

SMART SERIES RECUMBENT LIFECYCLE® EXERCISE BIKE

Owner's Manual

9045501 REV B-2



CORPORATE HEADQUARTERS

5100 River Road
Schiller Park, Illinois 60176 • U.S.A.
847.288.3300 • FAX: 847.288.3703
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness Inc.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Telephone: (800) 351 3737
Service Email: customersupport@lifefitness.com
Service Website: www.lifefitness.com/parts
Sales/Marketing Email:
consumerproducts@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email: lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 - 20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Sales/Marketing Email: commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg

Life Fitness Atlantic BV
Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland

Life Fitness UK LTD
Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44) 1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email: kundendienst@lifefitness.com
Sales/Marketing Email: kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email: kundenberatung@lifefitness.com
Operating Hours: 08:30-16:30.h (MEZ)

Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ªª
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: servicio.tecnico@lifefitness.com
Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

Italy

Life Fitness Europe GmbH
Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+39) 02-55378611
Service: 800438836 (In Italy)
Fax: (+39) 02-55378699
Service Email: assistenza@lifefitness.com
Sales/Marketing Email: info@lifefitnessitalia.com
Operating Hours: 08:30 - 16:30h (CET)

All Other EMEA countries & Distributor Business C-EMEA*

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email: service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email: sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

FCC Warning - Possible Radio / Television Interference

Note: *This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

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

Class HB (Home): Domestic use. Class B is not suitable for therapeutic purposes.



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

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

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This Operation Manual describes the functions of the following product:

Life Fitness Recumbent Lifecycle[®] Exercise Bike Model:

Smart Series

Thank you for purchasing a Life Fitness bike. Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your bike. We hope you achieve the product experience on your bike that you expect, but if you do have any service issues please go to the *How to Obtain Product Service* section which will provide information on obtaining domestic and international product service. See *Specifications* in this manual for product specific features.

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



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **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. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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

1 IMPORTANT SAFETY INSTRUCTIONS

WARNING: Read all instructions before using the Life Fitness Lifecycle exercise bike. Save these Instructions.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING: Any adjustment devices that could interfere with the user's movement should not be left projecting.

WARNING: Equipment should be installed on a stable base and be properly leveled.

DANGER: To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.



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



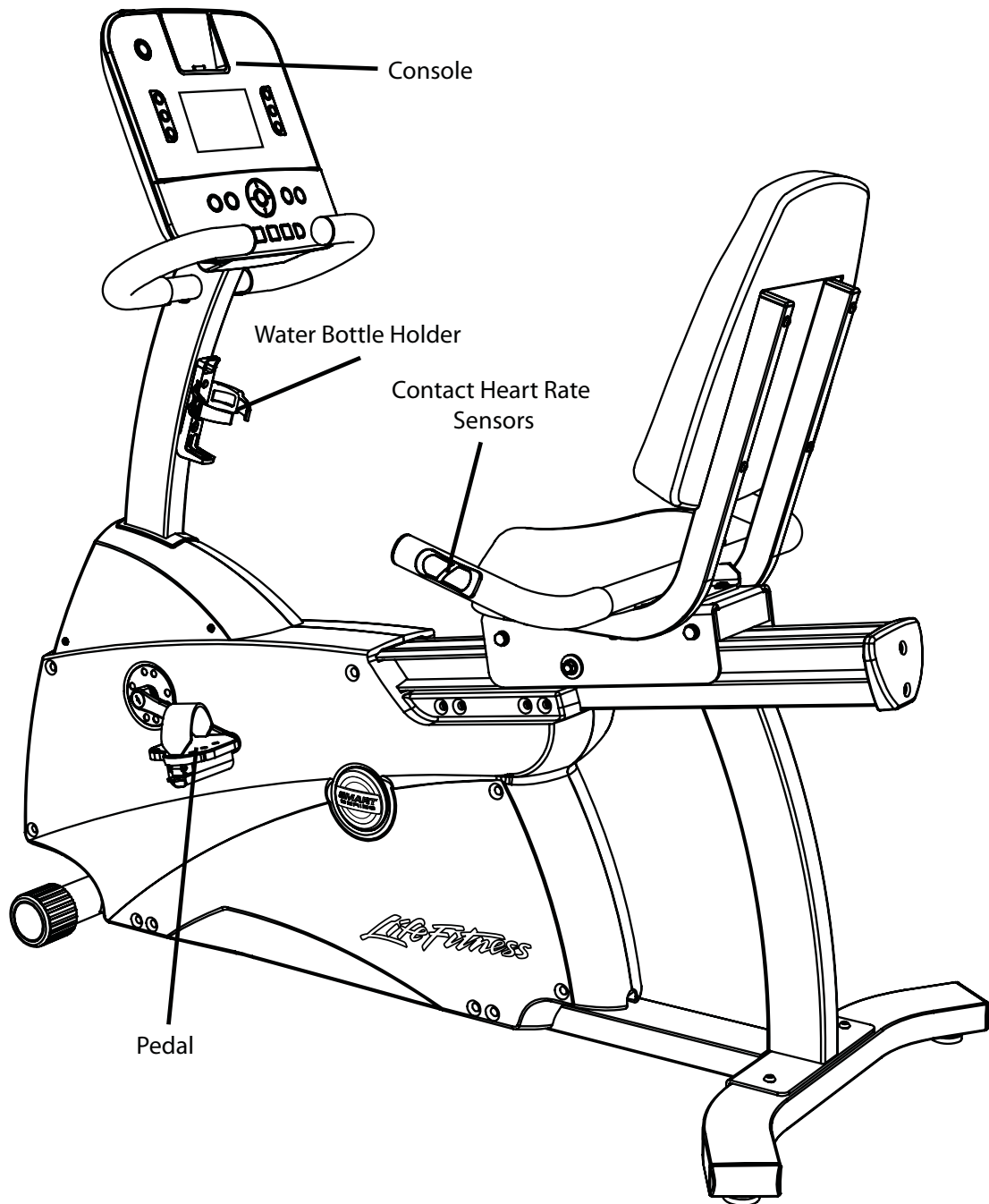
The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The exercise bike is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Never insert objects into any openings in this product. 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.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the exercise bike outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the bike pedals.
- Keep the area around the Lifecycle clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Lifecycle.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the Lifecycle.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the Lifecycle in bare feet.
- Do not tip the Lifecycle on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.

- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact Life Fitness Customer Support Services.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

2 SMART SERIES RECUMBENT LIFECYCLE[®] EXERCISE BIKE OVERVIEW



3 ASSEMBLY

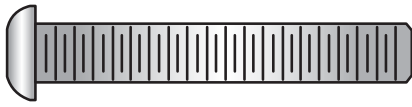
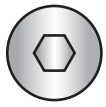
3.1 TOOLS & HARDWARE

Identify the following components after unpacking your Lifecycle. The tools needed for assembling the product are included.

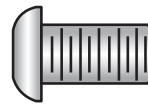
	Quantity	Description
1	2	50mm Button Head Screw
2	10	15mm Button Head Screw
3	5	Flat Washer - 18mm O.D.
4	8	55mm Phillips Screw
5	8	Lock Washer - 12.2mm O.D.
6	0	8mm Phillips Screw
7	1	40mm Button Head Screw with Locking Compound
8	1	Flat Washer - 24mm O.D.
9	1	Rubber Bumper Insert
10	1	1" Rubber Bumper
11	2	12mm Phillips Screw with Locking Compound
12	2	12mm Large Head Phillips Screw
13	2	100mm Hex Head Bolt
14	5	Thick Flat Washer - 16mm O.D.
15	2	60mm Hex Head Bolt
16	6	12mm Small Head Phillips Screw
17	4	Flat Washer - 12mm O.D.
18	4	12mm Self-Tapping Screw
19	0	12mm Phillips Screw
20	0	16mm Phillips Screw
21	0	Nylock Nut
22	0	8mm Self-Tapping Screw

Tools Needed for Assembly:

- Metric Wrench Set
- Metric Allen Wrench Set
- Phillips Screwdriver



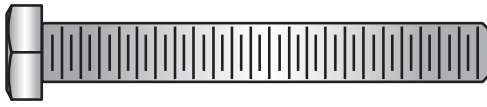
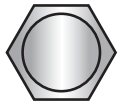
50mm Button Head Screw



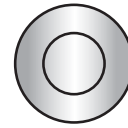
15mm Button Head Screw



Rubber Bumper Sleeve



60mm Hex Head Bolt



Thick Flat Washer - 16mm O.D.



