95R Inclusive Recumbent Lifecycle® Exercise Bike Base

Owners Manual

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inclusive fitness
accredited item
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* Also check **www.lifefitness.com** for local representation or distributor/dealer.

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

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

Class I (Inclusive): Professional and / or commercial use.



CAUTION: Any changes or modifications to this equipment could void the product warranty.

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

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This Operation Manual describes the functions of the
Life Fitness 95R Inclusive Recumbent Lifecycle® Exercise Bike

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

Statement of Purpose: The Life Fitness Inclusive Recumbent Lifecycle Exercise Bike is a speed-independent machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.

CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

1 Getting Started

1.1 Important Safety Instructions



SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventive Maintenance section for details.

- If this Life Fitness product does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Life Fitness Customer Support Services for assistance.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by children, invalids or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in this product. If an object should drop inside, carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not use this product in bare feet.
- Do not tip the unit on its side during operation.
- Keep the area around the Inclusive Recumbent Lifecycle® Exercise Bike clear of any obstructions, including walls and furniture. Ensure that there is at least three feet of clearance behind the Inclusive Recumbent Lifecycle Exercise Bike.
- Use caution when mounting or dismounting the Inclusive Recumbent Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.
- Never use the Inclusive Recumbent Lifecycle Exercise Bike while facing backward.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.2 Setup

Read the Operation Manual before setting up the Inclusive Recumbent Lifecycle® Exercise Bike.

Electrical Power Requirements

An optional external power supply is available for the Inclusive Recumbent Lifecycle Exercise Bike. The external power supply requires an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage *(VAC)*	Frequency *(Hz)*	Rated Current *(Amps)*
100	50 / 60	1.6
110	50 / 60	1.6
120	50 / 60	1.6
200	50 / 60	.8
220	50 / 60	.8
230	50 / 60	.8
240	50 / 60	.8

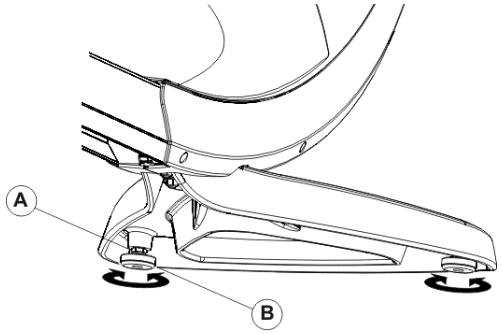
NOTE: *Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.*

Where to place the Inclusive Recumbent Lifecycle Exercise Bike

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

How to stabilize the Inclusive Recumbent Lifecycle Exercise Bike

After placing the bike in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end M17 wrench, and rotate the stabilizing foot (B) to lower it. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar.



Check for Battery power

The Inclusive Recumbent Lifecycle Exercise Bike console is powered by a rechargeable 6-volt battery. Check the battery by pressing and holding the power on/off ⏻ key. The console should beep and light up. The Message Center on the console will display a prompt to set up a workout. If a prompt doesn't appear or initializing doesn't begin, mount the Inclusive Recumbent Lifecycle Bike and begin pedaling. The console should light up and programming a workout can begin. Pedal for 20 minutes at 40 RPM or faster during a workout to charge the battery. The pedal action during workouts keeps the battery charged. If the Inclusive Recumbent Lifecycle Exercise Bike is powered by the external 36V DC power supply, battery maintenance is automatic and pedaling is not required.

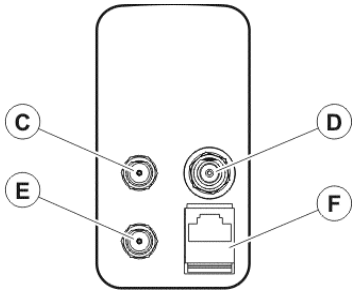
External power

If using the optional external power supply, be sure to plug **the power connector to the front of the Inclusive Recumbent Lifecycle Bike before plugging the AC power in.** Plug the cord into an AC outlet. The console should immediately beep and light up.

NOTE: If the console does not light up, contact Life Fitness Customer Service (*refer to page one of the manual)*.

The following connection receptacles are located at the front of the Inclusive Recumbent Lifecycle Exercise Bike: Attachable TV power (C), coaxial cable (D), external power for the Engage console or optional external power (E), and fitness networking (F).

CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

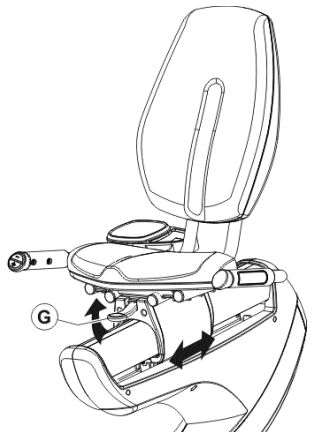


How to Adjust the Seat

A properly adjusted seat is extremely important in any bike-oriented exercise activity and the Inclusive Recumbent 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.

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

If the seat needs to be adjusted, lift the spring-loaded adjusting handle (G) located underneath the nose of the seat. Hold both the handle and nose of the seat with one hand and use the other hand to grab the rear of the seat. Slide the handle and seat forward or backward as necessary to the proper position. 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.

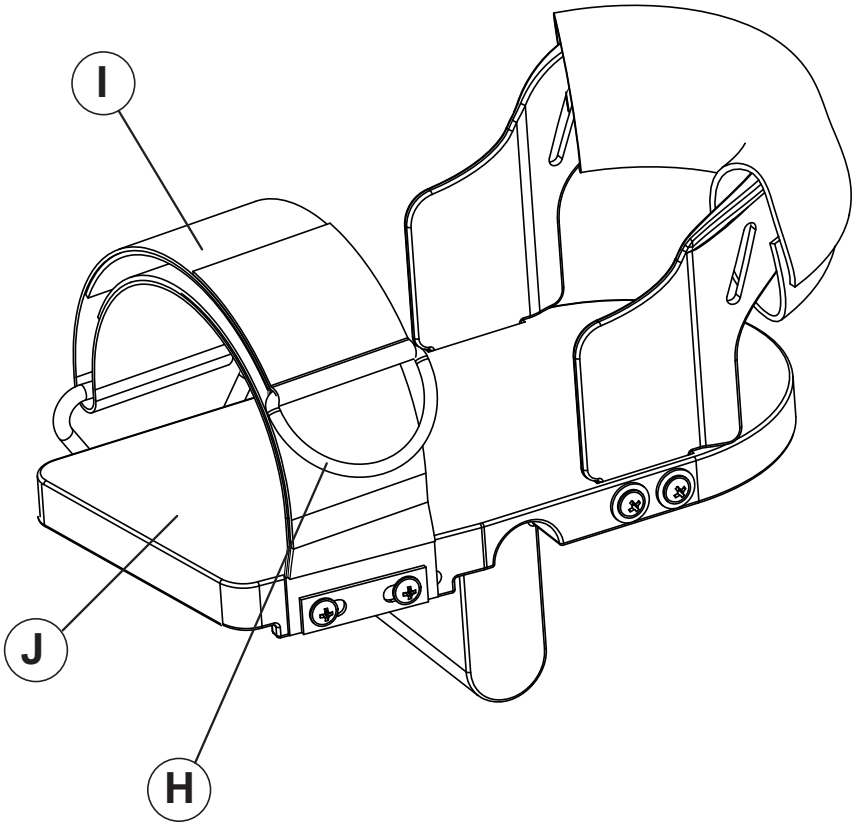


CAUTION: Do not attempt to adjust the seat while pedaling the bike. Doing so may result in an uncomfortable workout or cause injury.

How to Adjust the Pedal Straps

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

The Velcro type safety straps on the pedals of the Inclusive Recumbent Lifecycle Exercise Bike can be adjusted to fit a variety of shoe sizes. Pull the D-ring (H) upward to separate the two surfaces of the Velcro on the strap (I). Put the foot on the pedal (J) underneath the strap. Pull the strap with the D-ring to tighten the strap over the foot, then press the Velcro surfaces of the strap firmly together to ensure that the foot is securely positioned in the pedal.



2 Service and Technical Data

2.1 Preventive Maintenance Tips

The Inclusive Recumbent 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 Life Fitness products have proven to be durable in health club, college, and military fitness facilities the world over. This same technology, engineering expertise, and reliability have gone into the Inclusive Recumbent Lifecycle Exercise Bike.

