

LifeFitness

MANUFACTURED BY:

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IC3

MODEL NO:IC-LFIC3B1-01



CAUTION!

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU START USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, USE OR MAINTENANCE CAN VOID THE WARRANTY TERMS.



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TECHNICAL SPECIFICATIONS:

The Life Fitness IC3 Bike is, according to EN 957, a Class S product for professional and / or commercial use. Such training equipment is intended for use in training areas of organizations such as fitness clubs or sport associations, where access and control are specifically regulated by the individual with legal responsibility.

FOOT PRINT:	52 X 120 CM / 20.5 X 47.2 INCH
WEIGHT OF BIKE:	57KG / 126,66 LBS
MAX SADDLE HEIGHT:	115 CM / 45.3 IN
MAX HANDLEBAR HEIGHT:	115 CM / 45.3 IN
MAX USER WEIGHT:	130 KG / 287 LBS

WARNING!

The bike is designed to accommodate most users from 150 cm to 205 cm (4'11" to 6'9") body height.

IMPORTANT PRECAUTIONS

- 1.** It is the sole responsibility of the owner to ensure that all users of the indoor cycle are informed and aware of all warnings and precautions.
- 2.** Operate and maintain the indoor cycle only as described in this manual and after proper assembly and functionality check as described in this manual.
- 3.** Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle in a garage or covered patio or near water or pools.
- 4.** Place the indoor cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the indoor cycle. Make sure that there is adequate room (20 inches/0,5m) around the indoor cycle to assemble, disassemble and operate it.
- 5.** Regularly inspect and properly tighten all parts of the indoor cycle as recommended in this manual. Please replace defective parts immediately and do not use the Bike until repair is performed. Only use original parts from the manufacturer.
- 6.** Children under the age of 14 should only be allowed use of the indoor cycle with parental approval and supervision. If the indoor cycle is not in use, please make sure the brake resistance is fully engaged to prevent drive gear components from movement and to avoid the potential risk of injury due to improper use.
- 7.** The indoor cycle should not be used by persons exceeding weight of 287 lbs/130 kg.
- 8.** Always wear appropriate riding gear and shoes for cycling while operating the indoor cycle. Do not wear loose clothes or shoes with loose laces which could become caught on the indoor cycle.
- 9.** Before using the indoor cycle, make sure you are familiar with the setup/operation of the indoor cycle.
- 10.** The indoor cycle does not have a direct driven flywheel (wheel); the pedals will continue to move along with the flywheel until the flywheel stops.
- 11.** Always adjust the flywheel resistance so that your pedalling motion is controlled.
- 12.** Keep your back straight while using the indoor cycle; do not arch your back.
- 13.** If you feel pain or dizziness while exercising, stop immediately, rest and cool down and consult a physician.
- 14.** If replacement parts are needed, use only manufacturer supplied parts.

WARNING!

To reduce the risk of serious injury, read the following precautions and information carefully before operating the indoor cycle.

WARNING!

Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Be aware that incorrect or extensive training may result in serious health injuries.

The manufacturer assumes no responsibility for personal injury or property damage related by or through the use of this product.

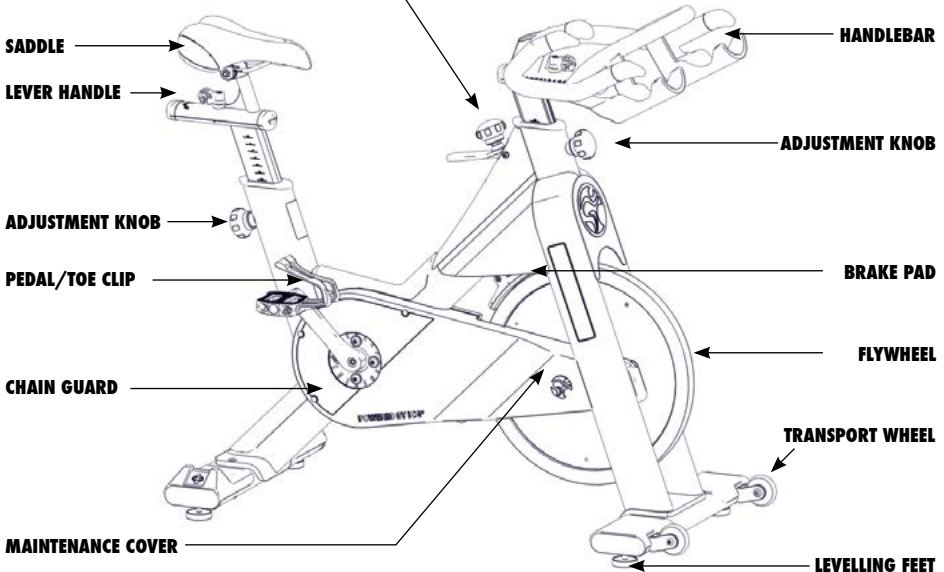
GETTING STARTED

DEAR CUSTOMER,

Congratulations on selecting the Life Fitness IC3 Indoor Cycle. The Life Fitness IC3 Indoor Cycle offers an impressive array of features designed to enhance cardiovascular fitness, tone muscles, and develop endurance. Whether users are beginners or experienced athletes, the Life Fitness IC3 Indoor Cycle offers workouts that will help users to reach their individual fitness goals.

