Integrity Series Upright Lifecycle® Exercise Bike (CLSC)

Operation Manual



M051-00K63-0293 REV B

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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions.
It describes equipment setup and instructs members on how to use it correctly and safely.

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference
Note: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Class SA (Studio): Professional and / or commercial use.



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

Mise en garde : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

This Operation Manual describes the functions of the following product:

Integrity Series Upright Lifecycle® Exercise Bike (CLSC)

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

Statement of Purpose: The Life Fitness Upright Bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.



CAUTION: 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.



Mise en garde: Life Fitness conseille VIVEMENT 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, ou 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 cesser immédiatement.

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.

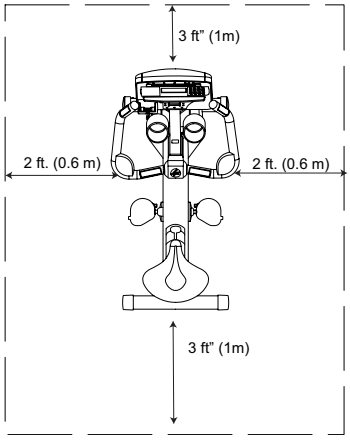
CONSIGNES DE SÉCURITÉ IMPORTANTES

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 SETUP



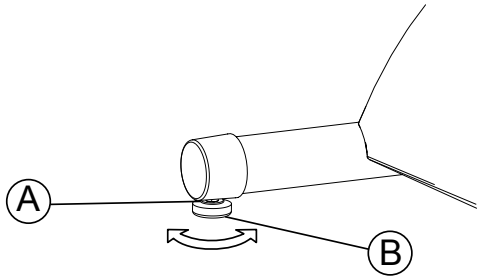
Read the Operation Manual before setting up the Life Fitness Upright Bike. Place the Upright Bike where it will be used before beginning the setup procedure.

WHERE TO PLACE THE LIFECYCLE EXERCISE BIKE

Follow all *Safety Instructions* in Section 1.1 and move the Life Fitness Upright Bike to the location in which it will be used. See Section 4, *Specifications,* for the dimensions of the footprint. Allow 1 foot of clearance in front of the Life Fitness Upright Bike to allow for movement of the pedal levers and at least 2 ft. (0.6 m) on the side. It should be easy to mount the Life Fitness Upright Bike from the side.

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.

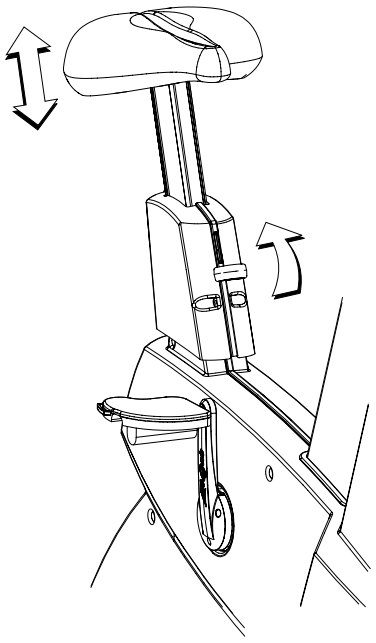


How to Adjust the Seat

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.

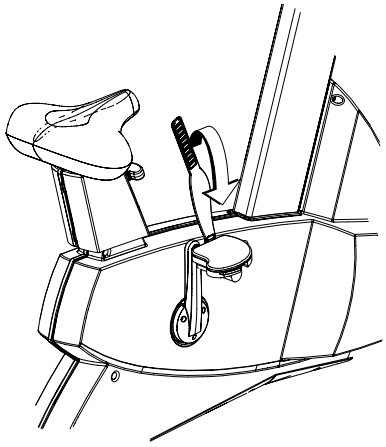
If the seat needs to be adjusted, lift the spring-loaded adjusting handle located on the right, front side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure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

CHECK FOR POWER

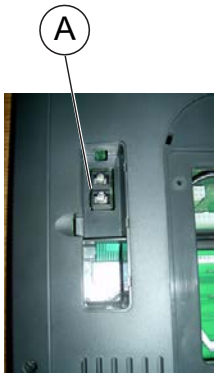
The console is powered by a rechargeable 6-volt battery. Check the battery by pressing the START key. The console should light up, and the MESSAGE CENTER should display a prompt to set up a workout. If this does not occur, mount the Life Fitness Upright Bike and begin pedaling. The console should then light up, making it possible to program a workout. Pedal for 10 to 20 minutes at 1.5 mph (2.4 kph) or faster during a workout to charge the battery. Afterwards, the pedal action during workouts keeps the battery charged. If the console still does not light, contact Life Fitness Customer Support Services (see page one of this manual for more information).

FITNESS AND ENTERTAINMENT NETWORKING

Two interchangeable network ports allow the Life Fitness Upright Bike to be connected to a fitness entertainment system and/or a network, such as FitLinxx™ interactive fitness 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.

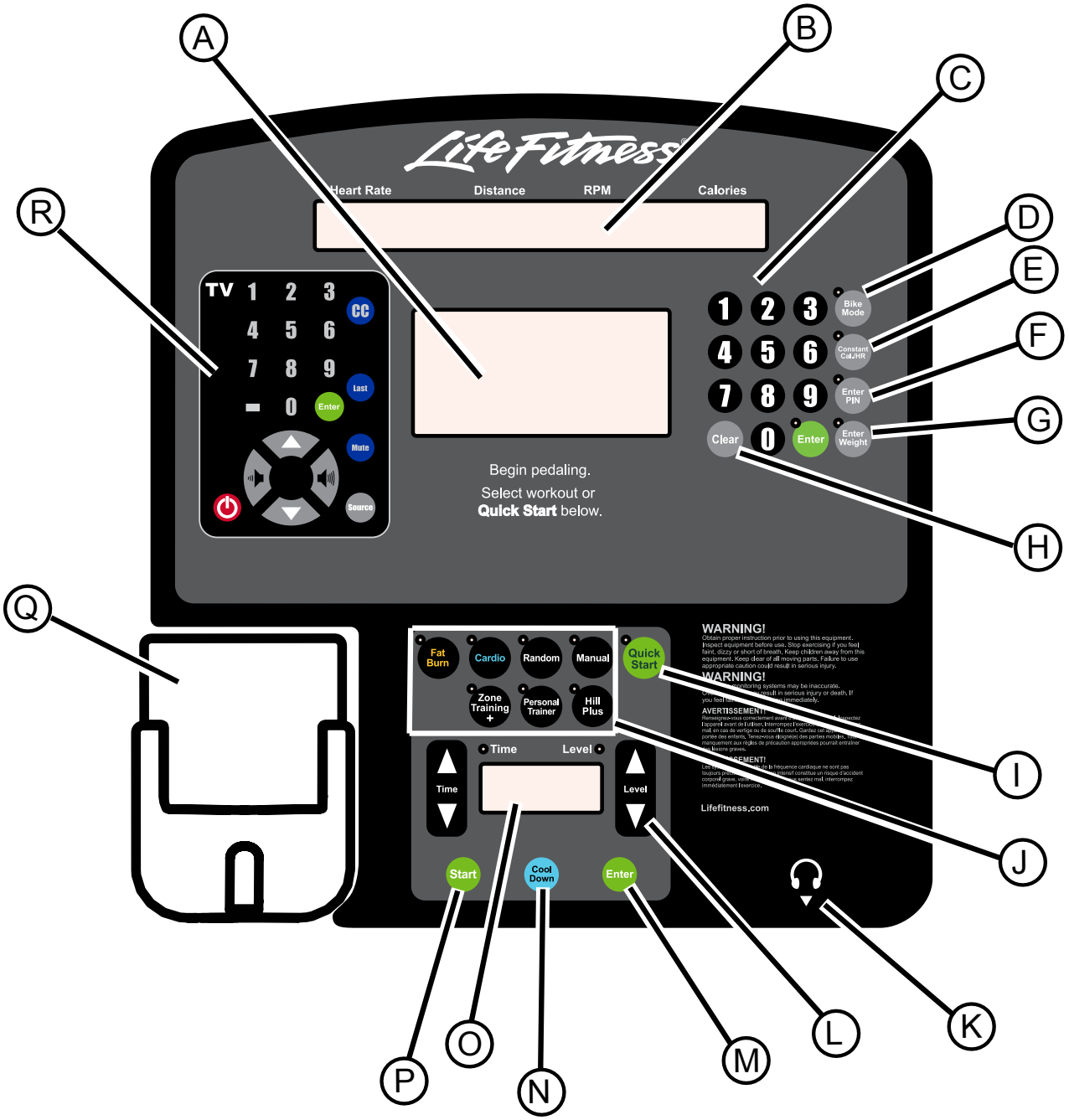
These ports are located on the back of the console and are enclosed by a removable cover. Any use of the ports for other than their intended purpose could void the product warranty.



2 Console Overlay

2.1 Console Overlay

The computerized display console on the Upright Bike allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to another.



2.2 Console Overlay Description

A. WORKOUT PROFILE window: This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The height of the first column on the left side of the window is proportional to the current level of intensity.
During a **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** or **EXTREME HEART RATE** workout, which requires the use of a Polar® telemetry heart rate chest strap or the Lifepulse system sensors, the Workout Profile window displays a flashing heart shape to request the user's heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt "NEED HEART RATE - PLACE HANDS ON SENSORS OR USE TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** program.

