

READY, SET, PRO

USER MANUAL

FLEXCYCLE BIKE



Aerobic exercise has enormous benefits for your body, brain, and mental health.

At least 75 minutes of vigorous aerobic exercise such as cycling, are recommended each week for optimal health.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel



Not everyone can afford to hire a personal trainer or a team of professionals to help them feel and look their best. But the good news is: you don't have to. Lifepro brings the gym to you.

With the Lifepro FlexCycle Bike, you can build cardiovascular fitness and muscle strength from the comfort of your home or office. Use the FlexCycle while sitting on the couch watching TV, while reading a book, or while sitting in a chair. The FlexCycle is small and portable enough to take with you to work and fits right under your desk!

The FlexCycle improves blood circulation, muscle tone, and flexibility. 8 pedal resistance levels allow you to create custom cycling workouts. On the lowest resistance level, workouts would be equivalent to an easy bike ride in the park. Increasing the pedal resistance allows you to create more intense workouts, similar to biking up a steep hill. Just sit back, relax, and let your legs do the work! See results in just 15- 20 minutes a day.

Redefine your workouts and experience the transformative power of the Lifepro FlexCycle:

- **Increase strength & flexibility:** improves stability and muscle tone
- **Regulate weight:** boost your heartrate and burn calories.
- **Decrease chronic pain:** improves core strength & circulation
- **Boost your metabolism:** encourages your body to burn fat faster
- **Decrease your stress:** increases serotonin and decreases cortisol
- **Lower blood pressure:** improves circulation
- **Develop stronger bones:** increases bone density

Check out the exercises in this manual for ways to get started using your FlexCycle. Next, be sure to visit our website flexcycle.lifeprofitness.com for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the FlexCycle into your fitness routine.

FLEXCYCLE

BIKE

GET STARTED

WHAT'S IN THE BOX

- Lifepro FlexCycle Bike
- Resistance Bands (2)
- Tether Strap
- Stabilizer Legs, Front and Rear (2)
- Leg Pedals (2)
- Arm Pedals (2)
- User Guide
- Multi-tool
- Hardware
 - M8 Bolts (4)
 - M8 Cap Nuts (4)
 - D8 Flat Washers (4)

FIRST STEPS

1. Remove your FlexCycle from the shipping box and remove all packaging from the unit, parts, and hardware.
2. Read carefully through this user manual and all safety instructions before assembling and using the FlexCycle.
3. Go to flexcycle.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the 5-MINUTE ASSEMBLY GUIDE on page 8 to begin using your FlexCycle.

CUSTOMER SUPPORT

If you have any questions about setting up your FlexCycle, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (732) 456-6063 or support@lifeprofitness.com.

GET ACQUAINTED



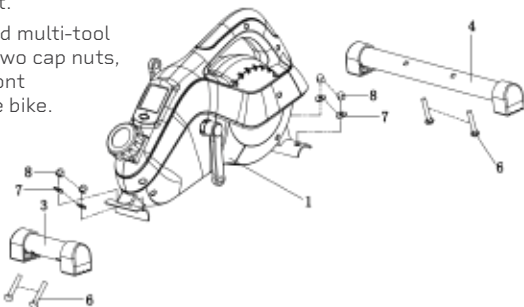
5-MINUTE ASSEMBLY GUIDE

Setup your LifePro FlexCycle in just 5 easy steps:

1

ATTACH THE FRONT STABILIZER

1. Align the front stabilizer (4) with the metal attachment point at the front of the bike. Make sure the screw holes line up.
2. Insert two bolts (6) through the bottom of the stabilizer and through the metal attachment point.
3. Put a washer (7) onto each bolt.
4. Screw a cap nut (8) onto the end of each bolt.
5. Use the included multi-tool to tighten the two cap nuts, securing the front stabilizer to the bike.



2

ATTACH THE REAR STABILIZER

1. Align the rear stabilizer (3) with the metal attachment point at the rear of the bike. Make sure the screw holes line up.
2. Insert two bolts (6) through the bottom of the stabilizer and through the metal attachment point.
3. Put a washer (7) onto each bolt.
4. Screw a cap nut (8) onto the end of each bolt.
5. Use the multi-tool to tighten the two cap nuts, securing the rear stabilizer to the bike.

3

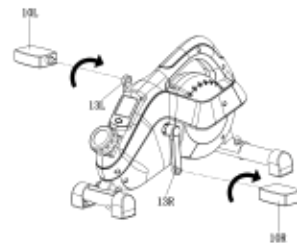
ATTACH THE RESISTANCE BANDS

1. Clip one resistance band to each of the metal loops on the top of the front stabilizer.

4

ATTACH THE LEG PEDALS OR ARM PEDALS

1. Insert the pedals (10 L/R) into the opening in each pedal arm (13 L/R).
2. Use the included multi-tool to tighten the nuts on both pedals, as shown in the image. Tighten the nuts as tight as possible so they do not loosen during use.



