INTEGRITY & CLUB SERIES
UPRIGHT LIFECYCLE® EXERCISE BIKES

CLSC & CSLU ASSEMBLY INSTRUCTIONS



M051-00K63-0294 REV D

LifeFitness

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* Also check www.lifefitness.com for local representation or distributor/dealer

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Upright Lifecycle® Exercise Bike.

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, is over the age of 45, 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.

AVERTISSEMENT: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. LIFE FITNESS recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

Table of Contents

1. Getting Started 4

1.1 Important Safety Instructions 4

1.2 Set-Up 6

2. Service and Technical Data 9

2.1 Preventative Service Tips. 9

2.2 Preventative Maintenance Schedule 10

2.3 Recycling the Battery 10

2.4 How to Obtain Product Service 10

3. Assembly 11

4. Specifications. 16

Operation Manuals and other Product Information available at
https://www.lftechsupport.com/web/document-library/documents

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1 Getting Started

1.1 Important Safety Instructions

Read all instructions before using the LIFE FITNESS Lifecycle Exercise Bike.

- **DANGER:** To reduce the risk of electrical shock, always unplug LIFE FITNESS products before cleaning or attempting any maintenance activity.
- **WARNING:** Allow a distance of 24 in. (0.6m) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the LIFE FITNESS bike to any other objects.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- Do not stand or sit on plastic shrouds.
- Never operate a LIFE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact LIFE FITNESS Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- 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 place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Use caution when mounting or dismounting the Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact LIFE FITNESS Customer Support Services.
- Do not use these products in bare feet. Always wear shoes. 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.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit https://www.lftechsupport.com/web/guest/environmental-regulations-information.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.1 Consignés De Sécurité Importantes

Lire toutes les instructions avant d'utiliser les appareils LIFE FITNESS

- **DANGER :** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil LIFE FITNESS avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT :** Laisser une distance de 0,6 m (24 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft) entre l'avant ou l'arrière du vélo de LIFE FITNESS et d'autres objets.
- **AVERTISSEMENT :** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT :** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- Ne pas se tenir debout ou s'asseoir sur les protections en plastique.
- Ne jamais faire fonctionner un produit LIFE FITNESS dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de LIFE FITNESS.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans endroits très humides.
- Ne faites jamais fonctionner de produit LIFE FITNESS dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.
- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.
- Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforce votre stabilité.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de LIFE FITNESS.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fon tionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Règlementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérigènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la règlementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : https://www.lftechsupport.com/web/guest/environmental-regulations-information.

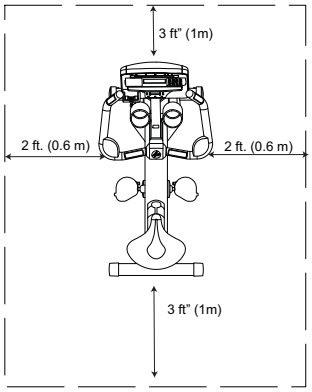
CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

1.2 Set-Up

Read the entire manual before setting up the LIFE FITNESS Upright Lifecycle Exercise Bike

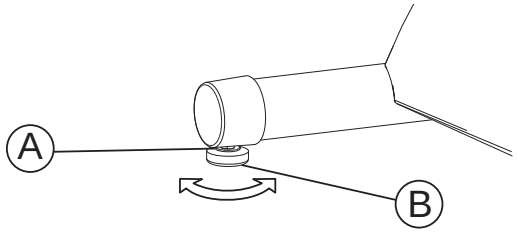
Where to place the Lifecycle Exercise Bike

Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 4, titled Specifications, for the dimensions of the footprint. Allow a distance of 24 inches, or 0.6 meters between the widest part of the bike and other objects on either side. Allow a distance of 3 feet, or 1 meter, between the front or rear of the bike to any other objects.



How to stabilize the 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 9/16-inch 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.