IMPORTANT: Read this manual carefully before assembling or using the indoor cycle. If you have questions after reading this manual, please contact your local distributor or refer to the website www.indoorcycling.com. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

EMERGENCY BRAKE & RESISTANCE KNOB

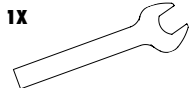


YOU WILL FIND THE PRODUCTION CODE ON THE LOWER LEFT SIDE OF THE LIFE FITNESS IC3 INDOOR CYCLE FRAME. PLEASE REFER TO THIS NUMBER IN SERVICING AND MAINTENANCE LISTS.

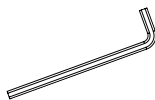
HOW TO ASSEMBLE THE INDOOR CYCLE



X2 17MM
X1 13MM



1X
15MM
PEDAL WRENCH



3MM
5MM



2
PEOPLE

1.

50MM

PLEASE ASSURE THAT NUTS ARE TIGHTENED WITH SIGNIFICANT FORCE TO MINIMIZE LOOSENING. DURING USE.

2.

50MM

PLEASE ASSURE THAT NUTS ARE TIGHTENED WITH SIGNIFICANT FORCE TO MINIMIZE LOOSENING. DURING USE.

3.

STOP MARK

SEAT CLAMP MUST BE TIGHTENED SECURELY FROM BOTH SIDES TO MINIMIZE LOOSENING DURING USE.

4.

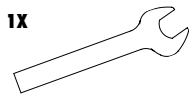
STOP MARK

SEAT CLAMP MUST BE TIGHTENED SECURELY FROM BOTH SIDES TO MINIMIZE LOOSENING DURING USE.

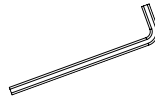
HOW TO ASSEMBLE THE INDOOR CYCLE



X2 17MM
X1 13MM



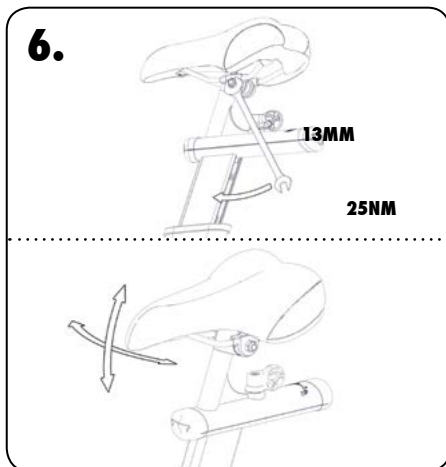
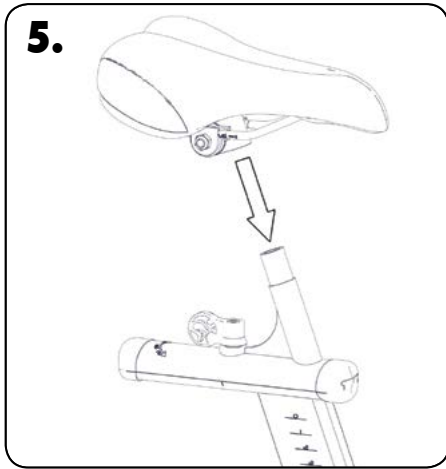
1X
15MM
PEDAL WRENCH



3MM
5MM



2
PEOPLE



WARNING!

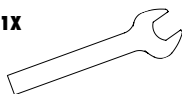
Make sure the seat is fixed properly in a **LEVEL HORIZONTAL** position and seat clamp must be tightened securely from both sides to minimize loosening during use!

HOW TO ASSEMBLE THE INDOOR CYCLE

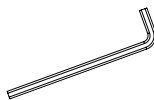


X2 17MM
X1 13MM

1X



15MM
PEDAL WRENCH

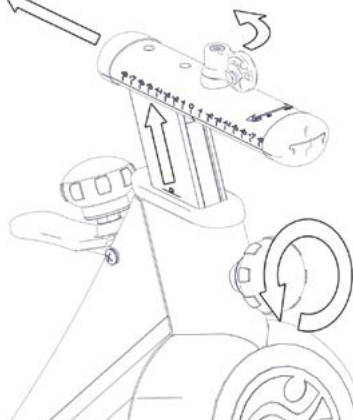


3MM
5MM

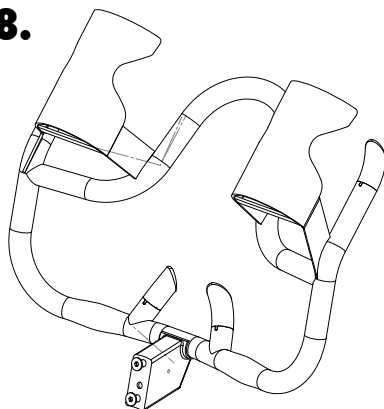


2
PEOPLE

7.



