

# READY, SET, PRO

USER MANUAL

X-FLEXCYCLE PRO EXERCISE BIKE



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

At least 75 minutes of vigorous aerobic exercise, such as riding an exercise bike, 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 X-FlexCycle Pro Exercise Bike, you can build cardiovascular fitness and muscle strength from the comfort of your own home. The X-FlexCycle Pro's low-decibel fly wheel is designed specifically for in-home use. The bike frame has three easy to set adjustment positions: upright, semi-recumbent, and recumbent. The recumbent and semi-recumbent positions help ease the stress on your joints and lower back and reduce fatigue during exercise. The cushioned seat and back rest provide a supremely comfortable ride.

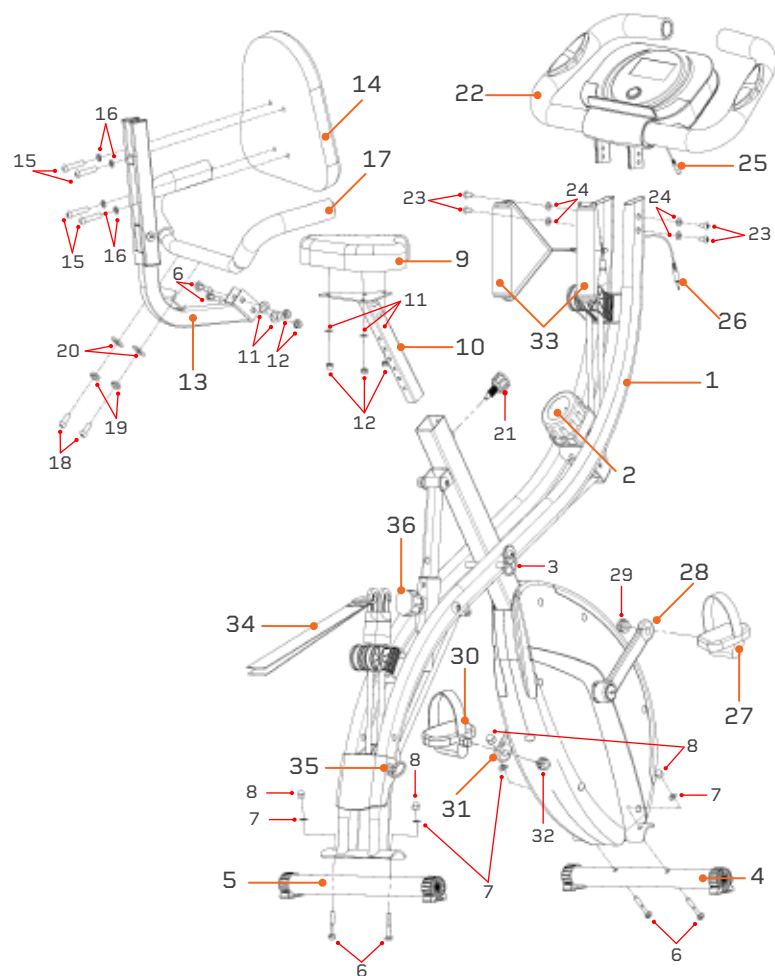
The X-FlexCycle Pro improves muscle tone, cardiovascular fitness, blood circulation, joint health and flexibility, and more. The X-FlexCycle's computer tracks your speed, distance, pulse rate, and calories burned so you can track your fitness progress. Sixteen magnetic pedal resistance levels allow you to easily adjust the difficulty of your cycling workouts. On the lowest resistance level, workouts would be equivalent to a leisurely 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 as little as 15–20 minutes a day.

## Redefine your workouts and experience the transformative power of the Lifepro X-FlexCycle Pro:

- ◆ **Increase strength & stamina:** improves stability and muscle tone
- ◆ **Regulate weight:** boost your heart rate 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 information in this manual for ways to get started using your X-FlexCycle Pro. Next, be sure to visit our website [xflexcyclepro.lifeprofitfitness.com](http://xflexcyclepro.lifeprofitfitness.com) for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the X-FlexCycle Pro into your fitness routine.

## GET ACQUAINTED



## PARTS CHECKLIST

Item No.	Description	Qty	Note
1	Main Bike Body	1	Bolts and washers are pre-fitted
2	Pedal Tension Knob	1	Pre-installed on main bike body
3	Locking Pin	1	
4	Front Stabilizer with Wheels	1	Bolts and washers are pre-fitted
5	Rear Stabilizer	1	Bolts and washers are pre-fitted
6	M8x50mm Key Head Bolt	6	
7	Ø20x1.5 Curved Washer	4	
8	M8 Cap Nut	4	
9	Seat	1	Bolts and washers are pre-fitted
10	Seat Adjustment Post	1	
11	Ø24x1.5 Flat Washer	5	
12	M8 Lock Nut	5	
13	Backrest Frame	1	Bolts and washers are pre-fitted
14	Backrest Cushion	1	Bolts/washers are found in a baggie
15	M8x45mm Bolt	4	
16	Ø8.1x4.2 Spring Washer	4	
17	Rear Handlebars	1	Bolts/washers pre-fitted; nuts in a baggie
18	M8x20mm Bolt	2	
19	Ø8.2x2.1 Spring Washer	2	
20	Ø20x1.5 Flat Washer	2	
21	Seat Adjustment Knob	1	
22	Computer Monitor and Front Handlebars	1	Bolts and washers are pre-fitted
23	M6x15mm Bolt	4	
24	Ø18x1.5 Flat Washer	4	
25	Speed Sensor Cable (Female)	1	Pre-installed in computer monitor
26	Speed Sensor Cable (Male)	1	Pre-installed inside main bike body
27	Right Pedal	1	Labeled "R" ; Pedal nut is pre-fitted
28	Right Crank Arm	1	Labeled "R"
29	Right Pedal Nut	1	
30	Left Pedal	1	Labeled "L" ; Pedal nut is pre-fitted
31	Left Crank Arm	1	Labeled "L"
32	Left Pedal Nut	1	
33	Arm Resistance Band with Handle	2	For arm workouts; pre-installed on bike body
34	Leg Resistance Band with Loop	2	For leg workouts; pre-installed on bike body
35	Resistance Band Adjustment Pin	1	Pre-installed on main bike body
36	Bike Frame Adjustment Knob	1	Pre-installed on main bike body

