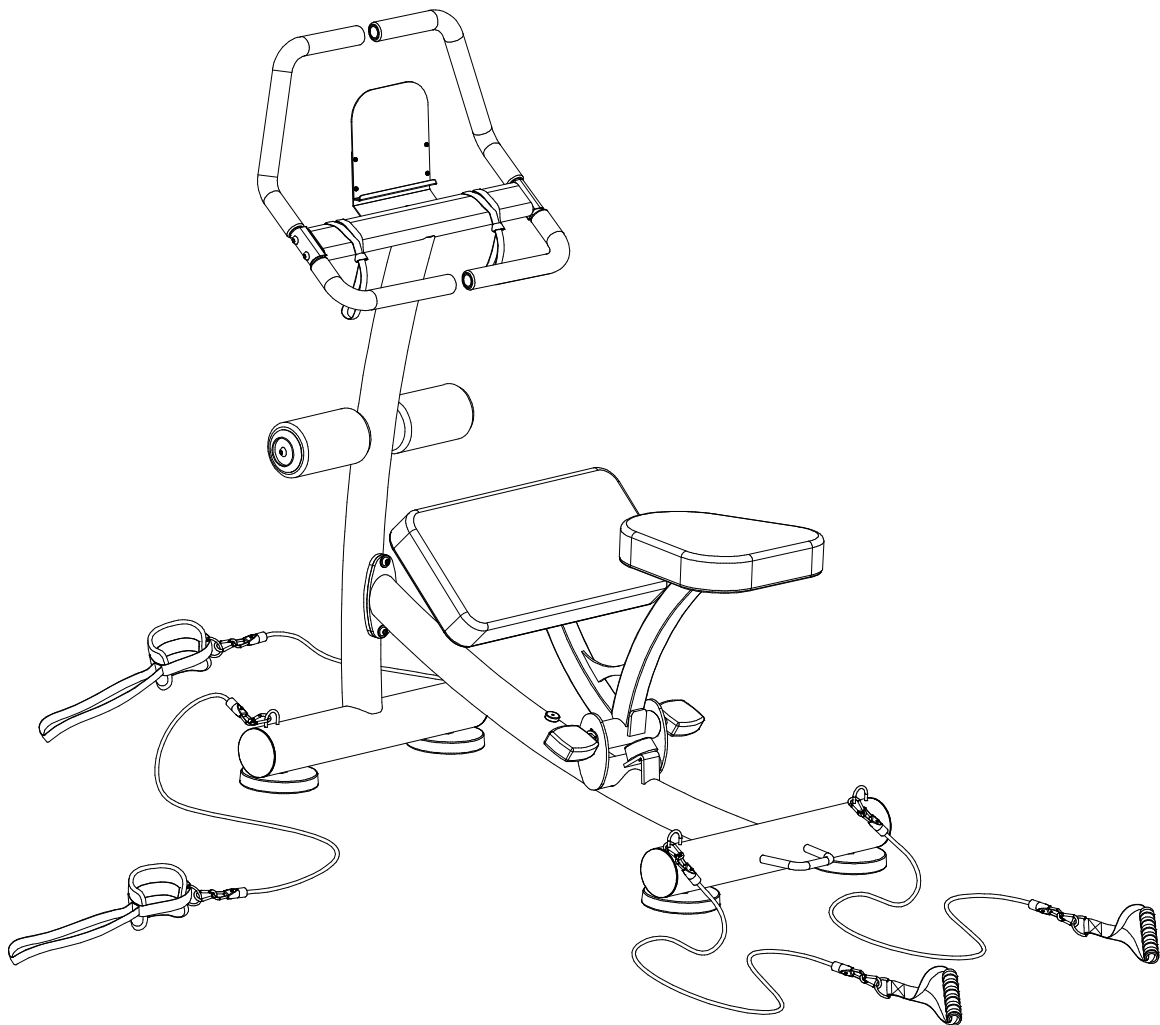


STRETCH TRAINER

ITEM NO.: 78302

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.

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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

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

1. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
2. Do not allow children to use or play on the stretch trainer. Keep children and pets away from the stretch trainer while in use.
3. Elderly or minor users should only use this stretch trainer in the presence of an adult who can provide assistance if required.
4. Please keep the stretch trainer out of direct sunlight to prevent damage to the pads and frames.
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
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. Please make sure all parts are not damaged and fixed well before use.
8. **Always use the wrist straps and hold the handlebar with both hands at all times while on the stretch trainer. Always use the ankle straps for leg stretching exercises.**
9. **Always use the wrist straps and hold the handlebar with both hands at all times during your routine. Do not attempt a stretch using only the wrist straps.**
10. Before using the stretch trainer, inspect the wrist straps and ankle straps for wear. Replace them if they are worn.
11. Keep the stretch trainer on a solid, level surface with a minimum safety area clearance of two meters around the stretch trainer. Be sure the area around the stretch trainer remains clear of any obstructions during use.
12. Keep dry - do not operate in a wet or moist condition.
Do not jump or rock on the stretch trainer. Do not stand on the handlebars or seat pad.
13. Wear comfortable and suitable clothing when using the stretch trainer. Do not use the stretch trainer barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing.
14. Do not use the stretch trainer outdoors. This stretch trainer is for household use only.
15. Only **one** person should use the stretch trainer at a time.
16. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
17. Care should be taken in mounting or dismounting the equipment.
18. **Maximum Weight Capacity is 130 kg.**

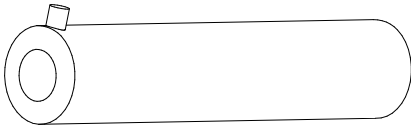
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, 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.

