

Corporate Headquarters

10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within the U.S. and Canada)

International Offices

Life Fitness Asia Pacific Ltd
Suite 901
Cameron Commercial Center
468 Hennessy Road
Causeway Bay
HONG KONG
Telephone: 852.2.575.6262
FAX: 852.2.575.6001

**Life Fitness Atlantic BV
Atlantic Headquarters**
Columbusstraat 25
3165 AC Rotterdam
NETHERLANDS
Telephone: 31.10.294.5011
FAX: 31.10.294.5029

**Life Fitness Austria
Vertriebs GmbH**
Hintschiggasse 1
1100 Vienna
AUSTRIA
Telephone: 43.1.61 57 198
FAX: 43.1.61 57 198.20

Life Fitness Benelux NV
Lambrechtshoekenlaan 309-311
B-2170 Antwerpen-Merksem
BELGIUM
Telephone: 32.3.644.4488
FAX: 32.3.644.2480

Life Fitness Europe GmbH
Siemensstrasse 3
85716 Unterschleissheim
GERMANY
Telephone: 49.89.31 77 51.0
FAX: 49.89.31 77 51.99

Life Fitness Italia S.R.L.
Via Elvas 92
39042 Bressanone (BZ)
ITALY
Telephone: 39.472.835 470
FAX: 39.472.833 150

Life Fitness Latin America
10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
Telephone: 847.288.3675
FAX: 847.288.3762

Life Fitness UK Ltd
Queen Adelaide
Ely, Cambs CB7 4UB
UNITED KINGDOM
Telephone: 44.1.353.666 017
FAX: 44.1.353.666 018

Before using this product, it is essential that you read this ENTIRE operation manual and ALL installation instructions.

It will help you set up quickly and instruct your members on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy. If not installed and used in accordance with the instructions, it 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, you are encouraged to try to correct the interference by one or more of the following measures:

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

Class (S): Professional and/or commercial use.



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

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

TABLE OF CONTENTS

Section	Description	Page
	Introduction	5
1.	Getting Started	6
1.1	Important Safety Instructions	6
1.2	Set-Up	7
	How to Stabilize the Lifecycle [®] Exercise Bike	
	How to Adjust the Seat	
	How to Adjust the Footstraps	
1.3	Optional Settings for the Lifecycle Exercise Bike	10
	Maximum Program Time	
	English / Metric Conversion	
2.	The Display Console	11
2.1	The Display Console	11
2.2	Display Console Descriptions	11
	Message Center	
	Data Entry Zone	
	Program Profile Window	
	Quick Start	
3.	Heart Rate Zone Training[™] Exercise	14
3.1	Why the Heart Rate Zone Training?	14
3.2	Heart Rate Monitoring	15
	The Lifepulse [®] Digital Heart Rate Sensors	
4.	The Programs	16
4.1	Program Overviews	16
	The Race Mode Option	
	The Programs Step by Step	
4.2	Program Descriptions	19
	To Begin a Lifecycle Exercise Bike Workout	
	Quick Start	
	Fat Burn	
	Cardio	
	Manual	
	Random	
	Hill	
	Watts	
	METS	
	Fit Test	
4.3	How to Maximize Workouts on the Lifecycle Exercise Bike	29
5.	Service and Technical Data	30
5.1	Preventive Maintenance Tips	30
5.2	How to Solve Basic Operating Problems	31
5.3	How to Obtain Product Service	32
5.4	Lifecycle Exercise Bike Specifications	33

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This Operation Manual describes the functions of the following products:

Life Fitness Lifecycle exercise bikes

upright 950HR

recumbent 950RHR

See “Specifications” page in this manual for product specific features.

INTRODUCTION

Dear Valued Customer:

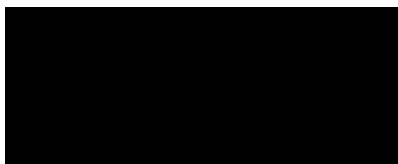
Congratulations ! . . . and thank you for purchasing a **Lifecycle®** exercise bike. Your new Lifecycle exercise bike is the most versatile exercise bike ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. Lifecycle exercise bikes are recognized the world over as the most popular and advanced of computerized stationary bicycles. Like other Life Fitness products, the Lifecycle exercise bike 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 the Fat Burn and Cardio heart rate management programs are just a few of the benefits you will enjoy on your Lifecycle exercise bike.

Why use a Lifecycle exercise bike? Aerobic training on a Lifecycle exercise bike is more than just a great workout. The Lifecycle exercise bike is ergonomically designed to deliver a comfortable workout, in a biomechanically superior seating position, and yet effortlessly guides you through your workout programs to aid you in reaching your intended goal.

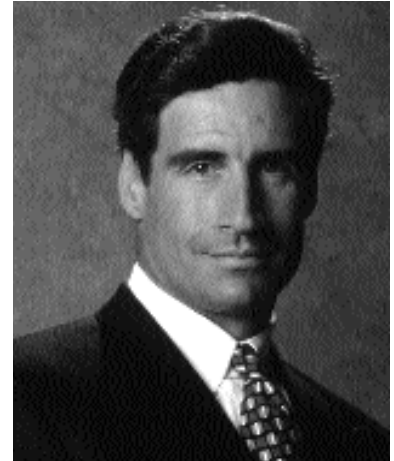
We understand that a reliable product is just as important as one that is effective. That is why we do not just test our products, we punish them. We put them through their paces at top resistance levels, 24 hours a day, seven days a week, often for twice the warranty period. It is the reason we were the first U.S. fitness manufacturer with ISO 9001 Certification, the international symbol for quality workmanship.

