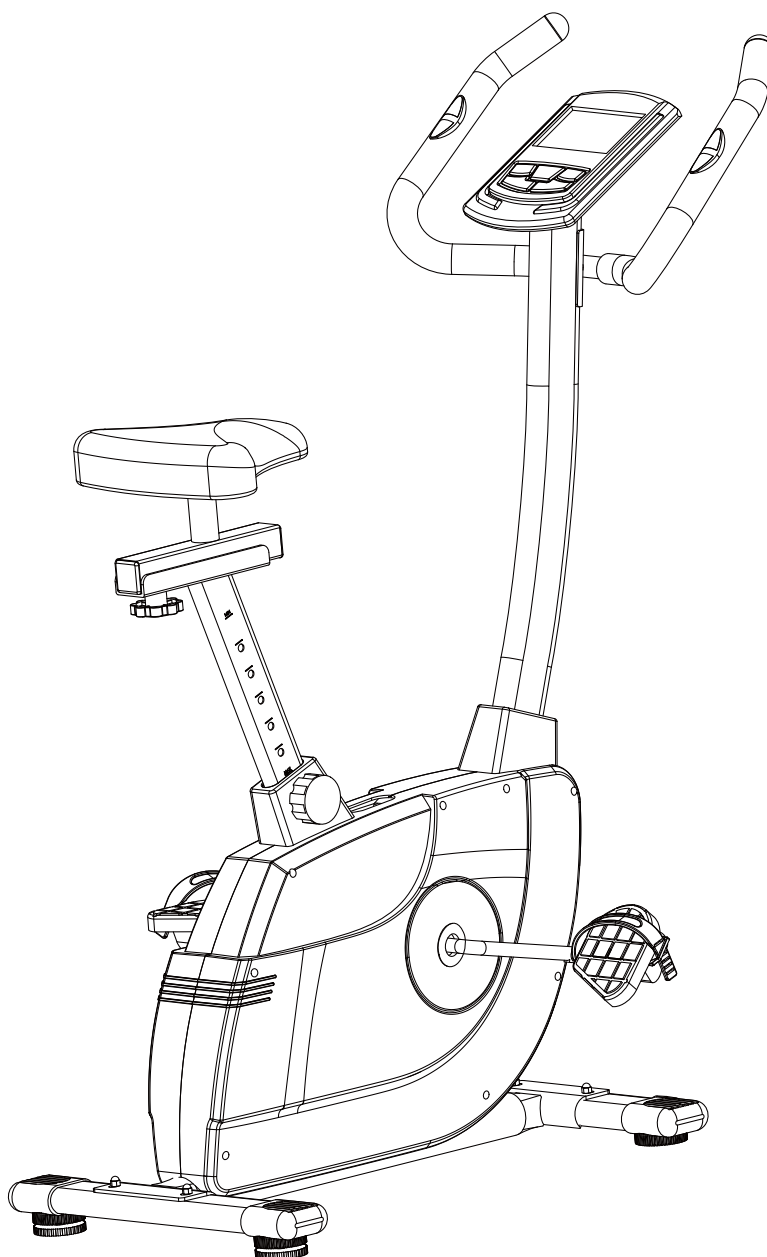


Streamline Prime, Magnetic Upright PC

Owner's Manual

Item No.: 20670

LifeGear
Get active for life



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

2009, 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 extended only to the original owner and is not transferable.

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**

SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
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; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

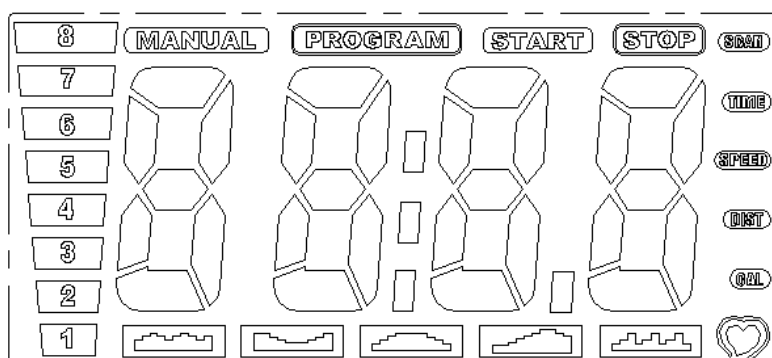
CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

