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interactive fitness solutions

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**YOU ARE CAUTIONED THAT ANY CHANGES OR MODIFICATIONS
TO THIS EQUIPMENT COULD VOID YOUR PRODUCT WARRANTY.**

Before using your Lifecycle 6500HR aerobic trainer, it is essential that you read this ENTIRE operation manual. It won't take very long, and it will help you set up your Lifecycle 6500HR exercise bike quickly and use it correctly.



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INTRODUCTION

Congratulations . . . and thank you for purchasing a **Lifecycle® 6500HR** aerobic trainer. Your new Life Fitness aerobic trainer is the most versatile exercise bike ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. Lifecycle exercise bikes are recognized the world over as the most popular and advanced of computerized stationary bicycles.

Like other Life Fitness products, the **Lifecycle 6500HR** aerobic trainer offers you a host of exclusive features designed to help you achieve your fitness goals faster and with greater enjoyment. Industry-standard workout programs, an array of up-to-the-second visual feedback, and a comfortable, ergonomic design are just a few of the benefits you'll enjoy on your **Lifecycle 6500HR** aerobic trainer.

Why use a Life Fitness aerobic trainer? Aerobic training on a **Lifecycle 6500HR** exercise bike is more than just a great workout. The **Lifecycle 6500HR** aerobic trainer has a springless, padded seat and biomechanically superior position and includes the patented Lifepulse® digital heart rate monitoring system for a more *accurate* workout.

The integrated Lifepulse® digital heart rate monitoring system makes the new Cardio and Fat Burn programs the most effective workouts available on any aerobic trainer. And with features like the Race mode, Fit Test and Level 0 resistance option that is almost 25% easier than the Level 1 found on earlier editions of the classic Lifecycle aerobic trainer, you'll be much more likely to stick with your exercise plan and accomplish your goals.

If you have any questions regarding the operation of your **Lifecycle 6500HR** aerobic trainer, please call **Life Fitness Customer Support Services** at (847) 451-0036 or toll-free within the U.S. and Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.



CAUTION: *Life Fitness STRONGLY recommends that if you are undertaking an exercise program you 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 feel faint, dizziness, shortness of breath, or pain, stop immediately.*



SAFETY INSTRUCTIONS

SAFETY FIRST!

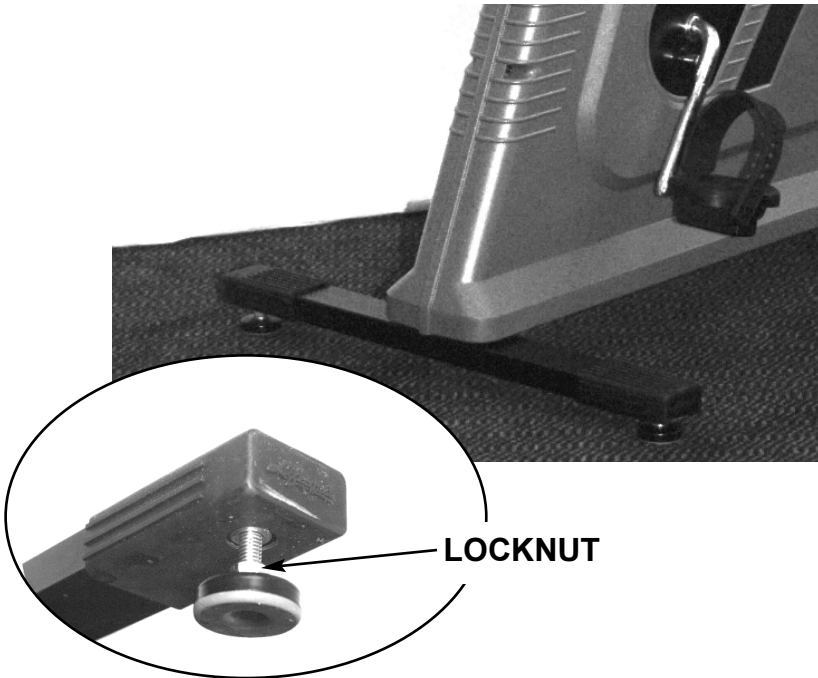
- Always follow the console instructions for proper operation.
- Never operate a Life Fitness trainer if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services for further information.
- Do not locate this trainer in areas of high humidity or near swimming pools.
- Never insert objects into any opening in your **Lifecycle 6500HR** aerobic trainer. 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 6500HR** aerobic trainer outdoors.
- Do not use the **Lifecycle 6500HR** aerobic trainer 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 pedals of the **Lifecycle 6500HR** bike.
- Keep the area around your **Lifecycle 6500HR** aerobic trainer clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting your **Lifecycle 6500HR** aerobic trainer. 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 trainer in your bare feet.**
- Do not tip the **Lifecycle 6500HR** aerobic trainer on its side during operation.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE



HOW TO LEVEL THE LIFECYCLE 6500HR AEROBIC TRAINER

Depending on the surface on which you place your **Lifecycle 6500HR** aerobic trainer, 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.



