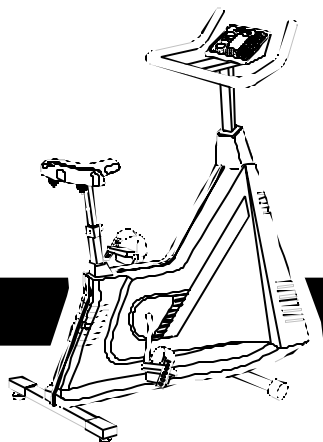




LifeCycle Exercise Bike

ASSEMBLY INSTRUCTIONS



LifeFitness
Rely on it.™

Congratulations...

*and welcome to the world of **Life Fitness**
and the **Lifecycle C3** exercise bike.*

The following Parts Identification Listing and the step-by-step installation procedures have been assembled to make the set-up of your exercise bike as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Lifecycle exercise bike...

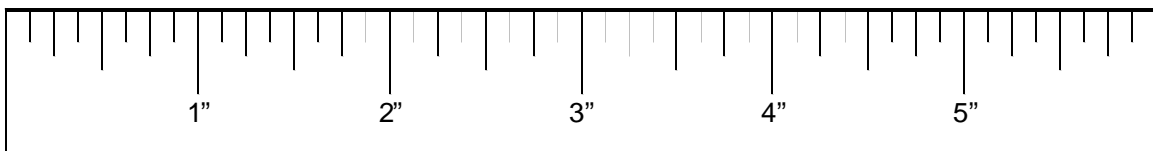
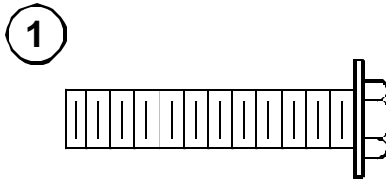
IMPORTANT SAFETY INSTRUCTIONS !

- ⇒ ***DO NOT locate the Lifecycle exercise bike outdoors, near swimming pools, or in areas of high humidity.***
- ⇒ ***DO NOT operate your Lifecycle exercise bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number on the back page of this Installation Instruction Guide.***
- ⇒ ***DO NOT locate the Lifecycle exercise bike any closer than 30 inches (76 cm) to a television set.***
- ⇒ ***DO NOT locate additional Lifecycle exercise bikes any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.***
- ⇒ ***DO keep the area around your Lifecycle exercise bike clear of any obstructions, including walls and furniture.***
- ⇒ ***DO verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this Installation Instruction Guide. Save the shipping cartons in case of return.***
- ⇒ ***DO read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.***

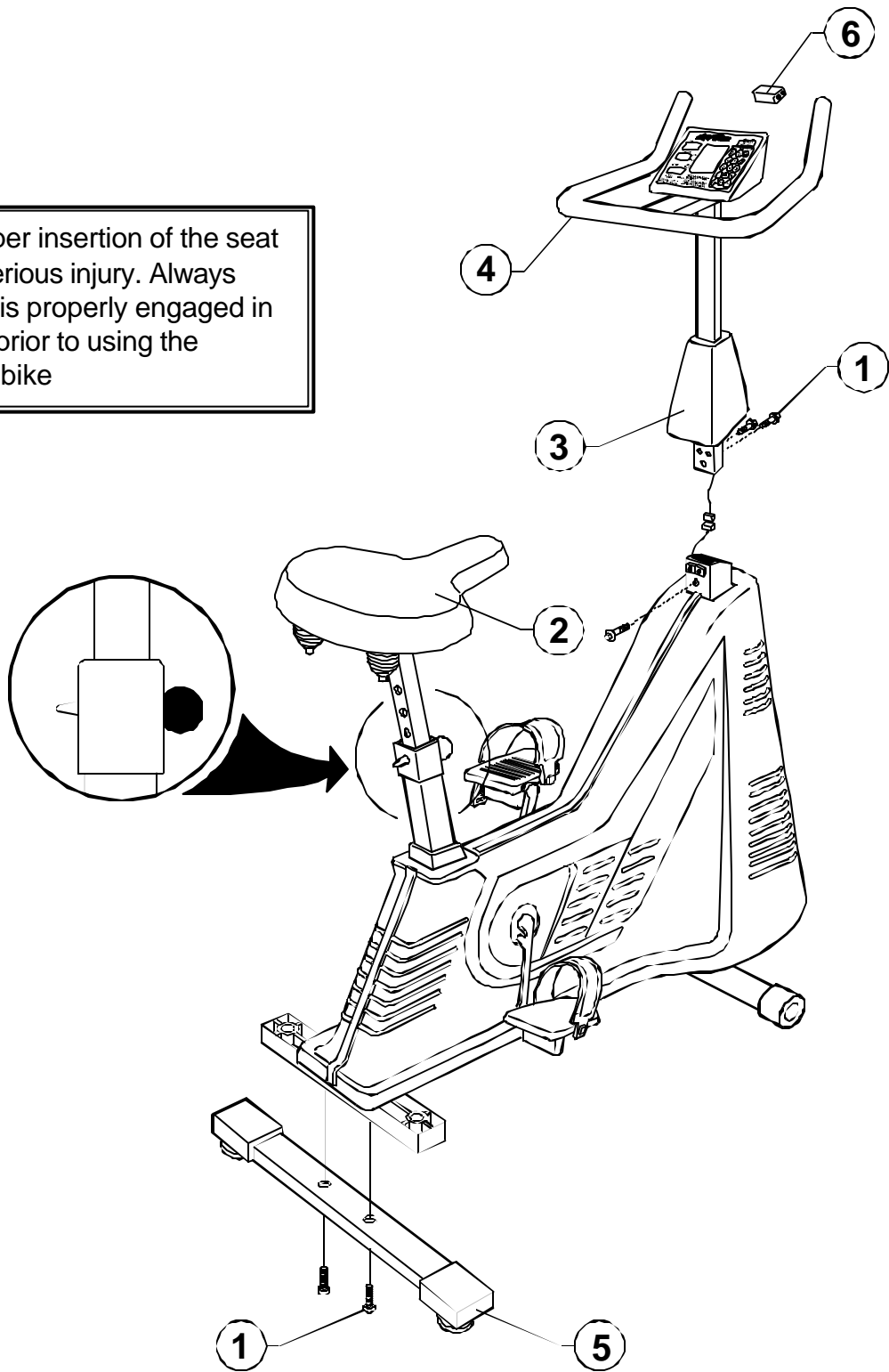
TOOLS REQUIRED FOR ASSEMBLY... **Phillips screwdriver, 1/2" wrench**

PARTS DESCRIPTION

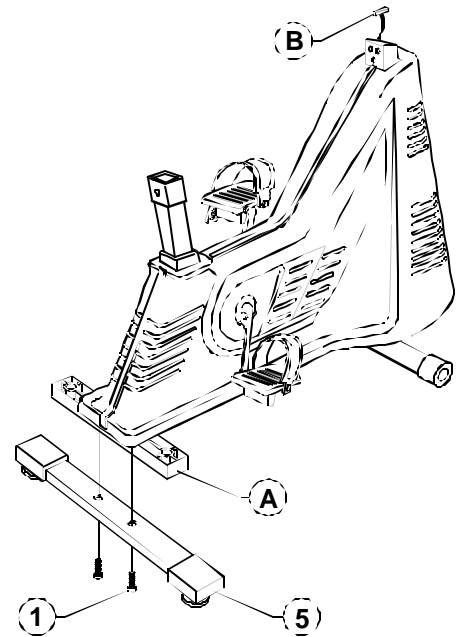
1	STABILIZER/HANDLEBAR BOLT 0017-00101-0933	Qty:5	2	SEAT WITH SEATPOST ASSEMBLY AK52-00009-0000	Qty: 1
3	COLLAR 0K18-01156-0001	Qty: 1	4	HANDLEBAR ASSEMBLY AK52-00013-0000	Qty: 1
5	STABILIZER BAR AK18-00070-0000	Qty: 1	6	9V ALKALINE BATTERY 0017-00003-0757	Qty: 1