B. MESSAGE CENTER: This window displays step-by-step instructions for setting up a workout. During a workout, it displays statistics about the progress of the workout:

- **Heart Rate:** the detected heart rate if the user is wearing the chest strap or grasping the Lifepulse system sensors.
- **Distance:** the total distance traveled in miles (or kilometers if enabled).
- **RPM (Revolutions per Minute):** the pedaling speed or rate.
- **Calories:** the number of calories burned since beginning the workout.

If configured to do so, the MESSAGE CENTER displays other values each time the intensity level changes during the workout:

- **Calories per Hour:** the rate of calories burned per hour.

OR

- **Watts:** effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.
- **METs:** effort level in METs. The MET is an expression of the rate of work for the human body at rest, or a metabolic equivalent; one MET is approximately equal to the metabolism of a person at rest.

C. NUMERIC keypad: Use these keys to enter values, such as length of workout, weight, age, target heart rate, and intensity level. While a workout is in progress, numeric keys can be used to set new intensity levels or change the target heart rate in the **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE** workouts. The ARROW keys have a similar function, except that they change workout parameters by single increments.

D. BIKE MODE: Press this key to activate the Bike workout mode in which the rate of calories burned and the total distance travelled increase automatically as the user increases the pedaling speed.

E. CONSTANT CAL./HOUR: Press this key to activate this alternate workout mode, which enables a user to maintain a consistent rate of calories burned per hour.

F. ENTER PIN key: Log on to the FitLinxx Interactive Fitness Network using a dedicated PIN Number.
A FitLinxx Interactive Fitness Network shall be supported through the CSAFE console port connector as a CSAFE Compatible Device.

G. ENTER WEIGHT key: Press this key to enter a user weight during a workout. Use the ARROW keys or the NUMERIC keypad to enter a weight value.

H. CLEAR key: Press this key, when programming a workout, to clear incorrect data, such as weight or age, before pressing the ENTER key. Pressing CLEAR during a workout stops it immediately, at which point, the MESSAGE CENTER displays a summary of the workout, including total time elapsed, total distance traveled, and total calories burned. Pressing CLEAR a second time causes the MESSAGE CENTER to prompt the user for a new workout setup.

I. QUICK START key: Press this key to begin a manual workout immediately, without having to select a workout program. Once the workout is in progress, use the ARROW keys or the NUMERIC KEYPAD to change the intensity level or workout duration as desired.

J. WORKOUT SELECTION keys: Press any of these keys to select the program identified on the given key's label. These programs include: **FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING +, PERSONAL**

TRAINER, and **HILL PLUS.**

K. HEADPHONE JACK: Headphones must be plugged into the bottom of the console to access sound for optional entertainment systems. The jack is not a user-replaceable feature. Contact Life Fitness Customer Support Services for more information

L. ARROW keys: A pair of UP and DOWN arrows is located on either side of the TIME/LEVEL window. When setting up a workout, use either set of arrows to change workout parameters displayed on the console, such as length of workout, weight, age, target heart rate, and intensity level. During a workout, pressing the arrows on the right (LEVEL) side of the display changes the target heart rate for **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE** workouts or the intensity level for other workouts.

Pressing the arrows on the left (TIME) side increases or decreases the workout duration.
Note: *Whenever an arrow key is pressed during a workout, an increase (up arrow key) or decrease (down arrow key) is made to the corresponding parameter (level). The number that appears reflects that change. For example, if the user is at level 6 and presses the right up arrow key, the number 7 will appear, reflecting that the user has chosen a new level. If the change is desired, press ENTER to accept. If the change is not desired, the user has ten seconds to reset the level to the desired parameter, before the unit accepts the changed value and makes the appropriate adjustments.*

M. ENTER key: Press this key to confirm entries of workout setup values, as displayed in the message center.

N. COOL DOWN key: Workout programs end automatically in a Cool Down mode, which lowers the intensity level. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance.

O. LEVEL / TIME WINDOW: This window displays the programmed intensity level and the time elapsed since the start of the program.

P. START: Press this key to activate the console for programming a new workout. The activated console lights up and displays "SELECT WORKOUT OR PRESS QUICK START". If no key is pressed for 15 seconds and the user stops pedaling, the console shuts down again.

Note: *The Life Fitness Bike's AutoStart feature also activates the console when the user steps on the pedals and begins pedaling.*

Q. MOBILE DEVICE HOLDER: Use the holder for storing mobile devices. Users may charge their devices via the universal USB port

R. TV Keypad: These keys are used to control optional entertainment systems.

Note: *These keys are NOT used for workout program data entry.*

M1 NUMERIC KEYS: Press these keys to enter channels.

M2 CC**:** Use this key to enable the Closed Caption Choice.

M3 LAST: Press this key to see the last channel viewed.

M4 ENTER: Use this key to enter entertainment selections.

M5 MUTE: Press this key to turn off the sound *(Current Selected Source)*.

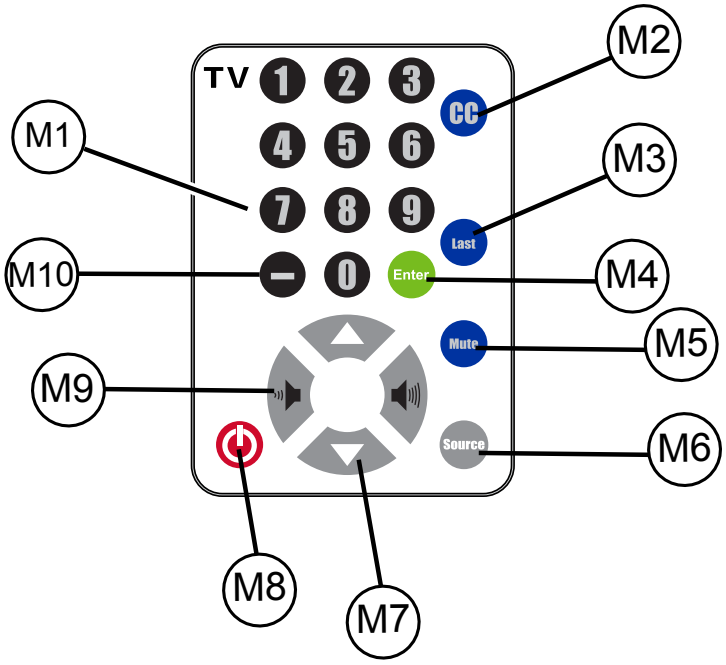
M6 SOURCE SELECT: Use this key to select TV or optional AUX (auxiliary) audio source.

M7 UP/DOWN ARROW KEYS: Use these keys to change channels.

M8 POWER: Use this key to turn the power On and Off.

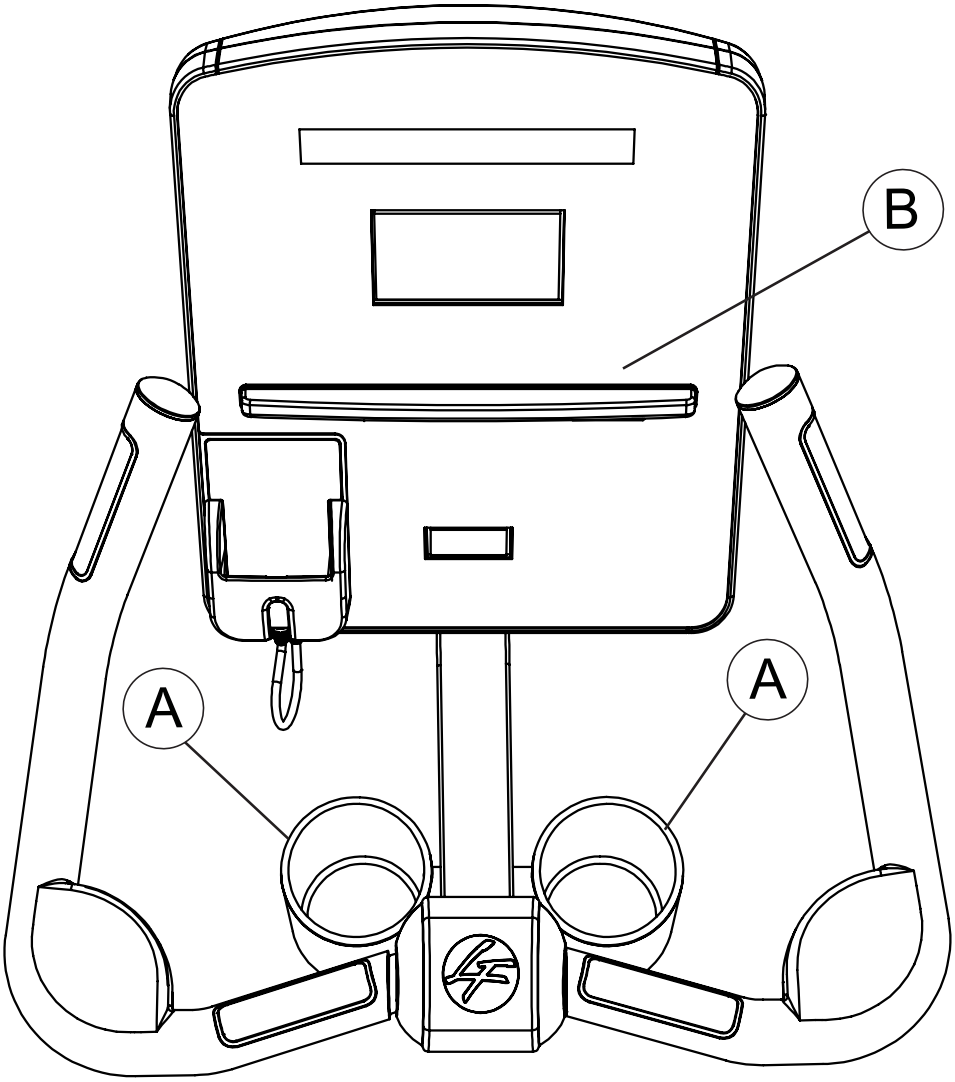
M9 LEFT and RIGHT VOLUME KEYS: Use these keys to adjust the volume up and down *(Current Selected Source)*.

