

INTEGRITY AND CLUB SERIES PLUS UPRIGHT LIFECYCLE® EXERCISE BIKE

INCDE-SE4XX, INCS-SLXX, INCD-SLXX, CSLUD-SLXX, INCDSE, INCSSE,
INCDST, INCSST, PF-INT-UB, PF-INC-SL-11, PF-INC-SSL-ALLXM-11

Assembly Instructions



Corporate Headquarters

10601 W Belmont Ave, Franklin Park, IL 60131 • 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, LLC

10601 W Belmont Ave
Franklin Park, IL 60131 U.S.A.
Telephone: (847) 288 3300
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com

Brazil

Life Fitness Brasil

Av. Rebouças, 2315
Pinheiros
São Paulo, SP 05401-300
BRAZIL
SAC: 0800 773 8282 option 2
Telephone: +55 (11) 3095 5200 option 2
Service Email: suportebr@lifefitness.com
Sales/Marketing Email:
vendasbr@lifefitness.com

Latin America and Caribbean*

Life Fitness, LLC

10601 W Belmont Ave
Franklin Park, IL 60131 U.S.A.
Telephone: (847) 288 3300
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com

EUROPE, MIDDLE EAST, and AFRICA (EMEA)

Netherlands and Luxemburg

Life Fitness Atlantic BV

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com

United Kingdom

Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com

Germany, Austria, and Switzerland

Life Fitness Europe GMBH

Neuhofweg 9
85716 Unterschleißheim
GERMANY
Telephone:
+49 (0) 89 / 31775166 Germany
+43 (0) 1 / 6157198 Austria
+41 (0) 848 / 000901 Switzerland
Service Email:
kundendienst@lifefitness.com
Sales/Marketing Email:
vertrieb@lifefitness.com

Spain

Life Fitness IBERIA

C/Frederic Mompou 5,1ª^a
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Service Email:
servicio.tecnico@lifefitness.com
Sales/Marketing Email:
info.iberia@lifefitness.com

Belgium

Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com

All Other EMEA Countries and Distributor Business EMEA*

Life Fitness Atlantic BV

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Service Email:
EMEAServiceSupport@lifefitness.com

ASIA PACIFIC (AP)

Japan

Life Fitness Japan, Ltd

4-17-33 Minami Aoyama 1F/B1F
Minato-ku - Tokyo 107-0062
Japan
Telephone: (+81) 0120.114.482
Fax: (+81) 03-5770-5059
Service Email: service.lfj@lifefitness.com
Sales/Marketing Email:
sales@lifefitnessjapan.com

Hong Kong

Life Fitness Asia Pacific LTD

26/F, Global Trade Square
21 Wong Chuk Hang Road
Wong Chuk Hang
Hong Kong
Telephone: (+852) 25756262
Fax: (+852) 25756894
Service Email: service.hk@lifefitness.com
Sales/Marketing Email:
hongkong.sales@lifefitness.com

All Other Asia Pacific countries and distributor business Asia Pacific*

Life Fitness Asia Pacific LTD

26/F, Global Trade Square
21 Wong Chuk Hang Road
Wong Chuk Hang
Hong Kong
Telephone: (+852) 25756262
Fax: (+852) 25756894
Service Email: service.hk@lifefitness.com
Sales/Marketing Email:
hongkong.sales@lifefitness.com

*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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10601 W Belmont Ave, Franklin Park, IL 60131 • 847-288-3300


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1. Getting Started


Safety Instructions


 Read all instructions before use.

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

 **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands 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, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

 **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.


 **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:** Do not use for stretching and do not attach straps or other devices.


 **WARNING:** Keep batteries out of reach of children.

Some chest straps may contain a removable battery.

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

 **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.


 **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

 **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- 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 or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. 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 Customer Support Services.

- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

Consignes de sécurité

 Veuillez lire toutes les instructions avant usage.



ATTENTION : Toute modification apportée à cet équipement pourrait en annuler la garantie.



AVERTISSEMENT : Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Family of Brands Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.



AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.



AVERTISSEMENT : Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement l'exercice.



AVERTISSEMENT : Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.



AVERTISSEMENT : Tenir les piles hors de portée des enfants.

Certaines sangles de poitrine peuvent contenir une pile jetable.

- L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
- Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
- Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
- Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
- Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.



AVERTISSEMENT : Laissez une distance de 41 cm entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 90 cm entre l'avant ou l'arrière du vélo et les objets alentour, et d'au moins 60 cm dans la direction qui permet d'accéder à l'appareil.



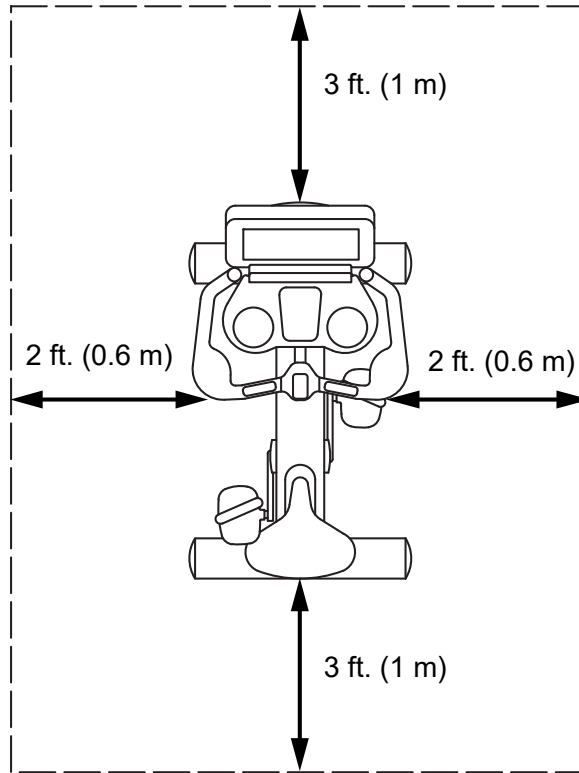
DANGER : Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

- Life Fitness Family of Brands ne garantit pas que les composants utilisés dans la fabrication des produits proposés dans la Life Fitness Family of Brands sont exempts de latex. Les utilisateurs de ces produits doivent prendre toutes les précautions nécessaires pour éviter un contact accidentel qui pourrait entraîner une réaction indésirable au latex.
- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le service à la clientèle.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'introduisez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le service d'assistance à la clientèle.

