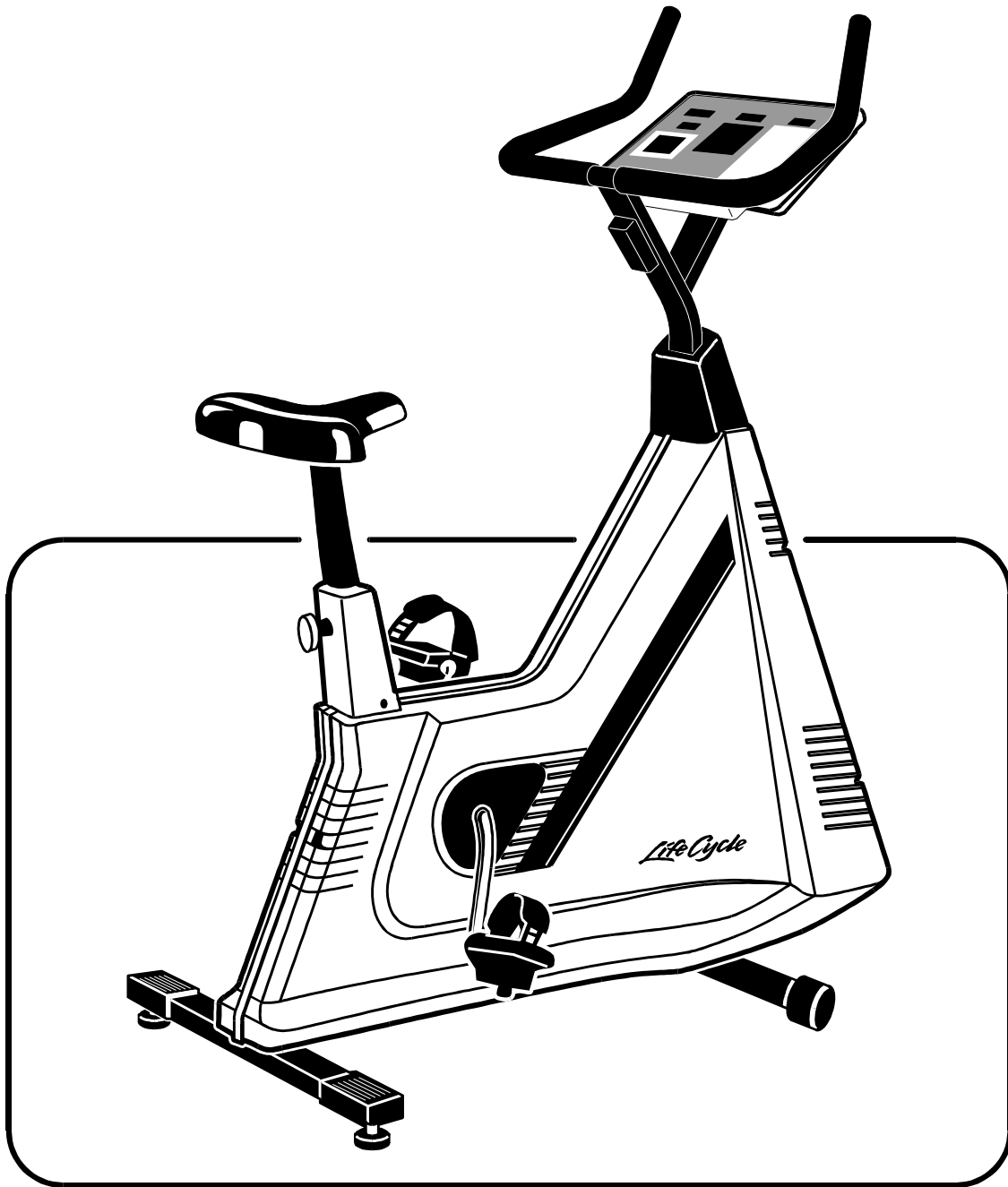


# Life Cycle

## 8500



## LIFE FITNESS EXERCISE BIKE INSTALLATION INSTRUCTIONS

# ***IMPORTANT SAFETY INSTRUCTIONS!***

- ⇒ ***DO NOT locate the Lifecycle 8500 exercise bike outdoors, near swimming pools, or in areas of high humidity.***
- ⇒ ***DO NOT operate your Lifecycle 8500 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 8500 bike any closer than 30 inches ( 76 cm ) to a television set.***