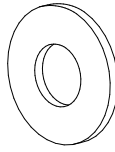
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Upright Support Frame	1	018	Axle Ø20	1
002	Base Support Frame	1	019	Foot Pedal Washer	2
003	Seat Frame	1	020	Round End Cap	4
004	Left Handlebar	1	021	Rubber Bumper	1
005	Right Handlebar	1	022	Small Rubber Bumper	1
006	Instructional Placard Bracket	1	023	Bearing	2
007	Snap Hook	8	024	Resistance Cord	4
008	Adjustable Leveler	4	025	Wrist Strap	2
009	Seat Pad	1	026	Ankle Strap	2
010	Knee Pad	1	027	Hexagon Socket Truss Head Bolt M10x20	8
011	Handlebar Foam Grip A	2	028	Hexagon Socket Truss Head Bolt M10x40	4
012	Handlebar Foam Grip B	2	029	Hexagon Socket Truss Head Bolt M10x45	2
013	Foam Roller	2	030	Cross Recessed Flat Head Bolt M5x6	2
014	Foam Roller Cover	2	031	Nylon Nut M10	2
015	Foam Roller Cap	2	032	Cross Recessed Truss Head Tapping Screw ST5.0x20	1
016	Transport Wheel	2	033	Washer M10	2
017	Foot Pedal	2	034	Resistance Cord Handle	2

