

Life **RIDERTM**
BY HEALTHRIDER®

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3 COMPONENTS OF A GOOD WORKOUT/BASIC RIDER POSITIONS

1-WARM-UP

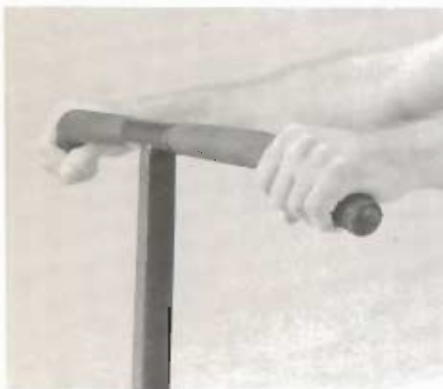
Your warm-up should last 5 to 10 minutes utilizing the standard workout position. Beginning with slow, controlled stretches, progressing to more rhythmic stretches. A thorough warm-up should properly increase body temperature, heart rate and circulation in preparation for a more vigorous workout. Proper stretching also helps guard against unnecessary muscle, tendon and ligament strain.

2-CARDIOVASCULAR (THE WORKOUT)

Your workout should consist of 20 to 30 minutes of exercise [utilizing the basic rider positions listed below] with your heart rate being in its training zone. To determine your heart rate (training zone) take 220 and minus your age times .60 (beginner level), .70 (intermediate level) or .80 (advanced level)—this is your recommended training zone heart rate. To measure your heart rate, stop exercising and place two finger on your wrist, or side of your neck. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. (A six second count is used because your heart rate will drop rapidly when you stop exercising.) You should periodically check your heart rate during workouts and adjust the intensity of your exercise until your heart rate is at its proper level.

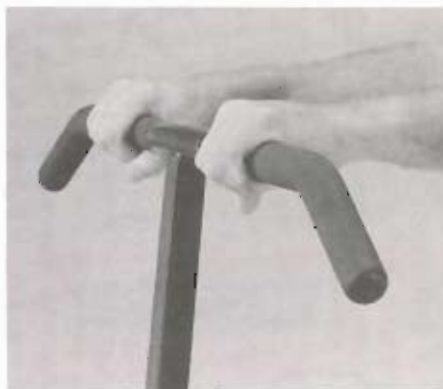
3-COOL DOWN

Your cool-down should last 5 to 10 minutes. All movements should be decelerated slowly, concentrating on slow deliberate breathing.



WIDE OVERHAND GRIP (Works Shoulder Blades & Lats)

Place your hands all the way out to the edge of the handlebar. This emphasizes the upper back (lats and shoulder blades) and the back of the arms (triceps).



OVERHAND GRIP (Works Triceps)

The overhand grip is a very comfortable grip to perform and should be used to start every exercise session. Your hands should be shoulder-width apart. This grip emphasizes the back of the arms (triceps).



WRIST ROLL (Works Forearm Flexors)

As strength increases, you'll want to challenge yourself by toning your forearms even more. Use the wrist roll with either the overhand or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles down to the floor in a smooth motion. Release the wrist roll as the bar moves away.



CENTERPOST GRIP (Works Biceps & Chest)

Grip the centerpost high with one hand above the other. Flip your hand positions and perform the same number of repetitions. For greater emphasis try one hand at a time. This exercise emphasizes the chest (pecs) and the front of the upper arms (biceps).



LOWER BODY EMPHASIS (Works Stomach, Legs & Lower Back)

Grip the centerpost low and place your feet on the lower pedals. This emphasizes legs, lower back (lumbar), and stomach (abdominals). For more emphasis on the stomach, tighten the abs and pull them in. This exercise is great for adding variety during your workout.



UPPER BODY EMPHASIS (Works Arms, Upper Back & Chest)

Place your feet on the upper footrest and choose any grip. This adds variety to your workout and strengthens biceps, triceps, chest, shoulder blades, and lats.

