lifepro®

FlexStride™

Under Desk Elliptical

User Manual

Fitness that fits your schedule.

No gym required. Whether at the office, or on the couch - start hitting your movement goals.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices 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 Fitness 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

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.

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CUSTOMER SUPPORT

If you have any questions about setting up the FlexStride, we're here to help. Email us at *support@lifeprofitness.com* and an experienced customer support representative will be happy to assist you.

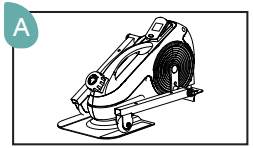
Parts and Pieces of the FlexStride



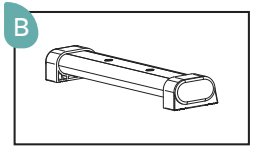
Lifepro FlexStride™
Under Desk Elliptical



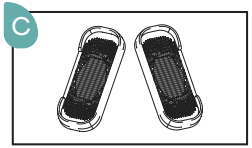
Tether Strap



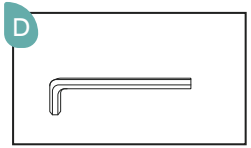
FlexStride



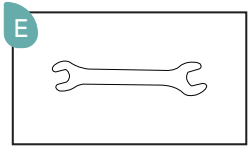
Rear Stabilizer



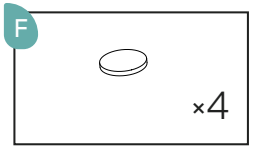
Pedals



Hex Key



Wrench



Bolt-Head Covers

Scan Here → *Activate Your Warranty*

Scan the QR code to activate the lifetime warranty for your FlexStride within 14 days of purchase.

QUESTIONS?

We're here to help! Email us at *support@lifeprofitness.com*

Assembly Guide

Scan Here →

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your FlexStride.

ASSEMBLY WARNINGS

- Adult assembly is required. Keep children away during assembly. This product contains small parts that could present a choking hazard to children.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before assembly.

ASSEMBLY NOTE: Assemble on a flat, sturdy floor free of obstructions.

- Assembly instructions and diagrams include a reference letter; for example, "Gather the back panel (B)." The reference letters correspond to the letters identifying each part listed in REFERENCE LETTERS on page 05.

STEP 1: ATTACH THE REAR STABILIZER

NOTE: We recommend assembling the FlexStride on a mat or tarp to avoid soiling carpet or flooring.

1. Gather the FlexStride (A), rear stabilizer (B), and hex key (D).
2. Use the hex key to remove the 2 short bolts and washers from the rear stabilizer (B).
3. Align the rear stabilizer (B) with the 2 screw holes at the rear of the FlexStride (A). See *Figure 1*.
4. Use the bolts and washers to attach the rear stabilizer to the elliptical.
5. Use the hex key (D) to tighten the bolts fully.