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

The following preventive maintenance tips will keep your Inclusive Recumbent Lifecycle Exercise Bike operating at peak performance:

- Locate the Inclusive Recumbent Lifecycle Exercise Bike in a cool, dry place.
- Keep the pedal straps fastened securely when using the bike.
- Clean the top surface of the pedals regularly.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Inclusive Recumbent Lifecycle Exercise Bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Clean the frame thoroughly on a regular basis.

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

2.2 Preventive Maintenance Schedule

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

ITEM	*WEEKLY*	*MONTHLY*	*ANNUALLY*
Frame/Seat Post	*Clean*		*Inspect*
Pedals/Straps	*Clean*	*Inspect*	
Accessory Tray	*Clean*	*Inspect*	
Plastic Covers	*Clean*	*Inspect*	

2.3 Troubleshooting the Optional Polar® Telemetry Heart Rate Chest Strap

Heart Rate Reading Is Initially Detected then Lost or Abnormally Elevated

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devces, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipement is in close proximity to other sources of noise such as audio/ video equipment, fans, two way radios, and high voltage/highcurrent power lines.	
Heart rate readings are abnormally elevated.	Television sets and/or antennas generate electromagnetic interference.	Move the treadmill a few inches away from the probable cause, or move the probable cause a few inches away from the treadmill, until the heart rate readings are accurate.
	Cell phones generate electromagnetic interference.	
	Computers generate electromagnetic interference.	
	Cars generate electromagnetic interference.	
	High voltage power lines generate electromagnetic interference.	
	Motor driven exercise equipment generates electromagnetic interference.	
	Another heart rate transmitter within three feet (one meter) generates electromagnetic interference.	

Troubleshooting the Optional Polar® Telemetry Heart Rate Chest Strap *(CONTINUED)*

Heart Rate Reading Is Erratic Or Absent Entirely

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes *(see Section 3.2)*.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin *(see Section 3.2)*.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (1 meter) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 feet (1 meter) of the heart rate receiver.
	Polar telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	Make sure the Polar telemetry heart rate chest strap is installed and move closer to the heart rate receiver. Wait up to 10 seconds for the heart rate to display on the console. ***Notes:*** 1. *Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.* *2. Ensure proper conductivity between the electrodes and user's chest.* *3. If needed, use the Polar watch to verify chest strap's operation.*

2.4 Troubleshooting the Lifepulse System Sensors

If the heart rate reading is erratic or missing, do the following:

- Dry hands if necessary to prevent slipping.
- Apply hands to the sensors that are set into the side handlebars or armrests.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

2.5 Recycling the Battery

When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a medium tip Phillips screw driver to remove the two screws that hold the end cap shroud to the back of the bike. To remove the battery, remove the two wires connected to the battery and the two screws that hold the battery in place. Dispose of the battery properly.

2.6 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate the serial number plate, which is located on the front stabilizer. Document the serial number, which consists of three letters followed by six numerals**.**
3. Contact Life Fitness Customer Support Services via the Web at www.lifefitness.com, or call the nearest Life Fitness Customer Support Services group *(refer to page 1 of this manual)*.

3 SPECIFICATIONS

3.1 95R Inclusive Recumbent Lifecycle Exercise Bike Base

Designed use:	Heavy/Commercial
Maximum user weight:	181.44 kilograms / 400 pounds
Power requirements:	Self powered. External power is optional.
Pedal size:	166.6 millimeters x 140.9 millimeters / 6.56 inches x 5.5 inches
Pedal speed range:	40 RPM - 120 RPM
Drive type:	Alternator/Belt
Accessory Tray:	Standard
Integrated Reading Rack:	Standard
Color:	Silver with gray and yellow accents

PHYSICAL DIMENSIONS:

Length	165 centimeters / 65 inches
Width	68.5 centimeters / 27 inches
Height:	134.6 centimeters / 53 inches
Weight:	97 kilograms / 214 pounds

SHIPPING DIMENSIONS:

Length:	175.25 centimeters / 69 inches
Width:	63.2 centimeters / 24.875 inches
Height:	115 centimeters / 45.25 inches
Weight:	177.5 kilograms / 259 pounds