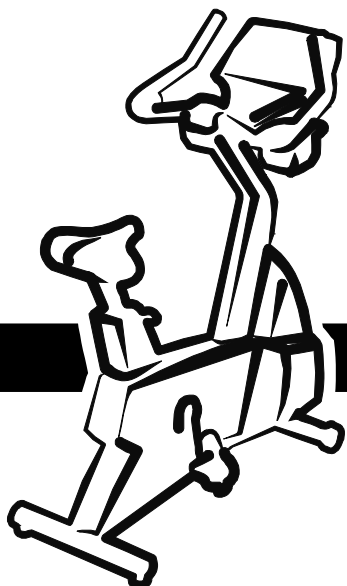




Exercise Bike

ASSEMBLY INSTRUCTIONS



Life Fitness

Congratulations...

*and welcome to the world of **Life Fitness***

*and the **Life Fitness 9500HR / 9100 / 8500 / C9i / C7i**
Exercise Bikes.*

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Exercise Bikes 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 Exercise Bikes.

IMPORTANT SAFETY INSTRUCTIONS!

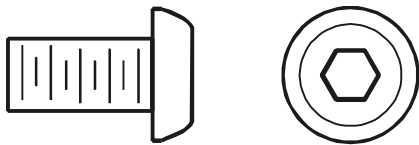
- ⇒ *DO NOT locate the Exercise Bike outdoors, near swimming pools, or in areas of high humidity.*
- ⇒ *DO NOT operate your Exercise Bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.*
- ⇒ *DO NOT locate the Exercise Bike any closer than 30 inches (76 cm) to a television set.*
- ⇒ *DO NOT locate additional Exercise Bike 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 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 in the Operation Manual. 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

PARTS DESCRIPTION

1	Hex Button Mounting Bolt 3/8-16 x 3/4" 0017-00101-1704	Qty: 8	2	Phillips Pan Head Screw (Model 9500 / 9100 / C9i) 8-18 x 5/8" (Model 8500 / C7i) 0017-00101-1253	Qty: 12 Qty: 8
3	Accessory Tray (Models 9500HR / 9100 / C9i Only) 0K63-01030-0000	Qty: 1	4	Console Assembly AK63-00070-0001 (Model 9500HR) AK63-00071-0001 (Model 9100) AK63-00072-0001 (Model 8500) AK63-00073-0001 (Model C9i) AK61-00074-0001 (Model C7i)	Qty: 1
5	Top Polar Cover 0K63-01145-0000	Qty: 1	6	Bottom Polar Cover 0K63-01146-0000	Qty: 1
7	Left Seat Post Shroud (Models 8500/9100/9500HR Only) 0K63-01092-0002	Qty: 1	8	Right Seat Post Shroud (Models 8500/9100/9500HR Only) 0K63-01092-0001	Qty: 1
9	Left Pedal Strap 0K63-01238-0002 (Model 9500HR / 9100) 0K63-01237-0002 (Model 8500 / C9i / C7i)	Qty: 1	10	Right Pedal Strap 0K63-01238-0001 (Model 9500HR / 9100) 0K63-01237-0001 (Model 8500 / C9i / C7i)	Qty: 1
11	Handlebar AK63-00091-0000 (Model 9500HR/C9i Only) AK63-00101-0000 (Model 9100/8500/C7i Only)	Qty: 1	12	Battery (Models 8500/C7i Only) 0017-00003-0757	Qty: 1
13	Polar Receiver (Model 9500HR / 9100 / C7i) 118E-00001-0101	Qty: 1	14	Polar Receiver Sleeve (Model 9500HR / 9100 / C7i) 0K36-01059-0002	Qty: 1
15	Torx / Standard Screw #8-18 x 3/4" (Model 9500HR / 9100 / 8500) 0017-00101-0991	Qty: 1			

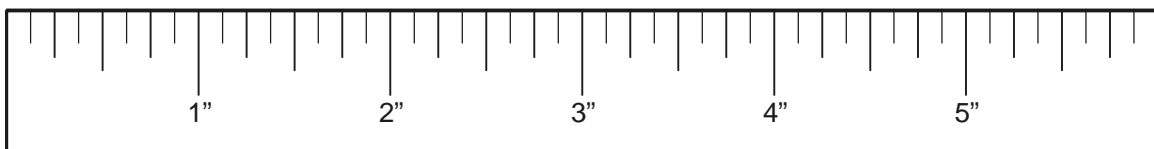
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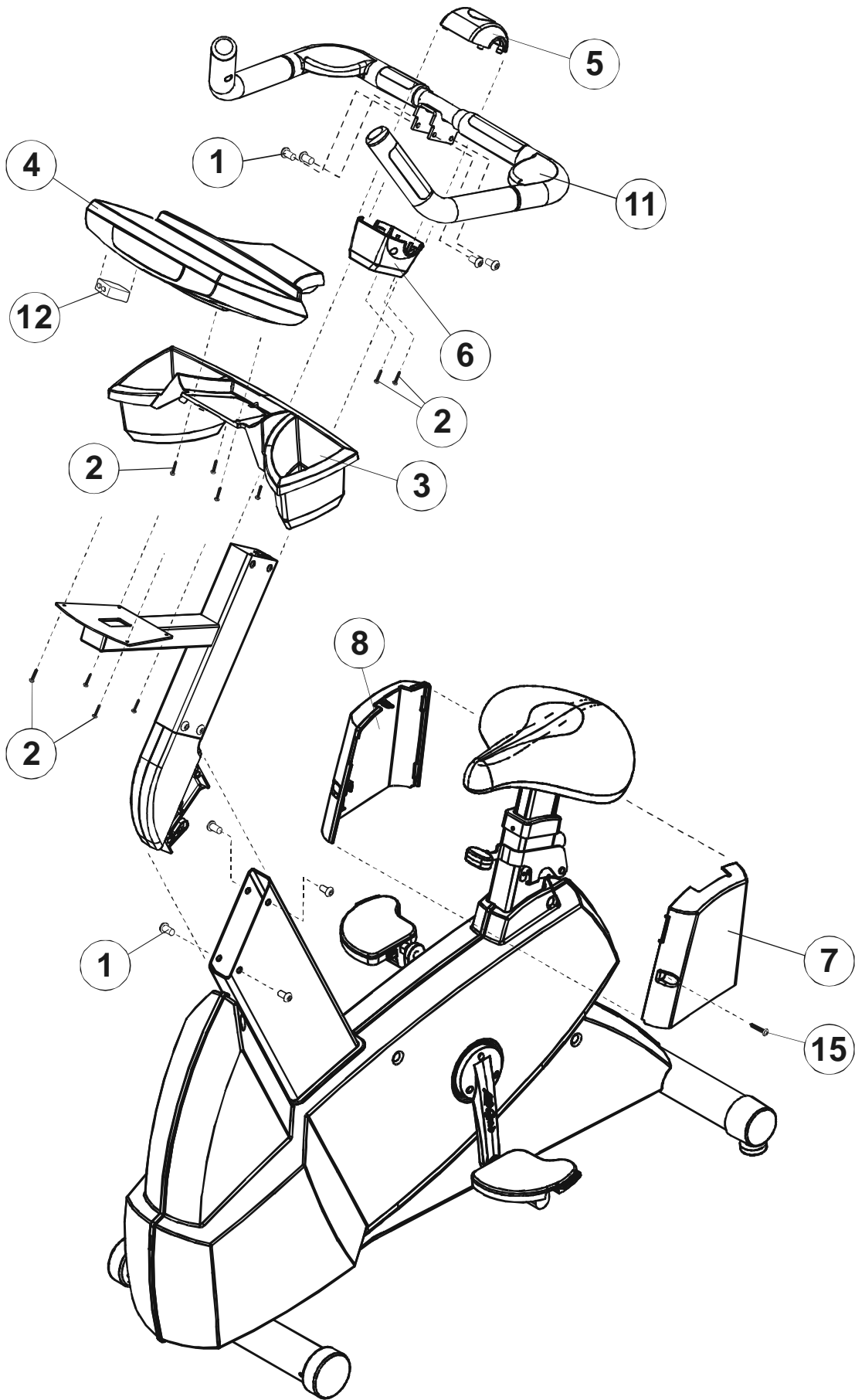


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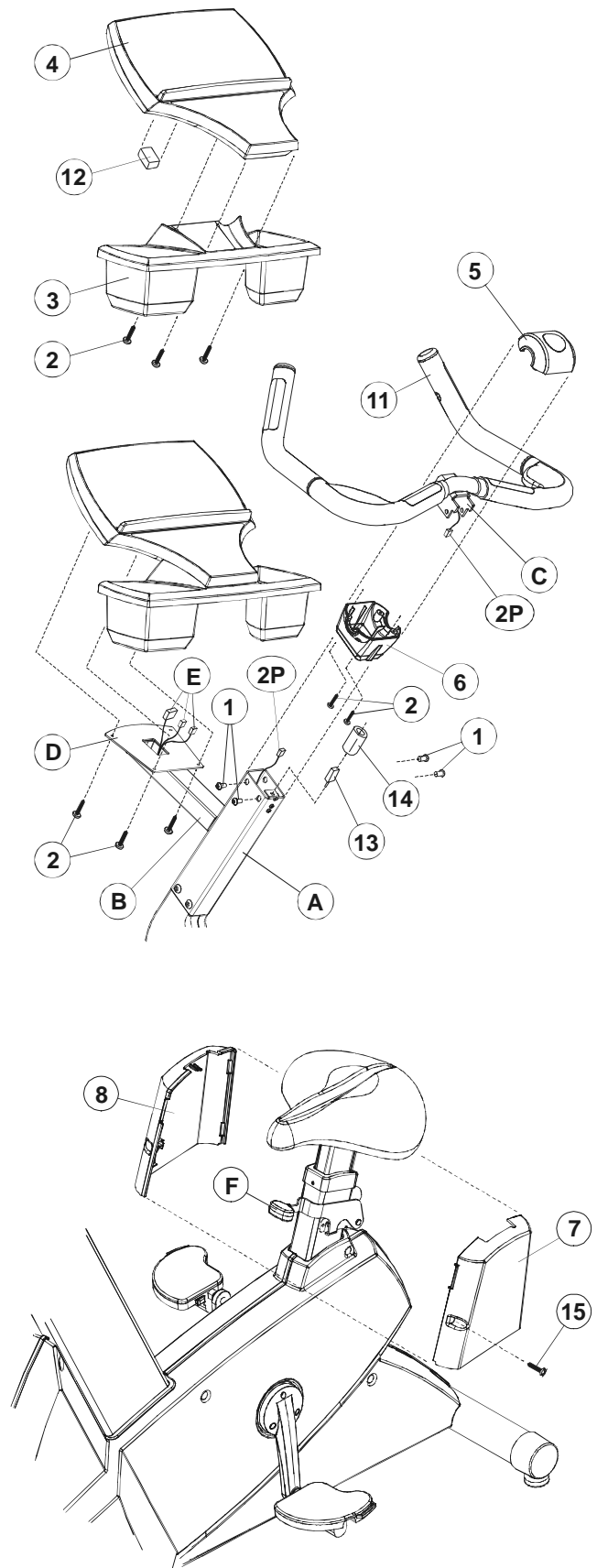
1. Locate the BOTTOM POLAR COVER (#6). Position the cover as shown with the notch of the center hole facing downward. Slide the BOTTOM POLAR COVER down over the UPPER CONSOLE SUPPORT TUBE (A) until it rests against the FRONT TUBE EXTENSION (B).
2. Position the HANDLEBAR (#11) as shown near the UPPER CONSOLE SUPPORT TUBE (A).
3. **Models C9 and 9500HR Only**
Connect the 2-PIN HEART RATE CONNECTOR (2P) leading from the HANDLEBAR (#11) center to the 2-PIN HEART RATE CONNECTOR (2P) leading from the UPPER CONSOLE SUPPORT TUBE (A).
4. Carefully slide the HANDLEBAR MOUNTING FLANGES (C) into the UPPER CONSOLE SUPPORT TUBE (A).

