READY, SET, PRO

USER MANUAL

FLEXCYCLE PLUS BIKE



lifepro®

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

The FlexCycle Plus improves blood circulation, muscle tone, and flexibility. Eight 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 Plus:

- **Increase strength & flexibility:** improves stability and muscle tone
- **Regulate weight:** boost your heart rate and burn calories.
- **Decrease chronic pain:** improves core strength and 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 FlexCycle Plus. Next, be sure to visit our website **flexcycleplus.lifeprofitness.com** for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the FlexCycle Plus into your fitness routine.

FLEXCYCLE PLUS BIKE

GET STARTED

WHAT'S IN THE BOX

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

FIRST STEPS

1. Remove your FlexCycle Plus 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 Plus.
3. Go to **flexcycleplus.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 Plus.

CUSTOMER SUPPORT

If you have any questions about setting up your FlexCycle Plus, 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



Lifepro FlexCycle Plus Bike



Leg Pedals (2)



Arm Pedals (2)



Tether Strap



Resistance Bands (2)



Stabilizers (Front & Rear)



Exercise Mat



Hardware:
Bolts (4), Washers (4), Cap Nuts (4)



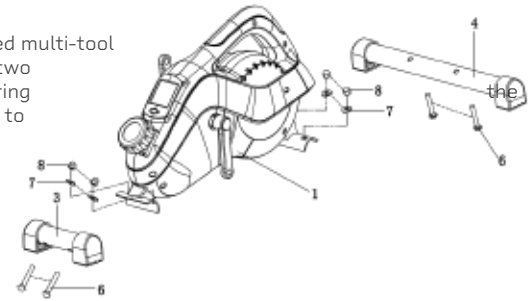
Multi-tool

5-MINUTE ASSEMBLY GUIDE

Setup your Lifepro FlexCycle Plus 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 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.

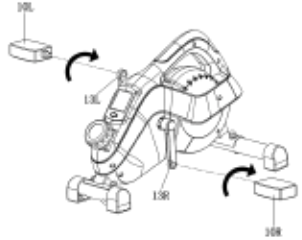
3 ATTACH THE RESISTANCE BANDS

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. Screw the pedals (10 L/R) into the threaded 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 the QR code below for a list of compatible fitness apps.

NOTE: If you do not already have a QR Code Scan app, you may need to download one first. Many newer phones have a QR code scanning feature built into the camera app.

2. Download your preferred fitness app.
3. On your phone, go to **Settings** > **Bluetooth**, to turn on Bluetooth.
4. In the Bluetooth device list, connect to your FlexCycle Plus.
5. Open the app and create an account.
6. 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.

lifepro®

Apps are not affiliated with Lifepro. Some features may require in-app purchase.

PARTS OF THE FLEXCYCLE PLUS



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 Plus 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 Plus 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. Unbuckle the tether strap and route it around the FlexCycle Plus frame and around the chair as shown.
4. Pull the strap taut and re-connect the buckle.
5. Pedal the bike to make sure the distance is correct. Adjust if necessary.



THE FLEXCYCLE PLUS MONITOR

MODE	INFORMATION DISPLAYED ON MONITOR	VALUE
CNT	Displays the count or number of strides in the workout	0 – 9999 Strides
SCAN	Displays each mode in turn: time, rpm, dist, cal, t-cnt	Varies
TIME	Displays the duration of the workout	0:00 – 99:59 (HR:MIN)
RPM	Displays the current workout speed in strides/minute	0 – 999 Strides/Min
DIST	Displays the distance traveled in the workout	0 – 999.9 Mi or Km
CAL	Displays the number of calories expended in the workout	0.0 – 999.9 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 THE MODE

The monitor's top line shows the "CNT", the number of strides in the current workout. The bottom line shows the value of the selected mode. To change the mode:

1. Press the blue **Mode button** to toggle through the modes: scan, time, RPM, distance, calories, and total count. See the table above for information about each mode.
2. The small black arrow at the bottom of the screen shows which mode is currently selected.



