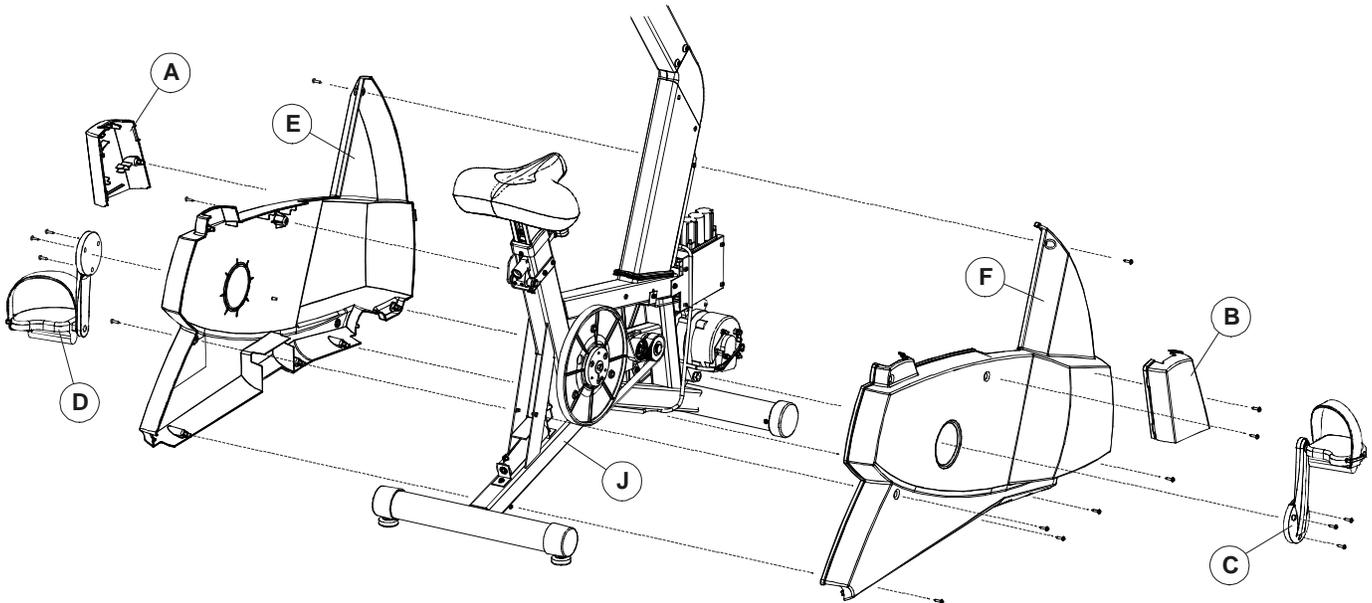


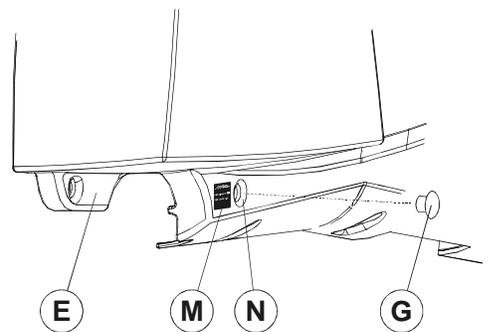
# Life Fitness Upright Exercise Bikes

## How To:... INSTALL THE EXTERNAL POWER KIT

**Tools Required:** 5/16 Nut Driver, T-20 Torx Driver, T-30 Torx Driver, Wire Cutters

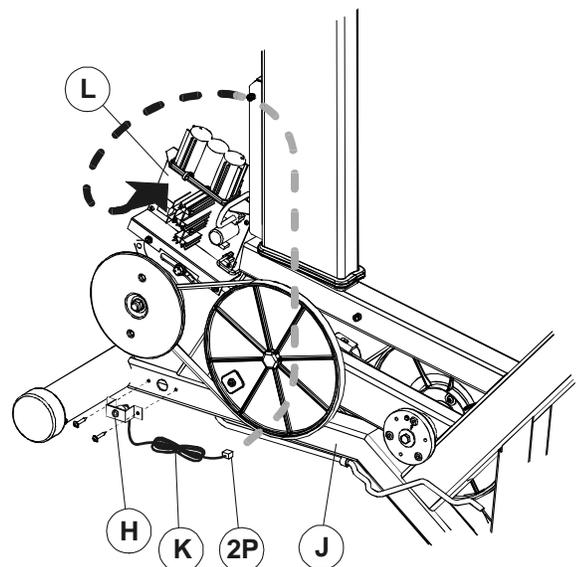


1. Remove the screw securing the RIGHT and LEFT SEAT POST SHROUDS (A & B) together. Remove the SEAT POST SHROUDS and set them aside.
2. Remove the three screws securing the USER RIGHT CRANK ARM AND PEDAL ASSEMBLY (C) to the crank arm mounting plate. Set the USER RIGHT CRANK ARM AND PEDAL ASSEMBLY aside. Repeat the procedure for the USER LEFT CRANK ARM AND PEDAL ASSEMBLY (D).
3. Remove the 10 screws securing the RIGHT and LEFT MAIN SHROUDS (E & F) together. Remove the user RIGHT and LEFT MAIN SHROUDS from the FRAME (J).
4. Remove the HOLE PLUG (G) from the lower front of the USER LEFT MAIN SHROUD (E).
5. Using two supplied screws, attach the BRACKET ASSEMBLY (H) to the front and user left side of the FRAME (J).



**NOTE: THE CABLE (K) SHOULD BE ROUTED TOWARD THE BOTTOM OF THE UNIT.**

6. Route the CABLE (K) under the FRAME (J), around the user right side of the bike, and to the CONTROLLER BOARD (L) located on the front, user right side of the FRAME. Plug the 2-PIN (2P) connector into the available 2-PIN JACK on the CONTROLLER BOARD.
7. Secure the CABLE (K) to the FRAME (J) bottom using a supplied WIRE TIE. Trim the excess wire tie.
8. Reverse Steps 1-3 to return all SHROUDS and CRANK ARM ASSEMBLIES to their proper locations.
9. Place the POWER REQUIREMENT STICKER (M) next to the POWER PLUG ACCESS HOLE (N) in the USER LEFT SHROUD (E).
10. Plug the EXTERNAL POWER CONNECTOR (R) into the BARREL CONNECTOR.
11. For units sold in the United States, plug the wall-mount transformer into an electrical outlet (120 VAC).



For units sold elsewhere, plug the appropriate line cord into the transformer. Then, plug the line cord into an electrical outlet (220-240 VAC).