NOTE: BE CAREFUL NOT TO PINCH THE HEART RATE CABLE WHEN INSERTING THE HANDLEBAR FLANGES (C) INTO THE UPPER CONSOLE SUPPORT TUBE (A).

5. Secure the HANDLEBAR (#11) to the UPPER CONSOLE SUPPORT TUBE (A) using four MOUNTING BOLTS (#1). Tighten the SCREWS to 15-20 ft. lbs.
6. **Models C7, 9100 and 9500HR Only**
Insert the POLAR RECEIVER (#13) into the polar receiver receptacle located at the center of the UPPER CONSOLE SUPPORT TUBE (A). Slide the POLAR RECEIVER SLEEVE (#14) over the POLAR RECEIVER covering the entire POLAR RECEIVER.
7. Locate the TOP POLAR COVER (#5). Slide the BOTTOM POLAR COVER (#6) upward toward the HANDLEBAR (#11) until it contacts the HANDLEBAR. Position the TOP POLAR COVER over the POLAR RECEIVER (#13) and HANDLEBAR and align it to the BOTTOM POLAR COVER. Secure the TOP POLAR COVER to the BOTTOM POLAR COVER using four PHILLIPS SCREWS (#2) as shown.
8. **Models C9, 9100 and 9500HR Only**
Align the ACCESSORY TRAY (#3) to the bottom of the DISPLAY CONSOLE (#4) as shown. Secure the ACCESSORY TRAY to the DISPLAY CONSOLE using four PHILLIPS SCREWS (#2).
9. **Models C7 and 8500 Only**
Remove the BATTERY DOOR located on the back of the DISPLAY CONSOLE (#4). Locate the supplied 9-VOLT BATTERY (#12) and connect it to the battery lead. Place the BATTERY into the DISPLAY CONSOLE and replace the BATTERY DOOR.
10. Position the DISPLAY CONSOLE (#4) above the MOUNTING BRACKET (D) as shown. Attach all CONNECTORS (E) leading from the DISPLAY CONSOLE MOUNTING BRACKET to the corresponding CONNECTORS located on the back of the DISPLAY CONSOLE.
11. Attach the DISPLAY CONSOLE (#4) to the DISPLAY CONSOLE MOUNTING BRACKET (D) using four SCREWS (#2).

NOTE: BE CAREFUL NOT TO PINCH ANY CABLES WHEN SECURING THE DISPLAY CONSOLE (#4) TO THE DISPLAY CONSOLE MOUNTING BRACKET (D).

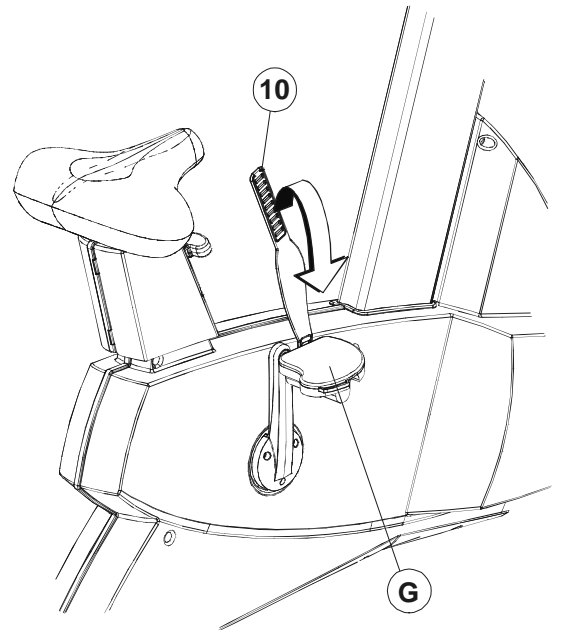
Tighten the screws securely.



12. Models 8500, 9100 and 9500HR Only

Locate the USER LEFT AND RIGHT SEAT POST COVERS (#7 & #8). Position the USER LEFT SEAT POST COVER (#7) below the seat covering the ADJUSTMENT LEVER (F) as shown. Interlock the two tabs of the USER RIGHT SEAT POST COVER (#8) to the corresponding slots of the USER LEFT SEAT POST COVER and pivot it forward to meet the USER LEFT SEAT POST COVER enclosing the SEAT ADJUSTMENT LEVER. Secure the SEAT POST COVERS together using one SCREW (#15).

13. Locate the RIGHT PEDAL STRAP (#10) marked with an "R". Attach the RIGHT PEDAL STRAP to the RIGHT PEDAL (G) with the double slot on the inward pedal strap tab looping upward and attaching to the outward pedal strap tab. Repeat for the LEFT PEDAL STRAP (#9) marked with an "L".



PRE-OPERATION CHECKLIST

- ✓ *Ensure that the console support screws are tight.*
- ✓ *Make sure the **Exercise Bike** is properly leveled and stable.*
- ✓ *Ensure that the Leveler Jam Nuts are tight.*
- ✓ *Read the entire Operation Manual before using the **Exercise Bike**.*

Before attempting to operate your Exercise Bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Exercise Bike does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.

LifeFitness

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M051-00K63-B007

3.02



Printed Document Cover Sheet

Models Covered:

Description:

Language:

Part Number:

Print Specifications:

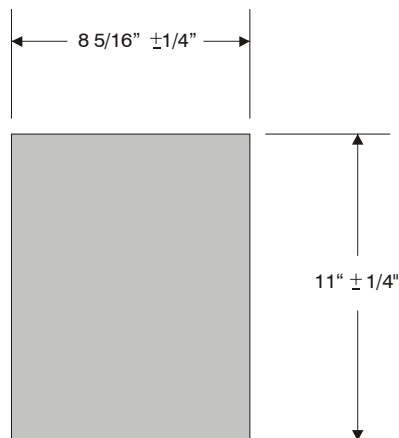
Printing Format:

Stock:

Finish:

Page Count:

The original electronic artwork for this Unpacking Instruction resides in the Technical Communications Department of the Marketing Communications Department. This Unpacking Instruction was published on a PC using Microsoft Word 97, CorelDRAW Version 9.0 (both Windows Versions).



UNPACKING INSTRUCTIONS

Tools Required: 7/32" Allen Wrench (supplied with C9i and C7i Only)

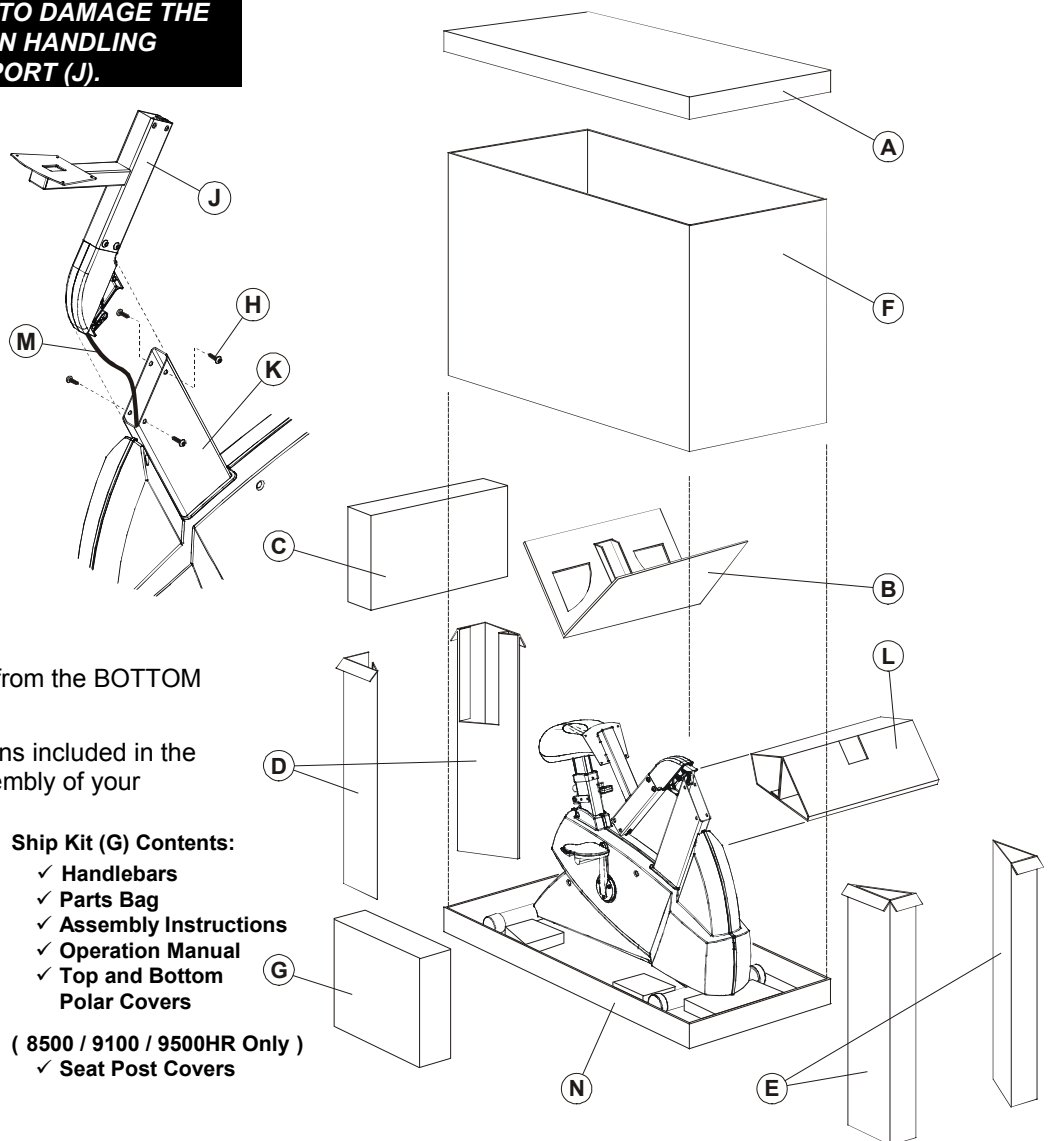
1. Remove the four straps from the corrugated shipping container and remove the TOP TRAY (A).
2. Carefully lift and remove the CENTER SPACER (B).
3. Remove the DISPLAY CONSOLE BOX (C) and set aside. Lift and remove the two REAR SUPPORT POSTS (D).
4. Lift and remove the two FRONT SUPPORT POSTS (E). Carefully lift and remove the SHIPPING SLEEVE (F).
5. Remove the SHIP KIT (G) and set aside.
6. Locate the 7/32" ALLEN WRENCH and four 3/8-16 x 3/4" BUTTON HEAD SCREWS (H) from the hardware bag located in the SHIP KIT (G).
7. Carefully remove all protective plastic wrapping.
8. The CONSOLE SUPPORT (J) is shipped hooked onto the top of the MONOCOLUMN (K). Carefully slide the CONSOLE SUPPORT upward to disengage it from the MONOCOLUMN. Carefully remove the CONSOLE SUPPORT SPACER (L).