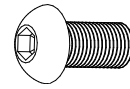
HARDWARE LIST



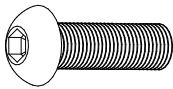
(18) Axle Ø20
1 PC



(19) Foot Pedal Washer
2 PCS



(27) Hexagon Socket Truss
Head Bolt M10x20
8 PCS



(28) Hexagon Socket Truss
Head Bolt M10x40
4 PCS



(30) Cross Recessed
Flat Head Bolt M5x6
2 PCS

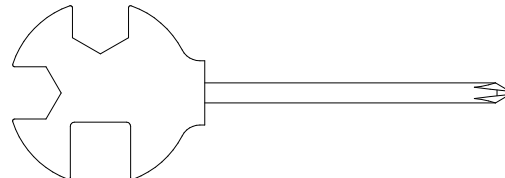


(33) Washer M10
2 PCS

TOOLS

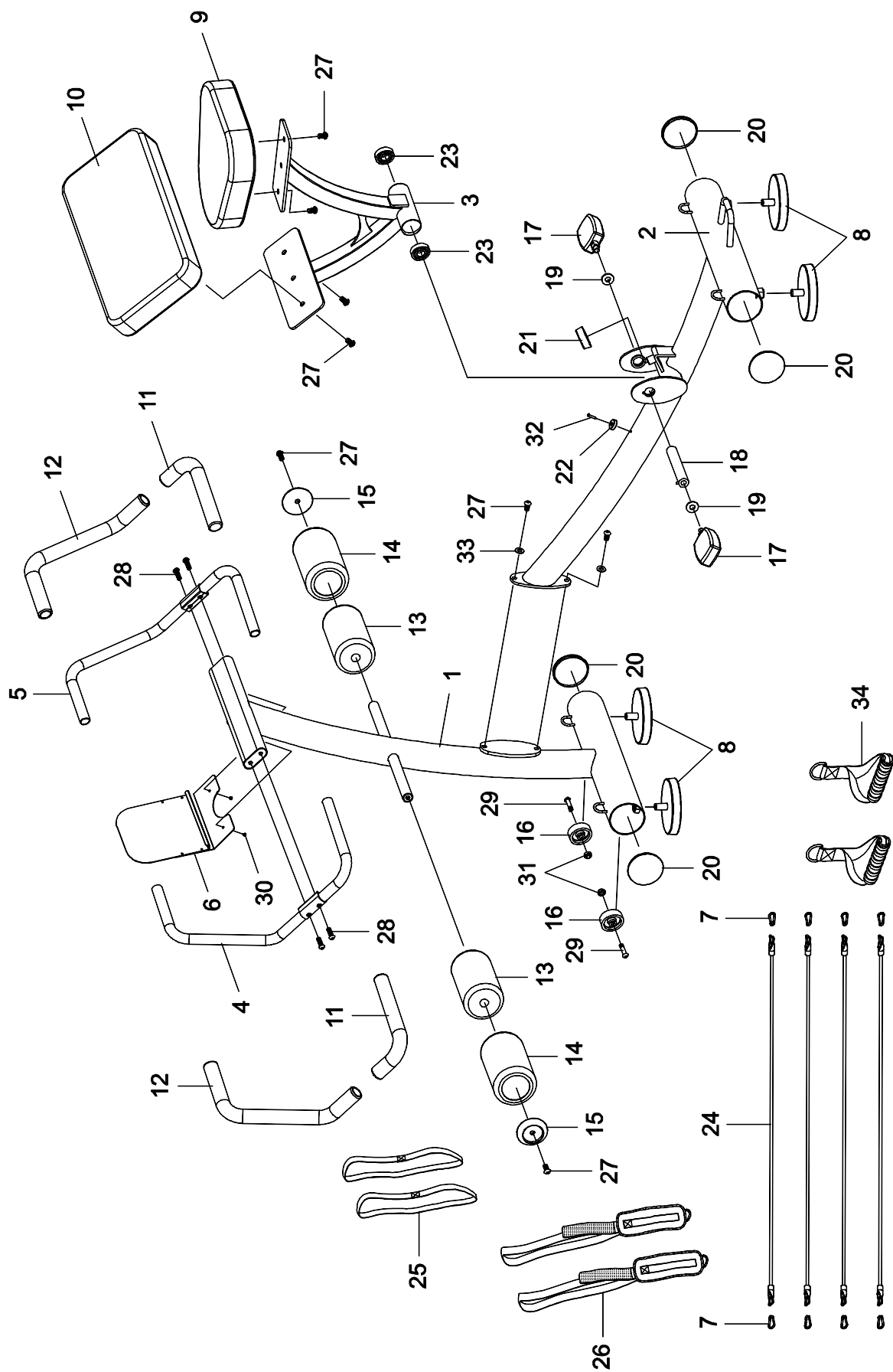


Allen Wrench
2 PCS

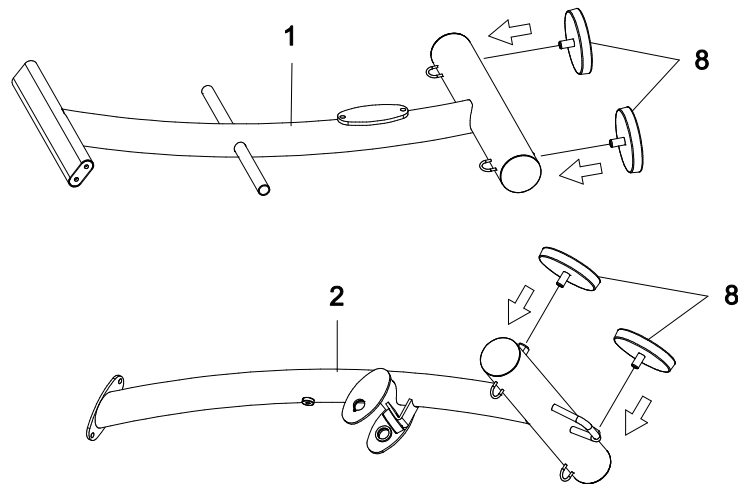


Multi Hex Tool with
Phillips Screwdriver
2 PCS

EXPLODED VIEW

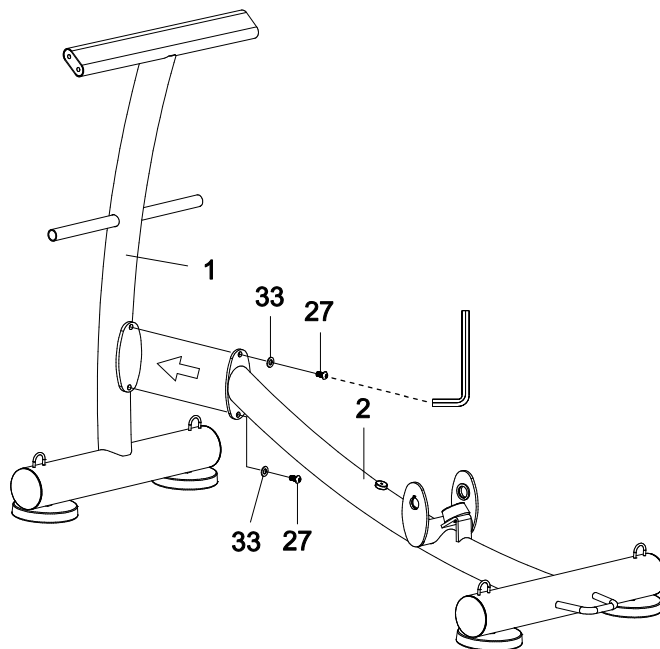


ASSEMBLY INSTRUCTIONS

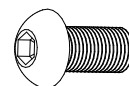


Step 1

Install four Adjustable Levelers (8) onto the Upright and Base Support Frames (1, 2).



Hardware:



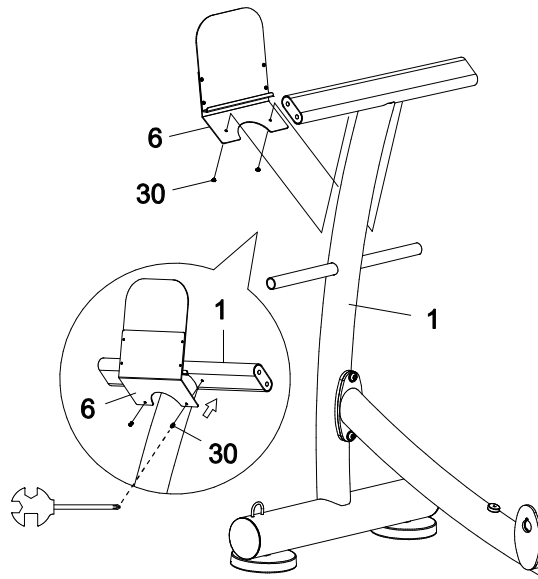
(27) Hexagon Socket Truss
Head Bolt M10x20
2 PCS



(33) Washer M10
2 PCS

Step 2

Attach the Upright Support Frame (1) onto the Base Support Frame (2) with two M10x20 Hexagon Socket Truss Head Bolts (27) and two M10 Washers (33). Tighten the bolts with the Allen Wrench provided.



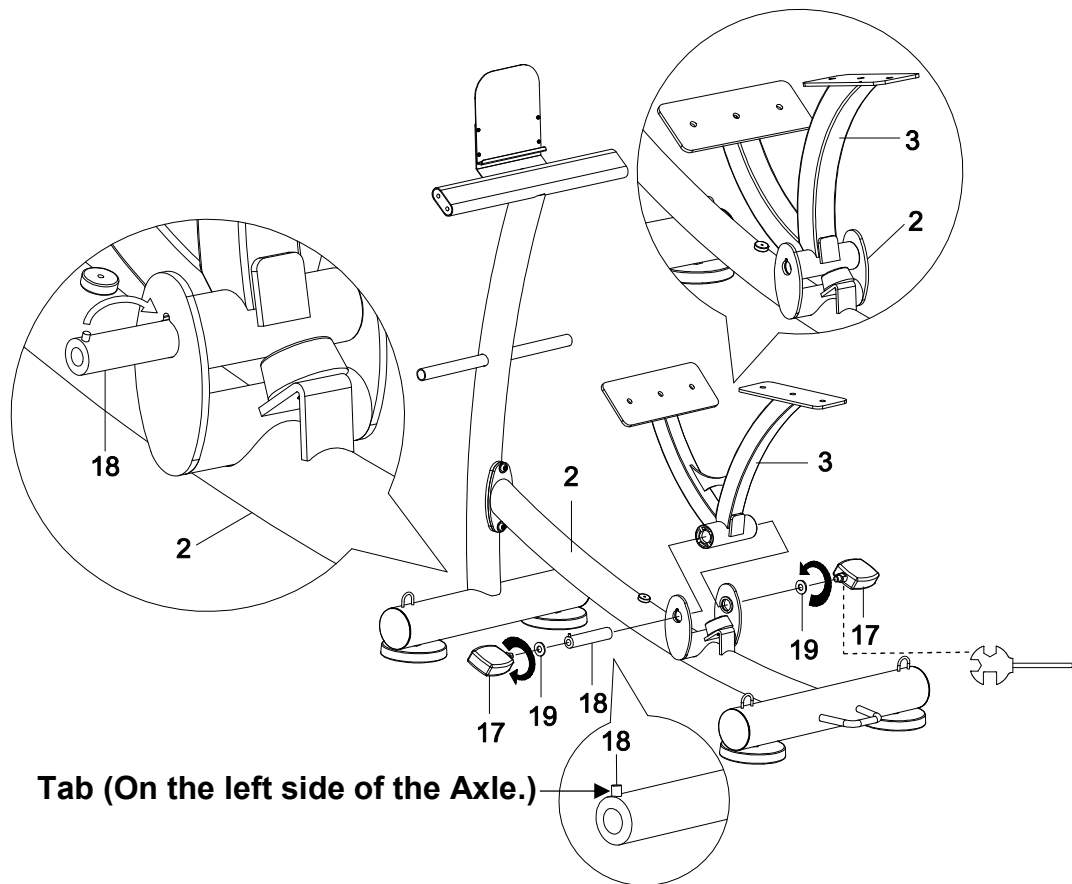
Step 3

Attach the Instructional Placard Bracket (6) onto the Upright Support Frame (1) with two M5x6 Cross Recessed Flat Head Bolts (30). Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(30) Cross Recessed
Flat Head Bolt M5x6
2 PCS



Step 4

IMPORTANT: Only turn the foot pedals in the direction instructed.