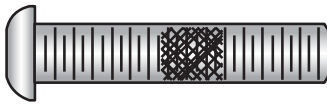
55mm Phillips Screw



12mm Large Head Phillips Screw



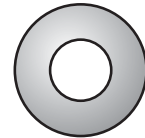
Nylock Nut



40mm Button Head Screw with Locking Compound



12mm Phillips Screw with Locking Compound



Flat Washer - 18mm O.D.



100mm Hex Head Bolt



16mm Phillips Screw



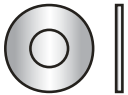
8mm Phillips Screw



8mm Self-Tapping Screw



Lock Washer - 12.2mm O.D.



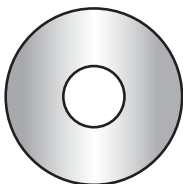
Flat Washer - 12mm O.D.



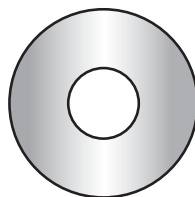
12mm Self-Tapping Screw



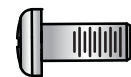
12mm Small Head Phillips Screw



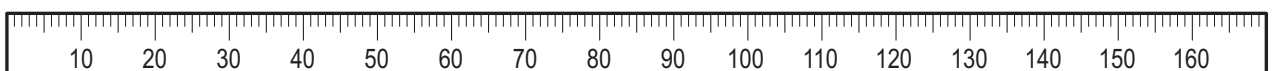
Flat Washer - 24 mm O.D.



1" Rubber Bumper



12mm Phillips Screw



3.2 PACKAGING

Parts: None

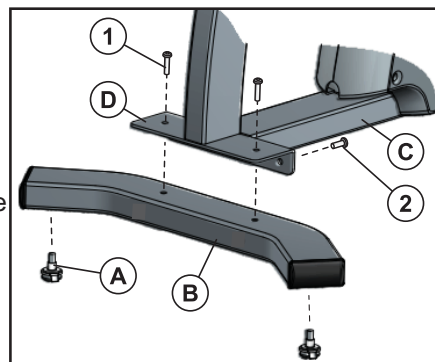
Remove all packaging and place main components to the side of the box. Break box down in each of the four corners.

3.3 ASSEMBLE THE REAR STABILIZER

Parts: Hardware Bag #1 (2, 50mm Button Head Screws)
(2, 15mm Button Head Screws)

Tools: 5mm Hex Head Wrench

Locate and install the two LEVELER FEET (A) to the bottom of the REAR STABILIZER (B). With the bends facing rearward, attach the REAR STABILIZER (B) to the BASE UNIT (C) using two 50mm BUTTON HEAD SCREWS (1) from the top of the REAR STABILIZER BRACKET (D) and two 15mm BUTTON HEAD SCREWS (2) from the front side of the REAR STABILIZER BRACKET. Tighten the SCREWS securely.



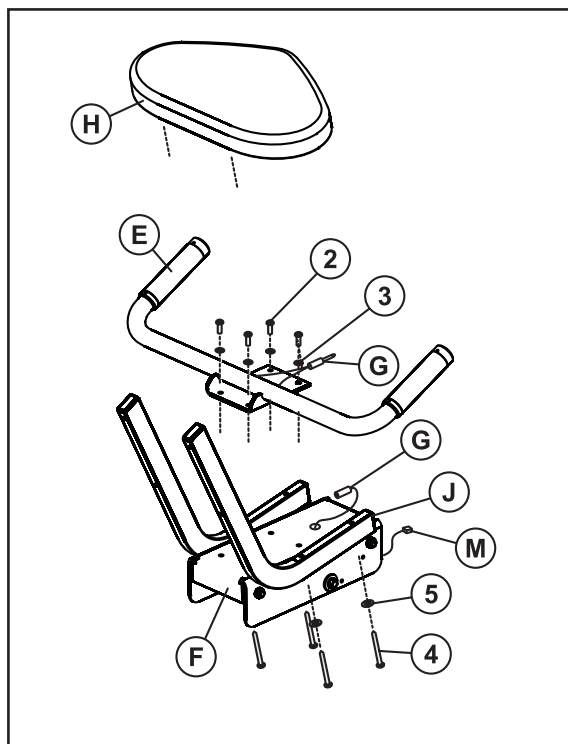
3.4 SECURE HANDLEBAR ASSEMBLY TO SEAT ASSEMBLY

Parts: Hardware Bag #2 (4, 15mm Hex Head Bolts)
(4, 55mm Phillips Screws)
(4, Lock Washers)
(4, 18mm O.D. Flat Washers)

Tools: 5mm Hex Head Wrench, Phillips Screwdriver

Locate the HANDLEBAR ASSEMBLY (E) and the SEAT ASSEMBLY (F). With the handlebars facing upward and forward, align the mounting holes of the HANDLEBAR ASSEMBLY with those in the SEAT ASSEMBLY. Secure the HANDLEBAR ASSEMBLY to the SEAT ASSEMBLY using four 15mm BUTTON HEAD SCREWS (2) and FLAT WASHERS (3). Tighten the SCREWS securely. Connect the CONNECTOR (G) leading from the HANDLEBAR ASSEMBLY (E) with the CONNECTOR (G) leading from the SEAT ASSEMBLY (F). Be sure the connectors fully lock.

Locate the SEAT BOTTOM (H). Align the SEAT BOTTOM mounting holes with those in the LOWER SEAT SUPPORTS (J). Secure the SEAT BOTTOM using four 55mm PHILLIPS SCREWS (4) and LOCK WASHERS (5). Tighten the SCREWS securely.



3.5 SEAT ADJUSTMENT AND SEAT BACK PAD

Parts: Hardware Bag #3 (1, 40mm Button Head Screw with Locking Compound)
(1, 24mm Flat Washer)
(1, Rubber Bumper Sleeve)
(1, Rubber Bumper 1")
(1, 18mm Flat Washer)
(2, 12mm Phillips Screws with Locking Compound)
(2, 12mm Phillips Screws)
(4, 55mm Phillips Screws)

Tools: 5mm Hex Head Wrench, Phillips Screwdriver, 13mm Socket Wrench

Align the guide rollers located on the underside of the SEAT ASSEMBLY (F) with the SEAT EXTRUSION (L). Carefully guide the SEAT ASSEMBLY onto the SEAT EXTRUSION. Slide the SEAT ASSEMBLY fully forward. Connect the WIRE (M) leading from the user left side of the SEAT ASSEMBLY to the JACK located at the left front of the SEAT EXTRUSION. Insert the WIRE (M) into the WIRE HARNESS (N) located next to the JACK.

Note: The WIRE (M), JACK and WIRE HARNESS (N) are located on the user left side of the unit. Items shown on the right for clarity.

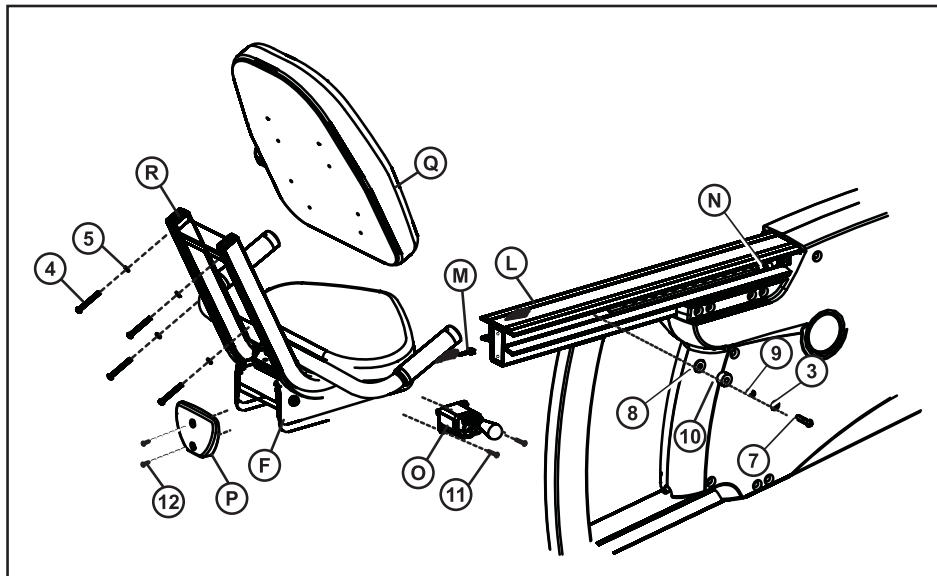
In the hole located on the user right side of the SEAT EXTRUSION (L), behind the SEAT ASSEMBLY (F), install one 40mm BUTTON HEAD SCREW WITH LOCKING COMPOUND (7), one 24mm FLAT WASHER (8), one RUBBER BUMPER SLEEVE (9), one 1" RUBBER BUMPER (10) and one 18mm FLAT WASHER (3) as shown.