M10 DIGITAL TV TUNER SUB-CHANNEL ENTRY KEY (-): Use this key to enter Digital TV channels.



2.3 Reading Rack and Accessory Trays

The water bottle holder (A) provides easy storage for water bottles. The accessory tray (B), which is mounted near the base of the console, provides a storage tray with space for items such as personal stereos and cell phones. Additionally, an integrated reading rack (C) for allowing a book or magazine is located at the base of the upper panel of the console.



3 Heart Rate Zone Training®

3.1 Why Heart Rate Zone Training Exercise?

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

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal Heart Rate formula is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription", 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

HR Max = 206.9 - (0.67 *age)

The Life Fitness Upright Bike features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

- FAT BURN
- HEART RATE HILL™
- EXTREME HEART RATE™
- CARDIO
- HEART RATE INTERVAL™

Each workout offers different benefits, as discussed in Section 4, *The Workouts*.

NOTE: *Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.*

To change the target heart rate during a workout, simply enter a new target heart rate using the NUMERIC KEYPAD. To switch between programs during a workout, use the WORKOUT SELECTION KEYS.

The Heart Rate Zone Training® workout programs measure heart rate. Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™sensors, to enable the Upright Bike's on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

Age	Theoretical Maximum Heart Rate	65% (Fat Burn)	80% (Cardio)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

NOTE: ***Reference the above chart for Theoretical Maximum Heart Rates and Target Heart Rates.***

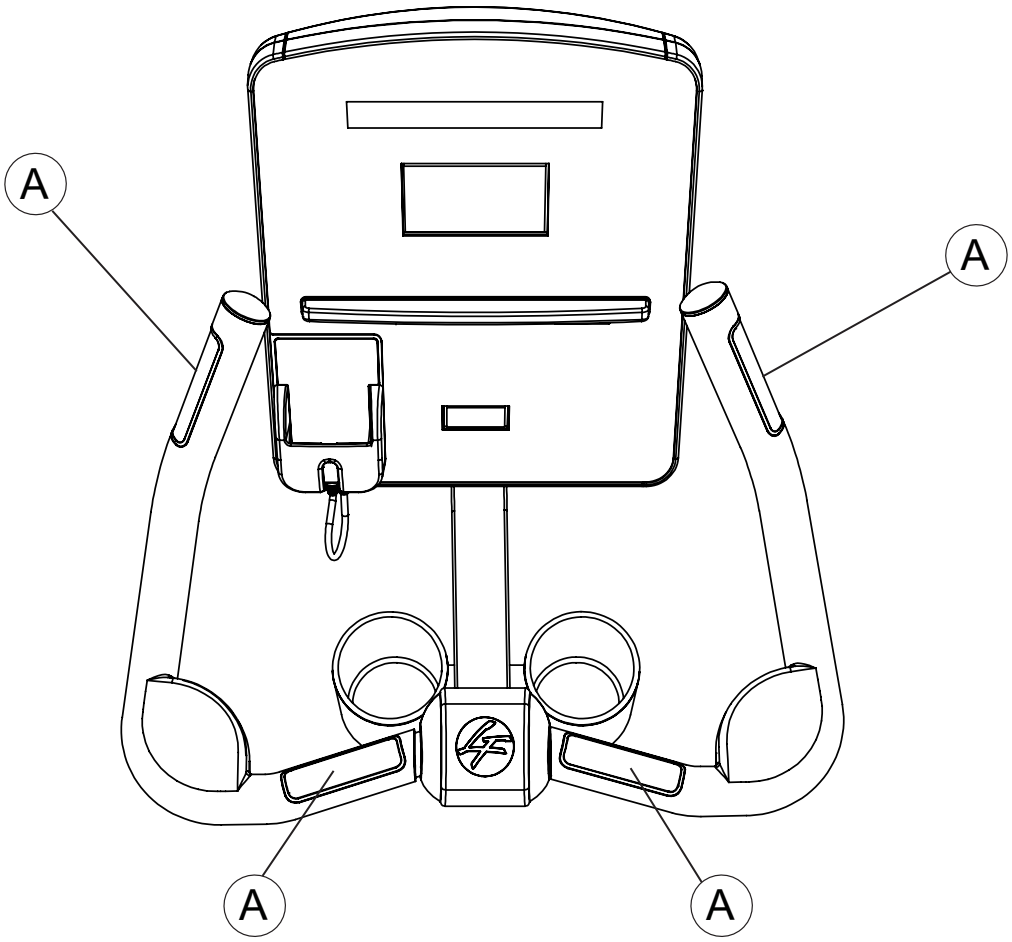
3.2 Heart Rate Monitoring

The Lifepulse™ Digital Heart Rate Monitoring System

The patented Lifepulse system sensors are the built-in heart rate monitoring system on the Life Fitness Upright Bike. For the most accurate reading possible, during a workout:

- Grasp the sensors (A) firmly.
- Hold each sensors at the vertical midpoint.
- Keep hands steady and in place.

The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading: incorrect hand placement on the sensors, upper body activity, lotion or dirt on hands, and excessive or insufficient pressure used when gripping the sensors.



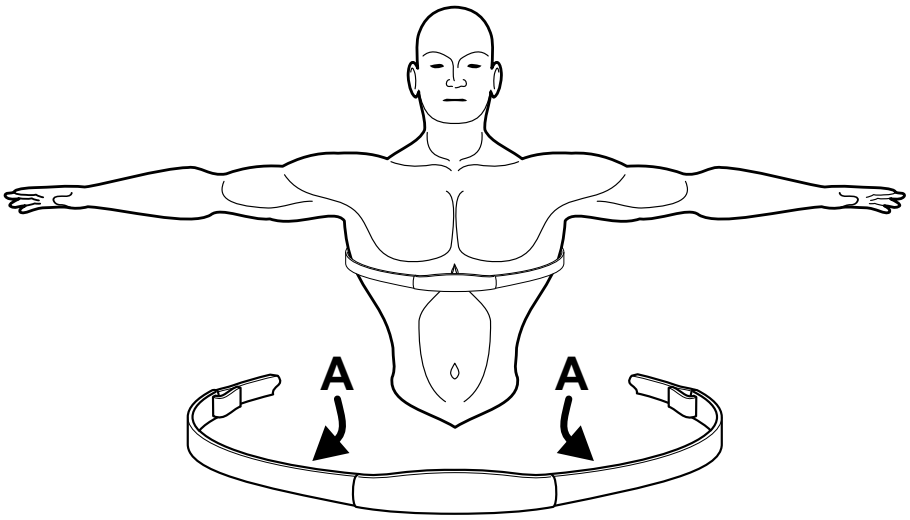
The Optional Polar® Telemetry Heart Rate Chest Strap

The Life Fitness Upright Bike is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the Upright Bike console. These electrodes are attached to a chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact Life Fitness Customer Support Services to order.

See the diagram below for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest 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 delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph. If a Polar telemetry heart rate chest strap is detected, the maximum speed is 14 mph.



4 Workouts

4.1 Workout Overview

The following workouts are pre-programmed for the Lifecycle Bike.

QUICK START is the fastest way to begin exercising. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

MANUAL is a constant effort workout in which the user can change the intensity level at any time.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

FAT BURN is a low-intensity workout for burning a higher percentage of calories from fat. The user wears a Polar telemetry heart rate chest strap, or grasps the LifepulseTM sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.

CARDIO is a higher intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The user wears a Polar telemetry heart rate chest strap or grasps the LifepulseTM sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.

The following workouts are accessed by pressing the **HILL PLUS** key.

HILL is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise.

AROUND THE WORLD is an interval-training workout in which the hills resemble scenes of various geographical areas.

CASCADES is a two-peak workout in which intensity levels gradually increase and decrease.

FOOTHILLS is a rolling hill workout with low intensity levels.

INTERVAL is a HILL workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

KILIMANJARO is a HILL workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

SPEED TRAINING is a HILL workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed training workout.

The following workouts are accessed by pressing the **ZONE TRAINING+** key:

HEART RATE HILL™ takes the user through three different hills based on the target heart rate. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

HEART RATE INTERVAL™ alternates between a hill and a valley based on the target heart rate. The user wears

a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

EXTREME HEART RATE ™ Is an intense workout for more experienced users. It is designed to get the heart rate up and down as quickly as possible. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

The following workouts are accessed by pressing the **PERSONAL TRAINER** key:

LIFE FITNESS FIT TEST estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4-6 weeks.