Position the Seat Frame (3) between the seat frame bracket of the Base Support Frame (2) and align the axle mounting hole. Slide the Axle (18) from the left side of the Base Support Frame (2) through the seat frame bracket of the Base Support Frame (2) and Seat Frame (3).

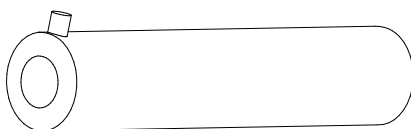
Insert the pedal shaft of Foot Pedal (17) into threaded hole in the left side of the Axle (18) with a Foot Pedal Washer (19). Turn the pedal shaft by hand in the clockwise direction until snug.

NOTE: DO NOT turn the pedal shaft in the counter- clockwise direction, doing so will strip the threads.

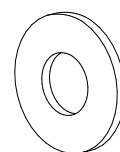
Tighten the pedal shaft of Foot Pedal (19) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert the other pedal shaft of Foot Pedal (17) into threaded hole in the right side of the Axle (18) with a Foot Pedal Washer (19). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten the pedal shaft of Foot Pedal (19) with the Multi Hex Tool with Phillips Screwdriver provided.

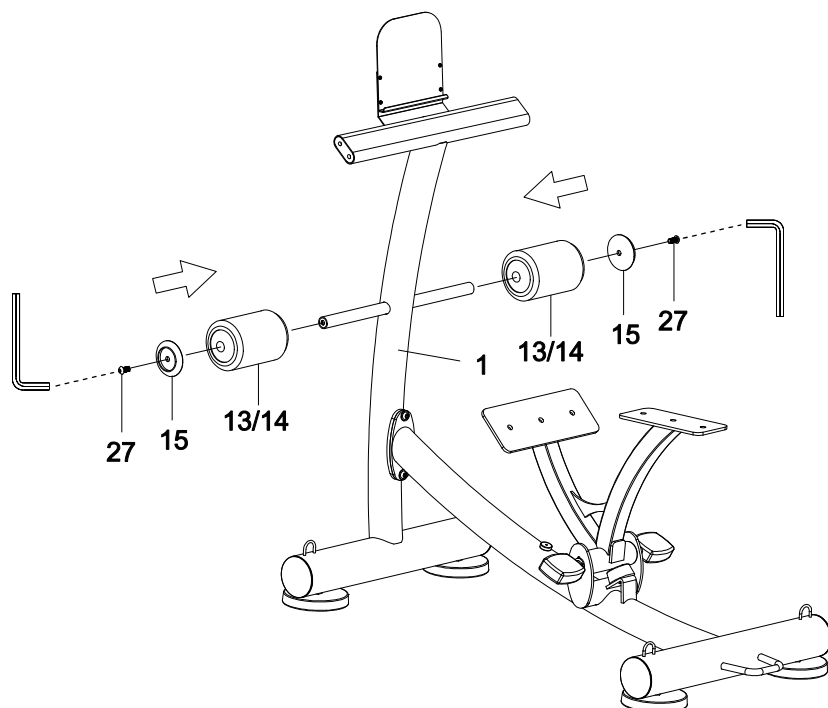
Hardware:



(18) Axle Ø20
1 PC



(19) Foot Pedal Washer
2 PCS



Step 5

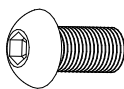
Slide the Foam Roller (13) with Foam Roller Cover (14) onto the rod of the Upright Support Frame (1).

Position the Foam Roller Cap (15) in front of the rod of the Upright Support Frame (1) and align holes.

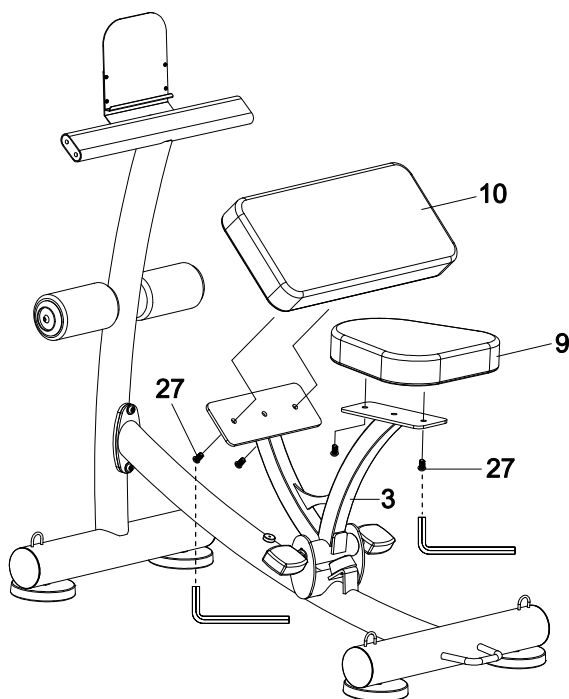
Attach the Foam Roller Cap (15) onto the rod end of the Upright Support Frame (1) with one M10x20 Hexagon Socket Truss Head Bolt (27). Tighten the bolt with the Allen Wrench provided.

Attach the other Foam Roller (13) with Foam Roller Cover (14), and Foam Roller Cap (15) onto the other rod of the Upright Support Frame (2) in the same way.