OPERATING INSTRUCTIONS

1. Operate according to your own condition.
2. Adjusting the adjustable leveler:
Turn the adjustable levelers on the rear stabilizer as needed to level the bike.
3. Adjusting the seat post:
Turn the round knob in a counterclockwise direction and then pull out the round knob. 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. For added safety, tighten the round knob in a clockwise direction.
NOTE: When adjusting the height of seat post, the maximum insert depth mark line cannot higher than the edge of bushing.
4. Adjusting the seat cushion:
Release the seat adjustment knob and then slide the seat cushion forth or back direction for the suitable position. Tighten the seat adjustment knob after adjustment.
5. Sitting pose: sit on the seat cushion when exercising, please tighten the pedaling straps and hold the handlebar with hands, adjust your posture according to your exercise speed and intensity.

COMPUTER OPERATION



SPECIFICATIONS:

SCAN: Every 5 seconds

TIME: 0:00~99:59 MIN:SEC. Count up and down are available

SPEED: Unit: KPH or MPH (According to computer setting)

DIST (DISTANCE): 0.0~999.9 KM. Count up and down are available

CAL (CALORIES): 0.0~9999 KCAL. Count up and down are available

PULSE: 40-240BPM

POWER UP:

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

AUTO ON /OFF:

When you start to workout or press one of the buttons on the computer, the computer will

turn on. If you leave the equipment for over 4 minutes, the computer will turn off and reset all function values to zero automatically.

COMPUTER BUTTONS AND BUTTON FUNCTIONS:

ST/SP (START/STOP): Press the ST/SP button to start or stop training.

Pressing and holding the ST/SP button for two seconds to reset all functional values to 0.

ENTER: Press the ENTER button to enter the function setting of TIME, DIST (Distance), CAL (Calories), or PULSE Limit in MANUAL mode when STOP appears on the screen. Press the ENTER button to confirm the setting values.

UP: Press the UP button to select the training program from Manual and Program 1 to Program 6.

Increase the setting value of TIME, DIST (Distance), CAL (Calories), and PULSE Limit. Increase the resistance level.

DOWN: Press the DOWN button to select the training program from Manual and Program 6 to Program 1.

Decrease the setting value of TIME, DIST (Distance), CAL (Calories), and PULSE Limit. Decrease the resistance level.

PULSE RECOVERY: The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you. The Pulse Recovery feature is to be used directly after your workout. To use this function:

1) Press the **PULSE RECOVERY** button.

2) Hold **both hands** on Pulse Sensors located on the Handlebar.

3) The time will countdown from 60 to 0 seconds.

Note: If there is no pulse reading within 4 seconds reposition your hands on the Pulse Sensors.

4) Your personal fitness Pulse Recovery level will appear on the display (F1.0 - F6.0). When countdown is complete, the Pulse Recovery grade will be displayed.

Your ratings for Pulse Recovery are as follows:

F1.0 = Excellent F4.0 = Below Average

F2.0 = Good F5.0 = Not Good

F3.0 = Fair F6.0 = Poor

COMPUTER DISPLAY FUNCTIONS:

SCAN: While at "start" operation, press the ENTER button until SCAN appear on the screen. The computer will automatically scan each function of TIME, SPEED, DIST (Distance), CAL (Calories), and PULSE in sequence with a change every 5 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. Press the ST/SP button to start the workout, time will start to count up from 0:00 to 99:59 minutes per 1 second increment. You may also pre-set target time before training when STOP and MANUAL appear on the screen. Press the ENTER button to select TIME function mode with the display flashing 0:00. Press the UP or DOWN button to set the target time, from

0:00 up to 99:00 minutes in 1 minute increment. Press and hold the ST/SP button for two seconds to reset all functional values to 0. When desired target time is set, press the ENTER button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then press the ST/SP button to start the workout. Time will count down from pre-set target values to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will begin beeping to remind you. The STOP will appear on the screen, you may press the ST/SP button to start exercise again.

SPEED: Displays the current training speed.