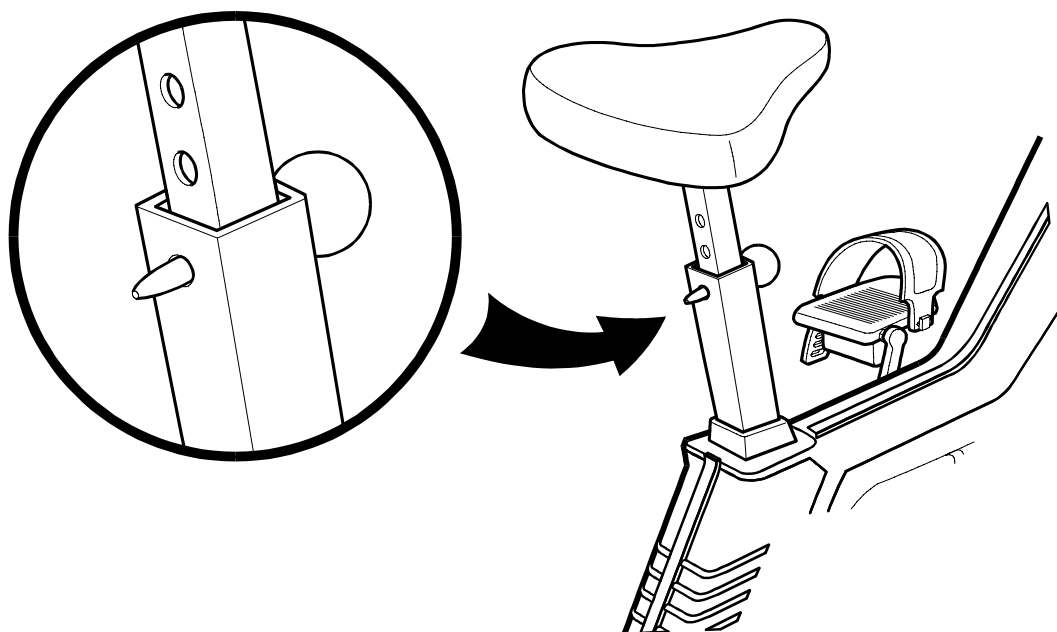
Leveling the Lifecycle 6500HR trainer



HOW TO ADJUST THE SEAT

A properly adjusted seat is extremely important in any bike-oriented exercise activity, and the **Lifecycle 6500HR** aerobic trainer is no exception. If the seat is too low, excessive strain will be placed on the knees and quadricep muscles; if the seat is too high, 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. Recheck the seat height and, if necessary, readjust the seat.



Adjusting the Seat



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



HOW TO ADJUST THE FOOTSTRAPS

Your **Lifecycle 6500HR** aerobic trainer has nylon-reinforced rubber footstraps with one inside and six outside slits on each pedal. 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 feels the most comfortable while you are riding, reinsert the knob through the slot and pull the strap up. The knob will click when it locks in place.



Adjusting the Footstraps

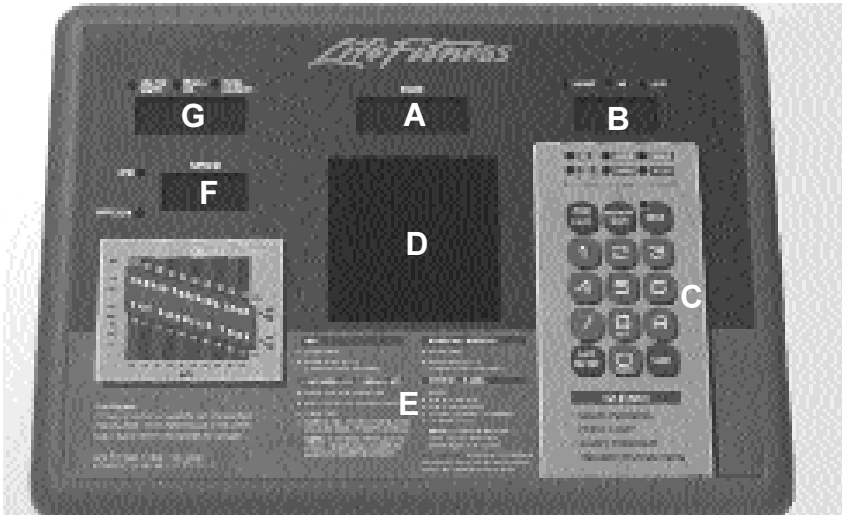


CAUTION: Do not attempt to adjust the pedal footstraps while you are pedaling the bike. Doing so could cause injury or result in an uncomfortable workout.



THE DISPLAY CONSOLE

The **Lifecycle 6500HR** aerobic trainer'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.



The Display Console

- A. TIME WINDOW:** Shows the total elapsed time of your workout. When the CLEAR-PAUSE key is pressed the Time Window functions as a stopwatch (you must continue pedaling). For additional information see **Operating Instructions and Program Descriptions**.
- B. DATA ENTRY WINDOW:** Displays most data prompts and inputs, the effort level chosen – which remains displayed throughout your workout, except in the Fit Test program or when Watts or METS workouts are selected – and the riding time selected in the Hill, Random, Manual, Fat Burn and Cardio heart rate management programs. Your actual and target heart rates also will be displayed here.
- C. DATA ENTRY KEYPAD:** Allows you to enter information pertinent to the program you've selected.
- 1 **PROGRAM SELECT:** This is where you select your workout program. Each time you press the PROGRAM SELECT key, an LED light will cycle through the choices of programs. When the program you want is displayed press ENTER or wait 10 seconds and your choice will be automatically entered.
 - 1 **ENTER:** Actually *executes* the input of any information you have keyed in. It is not necessary to press ENTER when keying in a new effort level.



- 1 **START:** The START key activates the display console once you begin pedaling and is then inactive for the remainder of the workout.
- 1 **RACE ON / OFF:** Lets you toggle into and out of the Race mode at any time in the Hill, Random and Manual programs. The Speed display will toggle between RPM and MPH every five seconds. Your MPH will be dependent on your pedal speed and the level chosen. See the Race Option inset later in this manual for more information.
- 1 **CLEAR–PAUSE:** 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 6500HR** aerobic trainer is paused and 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.
Press the key twice to end your current program and display the program summary. **Press the key a third time** to clear the summary information and the Program Select LEDs prompts you to choose a program.
- 1 **NUMERIC KEYS:** Use these keys to enter your Hill, Random, or Manual riding time, level of difficulty and Heart Rate or Fit Test data. You can select a workout duration between 1 and 60† minutes. You also enter a different resistance level than your current level or other data such as age, gender or weight via the numeric keypad. Use these keys also to enter a different resistance level than your current level, a different target heart rate for the Fat Burn and Cardio programs, or Fit Test data such as age, gender or weight via the numeric keypad.
- 1 **WATTS (0) and METS (8):** To display Watts (roughly equal to 1/4 of calories per hour), press **0** then ENTER after pressing START and prior to selecting a program. During the Manual program, if you wish to enter a Watts workload to maintain, press **0**, then immediately enter that value followed by ENTER using the numeric keypad.

