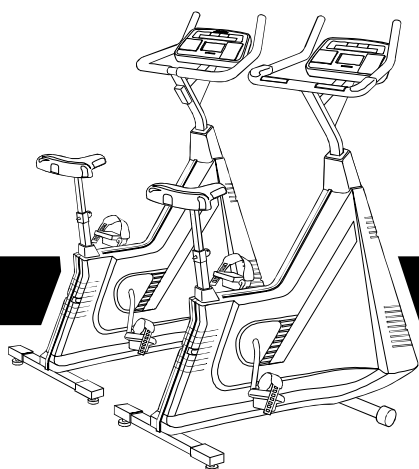




# LifeCycle Exercise Bike

ASSEMBLY INSTRUCTIONS

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*LifeFitness*  
**Rely on it.™**

*Congratulations...*

*and welcome to the world of **Life Fitness**  
and the **Lifecycle C7i / C9i** exercise bike.*

The following Parts Identification Listing and the step-by-step installation procedures have been assembled to make the set-up of your exercise bike as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Lifecycle exercise bike...

# *IMPORTANT SAFETY INSTRUCTIONS !*

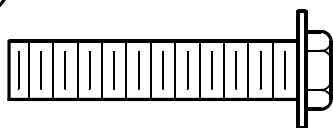
- ⇒ *DO NOT locate the Lifecycle exercise bike outdoors, near swimming pools, or in areas of high humidity.*
- ⇒ *DO NOT operate your Lifecycle exercise bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number on the back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

TOOLS REQUIRED FOR ASSEMBLY... **Phillips screwdriver, 1/2" wrench**

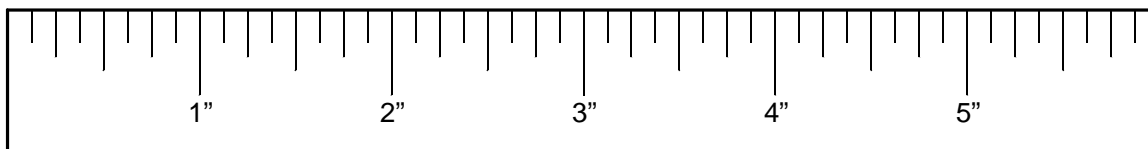
PARTS DESCRIPTION

1	STABILIZER/HANDLEBAR BOLT 0017-00101-0933	Qty:5	2	CONSOLE SCREW 0017-00101-1253	Qty: 4
3	SEAT WITH SEATPOST ASSEMBLY AK17-00120-0003	Qty: 1	4	COLLAR 0K18-01156-0001	Qty: 1
5	HANDLEBAR ASSEMBLY AK18-00215-0000 (Model C7i) AK52-00004-0000 (Model C9i)	Qty: 1	6	DISPLAY CONSOLE ASSEMBLY	Qty: 1
7	STABILIZER BAR AK18-00070-0000	Qty: 1	8	9V ALKALINE BATTERY 0017-00003-0757	Qty: 1