CAUTION: Improper insertion of the seat pin may result in serious injury. Always make sure the pin is properly engaged in the seat post hole prior to using the Lifecycle exercise bike



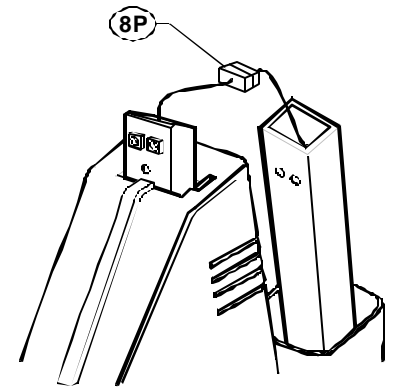
1. Before proceeding, familiarize yourself with the parts of the Lifecycle exercise bike and make sure that you have received all the items described in the Parts List.
2. Remove the STABILIZER BAR (#5) from the carton base. Remove the two BOLTS (#1) from the bottom of the SHIPPING STABILIZER (A), save the BOLTS and store the SHIPPING STABILIZER with the other shipping containers.
3. Use the same two BOLTS (#1) that held the SHIPPING STABILIZER (A) in place to attach the STABILIZER BAR (#5) as shown. Make certain that the BOLTS are tight and the STABILIZER BAR is flush against the frame.
4. Unfold the CONSOLE WIRE HARNESS (B) from the POST extending from the FRAME.



NOTE: THE COLLAR (#3) SHOULD ALREADY BE IN PLACE INSTALLED ON THE HANDLEBAR ASSEMBLY (#4). IF NOT, INSTALL BEFORE PROCEEDING.

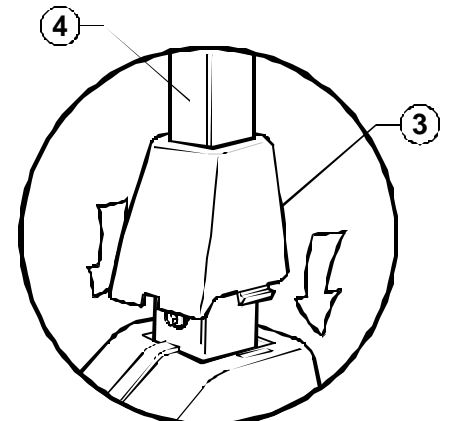
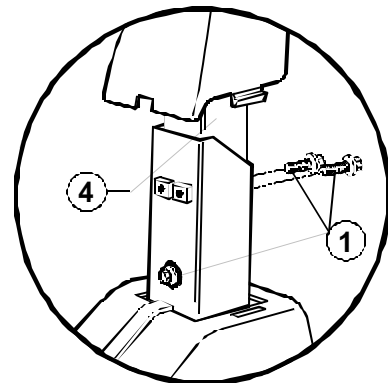
5. Place the HANDLEBAR ASSEMBLY (#4) on the floor in front of the FRAME with the two CONNECTORS (8P) next to each other. Align the two CONNECTORS and push them together until they firmly snap into place.
6. Position the HANDLEBAR ASSEMBLY (#4), with the COLLAR (#3) in place, so that the HANDLEBAR is facing away from the user. Slide the HANDLEBAR ASSEMBLY into the HANDLEBAR POST. Be careful not to pinch the wires.

Align the three holes in the HANDLEBAR ASSEMBLY (#4), with those in the HANDLEBAR POST and install the three HANDLEBAR BOLTS (#1).



NOTE: BE CAREFUL NOT TO DAMAGE THE WIRES WHEN PASSING THE BOLTS THROUGH THE HOLES. TIGHTEN THE BOLTS SECURELY.

7. Slide the COLLAR (#3) down until it completely covers the HANDLEBAR ASSEMBLY HARDWARE and the HANDLEBAR POST. Secure the COLLAR by squeezing the sides and pushing downward firmly.



8. Press down on the two tabs on the top of the battery door located on the back of the DISPLAY CONSOLE. (C) While the two tabs are depressed, pull the BATTERY DOOR (D) away from the DISPLAY CONSOLE.

Gently pull the BATTERY WIRES (E) from the back of the DISPLAY CONSOLE and connect them to the 9-VOLT ALKALINE BATTERY (#6). Carefully, tuck the BATTERY WIRES back into the DISPLAY CONSOLE and set the BATTERY in place.

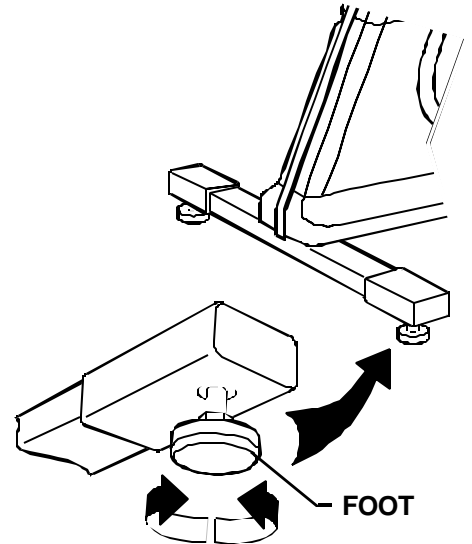
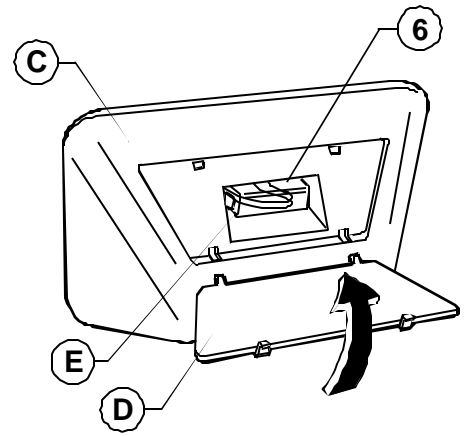
**NOTE: ONLY USE AN ALKALINE TYPE BATTERY.
USE OF ANY OTHER TYPE BATTERY MAY RESULT
IN A MALFUNCTION OR DAMAGE.**

Re-install the BATTERY DOOR by inserting the two bottom tabs of the BATTERY DOOR into the corresponding slots in the DISPLAY CONSOLE. Swing the BATTERY DOOR up and into place and press each tab separately until they are locked into place.

9. After placing the Lifecycle exercise bike in the intended location for use, check the stability of the bike.

If the bike is not level, rotate the FOOT in the STABILIZER BAR that appears to be higher until the Lifecycle is level.

Secure the position of the FOOT by tightening the LOCKNUT with the enclosed wrench.