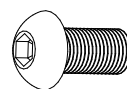
Hardware:



(27) Hexagon Socket Truss
Head Bolt M10x20
2 PCS



Hardware:

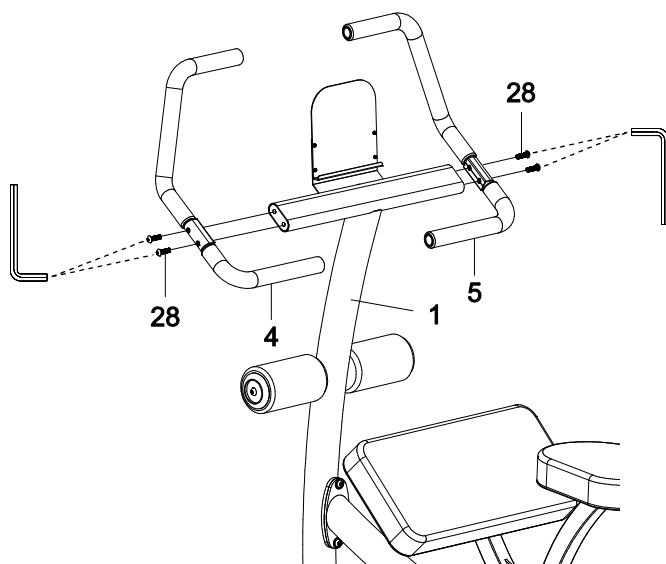


(27) Hexagon Socket Truss
Head Bolt M10x20
4 PCS

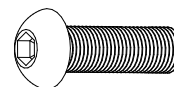
Step 6

Attach the Seat Pad (9) onto the Seat Frame (3) with two M10x20 Hexagon Socket Truss Head Bolts (27). Tighten bolts with the Allen Wrench provided.

Attach the Knee Pad (10) onto the Seat Frame (3) with two M10x20 Hexagon Socket Truss Head Bolts (27). Tighten the bolts with the Allen Wrench provided.



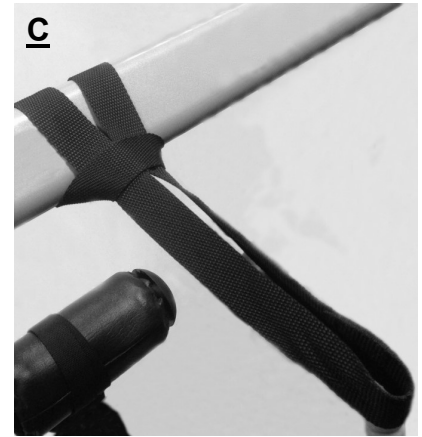
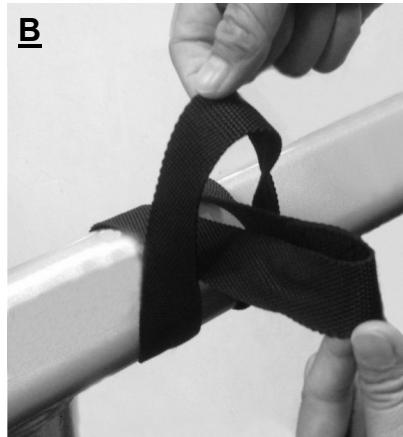
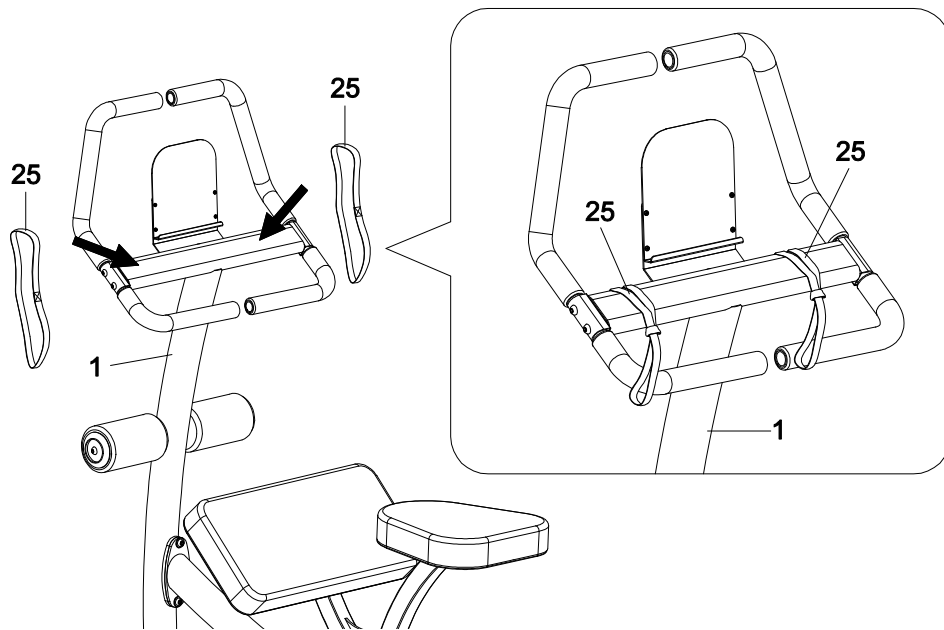
Hardware:



(28) Hexagon Socket Truss
Head Bolt M10x40
4 PCS

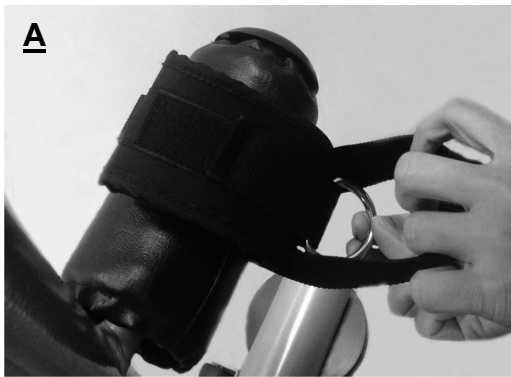
Step 7

Attach the Left/Right Handlebars (4, 5) onto the Upright Support Frame (1) with four M10x40 Hexagon Socket Truss Head Bolts (28). Tighten the bolts with the Allen Wrench provided.