DIST (Distance): Displays the accumulative distance traveled during workout. Press the ST/SP button to start the workout, distance will start to count up from 0.0 to 999.9 km per 0.1 km increment. You may also pre-set target distance before training when STOP and MANUAL appear on the screen. Press the ENTER button to select DIST function mode with the display flashing 0.0. Press the UP or DOWN button to set the target distance, from 0.0 up to 999.0 km in 1.0 km increment. Press and hold the ST/SP button for two seconds to reset all functional values to 0. When desired target distance is set, press the ENTER button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then press the ST/SP button to start the workout. Distance will count down from pre-set target values to 0.0 per 0.1 km backward. When the pre-set target distance counts down to 0.0, the computer will begin beeping to remind you. The STOP will appear on the screen, you may press the ST/SP button to start exercise again.

CAL (Calories): Display the total accumulated calories burned during workout. Press the ST/SP button to start the workout, calories will start to count up from 0.0 to 9999 calories. You may also pre-set target calories before training when STOP and MANUAL appear on the screen. Press the ENTER button to select CAL function mode with the display flashing 0.0. Press the UP or DOWN button to set the target calories, from 0.0 up to 9990 calories in 10 calories increment. Press and hold the ST/SP button for two seconds to reset all functional values to 0. When desired target calories is set, press the ENTER button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then press the ST/SP button to start the workout. Calories will count down from pre-set target values to 0.0. When the pre-set target calories count down to 0.0, the computer will begin beeping to remind you. The STOP will appear on the screen, you may press the ST/SP button to start exercise again.

PULSE: Press the ST/SP button to start the workout, the computer will display your current heart rate figures after you hold both two hands on handlebar pulse sensors 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. You may also pre-set target heart rate before training when STOP and MANUAL appear on the screen. Press the ENTER button to select PULSE function mode with the display flashing L0. Press the UP or DOWN button to set the target heart rate, from L90 up to L220 in 1 beat per minute increment. Press and hold the ST/SP button for two seconds to reset all functional values to 0. When desired target heart rate is set, press

the ENTER button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then press the ST/SP button to start the workout. Please hold both two hands on to the handlebar pulse sensors during exercise. If the heart rate detected higher than the target heart rate, the computer will begin beeping to remind you.

NOTE: If no pulse signal input within 16 seconds, the display will indicate "P". In the stop mode, the computer can not measure the heart rate.

START: Indicates the program selected has started.

STOP: Indicates the program selected has stopped. User is free to change the programs and the value of functions applied.

PROGRAM: Indicates the programs selected from PROGRAM 1 to PROGRAM 6.

This system contains one manual and six programs. You can pre-set the workout time and the computer system will divide the time by 10 intervals. If you don't pre-set workout time, computer system will count up the workout time in one-second increment.

PROGRAM GRAPH:

Each graph shown is the profile of the resistance level and time in each interval. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 intervals ($40/10=4$). Then, each interval will be 4 minutes.

Press the UP or DOWN button to choose desired program from Manual and Program 1 to Program 5. Press the ENTER button to confirm your desired program and TIME will flash for pre-setting the target time. You may skip to pre-set the functional modes of the TIME, DIST (Distance), CAL (Calories), and PULSE Limit in PROGRAM mode, then press the ST/SP button to begin the work out. You may also pre-set the functional modes of the TIME, DIST (Distance), CAL (Calories), and PULSE Limit in PROGRAM mode, then press the ST/SP button to begin the work out. The resistance level will change according to the program graph.

NOTE: Program 6 is a very unique program; it allows the computer to adjust the resistance level according to your heart rate automatically.

Press the UP or DOWN button to choose program 6. Press the ENTER button to confirm the program and TIME will flash for presetting target time. You may skip to pre-set the functional mode of the TIME, DIST (Distance), or CAL (Calories) in PROGRAM mode. You may pre-set the target heart rate by pressing the UP or DOWN button and then press the ST/SP button to begin the workout. Please hold both two hands on to the handlebar pulse sensors. If your present heart rate is higher than your target heart rate, the computer will decrease the resistance level automatically. If your present heart rate is lower than your target heart rate, the computer will increase resistance level.

MANUAL: Indicates the manual mode.

RESISTANCE LEVEL: Indicates the resistance level selected from LEVEL 1 to LEVEL 8.