CAUTION: BE CAREFUL NOT TO DAMAGE THE WIRE HARNESS (M) WHEN HANDLING THE CONSOLE SUPPORT (J).

9. Pivot the CONSOLE SUPPORT (J) upward. Align and insert the console support mounting flange into the top of the MONOCOLUMN (K). Secure the CONSOLE SUPPORT to the MONOCOLUMN using the four 3/8-16 x 3/4" BUTTON HEAD SCREWS (H). Tighten the screws to 15-20 ft. lbs.

CAUTION: BE CAREFUL NOT TO DAMAGE THE WIRE HARNESS (M) WHEN ATTACHING THE CONSOLE SUPPORT (J) TO THE MONOCOLUMN (K).

10. Carefully lift the exercise bike from the BOTTOM TRAY (N).
11. Follow the Assembly Instructions included in the parts bag to complete the assembly of your exercise bike.



Ship Kit (G) Contents:

- ✓ Handlebars
- ✓ Parts Bag
- ✓ Assembly Instructions
- ✓ Operation Manual
- ✓ Top and Bottom Polar Covers

(8500 / 9100 / 9500HR Only)
✓ Seat Post Covers

IMPORTANT
SAVE YOUR PACKING MATERIALS IN CASE OF RETURN

95Ci, 93C, 90C, C9i, C7
Upright Exercise Bikes

ASSEMBLY INSTRUCTIONS



LifeFitness

Congratulations...

and welcome to the world of

LifeFitness

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Exercise Bikes 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 Exercise Bikes.

IMPORTANT SAFETY INSTRUCTIONS!

- ⇒ **DO NOT** locate the Exercise Bike outdoors, near swimming pools, or in areas of high humidity.
 - ⇒ **DO NOT** operate your Exercise Bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.
 - ⇒ **DO NOT** locate the Exercise Bike any closer than 30 inches (76 cm) to a television set.
 - ⇒ **DO NOT** locate additional Exercise Bike 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 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 in the Operation Manual. 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.
-

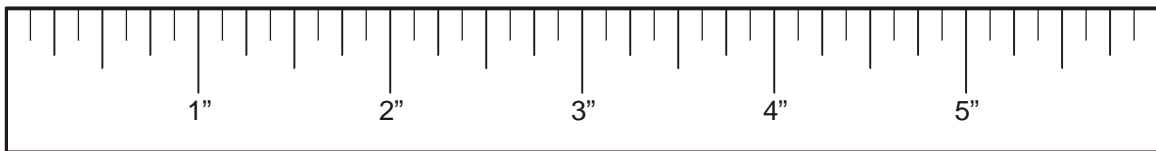
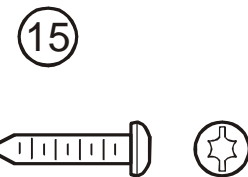
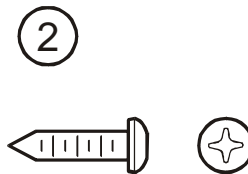
- ⇒ **NE PAS** placer le vélo d'exercice allongé Lifecycle à l'extérieur, près d'une piscine ou dans un endroit très humide.
- ⇒ **NE PAS** faire fonctionner le vélo d'exercice allongé Lifecycle s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation.
- ⇒ **NE PAS** placer le vélo d'exercice allongé Lifecycle à moins de 76 cm (30 po) d'un poste de télévision.
- ⇒ **MAINTENIR** la zone autour du vélo d'exercice allongé Lifecycle libre de toute obstruction, y compris murs et meubles.
- ⇒ **VÉRIFIER** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces manquent, téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation. Conserver l'emballage au cas où l'appareil devrait être renvoyé.
- ⇒ **LIRE** le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.

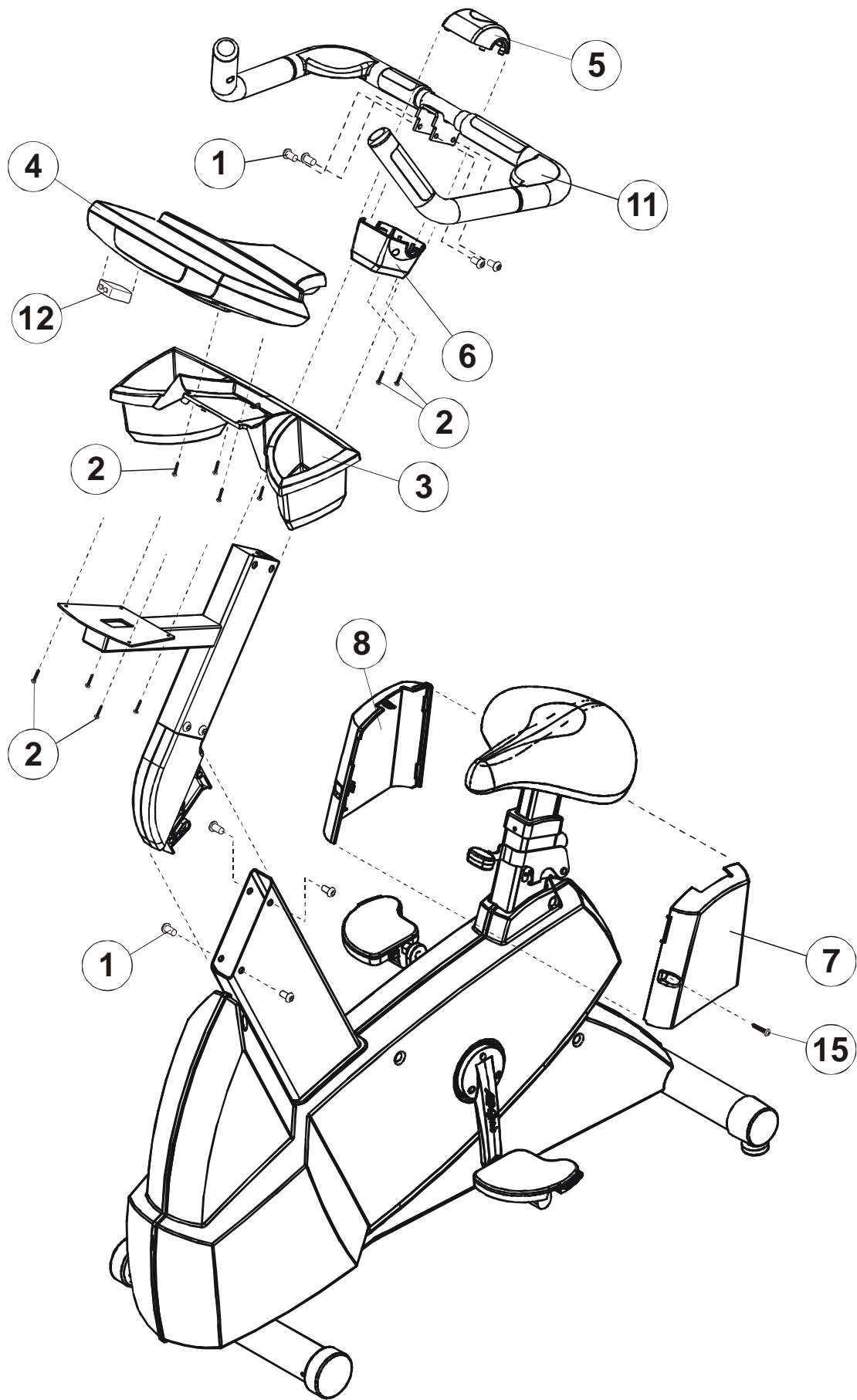
TOOLS REQUIRED FOR ASSEMBLY...Phillips screwdriver, T-45 Torx Driver, T-20 Torx Driver

PARTS DESCRIPTION

1	Torx Button Mounting Bolt 3/8-16 x 3/4"	Qty: 8
3	Accessory Tray	Qty: 1
5	Top Polar Cover	Qty: 1
7	Left Seat Post Shroud (Model 95Ci / 93C / 90C)	Qty: 1
9	Left Pedal Strap	Qty: 1
11	Handlebar	Qty: 1
13	Polar Receiver (Model 95Ci / 93C / C9i / C7 / International 90C)	Qty: 1
15	Torx / Standard Screw #8-18 x 3/4" (Model 95Ci / 93C / 90C)	Qty: 1

2	Phillips Pan Head Screw (Model 95Ci / 93C / C9i) 8-18 x 5/8" (Model 90C / C7)	Qty: 12 Qty: 8
4	Console Assembly	Qty: 1
6	Bottom Polar Cover	Qty: 1
8	Right Seat Post Shroud (Model 95Ci / 93C / 90C)	Qty: 1
10	Right Pedal Strap	Qty: 1
12	9 Volt Alkaline Battery (Model 90C / C7)	Qty: 1
14	Polar Receiver Sleeve (Model 95Ci / 93C / C9i / C7 / International 90C)	Qty: 1





1. Locate the BOTTOM POLAR COVER (#6). Position the cover as shown with the notch of the center hole facing downward. Slide the BOTTOM POLAR COVER down over the UPPER CONSOLE SUPPORT TUBE (A) until it rests against the FRONT TUBE EXTENSION (B).