## TOOL CHECKLIST



Hex Key



Wrench (2)  
13-15mm & 17-19mm

# X-FLEXCYCLE PRO

## EXERCISE BIKE

## GET STARTED

### FIRST STEPS

1. Remove your X-FlexCycle Pro from the shipping box and remove the packaging from the main body of the bike, parts, and hardware. Notice that most of the bolts, washers, and nuts come pre-fitted to the associated part.
2. Confirm that all parts and hardware listed on the previous page are included.
3. Read carefully through this user manual and all safety instructions before assembling and using the X-FlexCycle Pro.
4. Go to [xflexcyclepro.lifeprofitness.com](https://xflexcyclepro.lifeprofitness.com) and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the 10-MINUTE ASSEMBLY GUIDE on page 10 to assemble your X-FlexCycle Pro.

**⚠ CAUTION:** Take care when lifting or moving the bike. Always use proper lifting techniques and use assistance if needed.

### CUSTOMER SUPPORT

If you have any questions about assembling or using your X-FlexCycle Pro, 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](mailto:support@lifeprofitness.com).

## EXERCISE BIKE PLACEMENT NOTES

In order to get in the habit of using your exercise bike every day, it's helpful to set it up in a convenient, comfortable location. The X-FlexCycle Pro is designed to take up a minimal amount of floor space and to look great in any room of your home.

### ⚠ IMPORTANT SAFETY NOTES FOR PLACEMENT OF YOUR X-FLEXCYCLE PRO

- Do not use the X-FlexCycle Pro outdoors.
- Do not place the bike near water or in high-moisture environments.
- Set up the X-FlexCycle Pro where there will be at least 2 feet of clearance on all sides of the bike.
- Only operate and store the X-FlexCycle Pro on a clear, flat, clean floor.
- We recommend you place a non-slip mat or rug under the exercise bike to protect your carpet or floor. Before beginning exercise, ensure the floor covering will not slide during use. The floor covering should be at least 56" × 30".

**⚠ CAUTION:** Take care when lifting or moving the bike. Always use proper lifting techniques and use assistance when needed.

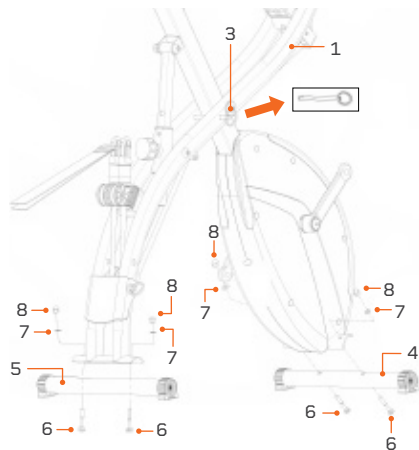
# 10-MINUTE ASSEMBLY GUIDE

## ASSEMBLY NOTES

- Assemble the bike on a flat surface at least 6-by-6-foot, free of obstructions.
- Pre-installed hardware must be removed from most parts before assembling.

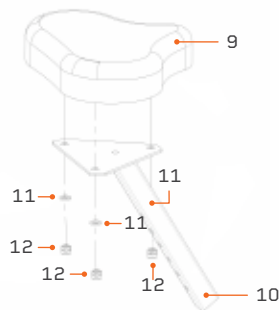
## 1 ATTACH FRONT AND REAR STABILIZERS

1. Insert the locking pin (3) to lock the main bike body (1) in position.
2. Attach the front stabilizer (4) to the bike body using the two M8×50 bolts (6), two curved washers (7), and two M8 cap nuts (8).
3. Attach the rear stabilizer (5) to the bike body (1) in the same manner.
4. Tighten all four cap nuts with a wrench.



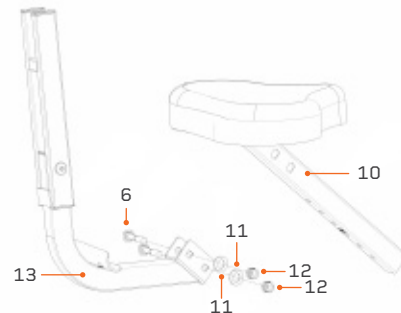
## 2 SECURE THE SEAT TO THE SEAT POST

1. Attach the seat (9) to the seat post (10). Three studs on the bottom of the seat insert through the top of the seat post.
2. Secure the seat with three flat washers (11) and three lock nuts (12).
3. Use a wrench to tighten the nuts.



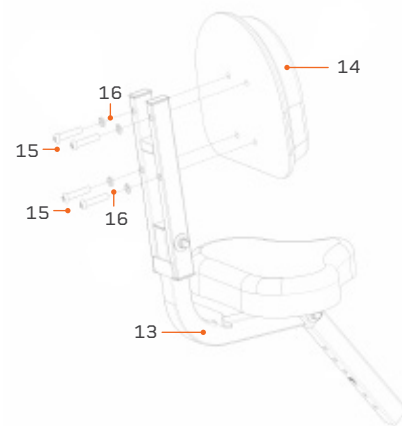
## 3 SECURE THE BACKREST POST TO THE SEAT POST

1. Attach the backrest frame (13) to the seat post (10) using two M8×50 bolts (6), two flat washers (11), and two lock nuts (12).
2. Use a wrench to tighten the lock nuts.



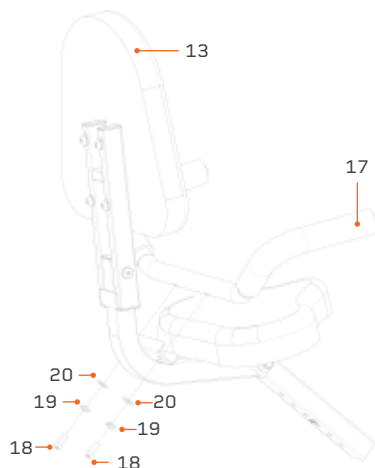
## 4 ATTACH THE BACKREST CUSHION

1. Attach the backrest cushion (14) to the backrest frame (13) using four M8×45 bolts (15) and four spring washers (16).
2. Use the hex key to tighten the bolts.