If you have questions regarding the operation of your Lifecycle, please call Life Fitness Customer Support Services at the number listed in Section 5.

Sincerely,



Augie Nieto
President, Life Fitness



Augie Nieto
President, Life Fitness

1

GETTING STARTED

1.1 Important Safety Instructions

English



To reduce the risk of electrical shock, always unplug the *Lifecycle* exercise bike before cleaning or attempting any maintenance activity.



To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each exercise bike to a properly grounded electrical outlet.

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

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

NOTE: Never remove the stabilizer bar.



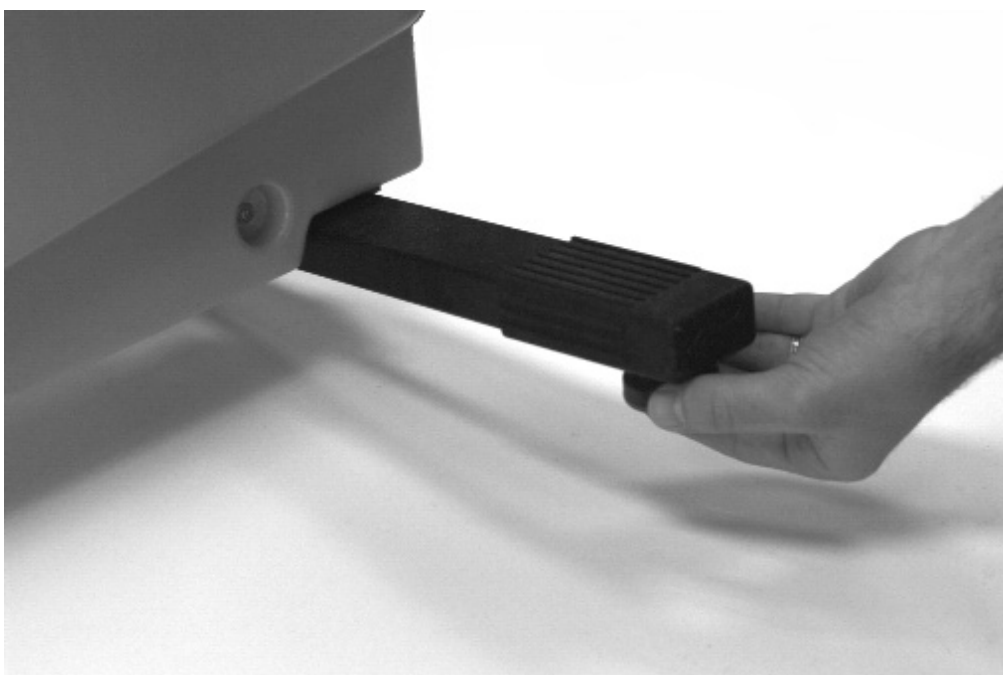
Life Fitness **STRONGLY** recommends that if you are undertaking an exercise program please see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or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

If, at any time while exercising, you feel faint, dizzy, pain, or shortness of

1.2 Set UP

How to Stabilize the Lifecycle Exercise Bike

Depending on the surface you place your **Lifecycle** exercise bike on, it may need to be stabilized. After you place the bike where you will primarily use it, check the stability of the bike by attempting to rock it back and forth. If it rocks, it is not stable. 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 stable.

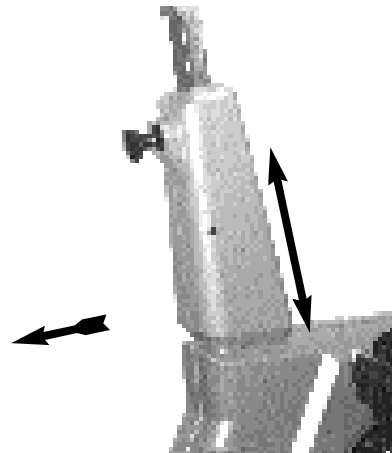


How to Adjust the Seat

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

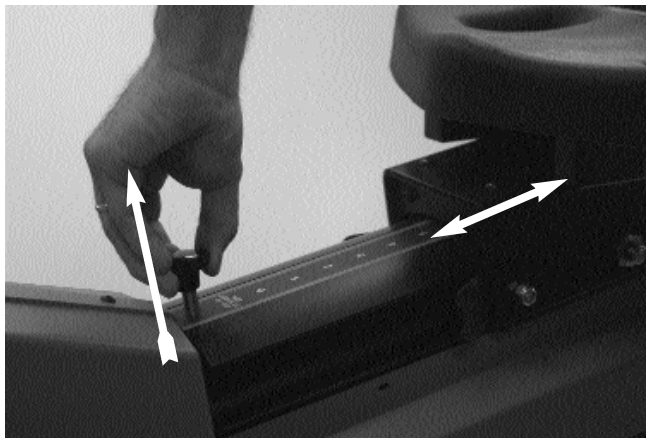
Upright Exercise Bikes:

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



Recumbent Exercise Bikes:

Sit on the seat and place the balls of your feet on the pedals. An optimum position will allow you to move through the bottom of the stroke without locking your knees or shifting in the seat (your knees should have a slight bend at the point of fullest leg extension). If the seat needs to be adjusted pull the spring-loaded adjusting pin located on the extrusion in front of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary.