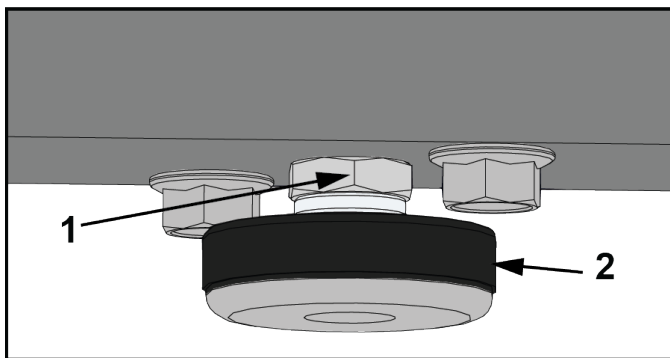
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un couvercle.
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.
- Life Fitness recommande de débrancher le produit quand il n'est pas utilisé. Débranchez-le systématiquement après son utilisation et avant l'ajout et le retrait de pièces.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Ne vous mettez pas debout ni assis sur les caches en plastique.
- Montez et descendez avec précaution du vélo. Utilisez le guidon fixe lorsque vous avez besoin de renforcer votre équilibre.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n'est pas responsable des étiquettes manquantes ou endommagées.

How to Stabilize the Upright Bike

Read the entire manual before setting up the bike. After following all Safety Instructions, move the bike to the location where it will be used. Allow a clearance of 2 ft. (0.6 m) in the directions the bike is accessed from and 3 ft. (1 m) between the front or rear of the bike or any other objects.



After placing the unit in position, check the unit's stability by attempting to rock it from side to side. 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 M17 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 stabilizing bar.



	Description
1	Jam Nut
2	Stabilizing Leg

Electrical Power Requirements (Applicable for Units Using External Power Supply)

- Units that are equipped with the Integrity SL console are self powered.
- Units with Integrity SL console can be used with an optional attachable TV. Use of an attachable TV requires an external power supply.
- Units with Discover consoles require a 24 VDC power supply.



WARNING: Use only the supplied power brick and line cord. Do not use any modification to connect to a 2-prong outlet. Product must be connected to a properly rated 3-prong outlet.

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity SL	95 - 264 VAC	47 - 63 Hz	24 VDC	2.5 A
Discover SE4 / SE3HD / ST	95 - 264 VAC	47 - 63 Hz	24 VDC	3.75 A

Outlet Voltage	Commercial Units Outlet & Breaker (Amps)	Consumer / Home Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 8 bikes per breaker for Integrity; 4 bikes per breaker for Discover)	15 (no more than 8 bikes per breaker for Integrity; 4 bikes per breaker for Discover)
230 VAC	12 (no more than 8 bikes per breaker for Integrity; 4 bikes per breaker for Discover)	12 (no more than 8 bikes per breaker for Integrity; 4 bikes per breaker for Discover)

NOTE: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

NOTE: Make sure the power brick cord is securely connected to the base unit. A loose connection may result in the unit not receiving external power.

Check for Console Power

The Integrity SL console is powered by a rechargeable 6-volt battery. Check the battery by pressing the GO button. The console should beep and light up. The console will display the Life Fitness logo. If a prompt doesn't appear, mount the unit and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 10 - 20 minutes at 50 rpm or faster during a workout for optimum battery charging. The pedal action during workouts keeps the battery charged. Optional external power supply can be used. If the unit is externally powered, battery maintenance is automatic and pedaling is not required. Use only the power supply provided by *Life Fitness* to insure against unsafe operation.

Power Assist Option / External Power Supply

The bike's optional Power Assist feature makes it possible for the console to be powered by an external electrical source. This eliminates the need to pedal at a minimum speed to supply constant power to the console. With this option, users who ride the bike for rehabilitative exercise may pedal at a rate below the minimum without losing console power.

Plug the power to the external power connector on the front end of the bike. Plug the cord into an AC outlet. Use only the external power supply provided by *Life Fitness* in order to insure against unsafe operation.



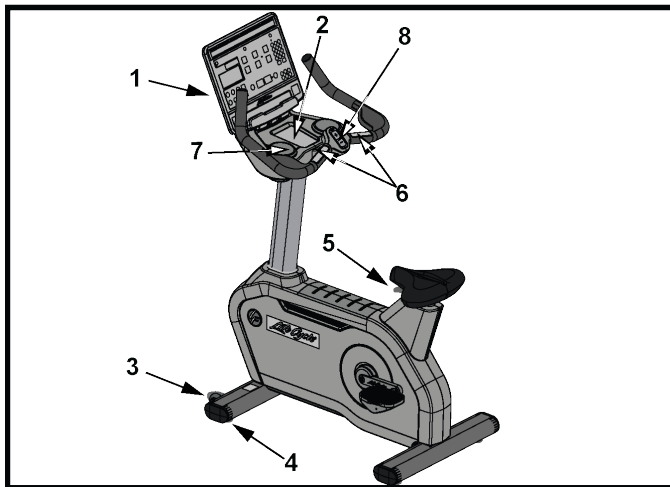
CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty. If the power supply barrel doesn't fit easily into the receptacle then the wrong power supply is being used.

The Power Assist feature option requires an optional kit. Contact *Life Fitness* Customer Support Services to order the kit.

2. Product Overview

Product Features

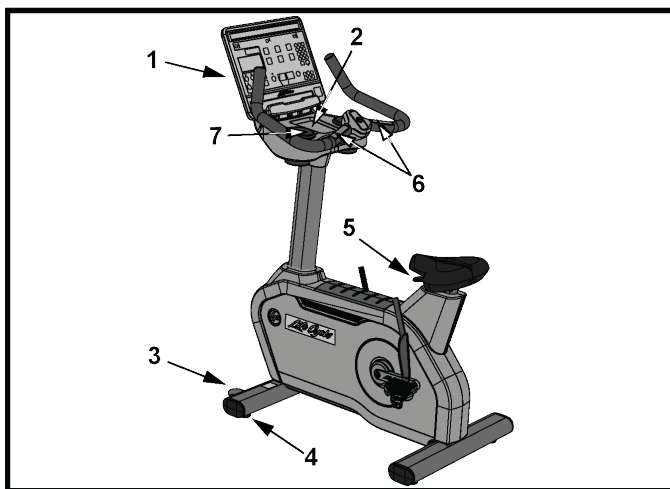
Deluxe Models (INCDE-SE4XX, INCD-SLXX, INCDSE, INCDST, CSLUD-SLXX, Club Series Plus)



NOTE: Integrity SL Console shown as a reference in image.

Item	Description
1	Console
2	Accessory Tray
3	Wheel
4	Leg Leveler
5	Seat Adjustment Lever
6	Contact Heart Rate Sensors
7	Cup Holder
8	Resistance Up / Down Controls

Simple Models (INCS-SLXX, INCSSE, INCSST, PF-INT-UB, PF-INC-SL-11, PF-INC-SSL-ALLXM-11)

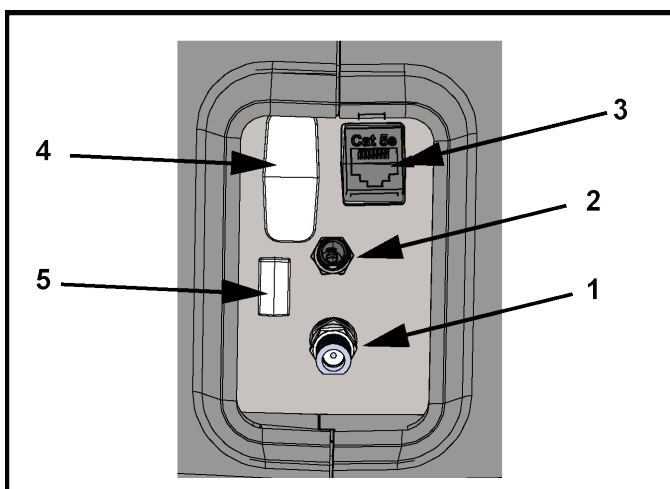


NOTE: Integrity SL Console shown as a reference in image.

