

LifeFitness

MANUFACTURED BY:

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IC2

MODEL NO:IC-LFIC2B1-01



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 IC2 Bike is according to EN 957 a Class S product for professional and / or commercial use. Such training equipment is intended for the use in training areas of organizations such as fitness clubs or sport associations, where access and control is specially regulated by the person who has the legal responsibility.

FOOT PRINT:	53 X 115 CM / 20.9 X 45.3 INCH
WEIGHT OF BIKE:	48 KG / 106 LBS
MAX SADDLE HEIGHT:	116 CM / 45,7 INCH
MAX HANDLEBAR HEIGHT:	119 CM / 47 INCH
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 have a direct driven flywheel (wheel); the pedals will continue to move along with the flywheel until the flywheel stops.
- 11.** Always regulate 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 for selecting the LIFE FITNESS IC2. The LIFE FITNESS 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 IC2 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

SADDLE

T- LOCK HANDLE

ADJUSTMENT KNOB

CHAIN GUARD

PEDAL /TOE CLIP

MAINTENANCE COVER

HANDLEBAR

ADJUSTMENT KNOB

BRAKE PAD

FLYWHEEL

TRANSPORT WHEEL

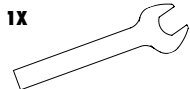
LEVELLING FEET

YOU WILL FIND THE PRODUCTION CODE ON THE LEFT SIDE OF THE LIFE FITNESS IC2 WITHIN THE LOWER RANGE OF THE FRAME. PLEASE REGISTER THESE IN SERVICING AND MAINTENANCE LISTS.

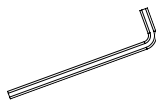
HOW TO ASSEMBLE THE INDOOR CYCLE



2X 17MM
1X 13MM



1X
15MM
PEDAL WRENCH

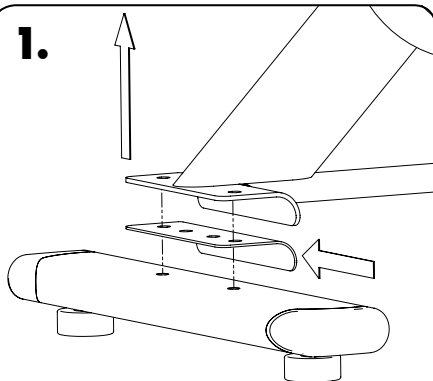


5MM



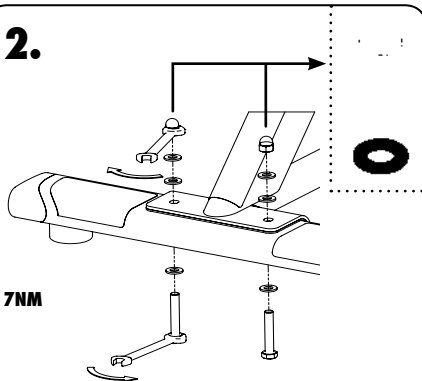
2
PEOPLE

1.



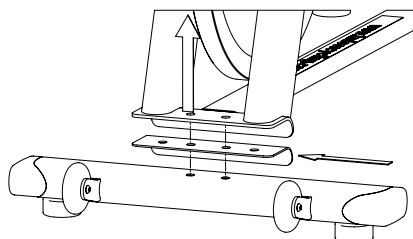
ASSURE THAT PLASTIC GASKET IS PLACED BETWEEN STABILIZER AND FRAME.

2.



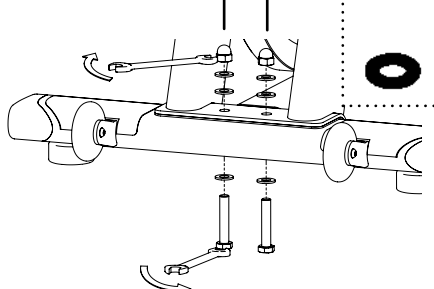
ASSURE THAT BLACK RUBBER WASHER IS PLACED BETWEEN UPPER FRAME AND BOLT/WASHER.

3.



ASSURE THAT PLASTIC GASKET IS PLACED BETWEEN STABILIZER AND FRAME. GASKET SHOULD NOT BE VISIBLE ONCE ASSEMBLED.

4.