PRE-OPERATION CHECKLIST

- ✓ *Insure that the STABILIZER BAR and HANDLEBAR BOLTS are tight.*
- ✓ *Make sure the exercise bike is properly leveled and stable.*
- ✓ *Confirm the display console is set to English or metric units.
(See Optional Settings ENG/MET in Operation Manual.)*
- ✓ *Read the entire Operation Manual before using the exercise bike.*

Before attempting to operate your Lifecycle recumbent exercise bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your recumbent exercise bike does not respond as described in the OPERATION MANUAL contact:

Life Fitness Consumer Division

14150 Sunfish Lake Blvd.
Ramsey Minnesota, 55303

U.S.A

612.323.4500 • FAX: 612.323.4794
800.328.9714 (Toll-free within the U.S. and Canada)

Prior to your call, please be sure you have located and noted the
MODEL NUMBER & SERIAL NUMBER.

The Model & Serial number information of your Life Fitness recumbent exercise bike is contained in a label located under the center of the front stabilizer bar (See previous page).

LifeFitness
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M051-00K20-A207

04/00

LIFE FITNESS CONSUMER DIVISION

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Ramsey Minnesota, 55303-4803

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5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051 Japan
Tel: 011 81- 3 - 3359 - 4309
Fax: 011 81- 3 - 3359 - 4307

Before using your Lifecycle exercise bike, it is essential that you read this ENTIRE Operation Manual and ALL Assembly Instructions.

It will help you set up your Lifecycle exercise bike quickly and give instructions on how to use it correctly.

FCC Warning - Possible Radio / Television Interference

NOTE: *This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



CAUTION: You are cautioned that any changes or modifications to this equipment could void your product warranty!

An authorized service representative must perform any service, other than cleaning or user maintenance. There are no user serviceable parts.

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This Operation Manual describes the functions of the following products:

Lifecycle exercise bike Model:

C3

See "Specifications" page in this manual for product specific features.

Statement of Purpose: The Exercise Bike is an exercise machine that enables users to simulate cycling in an upright or recumbent position depending on model configuration.

Life Fitness **STRONGLY** recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, you experience faintness, dizziness, pain, or shortness of breath, you must stop immediately.

Life Fitness conseille **VIVEMENT** de consulter un médecin pour suivre un examen médical complet avant de se lancer dans un programme d'exercice. Ceci concerne surtout les utilisateurs avec des antécédents familiaux de tension élevée ou d'affections cardiaques, les personnes de plus de 45 ans, les fumeurs et les obèses, ainsi que tous ceux qui ont un taux élevé de cholestérol ou qui n'ont pas fait d'exercice régulièrement depuis un an.

Si, à tout moment pendant l'exercice, l'utilisateur ressent un malaise, un étourdissement ou une douleur, ou s'il se trouve à court de souffle, il doit immédiatement s'arrêter.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

- Before using this product, it is essential that you read this ENTIRE operation manual and ALL instructions. The Lifecycle exercise bike is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- Never operate a Life Fitness exercise bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services for assistance.
- Never insert objects into any opening in your Lifecycle exercise bike. If an object should drop inside, carefully retrieve it. If you cannot reach the item, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the Lifecycle exercise bike outdoors, near swimming pools or in areas of high humidity.
- Do not use the Lifecycle exercise bike in areas where aerosol spray products are being used or where oxygen is being administered. Such substances increase the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the Lifecycle exercise bike pedals.
- Keep the area around your Lifecycle exercise bike clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting your Lifecycle exercise bike. Use the handlebar whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the bike in your bare feet.
- Do not tip the Lifecycle exercise bike on its side during operation.



CAUTION: Life Fitness STRONGLY recommends that if you are undertaking an exercise program please see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year.

If, at any time while exercising, you experience faintness, dizziness, pain, or shortness of breath, you must stop immediately.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

- Avant d'utiliser ce produit, lire impérativement ce manuel d'utilisation en ENTIER, ainsi que TOUTES les instructions. Le vélo d'exercice Lifecycle est conçu pour être utilisé uniquement de la manière décrite dans ce manuel.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Une surveillance étroite est nécessaire lorsque cet appareil est utilisé en présence d'enfants, d'invalides ou de handicapés, ou par ces personnes.
- Ne jamais faire fonctionner de vélo d'exercice Life Fitness qui serait tombé ou aurait été endommagé ou partiellement immergé dans l'eau. Appeler le service clientèle de Life Fitness pour obtenir de l'assistance.
- Ne jamais insérer d'objets dans un orifice du vélo d'exercice Lifecycle. Tout objet accidentellement tombé à l'intérieur doit être récupéré. S'il est impossible de l'atteindre, contacter le service clientèle de Life Fitness.
- Ne jamais placer de liquides quelconques directement sur l'appareil, sauf dans le plateau pour accessoires. Il est conseillé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser le vélo d'exercice Lifecycle à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Cet appareil ne doit pas être utilisé dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. De telles substances augmentent les risques de combustion et d'explosion.
- Maintenir les vêtements lâches, les lacets et les serviettes à l'écart des pédales du vélo d'exercice Lifecycle.
- Maintenir la zone autour de l'appareil libre de toute obstruction, y compris murs et meubles.
- L'utilisateur doit toujours faire attention et procéder avec précaution lorsqu'il monte ou descend d'un vélo d'exercice Lifecycle. Utiliser le guidon afin de ne pas perdre l'équilibre.
- Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, de semelles en cuir ou de crampons. Ne pas utiliser ce vélo pieds nus.
- Ne pas renverser le vélo Lifecycle sur le côté pendant son fonctionnement.



MISE EN GARDE : Life Fitness conseille VIVEMENT de consulter un médecin pour suivre un examen médical complet avant de se lancer dans un programme d'exercice. Ceci concerne surtout les utilisateurs avec des antécédents familiaux de tension élevée ou d'affections cardiaques, les personnes de plus de 45 ans, les fumeurs et les obèses, ainsi que tous ceux qui ont un taux élevé de cholestérol ou qui n'ont pas fait d'exercice régulièrement depuis un an.

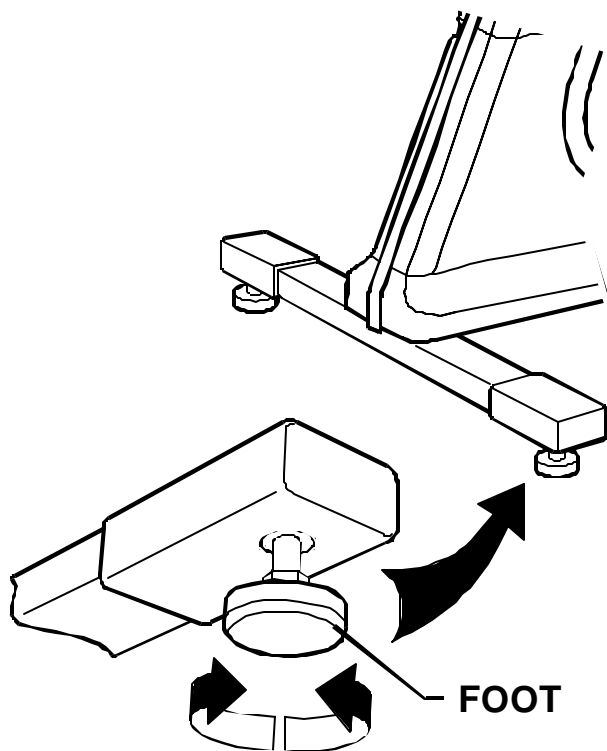
Si, à tout moment pendant l'exercice, l'utilisateur ressent un malaise, un étourdissement ou une douleur, ou s'il se trouve à bout de souffle, il doit s'arrêter immédiatement.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