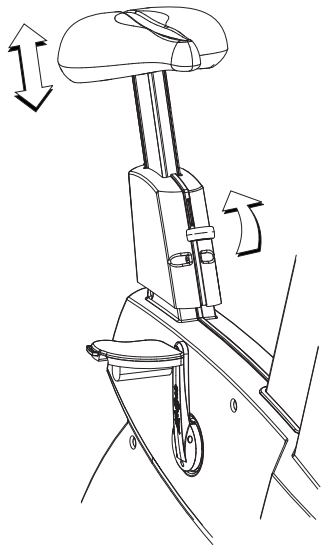


How to Adjust the Seat

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.

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.

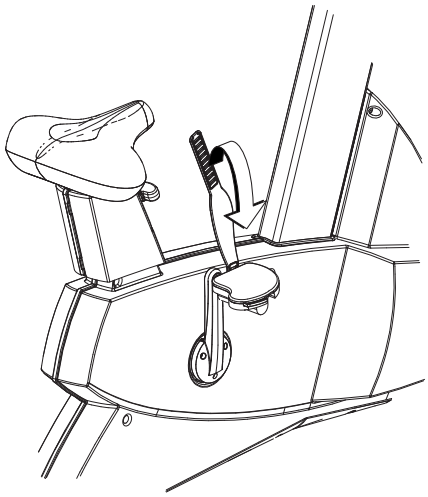
If the seat needs to be adjusted, lift the spring-loaded adjusting handle located on the right, front side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary.



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

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

How to Adjust the Pedal Straps



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

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

To tighten or loosen a strap, grasp the outer end, and pull it back, away from the knob, until the strap slides off. Pull the strap out through the outer loop on the pedal. Rest the foot on the pedal, and wrap the strap over the foot to determine the desired length. Thread the strap through the outer loop on the pedal, tuck it under the pedal, select the appropriate slot, and pull that slot down over the knob, until the top of the knob pops through the slot. A click indicates that the strap is locked into place.

Starting Up the Bike Console

When a user begins pedaling on the Lifecycle exercise bike, the unit's Auto-Start feature powers up the console, causing the console display to light up and the MESSAGE CENTER to flash a prompt: "Select workout or PRESS QUICK START." If the user does not make a selection in 20 seconds, the console automatically starts a MANUAL workout. If the user stops pedaling for more than 15 seconds, the console shuts down. Alternately, the user may press the START key to power up the console.

Using the Power Assist Option *(CLSC)*

The Lifecycle exercise bike's optional Power Assist feature makes it possible for the console to be powered by an external electrical source, eliminating the need to pedal at a minimum speed to supply constant power to the console. With this option, users who wish to ride the bike for rehabilitative exercise may pedal at a rate below the minimum without losing console power. Use only the external power supply provided by Life Fitness in order to insure against unsafe operation.

Enabling the Power Assist option requires a an optional kit. To order the kit, contact Life Fitness Customer Support Services. See page one for contact information.

The power connector is located in front of the rear stabilizer bar, in the shroud opening, on the underside of the bike.

Grounding Instructions *(Applicable for Units Using External Power Supply)*

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15amp outlet is not available, one must be installed by a qualified electrician.

IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 15 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié.

DANGER: A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consulter un électricien si des doutes subsistent quant à la technique de mise à la terre. NE PAS MODIFIER la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faire installer une prise correcte par un électricien qualifié. Toutemodification à la fiche annule la garantie.

Fitness networking (CLSC) & Service Accessiblity (CSLU)

Two interchangeable ports (A) are located on the back of the console and are enclosed by a removable cover. The ports are used to:

- connect the Life Fitness CLSC bike to a fitness entertainment system and /or a network.

  Networking: The built-in networking ports allow the unit to exchange workout information with a fitness network database.

  Fitness Entertainment: The network connection enables the console to power a third-party receiver for use with a service such as the Cardio Theater® entertainment system or the BroadcastVision™ entertainment system.

- update console software on the Life Fitness CSLU bike.

Any use of the ports for other than their intended purpose could void the product warranty.



2 Service and Technical Data

2.1 Preventive Maintenance Tips

The Upright 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.