2. Position the HANDLEBAR (#11) as shown near the UPPER CONSOLE SUPPORT TUBE (A).

3. Models 95Ci and C9i Only

Connect the 2-PIN HEART RATE CONNECTOR (2P) leading from the HANDLEBAR (#11) center to the 2-PIN HEART RATE CONNECTOR (2P) leading from the UPPER CONSOLE SUPPORT TUBE (A).

4. Carefully slide the HANDLEBAR MOUNTING FLANGES (C) into the UPPER CONSOLE SUPPORT TUBE (A).

NOTE: BE CAREFUL NOT TO PINCH THE HEART RATE CABLE WHEN INSERTING THE HANDLEBAR FLANGES (C) INTO THE UPPER CONSOLE SUPPORT TUBE (A).

5. Secure the HANDLEBAR (#11) to the UPPER CONSOLE SUPPORT TUBE (A) using four MOUNTING BOLTS (#1). Tighten the SCREWS to 15-20 ft. lbs.

6. Models 95Ci, 93C, C9i, and C7 Only

Insert the POLAR RECEIVER (#13) into the polar receiver receptacle located at the center of the UPPER CONSOLE SUPPORT TUBE (A). Slide the POLAR RECEIVER SLEEVE (#14) over the POLAR RECEIVER covering the entire POLAR RECEIVER.

7. Locate the TOP POLAR COVER (#5). Slide the BOTTOM POLAR COVER (#6) upward toward the HANDLEBAR (#11) until it contacts the HANDLEBAR. Position the TOP POLAR COVER over the POLAR RECEIVER (#13) and HANDLEBAR and align it to the BOTTOM POLAR COVER. Secure the TOP POLAR COVER to the BOTTOM POLAR COVER using four PHILLIPS SCREWS (#2) as shown.

8. Models 95Ci, 93C, and C9i Only

Align the ACCESSORY TRAY (#3) to the bottom of the DISPLAY CONSOLE (#4) as shown. Secure the ACCESSORY TRAY to the DISPLAY CONSOLE using four PHILLIPS SCREWS (#2).

9. Models 90C and C7 Only

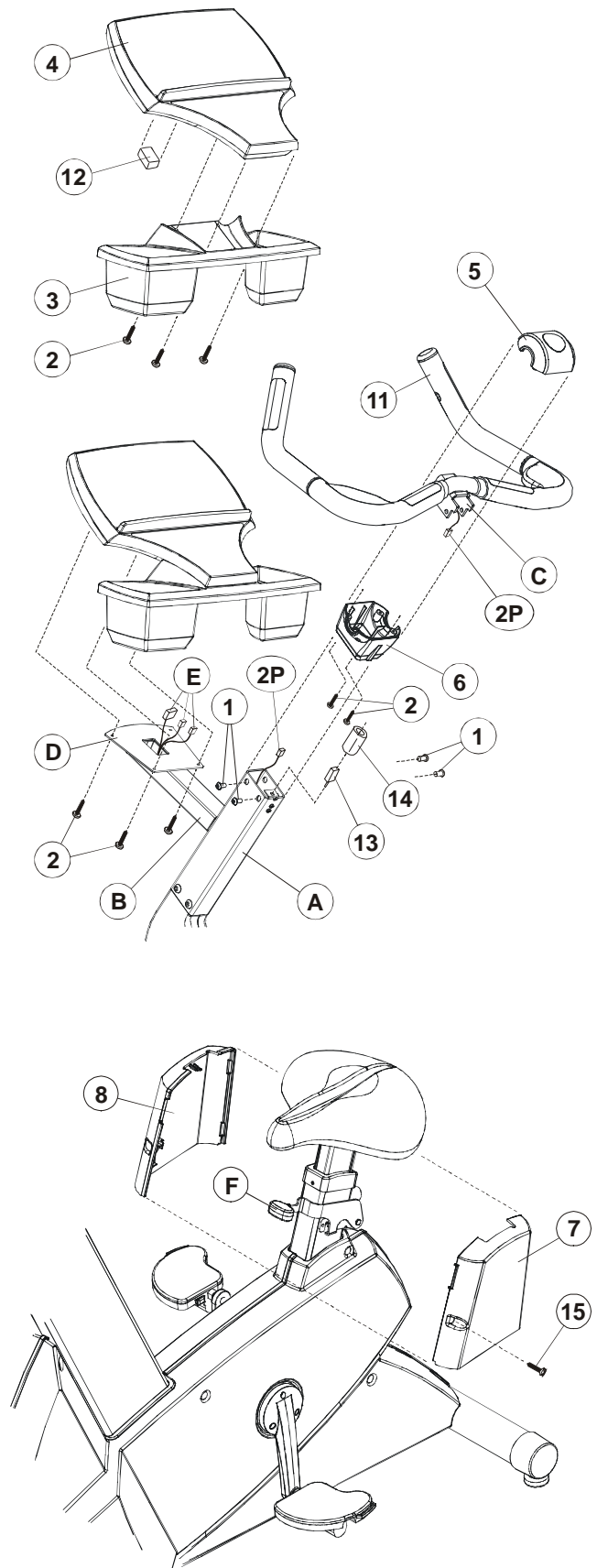
Remove the BATTERY DOOR located on the back of the DISPLAY CONSOLE (#4). Locate the supplied 9-VOLT BATTERY (#12) and connect it to the battery lead. Place the BATTERY into the DISPLAY CONSOLE and replace the BATTERY DOOR.

10. Position the DISPLAY CONSOLE (#4) above the MOUNTING BRACKET (D) as shown. Attach all CONNECTORS (E) leading from the DISPLAY CONSOLE MOUNTING BRACKET to the corresponding CONNECTORS located on the back of the DISPLAY CONSOLE.

11. Attach the DISPLAY CONSOLE (#4) to the DISPLAY CONSOLE MOUNTING BRACKET (D) using four SCREWS (#2).

NOTE: BE CAREFUL NOT TO PINCH ANY CABLES WHEN SECURING THE DISPLAY CONSOLE (#4) TO THE DISPLAY CONSOLE MOUNTING BRACKET (D).

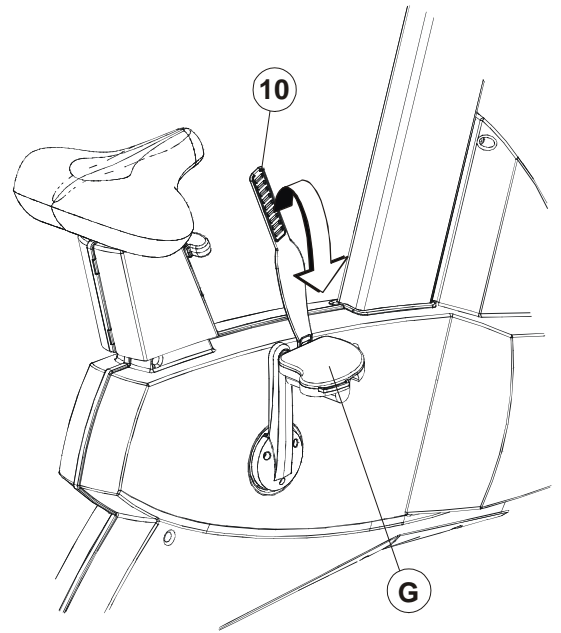
Tighten the screws securely.



12. Models 95Ci, 93C, and 90C Only

Locate the USER LEFT AND RIGHT SEAT POST COVERS (#7 & #8). Position the USER LEFT SEAT POST COVER (#7) below the seat covering the ADJUSTMENT LEVER (F) as shown. Interlock the two tabs of the USER RIGHT SEAT POST COVER (#8) to the corresponding slots of the USER LEFT SEAT POST COVER and pivot it forward to meet the USER LEFT SEAT POST COVER enclosing the SEAT ADJUSTMENT LEVER. Secure the SEAT POST COVERS together using one SCREW (#15).

13. Locate the RIGHT PEDAL STRAP (#10) marked with an "R". Attach the RIGHT PEDAL STRAP to the RIGHT PEDAL (G) with the double slot on the inward pedal strap tab looping upward and attaching to the outward pedal strap tab. Repeat for the LEFT PEDAL STRAP (#9) marked with an "L".



PRE-OPERATION CHECKLIST

- ✓ *Ensure that the console support screws are tight.*
- ✓ *Make sure the **Exercise Bike** is properly leveled and stable.*
- ✓ *Ensure that the Leveler Jam Nuts are tight.*
- ✓ *Read the entire Operation Manual before using the **Exercise Bike**.*

Before attempting to operate your Exercise Bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Exercise Bike does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.



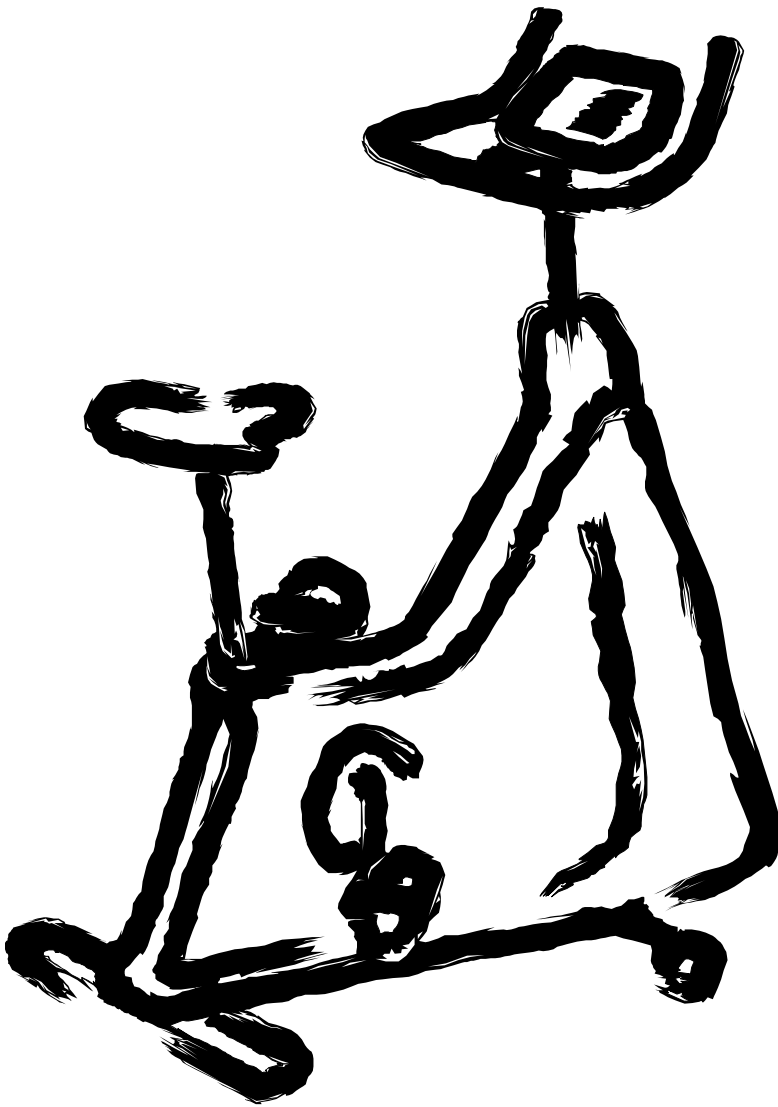
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C SERIES

C7i/C9i Exercise Bikes

OPERATION MANUAL



LifeFitness

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Before using the Lifecycle exercise bike, it is essential to read this ENTIRE Operation Manual and ALL Assembly Instructions. These documents provide instructions for setting up the bike quickly and using 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: Any changes or modifications to this equipment could void the 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 Models:

C7i C9i

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 position.