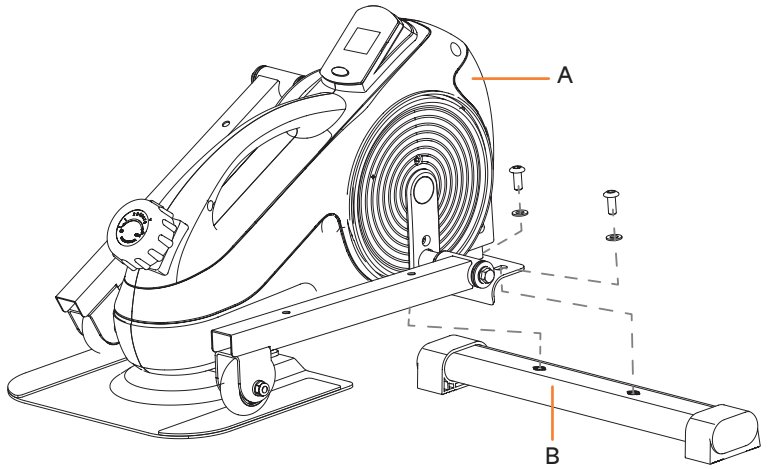


Figure 1

STEP 2: ATTACH THE PEDALS

1. Gather the left and right pedals (C), hex key (D), and wrench (E).
2. Use the hex key (D) and wrench (E) to remove the 4 long bolts, washers, and nuts from the left and right pedal arms.
3. Align the screw holes in the right pedal (C) with the screw holes in the right pedal arm. See *Figure 2*.
4. Use 2 bolts, 2 washers, and 2 nuts to attach the pedal to the pedal arm.
5. Use the hex key and the wrench to tighten the nuts fully.
6. Repeat the steps above to attach the left pedal.
7. Remove the paper backing from the bolt-head covers, and stick them to the heads of the 4 long bolts.

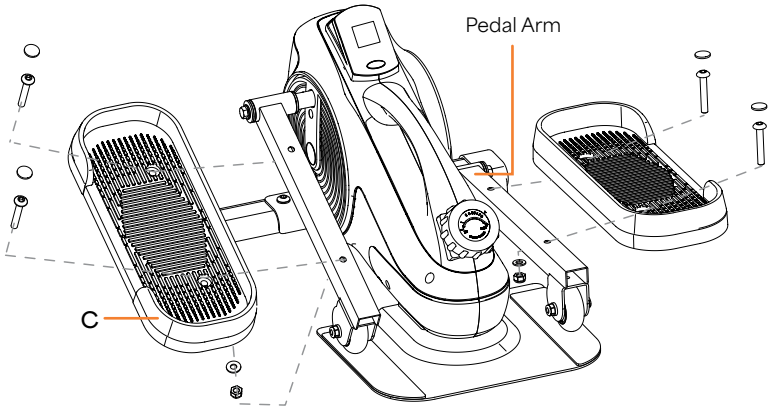


Figure 2

STEP 3: INSTALL A BATTERY IN THE CONTROL PANEL

1. Grasp the top edge of the control panel, and pull it out carefully. See *Figure 3*.
2. Insert a AAA battery into the battery compartment. Be sure to insert the battery according to the polarity markings inside the battery compartment.
3. Replace the control panel, tucking the wires behind the panel as you re-insert it. Insert from the bottom first, then press in the top of the panel.

NOTE: If the wires disconnect, make sure that you reconnect them to the control panel before re-inserting it.

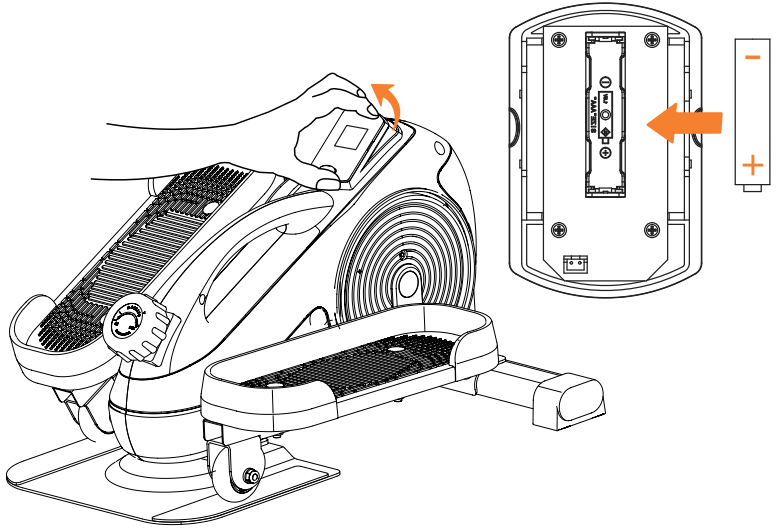


Figure 3

Intended Uses

This product is intended to be used:

- On a sturdy, level, non-slip surface.
- With at least 12 inches of clearance on all sides.
- After spending at least 5 minutes warming up.