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

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

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

- Locate the Upright 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 Upright 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.*

Life Fitness Approved Cleaners *(United States Availibility Only)*

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1.800.351.3737 or email: customersupport@lifefitness.com).

Life Fitness Compatible Cleaners

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces.

Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

2.2 Preventive Maintenance Schedule

Item	Weekly	Monthly	Bi-Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Frame / Seat Post	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Pedals/Straps	Clean	Inspect	
Hardware			Inspect
Leg Levelers		Inspect / Adjust	

2.3 Recycling the Battery

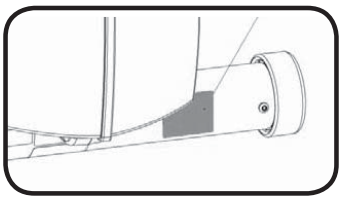
When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. If an optional external power supply is present, it must be disconnected before the battery is removed. To access the battery, remove the right-side pedal crank and shroud. To remove the battery, disconnect the cable, and remove the two screws holding the battery to the bracket

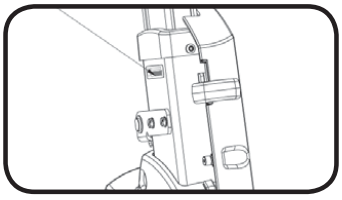
2.4 How to Obtain Product Service / Serial Number Location

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.

2. Locate and write down the serial number of the unit which is located on the front stabilizer at the bottom of the unit.

3. Contact Life Fitness Customer Support Services.





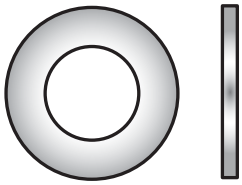
Remove plastic shroud to find the small serial label location.

3 Assembly

Component List

#	*Part Description*	*Qty*
1	Torx Button Mounting Bolt 3/8 -16 x 12	8
2	Phillips Pan Head Screw 8 -18 x 10	8
3	Washer	4
4	Console Assembly (shipped separately)	1
5	Top Cover	1
6	Bottom Cover	1
7	Left Seat Post Shroud	1
8	Right Seat Post Shroud	1
9	Handlebar	1
10	Torx / Standard Screw 8-18 x 3/4"	1

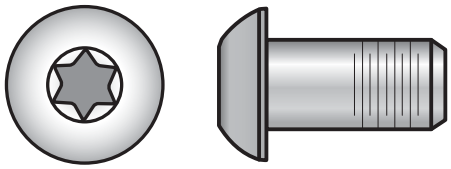
Hardware



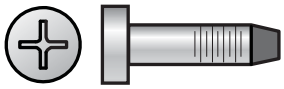
Washer (#3)



TORX / STANDARD SCREW (#10)



TORX BUTTON MOUNTING BOLT (#1)