RESET ALL WORKOUT VALUES

1. Press and hold the **Mode button** for 3 seconds. Workout values will flash once, then reset.

Workout values automatically reset when they reach their maximum (for example, 999.9 miles) and when the batteries are replaced.

SWITCH BETWEEN MILES (M) AND KILOMETERS (K)

1. Press and hold the **Mode button** for at least 6 seconds. Release the button after all of the workout values flash twice. A small **M** next to the count value indicates miles are selected. A small **K** indicates kilometers are selected.

AUTO SHUTOFF

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

TIPS FOR USING YOUR FLEXCYCLE PLUS

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.

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 press your feet downward—rather than forward—on the pedals.

EXERCISING YOUR ARMS

You can also use the FlexCycle Plus 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!

SAFETY TIPS

- Place the FlexCycle Plus on a sturdy, level, non-slip surface, with at least 12 inches of clearance on all sides. Place a mat or rug under the bike to protect your carpet or flooring.
- Stop exercising immediately if you feel dizzy, lightheaded, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath.
- Start with the lowest resistance level.
- Slowly increase the resistance, as well as your speed and workout duration.
- Drink plenty of water before, during, and after exercise.
- Do not sit or stand on the FlexCycle Plus.
- Do not use on a full stomach.

WHERE TO USE THE FLEXCYCLE PLUS



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 Plus ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your FlexCycle Plus cannot be repaired, we'll replace it—free of charge. Register your FlexCycle Plus at **flexcycleplus.lifeprofitness.com** to activate your warranty within 14 days of purchase.

EXERCISE INSTRUCTIONS

Using your FlexCycle Plus 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. Switch legs and repeat. Stretch each leg 3 times.



STRETCH YOUR QUADS

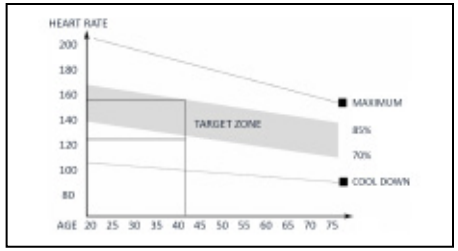
1. Place your left hand on a wall or a table to help with your balance.
2. With your right hand, grab your right ankle.
3. Pull your heel in toward your buttocks.
4. Hold the stretch for 10–15 seconds
5. Switch legs and repeat. Stretch each leg 3 times.



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. Work at your own pace and be sure to maintain a steady tempo throughout. The intensity of your workout should be sufficient to raise your heartbeat into the target zone shown in the graph.

Calculate your personal target heart rate when exercising 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 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 Target Zone = 60-70% of Max Heart Rate

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

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

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

For optimal training results, calculate the average value of selected target zone (also see chart above):

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

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.

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 FlexCycle Plus.

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 product 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. **WARNING: To ensure the safety of users, always ensure all pedals, nuts, and bolts are securely tightened before exercise.**
4. Always inspect the device for damage before each use. Do not use if damaged, worn, malfunctioning, or if the unit has been exposed to water. Do not use device again until the problem has been fixed.
5. Use the FlexCycle Plus only as instructed in this manual.
6. It is the responsibility of the owner to ensure that all users of the FlexCycle Plus are adequately informed of all warnings and precautions.
7. Place the unit on a sturdy, level, non-slip surface, with at least 12 inches of clearance on all sides. Place a mat or rug under the FlexCycle Plus to protect your carpet or flooring. Ensure that the underlayment does not slide around before beginning exercise.
8. During assembly, it is recommended that you place parts and hardware on a mat to avoid soiling carpet or flooring.
9. Keep the FlexCycle Plus indoors, away from heat, moisture, and dust. Do not use outdoors. Keep away from open flame, explosive or flammable items, and heat sources.
10. Replace the batteries only with new AAA batteries.
11. Do not ingest the batteries. If the batteries have been ingested, seek medical help immediately, as this can cause internal burns or even death.
12. Dispose of the FlexCycle Plus, batteries, and all parts according to local regulations.