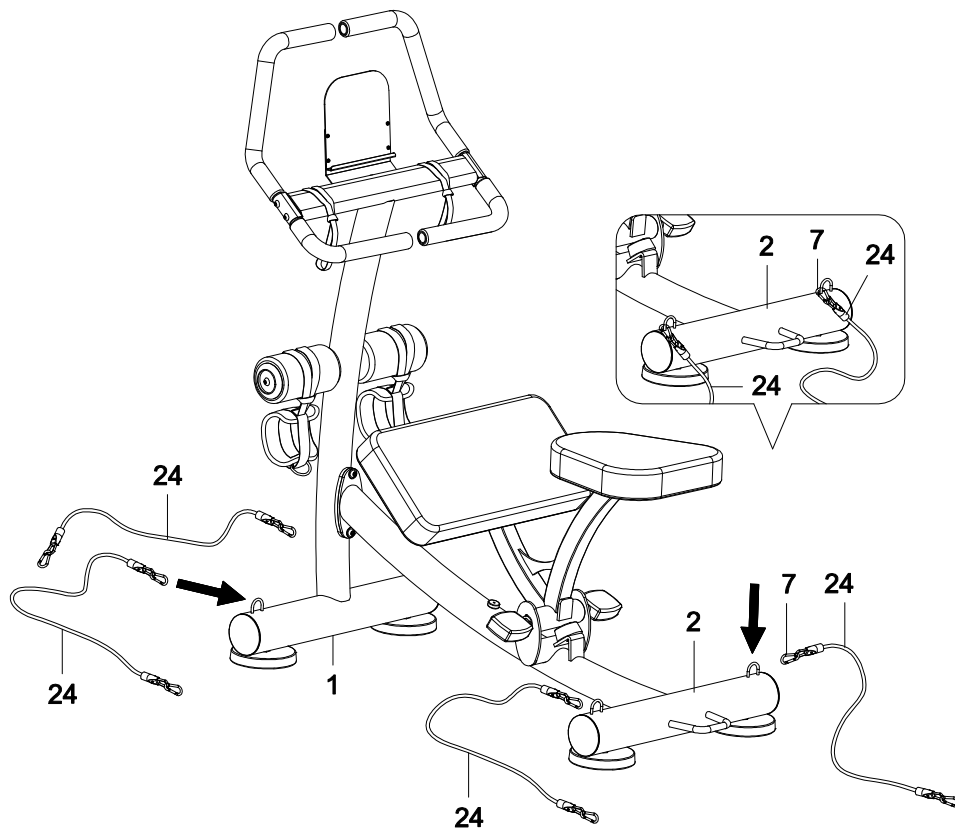


Step 8

Please follow the illustrations A, B, and C for proper installation of the Wrist Straps (25) onto the rod of the Upright Support Frame (1).



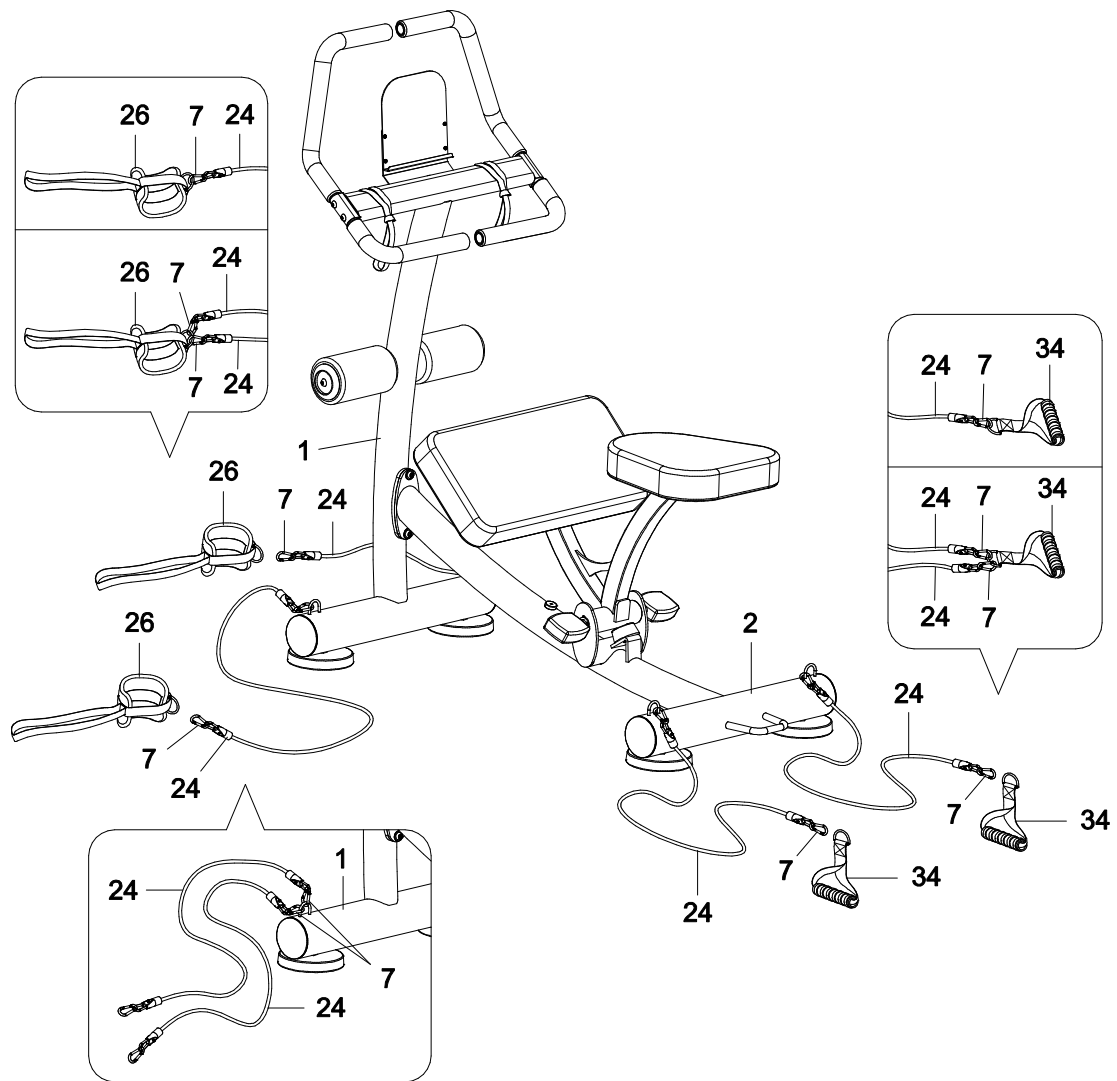
13



Step 10

Attach two Resistance Cords (24) with Snap Hooks (7) to the u-rings on the Upright Support Frame (1)

Attach the other two Resistance Cords (24) with Snap Hooks (7) to the u-rings on the Base Support Frame (2).