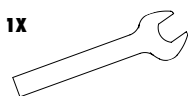


ASSURE THAT BLACK RUBBER WASHER IS PLACED BETWEEN UPPER FRAME AND BOLT/WASHER.

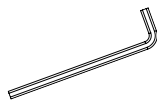
HOW TO ASSEMBLE THE INDOOR CYCLE



2X 17MM
1X 13MM



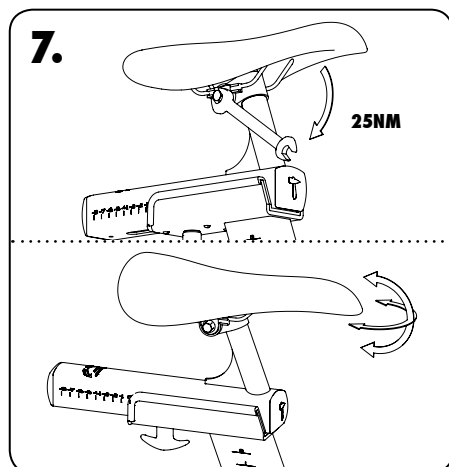
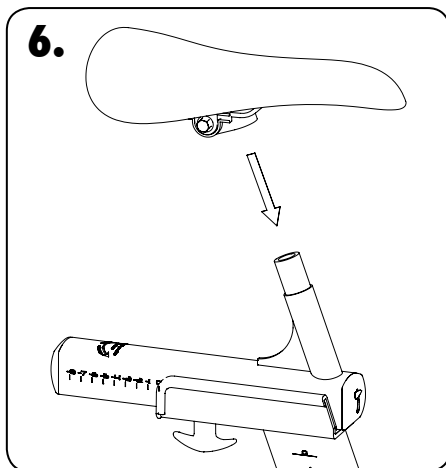
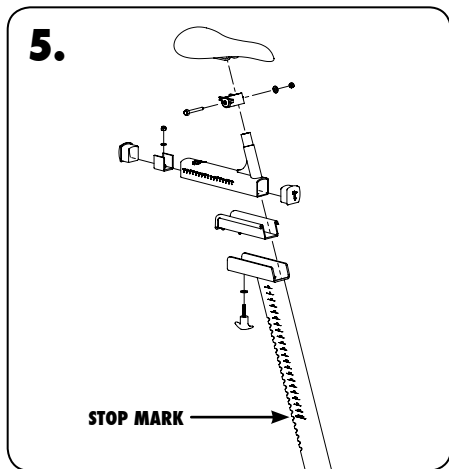
1X
15MM
PEDAL WRENCH



5MM



2
PEOPLE



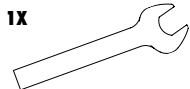
WARNING!

Make sure the seat is fixed properly in a **LEVEL HORIZONTAL** position and securely tightened from both sides!

HOW TO ASSEMBLE THE INDOOR CYCLE



2X 17MM
1X 13MM



15MM
PEDAL WRENCH

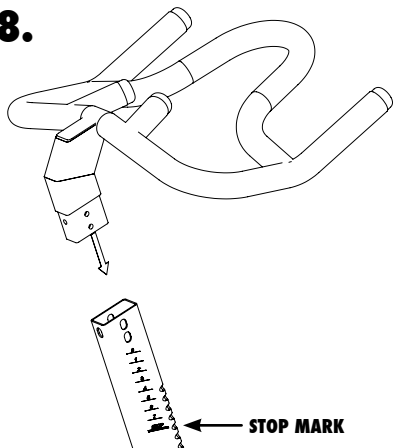


5MM

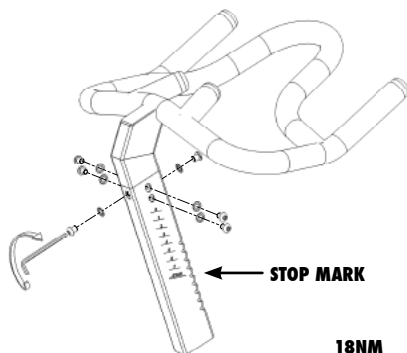


2
PEOPLE

8.



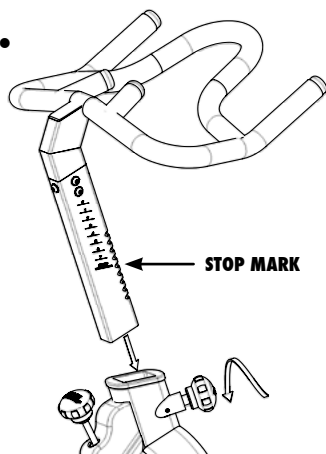
9.