- ⇒ ***DO NOT locate additional Lifecycle 8500 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 8500 bike clear of any obstructions, including walls and furniture.***
- ⇒ ***DO verify the contents of the delivery carton against the accompanying Parts List prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.***
- ⇒ ***DO read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.***

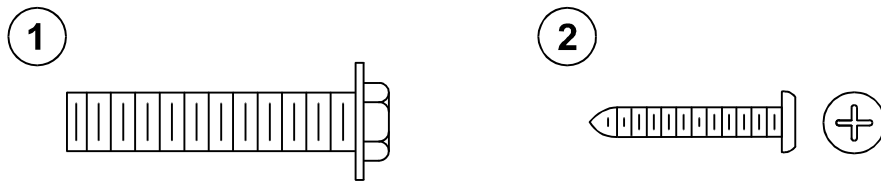


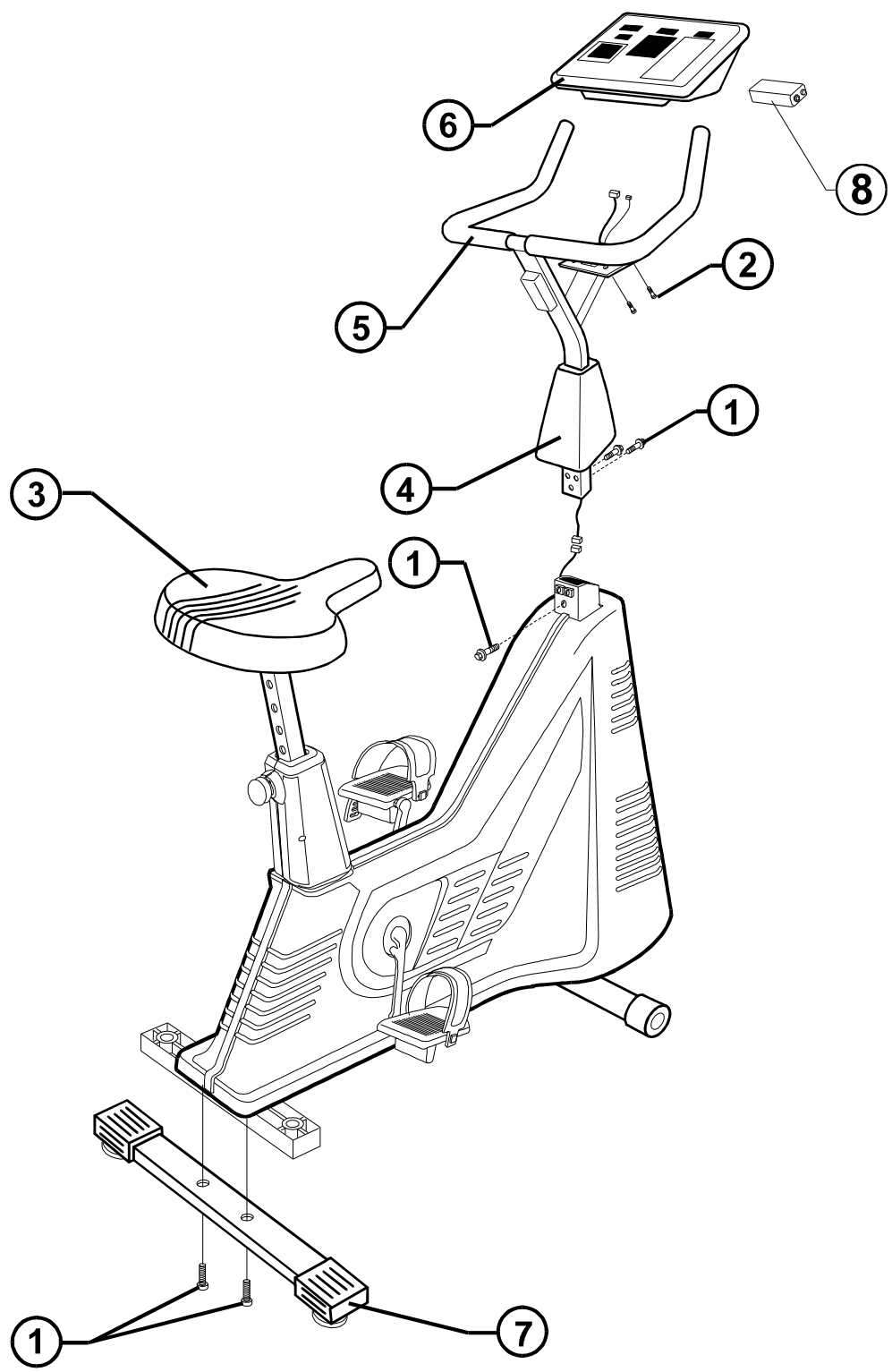
TOOLS REQUIRED FOR ASSEMBLY... **Phillips screwdriver, 1/2" wrench**  
**PARTS DESCRIPTION**