1.2 SETUP

1.2.1 HOW TO LEVEL THE LIFECYCLE EXERCISE BIKE

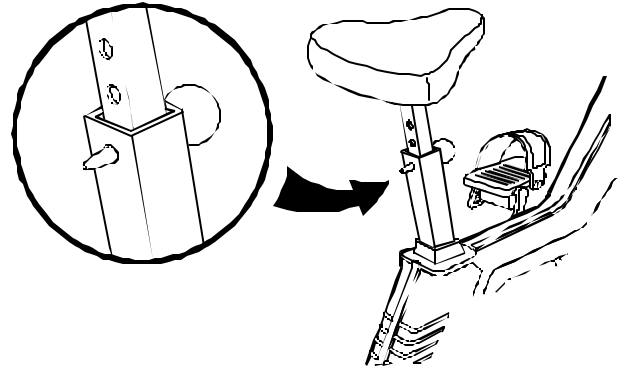
Depending on the surface on which you place your Lifecycle exercise bike on, it may need to be leveled. After you place the bike where you will be primarily using it, check the stability of the bike by attempting to rock it back and forth. If it rocks, it isn't level. To level it, rotate the foot on the stabilizer bar that appears to be higher counter-clockwise (as viewed from above) with your finger until the bike is level. Tighten the locknut.



1.2.2 HOW TO ADJUST THE SEAT

A properly adjusted seat is extremely important in any bike-oriented exercise activity and the Lifecycle exercise bike is no exception. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

To adjust the seat properly, sit on it and place the balls of your feet on the pedals. An optimum position will allow you to move through the bottom of the stroke without locking your knees or shifting in the seat (your knees should have a slight bend at the point of fullest leg extension). If the seat needs to be adjusted, dismount the bike and pull out the adjusting pin located on the front of the seat post. Slide the seat post up or down as necessary to the proper position and reinsert the pin. Check the seat height again and re-adjust it if necessary.



Sit on the seat and place the balls of your feet on the pedals. An optimum position will allow you to move through the bottom of the stroke without locking your knees or shifting in the seat (your knees should have a slight bend at the point of fullest leg extension).



CAUTION: Do not attempt to adjust the seat while you are pedaling the bike. Doing so or failing to insert the seat pin completely may result in an uncomfortable workout or cause injury.



MISE EN GARDE : Ne pas essayer d'ajuster la selle pendant le pédalage. Tout ajustage en cours de fonctionnement ou toute insertion incomplète de la goupille de la selle pourrait nuire à l'exercice ou entraîner des blessures.

1.2.3 HOW TO ADJUST THE FOOTSTRAPS

The pedals on your Lifecycle exercise bike have footstraps with slits on both the inside and the outside of each strap. To adjust the width of the straps, grasp the outside of the strap and pull down and away from the knob. Once the slotted end is removed, choose a width that will feel the most comfortable while you are riding, reinsert the knob through the slot and pull the strap up. The strap will click when it locks in place.



CAUTION: Do not attempt to adjust the pedal footstraps while you are pedaling the bike. Doing so may result in an uncomfortable workout or cause injury.

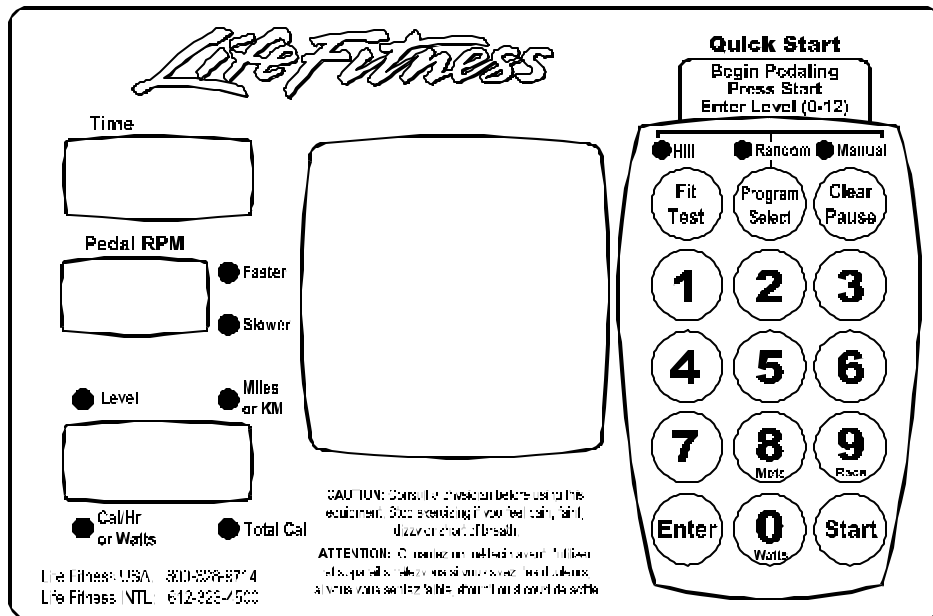


MISE EN GARDE : Ne pas essayer d'ajuster les cale-pieds pendant le pédalage. Cela pourrait nuire à l'exercice ou entraîner des blessures.

2 THE DISPLAY CONSOLE

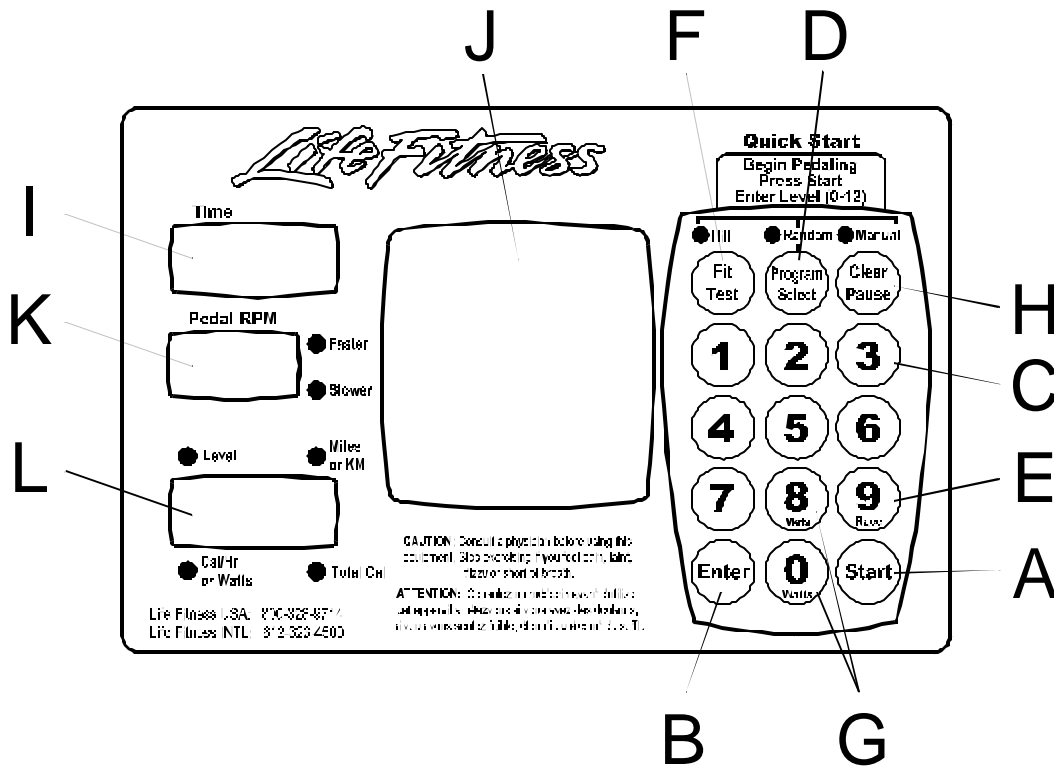
2.1 DISPLAY CONSOLE OVERVIEW

The Lifecycle exercise bike's display console is easy to use, and it allows you to follow your progress as you ride. The on-board computer lets you tailor your workouts to your individual fitness capabilities and goals while providing a unique means of measuring your fitness improvement from one workout to the next.