Mount the SEAT ADJUSTMENT LEVER (O) to the user right side of the SEAT ASSEMBLY (F) using two 12 mm PHILLIPS SCREWS W/LOCKING COMPOUND (11). Tighten the SCREWS securely.

Note: Be sure to mount the SEAT ADJUSTMENT LEVER (O) with the adjustment knob facing upward as shown.

Locate the SEAT EXTRUSION ENDCAP (P). Secure the SEAT EXTRUSION ENDCAP to the SEAT EXTRUSION (L) using two 12mm PHILLIPS SCREWS (12).

Secure the SEAT BACK PAD (Q) to the UPPER SEAT SUPPORT TUBES (R) using four 55mm PHILLIPS SCREWS (4) and LOCK WASHERS (5). Tighten the SCREWS securely.



3.6 MONOCOLUMN, WIRING AND COVER

Parts: Hardware Bag #4 (2, 100mm Hex Head Bolts)
(5, Thick Flat Washers - 16mm O.D.)
(2, 60mm Hex Head Bolts)
(4, 12mm Phillips Screws)
(4, Flat Washers - 12mm O.D.)
(4, 15mm Button Head Screws)

Tools: 13mm Socket Wrench, 5mm Hex Head Wrench, Phillips Screwdriver

Locate the MONOCOLUMN (S). Slide the MONOCOLUMN COVER (T) onto the MONOCOLUMN as shown. Slide the MONOCOLUMN COVER up to the FRONT HANDLEBAR POSTS (U).

Note: A zip-tie has been included to keep the MONOCOLUMN COVER (T) from falling during assembly.

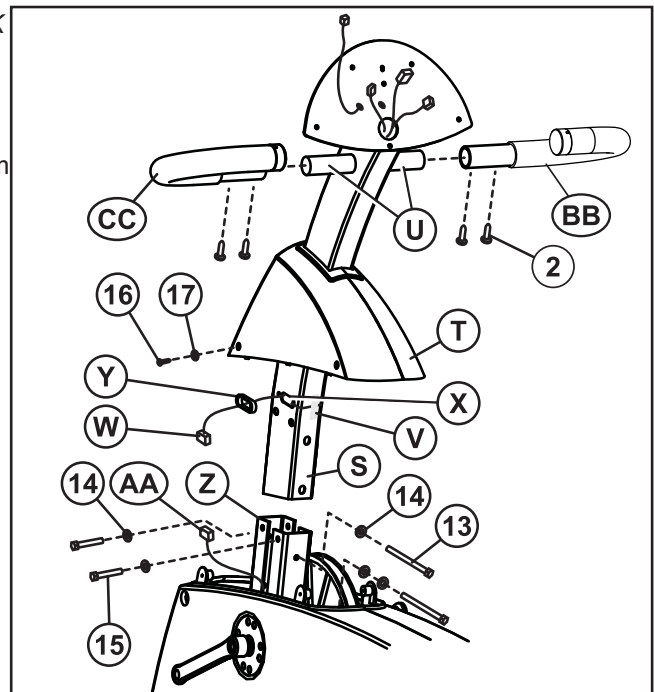
Detach the WIRE TIE (V) attached to the front of the MONOCOLUMN (S). Carefully pull the CONSOLE WIRE (W) through the SIDE ACCESS HOLE (X) of the MONOCOLUMN. Feed the CONSOLE WIRE through the GROMMET (Y) as shown and insert the GROMMET into the SIDE ACCESS HOLE. Slide the MONOCOLUMN (S) into the MONOCOLUMN BRACKET (Z). Slide the MONOCOLUMN down until it is fully seated. Secure the MONOCOLUMN to the MONOCOLUMN BRACKET using two 100mm HEX HEAD BOLTS (13) and three THICK FLAT WASHERS (14) from the front side of the MONOCOLUMN and two 60mm HEX HEAD BOLTS (15) and THICK FLAT WASHERS (14) from the user left side of the MONOCOLUMN BRACKET. Tighten the BOLTS securely.

Note: The two 100mm HEX HEAD BOLTS (13) and three THICK FLAT WASHERS (14) are shown entering from the back side of the MONOCOLUMN for clarity. Please secure from the FRONT side.

CAUTION: Be careful not to pinch the WIRE(s) (AA) leading from the MONOCOLUMN BRACKET (Z) when inserting the MONOCOLUMN (S) into the MONOCOLUMN BRACKET.

Connect the WIRE(s) (AA) leading from the MONOCOLUMN BRACKET (Z) to the corresponding WIRE (W) from the SIDE ACCESS HOLE (X) of the MONOCOLUMN. Slide the MONOCOLUMN COVER (T) downward to meet the MAIN SHROUDS. Secure the MONOCOLUMN COVER to the MAIN SHROUDS using four 12mm PHILLIPS SCREWS (16) and four 12mm O.D. WASHERS (17). Tighten the SCREWS securely. Do not over-tighten the SCREWS.

Attach the RIGHT (BB) and LEFT (CC) FRONT HANDLEBARS (labeled right and left) to the MONOCOLUMN as shown using two each 15mm BUTTON HEAD SCREWS (2). Tighten the SCREWS securely

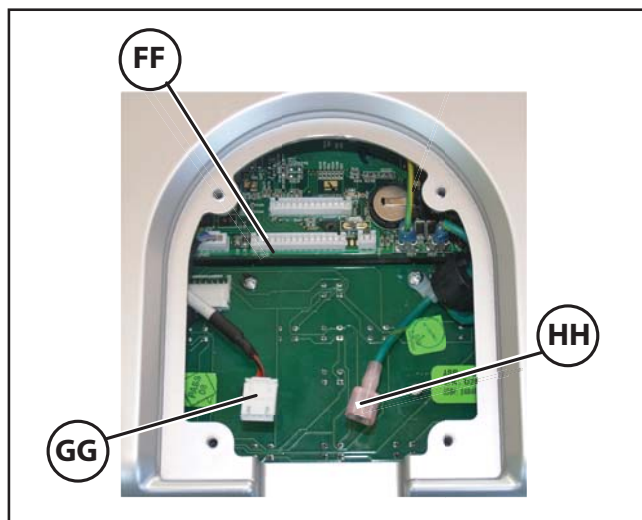
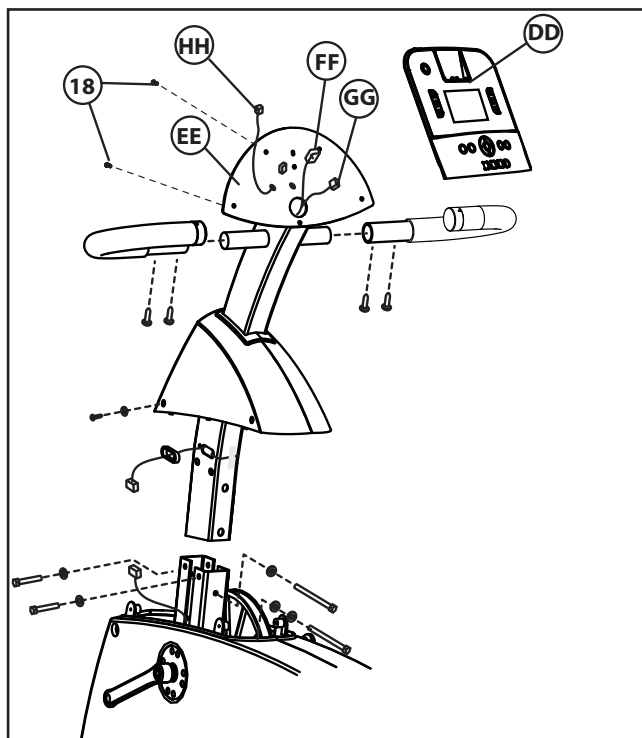


3.7 ATTACH DISPLAY CONSOLE

Parts: Hardware Bag #5 (4, 12mm Phillips Screws)

Tools: Phillips Screwdriver

Remove the DISPLAY CONSOLE (DD) from its shipping carton. Position the DISPLAY CONSOLE above the DISPLAY CONSOLE BRACKET (EE). Connect the CONSOLE WIRE 15-pin connector (FF), HEART RATE WIRE 4-pin connector (GG) and GROUND WIRE single spade (HH) (Green) to the corresponding CONNECTORS located on the back of the DISPLAY CONSOLE. Secure the DISPLAY CONSOLE to the DISPLAY CONSOLE BRACKET using four 12mm PHILLIPS SCREWS (18). Tighten the SCREWS securely. Do not overtighten the SCREWS.