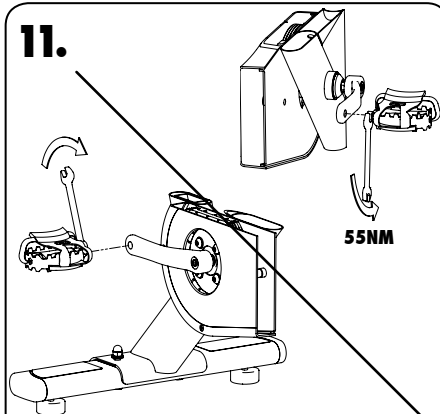
WARNING!

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 LIFE FITNESS IC2.

10.



11.



INITIAL INSTALLATION CHECKS

The cycle tune-up must be performed at initial installation of the LIFE FITNESS IC2 for optimal performance and longevity. Please read and follow all instructions below. If the LIFE FITNESS IC2 is not installed and tuned as described, components may wear excessively and the LIFE FITNESS IC2 may become damaged. If you have questions about the installation, please contact service@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 LIFE FITNESS IC2 is leveled. If the LIFE FITNESS IC2 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 counter-clockwise 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. Then, wipe the excess off 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 counter-clockwise until it stops.

INITIAL INSTALLATION CHECKS

- 6.** Apply lithium grease on the metal threads of all the adjustment knobs.
- 7.** Verify four (4) allen nuts on RS pulley for tightness. If loose, apply Loctite Threadlocker Blue-243 and retighten.
- 8.** Verify R and L crank arm allen bolts for tightness. If loose, apply Loctite Threadlocker Blue-243 and retighten.
- 9.** Verify belt tension. Check if belt drive is firmly tightened and does not slip while riding under resistance load. In case that the belt slips, proceed using the adjustment technique as described on page (18). Please note that a belt drive gear never shows slack. In case of adjustment do not apply too much tension.
- 10.** Wipe down bike frame with rag moistened with solvent free spray lubricant
- 11.** Some parts of the LIFE FITNESS IC2 may become loose during shipment. Check crank arms, check all exposed screws, bolts, and nuts, and make sure that they are properly tightened.

CUSTOMER SERVICE

- 1.** Provide basic maintenance instructions to client and direct them to detailed maintenance instructions (page 14-19)
- 2.** Sign-off sheet provided to client to confirm explanation of maintenance procedures/manual and verification of condition of bikes?

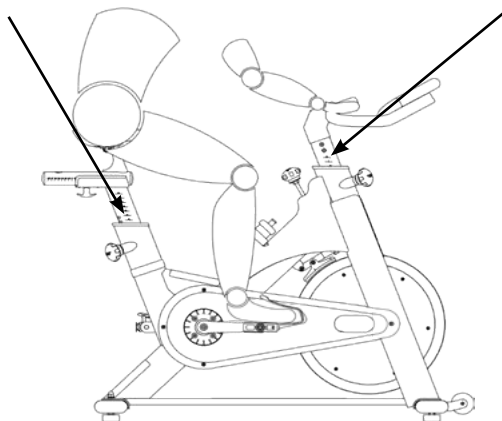
HOW TO ADJUST THE INDOOR CYCLE

The LIFE FITNESS IC2 can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the LIFE FITNESS IC2 to ensure optimal user comfort and ideal body positioning; you may choose to adjust the LIFE FITNESS IC2 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: In the case of a bike being fitted with combi-pedals, the pedals feature toe clips on one surface and SPD cleats on the opposite surface. If desired, use the shoe cleats with cycling shoes instead of the toe clips.

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



Please do not adjust handlebar 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 damages to the vertical aluminum stems.