5

INSERT THE BATTERIES

1. Remove the monitor by carefully pulling it out from the top edge.
2. Insert two AAA batteries into the battery receptacle. Ensure they are oriented correctly.
3. Carefully tuck the wires back in as you re-insert monitor. Insert from the bottom first.

INSTALL A FITNESS APP TO MANAGE YOUR WORKOUTS

1. Scan one of the QR codes below to download your preferred fitness app from the App Store/Google Play. If you do not already have a QR Scanner app, you will need to download one first.
2. On your phone, go to Settings > Bluetooth to turn on Bluetooth. In the device list, connect to your FlexCycle.
3. Open the app and create an account.
4. Now, you can create a personalized exercise plan in the app. You can follow structured biking workouts, including cycling routes around the world. Track calories burned, your speed, workout duration, and all of your workout activity information. Create training goals, complete fitness challenges, and more.

Neither app is affiliated with LifePro. Some features may require in-app purchase.



Swift: Ride & Run



Kinomap

PARTS OF THE FLEXCYCLE



OPERATING INSTRUCTIONS

CREATE A CUSTOM CYCLING WORKOUT

Create a custom aerobic workout with your desired speed, intensity, and duration:

1. Adjust the pedal tension (see below) to your desired resistance level.
2. Place your feet flat on the pedals.
3. Begin pedaling at your desired speed. You can check your speed on the monitor. Speed is displayed in RPMs (rotations/strides per minute).
4. Keep an eye on the monitor to check your workout duration.

ADJUSTING THE PEDAL RESISTANCE/TENSION

The FlexCycle has 8 levels of resistance (1-8). Level 1 is the lowest resistance level and provides the easiest pedaling. Level 8 is the highest resistance level and provides the most intense pedaling workout.

1. Turn the Tension Control Knob to the right or left to adjust the resistance level. Align the arrow on the knob to the tension level you would like to select.
2. Turn the knob to the right to increase the resistance level. Turn the knob to the left to decrease the resistance level.

TETHERING THE BIKE TO A CHAIR WHEN USING ON SLIPPERY FLOORS

The FlexCycle comes with a long strap which can be used to tether the bike to a chair. Most users will NOT need to tether the bike; pedaling with downward force will prevent it from slipping on carpet and most other surfaces. To tether the bike when using it on a slippery surface:

1. Position the bike in front of a chair.
2. Sit in the chair and begin pedaling. Your feet should easily reach the pedals while sitting in the chair. Your knees should be slightly bent when the pedals are furthest from you.
3. Route the tether strap around the bike and chair as shown in the image. Notice the strap goes over the front stabilizer and under the bike frame.
4. Pull the strap taut and press the ends of the velcro together to make a tight loop.
5. Pedal the bike to make sure the distance is correct. Adjust if necessary.
6. Use the strap's buckle to quickly tether and untether the bike.



THE FLEXCYCLE MONITOR

FUNCTION	INFORMATION DISPLAYED ON MONITOR	VALUE
RPM	Displays the current workout speed in strides/minute	0 - 999 Strides/Min
SCAN	Displays each function in turn: time, cnt, dist, cal, t-cnt	Varies
TIME	Displays the duration of the current workout	00:00 - 99:59 (Min:Sec)
CNT	Displays the number of strides in the current workout	0 - 9999 Strides
DIST	Displays the current distance traveled	0 - 999.9 Miles
CAL	Displays the calories expended during the current workout	0.0 - 999 KCAL
T-CNT	Displays the total number of strides (across all workouts)	0 - 9999 Strides Total
BATTERY	Displays only if the batteries need to be changed	N/A

CHANGE MONITOR DISPLAY

The top line of the monitor shows your current RPM (strides per minute). The bottom line shows the selected function.

CHANGE FUNCTION

To adjust the function displayed on your monitor:

1. Press the blue Function button to toggle through the available display functions: scan, time, count, distance, calories, and total count.
2. The small black arrow at the bottom of the screen shows which function is currently selected.

RESET ALL VALUES

To reset all of the workout values (time, count, calories, etc.):

1. Press and hold the Function button for 4 seconds to reset all values.

AUTO SHUTOFF

The monitor will automatically shut off after 4 minutes of inactivity. The monitor will auto power on when you press the Function button or begin to exercise.



TIPS FOR USING YOUR FLEXCYCLE

HOW TO PEDAL

1. Start pushing downward on the pedal when the pedal arm is at its highest position.
2. Stop pedaling when the pedal is at its lowest position.
3. Make sure to press downward with your feet while you are pedaling.