MILITARY FITNESS TEST is similar to the FIT TEST workout, except that this program is based upon a specific predefined protocol. The available test is:

- **AIR FORCE PHYSICAL READINESS TEST (PRT) -** *(U.S. MILITARY)*

WATTS targets a rate of effort equal to a certain number of Watts. By default, this workout is turned off. For information on making it available, see Section 5, titled System Menu.

METS targets a rate of effort equal to a certain number of METs. By default, this workout is turned off. For information on making it available, see Section 5, titled *SYSTEM MENU*.

AEROBICS TRAINER is a workout in which the MESSAGE CENTER prompts the user to switch continuously between a high and low pedaling speed. The speed intervals alternate in a pattern that promotes a build-up in the intensity of the workout, followed by a build-down in intensity.

4.2 Using the Workouts

This section provides detailed information on setting up and using workouts. For quick-reference setup steps, see the chart at the end of the section.

TO BEGIN A WORKOUT
To mount the Life Fitness Upright Bike, grasp the handles and carefully step on the pedals. To dismount, step off the pedals while still holding the handles. Then let go of the handles.

Without networking, press START or begin pedaling to activate the console. The Message Center displays, "SELECT WORKOUT OR PRESS ENTER TO BEGIN." If it displays a different message, press the Clear key twice in rapid succession.

With optional networking enabled, press START or begin pedaling to activate the console. The Message Center displays, "SELECT WORKOUT OR ENTER PIN USING ENTER PIN KEY". Either select a workout as described below, or log on to the networked exercise database, and then select a workout. To log onto the network, press ENTER PIN, then using the NUMERIC KEYPAD enter the correct digits of the ID number and press ENTER.

SELECTING AND USING QUICK START

QUICK START is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. At the MESSAGE CENTER prompt to select a workout, press the QUICK START key. The workout begins at an intensity level that remains the same unless manually changed.

SELECTING A WORKOUT
For **MANUAL, FAT BURN, CARDIO,** and **RANDOM:** When prompted to select a workout, press the key labeled with the name of the desired workout.

For **HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE:** When prompted by the MESSAGE CENTER to select a workout, press the ZONE TRAINING+ key. The MESSAGE CENTER then displays the name of one of the zone training workouts. Press ENTER to select the displayed workout or continue to press the Zone Training+ key to display each of the other options. Press ENTER to select the desired workout.

For **WATTS, METS, CALORIE GOAL, DISTANCE GOAL, AEROBICS TRAINER, FIT TEST, MILITARY FITNESS TEST,** and **PERSONAL TRAINER WORKOUTS**: When prompted by the MESSAGE CENTER to select a workout, press the PERSONAL TRAINER key. The MESSAGE CENTER displays the name of a workout. Press ENTER to select the displayed workout; or continue to press the PERSONAL TRAINER key to display each of the other options. Press ENTER to select the desired workout.

For **HILL, AROUND THE WORLD, FOOTHILLS, INTERVAL, KILIMANJARO, CASCADES,** and **SPEED TRAINING:** When prompted by the MESSAGE CENTER to select a workout, press the HILL PLUS key. The MESSAGE CENTER then displays the name of the one of these workouts. Press ENTER to select the displayed workout or continue to press the HILL PLUS key to display each of the other options. Press ENTER to select the desired program.

ENTERING WEIGHT
When prompted by the MESSAGE CENTER to enter weight, use the arrow keys to increase or decrease the displayed weight to the correct value (or key in the correct value with the numeric keypad) and press ENTER. The default weight is 150 pounds or 68 kilograms. T

ENTERING AGE
When prompted by the MESSAGE CENTER to enter age, use the arrow keys to increase or decrease the displayed age to the correct value (or key in the correct value with the numeric keypad) and press ENTER.
Life Fitness Upright Bike workout programs that set a target heart rate zone first calculate the user's theoretical maximum heart rate. The HRmax equals 206.9 minus the total of 0.67 multiplied by a person's age. The programs then calculate the target zone as a percentage of the theoretical maximum.

ENTERING TIME
When prompted by the MESSAGE CENTER to enter a time, use the arrow keys to increase or decrease the displayed time to the desired value (or key in the desired value with the numeric keypad) and press ENTER.

SELECTING AND ADJUSTING THE INTENSITY LEVEL
When prompted by the message center, use the ARROW keys to increase or decrease the displayed intensity level or target heart rate to the desired value (or key in the desired value with the numeric keypad) and press ENTER. Adjust the level as needed or desired during the workout.

- **Intensity level:** The Bike provides a selection of 25 intensity levels, with an additional level "0" for plug-in units. The intensity level appears in the Workout Profile window as rows of lights arranged in columns. Selecting a low intensity level at first is recommended. As physical conditioning improves, the levels can be increased.
- **Target heart rate:** Programs that calculate a target heart rate base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the heart rate chest strap or the Life pulse system sensors; it uses this data to adjust the resistance. Manually raising the rate increases the intensity of the cardiovascular exercise.

SELECTING A GOAL TYPE
Workouts can be programmed to target certain type of goals:

- Calories
- Distance
- Time in zone

The **Calories Goal** feature is designed to promote weight loss and weight control. The user sets a calorie goal during the workout setup. Once the goal is met, the workout automatically goes into a Cool Down Phase and ends afterward.

To use this feature:

1. Press the PERSONAL TRAINER key when prompted to select a workout.
2. Continue to press the PERSONAL TRAINER key until the MESSAGE CENTER displays "CALORIES GOAL". Then press ENTER.
3. Enter the desired calorie goal value.
4. Select either the RANDOM, MANUAL or HILL workout.
5. Run through the set-up steps for the selected workout.
6. Begin the workout.

The **Distance Goal** feature is designed to build endurance. The user sets a distance goal during the workout setup. Once the goal is met, the workout automatically goes into a Cool Down Phase and ends afterward.

To use this feature:

1. Press the PERSONAL TRAINER key when prompted to select a workout.
2. Continue to press the PERSONAL TRAINER key until the MESSAGE CENTER displays "DISTANCE GOAL".
3. Press ENTER.
4. Enter the desired distance goal value.
5. Select either the RANDOM, MANUAL or HILL workout.
6. Run through the set-up steps for the selected workout.
7. Begin the workout.

The **TIME IN ZONE GOAL** program enhances **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE** workouts by setting a certain duration within the target zone as a workout goal. The program automatically alters the resistance to maintain a pace that will meet that objective within that duration. Once the objective is met, the workout automatically goes into a Cool Down Phase.

To use the Time In Zone Goal feature:

1. Press the Zone Training+ key when prompted to select a workout
2. Continue to press the Zone Training+ key until the MESSAGE CENTER displays "TIME IN ZONE GOAL". Then press ENTER.
3. Enter weight.
4. Select the duration for staying within the zone.
5. Select a FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, or EXTREME HEART RATE workout.
6. Enter age.
7. Accept or change the target heart rate displayed by the MESSAGE CENTER.
8. Begin the workout.

SELECTING A WORKOUT MODE
Two workout mode options on the Life Fitness Upright Bike feature alternate ways to vary workouts.

- **Bike Mode:** This workout mode simulates the experience of riding a real bicycle. The rate of calories burned and total distance travelled increase automatically as the user increases the pedaling speed. This mode can be used with all workouts, except for FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HEART RATE, WATTS, METS, FIT TEST, and AIR FORCE PRT. To select Bike mode, press the BIKE MODE key.
- **Constant-Calories-Per-Hour Mode:** This workout mode enables a user to maintain a consistent rate of calories burned per hour. As the pedaling speed increases, the resistance level automatically decreases. As the pedaling speed decreases, the resistance level automatically increases. This mode can be used with all workouts. To select it, press the CONSTANT CAL./HR. key.

SWITCHING WORKOUTS "ON-THE-FLY"
It is possible, during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts "on the fly," simply press the key for the desired new workout. This feature is available for all workouts except for AROUND THE WORLD, KILIMANJARO, INTERVAL, CASCADES, SPEED TRAINING, FOOTHILLS, and PERSONAL TRAINER workouts.

PAUSING WORKOUTS
To pause a workout, simply stop pedaling. To continue the workout, resume pedaling. The pause duration lasts 60 seconds, after which the console automatically shuts down.

ENDING WORKOUTS EARLY
To end a workout before the pre-set duration expires, press Clear once. The MESSAGE CENTER then displays a workout summary, which includes the distance travelled, the total calories burned, and other statistics. Press CLEAR a second time and the MESSAGE CENTER displays "SELECT WORKOUT OR PRESS QUICK START" for a new workout.

The chart below lists the steps for setting up each workout.