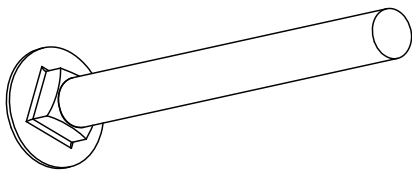
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Screw ST4.2x20	2	033	Belt Pulley with Crank	1
002	Hand Pulse Sensor with Wire L=750mm	2	034	Belt PJ370 J6	1
003	Handlebar End Cap Ø25x1.5	2	035	Bushing	1
004	Handlebar Foam Grip Ø30xØ24x560	2	036	Pan Head Phillips Self Tapping Screw ST2.9x10	2
005	Computer BC-81306	1	037	Sensor with Wire L=750mm	1
006	Bolt M5x15	4	038	Main Frame	1
007	Curve Washer Ø8	3	039	Nylon Nut M6	2
008	Bolt M8x15	3	040	Washer Ø5	4
009	Handlebar Post	1	041	Transport Wheel Ø23xØ6x32	2
010	Motor with Cable	1	042	Bolt M6x45	2
011	Magnetic Brake Cable	1	043	Front Stabilizer 70x30x1.5	1
012	Seat Cushion DD-982AT	1	044	Front Stabilizer End Cap	2
013	Seat Post 60x20x1.5	1	045	Idle Wheel	1
014	Handlebar Ø25x1.5	1	046	Idle Wheel Bracket	1
015	Seat Sliding Tube Square End Cap	2	047	Spring Ø17x80xØ2	1
016	Seat Sliding Tube 38x38x1.5	1	048	Rear Stabilizer 70x30x1.5	1
017	Handlebar Post Cover	1	049	Left Foot Pedal LYH-30X	1
018	Washer Ø8	10	050	Right Foot Pedal LYH-30X	1
019	Sensor Wire I L=1000	1	051	Rear Stabilizer End Cap	2
020	Locknut M8	5	052	Pan Head Phillips Self Drilling Screw ST4.2x25	2
021	Round Knob M16x1.5	1	053	Bolt M10x40	4
022	Seat Post Cover	1	054	Big Washer Ø10	4
023	Left Cover 640x470x80	1	055	Cap Nut M10	4
024	Right Cover 640x470x83	1	056	Nut M10x1x10	2
025	Screw ST4.2x25	11	057	Flywheel Ø230x40xØ32	1
026	Nut	1	058	Adjustable Bolt M6x36	2
027	Washer I	1	059	U Bracket	2
028	Axle Sleeve I	1	060	Hex Nut M6	2
029	Ball Bearing	2	061	Bolt M8x20	1
030	Axle Bush	2	062	Adjustable Leveler	2
031	Axle Sleeve II	1	063	Seat Adjustment Knob M8	1
032	Washer II	1	064	Bottom Section Power Supply Cable	1

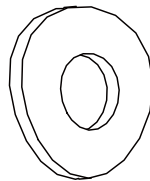
PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Sensor Wire II L=750	1	068	Cover Cap Ø50x12	2
066	Adaptor	1	069	Bolt M8x10	4
067	Nut M12	1			