START SLOW & LISTEN TO YOUR BODY!

It is important to start slow to avoid injury.

1. Begin your cycling workout on the lowest resistance level (level 1). If you do not often ride a bike, beginning at the lowest level gives your muscles a chance to get used to cycling.
2. Increase the resistance, as well as your speed and workout duration, as you get used to the FlexCycle.

KEEP YOUR UPPER BODY STILL

Pedaling is easier when you keep your upper body still.

1. Use your legs to pedal, not your body.
2. Your head and upper body should not move while you are pedaling.
3. Don't rock from side to side.
4. It is easier to keep your body still if you pedal downward by pressing your feet downward—rather than forward—on the pedals.

EXERCISING YOUR ARMS

You can also use the FlexCycle to exercise your arms. Attach the arm pedals as shown on page 9. To exercise your arms:

1. Hold onto the pedals with both hands.
2. Push the pedals forward using a circular motion.

The included resistance bands provide a great way to exercise your arms and legs at the same time. While you are biking, use the resistance bands to do bicep curls, shoulder presses, and more!

WHERE TO USE THE FLEXCYCLE



ON THE COUCH



AT WORK



IN A CHAIR



**LIFETIME
WARRANTY**

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your FlexCycle ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your FlexCycle cannot be repaired, we'll replace it—free of charge. Register your FlexCycle at flexcycle.lifeprofitness.com to activate your warranty within 14 days of purchase.

EXERCISE INSTRUCTIONS

Using your FlexCycle will improve your physical fitness, tone your muscles, and when combined with a calorie-controlled diet, it will help you lose weight.

PRO TIP: Change up your workout duration, speed, as well as your exertion level and heart rate to keep improving your fitness and mobility.

STEP 1: WARM UP PHASE

Spend about 5 minutes warming up. Doing warm up stretches before exercising prevents pulled muscles and other exercise injuries. Stretching gets blood flowing and helps loosen your muscles so they are ready for exercise. While doing the following stretches, do not force or jerk your muscles, and most important, if it hurts: STOP.

TOUCH YOUR TOES

1. Bend your knees slightly.
2. Let your back and shoulders relax as you bend over and try to touch your toes.
3. Hold the stretch for 10 -15 seconds.
4. Repeat 3 times.



STRETCH YOUR CALVES AND FEET

1. Sit on the floor or a cushion.
2. Place your left foot against your right inner thigh.
3. Bend toward your right foot and try to touch your toes.
4. Hold the stretch for 10 -15 seconds
5. Repeat 3 times.



STRETCH YOUR QUADS

1. Place your left hand on a wall or a table to help with your balance.
2. With your right hand, grab your right ankle.
3. Pull your heel in toward your buttocks.
4. Hold the stretch for 10 -15 seconds
5. Repeat 3 times.

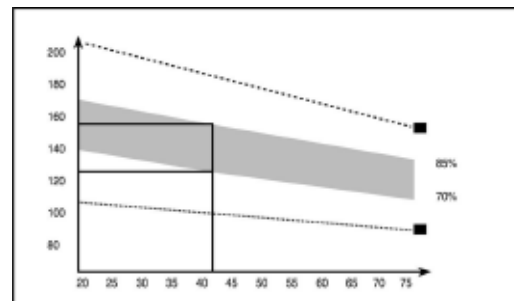
STRETCH YOUR GROIN

1. Sit on the floor or a cushion with your knees bent and the soles of your feet together.
2. Hold your ankles and bend forward at your hips.
3. Hold the stretch for 10 -15 seconds
4. Repeat 3 times.



STEP 2: EXERCISE PHASE

During the exercise phase you're building muscle, stamina, and improving your cardiovascular health. It's important to begin slowly and increase your workout duration, intensity, and the resistance level of the pedals slowly over time.



STEP 3: RECOVERY PHASE

After exercising, it's important to give your body time to cool down and recover. Spend 5 minutes completing the warm up stretches again to allow yourself time to cool down. Be careful not to force or jerk your muscles as you stretch.

EXERCISE TIPS

- Start slow and easy, then work your way up to more challenging workouts.
- Long-term use will help you reach your goals.
- Drink plenty of water before and after exercise.
- Stop use if you feel tired or dizzy.
- Do not use on a full stomach.
- Do not use for more than 20 minutes at a time.

SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the FlexCycle.