3.8 PEDALS

Tools: 15mm Open End Wrench

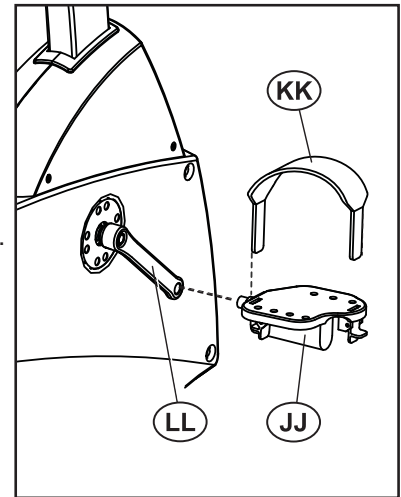
Locate the RIGHT PEDAL (JJ) (marked with an "R") and PEDAL STRAP (KK) (marked with an "R"). With the side of the PEDAL STRAP marked with an "R" facing upward, slide the slotted end of the PEDAL STRAP through the left slot in the PEDAL. Fasten one of the slots onto the tab located under the left slot of the PEDAL. Bend the PEDAL STRAP upward and slide the remaining end of the PEDAL STRAP through the right slot in the PEDAL and into the strap adjustment clip. The PEDAL STRAP should securely engage the strap adjustment clip.

Install the RIGHT PEDAL (JJ) to the USER RIGHT CRANK ARM (LL).

Repeat for the LEFT PEDAL (marked with an "L") and PEDAL STRAP (marked with an "L").

Note: The LEFT PEDAL has reverse threads.

Note: Pedals need to be securely tightened or clicking may occur.

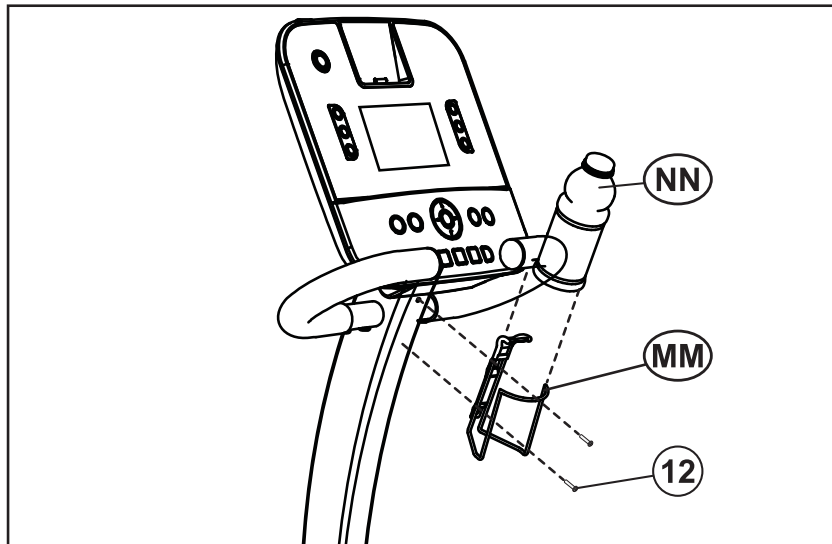


3.9 WATER BOTTLE HOLDER & BRACKET

Parts: Hardware Bag #4 (2, 12mm Phillips Screws)

Tools: Phillips Screwdriver

Locate the WATER BOTTLE BRACKET (MM). Secure the WATER BOTTLE BRACKET to the underside of the MONO-COLUMN (S) using two 12mm PHILLIPS SCREWS (12). Tighten the SCREWS securely. Insert the WATER BOTTLE (NN) into the WATER BOTTLE BRACKET.



4 INITIAL SETUP

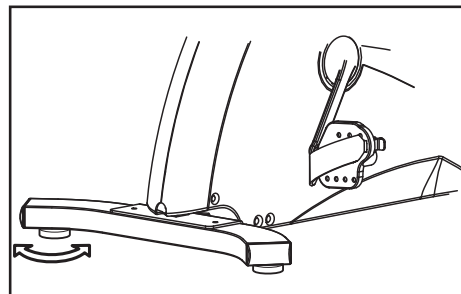
Read the entire User Manual before setting up the Lifecycle exercise bike.

WHERE TO PLACE THE EXERCISE BIKE

Following all safety instructions in Section 1 move the bike to the location in which it will be used. See Section 11 *Specifications*, for the dimensions of the footprint. Allow a distance of 4 feet (120 centimeters) between the bike and other objects or surfaces on either side.

HOW TO STABILIZE THE EXERCISE BIKE

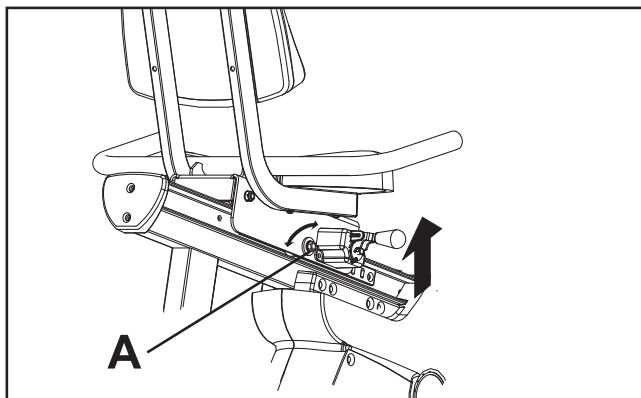
After placing the bike in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open-end 17mm wrench, and rotate the stabilizing foot 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 TO ENSURE CORRECT BIOMECHANICAL POSITIONING

Proper seat positioning minimizes unnecessary leg muscle fatigue. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the furthest point in its rotation, relative to the body. The user should be able to pedal without locking the knees or shifting in the seat.

Adjusting the seat: Lift the spring-loaded adjusting handle (A) located on the right side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently rock the seat forward and backward to ensure that it is locked into place. Check the seat distance again and readjust it if necessary.



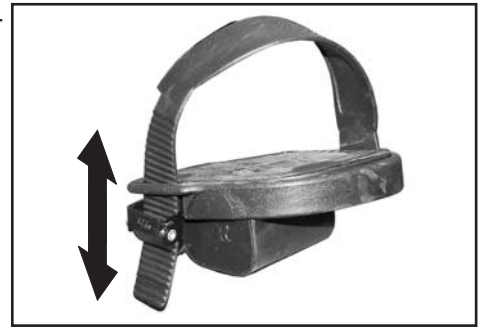
Note: If the seat carriage rocks excessively, use a wrench to loosen the jam nut (A) on either side of the seat carriage. With another wrench, tighten the adjustment roller on the inside of the carriage until it is snug, but do not overtighten it. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the seat carriage.

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.

HOW TO ADJUST THE PEDAL STRAPS

The bike pedal safety 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, the user should test and adjust the tightness of the straps.

The straps can be adjusted to fit a variety of shoe sizes. Each strap is held in place by a spring-loaded clip that is connected to the outer edge of each pedal. To tighten a strap, simply pull the loose end of the strap down. It automatically locks into place with each pull. To loosen a strap, press down on the top of the clip and pull the strap up. Release the clip to lock the strap into place. Test the adjustment, and change if necessary.



STARTING UP THE BIKE

See Section 11, *Specifications*, for power requirements. Insert the AC adapter into an electrical outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

Insert the power adapter jack into the barrel plug on the bottom of the exercise bike. Then insert the power supply into the wall outlet. Make sure the cord is routed so that it doesn't bind and will not be walked on.

Check that the console lights up. If not, recheck the plug and wall connections and make sure the wall outlet has power.

Once the unit's power is on, the console display lights up, making it possible to select a workout. When using a self-powered unit, start pedaling to light up the console.