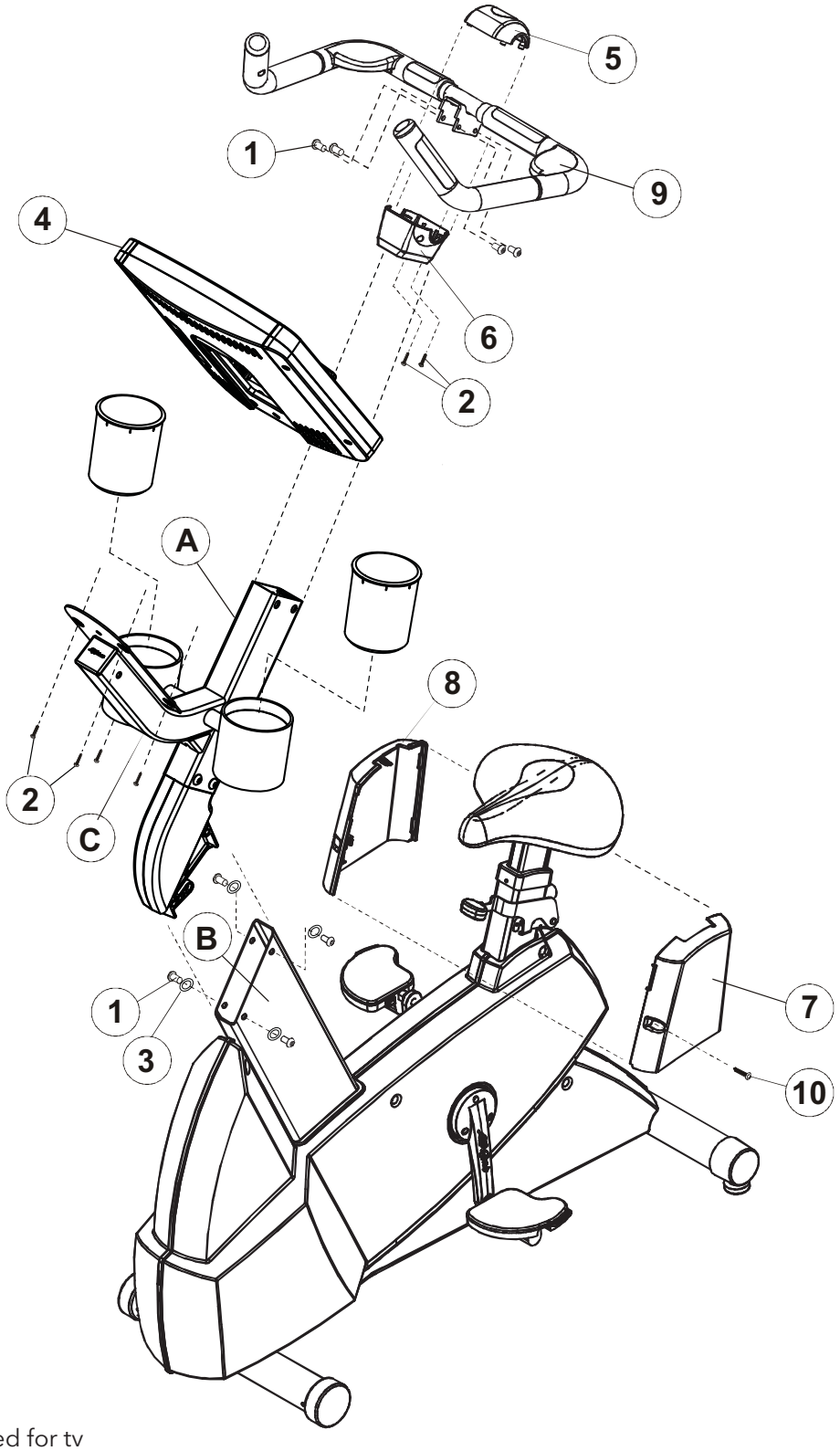
PHILLIPS PAN HEAD SCREW (#2)

Tools Required

- Phillips Screwdriver
- T-45 Torx Driver
- T-20 Torx Driver

Please read this prior to assembly.
The CLSC product is preconfigured to accept the addition of the Life Fitness Attachable TV System. A POWER CABLE and COAXIAL CABLE have been pre-installed. Please read both the product assembly instructions and Attachable TV System assembly instructions (included with the Life Fitness Attachable TV System) prior to assembly.

Route the POWER CABLE and COAXIAL CABLE alongside the MAIN WIRE HARNESS where applicable.



* CSLU is not pre-wired for tv

IMPORTANT!

DO NOT DISCARD THE SHIP KIT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

IMPORTANT!

NE JETEZ PAS LE KIT. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

1. Insert the Upper Console Support Tube (A) into the bike Base (B). Secure using four Torx Button Mounting Bolts (1) and four Washers (3). Tighten the Screws to 15-20 ft. lbs.

2. Locate the Bottom Cover (6). Position the cover as shown with the notch of the center hole facing downward. Slide the Bottom Cover down over the Upper Console Support Tube (A) until it rests against the Front Tube Extension (C).