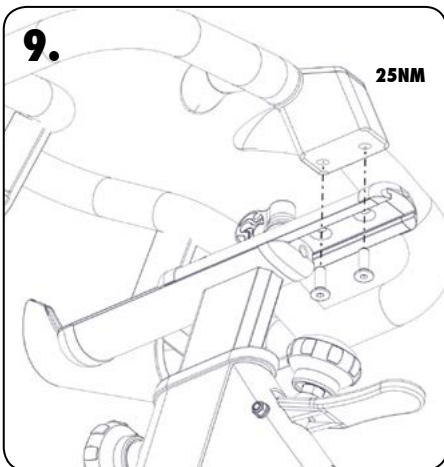
8.



WARNING!

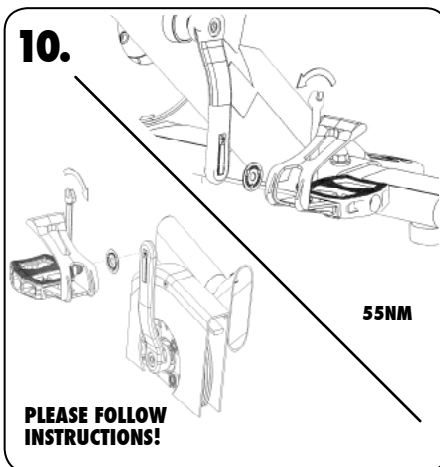
Pedal marked **R** installed on right crank (clockwise). Pedal marked **L** installed on left crank (counter-clockwise) Pedals must be fastened with significant strength to avoid loosening with use of the indoor cycle.

9.



25NM

10.



55NM

PLEASE FOLLOW
INSTRUCTIONS!

INITIAL INSTALLATION CHECKS

The cycle tune-up must be performed at initial installation of the indoor cycle for optimal performance and longevity. Please read and follow all instructions below. If the indoor cycle is not installed and tuned as described, components may wear excessively and the indoor cycle may become damaged. If you have questions about the installation, please contact Life Fitness customer service www.indoorcycling.com

Note: Some maintenance procedures require acid-, silicone- and solvent free spray lubricant (for example BRUNOX), and white lithium grease.

- 1.** Make sure that the indoor cycle is level. If the indoor cycle rocks on the floor, turn the leveling feet underneath the front and/or rear stabilizer until the rocking motion is eliminated.
- 2.** Verify emergency brake function to assure that emergency brake functions correctly.
- 3.** Brake pad calibration: Turn resistance knob counterclockwise as far as possible (minimum braking effect). Verify that there is a slight separation of the brake pad from flywheel. Brake pad should barely touch the flywheel when resistance knob is turned counterclockwise as far as it can go.
- 4.** Apply spray lubricant to the brake pad using the lubrication holes on the plastic part or the brake pad and externally on the felt pad. Make sure brake pad is thoroughly soaked from end to end with lubricant spray. Wipe the excess from the flywheel.
*** Best Practice: Use a refillable spray bottle filled with non-aerosol acid-, silicone- and solvent- free spray lubricant purchased by the gallon (3.7 L) at the local hardware store.**
- 5.** Apply Lithium grease to the threads on the lower end of the brake rod. First, turn the resistance knob clockwise until it stops. Apply a small amount of white lithium grease to the threads on the brake rod above the two lock nuts. Then, turn the resistance knob counterclockwise until it stops.

INITIAL INSTALLATION CHECKS

- 6.** Apply Lithium grease on the metal threads of all the adjustment knobs.
- 7.** Check four (4) Allen bolts on RS pulley for tightness. If loose, apply Loctite Threadlocker Blue-242 and retighten.
- 8.** Verify R and L crank arm Allen bolts for tightness. If loose, apply Loctite Threadlocker Blue-242 and retighten.
- 9.** Wipe down bike frame with rag moistened with solvent-free spray lubricant
- 10.** Some parts of the indoor cycle may become loose during shipment. Check crank arms and check all exposed screws, bolts and nuts, and make sure that they are properly tightened.

CUSTOMER SERVICE

- 1.** Provide basic maintenance instructions for clients and direct them to detailed maintenance instructions (page 13-18).
- 2.** Provide sign-off sheet for clients to confirm explanation of maintenance procedures/manual and verification of condition of bikes.

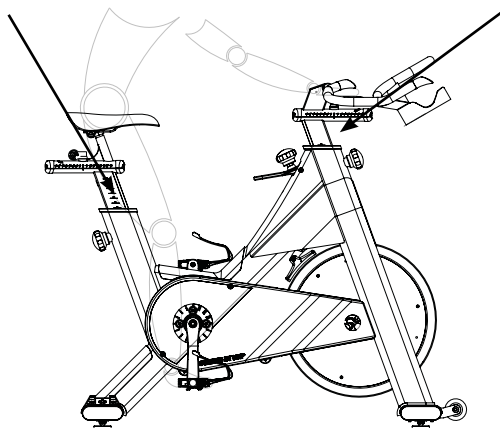
HOW TO ADJUST THE INDOOR CYCLE

The Life Fitness IC3 Indoor Cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the Life Fitness IC3 Indoor Cycle to ensure optimal user comfort and ideal body positioning. You may choose to adjust the Life Fitness IC3 Indoor Cycle differently.