Note: For customers outside the United States, please use your country specific transformer to power the unit.

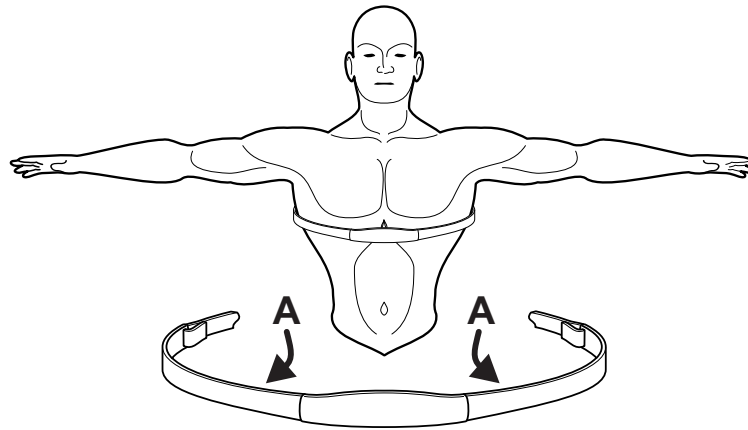
5 MAIN FEATURES

5.1 THE HEART RATE TELEMETRY CHEST STRAP

The console is equipped with a wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals from the user to the console. The electrodes are inside the chest strap (A) that the user wears during the workout. 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. The electrodes are two grooved surfaces on the underside of the strap, and must remain wet to accurately transmit the electrical impulses of the heart back to the receiver. To use, first moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. Electrodes must be wet to work properly. If it becomes necessary to re-moisten, grasp the center of the strap, pull it away from your chest to expose the electrodes, and moisten. See diagram below for correct positioning of the strap.

Note: Using the wireless heart rate telemetry chest strap will provide more accurate heart rate readings than the hand pulse sensors.

Note: To ensure the highest performance, use the wireless chest strap that was provided with the product.



5.2 ACCESSORIES

A Water Bottle Holder (B) is located on the monocolumn of the bike. Additionally, an integrated Reading Rack (C) for supporting a book or magazine is located at the base of the console.

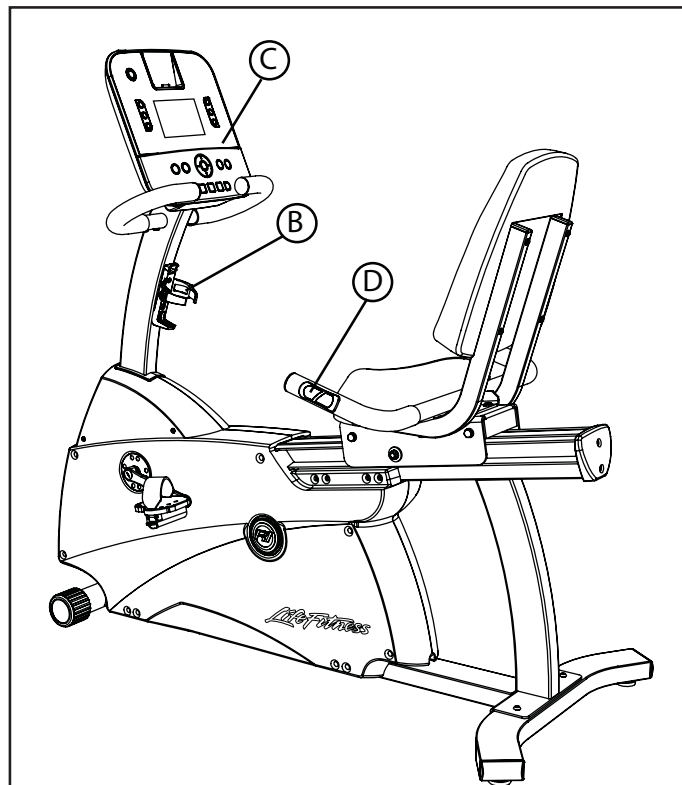
5.3 CONTACT HEART RATE

The hand pulse sensors (D) are a built-in heart rate monitoring system on the stationary handlebar. During a workout grasp the hand pulse sensors to monitor your heart rate. We recommend using the heart rate chest strap provided with your console during workouts and using the hand pulse sensors to only occasionally monitor your heart rate when not using the chest strap. In addition, to utilize heart rate controlled workouts the chest strap must be used. For the most accurate reading, use a comfortable grip. The console will show a heart rate reading after 15 to 20 seconds.

Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the below tips to improve the heart rate reading.

- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.

Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.



5.4 HEART RATE ZONE TRAINING®

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, 2009. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

$$\text{HR Max} = 206.9 - (0.67 * \text{age})$$

The Life Fitness Smart Series products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

• **FAT BURN** • **CARDIO**

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

The HeartSync workout programs measure heart rate. Wear the telemetry heart rate chest strap, or grip the contact heart rate sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the 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

6 SMART CONSOLE OVERVIEW

Read the entire user manual before setting up your equipment.



1. USB Indicator
2. Message Center
3. iPod® Indicator
4. Heart Rate Center
5. Workout Profile Display
6. Results Center: Distance Display and Calorie Display
7. Level Display
8. Time Display
9. Speed Display



- 10. Settings Button
- 11. Pause / Resume Button
- 12. Reset Button
- 13. Virtual Trainer / USB Button
- 14. Headphone Jack
- 15. iPod Controls
- 16. Enter / Start Button
- 17. Navigation
- 18. Manual Workout
- 19. Random Workout
- 20. Hill Workout
- 21. Cardio Workout
- 22. Fat Burn Workout
- 23. Fit Test
- 24. Energy Saver Button

7 HOW TO USE THE SMART CONSOLE

The Smart Console was designed to make navigation as simple as possible by using special colors and keys. The console display was designed to reduce toggling between workout information. The design of each button on the console was designed to give the user tactile feedback. Each piece of workout feedback, including level, time and speed, has its own dedicated window.

7.1 USB INDICATOR



The USB icon on the left side of the MESSAGE CENTER is displayed whenever a USB drive is plugged in. The USB can execute a workout from www.virtualtrainer.lifefitness.com. See Section 9 for more information on the Life Fitness Virtual Trainer Website.

7.2 MESSAGE CENTER



The message center provides instructional information to the user from the moment the first key is pressed. The message center will coach the user through setting up a workout, including selecting a workout and entering time, level, and other workout specific information.

7.3 IPOD INDICATOR



The iPod icon on the right side of the MESSAGE CENTER is displayed when a compatible iPod is docked.

7.4 HEART RATE DISPLAY



The heart rate display calculates the user's actual heart rate in contractions or beats per minute during a workout. The user must be holding on to the contact heart rate electrodes or wearing a heart rate telemetry chest strap for the heart rate display to function. See Section 5.1, *The Heart Rate Telemetry Chest Strap*. Life Fitness recommends wearing the chest strap for the most accurate heart rate reading. If you are experiencing problems with your heart rate reading please read Section 5.3, *Contact Heart Rate* for recommendations on improving the contact heart rate reading.

7.5 TARGET HEART RATE DISPLAY



Target heart rate is a percentage of a user's maximum heart rate. The goal is to target a range that enables one's heart and lungs to receive the most benefit from a workout. The console calculates target heart rate by taking the maximum heart rate and multiplying it by an intensity level. Maximum heart rate = $206.9 - (.67 \times \text{user's age})$. Target heart rate is shown continuously during a HeartSync workout. The target heart rate can be changed at any point during the workout.

Example: User's Age is 45.

$$206.9 - (.67 \times 45) = 176.75.$$

177 is the Maximum Heart Rate for a 45 year old.

$$177 \times 65\% = 115. \text{ 115 is the optimal target heart rate for weight loss and fat burning.}$$

7.6 WORKOUT PROFILE DISPLAY



The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout the current intensity level the user is in is signified by an arrow located above the appropriate column. During a heart rate workout the workout profile acts like a graph of the user's heart rate. Each of the nine rows of the profile will represent the user's actual heart rate as a percentage of their heart rate max. Therefore by the end of the workout, the user will be able to visually see their heart rate ranges throughout the workout.

Row	Target Heart Rate Percent Range
1	<30%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

Note: The percent in the table represents the user's actual heart rate as a percent of their heart rate max. The heart rate max is $206.9 - (.67 \times \text{user's age})$. For example: A 40 year old's heart rate max would be $206.9 - (.67 \times 40) = 180$. During their workout at the first interval their actual heart was 100. Therefore $100/180 = .56$ or 56% and the profile would display the user at row four for the first interval of the workout.