1	STABILIZER/HANDLEBAR BOLT Qty: 5 0017-00101-1043
3	SEAT ASSEMBLY Qty: 1 AK18-00127-0002
5	HANDLEBAR ASSEMBLY Qty: 1 AK18-00168-0000
7	STABILIZER BAR Qty: 1 AK18-0070-0000

2	CONSOLE SCREW Qty: 4 0017-00101-0932
4	COLLAR Qty: 1 0K18-01156-0001
6	DISPLAY CONSOLE ASSEMBLY Qty: 1 AK17-00206-0001
8	9V ALKALINE BATTERY Qty: 1 0017-00003-0757

Hardware included in the Parts Bag are shown here in Actual Size:





### Step 1

Before proceeding, familiarize yourself with the parts of the Lifecycle 8500 exercise bike and make sure that you have received all the items described in the Parts List.

### Step 2

Remove the STABILIZER BAR (#7) from the carton base. Use the empty CONSOLE CARTON (A) to raise the rear of the Lifecycle bike as shown.

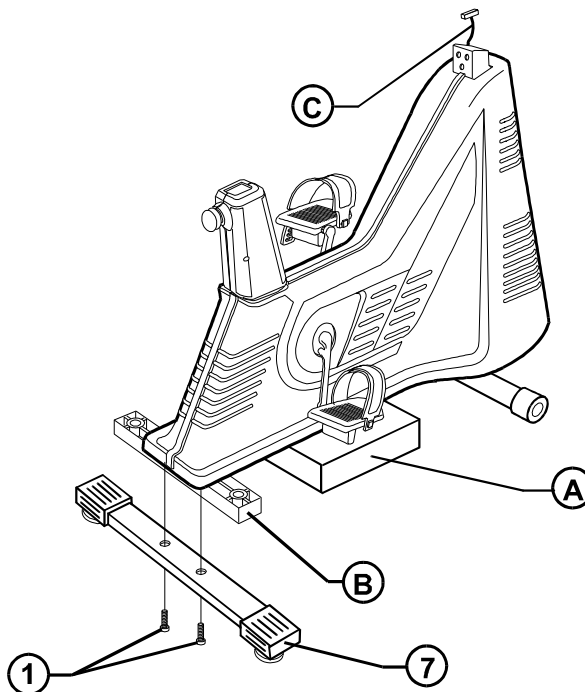
Remove the two BOLTS (#1) from the bottom of the SHIPPING STABILIZER (B), save the BOLTS and store the SHIPPING STABILIZER with the other shipping containers.