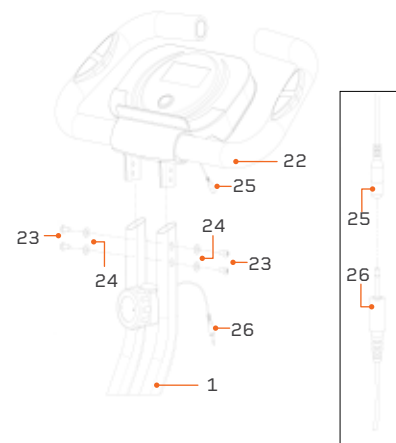
## 5 ATTACH THE REAR HANDLEBARS

1. Attach the rear handlebars (17) to the backrest frame (13) using two M8×35 bolts (18), two spring washers (19), and two flat washers (20).
2. Use the hex key to fully tighten the bolts.



## 7 ATTACH THE COMPUTER AND FRONT HANDLEBARS

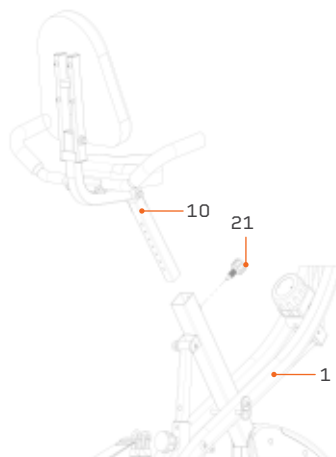
1. Insert the front handlebar frame (22) into the slots at the top of the main bike frame (1).
2. Secure the front handlebars using four M6×15 bolts (23) and four flat washers (24).
3. Use the hex key to tighten the bolts.
4. Insert the male speed sensor cable (26) into the female speed sensor cable (25).



## 6 SECURE THE SEAT TO THE MAIN BIKE FRAME

1. Insert the seat post (10) into the main bike frame (1).
2. Secure using the seat adjustment knob (21).
3. Screw the knob in clockwise to tighten.

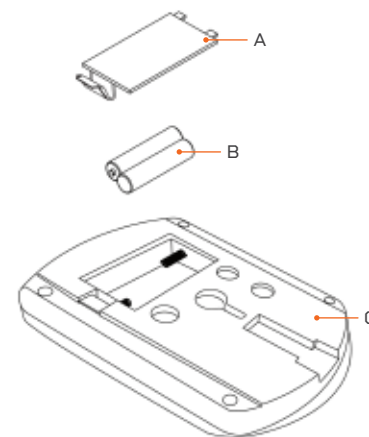
**NOTE:** Adjust the seat to your desired height after the bike is fully assembled.



## 8 INSTALL TWO AAA BATTERIES

1. Remove the back cover (A) of the computer monitor (C).
2. Insert two AA batteries (B) into the battery compartment according to the polarity markings in the compartment.
3. Replace the back cover.

**⚠ CAUTION:** Never mix old batteries and new batteries. Only use AA batteries with the computer monitor.



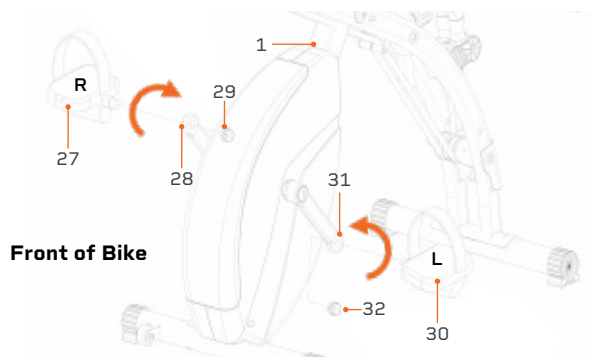
## 9

## ATTACH THE PEDALS TO THE MAIN BIKE FRAME

1. Identify the left (labeled “L”) and right (labeled “R”) pedals. Identify the left and right crank arms (also labeled with “L” and “R”).
2. Remove the pedal nut (29) from the right pedal (27). Thread the right pedal (27) **CLOCKWISE** onto the right crank arm (28).
3. Thread the right pedal nut onto the pedal threads.
4. Use both wrenches to secure the pedal to the crank arm. Use the larger wrench to tighten the pedal nut and use the smaller wrench to hold the pedal thread in place. To tighten, turn the large wrench **CLOCKWISE** and the small wrench **COUNTER-CLOCKWISE**.
5. Remove the pedal nut (32) from the left pedal (30).
6. Thread the left pedal (30) **COUNTER-CLOCKWISE** onto the left crank arm (31).
7. Thread the right pedal nut onto the pedal threads.
8. Use both wrenches to secure the pedal to the crank arm as you did in step 4. However, this time, turn the large wrench **COUNTER-CLOCKWISE** and the smaller one **CLOCKWISE**.

**⚠ CAUTION:** Do not mix up the left and right pedal nuts.

**⚠ CAUTION:** Be sure to fully tighten the pedals and pedal nuts. Riding the bike with loose pedals can cause injury and/or strip the pedals.



## IMPORTANT SAFETY &amp; EXERCISE TIPS

## SAFETY TIPS

**⚠ WARNING:** Overexertion, or incorrect or excessive exercise, can damage your health. Always exercise within the heart beat range and time limits recommended by your physician.