SADDLE HEIGHT ADJUSTMENT:

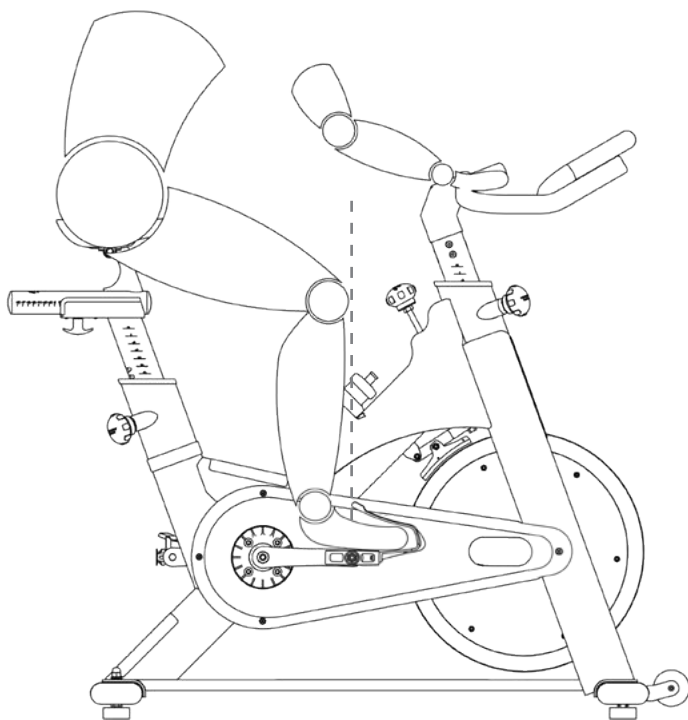
Sit on the saddle and slowly pedal until the right pedal is in the lowest position. Your knees should be slightly bent without a dropping of the hips. To avoid hyper extending your knees, make sure that your legs are not completely straight.

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.

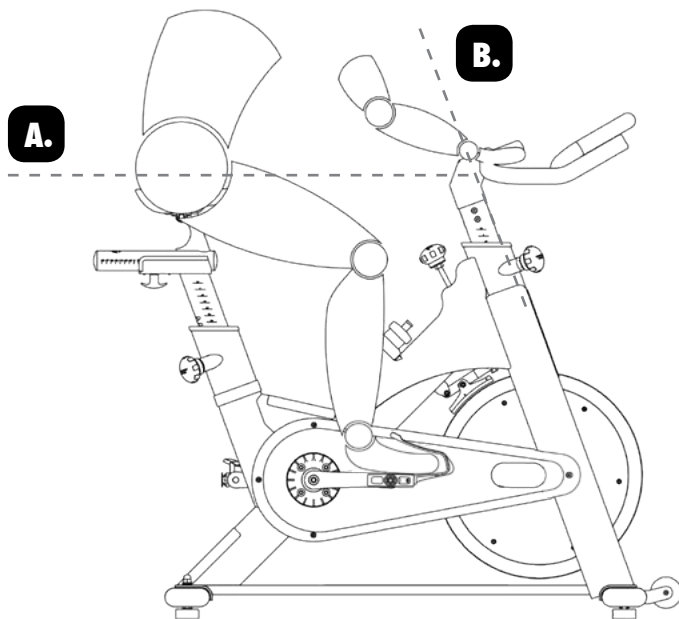
Using your forward most leg as a marker, your kneecap should be directly above the center of the pedal so that a straight line is created between knee and center of the pedal (see the dotted line in image below). To adjust the horizontal position of the saddle, first dismount the LIFE FITNESS IC2. Next, loosen the rear adjustment knob, slide the saddle forward or backward as required, and then retighten the knob.



HOW TO ADJUST THE INDOOR CYCLE

HANDLEBAR ADJUSTMENT:

Begin with the top of the handlebar at relatively the same height or just slightly higher than the top of the saddle (**dotted horizontal line A in the drawing above**) and at a neutral fore/aft position (**see dotted vertical line B in drawing above**). If your knees touch the handlebars or if you experience back discomfort while pedalling for extended periods of time, the height of the handlebars can be adjusted. First, dismount the LIFE FITNESS IC2. Next, turn the front adjustment knob counter clockwise, slide the handlebar post up or down, and then re-tighten the adjustment knob.



If your LIFE FITNESS IC2 is equipped with a regular 2 way handlebar. 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 to the handlebar, first dismount the LIFE FITNESS IC2.

Check for proper handlebar position by positioning your elbow so that it is touching 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 then loosen the fore-aft T-lock handle and slide the saddle slightly forward or backward until your middle finger is touching the handlebar at the mid-point, and then retighten the handle. 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 pedalling (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 counter clockwise.