Quick Start
Press QUICK START
Begin workout

Manual
Press MANUAL
Enter Weight
Enter Time
Enter Incline
Enter Speed
Begin Workout

Random
Press RANDOM
Enter Weight
Enter Time
Enter Level
Enter Speed
Begin Workout

Fat Burn
Press FAT BURN
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Begin Workout

Cardio
Press CARDIO
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Begin Workout

Hill
Press HILL
Enter Weight
Enter Time
Enter Level
Enter Speed
Begin Workout

Personal Trainer Workouts
Press PERSONAL TRAINER repeatedly until PERSONAL TRAINER WORKOUT appears; press ENTER
Select the desired workout number (1-6); press ENTER
Begin workout

Heart Rate Hill™
Press ZONE TRAINING+ repeatedly until HEART RATE HILL appears;
press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Begin Workout

Heart Rate Interval™
Press ZONE TRAINING+ repeatedly until
HEART RATE INTERVAL appears; press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Speed
Begin Workout

Extreme Heart Rate™
Press ZONE TRAINING+ repeatedly until
EXTREME HEART RATE appears; press ENTER
Enter Weight
Enter Time
Enter Age
Enter Target Heart Rate
Enter Walk Speed
Enter Jog Speed
Begin workout

Life Fitness Fit Test
Press FIT TEST repeatedly until
FIT TEST = 5 MIN appears; press ENTER
Enter Weight
Enter Age
Enter Gender
Enter Speed
Begin Workout

Interval
Press HILL PLUS repeatedly until INTERVAL appears;
Press ENTER
Enter weight
Enter time
Select level
Begin workout

METS
Press Personal Trainer repeatedly until METS appears; press ENTER
Enter weight
Enter time
Enter METs goal value
Begin workout

Aerobics Trainer
Press PERSONAL TRAINER repeatedly until AEROBICS TRAINER appears; press ENTER
Enter time
Select level
Begin workout

Around the World
Press HILL PLUS repeatedly until AROUND THE WORLD appears; press ENTER
Enter weight
Enter time
Select level
Begin workout

Cascades
Press HILL PLUS repeatedly until CASCADES appears; press ENTER
Enter weight
Enter time
Select level
Begin workout

Air Force PRT
Press personal trainer repeatedly until air force PRT appears;
press ENTER
Enter weight
Enter height
Enter age
Enter gender
Answer prompt
Begin workout

Foothills
Press HILL PLUS repeatedly until Foothills appears; press ENTER
Enter weight
Enter time
Select level
Begin workout

Kilimanjaro
Press HILL PLUS repeatedly until KILIMANJARO appears; press ENTER
Enter weight
Enter time
Select level
Begin workout

Speed Training
Press HILL PLUS repeatedly until SPEED TRAINING appears; press ENTER
Enter weight
Enter time
Select level
Begin workout

Watts
Press Personal Trainer repeatedly until WATTS appears; press ENTER
Enter time
Enter Watts goal value
Begin workout

4.3 Workout Descriptions

QUICK START is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level, use the LEVEL arrow keys or use the NUMERIC KEYPAD to enter a higher or lower level number.

MANUAL
The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired using the arrow keys.

RANDOM
The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

FAT BURN
The **FAT BURN** workout is designed to maintain a user's heart rate at 65% of the theoretical maximum (HRmax) for optimal results. Throughout the workout, the user wears a Polar telemetry heart rate chest strap or grasps the LifepulseTM sensors. If the user is not wearing a Polar telemetry heart rate chest strap, the WORKOUT PROFILE WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grasp the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the Upright Bike to reach and maintain the target. This system eliminates over-training and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

CARDIO
The **CARDIO** workout is virtually identical to Fat Burn, however the target heart rate is calculated at 80% of the theoretical maximum (HRmax). The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

PERSONAL TRAINER

• CUSTOM WORKOUTS
The Upright Bike console stores up to six custom workouts. For information on creating these workouts, see *Programming Custom Workouts* in Section 6.

To use CUSTOM WORKOUTS, press the PERSONAL TRAINER KEY repeatedly until the MESSAGE CENTER displays "personal trainer workouts". Then, press ENTER. The MESSAGE CENTER displays a prompt to select a custom workout number, ranging from 1 to 6. Using the ARROW KEYS or the NUMERIC KEYPAD, select the number and press ENTER. If a workout has not been created for that number, the MESSAGE CENTER simply scrolls to the next number. If a workout has been created for the selected number, the MESSAGE CENTER displays successive prompts to enter the weight and choose a speed. After these entries are provided, the workout begins.

• DISTANCE GOAL
This workout is designed to build endurance. The objective is to cover a certain distance in miles. Once the objective is met, the workout automatically goes into a cool down phase, and ends afterward.

NOTE: When a user sets this goal with the TIME ARROW keys, the console displays the values in .10-mile increments.

• CALORIES GOAL
This workout is designed to promote weight loss and weight control. The objective is to burn a certain number of calories in the selected time duration. Once the objective is met, the workout automatically goes into a cool down phase, and ends afterward.

• TIME IN ZONE GOAL
The Time in Zone Goal program, a feature of Heart Rate Zone Training®, enhances FAT BURN and CARDIO workouts by setting a duration for staying within the target zone as the workout goal. Once the duration objective is met, the workout goes into a cool down phase.

• SPORT TRAINING™
This distance-goal workout is designed for runners training for races. The program creates realistic terrains by setting different incline levels throughout the course. Incline grades depend on the difficulty levels selected during the workout setup. A 1.5% incline grade, which is the baseline level, simulates a flat running surface. A zero percent grade simulates running downhill. Incline durations range between 30 and 60 seconds. The course ends when the distance goal is met. Two Sport Training programs are available on the Upright Bike:

- Sport Training (5K) is a 5-kilometer, or 3.1-mile, course.
- Sport Training (10K) is a 10-kilometer, or 6.2-mile, course.

HILL

The Life Fitness-patented HILL workout offers a variety of configurations for interval training. Intervals are periods of intense cardiovascular exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of illuminated LEDs, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardiorespiratory improvement than steady-pace training.

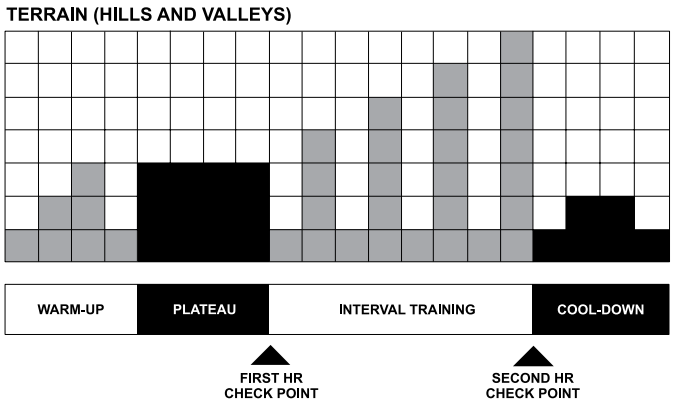
The HILL workout goes through four phases, each marked by different intensity levels. The WORKOUT PROFILE window displays the progress of these phases. As noted in the descriptions below, the heart rate should be measured at two stages in the workout to gauge its effectiveness. Wear the Polar telemetry heart rate chest strap or continuously grip the Lifepulse™ handles. The MESSAGE CENTER does not display a request for a heart rate measurement, as it does with CARDIO, FAT BURN and the HEART RATE ZONE TRAINING programs.

1. *Warm-up* is a phase of low, gradually rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.

2. *Plateau* increases the intensity slightly and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.

3. *Interval Training* is a series of increasingly steeper hills alternating with valleys or stints of recovery. The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.

4. *Cool Down* is a low-intensity phase that allows the body to begin removing lactic acid and other exercise by-products which build up in muscles and contribute to soreness.



Each column, as seen in the WORKOUT PROFILE WINDOW and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. Each workout is made up of 20 intervals, so the duration of each interval is equal to the duration of the entire workout divided by 20.

1 to 9 minutes: A workout with a duration of less than 10 minutes is insufficient for the HILL program to complete all four phases adequately. The program therefore condenses a workout of this duration at various stages.

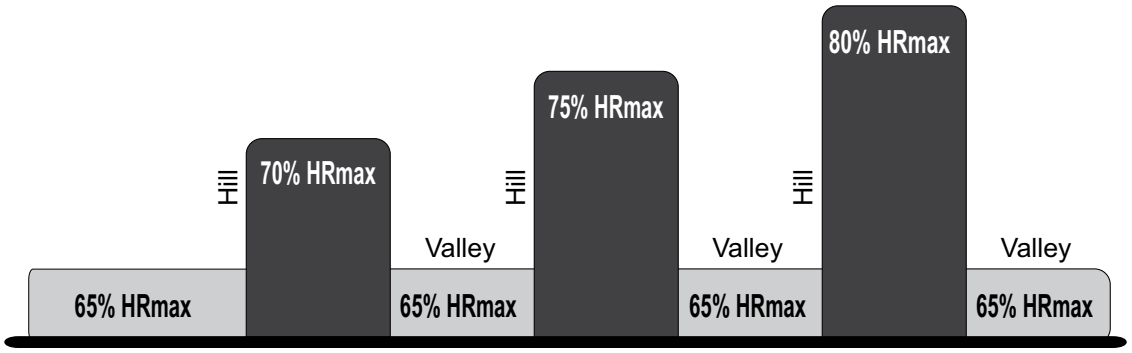
10 to 19 minutes: The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute over 10, each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