To display METS (a measurement of oxygen consumption per unit of body weight), press **8** then ENTER after pressing START and prior to selecting a program. When prompted (**LB**), key in your weight using the numeric keypad and press ENTER.

During the Manual program, if you wish to enter a METS workload to maintain, press **8** and enter that value using the numeric keypad (followed by the ENTER key).

Both the Watts and METS options will “lock” the feedback window, displaying only the Watts or METS values.

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 6500HR Aerobic Trainer* section.



D. 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 represent 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 program appear in the Program Profile Window as that program's LED is lit.

In the Fat Burn and Cardio programs, a heart shape (♥) will flash in the window; this is your prompt to grasp the Lifepulse sensors so that the on-board computer can obtain your heart rate. When your heart rate has been read, the heart will disappear and you may remove your hands. This process will take approximately 20 seconds.

E. SUMMARY INSTRUCTIONS: An abbreviated version of the steps required to begin a workout on your *Lifecycle 6500HR* aerobic trainer. This is a summary of the information presented in greater detail throughout this manual.

F. SPEED WINDOW: Your *Lifecycle 6500HR* aerobic trainer will display your speed in revolutions per minute (RPM) or, in Race mode, miles per hour (MPH). In the Hill, Random and Manual programs, you may switch into and out of the Race mode whenever you wish. When in the Race mode, the Speed Window will toggle between RPM and MPH every five seconds.

G. FEEDBACK WINDOW: Displays the number of calories burned per hour, the total number of calories burned, the total distance traveled (in miles or kilometers), and Watts or METS if you have selected one of these options. The readout automatically displays these forms of feedback in 10-second intervals, **except** when you are in the Hill program for a duration of fewer than six minutes when it changes every five seconds.



HEART RATE ZONE TRAINING™

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

If your primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate (defined as 220 minus your age by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription"). If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

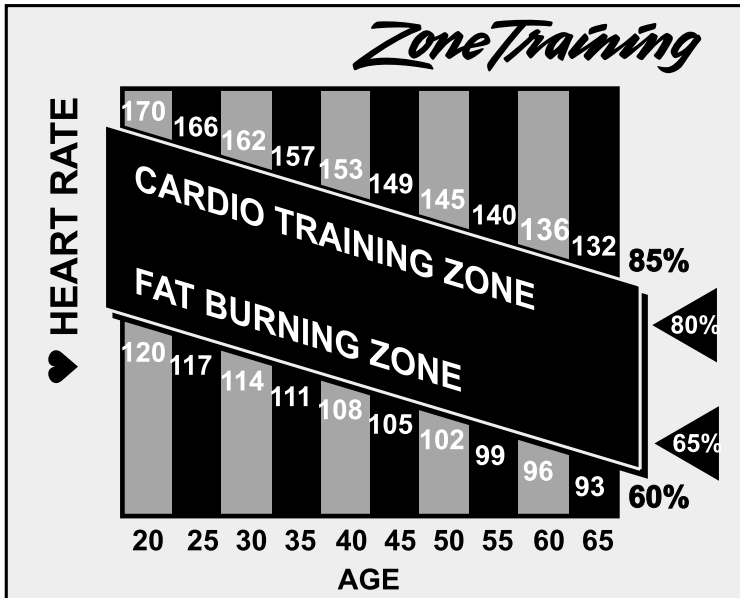
Example: If you are 30 years old, your theoretical maximum heart rate is $220 - 30$ (your age) or 190 beats per minute (bpm).

If your primary goal is *to burn fat*:

Multiply $190 \times .60 = 114$ bpm (the low end of your target heart rate zone)
 Multiply $190 \times .75 = 143$ bpm (the high end of your target heart rate zone)

If your primary goal is *to improve your cardiovascular fitness*:

Multiply $190 \times .75 = 143$ bpm (the low end of your target heart rate zone)
 Multiply $190 \times .85 = 162$ bpm (the high end of your target heart rate zone)



Heart Rate Zone Training chart



OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

Selecting a workout program on your Life Fitness aerobic trainer is easy. Six computerized aerobic workouts, including the exclusive Fat Burn, Cardio and Fit Test programs, are pre-programmed on your **Lifecycle 6500HR** aerobic trainer:

HILL	RANDOM	MANUAL
FAT BURN	CARDIO	FIT TEST

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 – or hills – separated by periods of recovery – or valleys – and a cool-down period.

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

MANUAL maintains a constant effort level based on goals that you select.

FAT BURN is a Heart Rate Zone Training™ program designed to burn an optimum amount of calories from fat without burning you out. The Program aids you in maintaining a target heart rate of 65% of your theoretical maximum heart rate.

CARDIO is a Heart Rate Zone Training™ program designed to increase cardiovascular fitness by automatically maintaining a target heart rate of 80% of your theoretical maximum heart rate.

FIT TEST is a way of measuring your aerobic fitness level compared to others of the same age and gender.

The **Lifecycle 6500HR** aerobic trainer is a “constant work” machine; in the Hill, Random and Manual programs, 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 program sooner nor burn more calories, assuring you of a consistent workout. If you prefer to be “rewarded” for going faster, try the Race mode option.

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

†This is true as long as you pedal faster than 65 RPM. Below 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.



WATTS / METS Programmability Options

It is possible in the Manual program to enter a value of Watts or METS to maintain, rather than a resistance level. For instance, if your doctor should

prescribe that you exercise three times per week for 20 minutes at 100 Watts (the value must be between 33 and 338), this option would ensure that you maintain that 100 Watt level by altering the pedal resistance in inverse proportion to your pedaling speed. In other words, if you begin pedaling at a *slower* pace – dropping your expended Watts below 100 – the resistance will increase to return you to your 100 Watt goal. Conversely, if you begin pedaling *faster*, the resistance will decrease, bringing you back down to the 100 Watt threshold you need to maintain.