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

How to Adjust the Footstraps

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



CAUTION

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



1.3 Optional Settings for the Lifecycle Exercise Bike

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 1 to 99 minutes. Altering the maximum program time will affect all programs except the Fit Test. To change the **Lifecycle** exercise bike maximum program time, proceed as follows:

1. Press and hold the **5** key on the numeric keypad.
2. Begin pedaling (you must reach a minimum of 35 RPM), then press START.

All LEDs and 14-segment displays will be illuminated. This is called Diagnostic State 1. There are nine distinct Diagnostic States and the maximum program time default settings reside 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 DURATION" setting will be displayed. The default maximum program time is 60 minutes.
4. Use  key to decrease the "MAXIMUM DURATION" or the  key to increase the "MAXIMUM DURATION".
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.

English / Metric Conversion

The factory default is set to english measurement. When you reach Diagnostic State 7 (see above), the Data Entry Window will display ENGLISH to designate english units. To change the default to metric measurement, press the '5' key and the system will toggle between english and metric units and display METRIC.

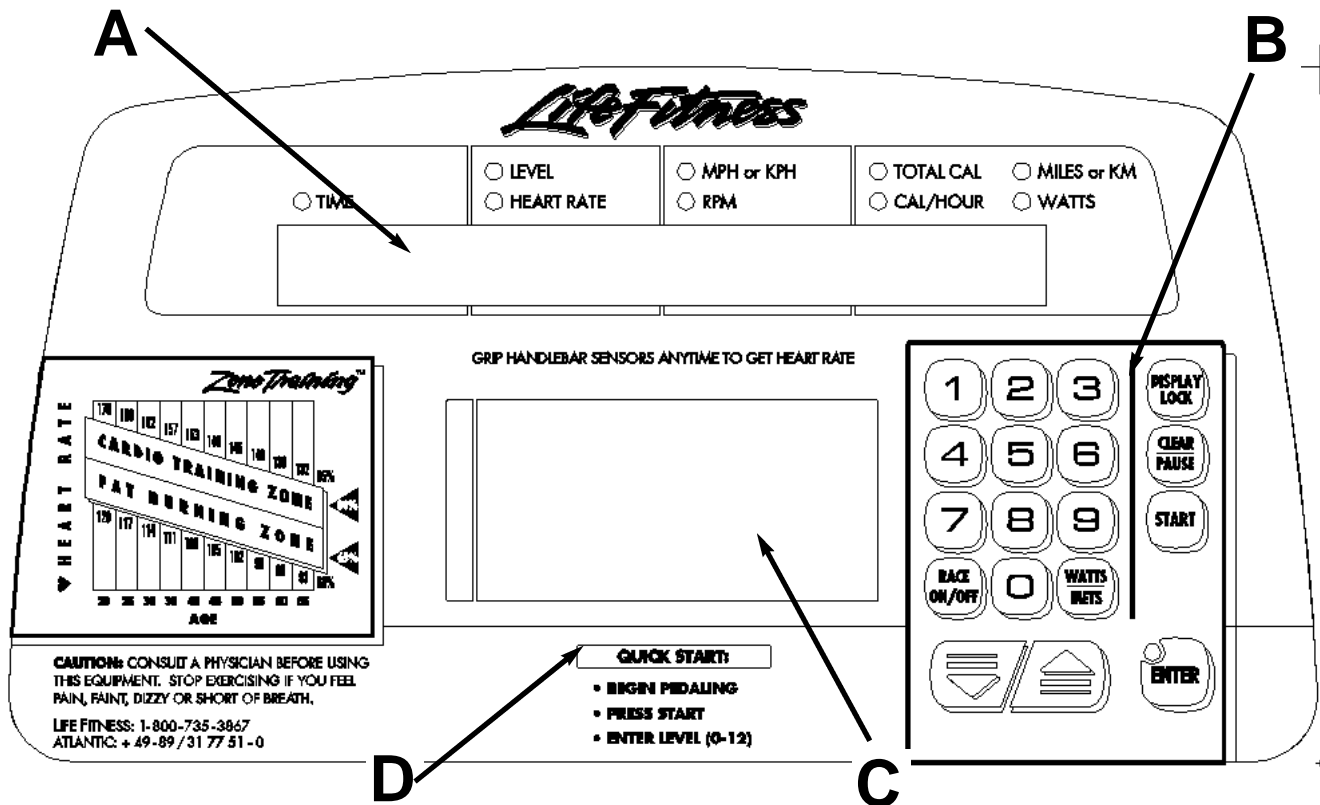
For more information on the other seven Diagnostic States please refer to the Lifecycle Service Manual available from Life Fitness Customer Support Services. (See How To Obtain Product Service for information on how they can be reached.)

2

THE DISPLAY CONSOLE

2.1 The Display Console

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



2.2 Display Console Descriptions

A Message Center

MESSAGE CENTER: Provides all the instructions for programming the **Lifecycle** exercise bike. In addition it displays elapsed time, level or heart rate, and speed. Total calories burned, calories per hour, distance traveled, MPH (in Race Mode), and Watts or METS (in Watts or METS Mode) are alternately displayed every 5 seconds. The alternating display can be locked on any one value by depressing the Display Lock key.