Tips for Using Your FlexStride

- Use your legs to pedal, not your body. Pedaling is easier when you keep your head and upper body still (don't rock from side to side). It is easier to keep your upper body still if you pedal downward by pressing your feet downward rather than forward on the pedals.
- Start with the lowest resistance level. Slowly increase the resistance, as well as your speed and workout duration.
- Do not sit or stand on the FlexStride.
- Drink plenty of water before and after exercise.
- Start slow and easy with shorter workouts. Work your way up to longer, more challenging workouts over several weeks.
- Breathe naturally during exercise. Never hold your breath.
- Spend at least 5 minutes cooling down after exercise to avoid pulled muscles and other sports injuries.
- Make sure to take plenty of breaks during the workout and sufficient time off between workout sessions.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- Place a mat or rug under the bike to protect your carpet or flooring. Ensure that the mat/rug does not slide around before beginning the exercise.

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

Exercise Guide

STEP 1: WARM-UP PHASE

Warm-up stretches before exercising helps prevent pulled muscles and other exercise-related injuries. While doing the following stretches, do not force or jerk your muscles, and most importantly, if it hurts: STOP.

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 Glutes



1. Sit on the floor or on 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 Calves and Achilles



1. Place both hands on the wall in front of you with your left leg straight behind you.
2. Keep your left leg straight and your right heel on the ground as you lean your hips toward the wall.
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.

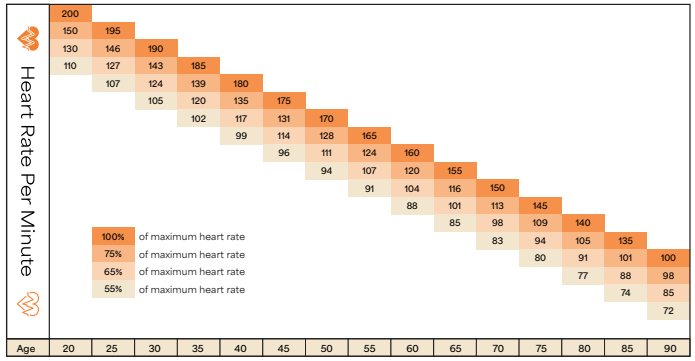
STEP 2: EXERCISE PHASE

During the exercise phase, you're building muscle and stamina, and improving your cardiovascular health. It's important to begin slowly and increase your workout duration and intensity 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. See **PULSE AND HEART RATE** on the next page.

STEP 3: RECOVERY PHASE

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

Pulse & Heart Rate



Calculate your target heart rate when training based on your fitness goals:

MAXIMUM HEART RATE

220 - Your Age = Max Heart Rate

This value represents your maximum heart rate ("max HR"), and serves as a basis from which to calculate your training heart rate.

HEALTH & WELLNESS TRAINING

Target Zone: 50-60% of Max HR

- Ideal for people who are overweight, older, beginners, or who exercise infrequently.
- Burn approx. 4-6 calories per minute to produce energy in this zone.

FAT BURNING TRAINING

Target Zone: 60-70% of Max HR

- Ideal for athletes and sports people who aim to lose weight.
- Burn approx. 6-10 calories per minute to produce energy in this zone.

CONDITIONING & FITNESS TRAINING

Target Zone: 70-80% of Max HR

- Ideal for athletes and sports people who want to improve their stamina and/or conditioning.
- Burn approx. 10-12 calories per minute to produce energy in this zone.

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

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

Operating Instructions

Scan Here →

Scan now to learn more about your FlexStride.

Please read the operating instructions before using the FlexStride Under Desk Elliptical. Keep this manual for reference.

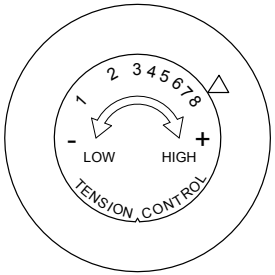
HOW TO PEDAL

1. Place your feet flat on the pedals.
2. Press down on the pedal with your foot when the pedal arm is at its highest position.
3. Stop pedaling when the pedal is at its lowest position.