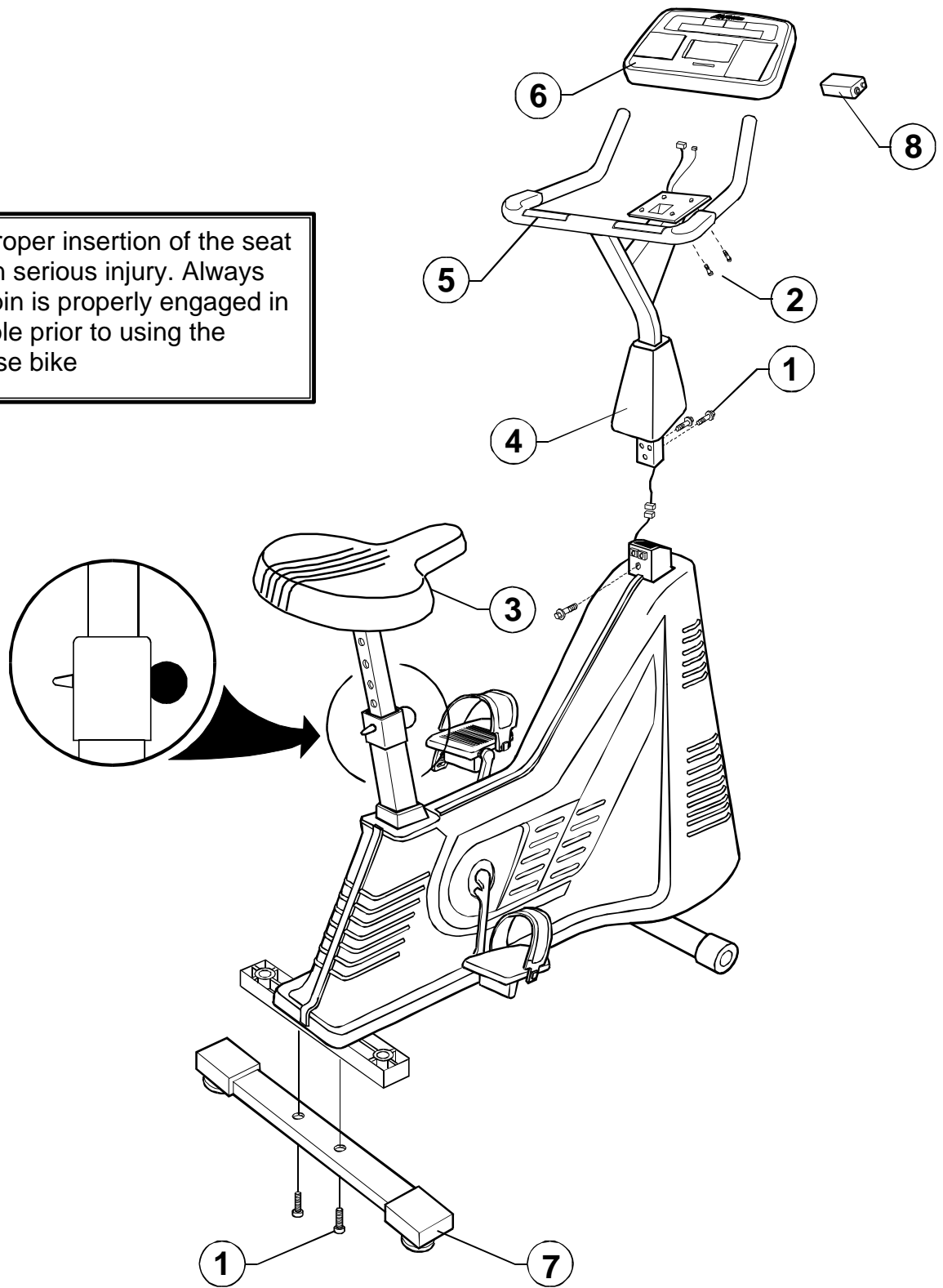
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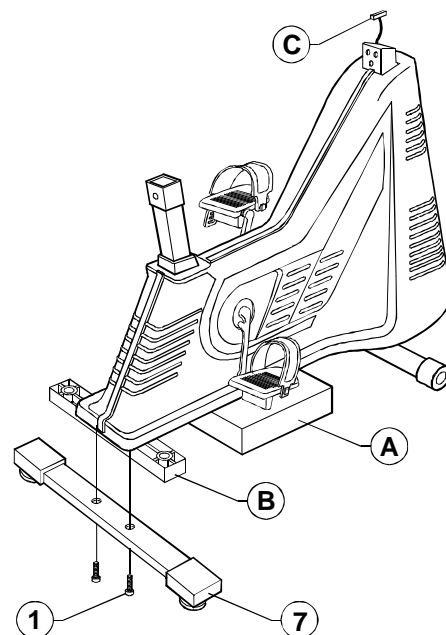
2



**CAUTION:** Improper insertion of the seat pin may result in serious injury. Always make sure the pin is properly engaged in the seat post hole prior to using the Lifecycle exercise bike



1. Before proceeding, familiarize yourself with the parts of the Lifecycle exercise bike and make sure that you have received all the items described in the Parts List.
2. Remove the STABILIZER BAR (#7) from the carton base. Use the empty CONSOLE CARTON to raise the rear of the LIFECYCLE exercise bike as shown.  
Remove the two BOLTS (#1) from the bottom of the SHIPPING STABILIZER, save the BOLTS and store the SHIPPING STABILIZER with the other shipping containers.
3. Use the same two BOLTS that held the SHIPPING STABILIZER in place to attach the STABILIZER BAR as shown. Make certain that the BOLTS are tight and the STABILIZER BAR is flush against the frame. Remove the shipping carton.
4. Unfold the CONSOLE WIRE HARNESS from the POST extending from the FRAME.