B**Data Entry Zone**

DATA ENTRY ZONE: Allows you to enter information required to set-up a workout or alter your current exercise program.



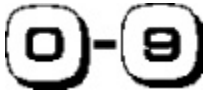
START: The START key activates the display console after you begin pedaling and is then inactive for the remainder of the workout.



THE ARROW KEYS: Use these keys to select all of your workout program parameters, including length of time of your ride, age, weight, gender, target heart rate and effort level. You can also increase or decrease your effort level at any time by pressing either of the  keys (or change your target heart rate if you are in the Fat Burn or Cardio programs).



ENTER: Use this key to execute input of any information in which you have keyed. It is not necessary to press ENTER when keying in a new effort level.



NUMERIC KEYS: Use these keys to enter your riding time, level of difficulty and Heart Rate or Fit Test data. You can select a workout duration from 1 to 99⁺ minutes. You may also enter a different resistance level than your current level, a different target heart rate for the Fat Burn and Cardio programs, or other data, such as age, gender or weight via the numeric keypad.



DISPLAY LOCK: This button allows you to freeze the message center display on one set of feedback information - total calories, calories / hour, miles (kilometer), watts, etc. To unlock the display, simply push the Display Lock button again.





CLEAR / PAUSE: Use this key during programming to clear an erroneous value. Use this key to put your workout program on hold or restart it.





To place your workout on hold, **press the key once** and continue pedaling (remember, you are powering the machine; if you stop pedaling, all power is lost and the display will go blank). Pedal resistance drops to the minimum when the **Lifecycle** exercise bike is paused; the stopwatch function is activated and the elapsed time window begins counting up from zero. Use this as a brief rest period if you feel fatigued or to take your heart rate.

Press the key twice to end your current program and show the program summary. **Press the key a third time** to clear the summary information and the Message Center Window prompts you to choose a program.

RACE ON / OFF: Lets you toggle in and out of the Race mode at any time in the Hill, Random and Manual programs. The Speed / RPM display will toggle between RPM and MPH / KPH every five seconds. Your MPH will be dependent on your pedal speed and the level chosen. (See the Race Option information.)



WATTS / METS: To display Watts, press the Watts / METS key once anytime during a program. During the Manual program, if you wish to enter a Watts workload to maintain, press the   keys or the numeric keypad while the Watts value is being displayed.

To display METS, press Watts / METS key twice. Next, key in your weight using the   keys or the numeric keypad and press ENTER. During the Manual program, if you wish to enter a METS workload to maintain, enter that value using the   keys or the numeric keypad (followed by the ENTER key) while the METS value is being displayed. Pressing the DISPLAY LOCK button while the Watts or METS value is displayed will lock this value in the right-hand side display.

† Factory Setting for Maximum Program Duration is 60 minutes. See Optional Settings for the **Lifecycle** exercise bike section.

C

Program Profile Window

PROGRAM PROFILE WINDOW: Displays a matrix of lights showing your present position and upcoming terrain. The higher the column of lights the greater the resistance. The left-most column of lights represents your current position. The remaining columns show the upcoming terrain. As your workout progresses, the lights move across the screen from right to left.

In the Fat Burn and Cardio programs, a heart shape (■) will be displayed in the window when you are required to grasp the Lifepulse sensors. A flashing heart will also appear at the conclusion of the Fit Test, again prompting you to grasp the Lifepulse sensors (The heart rate will be read automatically on telemetry equipped models when wearing an optional heart rate chest strap).

D

QUICK START

QUICK START: Tells you how to get right into a workout on your **Lifecycle** exercise bike. Just start pedaling, press start and enter an effort level using the numeric keypad!

3

HEART RATE ZONE TRAINING™ EXERCISE

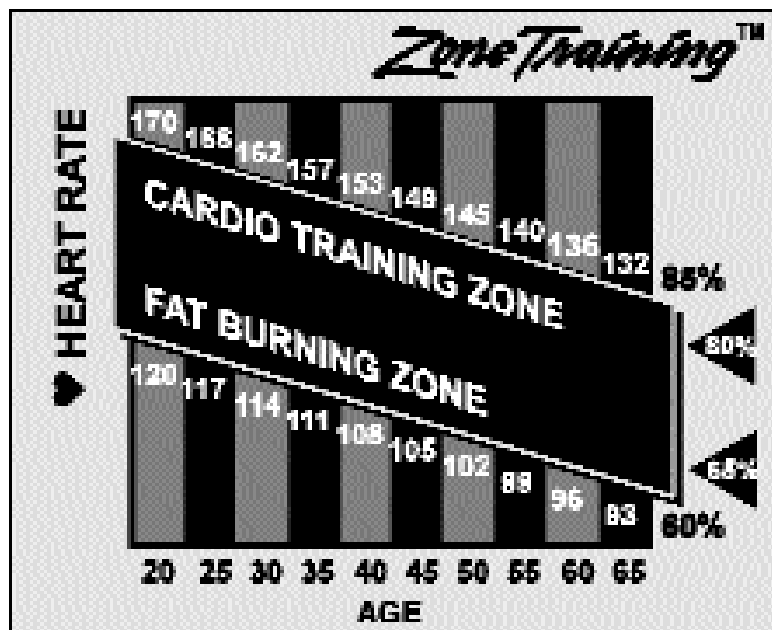
English

3.1 Why Heart Rate Zone Training Exercise?

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

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

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



Life Fitness offers two exclusive programs designed to take full advantage of the benefits of Heart Rate Zone Training: Fat Burn and Cardio. Vary the focus of the exercise activities by switching between the Fat Burn and Cardio programs at any time during a workout or by entering a new target heart rate with the keypad.