ADJUSTING THE PEDAL RESISTANCE

The FlexStride 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 control knob to the right or left to adjust the resistance level. Align the arrow on the knob to the desired tension level.
2. Turn the knob to the right to increase the resistance level. Turn the knob to the left to decrease the resistance level.



CREATE A CUSTOM CYCLING WORKOUT

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

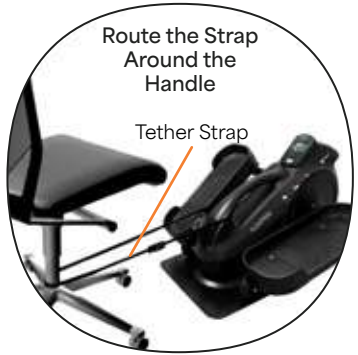
1. Adjust the pedal tension (see above) to your desired resistance level.
2. Place your feet flat on the pedals.
3. Begin pedaling, forward or backward, at your desired speed. You can check your speed on the display. Speed is displayed in RPMs (rotations/strides per minute).
4. Keep an eye on the display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

USING THE FLEXSTRIDE WITH THE TETHER STRAP

The FlexStride comes with a long strap that can be used to tether it to a chair. Most users will NOT need to tether the FlexStride; pedaling with downward force will prevent it from slipping on carpet and most other surfaces.

To tether the FlexStride when using it on a slippery surface:

1. Position the FlexStride 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 farthest from you.
3. Unbuckle the tether strap and route it through the carry handle and around the chair as shown in the figure on the previous page.
4. Pull the strap taut and fasten the buckle.
5. Adjust the distance between the FlexStride and the chair as needed.



USING THE CONTROL PANEL

Change the Mode

The top line on the display shows the "COUNT" (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 white **Mode button** to toggle through the modes: distance, RPM, scan, time, and calories. Please see the chart below for a description of each mode.
2. A small black arrow to the left or right of the bottom value will indicate which mode is currently selected. When scan mode is selected, one arrow will point to "SCAN" and a second arrow will indicate which value is displayed as each value cycles through one at a time.



MODE	INFORMATION DISPLAYED	VALUE
COUNT	Displays the number of strides in the workout.	0-9999 strides
DIST	Displays the distance traveled in the workout.	0-999.9 mi or km
RPM	Displays the current workout speed in strides/minute.	0-999 strides/ min
SCAN	Displays each mode in turn: DIST, RPM, TIME, CAL.	Varies
TIME	Displays the duration of the workout.	0:00-99:59 (hr:min)
CAL	Displays the number of calories burned in the workout.	0.0-999.9 kcal
BATTERY	Displays only if the battery needs to be changed.	N/A

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 battery is replaced.

Switch Between Miles (M) and Kilometers (K)

1. Press and hold the **Mode button** for at least 6 seconds.
2. Release the button after 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 display will automatically shut off after 4 minutes of inactivity. The display will automatically power on when you press the Mode button or begin to exercise.



Cleaning and Storage

- Use a slightly damp cloth to wipe any dirt or moisture from the product after each use. You may use mild soap to clean, as needed.
- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners to clean the product.
- Store the product in a cool, dry, indoor location.
- Do not store in direct sunlight, high-temperature or high-moisture environments, or near heat sources.