To enter a value of Watts to maintain while in the a manual program:

- Continue pedaling
- Press 0/WATTS, then within two seconds...
- Enter a Watts value between 33 and 338

You may change your resistance anytime in the Watts mode at anytime during a workout by pressing 0 and then immediately keying in a new Watts value to maintain.

To return to a resistance level, key in a number (0 to 12).

To enter a value of METS to maintain:

- Begin pedaling and press the Start key
- Press the 8/METS key and press the Enter key
- When prompted for your weight (LB), enter it and press the Enter key
- Choose a program using the Program Select key

In the Manual Program you can override a weight dependent value and input a lower METS value:

- Choose the Manual Program in the last step above
- When you are prompted to enter an effort level (L) from 1 to 12, press 8 and then immediately...
- Enter a new METS value

To return to a resistance level, key in a number (0 to 12).



The Race Option

The Race mode now allows you to vary your pedal resistance to simulate the feel of an actual 12-speed racing bike in the Hill, Random and Manual programs. Turn the Race mode on at any time and the *Lifecycle 6500HR* aerobic trainer's 12 effort levels are transformed into the “gears” of a high performance road racing bicycle! The pedal resistance will change with the speed at which you pedal, enhancing your workout enjoyment while also allowing you greater control over the program's intensity (the greater the resistance, the more LEDs will be illuminated). The distance you travel and the calories you burn during your workout will also vary with your pedal speed.

TO BEGIN ANY LIFECYCLE 6500HR AEROBIC TRAINER WORKOUT:

- 1 First adjust the seat position and make certain the seat pin is properly locked and the bike is level.
- 1 Begin pedaling and press the START key.
- 1 Select one of the flashing program options by pressing the Program Select key until the program you want is lit and then press ENTER (or wait 10 seconds and your selection will be automatically entered).
- 1 You can “**Quick Start**” a Manual program workout without using the Program Select key. To do so, just press ENTER before selecting a program. The computer will automatically begin a Manual workout at the maximum allowable program time and prompt you to enter a resistance level. If you press a number from 0–9 rather than ENTER, the computer will automatically begin a Manual workout at the maximum allowable program time and that effort level (enter 1-0, 1-1, or 1-2 for effort levels 10-12).

***REMEMBER – YOU CAN CHANGE LEVELS ANY TIME
BY SIMPLY KEYING IN A NEW LEVEL!***



HILL	RANDOM	MANUAL OR FIT TEST
0	0	0
3-4	2-3	1
6-7	5-6	2
8-9	6-7	3
9-10	7-8	4
12	9-10	5
	11	6
	12	7
		8
		9
		10
		11
		12

Effort Level Equivalency Table

HILL PROGRAM

- 1 After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-60† minutes and press ENTER.
- 1 Once you have selected the duration of your Hill workout the program will begin. Just choose an effort level between 0 (easiest) and 12 (most difficult).

The **Lifecycle 6500HR** aerobic trainer's patented Hill program 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 program 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 program. Because you have the option of working out in a Hill program for anywhere from 1 to 60† minutes, and because the Hill program is composed of four distinct phases, the 20 intervals that make up the program must be structured differently to accommodate the entire array of program durations. Longer workouts add more hills.

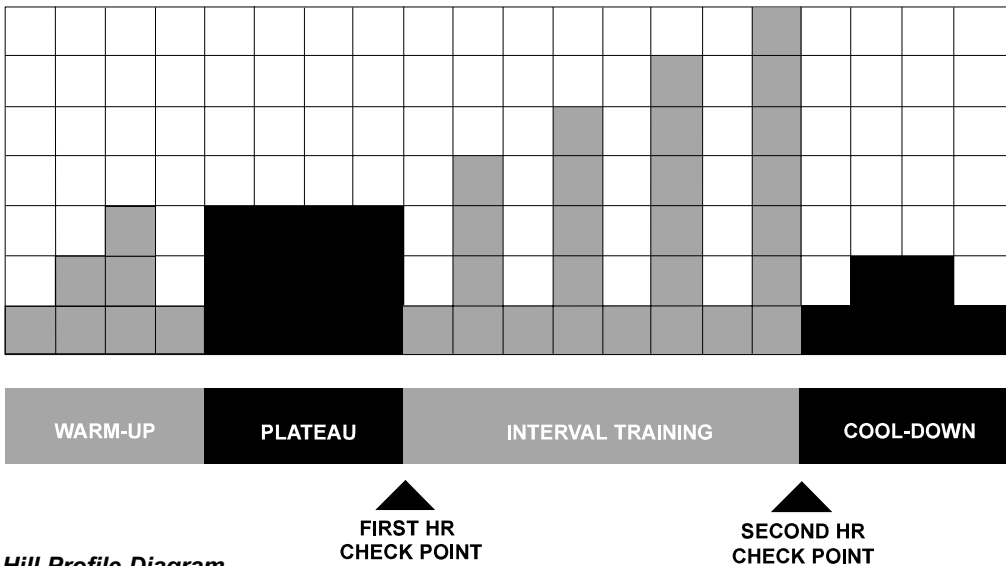
† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 6500HR Aerobic Trainer* section.



**Each Hill program session comprises the following phases:
(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.**

- 1 **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.
- 1 **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.
- 1 **Interval Training:** A series of hills and valleys. During this portion of your workout, you will be confronted with sets of 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.
- 1 **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.

TERRAIN (HILLS AND VALLEYS)



Hill Profile Diagram

The Hill diagram above 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.



HEART RATE CHECK POINTS:

For Fat Burning:

- 4 *First Heart Rate Check Point* — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category.
- 4 *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:

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

See the diagram on the previous page...