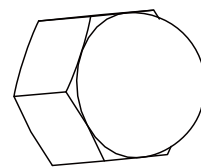
HARDWARE PACKING LIST AND TOOLS



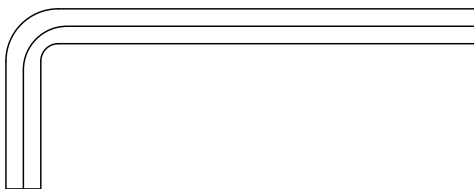
(53) Bolt M10x40
4 PCS



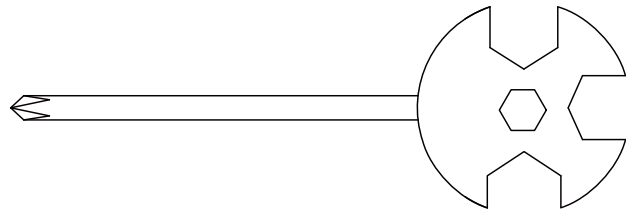
(54) Big Washer Ø10
4 PCS



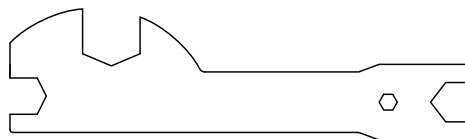
(55) Cap Nut M10
4 PCS



Allen Wrench 6mm
1 PC

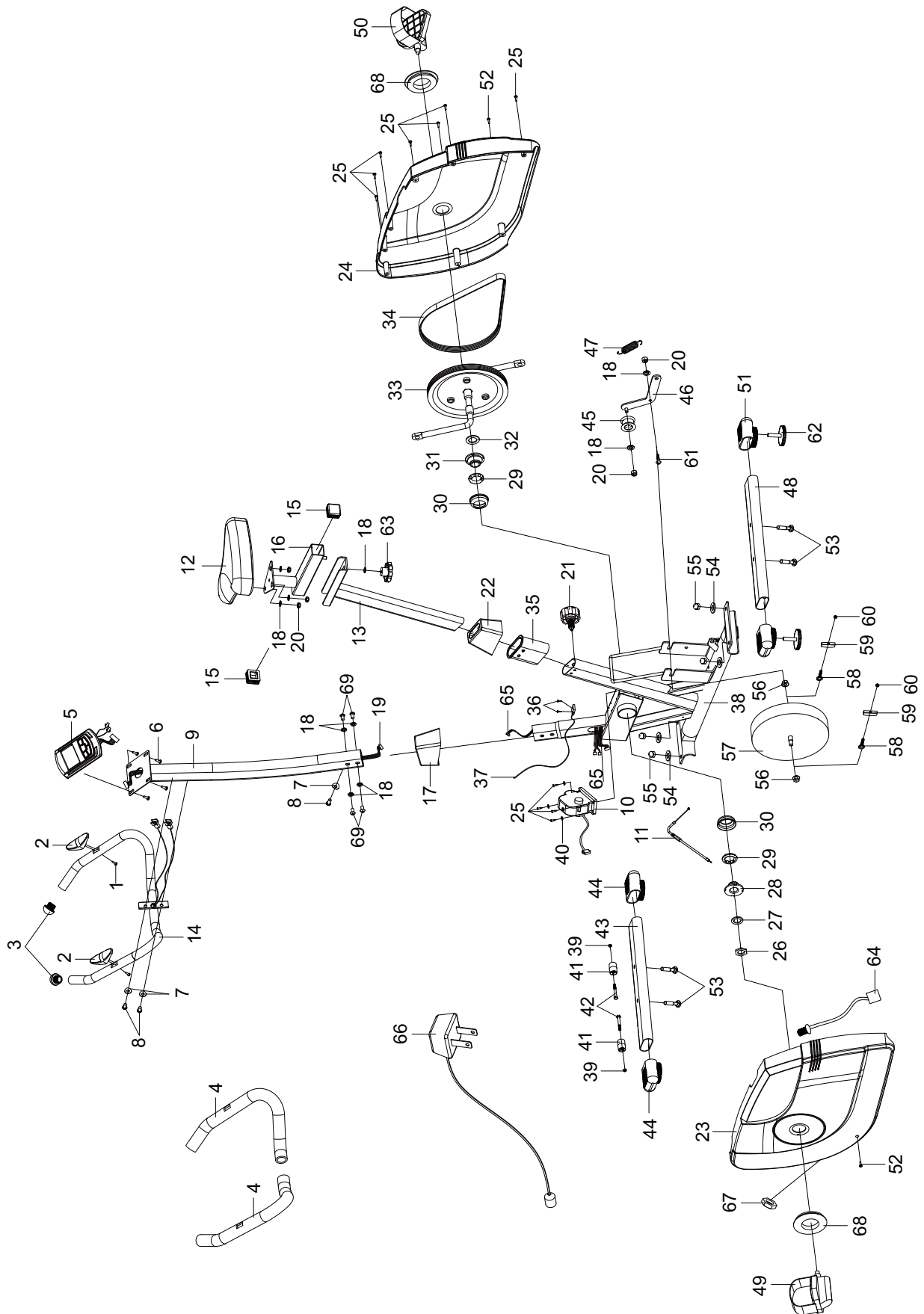


Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC



Multi Hex Tool
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

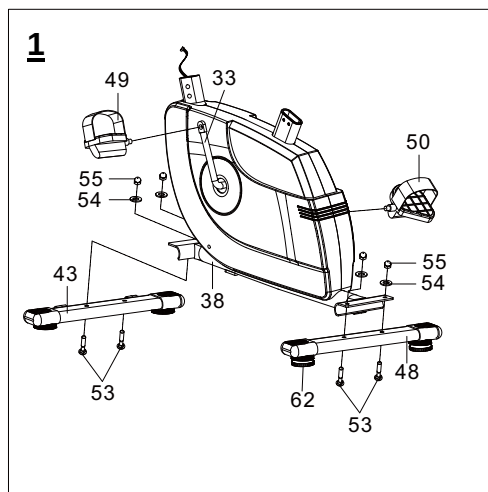
1. Install the Front/Rear Stabilizers and Foot Pedals.

Attach the Front Stabilizer (43) onto the front curve plate of the Main Frame (38) with two M10x40 Bolts (53), Ø10 Big Washers (54), and M10 Cap Nuts (55). Attach the Rear Stabilizer (48) onto the rear curve plate of the Main Frame (38) with two M10x40 Bolts (53), Ø10 Big Washers (54), and M10 Cap Nuts (55).

Adjusting the adjustable leveler:

Turn the Adjustable Levelers (62) on the Rear Stabilizer (48) as needed to level the bike. Connect the Left Foot Pedal (49) to the left Crank (33). Thread it into the crank assembly in the counterclockwise direction by the tool provided. Connect the Right Foot Pedal (50) to the right Crank (33) by threading it in the clockwise direction.

NOTE: The Left and Right Foot Pedals (49, 50) and Crank (33) are marked with "L" & "R" (left and right).



2. Install the Seat Post, Seat Cushion, and Seat Sliding Tube.

Slide the Seat Post Cover (22) onto the tube of the Main Frame (38).