NOTICE

- The product is intended for in-home use only. Do not use the product in any commercial, rental, institutional, or therapeutic setting.
- Dispose of the product and all parts according to local and federal regulations.
- Keep sharp objects away from the product to avoid damaging it.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your FlexStride using the table below. Please contact a customer support representative for additional assistance at *support@lifeprofitness.com* or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Control panel is not working.	Battery is dead.	Replace dead battery with a new AAA battery.
	Battery is installed incorrectly.	Check to see if the battery is installed in the correct direction.
The pedals came loose during use.	This can happen if the pedals were not properly tightened during assembly.	Stop using the machine immediately. Use the included hex key and wrench to fully tighten the nuts and bolts securing the pedals to the pedal arms.
There is a noise when pedaling.	The nuts and bolts attaching the pedals to the pedal arms are loose.	Stop using the machine immediately. Use the included hex key and wrench to fully tighten the nuts and bolts, securing the pedals to the pedal arms.
	The nuts attaching the pedal arms to the FlexStride frame are loose.	Each pedal arm is attached to the frame with 2 nuts and bolts. Use the included hex key and wrench to tighten fully. Do not overtighten.
The pedals will not stay tightened or are stripped.	Using the machine when the pedals are loose will eventually damage the threads on the pedal arms. If caught early, tightening the bolts and nuts will solve the problem. However, if the threads become too damaged, the pedal won't stay tight even after tightening the bolts and nuts.	If the pedals are stripped, please contact customer support for assistance.

Product Specifications

UNIT SPECS

Dimensions: 22.1 × 18.1 × 13 in | 56.1 × 46 × 33 cm	**Product Weight:** 28.1 lbs | 12.7 kg
Decibel Rating: <75 dB	**Battery Required:** AAA (×1)

Made in China



From Our Vibration Collection:

Waver Vibration Plate

Take your wellness routine to the next level with the Lifepro Waver. This easy-to-use vibration platform supports your fitness goals by encouraging movement, muscle activation, and gentle stimulation–all with minimal impact.





Gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:

- ENHANCES STABILITY
- FULL-BODY ACTIVATION
- LOW-IMPACT EXERCISE
- CUSTOM INTENSITY

Built for Flexibility

Includes mini bands and resistance bands for a variety of workout options, from light stretching to upper-body resistance moves.

Safety Instructions

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in serious injury or death, or damage to the product or property. *Keep this manual for reference.*

INTENDED USE

- **This product is not intended to be used:**
  - By more than one person at a time.
  - While in a standing position.
  - Outdoors.

CONTRAINDICATIONS

- **Users should consult with a medical professional before beginning a new exercise program. This is especially important for those over the age of 35 and those who have pre-existing health conditions. Your physician should:**
  - Assist you in determining the heart rate zone that is appropriate for your age and physical condition.
  - Help you determine the appropriate length of exercise sessions, how often you should exercise, and how intensely you should exercise based on your age, fitness level, and any existing health conditions you may have. Always exercise within the parameters discussed with your doctor to avoid injury or damage to your health.
  - Help determine if you have any physical limitations that could create a health risk or prevent you from properly using this product; some exercise programs or fitness products may not be appropriate for all people.
- **Consult your physician before using this product if you:**
  - Are over the age 35 or have pre-existing health conditions.
  - Have orthopedic conditions, spinal injuries, osteoporosis, fractures, herniated or slipped discs, chronic back pain, sciatica, or other conditions or disorders affecting the back or spinal column.
  - Have joint pain, disorders, or conditions, including arthritis, rheumatoid arthritis, knee pain, or previous knee injury or surgery.
  - Have severe anemia, a heart or vascular condition, hypertension, blood clots, or if you are taking medication that affects heart rate.
  - Have a pacemaker, artificial heart, or other medical implant.
  - Are or may be pregnant, have recently had surgery, or have cancer or malignant tumors.
  - Experience dizziness or balance impairments or if you are taking drugs that affect balance.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.
- 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 and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, inadequate or improper maintenance, or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

⚠ WARNING:
CHOKING HAZARD - SMALL PARTS.
Not for children under 3 years.

⚠ WARNING: BATTERY INGESTION HAZARD

Battery ingestion is extremely dangerous and can cause severe injury and even death. Never allow children to play with batteries, and always keep batteries out of reach. If a battery is ingested, seek immediate medical attention.