PEDAL STRAP ADJUSTMENT:

Sit on the saddle and position your feet on the pedals, with the balls of your feet directly above the spindles of the pedals (see the drawing below). Adjust the pedal straps so the toe clips (cages) are snug but not too tight. Note: When fitting a bike with combi-pedals, the pedals feature toe clips on one surface and SPD cleats on the opposite surface. If desired, use the SPD cleats with cycling shoes instead of the toe clips.

Please do not adjust saddle height beyond the STOP mark on the stem. Also ensure the pop pin is fully engaged and securely tightened



Please do not adjust saddle height beyond the STOP mark on the stem and ensure the pop pin is fully engaged and securely tightened

WARNING!

Please avoid overtightening the pop pin adjustment knob as this may cause damage to the vertical aluminum stems.

SADDLE HEIGHT ADJUSTMENT:

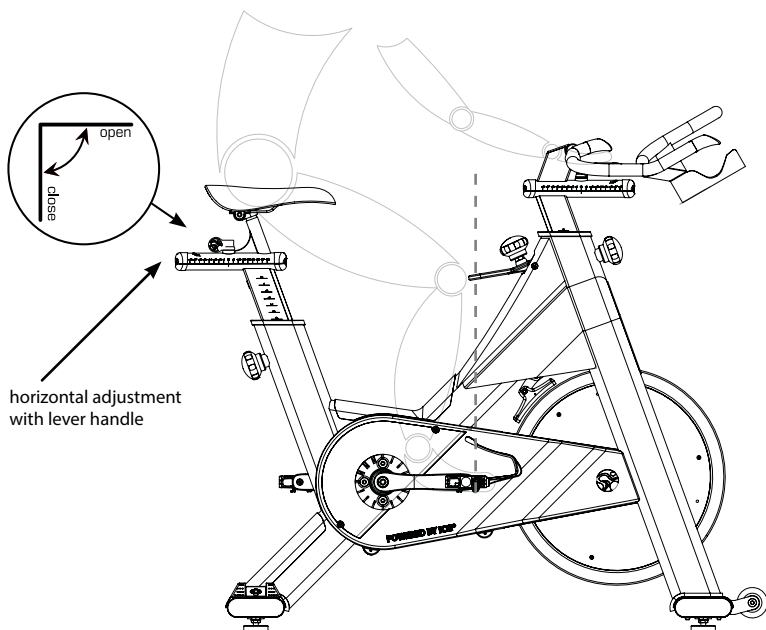
Sit on the saddle and slowly pedal until the right pedal is in the lowest position. Your knees should be slightly bent with no dropping of the hips. To avoid hyperextending your knees, make sure that your legs are not completely straight.

HOW TO ADJUST THE INDOOR CYCLE

SADDLE HORIZONTAL ADJUSTMENT:

Proper horizontal adjustment of the saddle is very important in avoiding injury to the knees. Sit on the saddle and move the pedals until the crank arms are in horizontal position.

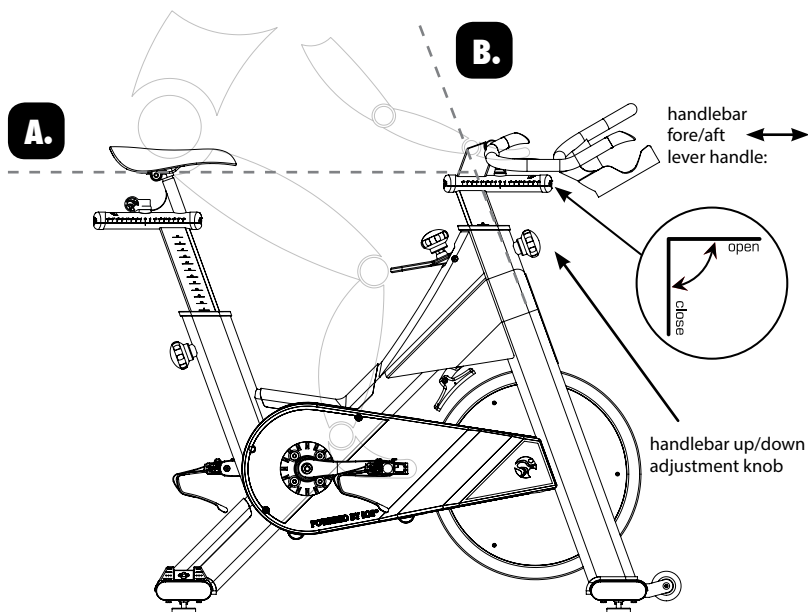
Using your forward leg as a marker, your kneecap should be directly above the center of the pedal so that a straight line is created between knee and center of the pedal (see the dotted line in image below). To adjust the horizontal position of the saddle, first dismount the Life Fitness IC3 Indoor Cycle. Next, loosen the rear lever handle, slide the saddle forward or backward as required, and then retighten the lever handle.