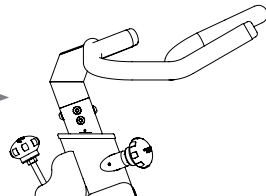
IMPORTANT: To stop the flywheel (wheel) while pedalling, push down on the red brake knob. The flywheel should quickly come to a complete stop. Please make sure your shoes are fixed into the toe clip or in case cycling shoes are used your shoe cleat is connected to the pedal binding while riding.

The LIFE FITNESS IC2 does not have a free moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red break knob. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities.

PUSH THE RED KNOB DOWN = EMERGENCY STOP

RED RESISTANCE KNOB (TURN)

EMERGENCY BRAKE (PUSH)

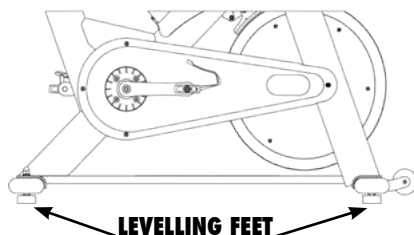


HOW TO MOVE THE LIFE FITNESS IC2:

Due to the weight of the LIFE FITNESS IC2, it is recommended that two persons move it. While one person lifts the back of the LIFE FITNESS IC2, the second person firmly holds the handlebar and tips the LIFE FITNESS IC2 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 and make sure a safety space of min 20 inch to the nearest equipment is redeemed.**

If the LIFE FITNESS IC2 rocks on the floor after being set down, turn the levelling feet (see diagram) underneath the front or rear stabilizer until the rocking motion is eliminated.

Important: Please do not unscrew the levelling feet more than ½ inch!



PREVENTIVE MAINTENANCE

WARNING!

REGULAR MAINTENANCE MUST BE PERFORMED ON THE LIFE FITNESS IC2 FOR OPTIMAL PERFORMANCE AND LONGEVITY.

Please read and follow all instructions below. If the LIFE FITNESS IC2 is not maintained as described, components may wear excessively and the LIFE FITNESS IC2 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

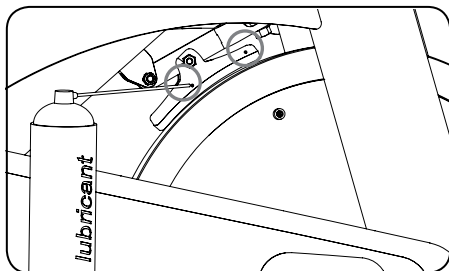
NOTE: MANY MAINTENANCE PROCEDURES REQUIRE LUBRICANT SPRAY. MANUFACTURER RECOMMENDS FOR EXAMPLE BRUNOX OR A SIMILAR SOLVENT- AND ACID FREE LUBRICANT.

DAILY MAINTENANCE:

- 1.** Make sure that the LIFE FITNESS IC2 is leveled. If the LIFE FITNESS IC2 rocks on your floor, turn the levelling feet underneath the front or rear stabilizer until the rocking motion is eliminated (see HOW TO MOVE THE LIFE FITNESS IC2 on page 13).
- 2.** After each user finishes exercising, the LIFE FITNESS IC2 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 adjustment handles. Avoid using strong detergents on the LIFE FITNESS IC2 frame.

WEEKLY MAINTENANCE:

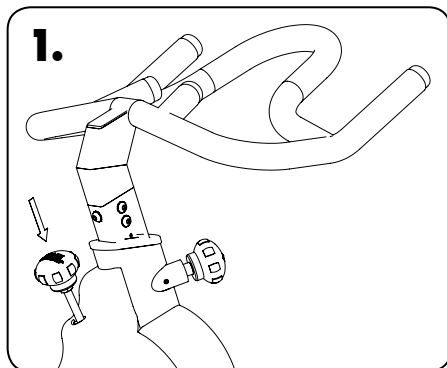
- 1.** Apply a small amount of the lubrication spray to a lint-free cloth, and thoroughly clean the frame, the handlebar slider and seat sliders the flywheel and the plastic parts of the LIFE FITNESS IC2.
- 2.** For optimal performance of the resistance system, and to minimize wear on the brake pad, 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. Then, wipe the excess off.