2.2 DISPLAY CONSOLE DESCRIPTIONS

- A. **START:** The Start Key activates the display console after you begin pedaling and is then inactive for the remainder of the workout.
- B. **ENTER:** Use this key to execute input of any information that you have keyed. It is not necessary to press Enter when keying in a new effort level.



- C. **NUMERIC KEYS:** Use these keys to enter riding time, level of difficulty and Fit Test data. You can select a workout duration from 1 to 99+ minutes. You may also enter a different resistance level than the current level, or other data such as age, gender or weight via the Numeric Keypad.
- D. **PROGRAM SELECT:** This is where to select a Hill, Random, or Manual Workout. Each time you press the Program Select Key, an LED light will move from left to right to the next workout option. When the workout you want is displayed press Enter or wait 10 seconds and your choice will be automatically entered. You may also choose the following.
- E. **RACE WORKOUT:** A workout which uses varying pedal resistance - the effort levels function as "gears" and MPH is displayed rather than RPM's - to simulate the feel of a 12-speed racing bike.
- F. **FIT TEST:** Exclusive to the Life Fitness exercise bikes, this workout is a way of periodically measuring your aerobic fitness level compared to others of the same age and gender.
- G. **WATTS (0) and METS (8):** A Watt is a unit of power which measures the amount of mechanical work required to operate a device such as an exercise bike (roughly equal to 1/4 of calories per hour). METS are a unit of measure used to express the metabolic rate of work (oxygen consumption per unit of body weight) required to perform a task. One MET is approximately equal to a person's metabolism when seated and relaxed. Both the Watts and METS options will "lock" the feedback windows, displaying only the Watts or METS values (see METS/Watts Option).

- H. **CLEAR / PAUSE KEY:** Use this key to put your workout program on hold or restart it. To put your workout on hold, press the key once and continue pedaling (remember, you are powering the machine; if you stop pedaling, all power is lost and the display will go blank). Pedal resistance drops to the minimum when the Lifecycle exercise bike is paused; the stopwatch function is activated and the Elapsed Time Window begins counting up from zero. Use this as a brief rest period if you feel fatigued or to take your heart rate (See How to Take your Pulse).

To resume your workout after pausing it, press the Enter Key.

Pressing Clear twice will end your workout and give you a complete summary of your workout, including Calories Burned, Time Elapsed, and Distance Traveled.

- I. **ELAPSED TIME WINDOW:** Shows the time being inputted while you are setting up your workout, the total Elapsed Time of your workout, and when the Clear-Pause Key is pressed, the display functions as a stopwatch (you must continue pedaling). For additional information see Operating Instructions and Workout Descriptions.
- J. **PROGRAM PROFILE WINDOW:** Displays a matrix of lights showing your present position and upcoming terrain. The higher the column of lights the greater the resistance. The left-most column of lights represents your current position. The remaining columns show the upcoming terrain. As your workout progresses, the lights move across the screen from right to left.

When you are at the Program Select stage, graphical depictions of each workout appear in the Program Profile Window as that program's LED is lit.

- K. **RPM WINDOW:** Your Lifecycle exercise bike can display your speed in revolutions per minute (RPM's), or miles or kilometers per hour (MPH / KPH) when in the Race Workout. The Faster and Slower LED's prompt you to increase your pedaling speed to help you maintain an optimum workout pace.
- L. **FEEDBACK WINDOW:** Displays the number of calories burned per hour (or Watts or METS if you have selected one of these options), Total Calories Burned, Total Distance Traveled (in miles or kilometers), and your current effort level. The readout automatically displays these forms of feedback in 10-second intervals, except when you are in the Hill Workout for a duration of fewer than six minutes, -when it changes every five seconds.

3 HEART RATE ZONE TRAINING[®] + EXERCISE

3.1 WHY HEART RATE ZONE TRAINING?

Research shows that exercising within a specific heart rate range is the optimal way to monitor exercise intensity and achieve maximum results. That is the idea behind Life Fitness Heart Rate Zone Training+ Exercise.

Zone Training takes the guesswork out of working out by identifying specific ranges, or zones, in which to maintain a heart rate to achieve maximum exercise results according to personal goals. In short, Zone Training all but eliminates under- and over-training by allowing you to target your heart rate to your individual fitness objectives.

For instance, if the primary goal is to burn fat, exercise at a level between 60% and 75% of your theoretical maximum heart rate[†]. To improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

3.2 HOW TO TAKE YOUR PULSE

To take your pulse manually, place your index and middle fingers together and with slight pressure place them on either a) your neck, below your earlobe and near the angle of your jaw (this is your carotid pulse), or b) with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (this is your radial pulse).

Count the number of pulses for 15 seconds; multiplying this number by four will give you the number of beats per minute (BPM).

[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age.

4 THE WORKOUTS

4.1 WORKOUT DESCRIPTIONS

Selecting a workout on your Life Fitness exercise bike is easy. Five computerized aerobic workouts, including the exclusive Fit Test Workout, are pre-programmed on your Lifecycle exercise bike.

4.1.1 TO BEGIN ANY LIFECYCLE EXERCISE BIKE WORKOUT:

- First adjust the seat to a comfortable position and make certain the seat pin is properly locked and the bike is level.
- Begin pedaling and press the Start Key.
- Select a workout by pressing the Program Select Key.
- If you wish to base your workout effort on a Watts or METS value, see the Watts/METS Programmability Option box.

Your Lifecycle exercise bike features graduated levels of intensity to more closely simulate riding through hills and valleys. As you encounter hills in various workouts, the pedal resistance will increase or decrease for the duration of that hill.

The Lifecycle exercise bike is a "constant work" machine; in the Hill, Race, Random, and Manual Workout, pedal resistance automatically compensates for changes in RPM. In other words, the slower you pedal, the greater the resistance; conversely, the faster you pedal the less resistance you feel.* The distance you travel will remain the same; pedaling faster will not bring you to the end of a workout sooner nor burn more calories, assuring you of a consistent workout.

NOTE: *Mileage readings are arbitrary and should not be used to compare workouts. Total calories burned is the best measure of the amount of work performed in any given workout.*

4.1.2 QUICK START

QUICK START is the fastest way to begin exercising, allows you to start a Manual Workout for the maximum allowable time with the press of a key.

You can "**Quick Start**" a Manual Workout without using the Program Select Key. To do so, enter a resistance level rather than selecting a workout. The computer will automatically begin a 99-minute Manual Workout.

REMEMBER: You can change levels at any time by simply keying in a new level using the Arrow Keys!

*This is true as long as you pedal faster than 65 RPM, the resistance will drop off to the point where you can continue pedaling at a pace sufficient to maintain power to the console.