HOW TO ADJUST THE INDOOR CYCLE

HANDLEBAR ADJUSTMENT:

Begin with the top of the handlebar at relatively the same height as, or just slightly higher than, the top of the saddle (**dotted horizontal line A in the drawing below**) and at a neutral fore/aft position (**see dotted vertical line B in drawing below**). If your knees touch the handlebars, or if you experience back discomfort while pedaling for extended periods of time, the height of the handlebars can be adjusted. First, dismount the Life Fitness IC3 Indoor Cycle. Next, turn the front adjustment knob counterclockwise, slide the handlebar post up or down, and retighten the adjustment knob.



Next, the horizontal position of the handlebar should be adjusted. If the handlebar is too close to the saddle, your breathing may feel restricted. If the handlebar is too far from the saddle, you may experience back discomfort. To adjust the horizontal position of the handlebar, first dismount the Life Fitness IC3 Indoor Cycle.

Check for proper handlebar position by positioning your elbow so that it touches the front tip of the saddle at a 90-degree angle and checking that the fingertip of your middle finger is touching the handlebar at the mid-point. If it is not as described, loosen the fore/aft lever handle and slide the handlebar forward or backward until your middle finger is touching the handlebar at the mid-point. Retighten the lever handle. The handlebar offers a wide variety of hand positions for personal preferences. Changing your hand position can change the angle of your back, neck, and arms. To minimize the stress on your muscles during your workouts, change your hand position frequently.

HOW TO OPERATE THE INDOOR CYCLE

RESISTANCE ADJUSTMENT:

The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the resistance knob. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counterclockwise.

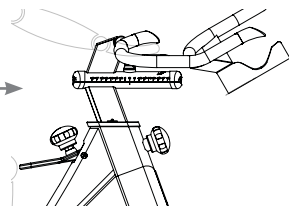
IMPORTANT: To stop the flywheel (wheel) while pedaling, pull up the red emergency handle. The flywheel should quickly come to a complete stop. Please make sure your shoes are fixed into the toe clip or, in case cycling shoes are used, your shoe cleat is connected to the pedal binding while riding.

The Life Fitness IC3 Indoor Cycle does not have a free-moving flywheel (wheel). The pedals will continue to move with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, pull up the red emergency break handle. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities.

PULL THE RED EMERGENCY HANDLE UP = EMERGENCY STOP

RESISTANCE KNOB (TURN)

EMERGENCY BRAKE HANDLE (PULL)



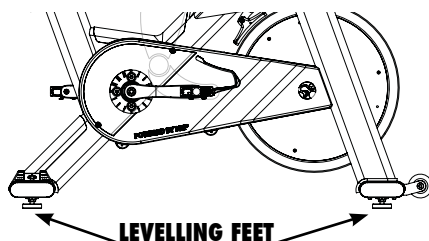
HOW TO MOVE THE LIFE FITNESS IC3 INDOOR CYCLE:

Due to the weight of the Life Fitness IC3 Indoor Cycle, it is recommended that two people move it. While one person lifts the back of the Life Fitness IC3 Indoor Cycle, the second person firmly holds the handlebar and tips the Life Fitness IC3 Indoor Cycle forward until it rolls on the wheels. Carefully move the Indoor Cycle to the desired location and then lower it. **CAUTION: To reduce the risk of injury, use extreme caution while moving the Indoor Cycle. Do not attempt to move it over uneven surfaces. Make sure to allow a minimum safety space of 20 inches to the nearest equipment.**

If the Life Fitness IC3 Indoor Cycle rocks on the floor after being set down, turn the leveling feet (see diagram) underneath the front or rear stabilizer until the rocking motion is eliminated.

Important:

Please do not unscrew the leveling feet more than ½ inch!



PREVENTIVE MAINTENANCE

WARNING!

REGULAR MAINTENANCE MUST BE PERFORMED ON THE LIFE FITNESS IC3 INDOOR CYCLE FOR OPTIMAL PERFORMANCE AND LONGEVITY.

Please read and follow all instructions below. If the indoor cycle is not maintained as described, components may wear excessively and the Life Fitness IC3 Indoor Cycle may become damaged. Improper maintenance will void the warranty terms. If you have questions about maintenance, contact your local distributor or refer to www.indoorcycling.com.

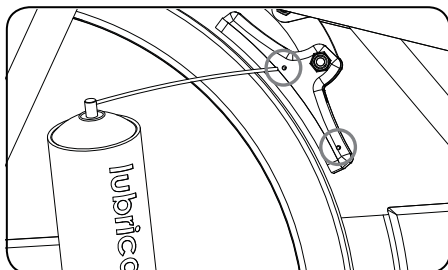
NOTE: MANY MAINTENANCE PROCEDURES REQUIRE LUBRICANT SPRAY. WE RECOMMEND AN ACID, SILICON AND SOLVENT-FREE LUBRICANT.

