95R Inclusive Recumbent Lifecycle® Exercise Bike

Assembly Instructions

5/12/10 / M051-00K66-B146



inclusive fitness
accredited item
2007-2012

LifeFitness
WHAT WE LIVE FOR

Congratulations...

and welcome to the world of



The following Parts List and the step-by-step assembly procedures have been assembled to make the set-up of the Inclusive Recumbent Lifecycle® Exercise Bike as quick and easy as possible.

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

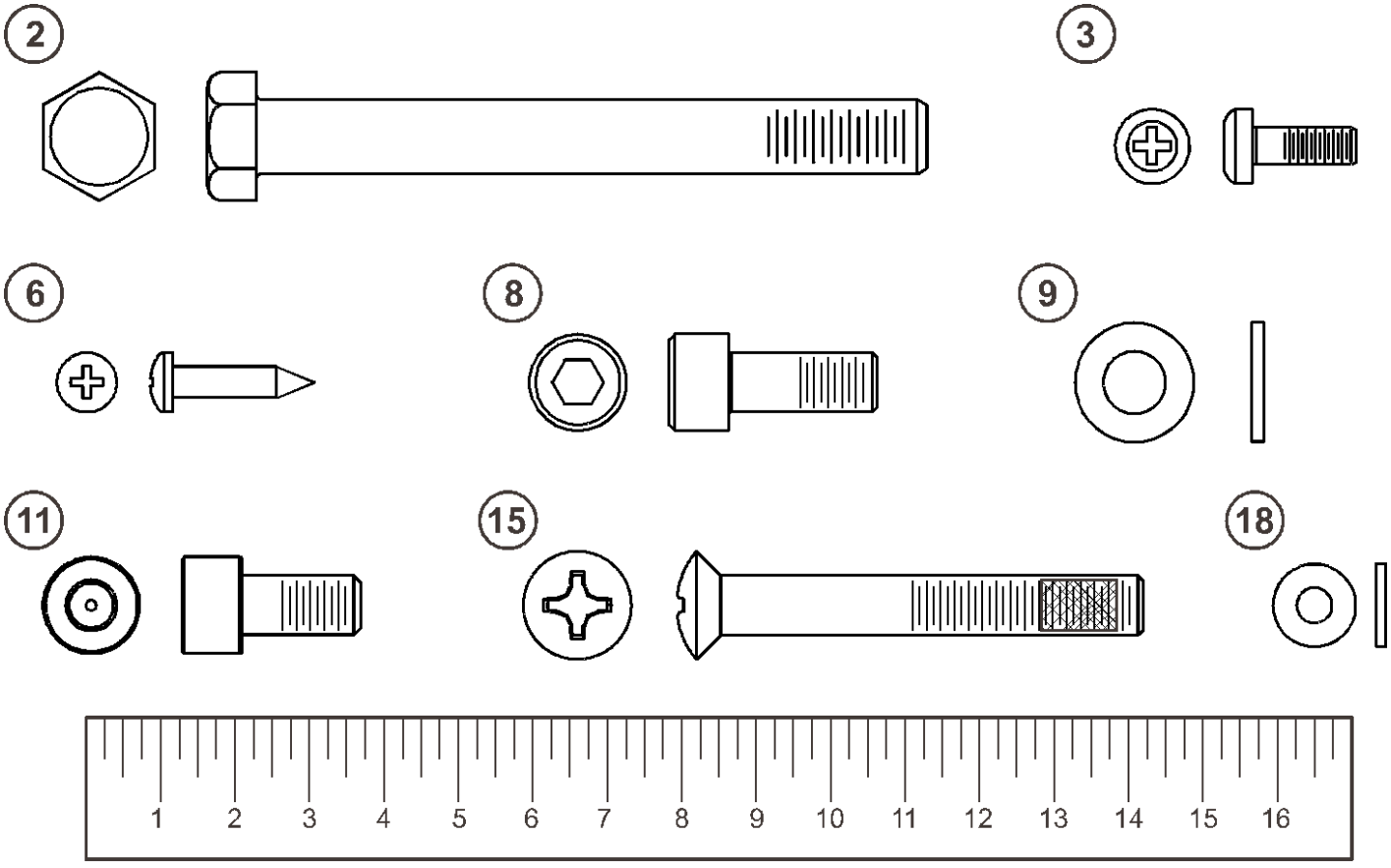
Important Safety Instructions!