1. Consult with a medical professional before beginning a new exercise program. This is particularly important for those over the age of 35 or with pre-existing health conditions.
2. Stop exercising immediately if you experience any of the following symptoms: feeling faint, dizzy, or nauseous, pain or tightness in your chest, difficulty breathing, irregular heartbeat. Overexertion, or incorrect or excessive exercise, can damage your health. If you do experience any of these symptoms, consult your doctor before continuing with your exercise program.
3. We recommend beginners hold the handlebars firmly while riding the X-FlexCycle Pro to help maintain balance. As you get more comfortable riding the bike, you can try using the arm resistance bands.
4. Keep hands away from all moving parts.
5. Always remain seated while using the X-FlexCycle Pro. Do not stand on the pedals.
6. The X-FlexCycle Pro does not have a braking system. Always slowly decrease pedaling speed to stop. Do not stop pedaling abruptly.
7. Do not jump from the bike to the ground while it is in motion.
8. Always wear appropriate clothing, socks, and comfortable, well-fitting athletic shoes when using the X-FlexCycle Pro. Do not wear loose or baggy clothing as it can get caught on the bike during exercise, causing injury.
9. Always properly warm up before exercise and cool down after to prevent injury.
10. Do not use the X-FlexCycle Pro during or immediately after eating or when you feel tired. Never use the X-FlexCycle Pro while intoxicated.
11. Make sure that all third parties are familiar with the safety instructions.

## EXERCISE TIPS

1. Keep your body and head facing forward at all times.
2. Make sure to breathe regularly and calmly during exercise.
3. Stay hydrated before, during, and after exercise.
4. Check your pulse regularly using the sensors on the front handlebars.

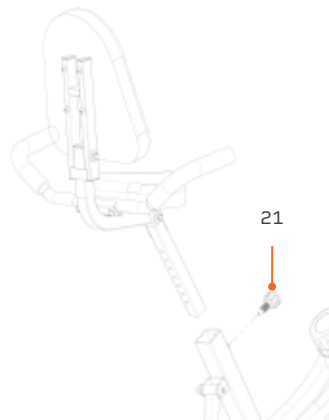


# RIDING THE BIKE FOR THE FIRST TIME

## 1 ADJUSTING THE SEAT HEIGHT

The seat adjustment knob is an elastic knob which allows you to adjust the seat height without removing it from the bike frame.

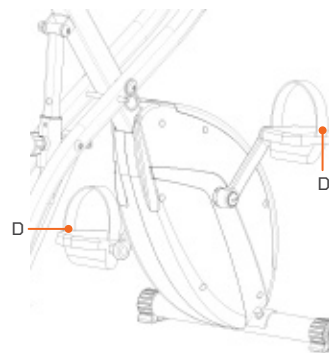
1. Loosen the seat adjustment knob (21), then pull on the knob head to slide the seat up or down. Six height adjustment holes in the seat post provide a range of height options.
2. Push the knob back in. Ensure it is securely inserted into one of the adjustment holes, then tighten the knob to secure the seat.



## 2 ADJUSTING THE PEDAL SAFETY STRAPS

The pedals have safety straps to keep your feet from sliding off. Each strap has six adjustment holes along the outside of the strap (D) allowing you to lengthen or shorten the straps to fit your foot.

1. Put your right foot on the right pedal and adjust the safety strap so it is snug (but not tight) across the top of your foot. Your foot should be able to slide easily in and out.
2. Adjust the left pedal's safety strap in the same manner.



## 3

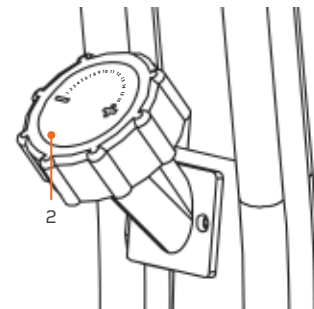
## ADJUSTING THE PEDAL TENSION

Sixteen pedal resistance levels allow you to increase or decrease pedal difficulty.

1. Turn the pedal tension knob (2) clockwise to increase the pedal resistance. Turn the knob counter-clockwise to decrease.

**⚠ CAUTION:** We strongly recommend beginning with the lowest pedal resistance and slowly working your way up as you get used to riding the X-FlexCycle Pro.

**NOTE:** For best results, only adjust the pedal tension during exercise.



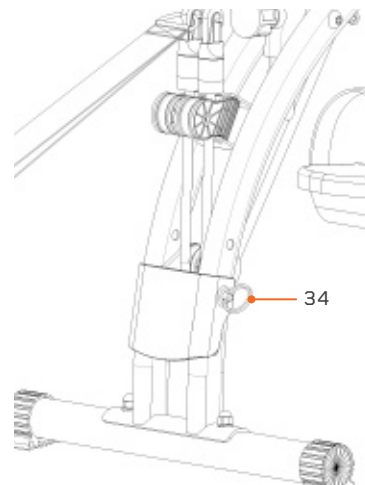
## 4

## ADJUSTING TENSION OF THE RESISTANCE BANDS

Increase or decrease the tension of the arm and leg resistance bands using the resistance band adjustment pin.

1. Pull out the resistance band adjustment pin (35).
2. Move the pin and the connected plastic part up or down to one of the three available adjustment holes. The top hole is easy resistance, the middle hole is medium resistance, and the bottom hole is hard resistance.

**⚠ CAUTION:** We recommend beginning with the easy resistance band level.



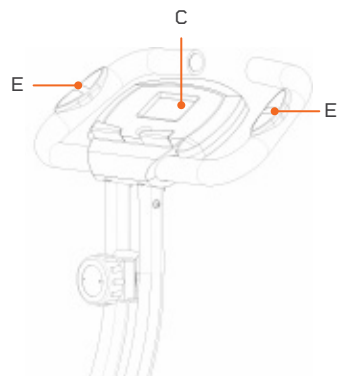
## 5 USING THE PULSE HAND SENSORS

The front handlebars have built-in hand sensors which allow pulse to be measured and displayed.

1. Select pulse mode (see OPERATING INSTRUCTIONS on page 21).
2. Grasp the hand sensors (E) with both hands during exercise. Hold the sensors firmly but not too tightly.
3. Your current pulse will display on the monitor (C) after a few seconds.