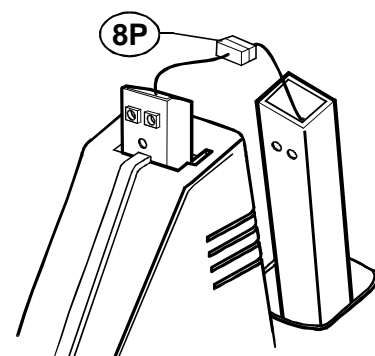



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**NOTE: THE COLLAR (#4) SHOULD ALREADY BE IN PLACE INSTALLED ON THE HANDLEBAR ASSEMBLY (#5). IF NOT, INSTALL BEFORE PROCEEDING.**

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5. Place the HANDLEBAR ASSEMBLY (#5) on the floor in front of the FRAME with the two CONNECTORS next to each other. Align the two CONNECTORS and push them together until they firmly snap into place.
6. Position the HANDLEBAR ASSEMBLY (#5), with the COLLAR (#4) in place, so that the HANDLEBAR is facing away from the user. Slide the HANDLEBAR ASSEMBLY into the HANDLEBAR POST. Be careful not to pinch the wires.  
Align the three holes in the HANDLEBAR ASSEMBLY (#5), with those in the HANDLEBAR POST and install the three HANDLEBAR BOLTS (#1).

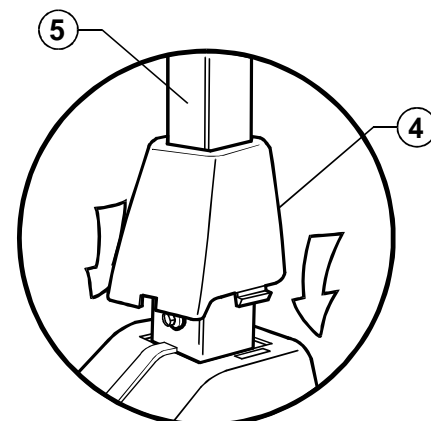
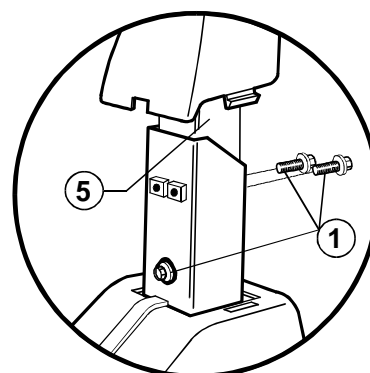



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**NOTE: BE CAREFUL NOT TO DAMAGE THE WIRES WHEN PASSING THE BOLTS THROUGH THE HOLES. TIGHTEN THE BOLTS SECURELY.**

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7. Slide the COLLAR (#4) down until it completely covers the HANDLEBAR ASSEMBLY HARDWARE and the HANDLEBAR POST. Secure the COLLAR by squeezing the sides and pushing downward firmly.



8. There is a large hole in the rear of the display console (#6) through which you can see a 10-pin connector and a 4-pin connector. These correspond to the matching connectors on the wire harness protruding from the top of the handlebar.

**Model C7i Only:** Properly align the locking tabs of the 16-PIN CONNECTOR (16P) on the WIRE HARNESS with the 16-PIN CONNECTOR on the back of the DISPLAY CONSOLE, then snap them together. Next, align the locking tabs of the 3-PIN CONNECTOR (3P) on the WIRE HARNESS with the 3-PIN on the back of the DISPLAY CONSOLE and plug them together until they SNAP into place.

**Model C9i Only:** Properly align the locking tabs of the 10-PIN CONNECTOR (10P) on the WIRE HARNESS with the 10-PIN CONNECTOR on the back of the DISPLAY CONSOLE, then snap them together. Next, align the locking tabs of the 4-PIN CONNECTOR (4P) on the WIRE HARNESS with the 4-PIN on the back of the DISPLAY CONSOLE and plug them together until they SNAP into place.

9. Feed the WIRE HARNESS back into the HANDLEBAR TUBE. Attach the DISPLAY CONSOLE (#6) to the HANDLEBAR ASSEMBLY using the four CONSOLE SCREWS (#2) and a Phillips screwdriver. Tighten the four SCREWS in a crisscross pattern.

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**CAUTION!: BE CAREFUL NOT TO OVERTIGHTEN THE SCREWS.**

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10. To install the 9-VOLT ALKALINE BATTERY (#8) found in the parts bag use a Phillips screwdriver to remove the screw from the back door. Gently pull the BATTERY WIRES from the back of the DISPLAY CONSOLE and connect them to the 9-VOLT ALKALINE BATTERY. Carefully, tuck the BATTERY WIRES back into the DISPLAY CONSOLE and set the BATTERY in place.