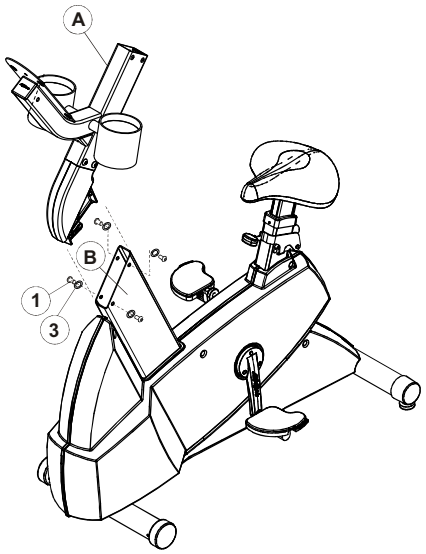
3. Position the Handlebar (9) as shown near the Upper Console Support Tube (A).

4. Connect the 4-Pin Heart Rate Connector (4P) leading from the Handlebar (9) center to the 4-Pin Heart Rate Connector (4P) leading from the Upper Console Support Tube (A).

5. Carefully slide the Handlebar Mounting Flanges (D) into the Upper Console Support Tube (A).

   Note: Be careful not to pinch the heart rate cable when inserting the Handlebar Flanges (D) into the Upper Console Support Tube (A).

6. Secure the Handlebar (9) to the Upper Console Support Tube (A) using four Torx Button Mounting Bolts (1). **Tighten the Screws to 15-20 ft. lbs.**



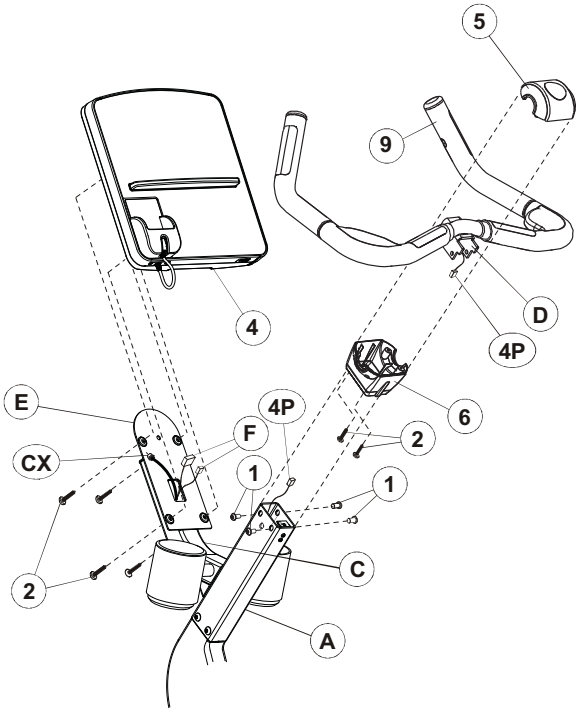
7. Locate the Top Cover (5). Slide the Bottom Cover (6) upward toward the Handlebar (9) until it contacts the Handlebar. Position the Top Cover over the Handlebar and align it to the Bottom Cover. Secure the Top Cover to the Bottom Cover using four Phillips Screws (2) as shown.

8. Position the Display Console (4) above the Mounting Bracket (E) as shown. Attach all Connectors (F) leading from the Display Console Mounting Bracket to the corresponding Connectors located on the back of the Display Console.

9. Attach the Display Console (4) to the Display Console Mounting Bracket (E) using four Phillips Screws (2).

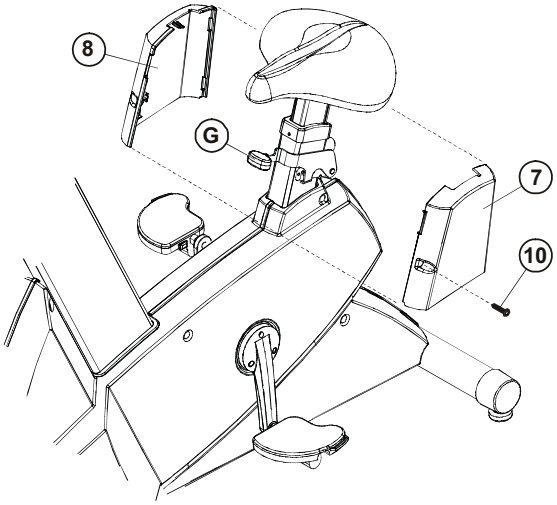
   Note: Be careful not to pinch any cables when securing the Display Console (4) to the Display Console Mounting Bracket (E).