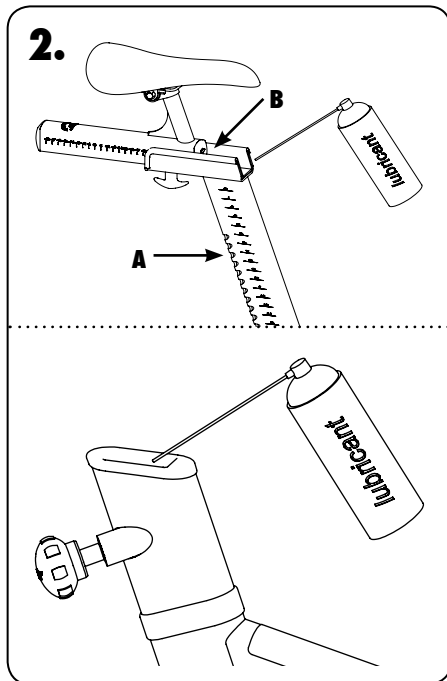
PREVENTIVE MAINTENANCE

BI-WEEKLY MAINTENANCE:

1. The LIFE FITNESS IC2 should not be used if the emergency brake system is not working properly. While sitting on the saddle and pedalling, test the brake by pushing down the brake knob. The flywheel should come to a quick and complete stop.

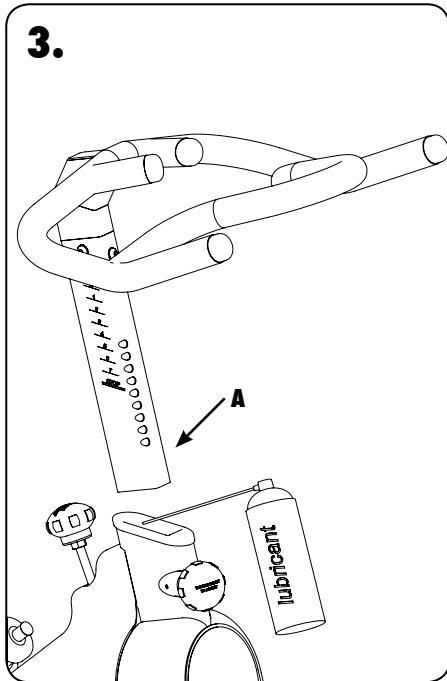


2. To maintain the easy adjustability of the saddle post, the saddle post should be cleaned and lubricated. Turn the rear adjustment knob counter clockwise and slide the saddle post out of the frame. Apply a small amount of lubricant spray to a lint-free cloth, and clean the saddle post (A). Next, apply a small amount of lubricant spray inside of the rear frame sleeve. Then, reinsert the saddle post into the frame and adjust it to the desired height.



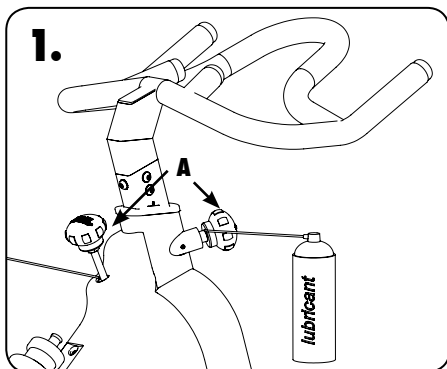
Next, loosen the rear lock handle and slide the saddle carriage as far backward as possible. Apply a small amount of lubricant spray to a lint-free cloth, and clean the top of the saddle slide (B). Then, slide the saddle carriage as far forward as possible and clean the top of the saddle slide. Finally, 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 counter clockwise 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, apply a small amount of lubricant spray inside of the front frame sleeve.

Then, reinsert the handlebar post into the frame and adjust it to the desired height.

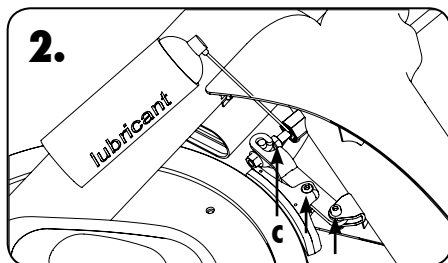


MONTHLY MAINTENANCE:

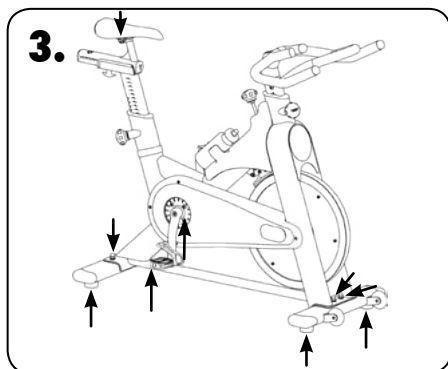
1. To maintain the smooth function of the adjustment knobs controlling the handlebar and saddle, the metal threads on the adjustment knobs (**A**) must be lubricated.