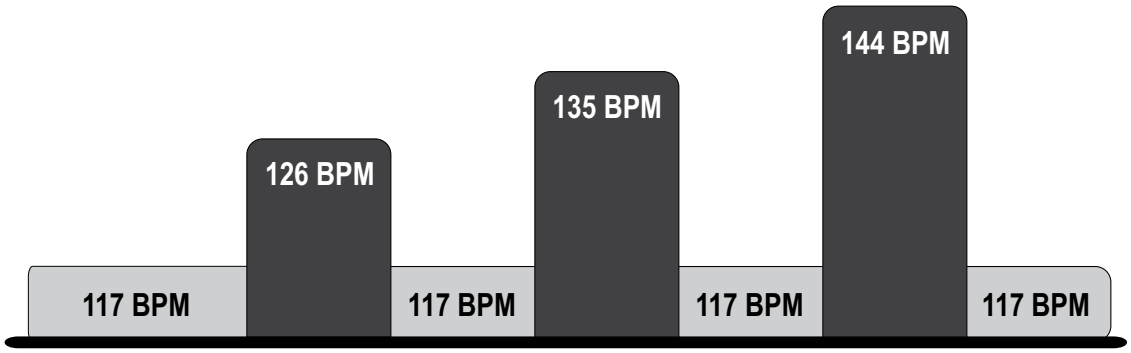
HEART RATE HILL™

This program combines the standard HILL workout profile with the concept of Heart Rate Zone Training. The default target heart rate is calculated as 80% of the theoretical maximum (HRmax), but the user can adjust the target rate during the workout setup. All hills and valleys are percentages of HRmax. The workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 70% of HRmax. The second hill increases the rate to 75% of HRmax. The third hill matches the Target Heart Rate bringing the heart rate to 80% of HRmax. The valley always is defined as 65 percent of HRmax.

After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 70% of HRmax, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 65% of HRmax, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more than 45 seconds, the Upright Bike automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



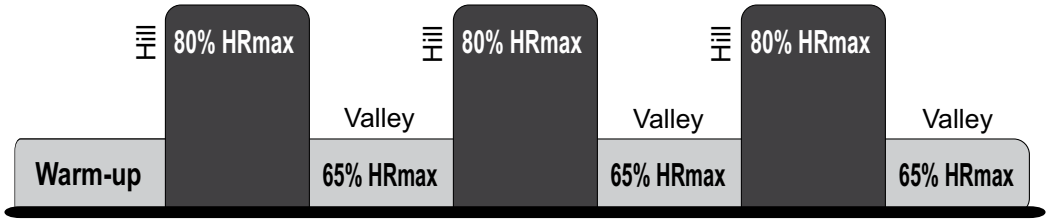
HEART RATE HILL Workout Profile



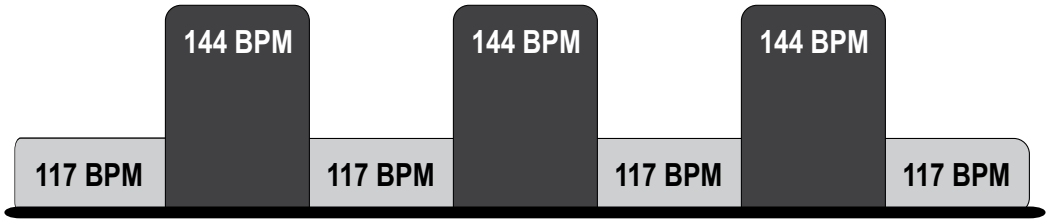
User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

HEART RATE INTERVAL™

This program also combines the standard HILL workout profile with the concept of Heart Rate Zone Training. The default target heart rate is calculated as 80% of the theoretical maximum (HRmax), but the user can adjust the target rate during the workout setup. The workout alternates between a hill, which brings the heart rate up to the target rate of 80% of HRmax, and a valley which brings the heart rate down to 65% of HRmax. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes, then the level decreases into a valley. Once the 65% of HRmax goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a cool down phase. If the heart rate goes above the theoretical maximum for more then 45 seconds, the Upright Bike automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



HEART RATE INTERVAL Workout Profile



User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BF

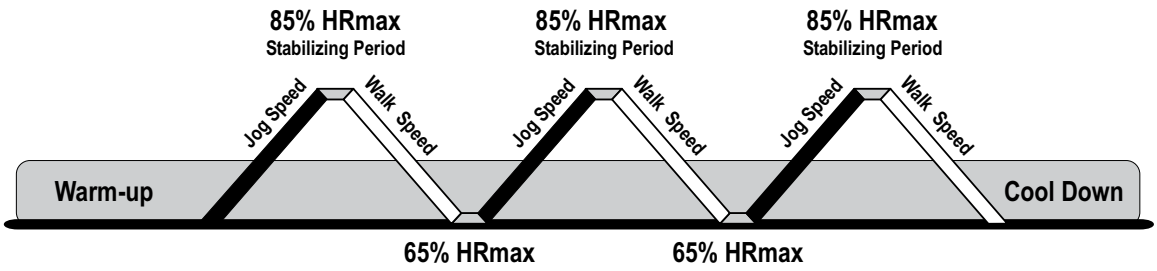
EXTREME HEART RATE™

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates as quickly as possible. The effect is similar to that of running sprints. The user must wear a Polar telemetry heart rate chest strap or grip the Lifepulse sensors throughout the workout.

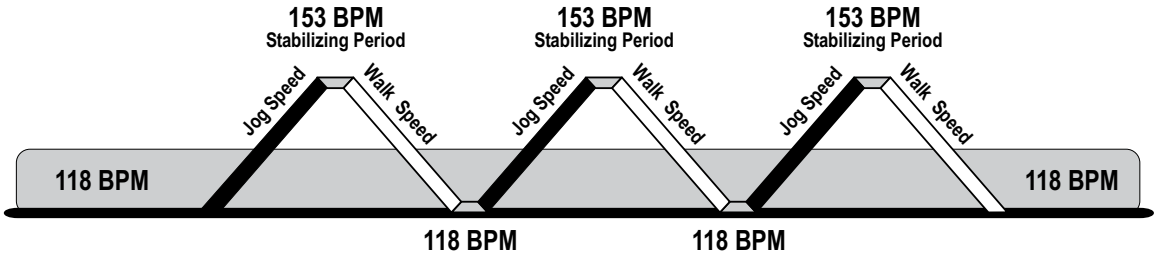
NOTE: *It is recommended that users who run at speeds faster than 4.5 mph wear the Polar telemetry heart rate chest strap and do not use the Lifepulse sensors.*

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the Upright Bike accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal of 85% of the theoretical maximum (HRmax). That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0%, and the Upright Bike slows to the walk speed. When the heart rate falls to the 65% of HRmax goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



EXTREME HEART RATE Workout Profile



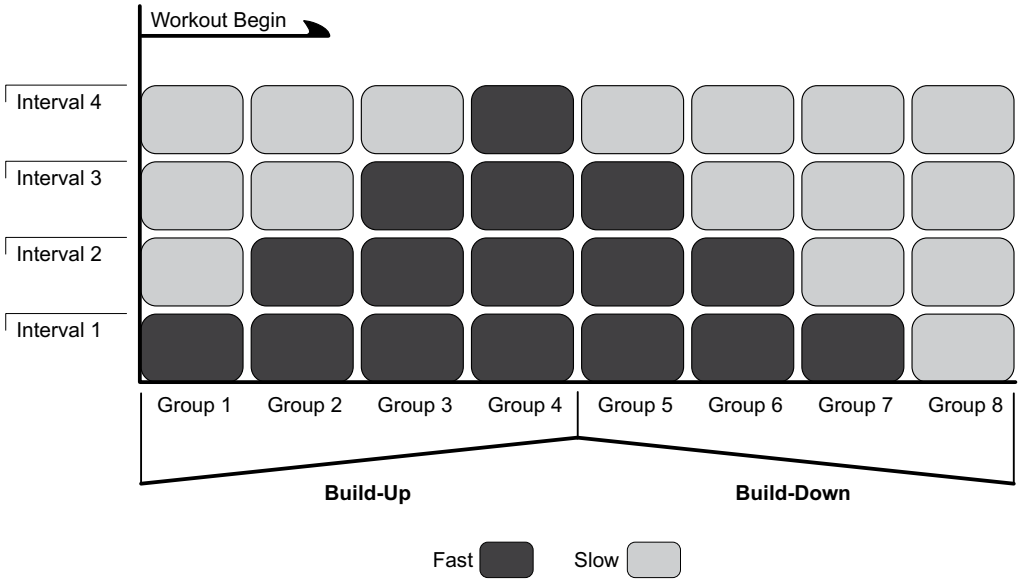
User Example 85 percent of theoretical maximum (HRmax) (40 year old / 153 recommended BPM)

WATTS
This workout targets a rate of effort equal to a certain number of Watts. A Watt is a unit of power that measures the amount of mechanical work required to operate a device, such as a Lifecycle exercise bike. It is roughly equal to .25 calories per hour. The workout program automatically alters the intensity level to maintain the appropriate rate of effort. By default, this workout is turned off. For information on making it available, see Section 5, titled System Menu.

METS
This workout targets a rate of effort equal to a certain number of METs. A MET is a unit of measurement 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. By default, this workout is turned off. For information on making it available, see Section 5, titled Optional Settings.