Item	Description
1	Console
2	Accessory Tray
3	Wheel
4	Leg Leveler
5	Seat Adjustment Lever
6	Contact Heart Rate Sensors
7	Cup Holder

Connections

The following connection receptacle is located at the front of the bike.



Item	Description
1	Coaxial Connection
2	Power Input
3	CAT5e Network / Ethernet
4	HDMI Connection
5	IR Connection

How to Adjust Seat

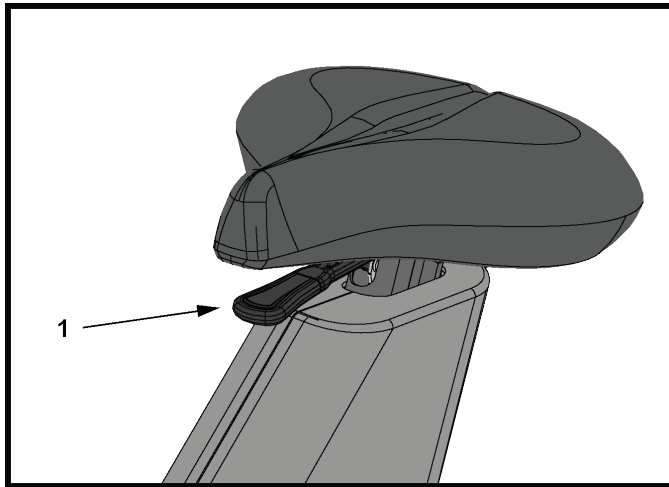
A properly adjusted seat is important in any bike-oriented exercise activity. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles. If the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

Sit on the seat and place the balls of the feet on the pedals. An optimum position allows movement through the bottom of the stroke without locking the knees, shifting in the seat or forcefully extending the hips. The knees should have a slight bend at the point of fullest leg extension.

If the seat needs to be adjusted lower, lift the spring-loaded adjusting handle located underneath the nose of the seat. Hold both the handle and nose of the seat with one hand and use the other hand to grab the rear of the seat. Slide the handle and seat down to the proper position. Release the handle to complete engagement. Gently slide the seat up and down a small distance to ensure it is locked into place. Check the seat distance and readjust as necessary.

If the seat needs to be adjusted higher, grab the seat and slide it up to the proper position. When adjusting the seat to a higher position, the user does not have to lift the adjusting handle.

⚠ CAUTION: Do not attempt to adjust the seat while pedaling the bike or sitting on the seat. Doing so may cause injury or result in an uncomfortable workout.

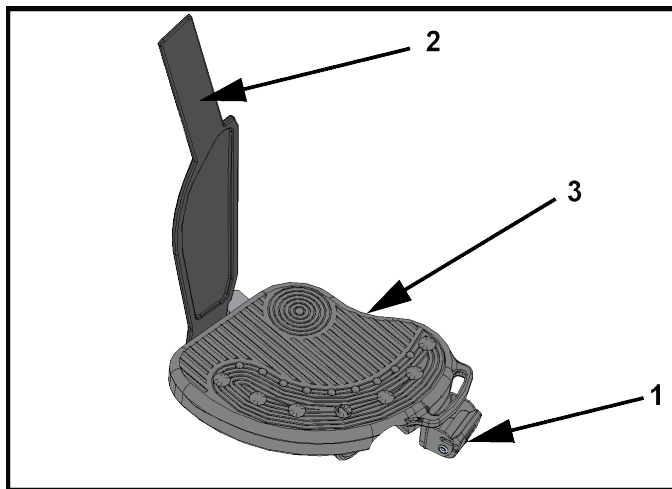


Item	Description	Qty.
1	Seat Adjustment Handle	1

How to Adjust Pedal Straps

The bike pedal straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably but tight enough to prevent shoes from slipping at any point in the pedaling rotation. A user should test and adjust the tightness of the straps before starting a workout.

Use one hand to push the strap latch upward to loosen the ribbed strap. Use the other hand to pull the ribbed strap out from underneath the strap latch. Rest the foot on the pedal. Wrap the ribbed strap over the foot to determine the desired length. Push the strap latch upward and thread the ribbed strap through the strap latch to select the appropriate slot. Let go of the strap latch to secure position.



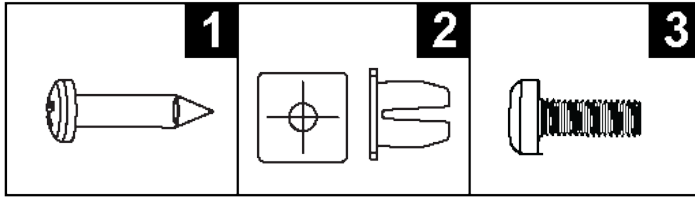
Item	Description	Qty.
1	Strap Latch	2
2	Strap	2
3	Pedal	2

3. Assembly: Multi-Box Models

Models: *INCDE-SE4XX, INCS-SLXX, INCD-SLXX, CSLUD-SLXX, INCDE, INCSSE, INCDST, INCSST, PF-INC-SSL-ALLXM-11, CLUB SERIES PLUS*

Hardware and Required Tools

Hardware:



Item	Description	Qty.
1	M4.2 X 19 PHILLIPS PAN HEAD SCREW	6
2	GROMMET	6
3	M5 X 14 PHILLIPS PAN HEAD SCREW	5

Required Tools:

- Phillips screwdriver
- 13 mm Socket wrench

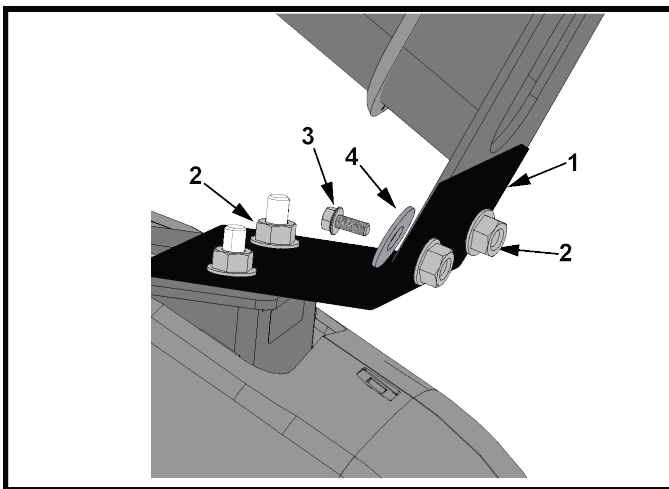
Before You Begin

The monocolumn is positioned with the back of the console support weldment laying on the bike seat. The seat is set to the lowest position.