Both the Fat Burn and Cardio programs measure the heart rate. As you exercise, grasp the Lifepulse sensors when prompted (or simply wear an optional telemetry heart rate chest strap on telemetry equipped models) and your heart rate will be transmitted to the on-board computer. The resistance level will automatically adjust to maintain the target heart rate based on your actual heart rate.

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

3.2 Heart Rate Monitoring

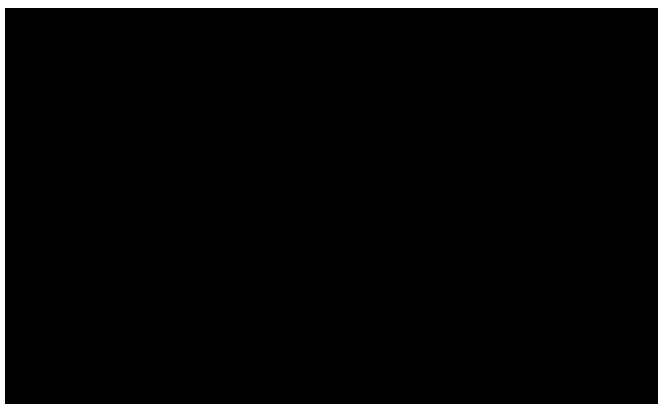
The Lifepulse® Digital Heart Rate Sensors

The patented Lifepulse digital heart rate sensors are the built-in heart rate monitoring system on the **Lifecycle** exercise bike.

To use the Lifepulse sensors, simply grasp the stainless steel sensors on the handlebars when the display console prompts you with the , or anytime you wish to check your heart rate. There are four sensors, two on each arm.

You must make contact with all four to obtain your heart rate. The console will display your heart rate in 10 to 40 seconds.

The Optional Heart Rate Chest Strap



Wet the electrodes of the transmitter (the two grooved surfaces on the underside of the strap) and 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 will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. It will also, however, function properly through wet, lightweight clothing. The key is for the electrodes to remain wet so that they can conduct the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap transmitter, grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.










4

THE PROGRAMS

English

4.1 Program Overviews

Selecting a workout program on your Life Fitness aerobic trainer is easy. Eight computerized aerobic workouts, including the exclusive Fat Burn, Cardio and Fit Test programs, are preprogrammed on your *Lifecycle* exercise bike:

-  **QUICK START**, the fastest way to begin exercising, allows you to start a manual program with the push of a button.
-  **FAT BURN** is a Heart Rate Zone Training™ program designed to burn an optimum amount of calories from fat by automatically 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.
-  **MANUAL** maintains a constant effort level based on the goals you have selected.
-  **RANDOM** is a program of varying effort levels which occur randomly with each exercise session, resulting in more than one million workout combinations.
-  **HILL** is an interval training workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort (hills) separated by periods of recovery (valleys) and a cool-down period.
-  **WATTS** is a manual program that allows the user to set the workload unit of power measure in WATTS.
-  **METS** is a manual program that allows the user to set the workload unit of energy measure in METS.
-  **FIT TEST** is a way of measuring the aerobic fitness level of an individual compared to others of the same age and gender.



The **Lifecycle** exercise bike 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 or burn more calories, assuring you of a consistent workout. If you prefer to be “rewarded” for going faster, try the Race Mode Option.

[†]This is true as long as you pedal faster than 45 RPM. Below 45 RPM, the resistance will drop off to the point where you can continue pedaling at a pace sufficient to maintain power to the console.