AEROBICS TRAINER
In this workout, the MESSAGE CENTER continuously prompts the user to switch between a high pedaling speed and a low pedaling speed. These speed intervals alternate in a pattern that promotes a "build-up" in the intensity of the workout, followed by a "build-down" in intensity.

The workout consists of 32 intervals, which are divided into groups of four. In the first group, the user encounters one fast interval followed by three slow intervals. The second group features two fast intervals followed by two slow intervals. The third group features three fast intervals followed by one slow interval. The fourth group, which is the most intense point of the workout, features four fast intervals. Afterward, the workout decreases in intensity, concluding with a group of four, consecutive, slow intervals. See the chart below:



The length of the intervals depends on the workout duration selected by the user.

PERSONAL TRAINER WORKOUTS
Custom interval heart rate and hill workouts may be created by fitness club managers or other authorized personnel. For information about these workouts, consult a fitness club staff member. To select these workouts, press the PERSONAL TRAINER key until PERSONAL TRAINER WORKOUTS is displayed. When prompted by the MESSAGE CENTER, press the number corresponding to the desired workout, using the NUMERIC keypad. Then, press ENTER and begin the workout. See Section 4.4, titled About Personal Trainer Workouts.

FIT TEST

The Upright Bike FIT TEST program is another exclusive feature of this versatile Upright Bike. The Fit Test workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The workout duration will be five minutes total with a one minute warm-up at 0% incline followed by four additional minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score and display the score in the MESSAGE CENTER.

The Fit Test is considered to be a submax VO_2 (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
To set up the Fit Test:

- Press the FIT TEST button repeatedly until the FIT TEST option appears in the message center. Press ENTER to select the FIT TEST option.
- The message center will prompt for a user weight (ENTER WEIGHT). Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input your weight. Press ENTER to accept the weight.
- The message center will next prompt for a user age (ENTER AGE). Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input your age. Press ENTER to accept the age.
- The message center will next prompt for a user gender (SELECT GENDER). Using the UP/DOWN ARROW KEYS, select a gender. Press ENTER to accept the gender selection.
- The MESSAGE CENTER will next prompt for a workout level (ENTER speed)(2-4.5 mph). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the NUMERIC KEYS or UP/DOWN speed ARROW KEYS to enter the corresponding level.

After the five-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
Upright Bike Fit Test Level	2 - 3 mph	3 - 4 mph	3.5 - 4.5 mph
	3.2 - 4.8 kph	4.8 - 6.4 kph	5.6 - 7.2 kph

NOTE: *Upright Bike will incline to 5% after a one minute warm-up.*

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

Within each suggested range, these additional guidelines can be used:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight*
shorter	taller

* In cases of excessive weight, use lower half of range

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 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, 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, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).*

The tables below list fit test results.

Relative Fitness Classification for MEN

Rating	*Elite*	*Excellent*	*Very Good*	*Above Average*	*Average*	*Below Average*	*Low*	*Very Low*
Estimated $V0_2$ Max (ml/kg/min) per Age category								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

Relative Fitness Classification for WOMEN

Rating	*Elite*	*Excellent*	*Very Good*	*Above Average*	*Average*	*Below Average*	*Low*	*Very Low*
Estimated $V0_2$ Max (ml/kg/min) per Age category								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 -35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO_2 max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (*8th E. 2010). It is designed to provide a qualitative description of a user's VO_2 max estimation, and a means of assessing initial fitness level and tracking improvement.

MILITARY FITNESS TEST
The Lifecycle Exercise Bike features an Air Force Physical Readiness Tests (PRT). This test is similar to the fit test workout, except that it does not have a preset time goal. The Air Force PRT is located in the Personal Trainer Workouts.
To begin an Air Force PRT:

Press the PERSONAL TRAINER button repeatedly until the AIR FORCE PRT appears in the message center and press ENTER to select the AIR FORCE PRT option.
The message center will prompt for a user weight (ENTER WEIGHT). Enter a weight between 75 - 400 pounds using the NUMERIC KEYS. Press ENTER to accept the weight.
The message center will next prompt for a user height (ENTER HEIGHT). Enter a height between 36 - 90 inches using the NUMERIC KEYS. Press ENTER to accept the height.
The message center will next prompt for a user age (ENTER AGE). Enter an age between 17 - 70 years using the NUMERIC KEYS. Press ENTER to accept the age.
The message center will next prompt for a user gender (SELECT GENDER). Using the UP/DOWN ARROW KEYS, select a gender. Press ENTER to accept the gender selection.
The message center will next prompt for a user Fitness Level ("Do you participate in Aerobic Activity at least 20 minutes per session 3+ times per week"). Using the UP/DOWN ARROW KEYS, select 'YES' or 'NO'. Press ENTER to accept the selection.

The Air Force PRT begins after the user selects their Fitness Level and presses ENTER. During the PRT the user must maintain 50-80 RPM. If the user pedals outside this range, a warning message is displayed. If the user continues to pedal outside this range for more than 10 seconds, the test is terminated. If the user's heart rate exceeds 85% of their theoretical maximum heart rate, the test is also terminated. The Air Force PRT requires a user's heart rate throughout the test. Heart rate is recorded every minute, and if it is not detected, the test will terminate. The PRT starts with a 2 minute warm-up. After this warm-up, an initial wattage setting is determined from the user's input data. The PRT then monitors a user's heart rate and determines if more resistance is needed. After 6 minutes at a constant wattage, the exercise bike will try to calculate a score.

SIX PRE-SET WORKOUTS

AROUND THE WORLD, CASCADES, FOOT HILLS, INTERVAL, KILIMANJARO, and **SPEED TRAINING** are variations of the **HILL** workout. These workouts cannot be changed "on the fly."
AROUND THE WORLD is an interval-training workout in which the hills resemble scenes of various geographical areas.
CASCADES is a two-peak workout in which intensity levels gradually increase and decrease.
FOOT HILLS is a rolling hill workout with low intensity levels.
INTERVAL is a Hill workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.
KILIMANJARO is a Hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.
SPEED TRAINING is a Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed-training workout.

4.4 PERSONAL TRAINER WORKOUTS

Using the console, fitness club managers and other authorized personnel can create up to six custom workouts for the Life Fitness Upright Bike. Options include custom interval heart rate and hill workouts.

Interval Heart Rate: The trainer can design a workout that sets a different target heart rate for each interval and adjusts the resistance to the user's heart rate.

Hill: The trainer can create a custom hill workout that sets a different intensity level for each interval.

USING PERSONAL TRAINER WORKOUTS
Once **PERSONAL TRAINER** workouts are created, users can access them with the PERSONAL TRAINER key. Each custom workout is identified by a numeral, from 1 to 6. To select these workouts, press the PERSONAL TRAINER key. When prompted by the MESSAGE CENTER, press the number corresponding to the desired workout using the NUMERIC keypad. Then press ENTER and begin the workout.

CREATING A PERSONAL TRAINER WORKOUT
When the console is activated, hold down the Cool down button and press the PERSONAL TRAINER button simultaneously.

Using the ARROW keys, scroll to, and select, the "PERSONAL TRAINER WORKOUT ENTRY" option and press ENTER. (If the alternate option, "ERASE PERSONAL TRAINER WORKOUTS", is selected, the computer deletes setup information for all **PERSONAL TRAINER** workouts and the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUTS ERASED". Then the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUT ENTRY").

Select a number, from 1 to 6, to identify the new workout. Use the NUMERIC keypad or the ARROW keys. Then press ENTER.

If a **PERSONAL TRAINER** workout already has been created for that number, the MESSAGE CENTER displays a prompt to either modify the workout or proceed to another number. Pressing the CLEAR key overwrites the previously created workout, making it possible to create a new workout for that number. Pressing ENTER bypasses the number and proceeds to another number.

If a **PERSONAL TRAINER** workout has not been created for a selected number, the MESSAGE CENTER displays the prompt, "BEGIN PERSONAL TRAINER WORKOUT CREATION".

The MESSAGE CENTER displays a prompt to enter a duration time for the entire workout. Using the NUMERIC keypad, enter a duration and press ENTER.

The MESSAGE CENTER displays a prompt to select the workout type. Options are "TARGET HEART RATE PERCENTAGE" or "LEVEL". The latter type is for custom hill workouts. Use the ARROW keys to toggle between the options, and press ENTER to select one of them.

The MESSAGE CENTER displays a prompt to select a target heart rate or an intensity level for the first interval, depending on the type of workout chosen in an earlier step. Use the ARROW keys or the NUMERIC keypad. A **PERSONAL TRAINER** workout consists of 30 intervals, so the length of each interval is equal to the workout duration value divided by 30. After entering the value, press ENTER. Repeat this set of steps for each of the following 29 intervals. To keep the preceding value for the current interval, simply press ENTER. At the end of this setup, the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUT COMPLETED". The new **PERSONAL TRAINER** workout is ready to use.

Press the ENTER key to set up another workout. OR
Press the CLEAR key. The MESSAGE CENTER will display "SELECT WORKOUT OR PRESS QUICK START."