### Step 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 very tight and the STABILIZER BAR is flush against the frame. Remove the shipping carton.

### Step 4

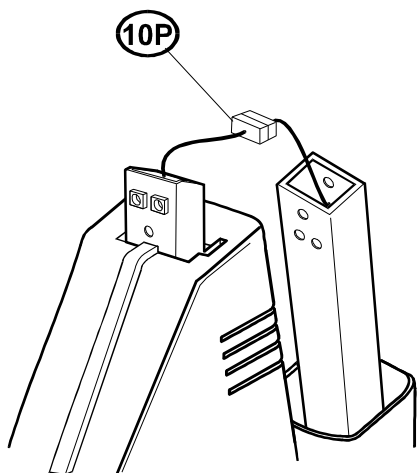
Unfold the CONSOLE WIRE HARNESS (C) from the HANDLEBAR POST extending from the FRAME.



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

### Step 5

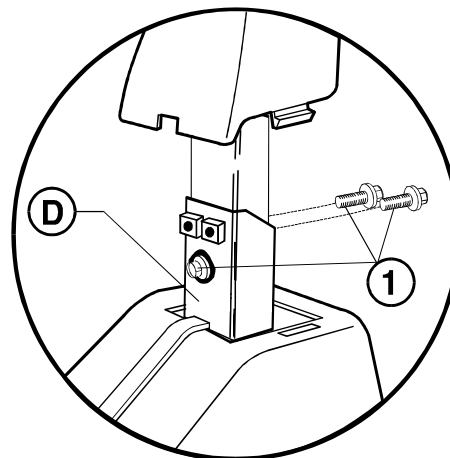
Place the HANDLEBAR ASSEMBLY on the floor in front of the FRAME with the two CONNECTORS (10P) next to each other. Align the two CONNECTORS with each other and firmly push them together until they snap into place.



### Step 6

Position the HANDLEBAR ASSEMBLY, with the COLLAR (#4) in place, so that the HANDLEBAR is facing away from the seat. Slide the HANDLEBAR ASSEMBLY into the HANDLEBAR POST (D). Be careful not to pinch the wires.

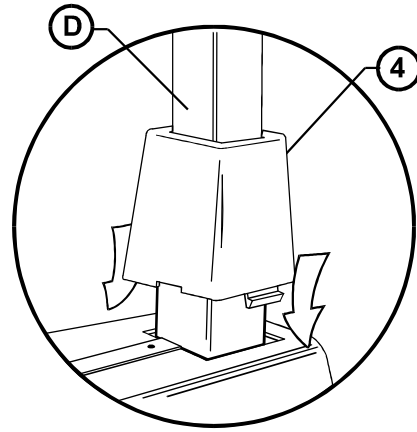
Align the three holes in the HANDLEBAR ASSEMBLY with those in the HANDLEBAR POST and install the three HANDLEBAR BOLTS (#1).



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

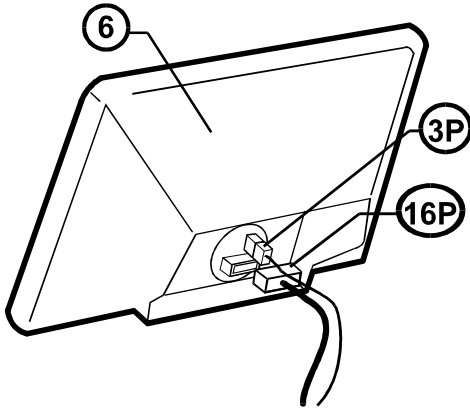
### Step 7

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



### Step 8

There is a large hole in the rear of the DISPLAY CONSOLE (#6) through which you can see a 16-PIN CONNECTOR (16P) and a 3-PIN CONNECTOR (3P). These correspond to the respective CONNECTORS on the WIRE HARNESS protruding from the top of the HANDLEBAR.



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 push them together until they SNAP into place.