RESPONSIBILITIES

1. **WARNING: Always ensure all nuts and bolts are tightened before exercise.**
2. It is the responsibility of the owner to ensure that all users of the FlexCycle are adequately informed of all warnings and precautions.
3. Use the FlexCycle only as instructed in this manual.
4. To ensure the safety of users, check to see that all bolts and connecting parts are locked before using.
5. Place the FlexCycle on a sturdy, level surface, with at least seven feet of clearance on all sides.
6. Keep the FlexCycle indoors, away from moisture and dust. Do not use outdoors. Do not store in a garage or covered patio, or near water.
7. During assembly, it is recommended that you place parts and hardware on a mat to avoid soiling carpet or flooring.

DOS AND DON'TS

8. Children and adults with diminished mental or physical capacity may only use the FlexCycle while supervised by a responsible adult.
9. Do not exceed the maximum weight capacity of 220 lbs.
10. Do keep pets away from the FlexCycle at all times.
11. Do not allow more than one person to use the FlexCycle at a time.

EXERCISING

12. Consult with a medical professional before beginning a new exercise program.
13. Incorrect or excessive exercise can be damaging to health. Always exercise within the heart beat range and time limits recommended by your physician.
14. Always wear appropriate athletic clothing, socks, and athletic shoes when using the FlexCycle. It is especially important that the shoes fit.
15. Do not use for more than 20 minutes at a time.
16. If at any time during exercise you feel faint, dizzy, or experience pain, stop immediately and consult your physician.
17. The FlexCycle is intended for in-home use only. Do not use the FlexCycle in any commercial, rental, institutional, or therapeutic setting.

CLEANING & MAINTENANCE

18. Wipe down the FlexCycle after exercise.
19. Clean only with a damp cloth. Do not use solvent cleaners.
20. Inspect for visible damage before use. Do not use if damaged.
21. Inspect and tighten all external bolts periodically (do not remove the motor hood).
22. Only use with the original parts and accessories provided by the manufacturer.
23. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
24. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

RECOVERY + FITNESS
FLEXCYCLE
BIKE

UNIT SPECS

Size: 20.9" x 17.5" x 13.2"

Net Weight: 18.1 lbs

Decibel Rating: 30-75 dB

Batteries Required for Monitor:

2 AAA batteries (included)

MADE IN CHINA

FROM OUR RECOVERY + FITNESS COLLECTION

RHYTHM

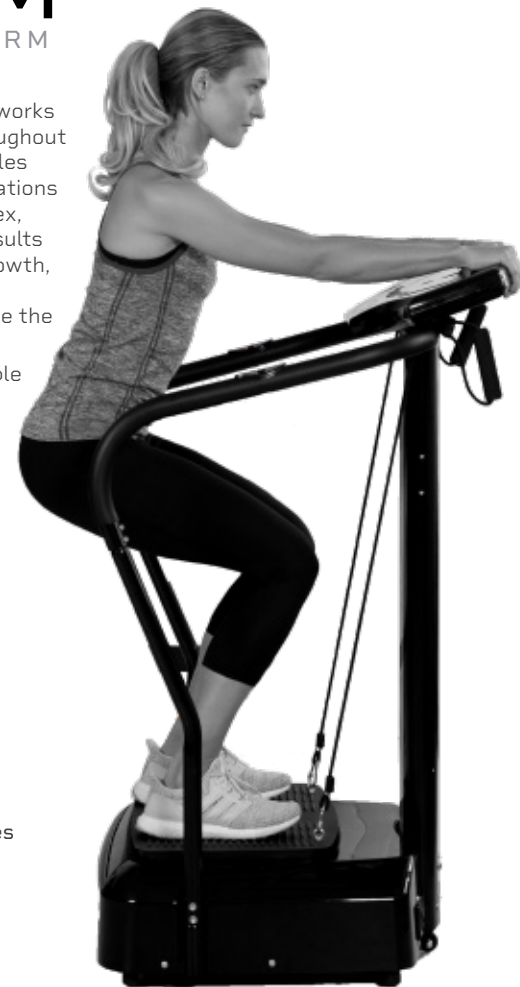
VIBRATION PLATFORM

The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation



SONIC

VIBRATING MESSAGE GUN



The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia-treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

AGILITY

VIBRATING MESSAGE BALL

The Agility vibrating massage ball is designed to target small muscle groups. The Agility Ball is small enough to fit in the palm of your hand and gives you a wide range of massage motions: circular, up-and-down, and side-to-side.

The Agility Ball's silicone exterior is durable and easy-to-grip, but soft enough to use on sensitive areas like your neck, hands, and feet.

AGILITY BALL BENEFITS

- Increase circulation
- Improve muscle flexibility and performance
- Relax tight muscles and fascia
- Reduce muscle pain and inflammation
- Boost blood flow





Access Lifepro TV, our library of free personal training videos on the web at flexcycle.lifeprofitness.com to learn how to get the most out of your Lifepro® FlexCycle and achieve the results you want.



**YOU'VE
GOT
THIS**