Re-install the BATTERY DOOR by inserting the bottom tab of the BATTERY DOOR into the corresponding slot in the DISPLAY CONSOLE. Push the DOOR into place and tighten the screw with a Phillips screwdriver.

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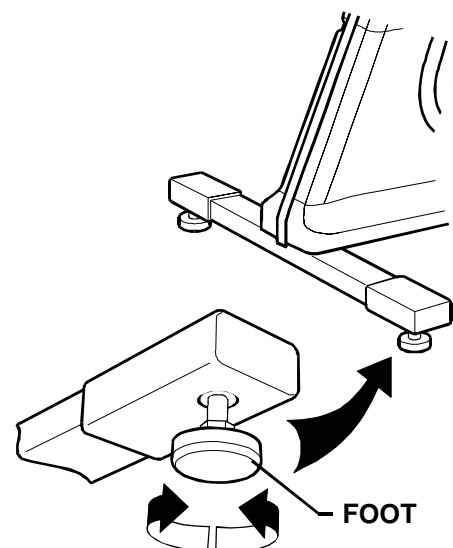
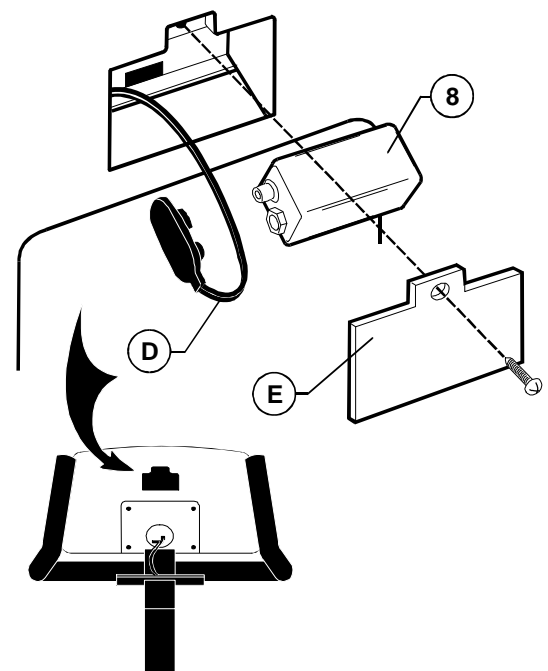
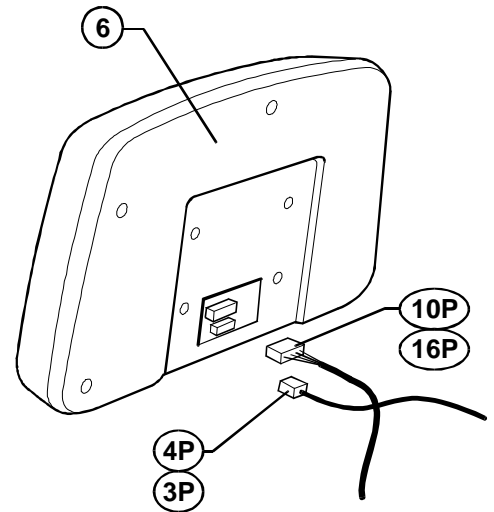
**CAUTION!: BE CAREFUL NOT TO OVER TIGHTEN THE SCREW**

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11. After placing the Lifecycle exercise bike in the intended location for use, check the stability of the bike.

If the bike is not level, rotate the FOOT in the STABILIZER BAR that appears to be higher until the Lifecycle is level.

Secure the position of the FOOT by tightening the LOCKNUT with the enclosed wrench.



## **PRE-OPERATION CHECKLIST**

- ✓ *Insure that the STABILIZER BAR and HANDLEBAR BOLTS are tight.*
- ✓ *Make sure the exercise bike is properly leveled and stable.*
- ✓ *Confirm the display console is set to English or metric units.  
(See Optional Settings ENG/MET in Operation Manual.)*
- ✓ *Read the entire Operation Manual before using the exercise bike.*

Before attempting to operate your Lifecycle recumbent exercise bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your recumbent exercise bike does not respond as described in the OPERATION MANUAL contact:

### **Life Fitness Consumer Division**

14150 Sunfish Lake Blvd.  
Ramsey Minnesota, 55303

U.S.A

612.323.4500 • FAX: 612.323.4794  
800.328.9714 (Toll-free within the U.S. and Canada)

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Prior to your call, please be sure you have located and noted the  
**MODEL NUMBER & SERIAL NUMBER.**

The Model & Serial number information of your Life Fitness recumbent exercise bike is contained in a label located under the center of the front stabilizer bar (See previous page).

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**M051-00K20-A209**

**03/00**



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