- **DO NOT** locate the Exercise Bike outdoors, near swimming pools, or in areas of high humidity.
- **DO NOT** operate your Exercise Bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.
- **DO NOT** locate the Exercise Bike any closer than 76 cm (30 inches) to a television set.
- **DO NOT** locate additional Exercise Bike any closer than a minimum of 107 cm (42 inches) from center to center to avoid interference (cross talk) between Heart Rate monitors.
- **DO** keep the area around your Exercise Bike clear of any obstructions, including walls and furniture.
- **DO** verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.
- **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.

Magnetic #2 Bit Phillips Screwdriver, 6mm Hex Key Allen Driver and Ratchet, Side Cutters, 17mm socket and Ratchet

PARTS DESCRIPTION

1	**Monocolumn Assembly**	Qty: 1	**2**	**M10 X 90MM Screw** 0017-00101-2035	Qty: 3
3	**Phillips Screw** 0017-00101-1796	Qty: 1	**4**	**Display Console**	Qty: 1
5	**Rear Cover**	Qty: 1	**6**	**M5 x 14mm Phillips Screw** 0017-00101-1940	Qty: 4
7	**Handlebar**	Qty: 1	**8**	**M8 X 20MM Screw** 0017-00101-1881	Qty: 8
9	**M8 Washer** 0017-00104-0469	Qty: 10	**10**	**Accessory Tray Holder**	Qty: 1
11	**M8 X 16MM Screw** 0017-00101-2030	Qty: 2	**12**	**Seat**	Qty: 1
13	**Accessory Tray**	Qty: 1	**14**	**Seat Back**	Qty: 1
15	**M8 X 60MM Screw** 0017-00101-2018	Qty: 4	**16**	**Power Block** (for Engage Console Only)	Qty: 1
17	**Power Cord** (for Engage Console Only)	Qty: 1	**18**	**M5 Washer** 0017-00104-0494	Qty: 1
19	**Nut Plate**	Qty: 1	**20**	**Two-Hole Plate**	Qty: 1
21	**One-Hole Plate**	Qty: 1			



Important!

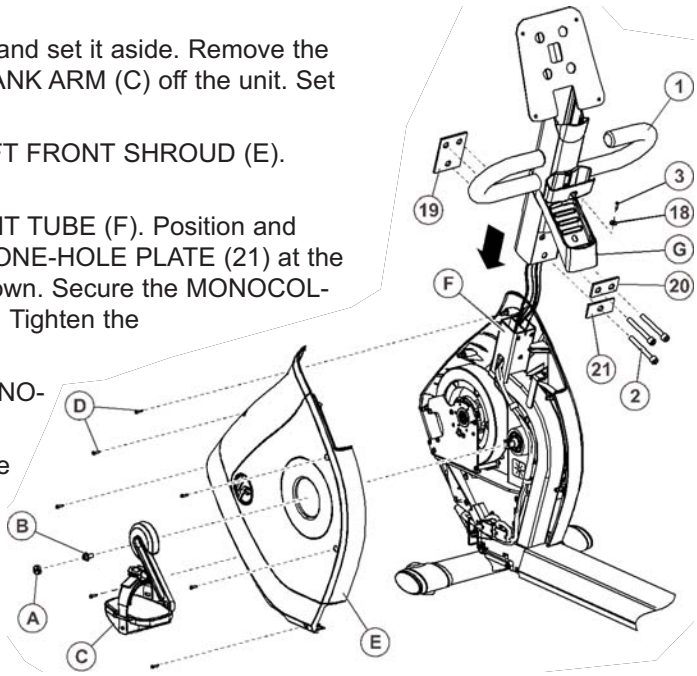
DO NOT DISCARD THE SHIP KIT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

1. Position the unit base near its location for use.

2. Remove the USER LEFT CRANK ARM HOLE PLUG (A) and set it aside. Remove the USER LEFT CRANK ARM SCREW (B) and slide the CRANK ARM (C) off the unit. Set them both aside.