Insert the Seat Post (13) into the bushing on the tube of the Main Frame (38) and then attach the Round Knob (21) onto the tube of the Main Frame (38) by turning it in a clockwise direction to lock the Seat Post (13) in the suitable position.

Adjusting the seat post:

Turn the Round Knob (21) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (21) and then slide the Seat Post (13) up or down direction to the suitable position. Lock the Seat Post (13) in place by releasing the Round Knob (21) and sliding the Seat Post (13) up or down slightly until the Round Knob (21) "pops" down into the locked position. For added safety, tighten the Round Knob (21) in a clockwise direction.

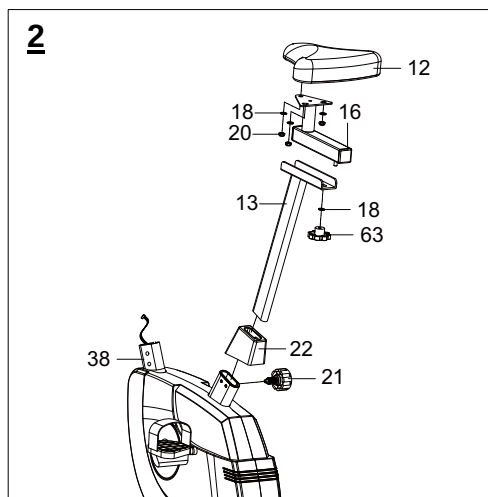
NOTE: When adjusting the height of seat post, the maximum insert depth mark line cannot higher than the edge of seat post cover.

Remove three M8 Locknuts (20) and Ø8 Washers (18) from underneath of the Seat Cushion (12). Then attach the Seat Cushion (12) onto the triangle plate of Seat Sliding Tube (16) with three M8 Locknuts (20) and Ø8 Washers (18) that were removed.

Remove one Ø8 Washers (18) and M8 Seat Adjustment Knob (63) from underneath of the Seat Sliding Tube (16) and then attach the Seat Sliding Tube (16) onto the Seat Post (13) with one Ø8 Washers (18) and M8 Seat Adjustment Knob (63) that were removed.

Adjusting the seat cushion:

Release the M8 Seat Adjustment Knob (63) and then slide the Seat Sliding Tube (16) forth or back direction for the suitable position. Tighten the M8 Seat Adjustment Knob (63) after adjustment.