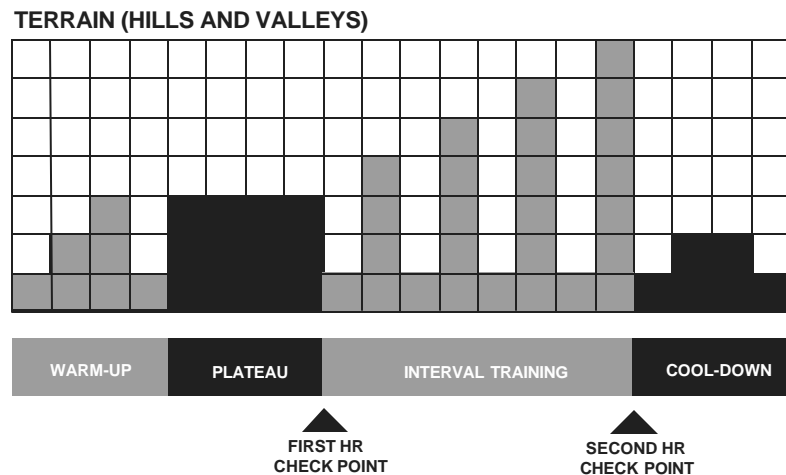
4.1.3 HILL WORKOUT

HILL is an interval-training workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort (hills) separated by periods of recovery (valleys) and a cool-down period.

The Lifecycle exercise bike's patented Hill Workout offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. Interval training programs have been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

Not only does the Hill Workout offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the workout. The longer Hill Workout you choose, the greater the time spent atop a hill and at the bottom of a valley – up to a 20 minute workout. For any workout duration greater than 20 minutes, the maximum amount of time spent atop a hill or at the bottom of a valley is one minute. Additional hills are added depending on how long you choose to workout.

The hill diagram below shows the effort level and recovery periods encountered during a Hill Workout. Effort and recovery periods are simulated on the Display Console by columns of lights in the Program Profile Window. The columns move from right to left during the workout. The higher the column, the higher the resistance; consequently you must increase your effort.



Each Hill Workout session comprises the following phases:

(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

- **Warm-up:** Gradually brings your heart rate into the lower portion of your Target Heart Rate Zone, increasing respiration and blood flow to working muscles.
- **Plateau:** Brings your heart rate into your target zone. Check your pulse at the end of the plateau period to ensure that you have entered your Target Heart Rate Zone.
- **Interval Training:** A series of hills and valleys. During this portion of your workout, you will be confronted with four successively steeper hills, each separated from the next by a valley, or recovery period. Check your heart rate at the end of the interval-training period to ensure that you have stayed within your target zone.
- **Cool-down:** The cool-down allows your body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during your workout and contribute to muscle soreness.

4.1.4 RANDOM, MANUAL, AND RACE WORKOUTS

RANDOM WORKOUT

RANDOM is a workout of varying effort levels which occur randomly with each exercise session, resulting in more than one million workout combinations.

The computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because resistance levels are greater in this program than in the Hill Workout, it is recommended that the Random Workout be set one or two levels lower than the level of intensity you would normally select on the Hill Workout.

MANUAL WORKOUT

MANUAL maintains a constant effort level based on the goals selected.

The Manual Workout provides steady-pace exercise equal to that of the highest hill encountered on the Hill Workout, at the same level of effort (except at level 0, when the resistance equals that of the lowest valley). Because of the greater resistance levels of this workout, it is recommended that you set the Manual Workout about two to five levels lower than the level of effort that you would normally select on the Hill Workout. (To select a Watts resistance level, see the **Watts Programmability Option** box.)

- After pressing the Start Key, press the Race (9) Key followed by the Enter Key within two seconds.
- Select a time goal from 1 to 99 minutes and press Enter.
- Then input the desired effort level between 0 (easiest) and 12 (most difficult).

RACE WORKOUT

The **Race Workout** uses varying pedal resistance to turn your Lifecycle exercise bike into a 12-speed racing bike. Unlike other workouts featuring fixed-pedal resistance, Life Fitness' Race Workout varies the pedal resistance based on the speed at which you are pedaling. The faster your pedaling speed is, the greater the resistance, the greater number of miles traveled, and the more calories you will burn. Because the Race Workout features greater effort levels than the Hill Workout, it is recommended that you choose an effort level one to two levels lower than the level you would normally select in Hill Workout.

The Program Profile Window Display will display more or fewer rows of LED's to indicate changes in pedal resistance.

4.1.5 HEART RATE CHECK POINTS

For Fat Burning:

- ✓ **First Heart Rate Check Point** — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category.
- ✓ **Second Heart Rate Check Point** — Your heart rate should be between 70% and 75% of the theoretical maximum heart rate for your age category.

For Cardio:

- ✓ **First Heart Rate Check Point** — Your heart rate should be between 75% and 80% of the theoretical maximum for your age category.
- ✓ **Second Heart Rate Check Point** — Your heart rate should be between 80% and 85% of the theoretical maximum for your age category.

Be sure to check your heart rate near the end of the plateau and interval training periods. If you are not wearing an optional heart rate chest strap, see Hill diagram above. You should always take your heart rate at the time indicated to make sure you are staying within your target heart rate zone.

4.1.6 FIT TEST WORKOUT

Fit Test is a way of measuring the aerobic fitness level of an individual compared to others of the same age and gender.

The Lifecycle Exercise Bike Fit Test Workout is another exclusive feature of this versatile exercise bike. The Fit Test is an estimate of your VO2 max, which is a measurement of how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Think of it as your relative fitness score. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

Consult the Activity Levels chart below for the approximate effort level (L) at which you should take the Fit Test based on your age, gender, and activity level. If your weight varies from these values substantially, you may wish to increase or decrease the indicated levels accordingly. Use the Numeric Keys to enter the corresponding level.

NOTE: To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 60%-85% of your theoretical maximum heart rate (refer to Section 3).

RECOMMENDED FIT TEST LEVELS

AGE	WEIGHT	(KG)	INACTIVE	ACTIVE	VERY ACTIVE
<30	<130	<59	1	2	3
	131 - 169	59,5 – 76,8	2	3	4
	170 - 210	72,3 – 95,5	3	4	5
	>210	>95,5	4	5	6
30-39	<130	<59	0	1	2
	131 - 169	59,5 – 76,8	1	2	3
	170 - 210	72,3 – 95,5	2	3	4
	>210	>95,5	3	4	5
40-49	<130	<59	0	0	1
	131 - 169	59,5 – 76,8	1	1	2
	170 - 210	72,3 – 95,5	1	2	3
	>210	>95,5	2	3	4
50+	<130	<59	0	0	0
	131 - 169	59,5 – 76,8	0	1	1
	170 - 210	72,3 – 95,5	1	1	2
	>210	>95,5	1	2	3

After you have completed the five-minute Fit Test, use the Time Prompt to take your pulse and enter it with the Numeric Keys. Your Fit Test score will be displayed, which you can use to find your ranking in the Fit Test scoring tables below. If your heart rate is below 65% of your theoretical maximum heart rate at the conclusion of the Fit Test, retake the test at a higher level.

4.1.6 FIT TEST TIPS

The computer will not accept:

- Heart rates less than 90 or greater than 199 beats per minute
- Body weights less than 74 pounds (34 kg) or greater than 350 pounds (159 kg)
- Ages below 10 or over 99 years
- Data input that exceeds human potential

If you make an error when entering any Fit Test data, you can correct it by pressing Clear, inputting the correct information, and pressing Enter.