### Step 9

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



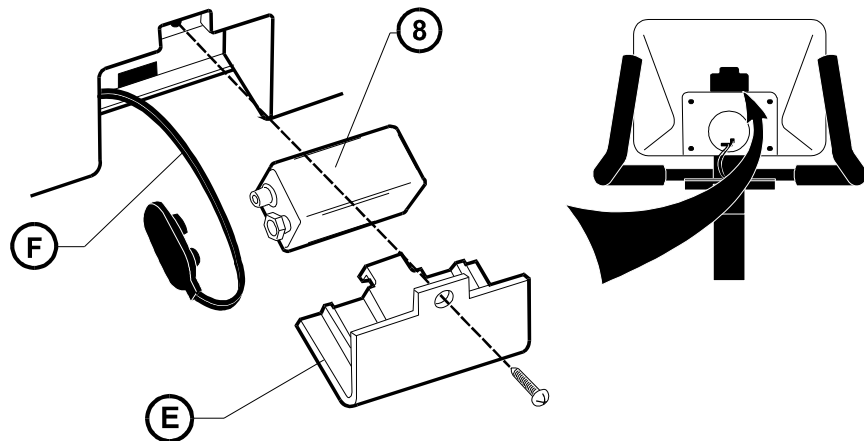
**CAUTION!: BE CAREFUL NOT TO OVERTIGHTEN THE SCREWS.**

### Step 10

To install the 9-VOLT ALKALINE BATTERY (#8) found in the parts bag use a Phillips screwdriver to remove the screw from the BATTERY DOOR (E). Gently pull the BATTERY WIRES (F) 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.

**NOTE: ONLY USE AN ALKALINE TYPE BATTERY. USE OF ANY OTHER TYPE BATTERY MAY RESULT IN A MALFUNCTION OR DAMAGE.**

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.



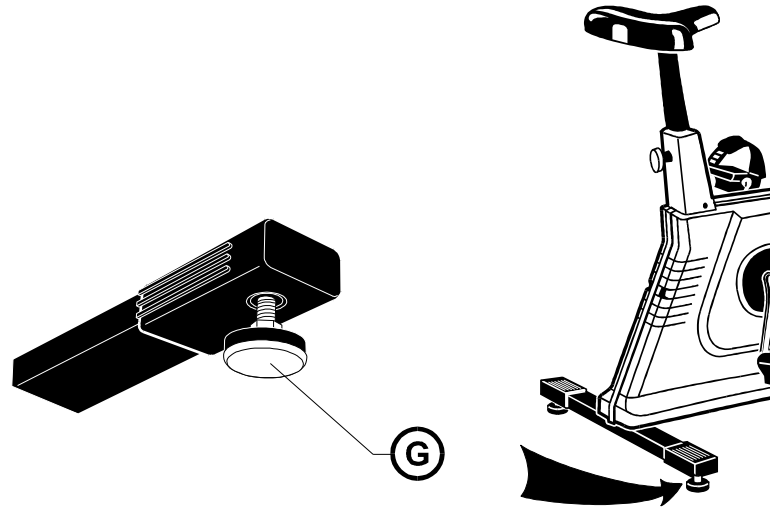
**CAUTION!: BE CAREFUL NOT TO OVER TIGHTEN THE SCREW**

### Step 11

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

If the bike is not stable, rotate the FOOT (G) in the STABILIZER BAR (#7) that appears to be higher until the Lifecycle bike is stable.

Secure the position of the FOOT by tightening the LOCKNUT with an open-end wrench.



### PRE-OPERATION CHECKLIST

- ✓ Insure that the STABILIZER BAR and HANDLEBAR BOLTS are tight.
- ✓ Make sure the exercise bike is properly leveled and stable.

Before attempting to operate your Lifecycle 8500 exercise bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your exercise bike does not respond as described in the OPERATION MANUAL contact the nearest Life Fitness Service Center as listed in the OPERATION MANUAL.

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