3. Install the Handlebar Post.

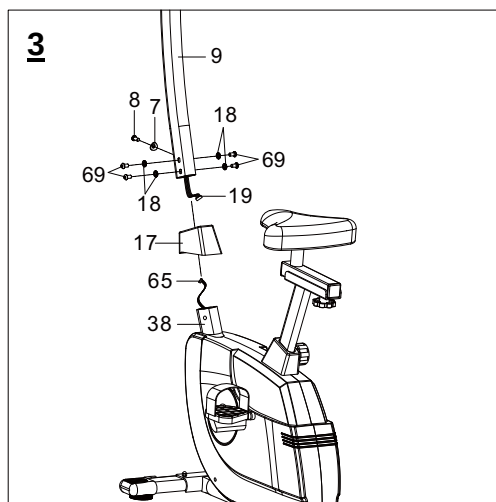
Remove one M8x15 Bolt (8), Ø8 Curve Washer (7), four Ø8 Flat Washers (18), and M8x10 Bolts (69) from the tube of the Main Frame (38).

Slide the Handlebar Post Cover (17) up from the bottom end of the Handlebar Post (9).

Connect the Sensor Wire II (65) from the Main Frame (38) to the Sensor Wire I (19) from the Handlebar Post (9).

Insert the Handlebar Post (9) onto the tube of the Main Frame (38) and secure with one M8x15 Bolt (8), Ø8 Curve Washer (7), four Ø8 Flat Washers (18), and M8x10 Bolts (69) that were removed. Be careful not to pinch the cables inside the Handlebar Post (9) when turning the M8x10 Bolts (69).

Slide the Handlebar Post Cover (17) down onto the tube of the Main Frame (38).



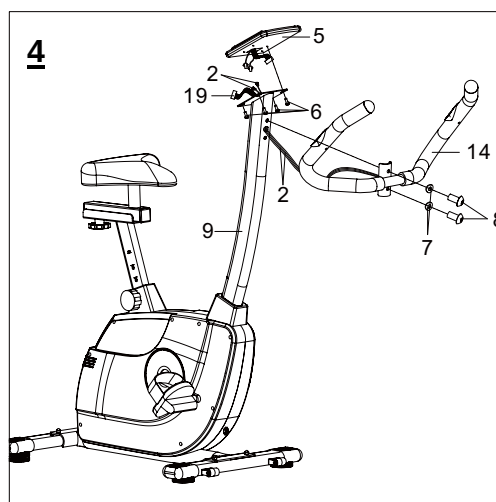
4. Install the Handlebar and Computer.

Remove two M8x15 Bolts (8) and Ø8 Curve Washers (7) from the Handlebar Post (9).

Insert the Hand Pulse Sensor Wires (2) into the hole on the Handlebar Post (9) and then pull them out from the top end of the Handlebar Post (9).

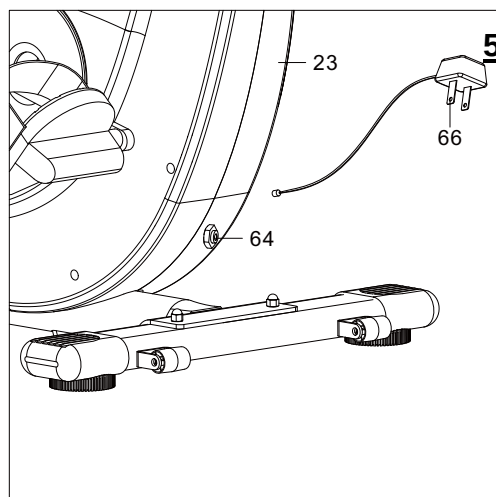
Attach the Handlebar (14) onto the Handlebar Post (9) with two M8x15 Bolts (8) and Ø8 Curve Washers (7) that were removed.

Remove four M5x15 Bolts (6) from the Computer (5). Connect the Hand Pulse Sensor Wires (2) and Sensor Wire I (19) to the wires that come from the Computer (5). Then attach the Computer (5) onto the top end of the Handlebar Post (9) with four M5x15 Bolts (6) that were removed.