It is important to take the Fit Test under similar circumstances each time. The heart rate is dependent on many factors, including:

- Amount of sleep the previous night (at least seven hours is recommended)
- Time of day
- Time since last meal (two to four hours after the last meal is recommended)
- Time since last drinking a liquid containing caffeine or alcohol, or smoking a cigarette (at least four hours is recommended)
- Time since having last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.

NOTE: *To receive a proper Fit Test score, you must work within your training heart rate zone, which is 60% to 85% of your theoretical maximum heart rate.*

REMARQUE: *Pour recevoir un score approprié au test d'exercice, il faut rester dans la zone de rythme cardiaque d'entraînement, comprise entre 60 et 85 % du rythme cardiaque maximum théorique.*

RELATIVE FITNESS CLASSIFICATION FOR MEN

	AGE				
Rating	20 - 29	30 - 39	40 - 49	50 - 59	60+
Elite	61+	57+	55+	53+	50+
Excellent	55 - 60	52 - 56	50 - 54	47 - 52	44 - 49
Good	50 - 54	46 - 51	44 - 49	42 - 46	39 - 43
Above Average	44 - 49	41 - 45	39 - 43	36 - 41	33 - 38
Average	40 - 43	36 - 40	34 - 38	32 - 35	29 - 32
Below Average	34 - 39	31 - 35	29 - 33	26 - 31	23 - 28
Poor	29 - 33	25 - 30	22 - 28	20 - 25	18 - 22
Very Poor	<29	<25	<22	<20	<18

RELATIVE FITNESS CLASSIFICATION FOR WOMEN

	AGE				
Rating	20 - 29	30 - 39	40 - 49	50 - 59	60+
Elite	54+	51+	48+	46+	44+
Excellent	48 - 53	45 - 50	43 - 47	41 - 45	39 - 43
Good	43 - 47	40 - 44	37 - 42	35 - 40	33 - 38
Above Average	37 - 42	34 - 39	32 - 36	30 - 34	28 - 32
Average	33 - 36	30 - 33	28 - 31	25 - 29	23 - 27
Below Average	28 - 32	24 - 29	22 - 27	20 - 24	18 - 22
Poor	22 - 27	19 - 23	17 - 21	14 - 19	12 - 17
Very Poor	<22	<19	<17	<14	<12

4.2 C3 LIFECYCLE EXERCISE WORKOUTS (CHART)

Use the Up/Down Keys to scroll through the WORKOUTS and enter GOALS.

NOTE: You can change your LEVEL at any time during a program (except FIT TEST).

QUICK START Press Start, press " Quick Start"	MANUAL Enter time Enter level
HILL Enter time Enter level	RACE Enter time Enter level
RANDOM Enter time Enter level	FIT TEST Enter age Enter weight Enter sex Enter level

4.3 WATTS / METS PROGRAMMABILITY OPTIONS

It is possible to enter a value of Watts or METS to maintain on your Lifecycle bike, rather than a resistance level.

To enter a value of Watts to maintain, you must first enter into the Manual Workout as you normally would:

- Continue pedaling
- Press 0/Watts, then within two seconds...
- Enter a Watts value between 33 and 328, then press Enter.

To enter a value of METS to maintain:

- Begin pedaling and press the Start Key
- Press the 8/METS key, then the Enter Key
- When you are prompted, enter your weight and press the Enter Key
- When you are prompted, enter into the Manual Workout as you normally would.

You may change your setting in either the Watts or METS mode at anytime during a workout by pressing the 0/Watts or 8/METS Key and keying in a new Watts or METS value to maintain, followed by Enter. To return to a resistance level, key in a number between 0 – 12.

Both the Watts and METS options will “lock” the Feedback Window, displaying only the Watts and METS values.

4.4 HOW TO MAXIMIZE WORKOUTS ON THE LIFECYCLE EXERCISE BIKE

In all Lifecycle exercise bike workout programs except for the Fit Test, you can change the level of intensity at any time by simply pressing a new number - between 0 - 12 on the Numeric Keypad. In addition, should you choose a different workout after starting another, simply push Clear three times to clear the first workout and then select the new workout.

4.4.1 SELECTING THE CORRECT INTENSITY LEVEL

The Lifecycle exercise bike offers 13 levels of intensity, or difficulty, to choose from - level 0 is the easiest and level 12 is the most challenging. Select a low effort level until becoming accustomed to the Lifecycle exercise bike, and then increase the intensity as conditioning improves.

The Manual and Random Workouts are proportionately more difficult than the Hill Workout. Because of this, be careful to select an effort level in the Random Workout that is one to two levels lower than would normally be selected in the Hill Workout. Conversely, if choosing the Manual Workout, select an intensity level that is at least three levels lower than the workout level normally used in the Hill Workout. The following table will allow you to compare the relative intensities of the four Lifecycle exercise bike computerized fitness workouts.

HILL	RANDOM	MANUAL OR FIT TEST
1-2	1-2	1
3-4	3	2
5-6	5	3
7-8	7	4
9-10	8-9	5
11	10	6
12	11	7
	12	8
		9
		10
		11
		12

5 SERVICE AND TECHNICAL DATA

5.1 PREVENTIVE MAINTENANCE TIPS

Your Lifecycle exercise bike is backed by the engineering excellence of Life Fitness and is one of the most reliable, rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness exercise bikes are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over. This same technology, engineering expertise, and reliability has gone into the Life Fitness Exercise Bike.

NOTE: *Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.*

REMARQUE: *pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.*

Here are some preventive maintenance tips that will keep your Lifecycle exercise bike operating at peak performance:

- Locate your Lifecycle exercise bike in a cool, dry place.
- Clean the seat surface regularly.
- Keep the Display Console free of fingerprints and salt build-up caused by sweat. Use a 100% cotton cloth lightly moistened with water and a mild liquid detergent (other fabrics or paper towels may scratch the surface).
- Long fingernails may scratch the surface of the console. Use the pad of your fingertip to press the console keys.

NOTE: *NEVER remove the stabilizer bar. When cleaning the exterior of the unit, a non-abrasive cleanser and soft cotton cloth are strongly recommended. At no time should cleanser be applied directly to any part of the equipment; use non-abrasive cleanser on a soft cloth and then wipe the unit.*



CAUTION: DO NOT step on any portion of the housing when getting on or off the exercise bike; doing so may crack the housing. The correct way to get on (mount) the Lifecycle exercise bike is to step over and straddle the housing, then position yourself onto the seat. Reverse the procedure to get off (dismount).



MISE EN GARDE: NE PAS marcher sur le cadre lors de la montée sur le vélo d'exercice ou lors de la descente, car cela risquerait de le fendre. Pour monter correctement sur le vélo d'exercice allongé Lifecycle, il convient d'enjamber le cadre, puis de s'asseoir sur le siège. Procéder à l'inverse pour en descendre.