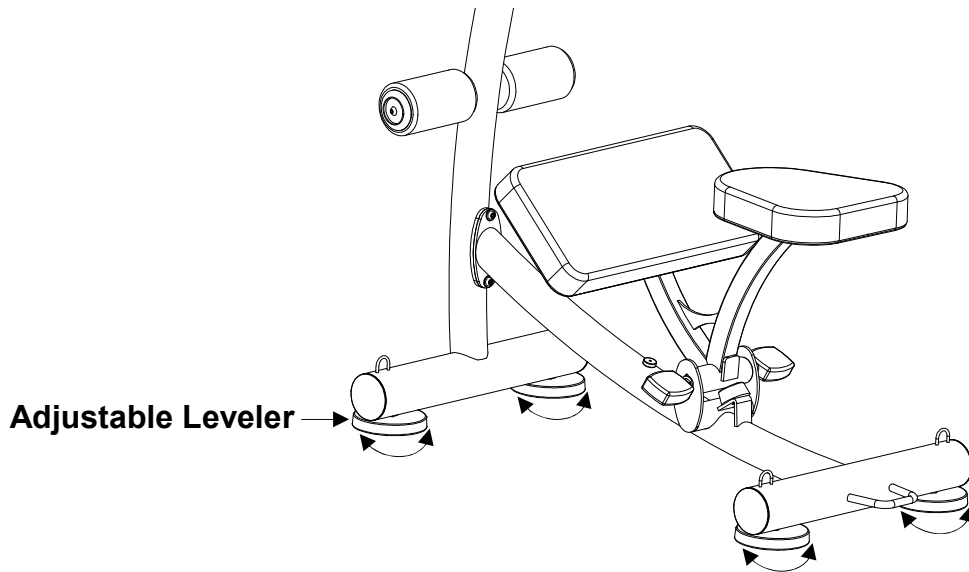


Step 11

Attach two Resistance Cord Handles (34) to the Resistance Cords (24) with Snap Hooks (7).

You may also attach two Ankle Straps (26) to the Resistance Cords (24) with Snap Hooks (7).

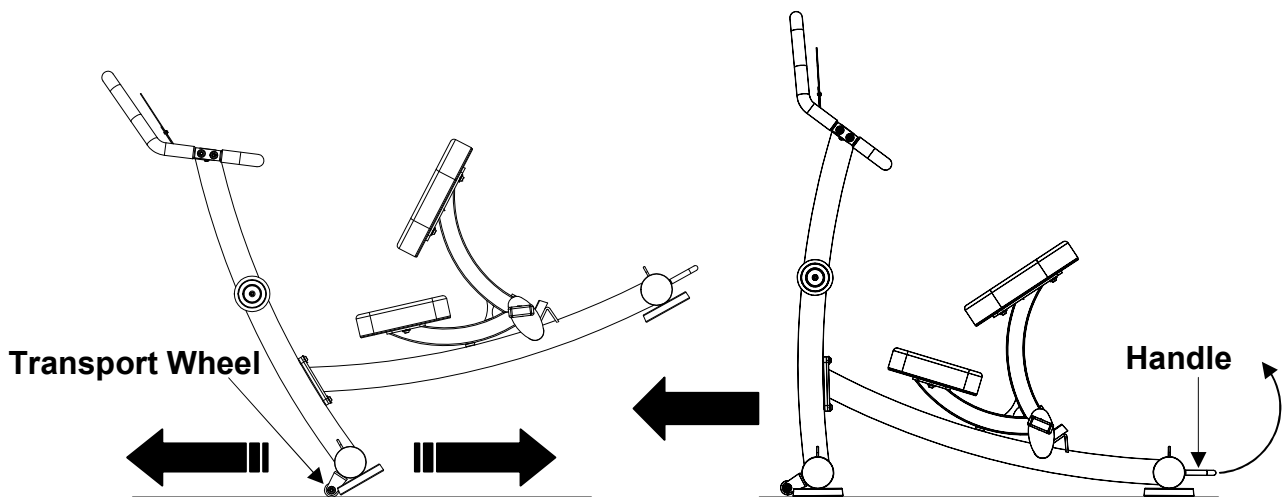
ADJUSTABLE LEVELER ADJUSTMENT



Adjusting the Adjustable Leveler

Turn the **Adjustable Leveler** on the base support and seat frames as needed to level the stretch trainer.

MOVING THE STRETCH TRAINER



The unit can be carefully tilted onto its transport wheels for easy moving and storage. Firmly grasp the **Handle** with both hands. Next, carefully lift the stretch trainer up until it rolls freely on the **Transport Wheels**.

CAUTION: The stretch trainer is heavy, it is suggested you always use the aid of a second person when moving the stretch trainer.

USING THE STRETCH TRAINER

Before begin your stretching exercises, please review the following guidelines.

1. Always use the wrist straps and hold the handlebar with both hands at all times during your routine. The wrist straps decrease the chance of falling if you lose your grip on the handlebar. Do not attempt a stretch using only the wrist straps.
2. Always use the ankle straps for leg stretching exercises.
3. When the first time you use the stretch trainer, do not try to do all the stretch exercises shown on the instructional placard. Start your stretch exercises slowly.
4. For most stretching exercise positions, make sure that your knees are rest on the knee pad and your feet are positioned on the foot pedals.
5. Do not overstretch while on the stretch trainer. When you feel tension in your muscle, please stop exercise.
6. Breathe normally while on the stretch trainer. Do not hold your breath.
7. When you have completed your stretch exercises, make sure that the seat has returned to the forward position.

Stretching Exercises

Lower Back



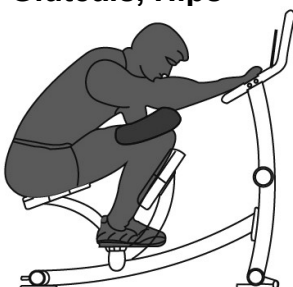
Begin with the seat in the forward position. Hold the handlebar with both hands, and then move the seat back slowly.