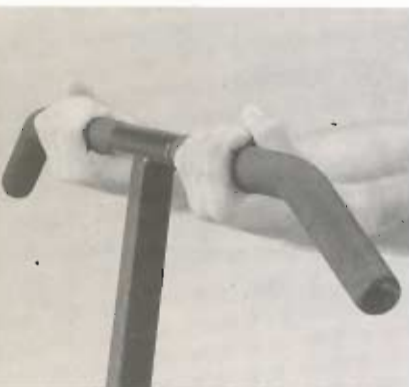
Shown with the HealthRider resistance system.



STANDARD WORKOUT POSITION

(Works All Major Muscle Groups)

We strongly recommend that you begin every exercise session in this position as a warm-up. This position provides a balanced workout, distributing the emphasis between upper and lower body. Vary emphasis by pulling more with the arms or pushing more with the legs. Keep your back vertical and upright throughout.



UNDERHAND GRIP

(Works Biceps)

The underhand grip emphasizes the front of the upper arms (biceps). To emphasize the biceps even more, bring your chest closer to the bar while keeping your back straight.



TOES STRAIGHT AHEAD, POINT & FLEX

(Works Shins & Calves)

Place the ball of each foot in the middle of each pedal. Push with your toes pointed forward, then pull your feet back with toes up and heels down. This tones the lower legs (shins and calves). Start with just a few minutes per session and gradually increase with each workout.



TOES TURNED IN, TOES TURNED OUT

(Works Calves & Thighs)

Toe direction varies your workout. Toes turned slightly in while pointing and flexing emphasizes the outer calves. Toes turned slightly out while pointing and flexing emphasizes the inner calves. With toes turned out, open your knees to include toning of the inner thighs. Regardless of which toe position you choose, always line your kneecap up with your toes.

WORKOUT TIPS

- a** Consult your physician before undertaking any exercise program, especially if you are pregnant, diabetic, or have a heart condition. With your physician's permission, start slowly, improve gradually, and take care not to exceed your abilities.
- b** The seat adjusts forward and back by loosening the knob underneath the seat. With the handlebar pulled into the stomach, the seat is adjusted properly when your legs are straight without locking your knees. Retighten the knob to hold the seat in place.
- c** Always start each exercise session in the standard workout position to warm up.
- d** Feel yourself pivot or bend from the hip, not from the back. Don't round your back as the bar moves forward.
- e** Always place the ball of each foot in the center of each pedal.
- f** Always bring the handle bar as close to your stomach or ribcage as possible. If you are new to exercise, don't extend the bar too far forward for the first few weeks of your exercise program. As the posture muscles of your back become stronger and more flexible, allow the handlebar to travel farther and farther forward for increased range-of-motion. Eventually, you'll be using a full range-of-motion and loving it!
- g** Change grip positions and toe positions often to add a variety and balance to each workout.
- h** Thumbs can be placed next to the first finger OR wrapped around the handlebar. Use these thumb positions interchangeably during each workout session for greater forearm endurance.
- i** The LifeRider Plus™ has been designed with a "weight resistance saddle"—engineered to intensify your workout according to your personal fitness level. To increase your workout intensity, simply add weights* to the "weight resistance saddle" and exercise as usual.

**Total combined weight of user and added weights should not exceed 300 lbs.*

NUMBERED ASSEMBLY INSTRUCTIONS CORRESPOND TO THE NUMBERED PARTS ON THE ILLUSTRATION IN THE GETTING STARTED SECTION.

1—FRONT LEG ASSEMBLY

Align the four holes in the front leg assembly with the holes in the frame front. Insert hex head bolts E through the aligned holes and secure with a washer B and a hex nut J for each bolt. Tighten securely.

2—REAR LEG ASSEMBLY

Align the holes in the rear leg tube with the holes in the rear frame mounting bracket. Insert hex head bolts E through the aligned holes and secure with a washer B and a hex nut J for each bolt. Tighten securely.

3—PEDAL FRAME ASSEMBLY

Assemble an acorn nut A and a steel washer B to the axle rod D. Slide onto the axle rod a rubber washer C before inserting into the frame hole. Align the yoke pivot tube with the frame holes and push the axle rod assembly through the bushings and the hole in the opposite frame member. Finish the assembly by placing another rubber washer C onto the end of the axle rod and attaching another steel washer B and an acorn nut A. Tighten securely.