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.

The user must stop exercising immediately if experiencing faintness, dizziness, pain, or shortness of breath.

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 to 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 the Lifecycle exercise bike. If an object should drop inside, carefully retrieve it. If the item is beyond reach, 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 the Lifecycle exercise bike clear of any obstructions, including walls and furniture.
- ? Always be careful and exercise caution when mounting or dismounting the 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 bare feet.
- ? Do not tip the Lifecycle exercise bike on its side during operation.



CAUTION: 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 faintness, dizziness, pain, or shortness of breath is experienced during a workout, 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

Read the entire Operation Manual before setting up the Lifecycle exercise bike.

WHERE TO PLACE THE LIFECYCLE BIKE

Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 7, titled *Specifications*, for the dimensions of the footprint. Allow a distance of 8 to 12 inches, or 21 to 30 centimeters, between the bike and other objects or surfaces on either side. Allow a distance of 3 feet, or 1 meter, from the front or rear of the bike to any other object or surface.

HOW TO STABILIZE THE LIFECYCLE BIKE

After placing the bike in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open-end 9/16-inch wrench, and rotate the stabilizing foot to lower it. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar.

NEED NEW PICTURE!!!

HOW TO ADJUST THE SEAT

It is important to adjust the seat to an optimal height for pedaling on the Lifecycle bike. Pedaling with the seat too low can place excessive strain on the knees and quadriceps muscles. Pedaling with the seat too high can irritate the feet, ankles, hips, and knees. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the lowest point of its rotation. It should be possible to pedal without locking the knees or shifting in the seat.

The bike features a vertical locking pin seat adjustment system, which makes it easy and safe to change the height of the seat quickly.

To raise the seat, either lift the body so that there is no weight on the seat, or get off the bike. Then, simply pull the pop-pin on the back of the seat post, pull the seat upward to the desired height, and let it lock into place. Test and re-adjust the seat height as necessary.

To lower the seat, get off the bike. Hold the seat, and pull the pop-pin on the back of the seat post to unlock the post from its present position. Let the seat slide down to the desired height, and release the pop-pin, which locks the post into place. Test and re-adjust the seat height as necessary.



CAUTION: Do not pull the pop-pin while sitting on the seat!



NEED CSA TRANSLATION OF THIS CAUTION NOTE!

The bike's seat post can be adjusted in half-inch increments within a 13-inch range. A total of 26 height settings are possible.

NEED PICTURE HERE!!!

HOW TO ADJUST THE PEDAL STRAPS

The bike pedal straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation. Before working out, a user should test and adjust the tightness of the straps.

The safety straps on the foot pedals of the Lifecycle bike can be adjusted to fit a variety of shoe sizes. The straps are held in place by two knobs that extend from either side of each pedal. The "inner" knob extends sideways, that is, toward the bike. The "outer" knob extends downward. The ends of each strap are perforated with slots that fit tightly over the knobs. The "inner" end of each strap is perforated with two slots, and the "outer" segment of the strap is perforated with a row of slots.

To tighten or loosen a strap, grasp either end and pull it back, away from the knob, until the strap slides off. Select a new slot, and pull that slot down over the knob, until the top of the knob pops through the slot. A click indicates that the strap is locked into place.

NEED PICTURE HERE!!!

STARTING UP THE BIKE CONSOLE

For the C9i: When a user begins pedaling on the Lifecycle bike, the unit's Auto-Start feature powers up the console, causing the console display to light up and the MESSAGE CENTER to flash a prompt to select a workout or QUICK START.

For the C7i: Start pedaling, and press the START key. The console display lights up, and the MESSAGE CENTER flashes a prompt to select a workout or QUICK START.

For both models, if the user does not make a selection in 15 seconds, the console automatically starts a MANUAL workout. For information on setting up a workout, see Section 4.2, titled *Using the Workouts*. If the user stops pedaling for more than 15 seconds, the console shuts down.

2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console on the Lifecycle bike allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.

2.2 DISPLAY CONSOLE DESCRIPTIONS

This section lists and describes the functions for the keys and display windows on the Lifecycle bike console. See Section 4, titled *The Workouts*, for detailed information on using the console to set up workouts.

- A **START**: Press this key, while pedaling at a predefined rate, to activate the console for programming a new workout. The activated console lights up and displays **SELECT WORKOUT OR PRESS QUICK START**. If no key is pressed, the console shuts down again.

NOTE: The C9i model's AutoStart feature activates the console when the user simply begins pedaling at a predefined rate. See the topic titled Starting Up the Bike Console, which appears in Section 1.
- B **ENTER**: Press this key after entering each value, such as weight or workout time, when prompted by console display messages.
- C **ARROW keys**: When prompted by the MESSAGE CENTER to select a workout, use these keys to scroll through displayed choices, including **HILL, RANDOM, MANUAL, SPORT TRAINING, EZ RESISTANCE, FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HEART RATE**, and **MY WORKOUTS 1-7**. When setting up a workout, use these keys to change workout parameters displayed on the console, such as length of workout, weight, age, target heart rate, and intensity level. During a workout, pressing the ARROW keys changes intensity levels or target heart rate.
- D **QUICK START**: Press this key to begin a manual workout immediately, without having to select a workout program. Once the workout is in progress, use the ARROW KEYS to change the intensity level as desired.
- E **CLEAR**: Press this key, when programming a workout, to clear incorrect data before pressing the ENTER key. Pressing CLEAR during a workout stops it immediately, at which point, the MESSAGE CENTER displays a summary of the workout, including total time elapsed, total distance traveled, and total calories burned. Pressing CLEAR a second time causes the MESSAGE CENTER to prompt the user to set up a new workout.
- F **PAUSE**: Press this key to pause a workout. Press this key again to resume the workout.
- G **COOL DOWN**: Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness.
- H **BIKE MODE**: Press this key to activate the Bike workout mode in which the resistance level, calories burned, and total distance travelled increase automatically as the user increases the pedaling speed.
- I **CONSTANT CAL./HOUR**: Press this key to activate this alternate workout mode, which enables a user to maintain a consistent rate of calories burned per hour.

For more information about Bike Mode and Constant Calories Per Hour Mode, see the topic titled *Selecting a Workout Mode* in Section 4.2, titled, the Using the Workouts.

- J **DISPLAY LOCK**: During a workout, a section of the MESSAGE CENTER alternately displays the number of CALORIES burned and the amount of TIME elapsed. Pressing the DISPLAY LOCK key when the MESSAGE CENTER displays either statistic, forces the MESSAGE CENTER to display that statistic continuously throughout the workout. Pressing DISPLAY LOCK again allows the MESSAGE CENTER to resume toggling between both statistics.
- K **WORKOUTS PLUS (C9i only)**: When prompted by the MESSAGE CENTER to select a workout, press this key to select **WATTS, METs, AEROBICS TRAINER, INTERVAL, AROUND THE WORLD, CASCADES, FOOT HILLS, SPEED TRAINING, KILIMANJARO**, or any of the seven **MY WORKOUT** programs.
- L **CHANGE WORKOUT (C9i only)**: Press this key to change workout programs during a workout (on the fly).
- M **WORKOUT PROFILE WINDOW**: This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The height of the column furthest the left is proportional to the level of the intensity. During a **FAT BURN** or **CARDIO** workout, which requires the use of a Polar® telemetry heart rate chest strap or the Lifepulse sensors, the **WORKOUT PROFILE WINDOW** displays a flashing heart shape to request the user's heart rate signal. On the C9i, if the console does not detect a signal, the MESSAGE CENTER displays the prompt, "NEED HEART RATE - PLACE HANDS ON SENSORS." On the C7i, if the console does not detect a signal, the MESSAGE CENTER displays the prompt, "NEED HEART RATE - CHECK TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** program.

N MESSAGE CENTER: This window displays step-by-step instructions for setting up a workout. During a workout, it displays statistics about the progress of the workout:

- ? **Level:** the programmed intensity level. It is displayed continuously unless the heart rate is being measured, in which case, **Heart Rate** is displayed.
- ? **Heart Rate:** the detected heart rate if the user is wearing the chest strap or grasping the Lifepulse sensors. If the heart rate is not being measured during a workout, then **Level** is displayed instead.
- ? **Distance:** the total distance traveled.
- ? **RPM (Revolutions Per Minute):** the pedaling speed or rate.
- ? **Calories:** the number of calories burned since the beginning of the workout, alternates with **Time**.
- ? **Time:** the time elapsed since the beginning of the workout; alternates with **Calories**.

If programmed to do so, the MESSAGE CENTER briefly displays any or all of these three values each time the intensity level changes during the workout:

- ? **Calories per Hour:** the rate of calories burned per hour.
- ? **Watts:** effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.
- ? **METs:** effort level in METs. The MET is an expression of the rate of work for the human body at rest, or a metabolic equivalent; one MET is approximately equal to the metabolism of a person at rest.

See Chapter 5, titled *Internal Settings* for information about enabling the MESSAGE CENTER to display these additional settings.