1. Remove and discard the metal bracket that holds the monocolumn to the base. Use a 13mm socket to remove the two M8 screws, two plastic washers and two M8 hex lock nuts that secure the monocolumn to the bracket. Use the 13mm socket wrench to also remove the M8 hex lock nuts that holds the metal bracket onto the base.

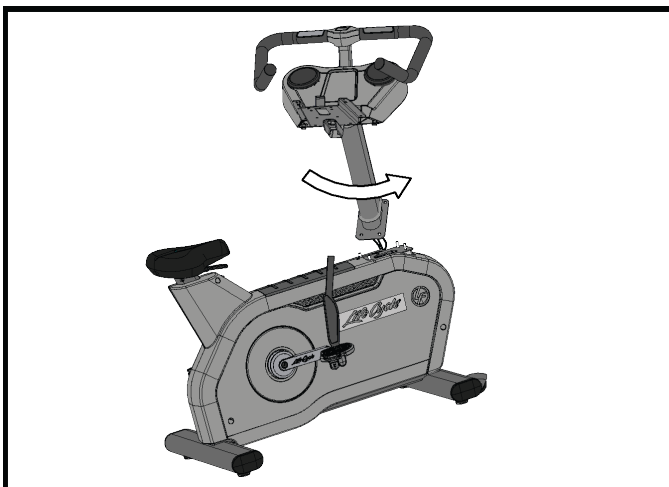
NOTE: Discard the two M8 screws and two plastic washers. **Retain all four nuts for reuse.**



Item	Description	Qty.
1	Metal Bracket Discard	1
2	M8 Hex Lock Nut	4
3	M8 Screw Discard	2
4	Plastic Washer Discard	2

2. Grab the handlebars. Lift the monocolumn up and turn **COUNTERCLOCKWISE**.

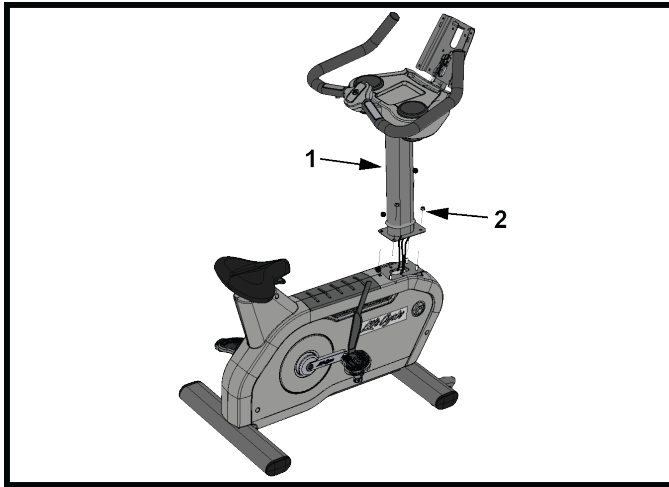
NOTE: DO NOT turn the monocolumn clockwise! Cables may become twisted as a result.




Attach Monocolumn to Base

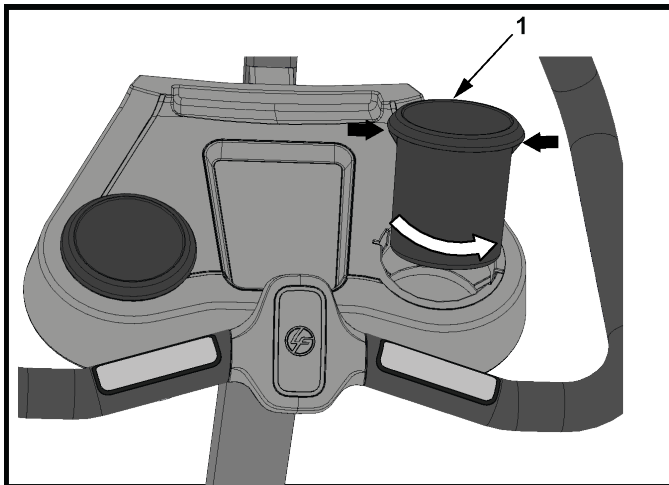
CAUTION: Remove any protective covering / tape from the monocolumn and console support weldment prior to attaching to base! Failure to remove the protective covering can cause improper grounding!

NOTE: Route console cables through monocolumn.



Item	Description	Qty.
1	Monocolumn	1
2	M8 Hex Lock Nut <i>Reuse the previously removed M8 Hex Lock Nuts</i>	4
	34 Nm (25.1 ft. lbs.)	

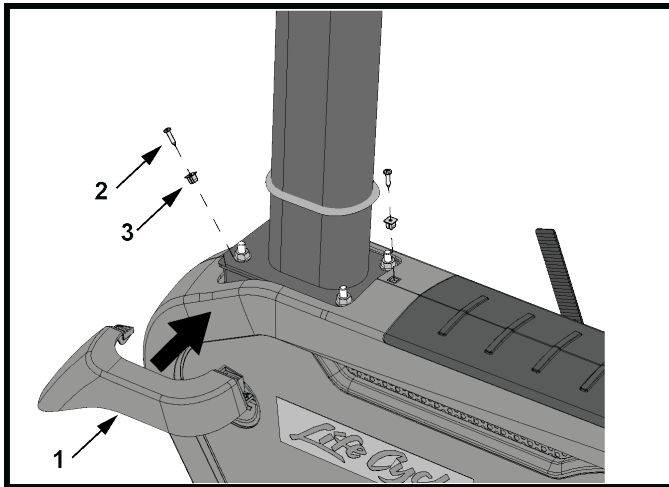
Insert Cup Holder




NOTE: Align cup ribs with shroud openings. Rotate cup counterclockwise to lock.

Item	Description	Qty.
1	Cup Holder	2

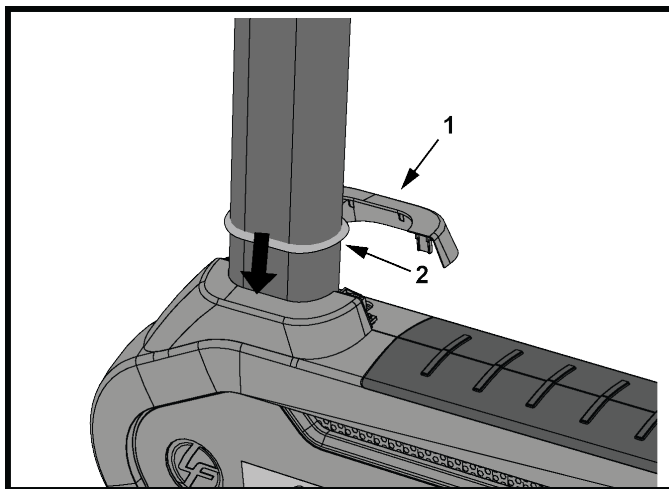
Secure Left Monocolumn Shroud to Monocolumn



Item	Description	Qty.
1	Monocolumn Shroud, Left	1
2	M4.2 X 19 Phillips Pan Head Screw	2
3	Grommet	2
	1.5 Nm (1.1 ft. lbs.)	

