

# IC5 Assembly Instructions / User Manual

Part Number IC-LFICGIC5-01





# Corporate Headquarters

Columbia Centre III, 9525 Bryn Mawr Avenue, Rosemont, IL 60018 • 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](http://www.lifefitness.com)

## International Offices

### AMERICAS

#### North America

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto: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](mailto:suportebr@lifefitness.com)  
Sales/Marketing Email:  
[vendasbr@lifefitness.com](mailto:vendasbr@lifefitness.com)

#### Latin America and Caribbean\*

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)

### EUROPE, MIDDLE EAST, and AFRICA (EMEA)

#### Belgium, Netherlands, and Luxemburg

##### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[service.belux@lifefitness.com](mailto:service.belux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.belux@lifefitness.com](mailto:marketing.belux@lifefitness.com)

#### United Kingdom

##### Life Fitness UK LTD

Unit 109\*  
Lancaster Way Business Park  
Ely, Cambs, CB6 3NX  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email:  
[life@lifefitness.com](mailto: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](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email:  
[vertrieb@lifefitness.com](mailto:vertrieb@lifefitness.com)

#### Spain

##### Life Fitness IBERIA

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

### All Other EMEA Countries and Distributor Business EMEA\*

#### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[emeaservicesupport@lifefitness.com](mailto: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](mailto:service.lfj@lifefitness.com)  
Sales/Marketing Email:  
[sales@lifefitnessjapan.com](mailto: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](mailto:service.hk@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@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.ap@lifefitness.com](mailto:service.ap@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

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## User and Service Documents Link

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<https://lfn.fit/KnowledgeBase>

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Additional information is available online using the links above.

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Wubetumi anya nsem afoforo aka ho wo websait so denam asem a ewo atifi ho a wubemia so so.

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במידע נוסף זמינה אתר האינטרנט באמצעות הקישור לעיל.

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

Plus indicium per superum situm potes invenire.

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Columbia Center III - 9525 Bryn Mawr Ave., Rosemont, IL 60018 • 847-288-3300

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# 1. Getting Started

## Overview

The Life Fitness Indoor Cycle offers an impressive array of features to improve cardiovascular fitness, tone muscles and develop endurance. This high level of reliability can however only be ensured with regular care and maintenance. Adhering to the maintenance procedures outlined in this manual will ensure a maximized stability and prolonged lifespan in return for minimal maintenance effort. This will guarantee long-standing, interruption-free operation.

## Safety Instructions

- ⚠ **CAUTION:** Read all precautions and instructions in this manual before you start using the indoor cycle. Keep this manual for future reference. Improper assembly, use or maintenance can void the warranty terms.
- Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.
- ⚠ **WARNING:** To reduce the risk of serious injury due to improper use of the equipment, carefully read and adhere to the following important precautions and information before operating the indoor cycle.
  - ⚠ **WARNING:** It is the responsibility of the owner to ensure that all users are informed of all warnings and precautions for proper use and are only authorized to use the bike independently after being successfully briefed by a qualified trainer or instructor.
  - ⚠ **WARNING:** Do not operate the bike until it has been properly assembled and inspected as described in this manual.
  - ⚠ **WARNING:** Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle outdoors in a garage or covered patio or near water or pools. Operating temperature of the indoor cycle has to be between 15°C ~ 40°C Celsius (59°F~104°F) at a maximum humidity of 65%.
  - ⚠ **WARNING:** Always place the bike on a stable, level surface. If the bike is to be placed on a hardwood floor or carpet, it is recommended to place a floor mat beneath the bike, to protect the floor from becoming damaged.
  - ⚠ **WARNING:** The level of safety of the indoor cycle can only be guaranteed if it is regularly checked for possible damage as well as wear and tear (e.g. fixing points, E-Brake, Pedals, toe straps, etc.). Consult an authorized service provider or the manufacturer direct to ensure the regular inspections are properly carried out.
  - ⚠ **WARNING:** Carry out all maintenance, care and service procedures as described in this manual on a regular basis. Defective parts must be replaced immediately, and the device must not be used until the repairs have been carried out. Only use original parts from the manufacturer. Repairs must only be carried out by manufacturer authorized service technicians.
  - ⚠ **WARNING:** Unsupervised children should be always kept away from the training device.
  - ⚠ **WARNING:** The training equipment can be used by children aged from 14 years and above and persons with lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children under 14 years of age and Persons with reduced physical, sensory or mental capabilities are prohibited from using the training equipment. Cleaning and user maintenance shall not be carried out by children without supervision. Children shall not play with the appliance.
  - ⚠ **WARNING:** The indoor cycle must not be used by persons exceeding weight of 330 lbs. (150 kg.).
  - ⚠ **WARNING:** Always wear appropriate tight-fitting cycling or athletic attire and sturdy shoes, preferably cycling shoes, while operating the bike. Unfastened shoelaces may become caught in the drive system and lead to injury.
  - ⚠ **WARNING:** The bike does not have an independently moving flywheel. The pedals will continue to move with the flywheel until the flywheel stops. The movement can only be stopped by using the emergency brake or by reducing the pedaling frequency in a controlled manner. Always ride with resistance load to ensure that your pedaling motion is controlled. Do not adjust handlebar or seat during workout. Do not pedal backwards.
  - ⚠ **WARNING:** If you feel physical discomfort or dizziness, stop training and consult a physician. If the user requires medication that has effect on their performance capabilities and/or cardiovascular system, it is imperative that they consult a doctor in order to adjust the personal entries accordingly.
  - ⚠ **WARNING:** All data shown on the display, especially the Watt values generated by the integrated power sensor serve merely as information and to help guide training. Only exercise within your physical limitations.
  - ⚠ **WARNING:** If you have pre-existing health problems or a disability, it is recommended that you consult your physician, to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries. The manufacturer expressly assumes no responsibility for health risks, personal injury, property damage or consequential damages sustained by or through the use of this device, unless it is a case of consequential damage which can be traced back to faulty material and/or manufacturing, and which come under the responsibility of the manufacturer.
  - ⚠ **WARNING:** The division of the training zones for power or heart rate-oriented training is based on an average person's performance. The zones may sometimes vary dramatically depending on the nature of the training, the state of your health (e.g. whether you are taking any medications) and your physical capabilities. It is recommended to always work out sensible training parameters for your own personal training under medical supervision, and to plan your personal training based on this data.