PREVENTIVE MAINTENANCE

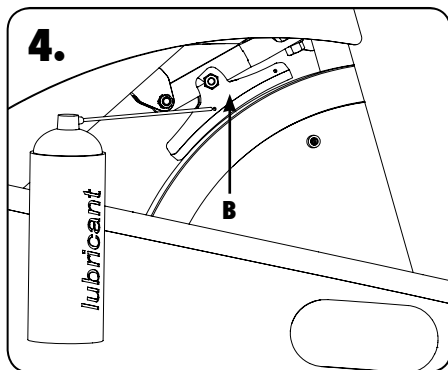
2. To maintain the easy adjustability of the resistance system, the screw threads on the lower end of the brake rod should be lubricated. First, turn the resistance knob clockwise until it stops. Next, look under the right or left side of the frame and locate the brake rod (C). Apply a small amount of synthetic grease (white lithium grease) to the thread on the brake rod. Then, turn the resistance knob counter-clockwise until it stops.



3. Some parts of the LIFE FITNESS IC2 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, and make sure that they are properly tightened. Finally, check the saddle to make sure that it is not loose or damaged.



4. The brake pad will become worn as a result of repeated use. The LIFE FITNESS IC2 should not be used if the emergency braking system is not working properly (see page 13)! 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's possible to cycle with a hardly 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), and then wipe the excess off.



PREVENTIVE MAINTENANCE

5. BELT DRIVE

Important: A loose belt as well as an overtightened belt may cause injury of the rider or damage to the drive system.

Checking belt tension: To check for a loose belt, sit on the saddle, place your feet on the pedals, move the pedals until the crank arms are horizontal. Next, pull up the emergency brake handle and hold it. Then, stand on the pedals and rock forward and backward. There should be no play or slip in the drive train. If there is slip or play in the drive train, this indicates that the belt is too loose.

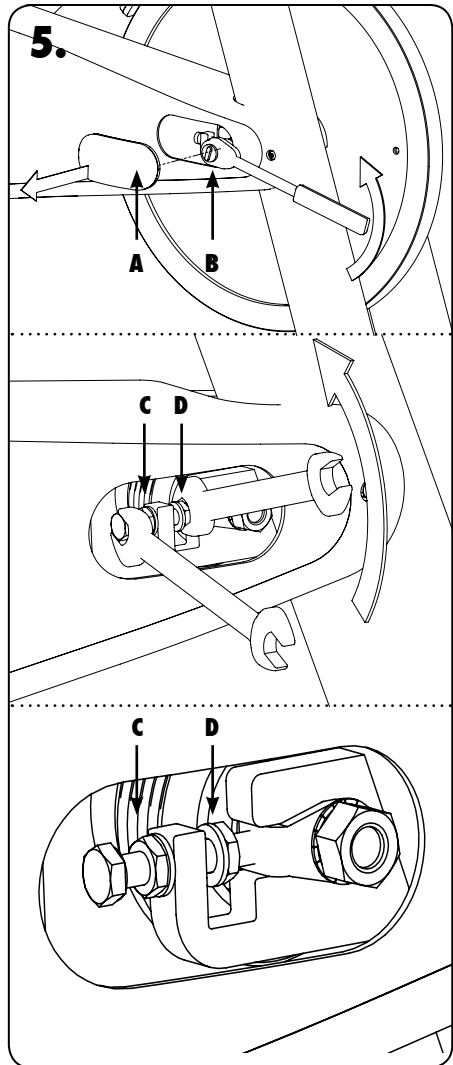
Correct a slipping belt drive train: To adjust the belt, pull off the right and the left maintenance covers (A). Loosen the axle nut (B) on both ends of the flywheel axle by two full turns. Loosen the inner adjustment nut (D) facing the flywheel axle on each side of the flywheel. Next, loosen the lock nut (C).