3. Remove the seven SCREWS (D) securing the USER LEFT FRONT SHROUD (E). Remove the FRONT SHROUD and set it aside.

4. Slide the MONOCOLUMN ASSEMBLY (1) over the FRONT TUBE (F). Position and align the NUT PLATE (19), TWO-HOLE PLATE (20) and ONE-HOLE PLATE (21) at the front and back of the MONOCOLUMN ASSEMBLY as shown. Secure the MONOCOLUMN ASSEMBLY using three M10 x 90mm SCREWS (2). Tighten the SCREWS to 50-55 ft lbs.



NOTE: Be careful not to pinch wires when sliding the MONOCOLUMN ASSEMBLY over the FRONT TUBE.

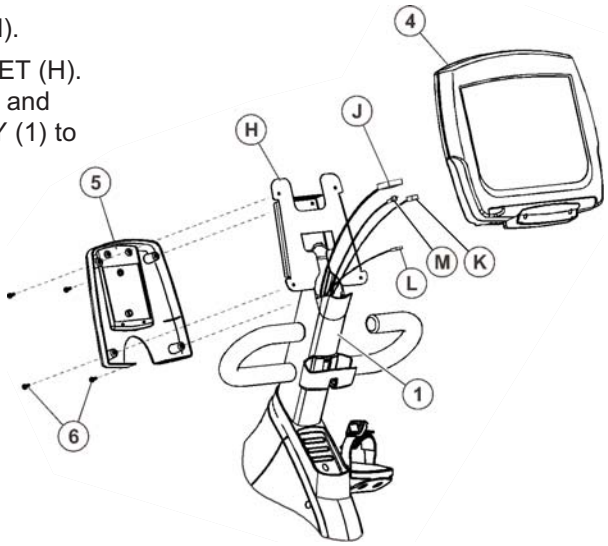
Re-install the USER LEFT FRONT SHROUD (E) using the seven previously removed SCREWS (D).

Re-install the CRANK ARM (C) using the USER LEFT CRANK ARM SCREW (B) previously removed. Tighten the SCREWS to 30-33 ft lbs. Replace the USER LEFT CRANK ARM HOLE PLUG (A).

Slide the FRONT ACCESSORY TRAY (G) downward to meet the FRONT SHROUDS (E). Secure the FRONT ACCESSORY TRAY using one PHILLIPS SCREW (3) and M5 WASHER (18). Tighten the SCREWS securely. Do not overtighten the SCREWS.

5. Cut the wire tie holding the cables to the CONSOLE BRACKET (H).

Position the DISPLAY CONSOLE (4) near the CONSOLE BRACKET (H). Connect the MAIN CONSOLE CABLE (J), NETWORK CABLE (K) and GROUND WIRE (L) leading from the MONOCOLUMN ASSEMBLY (1) to their respective locations in the back of the DISPLAY CONSOLE.



NOTE: If using C-SAFE, connect the NETWORK CABLE to the BLACK JACK. If using ETHERNET, connect the NETWORK CABLE to the SILVER JACK.

NOTE: Be sure all CONNECTORS are fully seated.

Bundle and wire-tie unused cables to the side of the CONSOLE BRACKET center post. Do not block any mounting holes.