DAILY MAINTENANCE:

- 1.** Make sure that the Life Fitness IC3 Indoor Cycle is level. If the Life Fitness IC3 Indoor Cycle rocks on your floor, turn the leveling feet underneath the front or rear stabilizer until the rocking motion is eliminated (see „How to move the Life Fitness IC3 Indoor Cycle“ on page 12).
- 2.** After each user finishes exercising, the Life Fitness IC3 Indoor Cycle should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to the handlebars and the saddle. Using a lint-free cloth, dry the handlebars and the saddle. Next, apply a small amount of disinfectant to a lint-free cloth and clean the adjustment knobs and the lock handles. Avoid using strong detergents on the Life Fitness IC3 Indoor Cycle frame.

WEEKLY MAINTENANCE:

- 1.** Apply a small amount of the lubrication spray to a lint-free cloth. Thoroughly clean the frame, the handlebar slider, the seat sliders, the flywheel, and the plastic parts of the Life Fitness IC3 Indoor Cycle.
- 2.** For optimal performance of the resistance system, and to minimize wear on the brake pad, the acid-, silicone- and solvent-free spray lubricant should be applied to the brake pad using the lubrication holes on the plastic part of the brake pad. If fuzz or lint appears on the brake pad, the brake pad has become too dry. Lubricant spray should be applied more frequently. Make sure brake pad is thoroughly soaked from end to end with lubricant spray. Wipe off any excess.

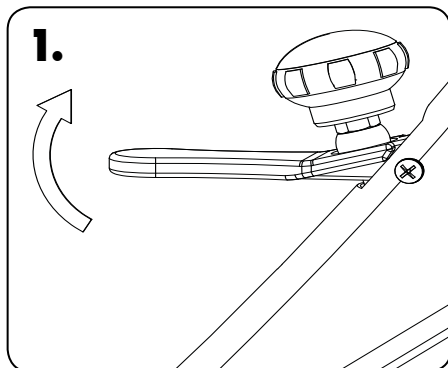


PREVENTIVE MAINTENANCE

BI-WEEKLY MAINTENANCE:

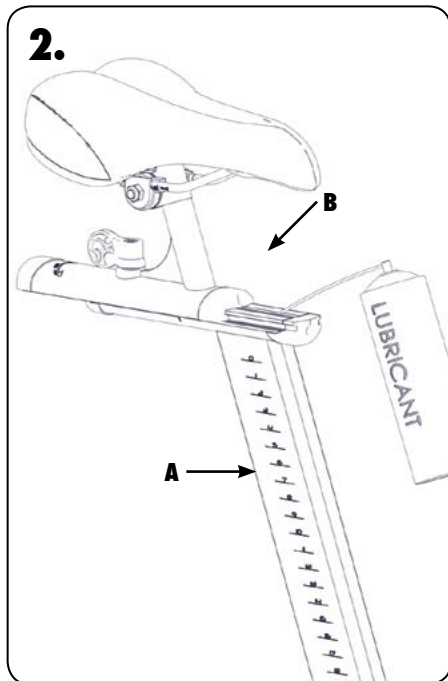
1. The Life Fitness IC3 Indoor Cycle should not be used if the emergency brake system is not working properly.

While sitting on the saddle and pedaling, test the brake by pulling upward on the emergency brake handle. The flywheel should come to a quick and complete stop.

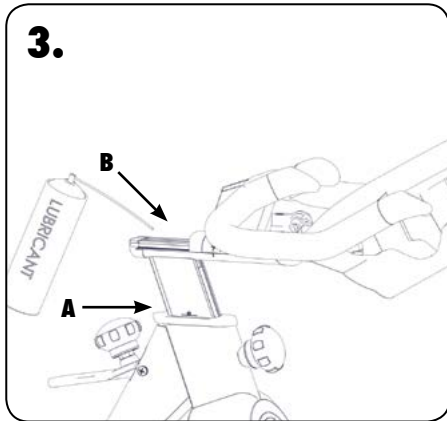


2. To maintain the easy adjustability of the saddle post, the saddle post should be cleaned and lubricated. Turn the rear adjustment knob counterclockwise and slide the saddle post out of the frame. Apply a small amount of lubricant spray to a lint-free cloth, and clean the saddle post (A).

Next, loosen the rear lock handle and slide the saddle carriage as far back as possible. Apply a small amount of lubricant spray to a lint-free cloth, and clean the top of the saddle slide (B). Then slide the saddle carriage as far forward as possible and clean the top of the saddle slide. Finally, adjust the saddle to the desired position.

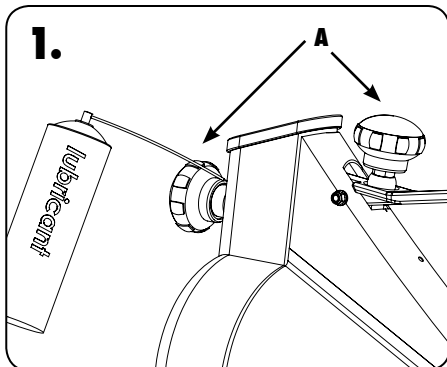


PREVENTIVE MAINTENANCE



3. To maintain the easy adjustability of the handlebar post, the handlebar post should be cleaned and lubricated. First, turn the front adjustment knob counterclockwise and slide the handlebar post out of the frame. Apply a small amount of lubricant spray to a lint-free cloth, and clean the handlebar post (**A**).