5.2 HOW TO SOLVE BASIC OPERATING PROBLEMS

SYMPTOM	PROBABLE CAUSE	CORRECTIVE ACTION
No Power	9-volt battery missing 9-volt battery too low Harness not connected	Install 9-volt alkaline battery Replace 9-volt alkaline battery Disconnect and reconnect harness
Difficult to pedal	10 to 15 hour break-in period not complete Selected level of difficulty too high	Ride the bike for 10 to 15 hours Lower the level of high difficulty
Bike shuts off during ride	Pedaling too slow or RPM's dropped too low Not entering proper workout duration	Use "Pedal Faster" or "Pedal Slower" lights to help maintain RPM's Check that desired workout duration appears in display window prior to pressing ENTER
Display flickers or fades in and out	Pedaling too slowly Wire harness connector loose	Maintain sufficient RPM's by using "Pedal Faster" or "Pedal Slower" lights Carefully remove console and disconnect then reconnect the 10-pin connector

5.3 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions and How To Solve Basic Operating Problems within this manual. The problem may be unfamiliarity with the recumbent Lifecycle exercise bike's features and workouts.
2. Locate and document the serial number of the unit, which is located on the underside of the bike, just behind the front stabilizer bar.
3. Contact the NEAREST LIFE FITNESS Customer Support Services Group:

TOLL-FREE WITHIN THE U.S. AND CANADA

Telephone: 800.328.9714
Telephone: 612.323.4500
FAX: 612.323.4794

For Product Service Internationally:

LIFE FITNESS EUROPE GMBH
Telephone: (+49). 89. 31 77 51.0
FAX: (+49). 89. 31 77 51.38

LIFE FITNESS (UK) LTD
Telephone: (+44) 1353-665507
FAX: (+44) 1353-666719

LIFE FITNESS BENELUX
Telephone: (+32) 3 644 44 88
FAX: (+32) 3 644 24 80

LIFE FITNESS ITALIA S.R.L.
Telephone: (+39). 0472. 835 470
FAX: (+39). 0472. 833 150

Life Fitness Austria Vertriebs GmbH
Telephone: (+43). 1. 61 57 198
FAX: (+43). 1. 61 57 198. 20

LIFE FITNESS ASIA PACIFIC LTD
Telephone: 852. 2575.6262
FAX: 852. 2. 575. 6001

LIFE FITNESS LATIN AMERICA
Telephone: (+1).847.288.3675
FAX: (+1).847.288.3762

LIFE FITNESS BRAZIL
Telephone: 055 11 7266 5210
FAX: 055 11 7295 2218

LIFE FITNESS ROTTERDAM
Telephone: 31 10 294 5011
FAX: 3110 294 5029

LIFE FITNESS JAPAN
Telephone: 81-3 - 3359 - 4309
FAX: 81- 3 - 3359 - 4306

6.0 SPECIFICATIONS

6.1 LIFECYCLE C3 EXERCISE BIKE SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	250 pounds / 113,4 kilograms
Power requirements:	None
Workouts:	Hill, Random, Manual, Race, Fit Test
Console displays:	Elapsed Time, Pedal RPM and MPH/KPH, Calories Per Hour (Watts or METS optional), Total Calories Burned, Distance Traveled (miles or kilometers), Resistance Level
Color:	Dark Grey with Black Accents

PHYSICAL DIMENSIONS:

Length:	46 inches / 116.8 centimeters
Width:	23 inches / 58.4 centimeters
Height:	55 inches / 139.7 centimeters
Weight:	87 pounds / 39,4 kilograms

SHIPPING DIMENSIONS:

Length:	46 inches / 116.8 centimeters
Width:	23 inches / 58.4 centimeters
Height:	37 inches / 94 centimeters
Weight:	105 pounds / 47,6 kilograms

TO RECEIVE MAXIMUM SERVICE & SUPPORT, COMPLETE AND RETURN THIS WARRANTY CARD TODAY!

WHAT IS COVERED:

This *Life Fitness* consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:

The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED:

Residential: All electrical and mechanical components are covered, after the date of purchase, as listed on the chart. Labor is not covered, except as noted.

Non-Residential: Warranty void (this product is intended for residential use only).

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE:

If the Product or any warranted part must be returned to a service facility for repairs, **We, Life Fitness**, will pay all transportation and insurance charges for the first year (within the United States, only). **You** are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual"). **All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.**

WHAT YOU MUST DO:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); **use, operate and maintain** the Product as specified in the Manual; **notify** Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, **return** any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL:

It is **VERY IMPORTANT THAT YOU READ THE MANUAL** before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

WARRANTY REGISTRATION:

Attached is a registration card. **COMPLETE and MAIL this card IMMEDIATELY.** Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. In any event, always retain proof of purchase, such as your bill of sale.

HOW TO GET PARTS & SERVICE:

Simply call Customer Support Services at **(800) 328-9714** or **(763) 323-4500**, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Before shipping:

1. **obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. securely **pack** your Product (use the original shipping carton, if possible)
3. **write** the **RA#** on the outside of the carton
4. **insure** the Product, and
5. **include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

EXCLUSIVE WARRANTY:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED:

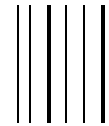
No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS:

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

OUR PLEDGE TO YOU:

Our Products are designed and manufactured to the highest standards. We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best...

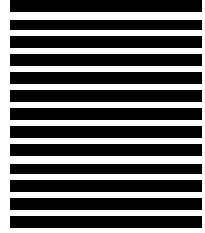


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14150 Sunfish Lake BLVD
Ramsey, MN 55303-9940



... with Our Personal Guarantee

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
Bikes C9i C7i C3 R9i R7i	Frame	Alternator, Resistance	Electrical and Mechanical Parts	Transportation & Insurance Charges, Electrical & Mechanical Parts.
Treadmills T5i T5 T3i T3	Lifespring™ shock absorbers, Frame	MagnaDrive™ Motor	Striding Belt, Deck, Electrical and Mechanical Parts	MagnaDrive™ Motor, Striding Belt, Deck, Electrical and Mechanical Parts, Transportation & Insurance Charges, Labor.

Note:

- The Telemetry Heart Rate Kit is warranted for 1 Year on Electrical Parts and 90 Days on the Elastic Strap.
- Shrouds, Product Decals and Console Overlays are warranted for 6 Months.

M051-00K20-A217
6841901

WARRANTY REGISTRATION

Please Fill In and Mail This Card Within 10 Days

Your Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone Number: () _____

Please Select the Product Purchased:

Bikes

Treadmills

- C3
 C7i
 C9i
 R7i
 R9i

- T3
 T3i
 T5
 T5i

Serial Number: _____

Date Purchased: _____

To help us serve you better, please answer the following questions:

Who will be the primary user of the Product? (circle one)

1. adult male 2. adult female 3. child/children

What is the age of the primary user? (circle one)

1. under 18 2. 18-24 3. 25-34 4. 35-44
5. 45-54 6. 55-64 7. 65 or over

What is your total annual household income range? (circle one)

1. less than \$25,000 2. \$25,000-\$34,999 3. \$35,000-\$44,999
4. \$45,000-\$54,999 5. \$55,000 -74,999 6. \$75,000 or more

What best describes your type of employment? (circle one)

1. skilled tradesman 2. general labor 3. executive 4. professional
5. self-employed 6. retired 7. other

How were you informed about Life Fitness products? (circle one)

1. health club 2. newspaper ad 3. magazine ad 4. television ad
5. doctor 6. personal trainer 7. editorial 8. other

Have you previously purchased a Life Fitness product? (circle one)

1. Yes 2. No

If yes, which product? (circle all that apply)

1. Lifecycle bike 2. Treadmill 3. Stairclimber 4. Other

Were you happy with your purchase? (circle one)

1. Yes 2. No

What is your primary reason for this purchase? (circle one)

1. medical 2. weight loss 3. build muscle tone 4. burn calories
5. cardiovascular 6. healthy mind & body 7. other

Do you belong to a health club? (circle one)

1. Yes 2. No

What types of magazines do you commonly read? (circle all that apply)

1. fitness 2. sports 3. fashion 4. entertainment
5. inflight 6. women's / men's 7. political 8. health

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