Attach Right Monocolumn Shroud to Left Monocolumn Shroud

Secure the clips on the right monocolumn shroud into position on the left monocolumn shroud.

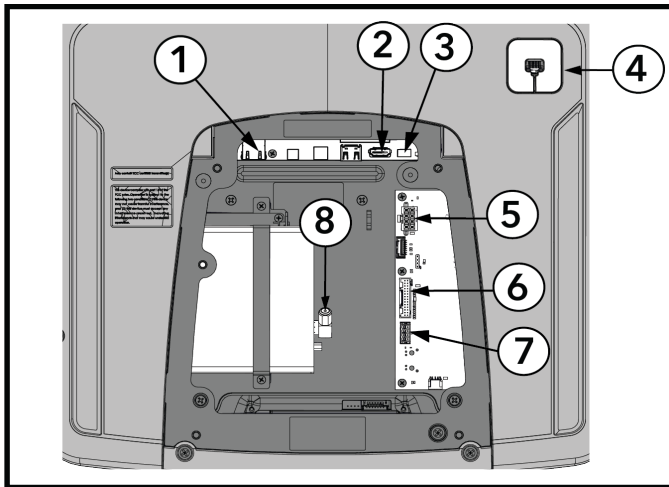


NOTE: Push gasket down to shrouds.

Item	Description	Qty.
1	Monocolumn Shroud, Right	1
2	Gasket (<i>attached to monocolumn</i>)	1

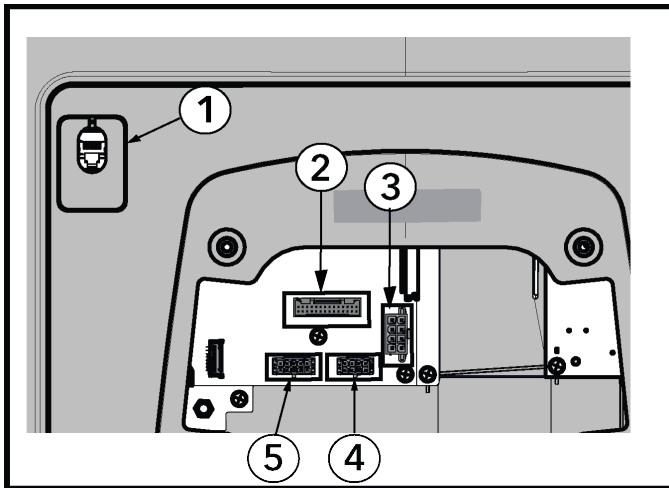
Base to Console Cable Connections

Discover SE4



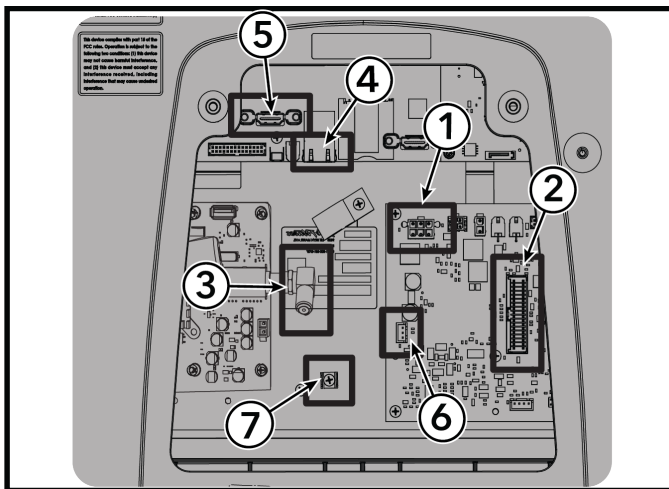
Item	Description
1	Ethernet
2	STB HDMI
3	STB IR
4	CSAFE
5	Base Power
6	Base Signal (Lifepulse, Base Switches)
7	Base Comm
8	RF Coax

Integrity SL



Item	Description
1	CSAFE
2	Base Switches, Lifepulse
3	Base Power
4	Base Com
5	TV (optional)

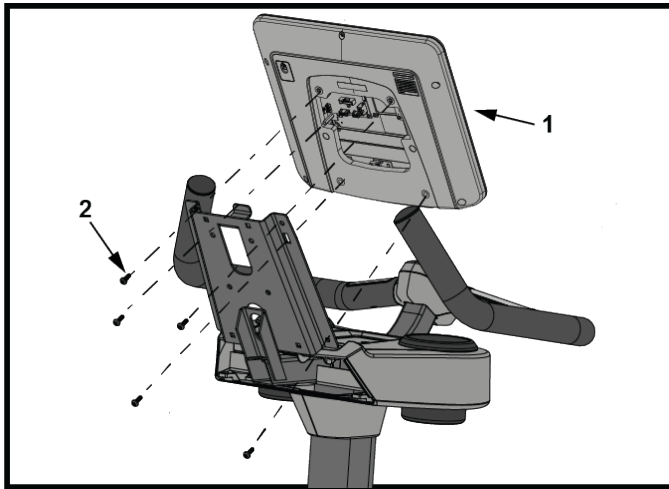
Discover SE3HD / ST



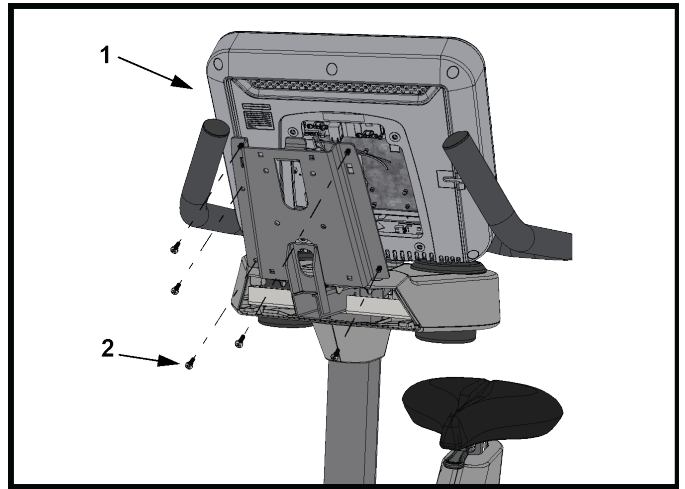
Item	Description
1	Base Power
2	Base Interface and Base Com
3	Coaxial Cable
4	CAT5e
5	HDMI (optional)
6	IR (optional)
7	Ground Wire