Hamstrings



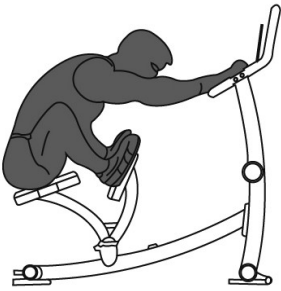
Hold the handlebar with both hands. Resting one foot on the roller and keep the leg straight. Complete the stretch, and then switch leg.

Gluteals, Hips



Hold the handlebar with both hands. Place ankle on the knee. Complete the stretch, and then switch leg.

Inner Thighs, Groin



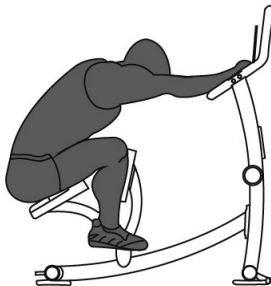
Hold the handlebar with both hands. With seat in toward position. Place feet facing one another on the top edge of the knee pad.

Hips, Legs, Back



Hold the handlebar with both hands. With the left ankle secured with ankle cuff. Extend the left leg toward the right side of center. Point or flex toe, complete the stretch, and then switch leg and hand positions.

Upper Back



Hold the handlebar with both hands. You can move your head up and down or left and right to intensify the stretch.

Shoulders



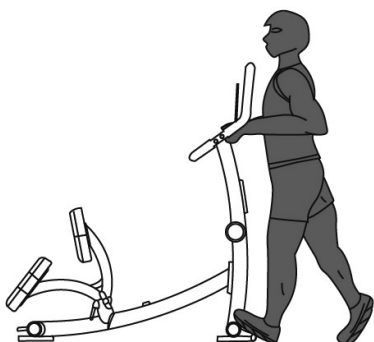
Cross the arms and hold the handlebar with both hands. You can move your head up and down or left and right to intensify the stretch. Complete the stretch, and then switch the hand positions.

Quadriceps



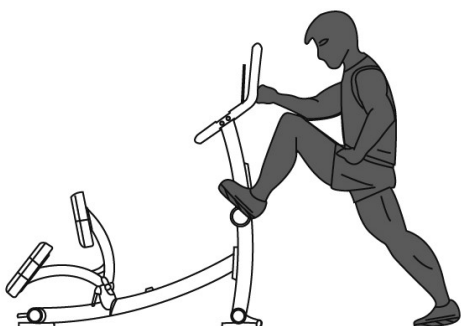
Stand to the side facing the instructional placard. Hold the handlebar with both hands. Place one foot on the top edge of the knee pad. Keep back straight. Bend the supporting leg. Complete the stretch, and then switch leg.

Calf Stretch



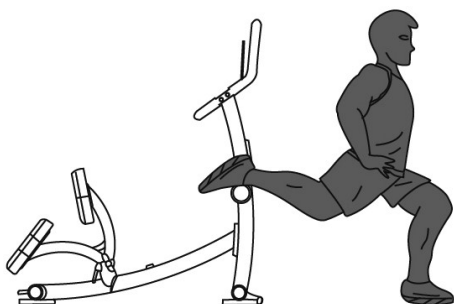
Face in front of the trainer to step one of your foot on the front tube with the heel on the floor to stretch.

Adductors Stretch



Stand in front of the trainer to step one of your foot on the roller. Slightly push forward to complete the stretch.

Quad Stretch



Turn your back to the trainer, place one instep on the roller, and then squat down and up with other leg to stretch.

MAINTENANCE

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The stretch trainer can be cleaned with a soft cloth, mild soap and water. Wipe the equipment down with a damp cloth and dry completely. Do not use abrasives or solvents.

INSPECTION

Inspect the knee and seat pads for cracks and loose stitching in the upholstery. Replace pads as needed.

Inspect the frames for rust or other damage. Make sure the welds on the stretch trainer are solid and all bolts and lock nuts are properly tight and installed correctly.

STORAGE

Store the stretch trainer in a clean and dry indoor environment. Never leave or use the stretch trainer outdoors.

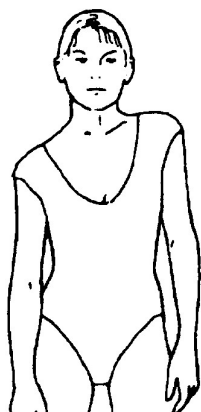
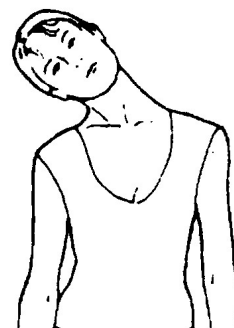
WARM UP AND COOL DOWN ROUTINE

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.

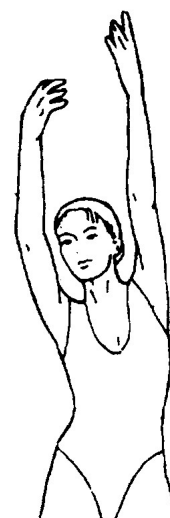
HEAD ROLLS

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.

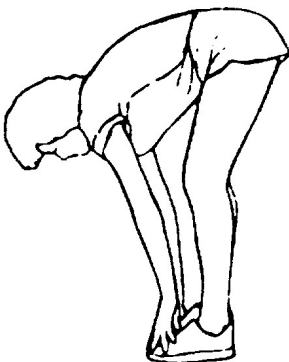


QUADRICEPS STRETCH

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.

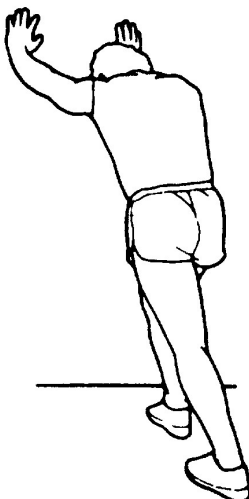
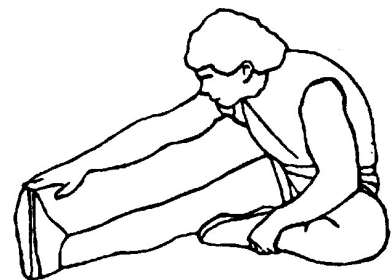


TOE TOUCHES

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.