**⚠ CAUTION:** Heart rate shown on the monitor may be inaccurate. Overexertion can damage your health.

**NOTE:** If the sensors become damp, it may be difficult to get a pulse reading.

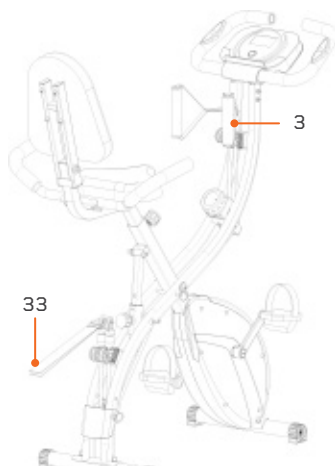


## 6 USING THE RESISTANCE BANDS

Incorporate strength training into your workouts by using the arm and leg resistance bands.

1. While sitting on the bike, use the arm resistance bands (33) to work your biceps, chest muscles, and shoulders.
2. While standing behind the bike, insert one leg into the elastic loop at the end of the leg resistance bands (34).

The leg resistance band can be used to work your hips, glutes, hamstrings, quads, inductors, abductors, and calves, depending on the exercise performed.

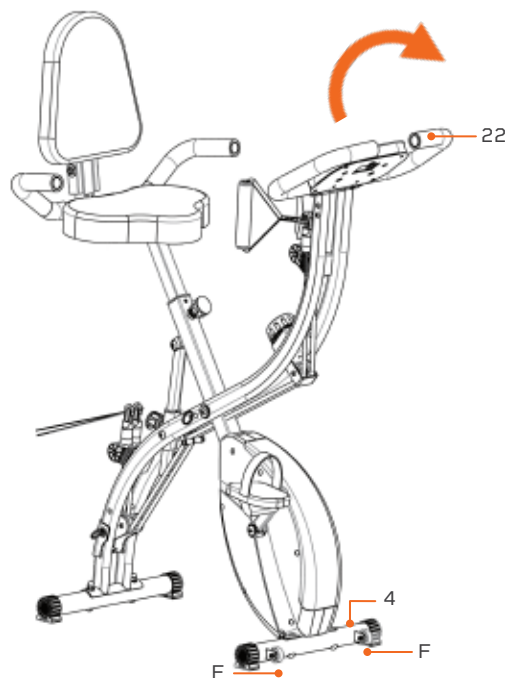


## MOVING THE X-FLEXCYCLE PRO

You can easily move the exercise bike with the wheels on the front stabilizer (4).

1. Stand in front of the bike.
2. Grasp the front handlebars (22) with both hands.
3. Tilt the bike toward you until it rests on the wheels (F).
4. Slowly and carefully wheel the bike to its new location.

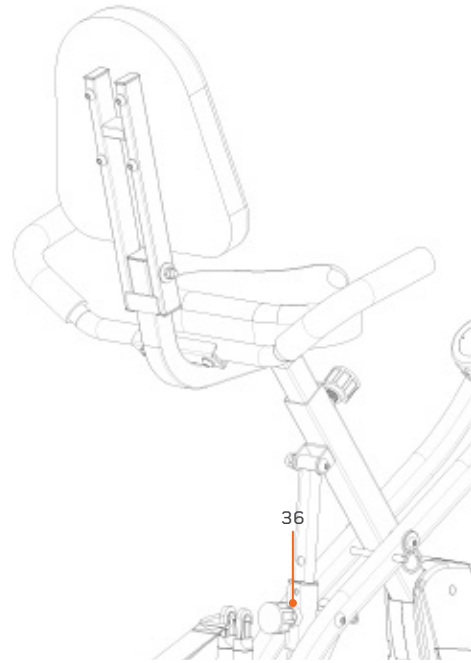
**⚠ CAUTION:** The exercise bike should ONLY be moved by an adult.



# ADJUSTING THE BIKE FRAME

The X-FlexCycle Pro bike frame can be adjusted to three different configurations: upright, semi-recumbent, and recumbent. Three adjustment holes provide the three different bike frame configurations. The bottom hole selects the upright bike position, where the seat is in a normal bike configuration. The middle hole selects the semi-recumbent bike configuration, where the seat is angled slightly back. The top hole selects the recumbent bike configuration, where the seat is angled even further back.

- 1. Loosen the bike frame adjustment knob (36), then pull on the knob head out to change the angle of the seat post by choosing from the three adjustment holes.
- 2. Push the adjustment knob back in. Ensure it is securely inserted into one of the three adjustment holes, then tighten the knob to secure the bike frame in its new configuration.



# OPERATING INSTRUCTIONS

MODE	INFORMATION SHOWN ON MONITOR	VALUE
SPEED (SPD)	The current workout speed	0.0 – 99.9 Mi/Hr
TIME (TMR)	The duration of the current workout	00:00 – 99:59 (Min:Sec)
ODOMETER (ODO)	The distance cycled in the current workout	0.00 – 999.9 Miles
CALORIES (CAL)	The calories expended during the current workout	0 – 9999 KCAL
PULSE (PUL)	The current pulse in beats per minute	40 – 240 BPM

## COMPUTER MONITOR

The computer monitor helps you track all of your workout metrics. You can select from five different modes: speed, time, odometer, calories, and pulse. See the table above for details about each mode. All values show in small text in the bottom row of the screen. The selected value is shown in the main area of the monitor (0:11 in the image at right).



## CHANGE THE MODE DISPLAYED ON THE MONITOR

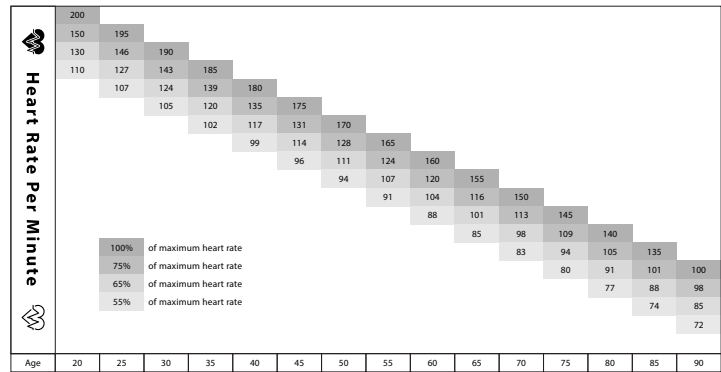
To adjust the mode displayed in large digits at the top of your monitor:

- 1. Press the blue Mode button to toggle through the modes in order: speed, time, odometer, calories, and pulse.
- 2. The name of the mode at the bottom will disappear to indicate that mode is the selected mode.