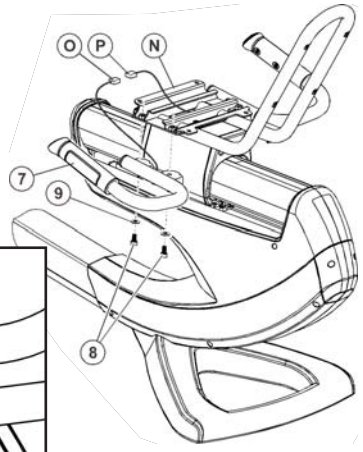
Rest the DISPLAY CONSOLE on the CONSOLE BRACKET. Position the REAR COVER (5) at the back of the DISPLAY CONSOLE and secure together using four SCREWS (6). Tighten the SCREWS securely. Do not overtighten the SCREWS.

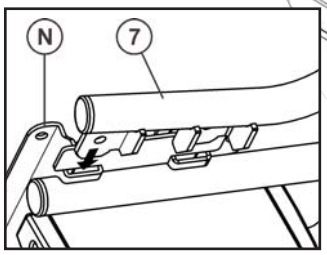
6. Position the HANDLEBARS (7) as shown. Secure each HANDLEBAR to the SEAT FRAME (N) using two M8 x 20mm SCREWS (8) and two M8 WASHERS (9) each.

NOTE: Be sure the the TABS of the HANDLEBARS are inserted into the slots on the underside of the SEAT FRAME as shown in the detail before securing.

Connect the HEART RATE CABLES (O) leading from the HANDLEBARS to the CENTER LEAD (P) located in the SEAT FRAME.

NOTE: Be sure the CONNECTORS are fully seated.

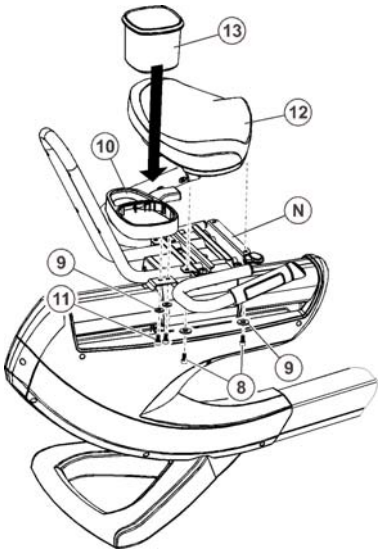




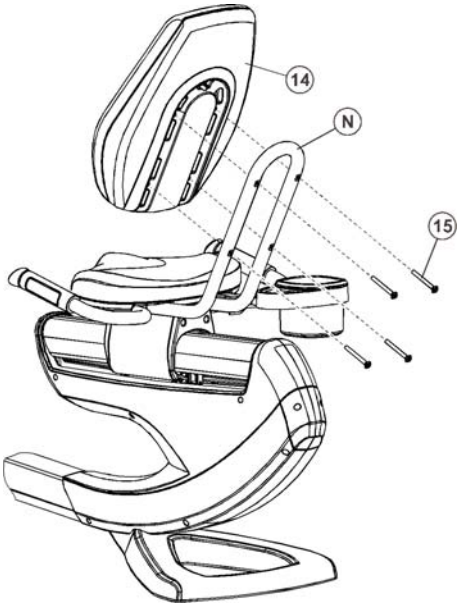
7. Secure the ACCESSORY TRAY HOLDER (10) to the SEAT FRAME (N) using two M8 x 16mm SCREWS (11) and two M8 WASHERS (9). Tighten the SCREWS securely. Do not overtighten the SCREWS.

Secure the SEAT (12) to the SEAT FRAME (N) using four M8 x 20mm SCREWS (8) and two M8 WASHERS (9). Tighten the SCREWS securely. Do not overtighten the SCREWS.

Place the ACCESSORY TRAY (13) into the ACCESSORY TRAY HOLDER as shown. Press down firmly to secure the ACCESSORY TRAY in place.