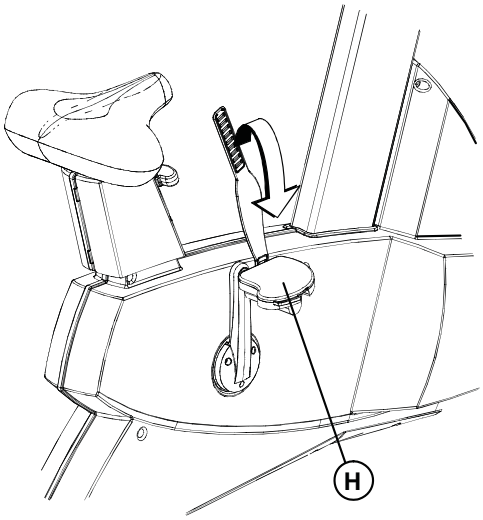
   Tighten the screws securely.



10. Locate the Left and Right Seat Post Shrouds (7 & 8). Position the Left Seat Post Shrouds (7) below the seat covering the Adjustment Lever (G) as shown. Interlock the two tabs of the Right Seat Post Shroud (8) to the corresponding slots of the Left Seat Post Shroud and pivot it forward to meet the Left Seat Post Shroud enclosing the Seat Adjustment Lever. Secure the Seat Post Shrouds together using one Torx / Standard Screw (10).

11. Attach the loose end of the right pedal strap to the Right Pedal (H) with the double slot on the inward pedal strap tab looping upward and attaching to the outward pedal strap tab. Repeat for the left pedal strap (9) marked with an "L".





4 Specifications

4.1 Life Fitness CLSC & CSLU Upright Lifecycle® Exercise Bike Specifications

Designed use:	Heavy / Commercial (CLSC) Home (CSLU)
Maximum user weight:	400 pounds / 181 kilograms
Power requirements:	None *(Optional External Power Supply 100-240 VAC, 1 Amp)*
Console displays:	Elapsed time, total distance, total calories burned, calories burned per hour, heart rate, target heart rate, Watts, METS, workout profile, resistance level, RPM
Workouts, goals, & modes:	Quick Start, Manual, Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, Random, Hill, Time-based Goal, Life Fitness Fit Test, Air Force PRT, Cool Down Mode, Speed Training, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Watts, METS, Aerobics Trainer ***CLSC only:*** Calories Goal, Distance Goal, Time in Zone Goal, Custom Workouts (6), ***CSLU only:*** My Workout Programs (7), EZ Resistance, Sport Training, Bike Mode, Constant Calories Per Hour Mode
Intensity levels:	CLSC: 25 (with an additional level "0" for plug-in units) CSLU: 20
Pedal size:	5 in. X 5.5 in. (127 mm.X 140 mm)
Drive type:	Belt / alternator
Heart rate monitoring systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Ports (2):	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).
Mobile device charging:	5Vdc @ 500mA
Headphone jack:	3.5mm Stereo, 150mW max

Physical Dimensions	
Length	46.5 in. / 118.11 cm (with console)
Width	24 in. / 61 cm
Height	56.75 in. / 144.15 cm (with console)
Weight (base)	114 lbs. / 51.71 kg 118 lbs / 53.52 kg (with console)

Shipping Dimensions (without console)	
Length	48 in. / 122 cm
Width	22 in. / 56 cm
Height	37 in. / 94 cm
Weight	132 lbs. / 59.88 kg