Attach Console

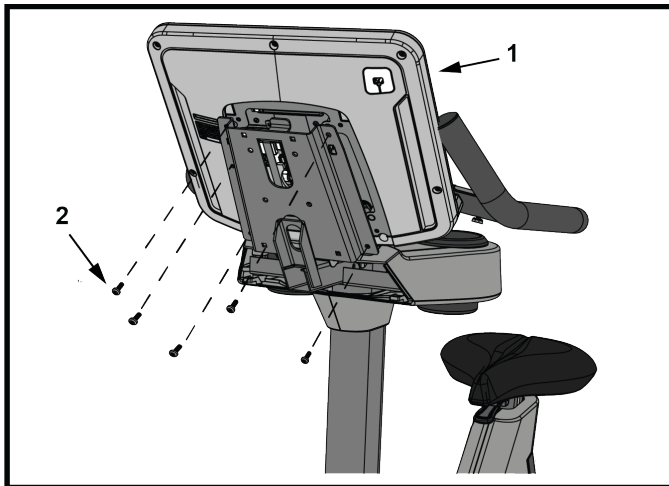
Integrity SL



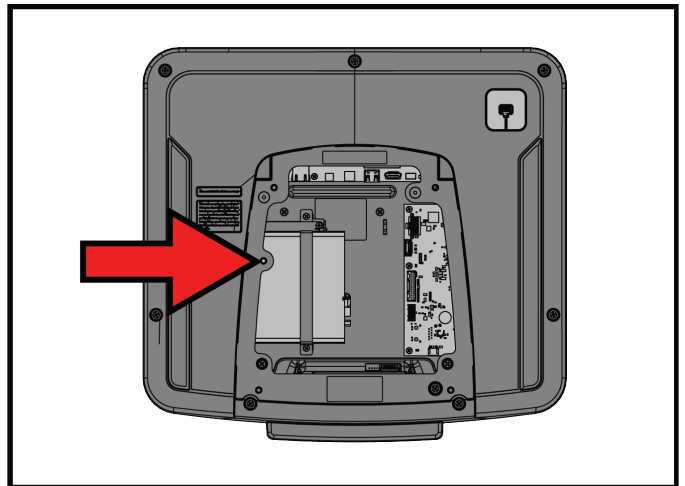
Discover SE3HD / ST




Discover SE4



Discover SE4

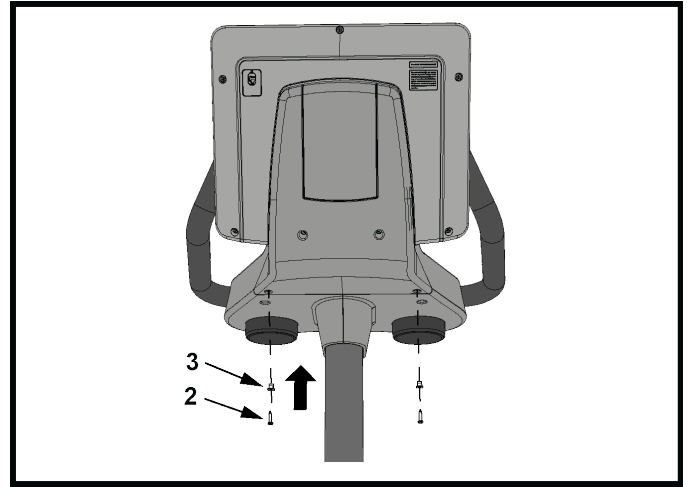
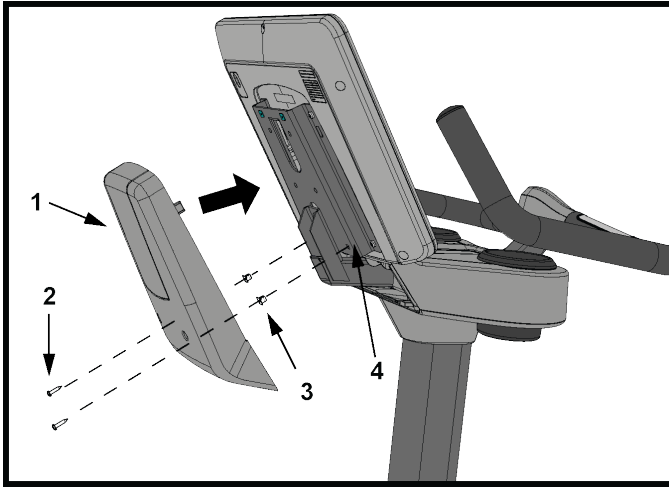



NOTE: Do not install the screw in the location shown (next to arrow) if the Discover SE4 console has a Set Top Box Sync (STB) receiver! The screw will hit the STB receiver inside of the console.

Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	5
	1.5 Nm (1.1 ft. lbs.)	

Attach Rear Console Shroud Assembly

1. Slide the clips on top of the rear console shroud assembly into the corresponding slots on the console mounting bracket.
2. Use two screws and two grommets to attach rear console shroud assembly to the corresponding two holes on the console mounting bracket. Then use two screws and two grommets to attach the bottom of the rear console shroud assembly to the upper shroud assembly.



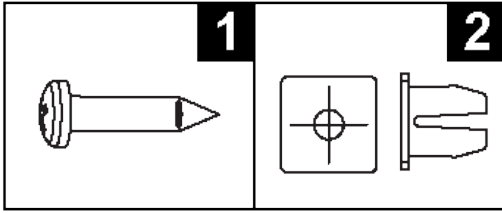
Item	Description	Qty
1	Rear Console Shroud Assembly	1
2	M4.2 X 19 Phillips Pan Head Screw	4
3	Grommet	4
4	Console Mounting Bracket	1
	1.5 Nm (1.1 ft. lbs.)	

4. Assembly: One-Box Models

Models: PF-INT-UB, PF-INC-SL-11

Hardware and Required Tools

Hardware:



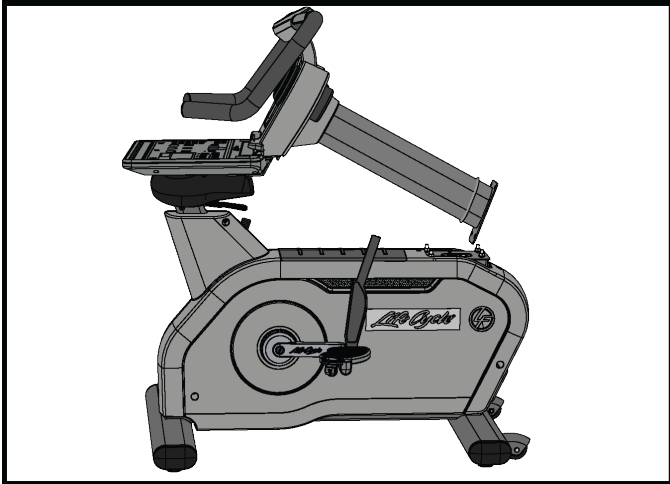
Item	Description	Qty.
1	M4.2 X 19 PHILLIPS PAN HEAD SCREW	6
2	GROMMET	6