Next, reinsert the handlebar post into the frame and adjust it to the desired height. Loosen the front lock handle and slide the handlebar carriage as far back as possible. Apply a small amount of lubricant spray to a lint-free cloth, and clean the surface of the handlebar slide (**B**). Then slide the handlebar carriage as far forward as possible and clean the top of the handlebar slide. Finally, adjust the handlebar to the desired position.

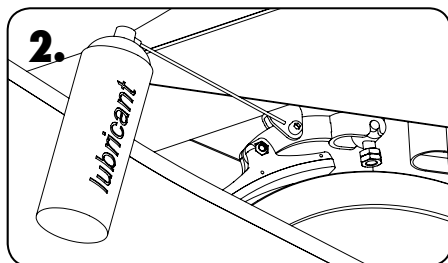


MONTHLY MAINTENANCE:

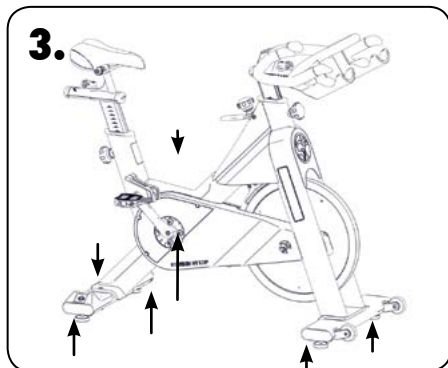
1. To maintain the smooth function of the height adjustment knobs for the handlebar and saddle, the metal threads on the adjustment knobs (**A**) must be lubricated. Use of white lithium grease is recommended.

PREVENTIVE MAINTENANCE

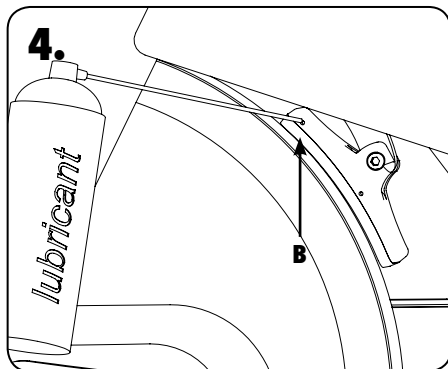
2. To maintain the easy adjustability of the resistance system, the threads on the lower end of the brake rod should be lubricated. First, turn the resistance knob clockwise until it stops. Next, look under the right or left side of the frame and locate the brake rod, which has two lock nuts on its lower end. Apply a small amount of synthetic grease (white lithium grease) to the threads on the brake rod above the two lock nuts. Turn the resistance knob counterclockwise until it stops.



3. Some parts of the Life Fitness IC3 Indoor Cycle may become loose as a result of repeated use. Check pedals, toe clips and pedal straps, and make sure that they are properly tightened. Next, check all exposed screws, bolts, and nuts. Make sure that they are properly tightened. Finally, check the saddle to make sure that it is not loose or damaged. Please use Locktite on loose crank arm and pulley screws.



4. The brake pad will become worn as a result of repeated use. The Life Fitness IC3 Indoor Cycle should not be used if the emergency brake system is not working properly (see page 14)! Should you feel that the resistance system's functions are deficient, it is essential to fine-tune the resistance system before the bike is used again! Please check the setting of the brake system as follows: First turn the resistance regulator on the brake system as far as it will go to the left (minimum braking effect). If the setting is correct, the brake pads should be flush with the flywheel and barely touching so that it is possible to cycle with a barely noticeable amount of resistance. The brake pad can be adjusted using a 10 mm wrench. Next, check the brake pad for signs of wear. If the brake pad does show signs of excessive wear, thoroughly soak the brake pad with lubricant spray using the 2 lubrication holes (B). Wipe off the excess.



MAINTENANCE ACTIVITY REQUIRED SCHEDULE

ACTIVITY	ROTATION	DETAILS
FEET LEVELLING, DISINFECTION & CLEANING OF THE BIKE	DAILY	P 14
SERVICING BRAKE PADS, DETAILED CLEANING OF THE ENTIRE BIKE	WEEKLY	P 14
CHECK EMERGENCY BRAKE FUNCTION	BI-WEEKLY	P 15
CLEAN AND LUBRICATE SADDLE & HANDLEBAR SLIDERS / POSTS	BI-WEEKLY	P 15+16
CHECK ADJUSTMENT KNOBS	MONTHLY	P 16
CHECK BRAKE PAD FOR SIGNS OF WEAR	MONTHLY	P 17
CHECK BRAKE SYSTEM, LUBRICATE	MONTHLY	P 17
CHECK PEDALS, TOE CLIP & STRAPS FOR SIGNS OF WEAR	MONTHLY	P17
CHECK ALL CONNECTIONS AND FIXINGS	MONTHLY	P17
CHECK BELT DRIVE TRAIN	MOTHLY	P18

EXAMPLES OF MAINTENANCE PLAN CHARTS FOR IN HOUSE SERVICE TECHNICIANS:

WEEKLY MAINTENANCE CHECKLIST					
BIKE NO.	PRODUCTION CODE	OBSERVATIONS	ACTION TAKEN	RESULT	NAME/DATE

MAINTENANCE ACTIVITY REQUIRED SCHEDULE

BI-WEEKLY MAINTENANCE CHECKLIST					
BIKE NO.	PRODUCTION CODE	OBSERVATIONS	ACTION TAKEN	RESULT	NAME/DATE

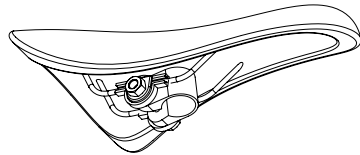
MONTHLY MAINTENANCE CHECKLIST					
BIKE NO.	PRODUCTION CODE	OBSERVATIONS	ACTION TAKEN	RESULT	NAME/DATE

SPARE PARTS

Due to revisions, spare part order no. and specifications may be subject to change.
For further information please contact your local distributor or visit www.indoorcycling.com.

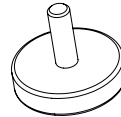
120-01-00015-02

**SPORT SADDLE
BLACK & RED INCL. SADDLE CLAMP**



900-10-00003-01

LEVELING FEET, RUBBER 75° SHORE



150-01-00005-03

**COMBI PEDAL SET,
SPD COMPATIBLE**



150-03-00048-01

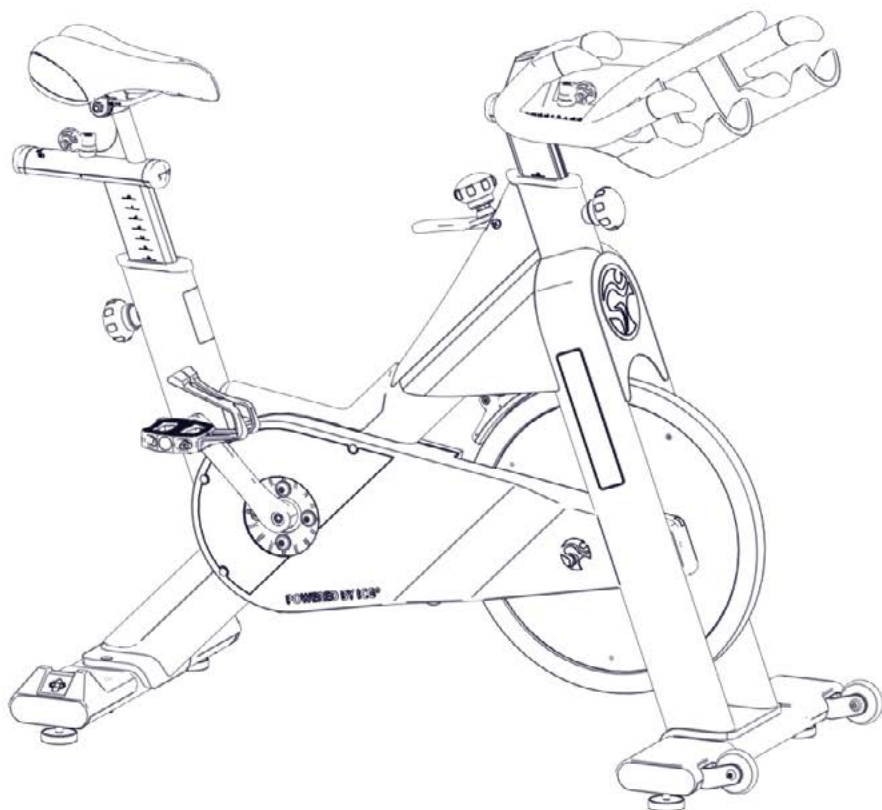
TOE STRAP SET



WARRANTY

Indoor Cycling Group GmbH warrants that all new equipment will be free of manufacturing defects in workmanship and materials, effective on the date of original installation. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. Warranty may vary by region or country. Please contact www.indoorcycling.com.

Defects caused by inappropriate use or handling of the product may cause denegation of the manufacturer warranty.



WARRANTY

10 YEARS WARRANTY:	FRAME CONSTRUCTION AND WELDING
3 YEARS WARRANTY	HANDLEBAR AND SADDLE ASSEMBLY, BRAKE SYSTEM (EXCLUDING BRAKE PAD), LEVER HANDLES AND KNOBS, CRANKS, BELT DRIVE SYSTEM, BOTTOM BRACKET ASSEMBLY, FLYWHEEL AND HUB ASSEMBLY, POWDER COATING OF FRAME PARTS.
2 YEARS WARRANTY :	PEDALS, INSERT SLEEVES FOR HANDLE BAR AND SADDLE POST, LEVELING FEET.
1 YEARS WARRANTY:	SADDLE CONSTRUCTION

THE FOLLOWING WEAR ITEMS ARE EXCLUDED FROM WARRANTY:

Pedal straps, pedal binding system, brake pad, saddle surface.

CAUTION.

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU BEGIN USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, SET UP, USE OR MAINTENANCE MAY VOID THE WARRANTY.

LifeFitness

EMAIL: INFO@INDOORCYCLING.COM
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