HOW TO USE THE LIFEPUULSE DIGITAL HEART RATE SENSORS

The patented Lifepulse digital heart rate sensors are the heart rate monitoring system on the Lifecycle 6500HR exercise bike. To use the Lifepulse sensors, simply grasp the stainless steel sensors in the handlebars when the display console prompts you to do so or anytime you wish to check your heart rate. There are four sensors, two on each side of the handlebar, and you must make contact with all four to obtain your heart rate. The console will display your ECG-accurate heart rate in 10 to 30 seconds.



RANDOM AND MANUAL PROGRAMS

- 1 Once you have selected either the Random or Manual program your workout will begin. All you need to do is choose an effort level between 0 (easiest) and 12 (hardest). See the **Watts / METS Programmability Options** box earlier in this section.
-

Random Program

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 program, it is recommended that you refer to the *Effort Level Equivalency Table* on page 17 to choose a proper workout level.

Manual Program

The Manual program provides steady-pace exercise equal to that of the highest hill encountered on the Hill program at the same level of effort (except at level 0, when the resistance equals that of the lowest valley). Because resistance levels are greater in this program than in the Hill program, it is recommended that you refer to the *Effort Level Equivalency Table* on page 17 to choose a proper workout level.

You can design your own interval training program using the Manual program by varying the level of effort during the course of your workout. To do so, select a high level of resistance until you reach the upper end of your target heart rate zone, then ride at a lower effort level until your heart rate drops to the bottom of your target zone. Then increase the level of effort again until you are back to the upper portion of your target zone. By repeating this process, you will actually be creating your own hills and valleys.

FAT BURN AND CARDIO PROGRAMS

- 1 Enter your age using the numeric keypad to receive a computed target heart rate. Press ENTER to accept the calculated target or input your own target heart rate using the keypad and press ENTER.



- 1 The Data Entry Window will prompt you to enter a time from 1 – 60† minutes. Key in the time you want your workout to last and press ENTER.
- 1 Finally, select a warm-up effort level from 0 – 12. The effort level will be displayed in the Data Entry Window (you do not need to press ENTER) and your heart rate management program will begin a three minute warm-up at this level or until you reach your target heart rate, whichever comes first, followed by the actual heart rate controlled portion of the program.

The Fat Burn and Cardio heart rate management programs work by adjusting the resistance of the **Lifecycle 6500HR** exercise bike in response to your heart rate. The programs use the technology of Lifepulse digital sensors to monitor your heart rate and automatically adjust the work load to maintain your target heart rate. The end result is a perfect workout every time, eliminating both under- and over-training.

On the **Lifecycle 6500HR** aerobic trainer, the Fat Burn program uses the technology of Lifepulse digital sensors to automatically keep your heart rate at 65% of your theoretical maximum heart rate (defined as 220 minus your age by the American College of Sports Medicine’s “Guidelines for Exercise Testing and Prescription”), or another target heart rate that you enter. Pedal resistance will **automatically** adjust to maintain the target heart rate. Exercising at 65% of your theoretical maximum heart rate maximizes the aerobic benefits of exercise by accessing the body’s fat stores for fuel by not burning you out so you can continue an effective workout.

The **Cardio** program is virtually identical to the Fat Burn program. The only difference is that your target heart rate is calculated at 80% of your theoretical maximum to accentuate cardiovascular improvement by placing a heavier work load on the heart muscle. If you wish to vary the focus of your exercise activities, you may switch back and forth between the Fat Burn and Cardio programs at any time during a workout just by pressing the Enter key, creating the **ultimate** interval training program!

Remember, you may change your target heart rate at any time **after** the warm-up period by simply keying in a new target heart rate.

The Life Fitness Heart Rate program begins with a three minute warm-up period designed to safely get you closer to your target heart rate from a resting start. It should take two to three minutes for your heart rate to reach your target.

NOTE: *If your heart rate is above the chosen target during the warm-up period, the warm-up period will immediately end and the Lifecycle 6500HR aerobic trainer will begin automatically varying its resistance to maintain your target heart rate.*

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 6500HR Aerobic Trainer* section.



FIT TEST PROGRAM

The **Lifecycle 6500HR** exercise bike Fit Test program is another exclusive feature of this versatile aerobic trainer. Your Fit Test score is also an approximate measure of your VO_2 max; think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

- 1 After selecting the Fit Test program with the PROGRAM SELECT key, the data entry window will ask for your age (**AGE**). Use the numeric keys to input your age and press ENTER.
- 1 After entering your age, the data entry window will ask for your weight: **Lb** (for weight in pounds on English units) or **gr** (for weight in kilograms on metric units). Use the numeric keys to input your weight and press ENTER.
- 1 After entering your weight, the data entry window will ask you to select your gender (**SE**). Press 1 for male or 2 for female and then press ENTER.
- 1 Finally, consult the **Activity Levels** chart on the following page for the effort level (**L**) you should take the Fit Test at based on your age, gender and activity level. Use the numeric keys to enter the corresponding level.

After you have completed the five-minute Fit Test, you will be prompted to grasp the Lifepulse sensors. Your Fit Test score will be displayed, which you can use to find your ranking in the Fit Test scoring tables located in this manual.



RECOMMENDED FIT TEST LEVELS				
<i>AGE (years)</i>	<i>WEIGHT</i>	<i>INACTIVE</i>	<i>ACTIVE</i>	<i>VERY ACTIVE</i>
< 30	< 130	1	2	3
	131-169	2	3	4
	170-210	3	4	5
	> 210	4	5	6
30-39	< 130	0	1	2
	131-169	1	2	3
	170-210	2	3	4
	> 210	3	4	5
40-49	< 130	0	0	1
	131-169	1	1	2
	170-210	1	2	3
	> 210	2	3	4
50 >	< 130	0	0	0
	131-169	0	1	1
	170-210	1	1	2
	> 210	1	2	3

NOTE: If your weight varies from these values substantially, you may wish to increase or decrease the indicated levels accordingly.

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.

The Fit Test is an estimate of your VO_2 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. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity.



FIT TEST TIPS:

The computer will not accept:

- 1 heart rates less than 90 or greater than 199 beats per minute;
- 1 body weights less than 74 pounds (34 kg) or greater than 350 pounds (159 kg);
- 1 ages below 10 or over 99 years;
- 1 data input that exceeds human potential.