DOS AND DON'TS

13. Keep children and pets away from the FlexCycle Plus at all times. For adult use only.
14. Adults with diminished mental or physical capacity may only use the FlexCycle Plus while supervised by a responsible adult.
15. Do not stand on the pedals. Only use the FlexCycle Plus in a seated position.
16. Do not exceed the maximum weight capacity of 110 lbs. per pedal.
17. Do not allow more than one person to use the FlexCycle Plus at a time.

EXERCISE SAFETY

18. Before starting any exercise program, consult with a medical professional to determine if you have any health conditions that could create a risk to your health and safety, or prevent you from using the FlexCycle Plus properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
19. Stop exercising immediately if you feel dizzy, lightheaded, or nauseous, or if you experience pain, tightness in your chest, irregular heartbeat, or extreme shortness of breath. If you experience any of these symptoms, consult your physician before continuing your exercise program.
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. Always wear appropriate athletic clothing, socks, and athletic shoes when using the FlexCycle Plus. It is especially important to wear well-fitting shoes.
22. Do not wear loose or baggy clothing which may get caught in the equipment or restrict or prevent movement.
23. Do not use for more than 20 minutes at a time.
24. The FlexCycle Plus is intended for in-home use only. Do not use the FlexCycle Plus in any commercial, rental, institutional, or therapeutic setting.

CLEANING & MAINTENANCE

25. Wipe down the FlexCycle Plus with a soft, damp cloth after each use. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
26. Store the device in a cool, dry location. Do not store in a garage or covered patio, or near water.
27. Remove batteries from the computer monitor if the FlexCycle Plus will not be used for a long time. Store the FlexCycle Plus and batteries in a cool, dry place.
28. 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.
29. Never insert or drop any object into any opening.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 20.9" × 17.5" × 13.2"

Net Weight: 18.1 lbs.

Decibel Rating: 30–75 dB

Batteries Required: 2 AAA (included)

RECOVERY + FITNESS

FLEXCYCLE PLUS

BIKE

MADE IN CHINA

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience using the table below. Contact us for additional assistance at: support@lifeprofitness.com, or (732) 456-6063.

ISSUE	COMPUTER MONITOR DOES NOT WORK
CAUSE	Batteries are installed incorrectly.
SOLUTION	Check to see if the batteries are installed in the correct direction.
CAUSE	Batteries are dead.
SOLUTION	Replace dead batteries with two new AAA batteries.
ISSUE	THE PEDALS CAME LOOSE WHEN USING THE BIKE
CAUSE	This can happen if the pedals were not properly tightened during assembly.
SOLUTION	Stop using the bike immediately and tighten the nuts securing the pedals.
ISSUE	THERE IS A NOISE WHILE PEDALING
CAUSE	The nuts attaching the pedals to the pedal mounts are not tight enough.
SOLUTION	Use the included wrench to tighten the nuts securing the pedals to the pedal arms as tightly as you can.
CAUSE	The nuts attaching the pedal arms to the bike frame are loose.
SOLUTION	Each pedal arm is attached to the bike frame with two nuts. Use the included wrench to tighten all the nuts. Be careful not to over-tighten.
ISSUE	THE PEDALS WON'T STAY TIGHTENED OR ARE STRIPPED
CAUSE	Using the bike with loose pedals will eventually damage the threads on the pedal arms. If caught early, tightening the nuts will solve the problem. If the threads are too damaged, the pedal won't stay tightened even after tightening the nuts.
SOLUTION	If the pedals are stripped, please contact us for assistance.

WHEEL STOPPERS

Do you love your new FlexCycle Plus? Do you wish you could use your FlexCycle Plus while sitting at your desk without worrying that your office chair will roll away? Now, you can order a set of two (2) wheel stoppers to keep your wheeled chair in place and prevent it from rolling as you use the FlexCycle Plus. The stoppers' silicone base also protects your carpet, hardwood, and other flooring.



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

YOGA RESISTANCE BANDS

Yoga resistance bands are now available from the Lifepro website. The set of three (3) comes with easy, medium, and hard bands and a convenient carrying bag.



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

YOU'VE GOT THIS

Lifeprousa Lifeprousa support@lifeprofitness.com