## AUTO SHUTOFF

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

# PULSE AND HEART RATE



Calculate your personal target heart rate, in beats per minute (shown in the chart above) when training based on your fitness goals:

## MAXIMUM HEART RATE **220 - Your Age = Max Heart Rate**

This value represents your maximum heart rate and serves as a basis from which to calculate your personal training heart rate.

## HEALTH & WELLNESS TRAINING **Target Zone = 50-60% of Max Heart Rate**

- Ideal for people who are overweight, older, beginners, and/or who do not exercise regularly.

## FAT BURNING TRAINING **Target Zone = 60-70% of Max Heart Rate**

- Ideal for athletes and sports people who aim to lose weight.

## CONDITIONING & FITNESS TRAINING **Target Zone = 70-80% of Max Heart Rate**

- Ideal for athletes and sports people who want to improve their stamina and/or conditioning.

For best results, calculate the average value of selected target zone (see chart):

- **Health & Wellness:** Zone average = 55% of max heart rate (max heart rate x 0.55)
- **Fat Burning:** Zone average = 65% of max heart rate (max heart rate x 0.65)
- **Conditioning & Fitness:** Zone average = 75% of max heart rate (max heart rate x 0.75)

# PULSE MONITORING

**CAUTION:** The pulse monitoring system may be inaccurate. Excessive training can cause serious injury or even death. If you feel unwell and/or lightheaded, stop training immediately. Make sure all users of this exercise bike are familiar with this information, understand it, and apply it unconditionally.

## PULSE MONITORING USING THE HAND SENSORS

The X-FlexCycle Pro is equipped with pulse hand sensors integrated into the front handlebars. These hand sensors are used for short-term determination of the pulse rate. To do this, you need to cover the sensors with both hands at the same time. The pulse measuring system is based on changes in electrical skin resistance measured by the hand sensors due to the heartbeat and blood pressure fluctuations. These changes are summarized as a mean value and shown after a short time on the display as the current pulse rate.

**CAUTION:** For large parts of the population, the pulse-induced skin resistance change is so minimal that usable values cannot be derived from the measurement results. Also callouses on the palms, damp hands, and body tremors may prevent correct measurement. In such cases, the pulse value may be displayed incorrectly or not at all.

If the pulse fails to display or displays incorrectly, check to see if the same problem occurs for other users. If the problem occurs only with one user, the X-FlexCycle Pro is not defective.

**CAUTION:** The hand sensors measure heart rate only for the purpose of displaying the current pulse during exercise. This value says nothing about the safety and effectiveness of the training. Also, this type of measurement is in no way designed or suitable for medical diagnostic purposes.

Therefore, it is important to discuss with your physician the most suitable exercise type, duration, and exertion level for you and to create a suitable exercise plan before you begin using the X-FlexCycle Pro.

This applies especially to those who:

- Are older than 35 years
- Are overweight
- Have too high or too low blood pressure
- Have not been physically active for a long period of time
- Have heart problems

# EXERCISE RECOMMENDATIONS

## PREPARING FOR EXERCISE

If you have not done endurance or cardio exercise for a long period of time, you should make an appointment with your physician for a checkup and to discuss your fitness goals. This is especially important for people who are over 35, overweight, or have heart/circulatory problems.

## EXERCISE RECOMMENDATIONS

### HYDRATION

Adequate hydration is essential before and during exercise. During a 30 minute workout it is possible to lose up to 1 liter of liquid. You should drink about 1.5 cups 30 minutes before beginning exercise. Take care to maintain balanced hydration during the workout.

### EXERCISE FREQUENCY

Experts recommend endurance exercise 3-4 days a week to keep your cardiovascular system fit. It is important to plan sufficient breaks, to give your body enough time for rest and recovery. You should take at least one day off after each workout.

### EXERCISE INTENSITY

Many beginners make the mistake of exercising too intensely. If your goal is to run a marathon, your intensity will certainly be high. However, most people have fitness goals such as weight reduction, improved cardiac/exercise fitness, stress reduction, etc., and therefore should exercise at a lower intensity. We recommend aiming for the appropriate target heart rate for your particular fitness goal. See PULSE AND HEART RATE on page 22 for more information.

### DURATION OF INDIVIDUAL WORKOUT SESSIONS

For optimal endurance or weight-reduction training, the duration of each workout should be 25-60 minutes. Beginners and those who have not exercised regularly for a long period of time should start with short workouts of 10 minutes or less in the first week and then slowly increase workout duration week by week.

### WORKOUT DOCUMENTATION (SAMPLE EXERCISE PLAN BELOW)

To stay motivated and to evaluate the success of your workouts, create an exercise plan before beginning exercise (sample below). In your plan you can document workout data such as distance, time, heart rate, as well as personal data, such as body weight, blood pressure, resting heart rate (measured in the morning immediately after waking up) and how you feel during exercise.

SAMPLE WEEKLY EXERCISE PLAN						
Week: _____ Month: _____ Year: _____						
Day	Date	Exercise Duration	Exercise Distance	Calories Burned	Heart Rate	Notes
Mon.						
Tues.						
Wed.						
Thur.						
Fri.						
Sat.						
Sun.						
Weekly Totals:						

## WORKOUT INSTRUCTIONS

### STEP 1: WARM-UP PHASE

Spend about 5 minutes doing warm up stretches before exercising; this 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 importantly, if it hurts: STOP. After stretching, continue your warm-up by riding the X-FlexCycle Pro for 3-5 minutes at a slow speed and the lowest tension level.