5. Using the Adaptor.

Plug the wire of the Adaptor (66) into the power jack of the Bottom Section Power Supply Cable (64) on the Left Cover (23) and then connect the Adaptor (66) to the electrical wall outlet.



TROUBLE SHOOTING GUIDE

1. Verify that all the bolts and nuts are locked properly and the turning parts should be turned freely without damaged parts.
2. Clean the equipment with soap and slightly damp cloth only. Please do not use any solvent to clean the equipment.

Problem	Potential Cause	Corrections
Base is unstable.	1. Floor is not flat or there is small object under the front or rear stabilizer. 2. The adjustable levelers on the rear stabilizer have not been leveled when adjusting.	1. Remove the object. 2. Adjust the adjustable levelers.
Handlebar or seat post is shaking.	The bolts or round knob is loose.	Tighten the bolts or round knob.
Loud noise from the moving parts.	The interval of the parts is improper tighten.	Open the covers to adjust.
No resistance when riding the upright bike.	1. The interval of the magnetic resistance increases. 2. Belt slips.	1. Open the covers to adjust. 2. Open the covers to adjust.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

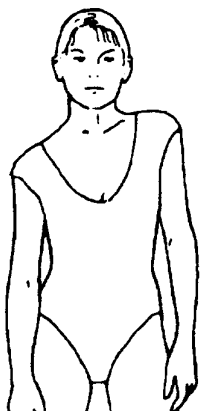
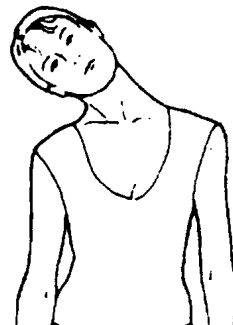
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch 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.

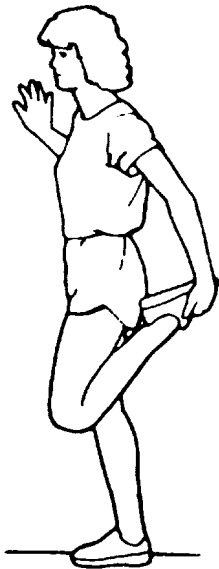
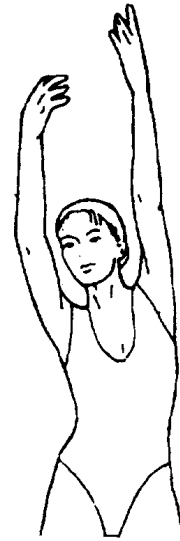


SHOULDER LIFTS

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.



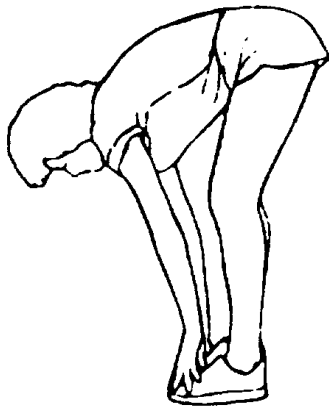
QUADRICEPS STRETCH

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.



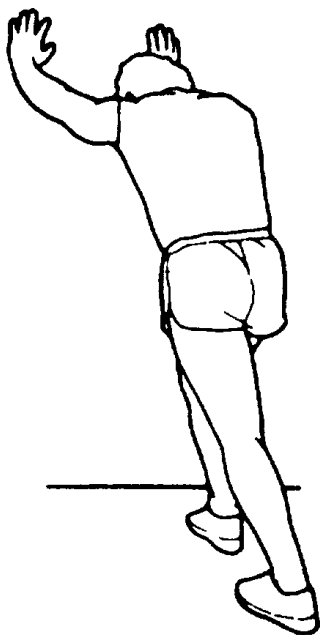
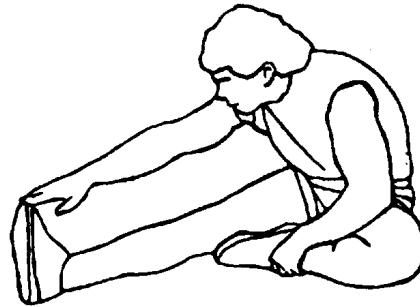


TOE TOUCHES

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.