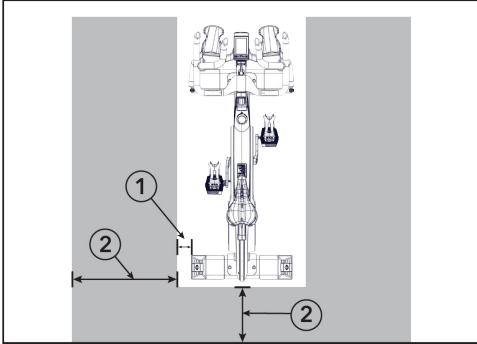
- ⚠ **WARNING:** Do not exercise beyond your ability.
- ⚠ **WARNING:** If you feel physical discomfort or dizziness, stop training, and consult a physician.
- ⚠ **WARNING:** Color zones are for guidance only.
- ⚠ **WARNING:** If the user requires medication that influences their performance capabilities and / or cardiovascular system, it is imperative that they consult a doctor in order to adjust the personal entries accordingly.

## Moving the Indoor Cycle

It is recommended that two people move the Indoor Cycle. To prevent accidents and damage to the plug-in sockets of the handlebars, it is necessary to firmly fix the vertical handlebar adjustment before the cycle is moved. Take extra care when moving the Indoor Cycle over uneven surfaces. A second person is advisable here, to prevent the cycle from tilting to one side.

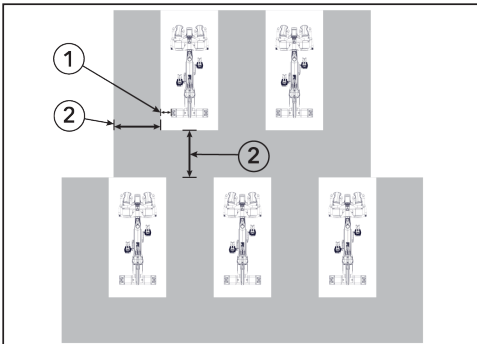
**⚠ WARNING:** Allow a minimum safety distance of 24" (60 cm) inches away from equipment, objects or walls as shown below.

### Single Cycle



Item	Description
1	3.9" / 10 cm
2	24" / 60 cm

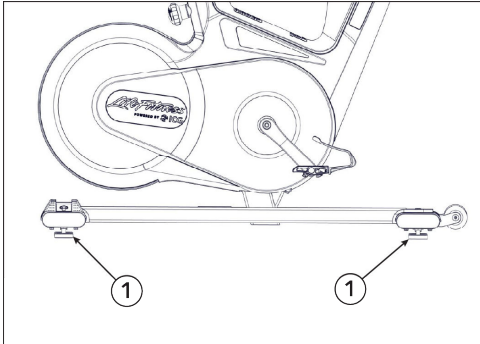
### Group of Cycles



Item	Description
1	3.9" / 10 cm
2	24" / 60 cm

## Leveling the Indoor Cycle

Check the stability of the Indoor Cycle where it is to be operated and if necessary, adjust the leveling feet underneath the front or rear stabilizers to ensure the desired stability.