3 HEART RATE ZONE TRAINING? + EXERCISE

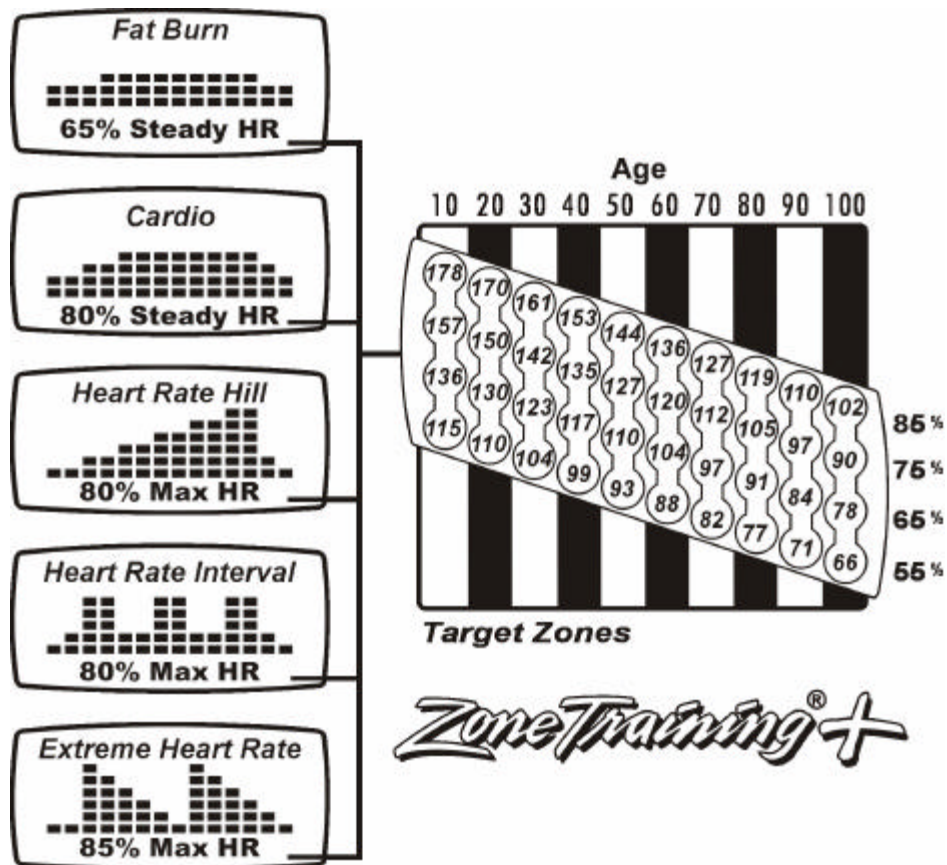
3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training+ approach to exercise.

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The values within the zone depend on the workout. The Life Fitness exercise bike features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise: **FAT BURN**, **CARDIO**, **HEART RATE HILL™**, **HEART RATE INTERVAL™**, and **EXTREME HEART RATE™**. Each workout offers different benefits, as discussed in Section 4, titled *The Workouts*.

NOTE: Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

All Zone Training workouts measure heart rate. Grasp the Lifepulse® Sensors (C9i), or wear the telemetry chest strap (C7i) to enable the bike's on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the intensity level to maintain the target heart rate* based on the actual heart rate.



* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the **HEART RATE INTERVAL** workout is 144. The **HEART RATE INTERVAL** workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot .80 = 144$.

3.2 HEART RATE MONITORING

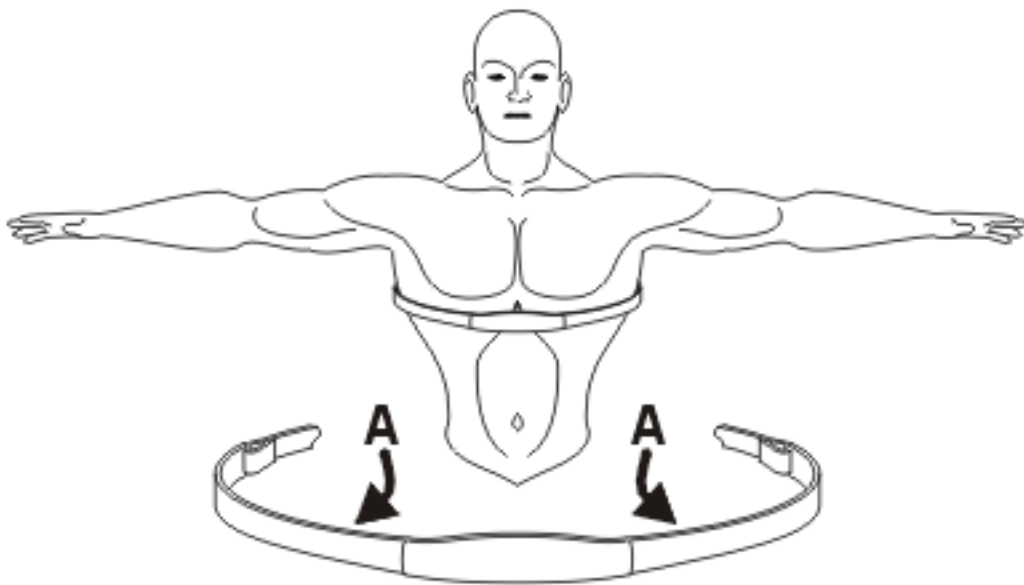
THE POLAR® HEART RATE CHEST STRAP (MODEL C7i ONLY)

The Lifecycle bike is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the the skin, transfer heart rate signals to the bike console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is standard with the bike.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.



THE LIFEPUULSE® DIGITAL HEART RATE SENSORS (MODEL C9i ONLY)

The patented Lifepulse Digital Heart Rate Sensors are the built-in heart rate monitoring system on the Lifecycle C9i exercise bike. During a workout, grasp two of the four stainless steel sensors that are set into the handlebars. The console displays the heart rate after 10 to 40 seconds.

4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

This section lists the Lifecycle bike's workout programs. For more detailed information, see Section 4.2, titled *Using the Workouts* and Section 4.3, titled *Workout Descriptions*.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

HILL is an interval-training workout combining "hills" and "valleys" of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

MANUAL is a workout in which the intensity level does not change automatically.

SPORT TRAINING simulates an outdoor cycling terrain by setting different hills, or intensity levels, throughout the course.

EZ RESISTANCE features a gradual, subtle increase in resistance, lowering perceived exertion. A peak in resistance is followed by an equally subtle decrease in resistance.

FAT BURN is a low-intensity workout for burning the body's fat reserves. The user must wear a heart rate chest strap (C7i), or grasp the Lifepulse sensors (C9i) continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum[†].

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must wear a heart rate chest strap (C7i), or grasp the Lifepulse sensors (C9i) continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum.

HEART RATE HILL™ consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate*. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target. The user must wear a heart rate chest strap (C7i), or grasp the Lifepulse sensors (C9i) continuously.

HEART RATE INTERVAL™ alternates between a hill, which brings the heart rate up to the target rate, and a valley, which brings the heart rate down to 90 percent of the target. The user must wear a heart rate chest strap (C7i), or grasp the Lifepulse sensors (C9i) continuously.

EXTREME HEART RATE™ alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. The user must wear a heart rate chest strap (C7i), or grasp the Lifepulse sensors (C9i) continuously.

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

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the **HEART RATE HILL** workout is 144. The **HEART RATE HILL** workout targets 80 percent of the maximum, so the equation would be $(220-40) \times .80 = 144$.

The following workouts are accessed by pressing the WORKOUTS PLUS key:

AROUND THE WORLD is an interval-training workout in which the hills resemble scenes of various geographical areas.

FOOT HILLS is a rolling hill workout with low intensity levels.

KILIMANJARO™ is a **HILL** workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

INTERVAL is a **HILL** workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

CASCADES™ is a two-peak workout in which intensity levels gradually increase and decrease.

SPEED TRAINING is a **HILL** workout in which the intensity level alternates between high and low settings very quickly to simulate a typical speed-training workout.

WATTS targets a rate of effort equal to a certain number of Watts

METS targets a rate of effort equal to a certain number of METs.

AEROBICS TRAINER is a varied workout in which the MESSAGE CENTER displays prompts at different times to change pedaling speeds.

MY WORKOUT is not a workout program but a feature that allows the user to pre-set up to seven workouts with personal setup information, such as age or desired speed, and then store the workouts in the console memory. These workouts are accessed with the WORKOUTS PLUS key.

4.2 USING THE WORKOUTS

TO BEGIN ANY WORKOUT

Check and adjust seat height and pedal strap tightness. Get on the bike, start pedaling and press the START key (C7i), or simply start pedaling (C9i), to activate the console. The MESSAGE CENTER displays the prompt: SELECT WORKOUT OR PRESS QUICK START. If it displays a different message, press the CLEAR key twice rapidly.

SELECTING AND USING QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout program. At the MESSAGE CENTER prompt to select a workout, press the QUICK START key. The workout begins at an intensity level that remains the same unless manually changed.

SELECTING A WORKOUT

For **MANUAL**, **FAT BURN**, **CARDIO**, **RANDOM**, **HILL**, **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE**: When prompted to select a workout, use the ARROW KEYS to scroll through the workout program names as they appear in the MESSAGE CENTER. When the desired program appears, press ENTER.

For **WATTS**, **METS**, **AROUND THE WORLD**, **KILIMANJARO**, **INTERVAL**, **SPEED TRAINING**, **CASCADES**, **FOOT HILLS**, **AEROBICS TRAINER**, and **MY WORKOUT** workouts (C9i only): When prompted by the MESSAGE CENTER to select a workout, press the WORKOUTS PLUS key. The MESSAGE CENTER then displays the name of one of these workouts. Press ENTER to select the displayed workout; or continue to press the WORKOUTS PLUS key to display each of the other options, and then press ENTER to select the desired program.

Note that for MY WORKOUT workouts, no further setup steps are necessary. For more information, see Section 4.4, titled *Using My Workout*.

The following chart lists the steps involved for setting up each workout.

LIFECYCLE BIKE WORKOUT SETUP STEPS			
HILL Select time Select level Begin workout	FAT BURN Select time Enter age Enter Target Heart Rate or accept displayed value Begin workout	EXTREME HEART RATE Select time Enter age Enter Target Heart Rate or accept displayed value Begin workout	KILIMANJARO (C9i only) Select time Select level Begin workout
RANDOM Select time Select level Begin workout	CARDIO Select time Enter age Enter Target Heart Rate or accept displayed value Begin workout	AROUND THE WORLD (C9i only) Select time Select level Begin workout	INTERVAL (C9i only) Select time Select level Begin workout
MANUAL Select time Select level Begin workout	HEART RATE HILL Select time Enter age Enter Target Heart Rate or accept displayed value Begin workout	CASCADES (C9i only) Select time Select level Begin workout	WATTS (C9i only) Select time Select level Begin workout
SPORT TRAINING™ Select time Select level Begin workout	HEART RATE INTERVAL Select time Enter age Enter Target Heart Rate or accept displayed value Begin workout	FOOT HILLS (C9i only) Select time Select level Begin workout	METS (C9i only) Select time Select level Begin workout
EZ RESISTANCE Select time Select level Begin workout		SPEED TRAINING (C9i only) Select time Select level Begin workout	AEROBICS TRAINER (C9i only) Select time Select level Begin workout
			MY WORKOUT (C9i only) Select a workout from 1 to 7 Begin workout

ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the ARROW keys to increase or decrease the displayed age to the correct value, and press ENTER.