7.7 WORKOUT PROFILE INDICATOR ARROW



The arrow located above the columns in the workout profile displays the position the user is at in the workout. The position is represented by the time entered during workout setup divided by the number of columns (24). For example during a 24-minute workout the arrow would move from column to column every minute.

7.8 DISTANCE DISPLAY



Distance is shown in miles. The distance formula tries to replicate miles as if the exercise was being conducted outdoors. The distance formula will not always be consistent with other Life Fitness products or other manufacturer's products. Distance can be converted to kilometers in the Settings Menu. See Section 8.3, *How to Use the Settings Menu*.

7.9 CALORIE DISPLAY



A calorie is a unit used to measure energy. It represents the amount of energy obtained from food. One calorie is approximately enough energy to increase the temperature of 1 gram of water by 1 degree Celsius. The console calculates an average caloric burn based on a Life Fitness proprietary calorie equation. This formula may not match other manufacturer's machines or other Life Fitness machines.

7.10 LEVEL DISPLAY



Level Display – There are two types of levels used on this product. The first type of level is the actual brake resistance level. This type of level is only adjustable by the user in a manual workout. The range of possible brake resistance levels is 1-20. The second type of level is difficulty level. There are 20 difficulty levels. Difficulty level corresponds to a range of actual brake resistance levels and is only used in RANDOM and HILL workouts. So when you select a difficulty level of 10 it corresponds to a range of actual brake resistance levels of 5-14. During RANDOM and HILL the difficulty level will only be displayed during workout setup and anytime you choose to change the level during the workout. At all other times during a workout the actual level will be displayed.

Changing the Level during a Workout – Use the Left/Right arrows to increase or decrease your level during a workout.

Difficulty Level	Brake Level
20	12 - 20
19	11 - 19
18	10 - 18
17	9 - 17
16	8 - 17
15	8 - 16
14	7 - 16
13	7 - 15
12	6 - 15
11	6 - 14
10	5 - 14
9	5 - 13
8	4 - 13
7	4 - 12
6	3 - 12
5	3 - 11
4	2 - 11
3	2 - 10
2	1 - 10
1	1 - 9

7.11 TIME DISPLAY



The time window displays the total workout time set by the user during workout setup, which is a range from 1-99 minutes depending on the program. During a workout the time display will show time remaining and count down. The time set can be changed at any time during the workout by using the Up and Down arrows.

7.12 SPEED DISPLAY



Speed is displayed in miles per hour (MPH). The formula tries to replicate miles per hour as if the exercise was being conducted outdoors. The speed range is 0.5 mph and up, speed changes in increments of 0.1 mph. Speed can be converted to kilometers per hour in the Settings Menu. See Section 8.3, *How to Use the Settings Menu*.

7.13 SETTINGS BUTTON



Press this button once to enter the Settings Menu of the console. In the Settings Menu the user can set preferences for the console display. See Section 8.3, *How to Use the Settings Menu*.

7.14 PAUSE / RESUME BUTTON



When pressed once during a workout the workout is paused for 5 minutes. When pressed again the workout is resumed. If the paused workout is not resumed within 5 minutes, the console deletes the workout in progress and goes into Energy Saver mode.

7.15 RESET BUTTON



Press this button when programming a workout to clear incorrect data, such as weight or age. Pressing RESET two times consecutively during a workout stops it immediately, at which point, the user returns to the select workout screen.

7.16 VIRTUAL TRAINER / USB BUTTON



The USB port is used to upload goal-based programs and customized workouts from the Life Fitness Virtual Trainer website (www.virtualtrainer.lifefitness.com). Users can also save workout results to the USB and track progress on the website. See Section 9 for more information on the Life Fitness Virtual Trainer website.

7.17 IPOD CONTROLS



Use these keys to play/pause, skip back, skip forward, decrease volume, and increase volume.

1. You must plug your headphones into the product's headphone jack for the volume controls on the product to function.
2. All the controls on your iPod will still be active when docked to the product except the volume control.
3. The volume level is always set to "Low" when an iPod is docked into the product.

7.18 ENTER / START BUTTON



The ENTER / START button can be pressed at any time during initialization to begin a quick start 30 minute manual workout. During workout setup it is used as a selection key when choosing program parameters.

7.19 NAVIGATION BUTTON



Provides simple forward, back, up, and down software navigation as well as level and time adjustments. While setting up a workout use the Left/Right arrows to scroll through workout setup options, and then use the Up/Down arrows to adjust the values. During a workout, use the Left/Right arrows to change level and use the Up/Down arrows to adjust time.

7.20 WORKOUT SELECTION BUTTONS



Select one of the following workouts by pressing the corresponding button: Manual, Random, Hill, Cardio, Fat Burn, or Fit Test and begin workout set up (see Workout Overviews for a complete description).



7.21 ENERGY SAVER BUTTON



The Energy Saver Mode is used to minimize the power being pulled from the wall when the equipment is not in use. The unit will automatically go into Energy Saver Mode 5 minutes after ending a workout. Press the ENERGY SAVER button to either “wake up” the console or put it into the Energy Saver Mode. Energy Saver can be turned off in the Settings Menu. An indicator LED will flash while in Energy Saver Mode.

8 WORKOUTS, WORKOUT SELECTION BUTTONS & SETTINGS

8.1 WORKOUT OVERVIEWS

The Smart Console has six pre-programmed workouts that have been developed by Life Fitness. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

The workout descriptions on the following pages all have headers labeled:

- Beginner-Just Starting
- Experienced-Fit

Beginner workouts are workouts designed for users just starting to workout or just starting a workout routine. Beginner workouts have limited gradual intensity adjustments. Experienced workouts are designed for users seeking a more challenging workout. These users should have a stronger fitness base.

Different workouts have different setup steps. This section provides details on the steps themselves. The main screen of the console is known as the “Select Workout” screen which looks like the following:



When this screen appears on the console, use the WORKOUT SELECTION buttons to select a workout. To begin a QUICK START workout, press ENTER when the above “Select Workout” screen appears.

Throughout the workout setup process, the Up/Down arrows can be used to adjust the value that is selected and the Left/Right arrows can be used to scroll back and forth between different steps. In order to advance to the next step, either press the right arrow or enter key. After entering the last step, press ENTER to begin the workout.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the ENTER key at the SELECT WORKOUT screen. After ENTER is pressed, a constant-level workout begins. The intensity level does not change automatically. You must change it using the arrows.

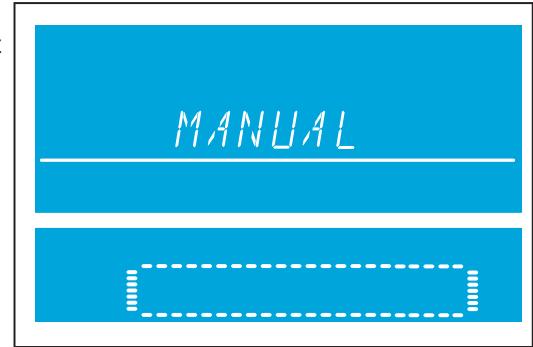
8.2 HOW TO USE THE WORKOUTS

1. Manual Workout (Beginner – Just Starting)

Access: This workout can be started by pressing the MANUAL workout button.

Description: The MANUAL workout is a simple workout that has no pre-defined intensity levels. The MANUAL workout starts the user at level 1 resistance level and at 0.5 MPH. The user is in complete control of level or speed settings.

Goal: This workout was designed for users that do not have much experience working out on a product and like to have control of the level and speed/incline settings.

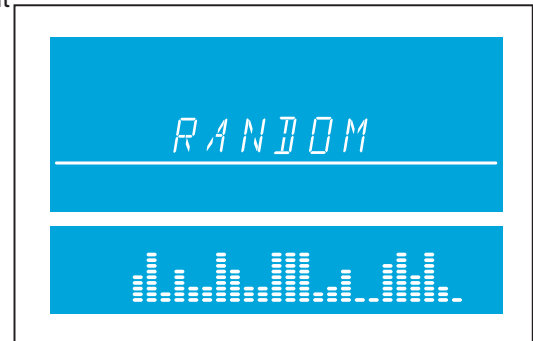


2. Random Workout (Experienced – Fit)

Access: This workout can be started by pressing the RANDOM workout button.