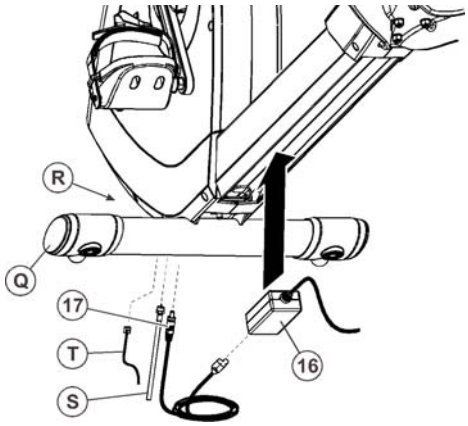
8. Attach the SEAT BACK (14) to the SEAT FRAME (N) using four SCREWS (15). Tighten the SCREWS securely. Do not overtighten the SCREWS.



9. Attaching the Optional Power Block

Position the unit in its final position for use.

Remove the protective liner from one of the provided FASTENER STRIPS. Attach the fastener strip to the bottom of the POWER BLOCK (16). Interlock the remaining FASTENER STRIP to the installed FASTENER STRIP. Remove the remaining protective liner from FASTENER STRIP and secure the POWER BLOCK to the underside of the CENTER FRAME as shown.

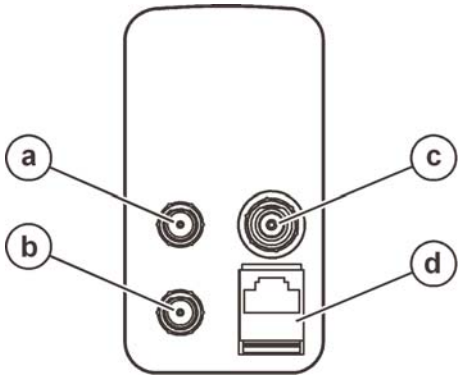


Route the POWER CORD (17) under the FRONT STABILIZER (Q) and install the screw-type connector to the appropriate receptacle of the MEDIA CONNECTOR BOARD (R). Bundle excess POWER CORD and store under the unit.

Connect the BROADCAST SUPPLY CABLE (S) and NETWORK CABLE (T) to the MEDIA CONNECTOR BOARD.

Connect the POWER CORD to the POWER BLOCK.

MEDIA CONNECTOR BOARD RECEPTACLES:



- **a.** 12 V POWER FOR ATTACHABLE TV
- **b.** 36 V EXTERNAL POWER SUPPLY (OPTIONAL)
- **c.** BROADCAST SUPPLY INPUT (COAXIAL)
- **d.** FITNESS NETWORK; C-SAFE OR ETHERNET

Physical Dimensions:

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

PRE-OPERATION CHECKLIST

- ✓ Ensure that all fasteners are tight.
- ✓ Make sure the Inclusive Recumbent Lifecycle® Exercise Bike is properly leveled and stable. (Refer to the Owner's Manual)
- ✓ Ensure that the Leveler Jam Nuts are tight. (Refer to the Owner's Manual)
- ✓ Read the entire Owner'smanual before using the Inclusive Recumbent Lifecycle® Exercise Bike.

Before attempting to operate your Inclusive Recumbent Lifecycle® Exercise Bike, it is imperative that you familiarize yourself with the contents of the Owner's Manual. If your Inclusive Recumbent Lifecycle® Exercise Bike does not respond as described in the Owner's Manual, contact the nearest Life Fitness service center as listed in the Owner's Manual.

Life Fitness Customer Support Services: 0044 (0)1353-66550

Prior to your call, please be sure you have located and noted the MODEL NUMBER & SERIAL NUMBER. Be sure to mention this product is an Inclusive (IFI) unit.

The Model & Serial number information of your Life Fitness Inclusive Recumbent Lifecycle® Exercise Bike is listed on a label located on the front stabilizer.

©2010 Life Fitness, a division of Brunswick Corporation. All rights reserved. Life Fitness is a trademark of Brunswick Corporation.