Lifecycle bike workout programs that set a target heart rate zone first calculate the user's theoretical maximum[†] heart rate by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

ENTERING TIME

When prompted by the MESSAGE CENTER to enter a time, use the ARROW keys to increase or decrease the displayed time to the desired value.

SELECTING AND ADJUSTING THE INTENSITY LEVEL

When prompted by the message center, use the ARROW KEYS to increase or decrease the displayed intensity level or target heart rate* to the desired value and press ENTER. Adjust the level as needed or desired during the workout.

- Intensity level: The Lifecycle bike provides a selection of 20 intensity levels. The intensity level appears in the Workout Profile window as rows of lights arranged in columns. Selecting a low intensity level at first is recommended. As physical conditioning improves, the levels can increase.
- Target heart rate: Exercise bike programs that calculate a target heart rate base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the chest strap (C7i) or the Lifepulse Sensors (C9i); and it uses this data to adjust the resistance. Manually raising the rate increases the intensity of the cardiovascular exercise.

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

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the **HEART RATE HILL** workout is 144. The **HEART RATE HILL** workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot .80 = 144$.

SELECTING A WORKOUT MODE

Two workout mode options on the Lifecycle bike feature alternate ways to vary workouts.

- **Bike Mode:** This workout mode simulates the experience of riding a real bicycle. The resistance level, rate of calories burned, and total distance travelled increase automatically as the user increases the pedaling speed. This mode can be used with all workouts, except for the Heart Rate Zone Training+® workouts: **FAT BURN**, **CARDIO**, **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE**. To select Bike mode, press BIKE MODE key.
- **Constant-Calories-Per-Hour Mode:** This workout mode enables a user to maintain a consistent rate of calories burned per hour. As the pedaling speed increases, the resistance level automatically decreases. As the pedaling speed decreases, the resistance level automatically increases. This mode can be used with all workouts. To select it, press the CONSTANT CAL./HR. key.

If the user selects a Heart Rate Zone Training+® workout during the setup, the default mode is Constant-Calories-Per-Hour. For all other workouts, the default mode is Bike. The user may select or change a mode during a workout setup or during a workout.

SWITCHING WORKOUTS “ON-THE-FLY” (C9i only)

It is possible, during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts “on the fly,” press the CHANGE WORKOUT key. The MESSAGE CENTER then displays a prompt to keep pressing this key to scroll through workout options. Press the key repeatedly until the MESSAGE CENTER displays the desired workout. Then, press ENTER.

PAUSING WORKOUTS

To pause a workout, press the PAUSE key. To continue the workout, press the PAUSE key again. Pause mode essentially suspends the current workout, holding its statistics in memory, and allowing the user to pedal at zero-level resistance. If the user stops pedaling, however, the console automatically shuts down, and the workout information is erased.

The C9i model's Infinite Pause feature allows the user to stop pedaling and still retain the current workout information. The console shuts down, but the information is stored in memory. When the console is activated again, the MESSAGE CENTER displays a prompt to continue the paused workout. To do so, press ENTER. To begin a new workout, press CLEAR.

ENDING WORKOUTS EARLY

To end a workout before the pre-set duration expires, press CLEAR once. The MESSAGE CENTER then displays a workout summary, which includes the distance travelled, the total calories burned, and other statistics. Press CLEAR a second time, and the MESSAGE CENTER displays SELECT WORKOUT USING ARROW KEYS OR PRESS QUICK START for a new workout.

4.3 WORKOUT DESCRIPTIONS

QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To increase or decrease the level, press the UP or DOWN ARROW keys.

HILL

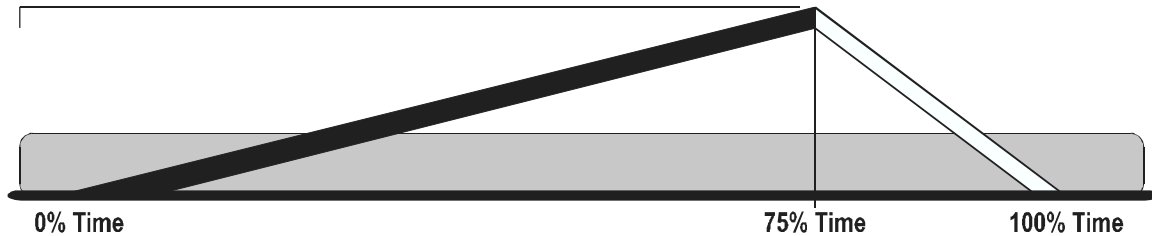
The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The **WORKOUT PROFILE** window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training.

SPORT TRAINING

This program simulates an outdoor cycling terrain by setting different hills, or intensity levels, throughout the course. Hills #1 and #2 simulate going downhill. Hill #3 simulates riding on a flat road. Hills #4 and above simulate climbing, with each hill matching a progressive degree of difficulty. Hills last between 30 and 60 seconds, depending on the workout duration.

EZ RESISTANCE

In this workout, the gradual changes in resistance are extremely subtle, lowering perceived exertion. The cardiovascular workout is effective, efficient, and enjoyable at the same time.



EZ Incline Workout Profile

The program consists of one hill. The user determines the elevation of the peak during the setup. This peak is reached after 75 percent of the workout is completed. Afterward, the incline gradually returns to zero percent.

FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum[†] for optimal results. Throughout the workout, the user wears a chest strap (C7i), or grasps the Lifepulse sensors (C9i). On the C9i, the WORKOUT PROFILE WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grip the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the Lifecycle bike to reach and maintain the target*. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

CARDIO

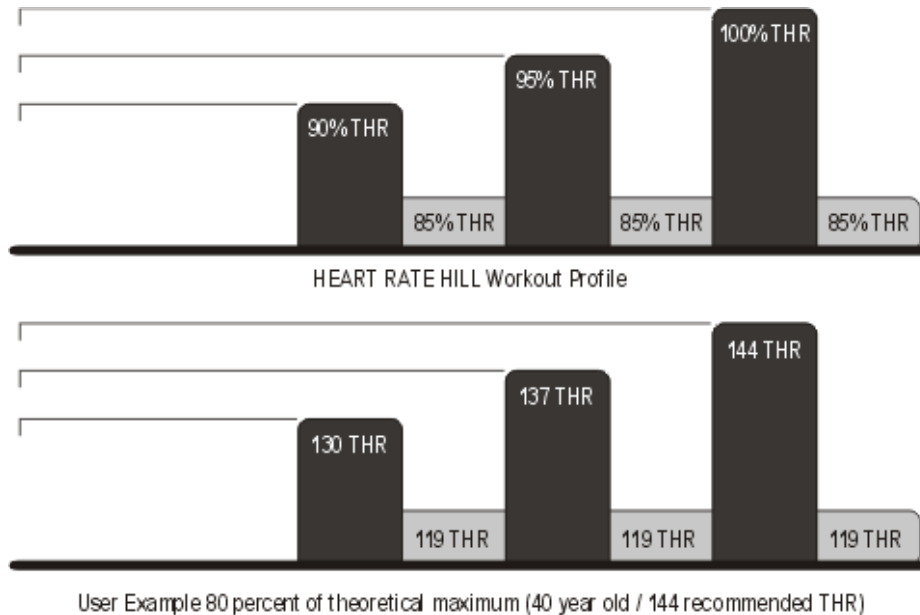
The **CARDIO** workout is virtually identical to **FAT BURN**; however the target heart rate is calculated at 80 percent of the theoretical maximum. As with **FAT BURN**, the user wears a chest strap (C7i) or grips the Lifepulse sensors (C9i) throughout the **CARDIO** workout. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

HEART RATE HILL™ WORKOUT

This program consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target heart rate, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 85 percent of the target, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. See the chart on the following page. Throughout the workout, the user must grasp the Lifepulse™ sensors (C9i) or wear a Polar® chest strap (C7i) to enable the program to monitor the heart rate.

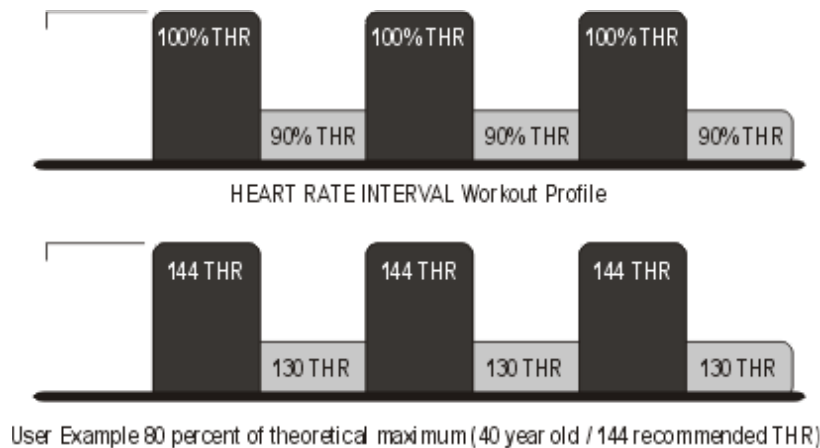
[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as being equal to 220 minus an individual's age.

Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the **FAT BURN** workout is 117. The **FAT BURN** workout targets 65 percent of the maximum, so the equation would be $(220-40) \cdot 65=117$.



HEART RATE INTERVAL™ WORKOUT

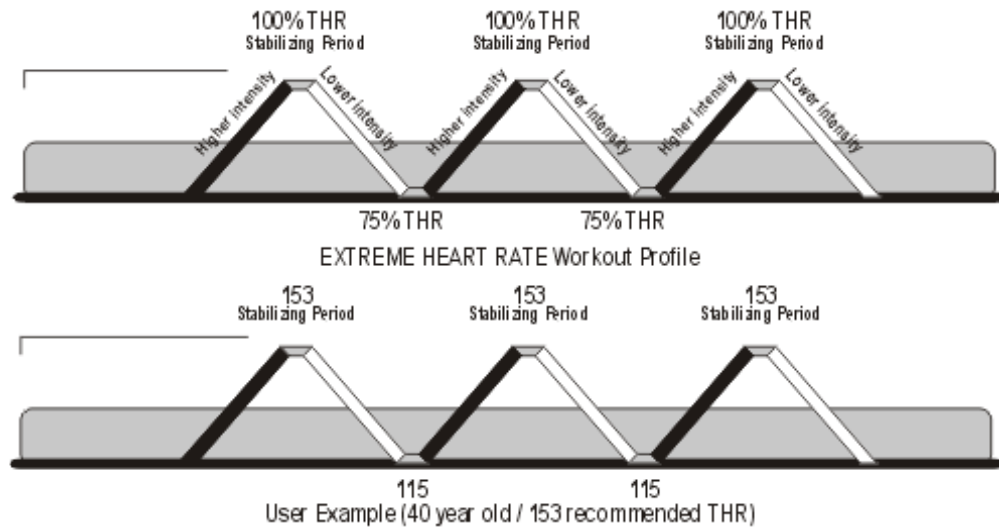
This program alternates between a hill, which brings the heart rate up to the target rate*, and a valley, which brings the heart rate down to 90 percent of the target. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then the level decreases into a valley. Once the 90 percent goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. Throughout the workout, the user must grasp the Lifepulse™ sensors (C9i) or wear a Polar® chest strap (C7i) to enable the program to monitor the heart rate.