Description: In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. RANDOM uses resistance or incline adjustments to create hills/valleys. Speed is controlled by the user.

Goal: This workout was designed to provide the end-user with unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.



3. Hill Workout (Experienced – Fit)

This workout can be started by pressing the HILL workout button.

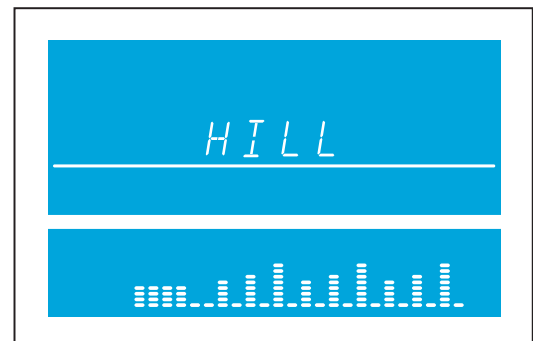
Description: The Life Fitness patented HILL workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Resistance adjustments are used to simulate the hills/valleys, speed is controlled by the user.

The HILL workout has two main phases in between the warm-up and cooldown.

Plateau: Increases the intensity slightly and keeps it steady, to bring the heart rate to the low end of the target zone.

Interval Training: Is a series of increasingly steeper hills, alternating with valleys, or periods of recovery. The heart rate should rise to the high end of the target zone during this segment.

Goal: The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training. The goal of this workout is to improve cardiovascular endurance and break through fitness plateaus.



4. Fat Burn Workout (Beginner – Just Starting)

*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the FAT BURN workout button.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance adjustments to increase and decrease heart rate. FAT BURN maintains the user at 65% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as the user is between 60%-72% of their target heart rate.

Goal: The goal of the FAT BURN workout is to efficiently burn fat by eliminating over-training and under-training and also maximizing the aerobic benefits of exercise by using the body's fat stores for energy.



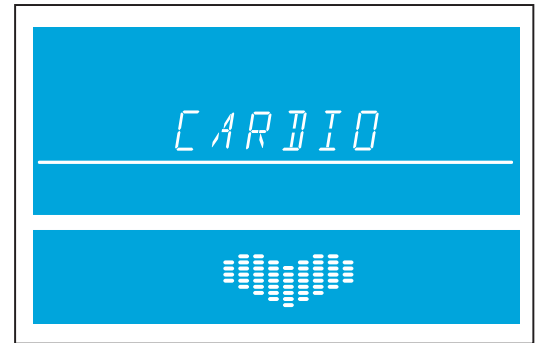
5. Cardio Workout (Experienced – Fit)

*Chest strap must be worn to execute the workout

Access: This workout can be started by pressing the CARDIO workout button.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance adjustments to increase and decrease heart rate. CARDIO maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as the user is between 72%-85% of their target heart rate.

Goal: The goal of the Cardio workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance.



6. Fit Test Workout (All Levels)

*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the FIT TEST workout button.

Description: 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 when prompted, or wear a telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The Fit Test is considered to be a sub-max 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. Please note that the estimated VO_2 max scores achieved will be 10 percent to 15 percent lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking/running on a treadmill, climbing on a stairclimber, or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO_2 max scores.

Goal: The goal of the FIT TEST workout is to elevate the user's heart rate to a level that is between 60% - 85% of their theoretical maximum heart rate.

Suggested Exertion Levels

	Inactive	Active	Very Active
Lifecycle	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women

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

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 (HR_{max}).

The tables below list fit test results:

RELATIVE FITNESS CLASSIFICATION FOR MEN					
	Estimated VO ₂ Max (ml/kg/min) Per Age Category				
Rating	20-29	30-39	40-49	50-59	60+
Elite	55+	52+	51+	47+	43+
Excellent	53-54	50-51	49-50	45-46	41-42
Very Good	50-52	48-49	46-48	43-44	39-40
Above Average	45-49	43-47	42-45	39-42	35-38
Average	40-44	38-42	37-41	34-38	31-34
Below Average	38-39	36-37	34-36	32-33	29-30
Low	35-37	34-35	32-33	29-31	26-28
Very Low	<35	<34	<32	<29	<26

RELATIVE FITNESS CLASSIFICATION FOR WOMEN					
	Estimated VO ₂ Max (ml/kg/min) Per Age Category				
Rating	20-29	30-39	40-49	50-59	60+
Elite	47+	44+	42+	37+	35+
Excellent	45-46	42-43	40-41	35-36	33-34
Very Good	43-44	40-41	38-39	33-34	31-32
Above Average	38-42	36-39	34-37	30-32	27-30
Average	33-37	31-35	30-33	26-29	24-26
Below Average	31-32	29-30	28-29	24-25	22-23
Low	28-30	27-28	25-27	22-23	20-21
Very Low	<28	<27	<25	<22	<20

Life Fitness developed this rating scale based on VO₂ max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription* (8th E. 2009). It is designed to provide a qualitative description of a user's VO₂ max estimation, and a means of assessing initial fitness level and tracking improvement.

8.3 HOW TO USE THE SETTINGS MENU

The Settings menu can be accessed by pressing the SETTINGS key at the “Select Workout” screen. Upon entering the Settings menu, the screen will display “SETTINGS MENU”.

- Scroll through the console setting options using the Left/Right arrows.
- Adjust setting items with the Up/Down arrows.
- Use the ENTER key or left/right arrow to save modifications and move to the next option.
- Use the RESET key to exit the settings menu.

The settings and selection options are listed below.

- Units

Changes the unit of measure for speed and distance.
Displays “Units”.
Selection options are: English and Metric.

- Set Time

Set the date and time plus the time zone for workout tracking on the Life Fitness Virtual Trainer website. Date and time are your local time. Time Zone is based on your location compared to Greenwich Mean Time.

<u>Major Cities</u>	<u>Time Zone Values</u>
London	0
New York City	-4
Chicago	-5
Los Angeles	-7
Hong Kong	+8
Berlin	+2

Time is only used for Virtual Trainer data transfer through the USB or App.

- Beeps

Turns ON or OFF audio feedback.
Displays “Beeps”.
Selection options are: On and Off.

- RPM

Displays “RPM = OFF”.
Selection options are On and Off.

- Contrast

Changes the contrast of the display.
Displays “Contrast = XX”.
Selection options are: 1-99.

- Brightness

Changes the intensity of the display backlight LEDs.
Displays “Brightness =X”.
Selection options are 1-10.

- Heart Rate Telemetry

Turns ON and OFF the telemetry heart receiver.
Display “WIRELESS HR = ON”.
Selection options are: On and Off.

- Statistics – press ENTER to select

“Total Hours” (total number of hours the product was used in a workout)
“Total Miles” (number of miles that the product was used for)

- Software Version – press ENTER to select

Console Software Version
Console Software Part Number
Console Software Build Date

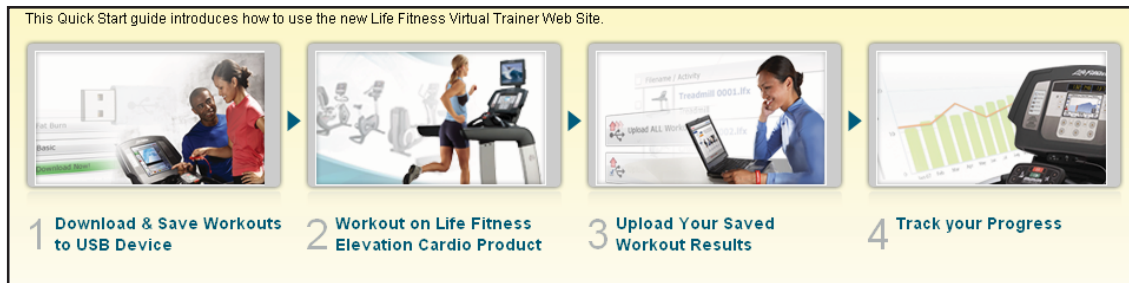
- Floor Model – disables Power Save

Controls the ability for the product to enter Energy Saver; Floor model ON disables the Energy Saver feature.
Selection options are On or Off.
Default is Off (Energy Saver On).

9 VIRTUAL TRAINER

The Life Fitness Virtual Trainer is a unique website that allows you to create your favorite workouts anytime, anywhere and also gives you access to some of the same workouts you use on Life Fitness products in health clubs, hotels or recreation centers. Take advantage of these features and maximize your workout time. The workouts you create on the website can be downloaded and saved to any USB drive. Simply plug in your USB stick to your product and begin your favorite workout instantly.