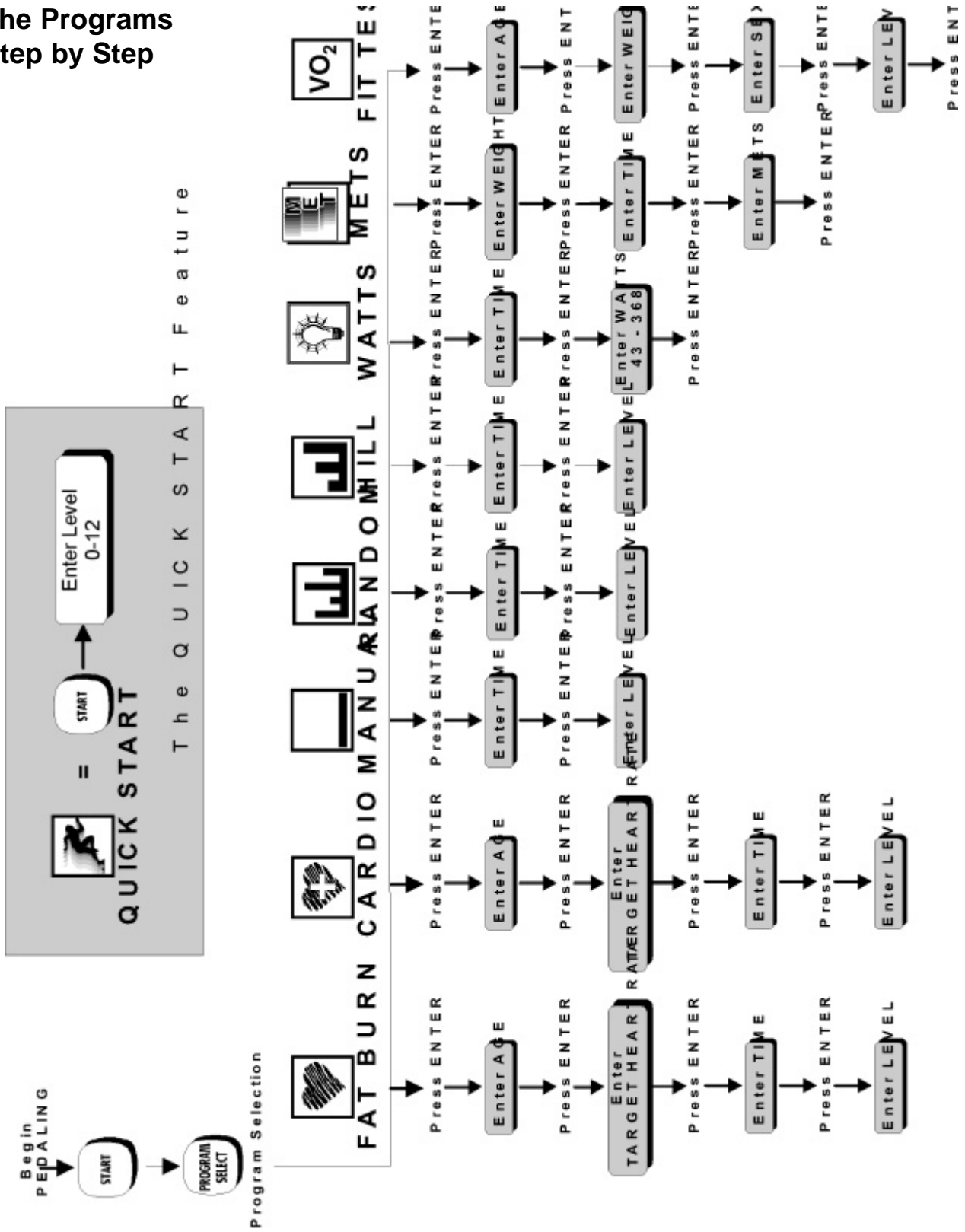
NOTE: Mileage readings are arbitrary and should not be used to compare workouts in different programs. Total calories burned is the best measure of the amount of work performed in any given workout.

The Race Mode Option

Formerly a program in and of itself, the Race Mode allows you to vary your pedal resistance to simulate the feel of an actual 13-speed racing bike in the Hill, Random and Manual programs. Turn the Race mode on at any time and the **Lifecycle** exercise bike’s 13 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.



The Programs Step by Step



QUICK START

Begin PEDALING = **START** → **Enter Level 0-12**



The QUICK START Feature



4.2 Program Descriptions

To Begin A Lifecycle Exercise Bike Workout

Use the following steps to begin any of the *Lifecycle* programs.

- | First adjust the seat position and make certain the seat pin is properly locked and the bike is level.
- | Begin pedaling and press the START key.
- | Select a workout program by pressing the   keys until the program you want appears in the message center and then press ENTER (or wait 10 seconds and your selection will be automatically entered).
- | You can “Quick Start” a Manual program workout without selecting a program. To do so, just begin pedaling, press START, and input an effort level using the numeric keypad, between 0 (easiest) and 12 (most difficult).

REMEMBER: You can change effort levels at any time during your workout* by simply keying in a new level on the keypad or the arrows!

*Except in the Fat Burn and Cardio programs, in which you may change your target heart rate.



Fat Burn and Cardio Programs

- | Begin a **Lifecyle** workout (see beginning of this section).
- | Enter your age using the numeric keypad to receive your computed target heart rate. Press ENTER to accept the calculated target or input your own target heart rate using the keypad and press ENTER.
- | The message center will prompt you to enter a time from 1 – 99 minutes (or the maximum time preprogrammed on unit). Key in the time you want your workout to last and press ENTER.
- | 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.



FAT BURN



The Fat Burn and Cardio heart rate management programs work by adjusting the resistance of the **Lifecycle** exercise bike in response to your heart rate. These two programs use the technology of the Lifepulse digital sensors and/or Polar compatible telemetry (if so equipped) 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** exercise bike, the Fat Burn program will maintain your heart rate at 65% of your theoretical maximum heart rate[†] 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 and by allowing you to exercise longer.



CARDIO

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, once the warm-up is complete, you may switch back and forth between the Fat Burn and Cardio programs at any time during a workout simply 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 or pressing the   keys or toggling fat burn and cardio target heart rates using the ENTER key.

The Life Fitness Heart Rate Zone Training programs begin 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** exercise bike will begin automatically varying its resistance to maintain your target heart rate.

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



Manual and Random Programs

- 1 Begin a **Lifecycle** workout (see beginning of this section).
- 1 After selecting a workout, you will be asked to enter your desired workout time in minutes. Use the numeric keypad to input a number from 1-99 minutes (or the maximum time preprogrammed on unit) and press ENTER.
- 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).