Required Tools:

- Phillips screwdriver
- 13 mm Socket wrench

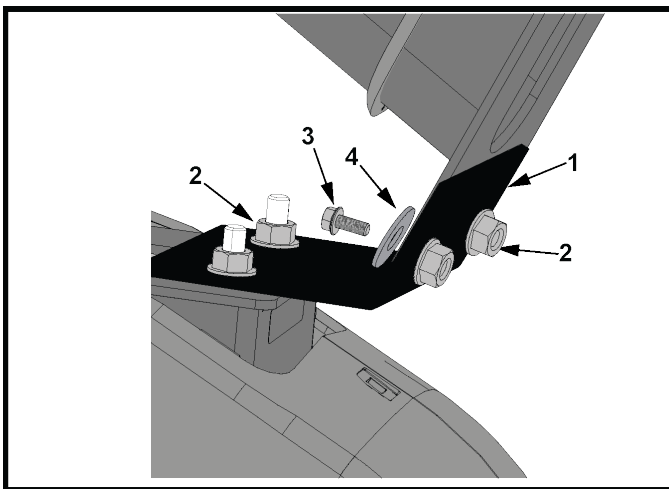
Before You Begin

The monocolumn with console attached is positioned with the back of the console laying on the bike seat. The seat is set to the lowest position.



1. Remove and discard the metal bracket that holds the monocolumn to the base. Use a 13mm socket to remove the two M8 screws, two plastic washers and two M8 hex lock nuts that secure the monocolumn to the bracket. Use the 13mm socket wrench to also remove the M8 hex lock nuts that holds the metal bracket onto the base.

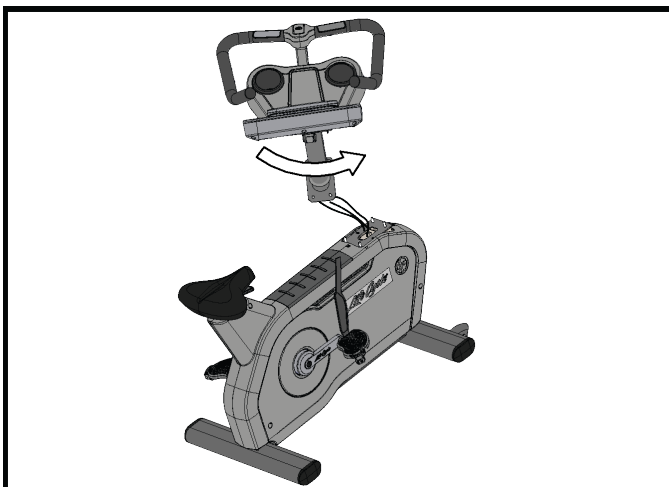
NOTE: Discard the two M8 screws and two plastic washers. **Retain all four M8 Hex Lock Nuts for reuse.**



Item	Description	Qty.
1	Metal Bracket Discard	1
2	M8 Hex Lock Nut	4
3	M8 Screw Discard	2
4	Plastic Washer Discard	2

2. Grab the handlebars. Lift the monocolumn up and turn **COUNTERCLOCKWISE**.

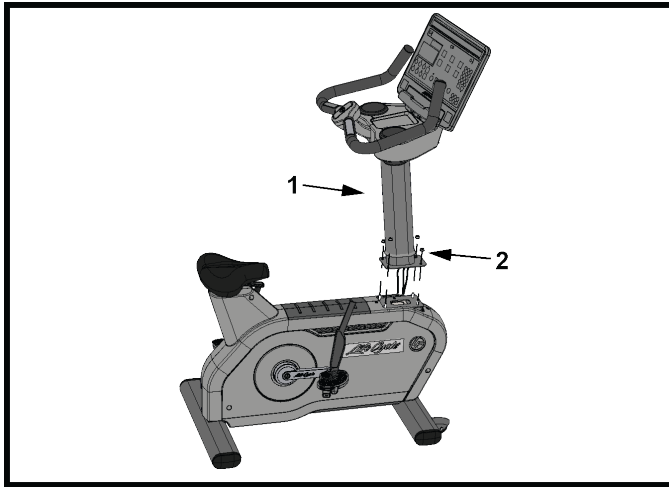
NOTE: **DO NOT** turn the monocolumn clockwise! Cables may become twisted as a result.




Attach Monocolumn to Base

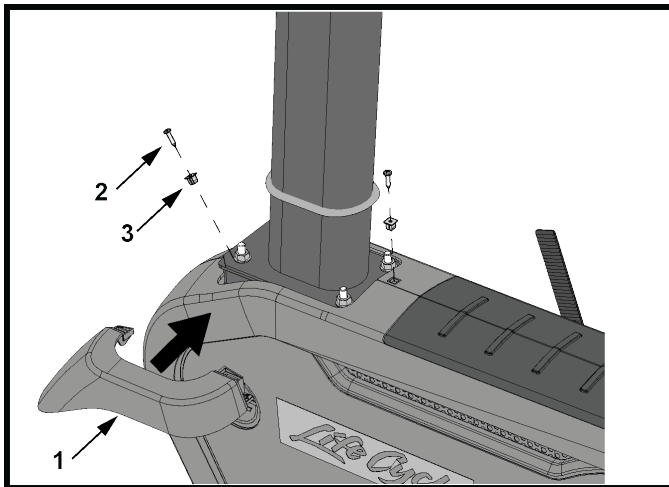
CAUTION: Remove any protective covering / tape from the monocolumn and console support weldment prior to attaching to base! Failure to remove the protective covering can cause improper grounding!


NOTE: Route console cables through monocolumn.



Item	Description	Qty.
1	Monocolumn	1
2	M8 Hex Lock Nut <i>Reuse the previously removed M8 Hex Lock Nuts</i>	4
	34 Nm (25.1 ft. lbs.)	

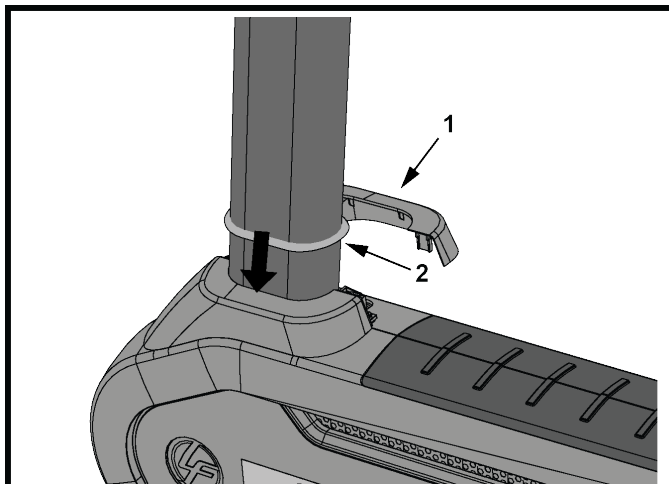
Secure Left Monocolumn Shroud to Monocolumn



Item	Description	Qty.
1	Monocolumn Shroud, Left	1
2	M4.2 X 19 Phillips Pan Head Screw	2
3	Grommet	2
	1.5 Nm (1.1 ft. lbs.)	