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR-PAUSE, inputting the correct information, and pressing ENTER.

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

- 1 amount of sleep the previous night (at least seven hours is recommended);
- 1 time of day;
- 1 time you last ate (two to four hours after the last meal is recommended);
- 1 time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended);
- 1 time since you 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 be working within your training heart rate zone, which is 60%-85% of your theoretical maximum heart rate.*



FIT TEST SCORING TABLES

RELATIVE FITNESS CLASSIFICATIONS FOR MEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60 +
<i>Elite</i>	55+	52+	50+	48+	45+
<i>Excellent</i>	50-54	47-51	45-49	43-47	40-44
<i>Good</i>	45-49	42-46	40-44	38-42	35-39
<i>Above Average</i>	40-44	37-41	35-39	33-37	30-34
<i>Average</i>	36-39	33-36	31-34	29-32	26-29
<i>Below Average</i>	31-35	28-32	26-30	24-28	21-25
<i>Poor</i>	26-30	23-27	20-25	18-23	16-20
<i>Very Poor</i>	<26	<23	<20	<18	<16

RELATIVE FITNESS CLASSIFICATIONS FOR WOMEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60 +
<i>Elite</i>	49+	46+	44+	42+	40+
<i>Excellent</i>	44-48	41-45	39-43	37-41	35-39
<i>Good</i>	39-43	36-40	34-38	32-36	30-34
<i>Above Average</i>	34-38	31-35	29-33	27-31	25-29
<i>Average</i>	30-33	27-30	25-28	23-26	21-24
<i>Below Average</i>	25-29	22-26	20-24	18-22	16-20
<i>Poor</i>	20-24	17-21	15-19	13-17	11-15
<i>Very Poor</i>	<20	<17	<15	<13	<11



OPTIONAL SETTINGS FOR THE LIFECYCLE 6500HR AEROBIC TRAINER

1 *Maximum program time*

The maximum program time option allows the maximum program time to be changed from the default maximum time limit of 60 minutes to anywhere from 10 to 99 minutes. Altering the maximum program time will affect all programs **except** the Fit Test. To change the **Lifecycle 6500HR** aerobic trainer maximum program time, proceed as follows:

1. Press and hold the **5** key on the numeric keypad.
2. Begin pedaling, then press START.
All LEDs and 7-segment displays will be illuminated. This is called **Diagnostic State 1**. There are 10 distinct Diagnostic States and the maximum program time default settings are located in **Diagnostic State 5**. Each time you press the **ENTER** key you will advance one diagnostic state. Continue to advance to **Diagnostic State 5**.
3. When you reach **Diagnostic State 5**, the current MAXIMUM PROGRAM TIME setting will be displayed. The default maximum program time is 60 minutes.
4. Use the **1** key to decrease the MAXIMUM PROGRAM TIME or the **3** key to increase the MAXIMUM PROGRAM TIME.
5. To exit the Diagnostic States, press the **CLEAR/PAUSE** key repeatedly until you return to the user display. The user display is the initial display console you see when you approach the unit for normal operation.



1 **English/Metric Default Setting Toggle**

The default setting of the **Lifecycle 6500HR** aerobic trainer display console is set to English units of measurements at the factory. If your display console will require units of measurements to be in metric, it may be necessary to change the setting from english to metric. To do so, you will need to enter into the diagnostic programs and proceed to **Diagnostic State 8**. To do so, follow the instructions as listed below.

1. Press, and continue to hold, the '5' key on the keypad and then press 'START' while pedaling the bike over 55 RPM.

On entry, all LEDs and 7-segment displays will be on. You are now in **Diagnostic State 1**.

In **ALL DIAGNOSTIC STATES**, the user must keep pedaling the bike. If the pedal RPM drops too low, the bike will shut down, requiring at least 40 RPM or greater and the START switch pushed to operate again.

2. Press the **START/ENTER** key seven times to forward to **Diagnostic State 8** and choose the english or metric default setting.

This test indicates the display console default setting of english or metric units of measurements.

When the default is set to english units of measurements, it will read ' E ' in the DATA ENTRY WINDOW.

When the default is set to metric units of measurement, it will read ' 9 ' in the DATA ENTRY WINDOW.

3. Press the ' 5 ' key to change the default setting of the system. The system will toggle from an ' E ' to ' 9 ' to ' E ' condition by continuing to press the ' 5 ' key.
4. **Diagnostic State 7** can be entered now by pressing the **CLEAR/PAUSE** key and you can continue going backwards to previous Diagnostic States by pressing the **CLEAR/PAUSE** key until you return to the user display.



PREVENTIVE MAINTENANCE TIPS

Your **Lifecycle 6500HR** aerobic trainer, backed by the engineering excellence of Life Fitness, is one of the most 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 and engineering expertise has gone into your **Lifecycle 6500HR** aerobic trainer.

Here are some preventive maintenance tips that will keep your **Lifecycle 6500HR** exercise bike operating at peak performance:

- 1 Locate your **Lifecycle 6500HR** aerobic trainer in a cool, dry place. **Do not** place it outdoors, near swimming pools or in areas of high humidity.
- 1 Clean the seat surface, the Lifepulse sensors, the pedals and the housing regularly with a soft, clean cloth (you may use a non-abrasive liquid cleaner on the housing).
- 1 Clean the seat post shaft and check the pin insertion regularly. If needed, lubricate the seat post with one or two drops of machine oil or automotive wax.
- 1 Keep the display console and heart rate sensors 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).
- 1 Long fingernails may scratch the surface of the console. Use the pad of your fingertip to press the console buttons.
- 1 The chain and pedal shaft should be cleaned and lubricated every three months and inspected annually. Refer to the directions on the following page for instructions on how to remove the housing.

NOTE: Never remove the stabilizer bar.