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 of the greater resistance levels of this program, it is recommended that you set the Manual program about two to three levels lower than the level of effort that you would normally select on the Hill program.

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.



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 the Random program be set one or two levels lower than the level of intensity you would normally select on the Hill program.

Hill Program



HILL

- 1 Begin a **Lifecycle** workout (see beginning of this section).
- 1 After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Use the numeric keypad to input a number from 1-99 minutes (or the maximum time preprogrammed on unit) 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 (hardest).

The **Lifecycle** exercise bike'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 99 minutes, and because the Hill program is composed of four distinct phases, the program must be structured differently to accommodate the entire array of program durations. Longer workouts add more hills.

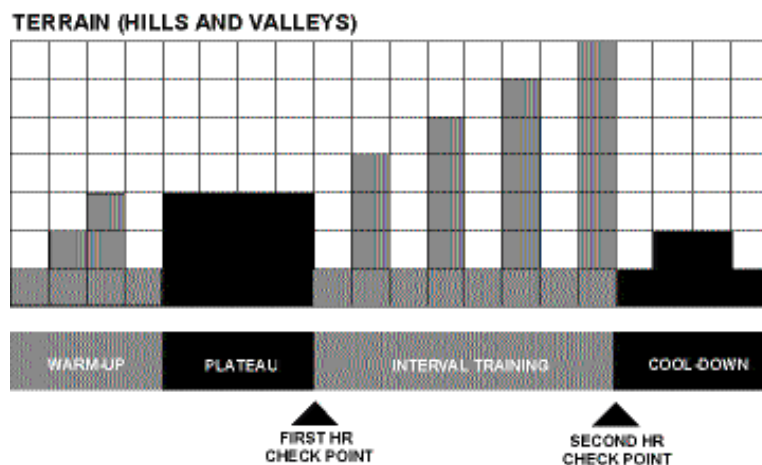
Each Hill program session comprises the following phases:

(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 heart rate 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.



The Hill diagram below shows the effort level and recovery periods encountered during a Hill workout. Effort and recovery periods are simulated on the display console by columns of lights in the Program Profile window. The columns move from right to left during the workout. The higher the column, the greater 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 (see chart in this section for checkpoint location).
- 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.

Be sure to check your heart rate near the end of the plateau and interval training periods using the Lifepulse Sensors, or by wearing an optional heart rate chest strap on telemetry equipped models (see Hill diagram above). You should always take your heart rate at the time indicated to make sure you are staying within your target heart rate zone.



WATTS PROGRAM

A Watt is a unit of power that measures the amount of mechanical work required to operate a device such as an exercise bike (roughly equal to 1/4 of calories per hour). For example, if your doctor should recommend you exercise three times per week for 20 minutes at 100 Watts (the value must be between 43 and 368), this option would insure that you maintain the 100 Watt level by altering the pedal resistance in proportion to your pedaling speed.

- | Begin a **Lifecycle** workout (see beginning of this section).
- | After selecting the Watts program, the message center will prompt you to enter a time from 1 – 99 minutes (or the maximum time preprogrammed on unit). Key in the time you want your workout to last and press ENTER.
- | The message center will next prompt you to enter a Watts value from 43 - 368. Key in the value and press ENTER. Your workout will now begin.



METS PROGRAM









METS are a unit of measure used to express the metabolic rate of work (oxygen consumption per unit of body weight) required to perform a task. One MET is approximately equal to a person's metabolism when seated and relaxed.

- | Begin a **Lifecycle** workout (see beginning of this section).
- | After selecting the METS program, the message center will prompt you to enter your weight. Enter your weight using the numeric keypad and press ENTER.
- | The message center will next prompt you to enter a time from 1 – 99 minutes (or the maximum time preprogrammed on unit). Key in the time you want your workout to last and press ENTER.
- | The message center will now prompt you to enter a METS value. Key in the value you want your workout to last and press ENTER. Your workout will now begin.



VO₂ FIT TEST

The **Lifecycle** exercise bike Fit Test program is another exclusive feature of this versatile exercise bike. Your Fit Test score is also an approximate measure of your VO₂ max; think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

- | Begin a **Lifecycle** workout (see beginning of this section).
- | After selecting the Fit Test program using the   keys, the message center will ask for your age (ENTER AGE). Use the numeric keys to input your age and press ENTER.
- | After entering your age, you will be asked for your weight (SELECT WEIGHT). Use the   keys or the numeric keys to input your weight and press ENTER.
- | After entering your weight, the message center will prompt you to select your gender (SELECT GENDER). Press the   keys to do so,  for male or  for female and then press ENTER.
- | After selecting a gender the message center will prompt you to select a workout level (SELECT LEVEL). Consult the Activity Levels chart on the following page for the effort level you should input 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. After 20 to 30 seconds your Fit Test score and ranking will be displayed.

RECOMMENDED FIT TEST LEVELS				
AGE	WEIGHT	INACTIVE	ACTIVE	VERY ACTIVE
<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 submaximal VO_2 , 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:

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

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR / 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:

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



RELATIVE FITNESS CLASSIFICATION FOR MEN

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

RELATIVE FITNESS CLASSIFICATION FOR WOMEN

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

4.3 How to Maximize Workouts on the Lifecycle Exercise Bike

In all **Life Fitness** stairclimber workout programs, except the Fit Test, you can change the level of intensity at any time by simply pressing a new number between 0 and 12 on the numeric keypad or by pressing the   keys. In addition, should you decide to work out in one program after starting another, simply push CLEAR three times to clear the first program and then select the new program.