4—LOWER HANDLEBAR ASSEMBLY

Assemble an acorn nut A and steel washer B to the axle rod D. Slide onto the axle rod a rubber washer C before inserting into the frame hole. Align the lower handlebar pivot tube with the frame holes and push the axle rod assembly through the bushings and the hole in the opposite frame member. Finish the assembly by placing another rubber washer C into the end of the axle rod and attaching another steel washer B and an acorn nut A. Tighten securely.

5—LINKAGE ASSEMBLY

View linkage from a seated position. Insert the double link pivot bolt F into the left side of the lower handle bracket and through the plastic washer G inside the bracket. Push the pivot bolt through the bushing of FIRST the long link, SECOND the short link and THIRD the hole in the opposite side of the bracket. Finish the assembly by threading the locking nut K onto the end of the pivot bolt. Tighten securely.

6—UPPER HANDLEBAR ASSEMBLY

Insert the handlebar into the top of the lower handlebar assembly and align the holes. Secure with bolts I, steel washers B, and square nuts H as shown. Square nuts should align with the square holes in the tube. Tighten securely.

7—WEIGHT RESISTANCE SADDLE ASSEMBLY

Place the weight saddle over the rear frame of your LifeRider Plus. Place the weight saddle tab N into the top of the seat stop bracket (make sure the weight saddle is flush with the LifeRider Plus frame). Insert the weight resistance bar into the weight saddle frame. Insert bolt L into the bottom of the weight frame. Tighten securely (using accompanying allen wrench). Place weights on weight resistance bar and secure with spring collars M. **WARNING:** combined weight of rider and added weights should not exceed 300 lbs.

8—SEAT ASSEMBLY

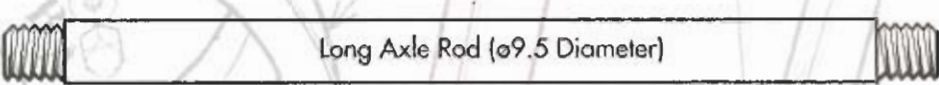
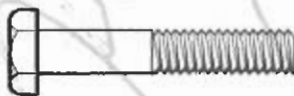
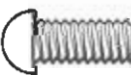
Disassemble the knob and the large washer from the bolt in the base of the seat assembly. The bracket in the base of the seat will fit between the tubes of the seat frame. Reassemble the large washer and the knob to the bolt underneath the seat frame.

The numbers which are printed on the right side panel correspond to the correct stretch for a given inseam length. Align the upholstery seam at the seat front with the appropriate number on the side panel to select your inseam length.

9—TIMER/COUNTER INSTALLATION

Slide the timer unit onto the top plate from the rear and press down to secure the front timer clips to the front edge of the plate. Install the magnet holder in the holes provided on the yoke assembly. (See accompanying timer troubleshooting sheet for questions).

YOU WILL NEED TWO WRENCHES TO ASSEMBLE YOUR MACHINE. USING THE GUIDE BELOW TO IDENTIFY EACH PART IN "GETTING STARTED", FOLLOW THE INSTRUCTIONS UNDER "ASSEMBLY". IF YOU ARE MISSING PARTS, CALL 1-800-276-2495 TO OBTAIN HARDWARE PACK LS930-01.

Part	Qty.	Top	Side	Description
A	4 pcs.			M6 Acorn Nut
B	18 pcs.			M6 Washer, Steel
C	4 pcs.			16 x 10 x 2.5 Washer, Rubber
D	2 pcs.			Long Axle Rod (9.5 Diameter)
E	6 pc.			M6 x 40 Bolt, Hex Head
F	1 pc.			Pivot Bolt (9.5XM 8x32)
G	1 pc.			19 x 10 x 1.8 Washer, Plastic
H	2 pcs.			M6 Square Nut
I	2 pcs.			M6 x 35 Bolt, Hex Head
J	6 pcs.			M6 Hex Nut
K	1 pcs.			M8 NY Lock Nut
L	1 pcs.			M8 x 12 Screw, Allen Head