#### TOUCH YOUR TOES

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



#### STRETCH YOUR LEGS, CALVES, AND BUTTOCKS

1. Sit on the floor or a cushion. Place your left foot against your right inner thigh.
2. Bend toward your right foot and try to touch your toes.
3. Hold the stretch for 10-15 seconds.
4. Switch legs and repeat. Stretch each leg 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. Pull your heel in toward your buttocks.
3. Hold the stretch for 10-15 seconds.
4. Switch legs and repeat. Stretch each leg 3 times.



#### STRETCH YOUR GROIN AND INNER THIGH MUSCLES

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. Repeat 3 times.



### STEP 2: EXERCISE PHASE

During the exercise phase you're building muscle, stamina, and improving your cardiovascular health slowly over time. The most important thing is to always listen to your body. If you are tired or sore, slow down or stop exercising for the day.

### STEP 3: RECOVERY PHASE

After exercising, it's important to give your body time to cool down and recover. Ride the bike for another 3-5 minutes at a slow speed and the lowest tension level. Then spend 5 minutes again completing the stretches above to continue cooling down your muscles. Be careful not to force or jerk your muscles as you stretch.

# SAFETY INSTRUCTIONS

## 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 X-FlexCycle Pro.

## DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this bike is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

## RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the X-FlexCycle Pro are adequately informed of all warnings and precautions.
4. Use the X-FlexCycle Pro only as instructed in this manual.
5. Check the unit for any damage prior to each use. Safe use of the X-FlexCycle Pro can only be assured when it is examined carefully before each use. Do not use if damaged, faulty, defective, or if the device is making unusual noises. Do not use the exercise bike again until it is in perfect working order.
6. Check the unit for loose nuts, bolts, and pedals prior to every use. Some parts, such as the pedals, are prone to loosening over time. Tighten any loosened nuts, bolts, and pedals before use.
7. Do not allow children to use the X-FlexCycle Pro. This product is for adult-use only.
8. Keep children and pets away from the X-FlexCycle Pro at all times.
9. Adults with diminished mental or physical capacity may only use the X-FlexCycle Pro while supervised by a responsible adult.
10. Do not allow more than one person to use the X-FlexCycle Pro at a time.
11. Do not exceed the maximum weight capacity of 220 lbs.
12. Use caution when lifting or moving the X-FlexCycle Pro to avoid injury. Always use correct lifting techniques and get the assistance of another person when needed.
13. The X-FlexCycle Pro is intended for in-home use only. Do not use the X-FlexCycle Pro in any commercial, rental, institutional, therapeutic, or school setting.

## BATTERY SAFETY

14. Only use AA batteries to power the computer monitor. Do not mix old and new batteries or batteries of different types.
15. Ensure the batteries are inserted into the battery compartment according to the polarity markings. Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
16. Do not dispose of batteries in a fire. Do not dispose of batteries with normal household waste; take batteries to a local recycling center.

17. Keep the X-FlexCycle Pro and batteries away from hot surfaces and heat sources such as heaters, heat vents, furnaces, ovens, stovetops, fireplaces, and open flames.
18. Never spill water or beverages onto the monitor or operating components as this may cause electric shock, fire, or damage to the bike components.

## PERSONAL SAFETY INSTRUCTIONS FOR EXERCISE

19. Consult with a medical professional before beginning a new exercise program. This is particularly important for those over the age of 35 or with pre-existing health conditions.
20. Incorrect or excessive exercise can be damaging to health. Always exercise within the heart beat range and time limits recommended by your physician.
21. Stop exercising immediately if you experience any of the following symptoms: feeling faint, dizzy, or nauseous, pain or tightness in your chest, difficulty breathing, irregular heartbeat. Overexertion or incorrect or excessive exercise can damage your health. If you do experience any of these symptoms, consult your doctor before continuing with your exercise program.
22. Always properly warm up before exercise and cool down after to prevent injury.
23. Do not use the X-FlexCycle Pro during or immediately after eating or when you feel tired. Never use the X-FlexCycle Pro while intoxicated.
24. Always wear appropriate clothing, socks, and comfortable, well-fitting athletic shoes when using the X-FlexCycle Pro. Do not wear loose or baggy clothing as it can get caught in the machine during exercise, causing injury.
25. Beginners and those who have issues with balance should hold the handlebars firmly while riding the X-FlexCycle Pro. Keep hands away from all moving parts.
26. Always remain seated while using the X-FlexCycle Pro. Do not stand on the pedals.
27. The X-FlexCycle Pro does not have a braking system. Always slowly decrease pedaling speed to stop. Do not stop pedaling abruptly.
28. Do not jump from the bike to the ground while it is in motion.

## TRAINING ENVIRONMENT

29. Keep the X-FlexCycle Pro indoors, away from moisture and dust. Do not use outdoors. Do not store in a garage or covered patio, or near water.
30. Only operate and store the unit in a dry environment between 32°F - 104°F.
31. Place the unit on a solid, flat, level floor during operation and while not in use.
32. Ensure there is at least 2 feet of clearance around the entire bike.
33. Place a non-slip floor covering (rug, carpet, mat) beneath the bike to protect carpet or flooring. Ensure the floor covering does not slide around before beginning exercise.
34. Use the X-FlexCycle Pro in a well-ventilated room, so that an optimal amount of oxygen is available during training. Avoid drafty areas.

## CLEANING, MAINTENANCE, AND STORAGE

35. Wipe down the X-FlexCycle Pro after exercise. Clean only with a damp cloth and mild, non-abrasive detergent. Do not use chemical, abrasive, or solvent cleaners.
36. Only use with the original parts and accessories provided by the manufacturer.
37. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
38. Never insert or drop any object into any opening.

# MAINTENANCE AND CARE

**⚠ CAUTION:** Before you perform any care, cleaning, maintenance, repair, or similar work on your exercise bike, ensure power to the computer monitor is off. The monitor will automatically shut off after four minutes of inactivity. Only when all work is fully completed, and the device is completely re-assembled, may the computer monitor be turned back on.