EXTREME HEART RATE™ WORKOUT

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. When setting up the workout, the user enters a target heart rate. After a standard three-minute warm-up, the intensity gradually increases until the user reaches the 100 percent target heart rate goal. Then, that target rate is maintained for a stabilizing period. Afterward, the intensity decreases. When the heart rate falls to the 75 percent goal, it is maintained there for a stabilizing period. The program repeats the alternating of intensity levels, continuing this pattern for the duration. Throughout the workout, the user must grasp the Lifepulse™ sensors (C9i) or wear a Polar® chest strap (C7i) to enable the program to monitor the heart rate.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the HEART RATE INTERVAL workout is 144. The HEART RATE INTERVAL workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$.



WATTS (C9i only)

This workout targets a rate of effort equal to a certain number of Watts. A Watt is a unit of power that measures the amount of mechanical work required to operate a device, such as a Lifecycle bike. It is roughly equal to .25 calories per hour. The workout program automatically alters the intensity level to maintain the appropriate rate of effort.

METS (C9i only)

This workout targets a rate of effort equal to a certain number of METs. A MET is a unit of measurement 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.

AEROBICS TRAINER (C9i only)

In this varied workout, the MESSAGE CENTER displays prompts at different times to change pedalling speeds. The effect is similar to that of interval training workouts.

SIX PRE-SET WORKOUTS (C9i only)

CASCADES, AROUND THE WORLD, FOOT HILLS, INTERVAL, KILIMANJARO, and SPEED TRAINING are variations of the **HILL** workout. These workouts cannot be changed "on the fly."

4.4 MY WORKOUT

The **MY WORKOUT** feature on the C9i treadmill makes it possible to pre-set up to seven workouts with personal setup information, such as age or desired speed, and then store the workouts in the console memory. These workouts are accessed with the **WORKOUTS PLUS** key.

Any workout can be pre-set and stored, including **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HR, 5K SPORT TRAINING, 10K SPORT TRAINING, HILL, RANDOM, MANUAL, 30-MINUTE WALK, 3-MILE JOG, 45-MINUTE CROSS-TRAIN, and EZ RESISTANCE.**

USING A WORKOUT SAVED UNDER MY WORKOUTS

Press the **WORKOUTS PLUS** key. Scroll through the names displayed in the MESSAGE CENTER, either by pressing the **WORKOUTS PLUS** key repeatedly or by pressing the **ARROW** keys. When the desired name appears, press **ENTER**. The workout then begins.

All seven workouts are set to the same, default, manual workout program "out of the box." By factory default, the workouts are stored under the names **WORKOUT 1** through **WORKOUT 7**. See the following section for steps to change workouts stored under **MY WORKOUT**.

EDITING SETTINGS FOR WORKOUTS SAVED UNDER MY WORKOUT

Use the following steps to change settings for a stored workout or to change a workout name.

1. Press the MY WORKOUT key.
2. Scroll through the user names displayed in the MESSAGE CENTER, either by repeatedly pressing the MY WORKOUT key or by pressing the ARROW keys.
3. When the desired name appears, press and hold the ENTER key until the console beeps twice.
4. The MESSAGE CENTER displays the prompt, "PRESS WORKOUT PROGRAM KEY TO REPROGRAM WORKOUT OR PRESS MY WORKOUT KEY TO EDIT YOUR NAME". At this prompt, change the workout settings, or change the workout name.

To change a settings for a stored workout:

5. Press the WORKOUT PROGRAM key.
6. The MESSAGE CENTER displays the prompt, "REPROGRAM WORKOUT MODE - SELECT WORKOUT NOW." Scroll through the workouts displayed in the MESSAGE CENTER, either by repeatedly pressing the WORKOUT PROGRAM key or by pressing the ARROW keys. When the desired workout appears, press ENTER.
7. Enter setup information as prompted by the MESSAGE CENTER. Use the ARROW keys to scroll through displayed values, and press ENTER to confirm the desired value. Once all information is entered, the MESSAGE CENTER displays WORKOUT SAVED.

To exit the "reprogramming" mode at any time without saving the workout changes, press the STOP key twice.

To change a workout name or User Name

5. Press the MY WORKOUT key.
6. The MESSAGE CENTER displays the prompt, "SELECT LETTER USING MY WORKOUT KEY AND CHANGE LETTERS USING ARROW KEYS." The workout name appears in the MESSAGE CENTER, with the first letter blinking. Scroll to the desired letter, number, or punctuation symbol, using the arrow key. When the desired character appears, press MY WORK-OUT to move on to the next letter. Repeat this step for all characters.
7. Press ENTER to save the new name. The MESSAGE CENTER displays, "USER NAME SAVED."

To exit this mode without saving the name change, press the STOP key twice.

TIP: The User Statistics feature, which stores workout statistics, identifies each stored workout as a "User Name." By factory default, the workouts are stored under the names WORKOUT 1 through WORKOUT 7. It may be desirable to assign user names to the workouts. See Section 5, titled User Menu, for more information.

5 INTERNAL SETTINGS

5.1 OPTIONAL SETTINGS

Use the Optional Settings feature to change default settings, or to enable or disable certain programs or displays on the Lifecycle bike console.

ENTERING AND USING THE OPTIONAL SETTINGS FEATURE

To enter the Optional Settings, hold down the UP ARROW key, start pedaling, and press START on the C7i, or simply start pedaling on the C9i. After the console display lights up, press the ENTER key until the MESSAGE CENTER displays MANAGER'S SETTINGS. Use the ENTER key to scroll forward through each displayed setting, and use the CLEAR key to scroll backward. To change a displayed setting, press the UP or DOWN arrow key until the MESSAGE CENTER displays the desired setting, and then press ENTER. To exit Optional Settings, press the CLEAR key repeatedly until the MESSAGE CENTER displays SELECT WORKOUT OR PRESS QUICK START.

The following chart lists and describes each optional setting.

Setting	Default Value	Description
MAX WORKOUT	60	This is the maximum possible duration in minutes for a workout. The value can range from 1 to 99.
ENGLISH/METRIC UNITS	ENGLISH	This option determines the units of weight measurement used by workout programs.
WATTS DISPLAY	OFF	If this option is enabled, the MESSAGE CENTER displays the Watts equivalent of the pedaling rate.
METS DISPLAY	OFF	If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the pedaling rate.
WATTS PROGRAM	OFF	If this option is enabled, the Watts program becomes an available workout.*
METS PROGRAM	OFF	If this option is enabled, the METs program becomes an available workout.*
CAL/HR DISPLAY	OFF	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
STATISTICS		This option displays complete usage statistics on the Lifecycle bike, such as total hours and the total number of times each workout is selected. Use the ARROW keys to scroll through each statistic.
PHOTO SHOOT		This feature lights up the console display with "dummy" values to depict how the display looks.

* Applies to C9i only.

6 SERVICE AND TECHNICAL DATA

6.1 PREVENTATIVE MAINTENANCE TIPS

The Lifecycle bike is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness products have proven to be durable in health clubs, colleges, and military facilities the world over. This same technology, engineering expertise, and reliability have gone into the Lifecycle bike.

NOTE: The 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 in the Preventive Maintenance Schedule.

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.

The following preventive maintenance tips will keep the Lifecycle bike operating at peak performance:

- ? Locate the Lifecycle bike in a cool, dry place.
- ? Clean the top surface of the pedals 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 mild liquid detergent, to clean the bike. Other fabrics, including paper towels, may scratch the surface.
- ? Do not use ammonia or acid-based cleaners.
- ? Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- ? Clean the housing thoroughly on a regular basis.

NOTE: A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.

6.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory trays	C	I		
Frame	C			I
Plastic Covers	C	I		
Power Cord	I			

KEY: C=Clean; I=Inspect

6.3 TROUBLESHOOTING THE HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

- ? Repeat the electrode wetting procedure. See Section 3.2, titled *How to Use the Heart Rate Monitor Chest Strap*. The electrodes must be wet to pick up and transmit accurate heart rate readings.
- ? Make sure the electrodes are flat against the skin.
- ? Wash the belt transmitter regularly with mild soap and water.
- ? Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- ? The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services for instructions on how to have the chest strap replaced. See the following section for information on contacting Life Fitness Support Services.

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

When exercising with the heart rate chest strap, the user may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

- ? Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, and other motor driven equipment.
- ? Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

6.4 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit, which is located on the serial number plate above the power entry area.
3. Contact the nearest Life Fitness Customer Support Services Group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD
Telephone: (+44) 1353.665.507
FAX: (+44) 1353.666.018

Life Fitness Atlantic BV
Life Fitness Benelux
Telephone: (+31) 180.646.666
FAX: (+31) 180.646.699

Life Fitness Italia S.R.L.
Telephone: 800.438.836
FAX: (+39) 0472.833.150

Life Fitness Austria Vertriebs GmbH
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Telephone : (+34) 93.672.4660
FAX : (+34) 93.672.4670

7 SPECIFICATIONS

7.1 C7i LIFECYCLE EXERCISE BIKE SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	400 pounds / 181 kilograms
Power requirements:	None (self-powered)
Workouts:	Quick Start, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Hill, Random, Manual, Sport Training, EZ Resistance
Console displays:	Elapsed Time, Pedal Revolutions Per Minute (RPM), Calories Per Hour (when enabled), Watts and/or METS, Total Calories Burned, Distance Traveled (miles or kilometers), Resistance Level, Heart Rate (when user wears a telemetry heart rate monitoring chest strap)
Heart rate monitor system:	Polar compatible telemetry heart rate monitoring system (with Heart Rate Chest Strap)
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

7.2 C9i LIFECYCLE EXERCISE BIKE SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	400 pounds / 181 kilograms
Power requirements:	None (self-powered)
Workouts:	Quick Start, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Hill, Random, Manual, Sport Training, EZ Resistance, Watts, METs, Around the World, Foothills, Kilimanjaro, Interval, Cascades, Speed Training, Cascades
Console displays:	Elapsed Time, Pedal Revolutions Per Minute (RPM), Calories Per Hour (when enabled), Watts and/or METS (when enabled), Total Calories Burned, Distance Traveled (miles or kilometers), Resistance Level, Heart Rate (when user wears a telemetry heart rate monitoring chest strap)
Heart rate monitor system:	Lifepulse Digital Heart Rate Sensors
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

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