Then, turn both (right and left sides) of the inner adjustment nuts (D) on the inside of the flywheel bracket ¼ of a turn at a time (upward on the R side and downward on L side) until the belt is properly adjusted. Make sure to turn both adjustment nuts exactly the same amount to avoid misalignment of the flywheel. Re-check if the amount of play or slip in the drive train has disappeared.

Finally, retighten the two outer lock nuts (C) to secure the new adjustment and retighten the two axle nuts (B). At last reattach the maintenance covers (A).

Check if **belt drive** is firmly tighten and does not slip while riding under resistance load. In case that the belt slips, proceed using the same technique as described above. Please note that a belt drive gear never shows slack. In case of adjustment do not apply too much tension.

The manufacturer recommends using an ultrasonic voltage meter adhering to a natural frequency of the belt of $103 \text{ Hz} \pm 3 \text{ Hz}$. Ball bearing damage due to incorrect belt tension is excluded from warranty.



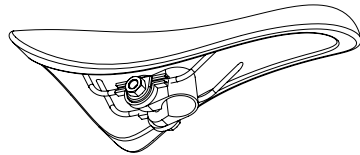
GRAPHICS ARE THE RIGHT SIDE OF THE BIKE (RIDING POSITION)

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.

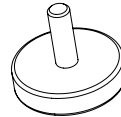
120-01-00015-02

**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

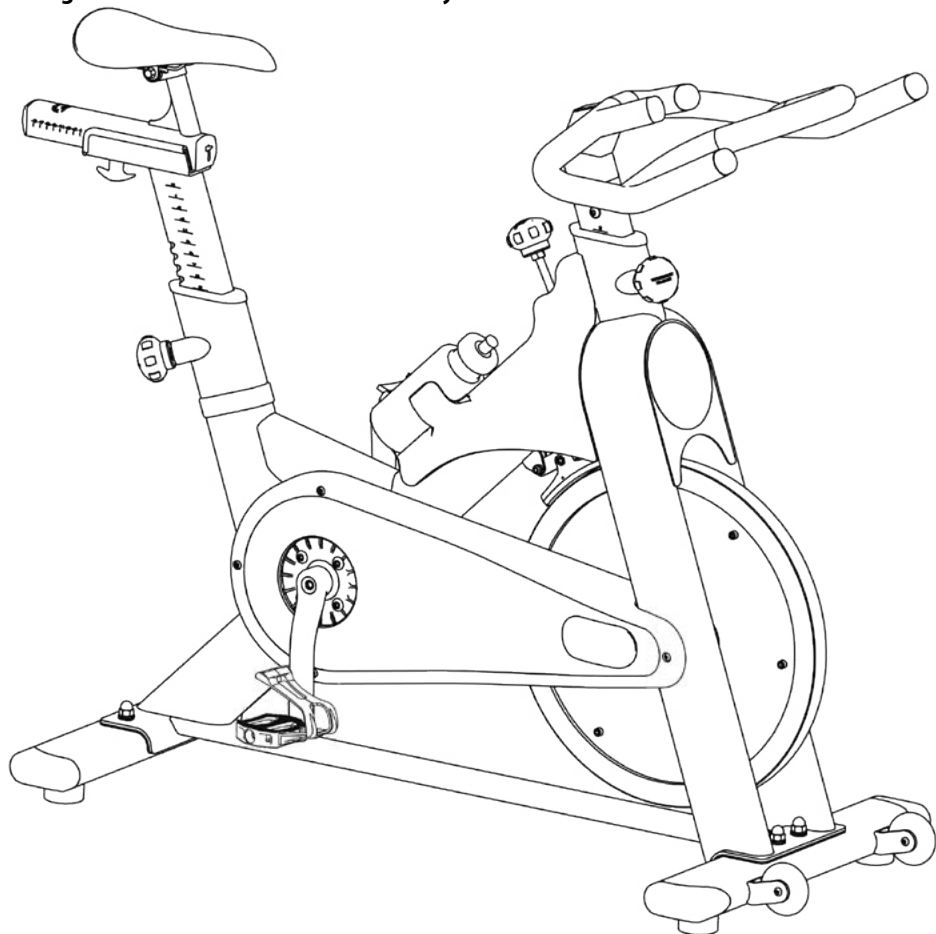
TOE STRAP SET



WARRANTY

Indoor Cycling Group GmbH warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming 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 manufacturers 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, water bottle holder.

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

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