## MAINTENANCE & CLEANING INTERVALS

### CHECK ON AND AROUND THE BIKE: BEFORE EACH USE

Check that there are no objects on or under the exercise bike that could interfere with safe usage.

### CHECK THE TIGHTNESS OF THE PEDAL NUTS: BEFORE EACH USE

Check the tightness of the pedal nuts before each use. Tighten, if necessary.  
Using the exercise bike when the pedals have come loose can cause injury. It can also cause the pedal threads to become stripped.

### CHECK TIGHTNESS OF ALL BOLTS/NUTS: BEFORE EACH USE

Check all bolts and nuts before each use. Tighten, if necessary.

### CLEAN THE BIKE: AFTER EACH USE

After each workout, clean the exercise bike with a damp cloth to remove any perspiration and/or other liquid residues. Never use solvents or chemical cleaners to clean the exercise bike. Dry the cleaned areas thoroughly.

# TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Please contact us for additional assistance at: **(732) 456-6063** or **support@lifeprofitness.com**. Please do not attempt to repair the X-FlexCycle Pro on your own.

Problem	Possible Reason	How to Resolve
Computer monitor is not functioning.	Batteries are dead.	Replace batteries with two new AA batteries.
	Batteries are installed incorrectly.	Ensure the batteries are installed according to the polarity markings in the battery compartment.
	Speed sensor may be disconnected.	Ensure the male and female ends of the computer's speed sensor are securely connected.
No pulse rate reading or the reading is erratic or inconsistent.	Both hands are not on the sensors.	Hold on to the sensors on the handlebars with both hands during exercise.
	Sensors are damp.	Keep the sensors dry.
	Gripping the sensors too tightly.	Hold the sensors firmly, but not too tightly.
Pedals came loose during exercise.	This can happen if the pedals weren't properly tightened during assembly.	Stop using the bike immediately and use the included wrenches to tighten the nuts securing the pedals to the crank arms.
Pedals won't stay tightened or are stripped.	Using the bike with loose pedals will eventually damage the threads on the crank arms. If caught early, tightening the pedal nuts will solve the problem. If the threads are too damaged, the pedals won't stay tightened even after tightening the pedal nuts.	If the pedals are stripped, please contact us for assistance.
Bike makes a squeaking noise when in use.	Bolt(s) may be loose.	Check all bolts and tighten any loose ones.

## PRODUCT SPECIFICATIONS

### UNIT SPECS

#### Assembled Size (3 Frame Positions):

Upright: 36.2 x 17.3 x 46.1 in

Semi-Recumbent: 41.3 x 17.3 x 43.5 in

Recumbent: 52.0 x 17.3 x 34.6 in

Net Weight: 43.0 lbs

Maximum User Weight: 220 lbs

Decibel Rating: 40 dB

Pedal Tension Settings: 0–16

Operation Temperature: 32–104° F

#### Batteries Required for Monitor:

2 AA batteries (included)

RECOVERY + FITNESS

## X-FLEXCYCLE PRO EXERCISE BIKE

MADE IN CHINA



## 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 X-FlexCycle Pro ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your X-FlexCycle Pro cannot be repaired, we'll replace it—free of charge. Register your X-FlexCycle Pro at [xflexcyclepro.lifeprofitness.com](https://xflexcyclepro.lifeprofitness.com) to activate your warranty within 14 days of purchase.



# SURGER

VIBRATING FOAM ROLLER

Enjoy all of the benefits of foam rolling and vibration technology together with the Surger Vibrating Foam Roller. Use the Surger before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the Surger's vibration technology breaks up muscle knots and relaxes tight muscles and fascia. Choose from four vibration speed levels to apply the perfect amount of intensity every time.

## **SURGER BENEFITS**

- Increase workout effectiveness
- Reduce soreness
- Speed up recovery
- Prevent injury
- Boost circulation
- Improve muscle flexibility and performance
- Decrease pain and inflammation
- Loosen knots, trigger points, and tightness in your muscles and fascia.



# AGILITY

VIBRATING MASSAGE 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



# 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.
- Loosen tight muscles



# RHYTHM

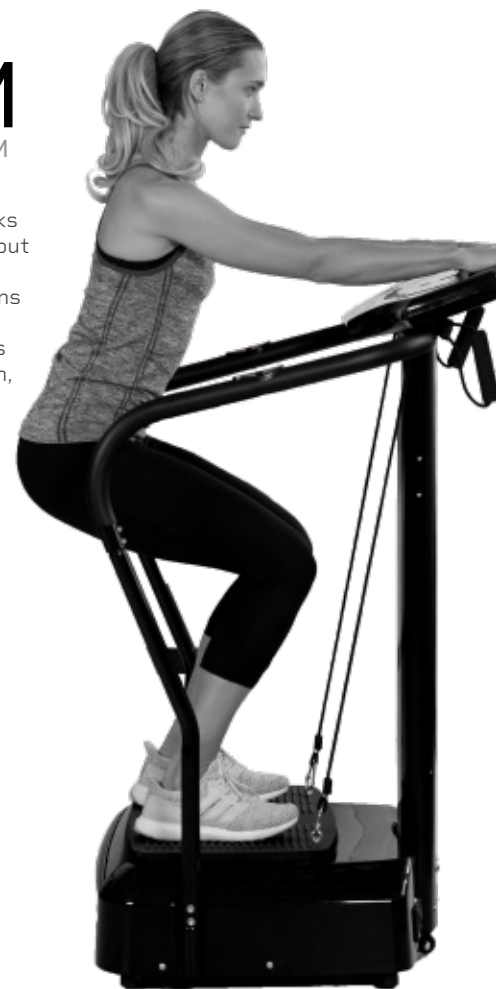
VIBRATION PLATFORM

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





Access Lifepro TV, our library of free personal training videos on the web at [xflexcyclepro.lifeprofittness.com](http://xflexcyclepro.lifeprofittness.com) to learn how to get the most out of your Lifepro® X-FlexCycle Pro and achieve the results you want.



**YOU'VE  
GOT  
THIS**