⚠ WARNING:

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Keep away from flammable or explosive items, chemicals, fire, and heat sources. Do not operate in high temperatures or direct sunlight. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Do not block ventilation ports to avoid overheating. Keep ventilation ports free from dust and debris.
- Do not use outdoors, in high-moisture environments, or in any place where the product may become wet to avoid electric shock. Do not immerse the product in water or other liquids.
- Do not disassemble, modify, tamper with, damage, or drop the product. This product has no user-serviceable parts.

- Only replace the control panel battery with a new AAA battery.
- Ensure the battery is inserted according to the polarity marking in the battery compartment. Incorrect installation may cause battery leakage and corrosion. Avoid contact with all battery residues, clean with a cotton swab, wash hands thoroughly, and dispose of old batteries properly.

⚠ WARNING

To reduce the risk of serious injury or death:

- Excessive exercise or overexertion can be damaging to your health. Always exercise within the intensity and time limits recommended by your doctor.
- Stop exercising immediately and consult your doctor if you begin to feel faint, dizzy, nauseous, or experience pain, irregular heartbeat, or shortness of breath.
- Do not use the product near swimming pools or other bodies of water.
- Adult assembly is required. Keep children away during assembly. Children are forbidden from assembling, disassembling, folding, or moving the product.
- This product is for adult use only. Do not allow children to use; this product is not a toy. Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product to avoid injury.
- Adult assembly and disassembly are required. Keep children away during assembly.
- This product is not intended for use by people with reduced physical, sensory, or mental capabilities unless supervised by a responsible adult.

⚠ CAUTION

To reduce the risk of minor or moderate injury, or damage to the product or property:

- Always inspect the product for damage, wear, and loose bolts, nuts, or knobs before each use. Tighten any loose bolts, nuts, or knobs before use. Do not use if damaged, worn, rusty, malfunctioning, or missing bolts, nuts, or knobs. Do not use product again until the problem has been fixed.
- Do not use for more than 20 minutes at a time.
- Never use the product while under the influence of drugs or alcohol. Do not use during or immediately after eating or when you feel tired. Do not use if injured, ill, or if you have a fever.
- Use the product only on a flat, sturdy, non-slip floor. Place in a location away from traffic where it will not create a tripping hazard.
- Stop using the product immediately if you feel pain or discomfort.
- Do not perform other activities while using the product to avoid accidents or injury.
- Always properly warm up before exercise and cool down after exercise to prevent sports injury.

- Keep hair, fingers, and clothing away from moving parts to avoid pinching.
- Do not add weights or resistance to workouts until you have become accustomed to the product.
- Always wear appropriate athletic clothing and shoes. Appropriate clothing should be comfortable and allow you to move freely.
- Do not wear baggy or loose clothing, or clothing with drawstrings or ties that could get snagged and cause injury, falling, or strangulation.
- Do not wear jewelry, belts, or other accessories that could get snagged and cause injury, falling, or strangulation.
- Remove items, especially sharp objects, from your pockets before using.
- Do not use accessories not approved by the manufacturer.
- 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.
- Never insert or drop any object into any opening.

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 product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it–free of charge.

Register the FlexStride at *flexstride.lifeprofitness.com* to activate your warranty within 14 days of purchase.

FlexStride™

Under Desk Elliptical

LOW-IMPACT FITNESS

SIT. PEDAL. THRIVE.



ENHANCES GLUTE TONE AND SHAPE



SUPPORTS FITNESS



BUILDS LOWER BODY STRENGTH



FEEL STRONG AND BALANCED

lifepro®

Congratulations on your purchase!

We're excited to be part of your wellness journey.

Scan the QR code to enjoy 15% off your next Lifepro® product.

Meet Our Best Seller!

Waver Vibration Plate

Support movement, strength, and recovery from day one–whether you're warming up, cooling down, or establishing a steady fitness routine.



Low Impact, High Efficiency

The Waver adapts to your pace and goals, helping activate muscles, enhance stability, and keep you moving. Whether you're a seasoned athlete or just getting started, this powerful platform empowers you to build a balanced, active lifestyle–one invigorating vibration at a time.

*Discount valid on purchases of $150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com