HOW TO REMOVE THE HOUSING ON THE LIFECYCLE 6500HR AEROBIC TRAINER

Step 1

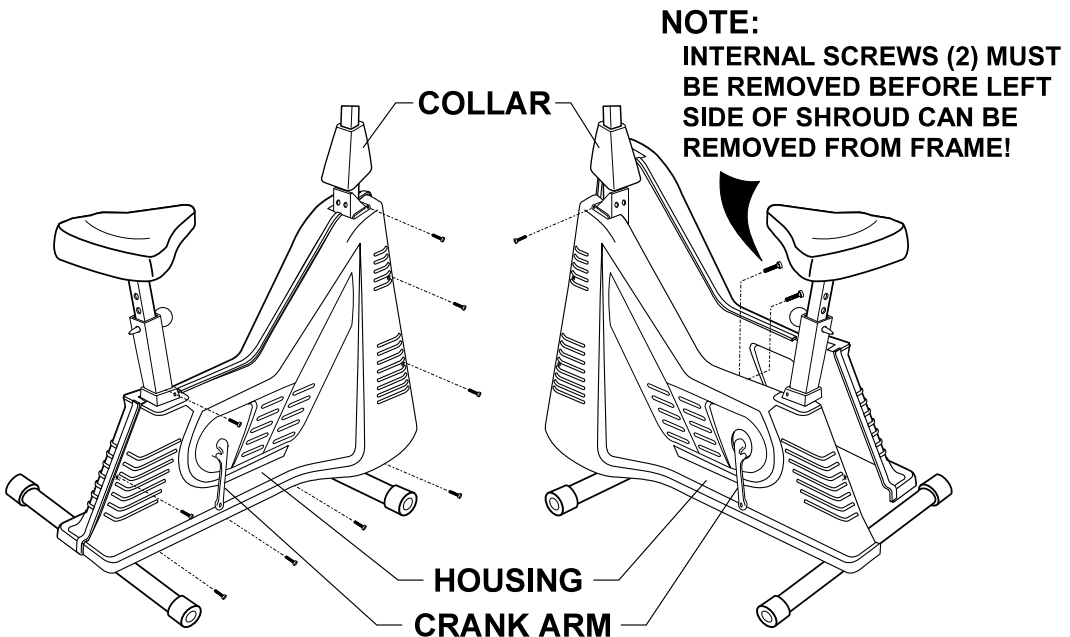
Remove the left-side PEDAL (the user's left side; small hole-side of the housing) by turning the PEDAL NUT **clockwise** with a 5/8" open-end wrench, then remove the right-side PEDAL by turning the PEDAL NUT counter-clockwise.

Step 2

Raise the COLLAR from the base of the HANDLEBAR POST by pinching the sides of the COLLAR and lifting upward. Remove the two SCREWS securing the right and left HOUSINGS to the FRAME.

Step 3

Remove the eight screws (total) from the right side of the shroud at the locations shown in the illustration below.



Step 4

Swing the right-side CRANK ARM to the two o'clock position and place a plastic tube over the CRANK ARM to avoid scratching or damaging the shroud. Guide the right-side HOUSING up and over the CRANK ARM and remove from the machine.

Step 5

Remove the two internal SCREWS still securing the left-side HOUSING to the FRAME. Swing the left-side CRANK ARM to the two o'clock position and place a plastic tube over the CRANK ARM to avoid scratching or damaging the shroud. Guide the left-side HOUSING up and over the CRANK ARM and remove from the machine.

Step 6

Reverse steps 1-5 to return shroud to its original position.



HOW TO SOLVE BASIC OPERATING PROBLEMS

Symptom	Probable Cause	Corrective Action
No Power	<ul style="list-style-type: none"> • 9-volt battery voltage too low • Harness not connected • RPMs too low 	<ul style="list-style-type: none"> • Replace 9-volt alkaline battery • Disconnect and reconnect harness • Maintain 40 RPMS or more
Difficult to pedal	<ul style="list-style-type: none"> • 10- to 15-hour break-in period not complete • Selected level of difficulty too high 	<ul style="list-style-type: none"> • Ride the bike for 10 to 15 hours • Lower the level of difficulty
Keys don't respond (excluding the START key)	<ul style="list-style-type: none"> • Not entering valid workout values 	<ul style="list-style-type: none"> • Refer to the <i>Operating Instructions and Program Descriptions</i>
Bike shuts off during ride	<ul style="list-style-type: none"> • User stopped pedaling or RPMs dropped too low • Not entering proper desired workout duration 	<ul style="list-style-type: none"> • Maintain a speed of 40 RPM • Check that desired work-out duration appears in display window prior to pressing ENTER
Display flickers or fades in and out	<ul style="list-style-type: none"> • Pedaling too slowly • Wire harness connector loose 	<ul style="list-style-type: none"> • Maintain a speed of 40 RPM • Carefully remove console and disconnect then re-connect the 16-pin connector
Lifepulse doesn't respond	<ul style="list-style-type: none"> • Not making contact with all four sensors • Sensors are dirty • Harness not connected to console display 	<ul style="list-style-type: none"> • Make certain your hands touch all four sensors • Clean with soft cloth and mild liquid cleanser • Check harness connection

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 6500HR Aerobic Trainer* section.



HOW TO OBTAIN PRODUCT SERVICE

Step 1

Verify the symptom and review the operating instructions and **How To Solve Basic Operating Problems** on the previous page. The problem may be unfamiliarity with your **Lifecycle 6500HR** aerobic trainer's features and programs.

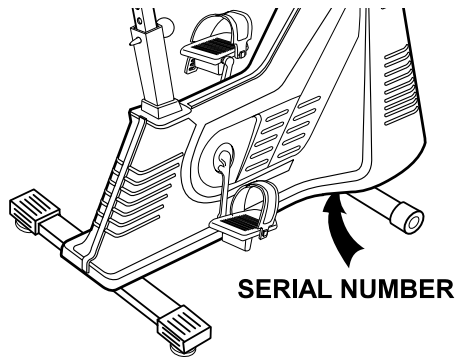
Step 2

Locate and document the serial number of the unit, which is located on the underside of the bike, just behind the front stabilizer bar.