To begin go to **www.virtualtrainer.lifefitness.com**



1. Download & Save Workouts: Choose one of the following two options to get started: “Create Popular Workouts” or “Create Personalized Workouts”.
2. After you have saved your workout, plug in the USB into the USB port on the equipment and select your workout using the Virtual Trainer/USB button.
3. Upload Your Saved Workout Results: Upload the results of your workouts from your USB stick to the website. Thousands of users upload their workout results regularly in order to track their progress. To use this feature, simply click on the UPLOAD RESULTS button to view a list of most recent workout results on your USB and choose the once you wish to upload.
4. Track Your Progress: If you have uploaded workout results, clicking on TRACK PROGRESS button will display a graph showing your progress during the past month. You can easily adjust the start and end dates to check progress during periods of your choice.

How to begin a workout from your USB:

Step 1: Plug your USB into the Virtual Trainer USB port.

Step 2: Select the Virtual Trainer/USB button in the Workout Selection area.

Step 3: Workouts saved to your USB will appear in the message center of the console; use the Virtual Trainer/USB button on the console to scroll to your desired program. Select ENTER.

Step 4: Begin your Virtual Trainer workout.

How to save your workout data onto your USB:

1. You must either have a USB inserted into the product’s port or you must insert the USB stick within 5 minutes of the workout ending and “Workout Summary” displayed on the console.
2. The console will direct you to press the “USB” button to save the data.
3. The console will confirm once the data is saved.

Note: if you press ENTER or RESET prior to saving the data, the data will be lost.

10 SERVICE & PRODUCT MAINTENANCE

10.1 TROUBLESHOOTING

Problem	Cause / Solution
No power.	Check to see that the power cord is fully plugged into the back of the Lifecycle exercise bike and into the wall. Make sure the power cord is fully seated into the back of the Lifecycle exercise bike.
	You may be in “Energy Saver Mode”. Press the “Energy Saver” button to see if the console turns on.
	Verify that all customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any cables were pinched during assembly.
Clicking noise while pedaling.	Use the wrench that was included with the Lifecycle exercise bike to ensure the pedals are assembled as tight as possible.
Hear noise as speed increases.	It is normal for any mechanical device to become louder as speed increases.
Can't feel a resistance change at the beginning levels.	The resistance curve of the Lifecycle exercise bike is designed so that you can feel a greater difference in resistance at higher levels.
Wireless heart rate is not working.	Potential reasons for the wireless heart rate not to work properly include: 1. The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. 2. There is poor contact between the telemetry heart rate strap and the skin. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the Lifecycle exercise bike to a different location or move electrical appliances away from the Lifecycle exercise bike. 4. The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
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, cause external noise interference. 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 line. Remove the source of noise or reposition the exercise equipment.
Stuck key error is displayed.	One of the keys is stuck under the plastic console shell. Check all keys and unstuck the one that is stuck. If that does not work, unplug the unit and plug it back in.
Console turns off when not in use.	The unit will go into Energy Saver mode after 5 minutes of inactivity. Press the ENERGY SAVER button to turn the console on.
Console display looks strange or has an error message and is not functioning.	Unplug or turn the unit OFF to reset the console and then turn ON or plug the console back in. Repeat multiple times if the console error message still appears. If the problem persists, contact Customer Support Services.

Problem	Cause / Solution
“OFF” is displayed in the LEVEL window on the console.	Turn the unit off and then on again.
	If power cycling the product did not work, there is a problem with the resistance system. Contact Customer Support Services for assistance.
Contact heart rate sensors are not reading my heart rate correctly.	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears.
	Tips for contact heart rate: 1. Dry hands to prevent slipping on the sensors. 2. Apply hands to all four sensors (two in each hand). 3. Grasp sensors firmly. 4. Apply constant pressure to the sensors. 5. May need to wait longer for heart rate to display. Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.
Seat wobbles.	The seat carriage can be adjusted if it is too tight and does not slide freely or if it is too loose and rocks excessively. Use a wrench to loosen the jam nut on either side of the seat carriage to adjust the fit of the carriage when there is excessive rocking. With another wrench, tighten the adjustment roller on the inside of the carriage until it is snug. Do not overtighten. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the carriage. Use a wrench to loosen the jam nut on either side of the seat carriage to adjust the fit of the carriage when it does not slide freely. With another wrench, loosen the adjustment roller on the inside of the carriage until it can move freely. Do not excessively loosen. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the carriage.
iPod is not recognized.	This is displayed if your version of the iPod Player is not supported by the bike. It may also be displayed if the connector on the bike or iPod is damaged.
iPod is not charging while in Energy Saver mode.	Your iPod will not charge if the bike enters Energy Saver mode. This is normal.
“Low Battery” message is displayed on the console.	The console has an internal battery that keeps the real time clock functioning if the bike is unplugged. This real time clock is only needed if you use the Life Fitness “Virtual Trainer” website. You do not need to replace the battery if you do not use the website. Contact Customer Service for guidance on how to change the battery. The battery is a CR1632 (3V).
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL.	The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in. The USB stick may be full. The USB stick may not be compatible with the product. Try using a different USB stick.

10.2 PREVENTIVE MAINTENANCE TIPS

The Life Fitness Lifecycle exercise bike is backed by the engineering excellence and reliability of Life Fitness and is 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 the defective parts are required or replaced. Pay special attention to parts that are subject to wear, as outlined below.*

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

- Locate the Life Fitness Bike in a cool, dry place.
- Keep the pedal straps fastened securely when using the Bike.
- 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 thoroughly on a regular basis.

LIFE FITNESS APPROVED CLEANERS

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 convenient spray. 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 Life Fitness Customer Support Services to order these cleaners.
Call 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 cotton cloth only. Apply the cleaner to the cotton 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.

10.3 PREVENTIVE MAINTENANCE SCHEDULE

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY
<i>Console Overlay</i>	<i>Clean</i>		<i>Inspect</i>
<i>Bottle Holders</i>	<i>Clean</i>	<i>Inspect</i>	
<i>Console Mounting Bolts</i>			<i>Inspect</i>
<i>Frame</i>	<i>Clean</i>		<i>Inspect</i>
<i>Plastic Covers</i>	<i>Clean</i>	<i>Inspect</i>	<i>Inspect</i>
<i>Lifepulse Sensors</i>	<i>Clean / Inspect</i>		
<i>Pedals and Straps</i>	<i>Clean</i>	<i>Inspect</i>	

10.4 HOW TO OBTAIN PRODUCT SERVICE

1. Please contact your dealer or Life Fitness Customer Service at 1-800-351-3737.
2. Verify the symptom and review the operating instructions and troubleshooting matrix.
3. Locate and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud. Please also have proof of purchase information available.

11 SPECIFICATIONS

LIFE FITNESS SMART SERIES RECUMBENT LIFECYCLE® EXERCISE BIKE

Designed Use:	Home
Max User Weight:	300 lbs. / 136 kg
Pedal Size:	4.5 in. / 11.5 cm
Drive Type:	Poly -V belt-drive
Power Requirements:	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)
Accessories:	Water Bottle Holder & Reading Rack
Resistance System:	Eddy Current Note: Resistance system is speed independent.
Number of Workouts:	6
Interactive Heart Rate Programming:	Yes
Heart Rate Telemetry:	Yes
Contact Heart Rate:	Yes
Levels:	20
Message Center:	Yes - 16 character
Display Type:	Custom-etched LCD
Energy Saver:	Yes
iPod Compatibility:	iPhone, iPod, iPod Touch, iPod Nano (3rd, 4th, 5th, and 6th generations)
Life Fitness Virtual Trainer:	Programs accessible through USB port

Assembled Dimensions	
Length	56.5 in. / 143.5 cm
Width	25.75 in. / 65.4 cm
Height	54 in. / 137 cm
Weight	147 lbs. / 87 kg
Shipped Dimensions	
Length	59.84 in. / 152 cm
Width	17.91 in. / 45.5 cm
Height	29.92 in. / 76 cm
Weight	172 lbs. / 78 kg

12 WARRANTY INFORMATION

Model	Limited Lifetime	3 Years	1 Year
Smart Series Recumbent Lifecycle	Frame	Electrical Parts & Mechanical Parts <i>Note: Excludes 3V batteries</i>	Labor

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, if necessary, 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 may 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.