Attach Right Monocolumn Shroud to Left Monocolumn Shroud

Secure the clips on the right monocolumn shroud into position on the left monocolumn shroud.

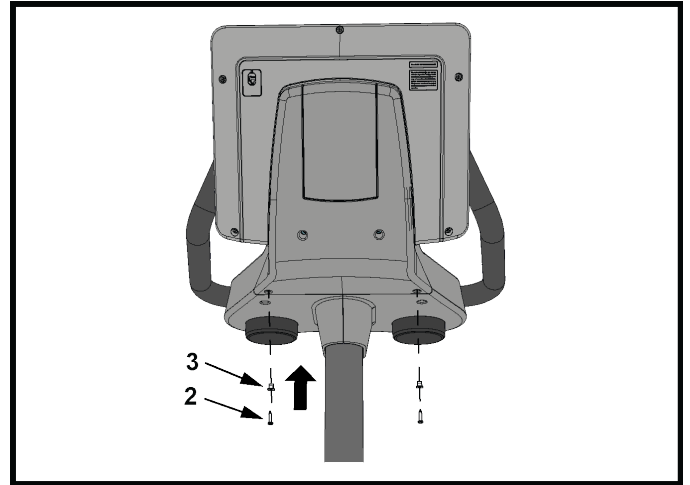
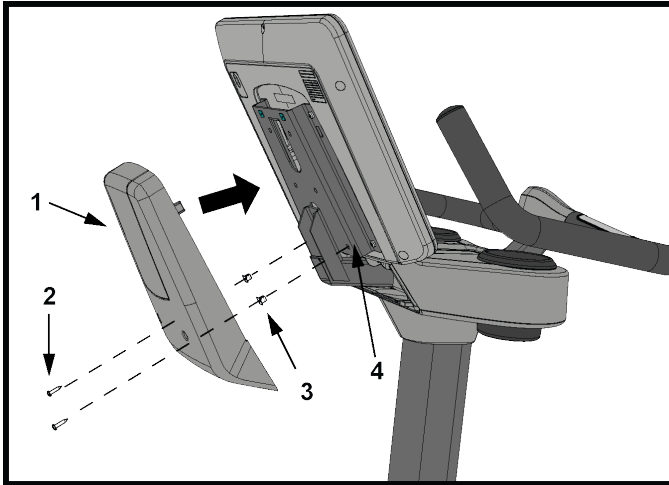



NOTE: Push gasket down to shrouds.

Item	Description	Qty.
1	Monocolumn Shroud, Right	1
2	Gasket (<i>attached to monocolumn</i>)	1

Attach Rear Console Shroud Assembly

1. Slide the clips on top of the rear console shroud assembly into the corresponding slots on the console mounting bracket.
2. Use two screws and two grommets to attach rear console shroud assembly to the corresponding two holes on the console mounting bracket. Then use two screws and two grommets to attach the bottom of the rear console shroud assembly to the upper shroud assembly.



Item	Description	Qty
1	Rear Console Shroud Assembly	1
2	M4.2 X 19 Phillips Pan Head Screw	4
3	Grommet	4
4	Console Mounting Bracket	1
	1.5 Nm (1.1 ft. lbs.)	

5. Specifications

Specifications

Designed Use	Heavy / Commercial (INCDE-SE4XX, INCS-SLXX, INCD-SLXX, INCDSE, INCSSE, INCDST, INCSST, PF-INT-UB, PF-INC-SL-11, PF-INC-SSL-ALLXM-11) EN ISO 20957 Class SA
	Home (CSLUD-SLXX, CLUB SERIES PLUS) EN ISO 20957 Class HA
Maximum User Weight	400 lbs. / 181 kg
Pedal Size	5 in. x 5.5 in. / 12.7 cm x 14 cm Simple Models: (INCS-SLXX, INCSSE, INCSST, PF-INT-UB, PF-INC-SL-11, PF-INC-SSL-ALLXM-11)
	6.56 in. x 5.5 in. / 16.6 cm x 14 cm Deluxe Models: (INCDE-SE4XX, INCD-SLXX, CSLUD-SLXX, INCDSE, INCDST, CLUB SERIES PLUS)
Drive Type	Generator/Belt
Power Requirements	See <i>Electrical Power Requirements</i> Section
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system

	Physical Dimensions (without console)	Shipped Dimensions (One-Box Models)	Shipped Dimensions (Multi-Box Models)
Length	41.5 in. / 105 cm	48 in. / 122 cm	73 in. / 185.4 cm
Width	24.5 in. / 62 cm	28 in. / 71 cm	28 in. / 71 cm
Height	54.5 / 138 cm	52 in. / 132 cm	35 in. / 89 cm
Weight	169 lbs. / 77 kg	213 lbs. / 96.6 kg	201.5 lbs. / 91.17 kg

6. Service and Technical Data

Preventive Maintenance Schedule

Item	Weekly	Monthly	Biannually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frame / Seat Post	Clean		Inspect
Plastic Covers	Clean	Inspect	
Lifepulse Sensors	Clean / Inspect		
Leg Levelers		Inspect / Adjust	
Pedals / Straps	Clean	Inspect	

Preventive Maintenance Tips

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 defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

REMARQUE : Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

The following preventive maintenance tips will keep the product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Approved and Compatible Cleaners) and a microfiber 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 top surface of the pedals regularly.

NOTE: When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by 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 spray which is convenient for gym staff to use. 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 Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

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 microfiber cloth only. Apply the cleaner to the microfiber 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.

Troubleshooting the Polar® Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it with in 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
Electromagnetic interference from cell phones.	
Electromagnetic interference from computers.	
Electromagnetic interference from cars.	
Electromagnetic interference from high voltage power lines.	
Electromagnetic interference from motor driven exercise equipment.	

Troubleshoot the Lifepulse™ Sensors

If the heart rate reading is erratic or missing, do the following:

- Dry the hands to prevent slipping.
- Apply hands to the sensors that are set into the handlebars.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

Recycle the Battery

Remove and recycle the rechargeable battery before discarding this product at the end of its useful life. Disconnect the power supply (*if applicable*) before removing the battery. To access the battery remove user right crank, monocolumn shrouds, and user right main shroud. To remove the battery, disconnect the cable and remove the two screws holding the battery.

How To's

Knowledge Base

See [Knowledge Base](#) for more detailed information.

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the top right of the front stabilizer.
3. Contact Customer Support Services at <http://www.lifefitness.com>.

7. Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long It is Covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

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 Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75 VDC to 10 VDC; maximum current of 85 mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

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.

How to Get Parts and Service

Refer to the Corporate Headquarters section 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 different 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 assume 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.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

Terms of Warranty Coverage

Please use the link below to access component warranty terms:

<http://lifefitness.com/warranties>