Step 3

Contact **Life Fitness Customer Support Services**:

10601 West Belmont Avenue
Franklin Park, IL 60131
(800) 351-3737
(Toll-free within the U.S. and Canada)
(847) 451-0036
FAX: (847) 288-3702



For Product Service In Europe:

Life Fitness GmbH
Telephone: (089) 31 77 51-0
FAX: (089) 3 10 73 69

Life Fitness BeNeLux
Telephone: (03) 644 44 88
FAX: (03) 644 24 80

Life Fitness Austria
Telephone: (02266) 61959
FAX: (02266) 61959

Life Fitness UK Ltd
Telephone: (01353) 666017
FAX: (01353) 666018

Life Fitness Italia S.R.L.
Telephone: (0472) 835470
FAX: (0472) 833150

Please have the serial number of your Lifecycle 6500HR aerobic trainer and the problem /symptom ready for the Customer Support Services specialist who will be assisting you. This information is necessary for us to help solve any problems you may be having.



LIFECYCLE 6500HR AEROBIC TRAINER

SPECIFICATIONS

Designed use	Home
Maximum user weight	250 pounds / 113.4 kilograms
Power requirements	None
Programs	Hill Profile, Random, Manual, Cardio, Fat Burn, Fit Test
Console displays	Elapsed time, pedal rpm, calories per hour (Watts or METS optional), miles (kilometers on metric units), heart rate, resistance level, total calories, MPH (Race Mode only)

PHYSICAL DIMENSIONS:

Length	41 inches / 104 centimeters
Width	23 inches / 58 centimeters
Height	55 inches / 140 centimeters
Weight	78 pounds / 35 kilograms
Color	Light grey with black accents

SHIPPING DIMENSIONS:

Length	47 inches / 119 centimeters
Width	23 inches / 58 centimeters
Height	38 inches / 97 centimeters
Weight	102 pounds / 46 kilograms



APPENDIX

Interval Training

The ***Lifecycle 6500HR*** aerobic trainer is unique in the fitness industry. Its patented, computerized interval training programs have been scientifically demonstrated to yield greater cardiovascular improvement than steady-pace training. The Hill Profile program's interval training function presents the challenge of alternating – and progressively more difficult – hills and valleys during the course of your ride.

Interval training, a workout system available in the Hill Profile and Random programs, offers periods of high-effort activity interspersed with regular intervals of lower effort training. By varying the workload throughout your exercise sessions, your heart rate will range between the high and low ends of your optimal target heart rate zone. You may also change the level of intensity during your ride by simply pressing a numeric key between 0 and 12 that is either higher or lower than your current effort level.

Race Mode, on your ***Lifecycle 6500HR*** aerobic trainer, uses varying pedal resistance to simulate the 12 gears of a real bicycle. The faster the pedaling speed the greater the resistance, emulating a “real” cycling experience and making it easy for you to “up-shift” to a higher gear to raise your heart rate and “down-shift” to a lower gear to reduce your heart rate.

WHY INTERVAL TRAINING?

Interval training is extremely popular with people who work out, ranging from elite athletes, whose performance depends on power, speed and strength, to patients in medical rehabilitation programs. The reasons are simple:

- 1 ***GREATER CARDIORESPIRATORY IMPROVEMENT PER UNIT OF TIME.***
When people exercise in an interval training format, they demonstrate higher cardiorespiratory fitness gains than they do in steady-pace training. So much so that as little as 12 minutes in the ***Lifecycle 6500HR*** aerobic trainer's Hill program, three times per week, can result in cardiorespiratory gains of as much as 11% in just 12 weeks. Compare that to no significant gain in three 24-minute sessions on an ordinary, steady-pace exercise bike and you can see why interval training is so effective.
- 1 ***LESS DISCOMFORT AND LESS MUSCULAR FATIGUE.***
Steady-pace training accentuates the workload placed on muscles and as a result muscle soreness and fatigue set in more quickly. In contrast, interval training varies the workload, effectively giving the muscles a “breather” during the workout with little loss or no loss in exercise benefit.
- 1 ***REDUCE BOREDOM AND ENHANCE ADHERENCE TO EXERCISE PLAN.***
Interval training adds variety to workouts and increases the chances that you'll stick with your exercise program.



Steady-pace Training

As popular as interval training is, many people prefer steady-pace training, and it, too, is available on your **Lifecycle 6500HR** aerobic trainer. The Manual program provides you with a consistent, fixed level of pedal resistance. You can design your own workout routine quickly and easily in the Manual program simply by changing the resistance level during the course of your ride.

For example, if you are working out in the Manual program at level 4 and want to increase the effort level, just enter a number from 5–12; conversely, if you want to make your ride a bit easier, press 0, 1, 2, or 3.

DECIDING ON AN INTERVAL TRAINING PROGRAM LEVEL

Many exercise physiologists believe in combining steady-pace training and interval training, and all of the computerized workout programs on your **Lifecycle 6500HR** aerobic trainer feature this variety.

However, if your time is limited, we recommend that you choose the interval-training Hill program because it can provide greater cardiorespiratory improvement per exercise session than the Manual or Random programs can; in short, you get more exercise results for your time! If you have been advised by your physician to maintain a steady heart rate while exercising, we recommend that you select the Manual program. It is generally easier to maintain a consistent heart rate using the Manual program than it is with the Hill or Random programs.

HILL, CARDIO, FAT BURN	RANDOM	MANUAL/FIT TEST
0-2	0-1	0
3-4	2-3	1
5-7	4-6	2
8-9	6-7	3
10	7-8	4
12	9-10	5
	11	6
	12	7
		8
		9
		10
		11
		12

Relative Resistance Levels From Program To Program





Life Cycle[®]

6500HR



OPERATION MANUAL

LifeFitness

10601 West Belmont Avenue
Franklin Park, IL 60131