Selecting the Correct Intensity Level

The *Lifecycle* exercise bike offers 13 levels of intensity, or difficulty, from which to choose. Level 0 is the easiest and level 12 is the most challenging. Select a low effort level until you become accustomed to the *Lifecycle* exercise bike, then increase the intensity as your condition improves.

The Random and Manual programs are proportionately more difficult than the Hill program. Because of this, you should be careful to select an effort level in the Random program that is one to two levels lower than you would normally select in the Hill program. Conversely, if you choose the Manual program, you should select an intensity level that is at least three levels lower than the level you would normally work out at in the Hill program. The following table will allow you to compare the relative intensities of the four ***Lifecycle*** exercise bike computerized fitness programs.

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

5

SERVICE AND TECHNICAL DATA

English

5.1 Preventive Maintenance Tips

Your **Lifecycle** exercise 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 **Lifecycle** exercise bikes are among the most popular of exercise bikes, 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** exercise bike.

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

- | Locate your Recumbent **Lifecycle** exercise bike in a cool, dry place.
- | Clean the seat surface regularly.
- | Clean the seat extrusion with a soft cloth and a non-abrasive liquid cleanser and check the seat adjustment pin insertion monthly.
- | Keep the display console and Lifepulse 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.
- | Long fingernails may scratch the surface of the console. Use the pad of your fingertip to press the console buttons.

5.2 How to Solve Basic Operating Problems

Symptom	Probable Cause	Corrective Action
No Power	6 volt battery voltage too low	Replace 6-volt battery
	Harness not connected	Disconnect and reconnect harness
	Low RPMs	Pedal at 40 RPM min.
Difficult to pedal	10- to 15-hour break-in period not complete	Ride the bike for 10 to 15 hours
	Selected level of difficulty too high	Lower the level of difficulty
Bike shuts off during ride	Not entering desired workout duration	Check that desired workout duration appears in display window prior to pressing ENTER
	Low RPMs	Pedal at 40 RPM min.
Display flickers or fades in and out	Wire harness connector loose	Carefully remove console and disconnect then reconnect the 10-pin connector
	Low RPMs	Pedal at 40 RPM min.

5.3 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 the product and its features and programs.

Step 2

Locate and document the serial number of the unit, which is located on the serial number plate above the power entry area of the product.

Step 3

Contact the nearest **Life Fitness Customer Support Services group**:

Toll-free within the U.S. and Canada

Telephone: 800.351.3737

Telephone: 847.451.0036

FAX: 847.288.3702

For Product Service Internationally:

Life Fitness Europa GmbH

Telephone: 49.89.317751.66

FAX: 49.89.317751.38

Life Fitness (UK) Ltd

Telephone: 44.1.353.665507

FAX: 44.1.353.666018

Life Fitness Benelux

Telephone: 32.3.644.4488

FAX: 32.3.644.2480

Life Fitness Italia S.R.L.

Telephone: 39.472.835470

FAX:39.472.833150

Life Fitness Austria Vertriebs GmbH

Telephone: 43.1.61 57198

FAX: 43.1.61 57198.20

Life Fitness Asia Pacific Ltd

Telephone: 852.2575.6262

FAX: 852.2575.6001

Life Fitness Latin America

Telephone: 847.451.0036

FAX: 847.288.3702

Please have the serial number of the product and the problem or 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.

5.4 Lifecycle Exercise Bike Specifications

Designed use	Commercial
Maximum user weight	LC9500RHR: 350 pounds / 159 kilograms LC9500HR: 350 pounds / 159 kilograms
Power requirements	None
Programs	LC9500RHR: Quick Start, Fat Burn, Cardio, Manual, Random, Hill, Fit Test LC9500HR: Quick Start, Fat Burn, Cardio, Manual, Random, Hill, Fit Test
Console displays	Effort level, MPH or KPH (Race Mode), Total Calories Burned, Distance Traveled (miles or kilometers), Elapsed Time, Heart Rate, Pedal RPM, Calories per hour, and Watts and / or METS
Heart Rate monitoring system	LC9500RHR: Patented Lifepulse digital heart rate sensors LC9500HR: Lifepulse digital heart rate sensors and Polar compatible telemetry heart rate monitoring (requires optional heart rate chest strap, sold separately)

PHYSICAL DIMENSIONS:

	LC9500RHR:	LC9500HR:
Length	52 inches / 132 centimeters	41 inches / 104 centimeters
Width	25 inches / 64 centimeters	23 inches / 58 centimeters
Height	48 inches / 122 centimeters	55 inches / 140 centimeters
Weight	128 pounds / 58 kilograms	95 pounds / 36 kilograms
Color	Medium Grey with Black Accents	Dark granite

SHIPPING DIMENSIONS:

	LC9500RHR:	LC9500HR:
Length	57 inches / 145 centimeters	47 inches / 119 centimeters
Width	29 inches / 74 centimeters	23 inches / 58 centimeters
Height	44 inches / 112 centimeters	38 inches / 97 centimeters
Weight	159 pounds / 72 kilograms	116 pounds / 52 kilograms