4.5 Logging On to the Network

When the Upright Bike is connected to a network, the MESSAGE CENTER displays a prompt to log on with a personal ID number. Press Enter PIN, then using the NUMERIC KEYPAD enter the correct digits of the ID number and press ENTER.**Cool Down**

Cool Down
Life Fitness' unique Cool Down Protocol automatically customizes every cool down based on each user's workout performance. Workout performance factors such as speed, incline, duration and heart rate determine the duration and intensity of the cool down.

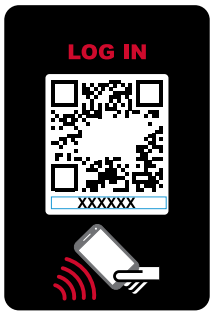
Dimming
The dimming feature controls the brightness of the Upright Bike console display. To change the default brightness setting, press the PERSONAL TRAINER button repeatedly until the MESSAGE CENTER displays "DIMMING," and press ENTER. Then use the ARROW keys to increase or decrease the brightness to the desired setting, and press ENTER to save the new setting, or press CLEAR to revert to the default brightness setting.

If a new brightness setting is selected for a workout, that setting remains in place until it is manually changed, or the workout concludes. When a new workout begins the brightness reverts to the default setting.

5 WIRELESS CONNECTIVITY

Connect Integrity Series cardio equipment to LFconnect.com to

- offer workout tracking for exercisers
- obtain equipment usage information



QR/NFC Label

1. Download the LFconnect Install App. A link can be found at ***www.lftechsupport.com.***
   Note: Requires an Apple or Android device with a data connection and an LFconnect account.

2. Initialize each machine using the install App.

   a. Scan MAC address barcode on connect module.
   b. Scan serial number barcode on base of machine.
   c. Scan QR code label.

3. Enter the following facility information using the install app:
   a. Facility Name
   b. Facility Address
   c. Gateway Serial Number

   Note: *If the App cannot be used at the time of the installation to perform steps 2 and 3 the items listed must be recorded manually and entered at* ***www.lfconnectmoduleinstall.com***

4. Perform a test workout on several machines using the LFconnect app. Verify that results get posted to the LFconnect user account associated with the installer's phone.

6 System Menu

A special system menu is available to Managers and other authorized personnel to allow access to certain Information, diagnostics tests and configuration settings.

6.1 Entering and Using the Service Menu

The System Menu consists of 3 submenus including the Information submenu, Diagnostic submenu and Configuration submenu. To enter the System Menu press and hold down the '5' key on the numeric keypad then press the CLEAR key twice. Continue to hold down the '5' key until the MESSAGE CENTER displays the words CODE VER. X.XX. This is the Information menu which is the default submenu in the System Menu.

Information Menu (CODE VER X.XX)

The Information submenu will display information identifying the software version numbers and their associated part numbers as well as the version numbers of other installed software components. Use this menu when it is necessary to identify the version/part numbers installed on the product. The UP and DOWN arrow keys can be used to navigate through the list of items that may be displayed. Press the CLEAR key once to exit the Information Menu and hence the System Menu.

Diagnostic Menu (SERVICE MENU)

The Diagnostics submenu allows technicians to run system diagnostics. This menu can be entered from the Information Menu by pressing and holding the COOL DOWN key then pressing the ENTER key. The MESSAGE CENTER will display the words SERVICE MENU. Pressing the ENTER key will navigate forward through the list of diagnostic utilities while pressing the CLEAR key will navigate backward. Use the CLEAR key repeatedly to exit the Diagnostic Menu.

Configuration Menu (OPTIONAL SETTINGS)

The Configuration submenu allows the manager to configure options for the product. This menu can be entered from the Information Menu by pressing the ENTER key. The MESSAGE CENTER will display the words OPTIONAL SETTINGS. Pressing the ENTER key will navigate forward through the list of optional settings while pressing the CLEAR key will navigate backward. Use the CLEAR key repeatedly to exit the Configuration Menu. See the next page for a list of configuration options (Optional Settings).

6.2 Manager's Configuration (Optional Settings)

Setting	Default	Description
Pause Timeout	5 Minutes	This sets the maximum time during which a workout can remain in pause mode. *(Available on externally powered units)*.
Maximum Workout Duration	60 Minutes	This feature allows the setting of maximum workout duration limits.
English / Metric Units	English (International: Metric)	This option sets the measurement unit type for weight, distance, and speed.
WATTS Display	Off (International: On)	If this option is enabled, the MESSAGE CENTER displays the Watts equivalent of the step rate.
METS Display	Off	If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the step rate.
Pace Display	On	If this option is enabled, the rate of minutes per mile is displayed.
Calorie Per Hour (CPH) Display	On (International: Off)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
Sleep Mode	Off	The Sleep Time configuration setting controls how long the console will stay powered up from the last key press but before actively engaging the product in exercise. This configuration applies to externally powered products only. Upon entry to this utility the current configuration setting shall be displayed. The UP / DOWN arrow keys shall allow incrementing / decrementing of the Sleep Time value in 1 minute increments respectively. The range of values for Sleep Time shall be 1 through 99 minutes and OFF.
Language Select	Off	If this option is enabled, users can set the User Language. Choices include: English, German, French, Spanish, Italian, Dutch, and Russian.
AUX Source	Off	This setting allows control over whether or not an optional CSAFE compatible audio device attached to the CSAFE connector shall be selectable as an audio source with the Source Select key.
TV Gain	2	This setting allows control over the console earphone volume range for the Life Fitness Attachable TV Source. The range of settings are from 0 (Low) to 7 (High).
Air Force PRT	On *(International Off)*	If this option is enabled, the FITNESS TEST AIR FORCE PRT program becomes an available workout on the bike.

User Language Select

If enabled, this option allows users to select the language by which to interact with the unit during a workout.

To enable the User Language Select option, enter the Manager's Configuration (Optional Settings). Using the TIME UP / DOWN ARROW keys, scroll to language sel. Once language sel appears in the MESSAGE CENTER, press any of the INCLINE or SPEED UP/DOWN ARROW keys to toggle the mode from OFF to ON.

The console will display the message "select language using arrow keys". The user can select from a list of available languages (English, German, French, Spanish, Italian, Dutch, and Russian) using any of the arrow keys. Press enter when the desired language appears to select that language. A workout can now be started using the selected language. Selecting a language is not necessary to begin a workout. Simply press the QUICK START key to start a workout or any of the program keys to begin workout programming using the default language.

7 Service and Technical Data

7.1 Preventive Maintenance Tips

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

NOTE: ***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.***

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.

The following preventive maintenance tips will keep the Life Fitness product operating at peak performance:

- Locate the Life Fitness Upright Bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Life Fitness Approved Cleaners) and a soft cotton cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving arms 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; use non-abrasive cleaner on a soft cloth and then wipe the unit. Contact Life Fitness Customer Support Services for more details.*

Life Fitness Approved Cleaners **(United States Availability 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 for gym staff 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.

7.2 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	

7.3 Troubleshooting the Optional Polar® Telemetry Heart Rate Chest Strap

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipment is in close proximity to other sources of noise such as audio/ video equipment, fans, two way radios, and high voltage/high current power lines.	
Heart rate readings are abnormally elevated	Television sets and/or antennas generate electromagnetic interference.	Move the Upright Bike a few inches away from the probable cause, or move the probable cause a few inches away from the Upright Bike, 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 3 feet (1 meter) generates electromagnetic interference.	

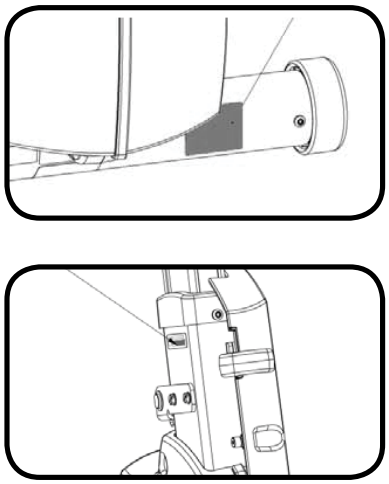
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see Section 3.2).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are 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.

7.4 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 back of the unit near the toe guard as well as under the left rear endcap.

3. Contact Life Fitness Customer Support Services.



Remove plastic shroud to find small serial label location.

7.5 Recycling the Battery

When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must 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.

8 Specifications

8.1 Life Fitness CLSC Upright Lifecycle® Exercise Bike Specifications

Designed use:	Heavy / Commercial (CLSC)
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 Calories Goal, Distance Goal, Time in Zone Goal, Custom Workouts (6),
Intensity levels:	25 (with an additional level "0" for plug-in units)
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

9 Warranty

Model	2 Years	1 Year	6 Months
CLSC Bike	• Electrical & Mechanical Parts	• Labor	• Console Overlay • Shrouds

WHAT IS COVERED:
This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:
The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

HOW LONG IS IT COVERED:
Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart above.
Non-Residential: Warranty void (this Product is intended for residential use only).

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:
If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:
We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED:
Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

WHAT YOU MUST DO:
Retain proof of purchase. Use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, ifnecessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

USER MANUAL:
It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

PRODUCT REGISTRATION:
Register online at www.lifefitness.com/home/product-registration.html. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

HOW TO GET PARTS & SERVICE:
Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY:
THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

CHANGES IN WARRANTY NOT AUTHORIZED:
No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF U.S. STATE LAWS:
This warranty gives you specific legal rights and you may have other rights which vary from state to state.