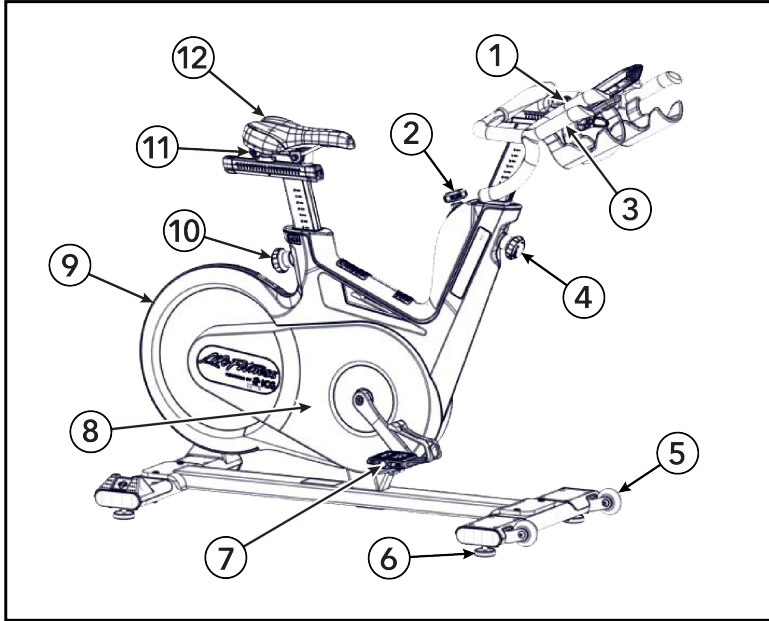


Item	Description	Qty
1	Leveling Feet	4

**⚠ WARNING:** Do not unscrew the leveling feet more than 0.4" (10 mm). The free-standing indoor cycle shall only be installed and operated on a stable and leveled floor.

## 2. Product Overview

### Product Features



Item	Description	Qty.
1	Thumb Lever for Horizontal Handlebar Adjustment	1
2	Resistance Dial / Emergency Brake	1
3	Handlebar	1
4	Adjustment Knob for Vertical Handlebar Adjustment	1
5	Transport Wheels	2
6	Leveling Feet	4
7	Dual Sided SPD Pedal	2
8	Shroud	1
9	Flywheel	1
10	Adjustment Knob for Vertical Seat Adjustment	1
11	Thumb Lever for Horizontal Seat Adjustment	1
12	Seat	1

**IMPORTANT:** The production code on the tag plate is located on the top of the lateral frame tube of the Indoor Cycle. Please enter this production code into the care and maintenance lists. It is a strict requirement to provide the production code in all warranty claims.

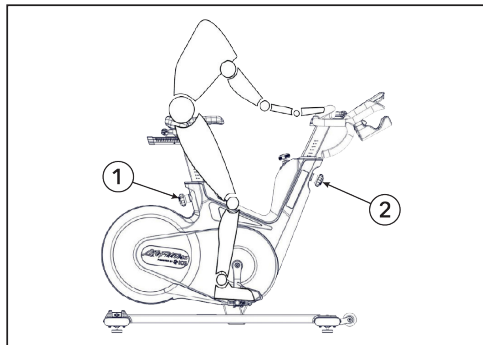
## Adjusting the Indoor Cycle

The Indoor Cycle can be very easily adjusted, depending on the requirements of various user groups. This enables maximum riding comfort to be ensured whilst achieving optimal training results. The configurations described in the following paragraphs demonstrate just a few of the most often used adjustment variations of which the Indoor Cycle is capable. It is up to the user to adjust the Indoor Cycle to a riding position best suited to their requirements.

**⚠ WARNING:** Do not adjust the seat or handlebar during use of the indoor cycle. Ensure that the Pop Pin knobs used for the height adjustment of the handlebar and seat are properly tightened and the thumb lever for horizontal adjustment of the seat are closed before you sit on the bike. Always step off the bike when adjusting the handlebars and / or seat.

### Adjust Seat Height

1. Sit on the seat and ensure that your hip is not tilted to one side when the pedal has assumed the position as shown below.



Item	Description	Qty
1	Vertical Seat Adjustment	1
2	Vertical Handlebar Adjustment	1

2. Place your shoes in the toe clips (cages) on the pedals, or in the SPD cleats if you are using cycling shoes.
3. Start pedaling slowly, until the pedal has reached the position as shown above.
4. The seat height should be adjusted so that your knees are always slightly bent when the pedal is at its lowest position without dropping your hip to one side.

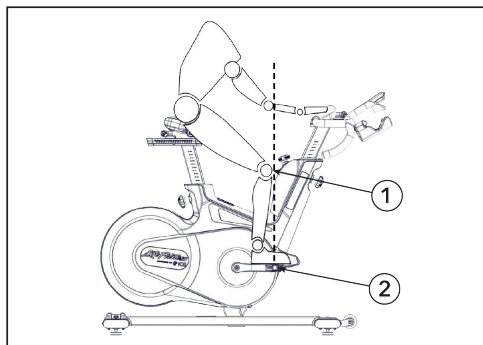
**NOTE:** When standing next to the bike, the upper edge of the seat should be a hand's width / four fingers below your iliac crest.

**⚠ CAUTION:** Avoid cycling with your knees fully extended or your hip tilted to one side.

### Adjust Seat Horizontally

Properly positioning the seat horizontally is very important to avoid injury to the knees.

1. Sit on the seat and move the pedals until the crank arms are in the horizontal position.



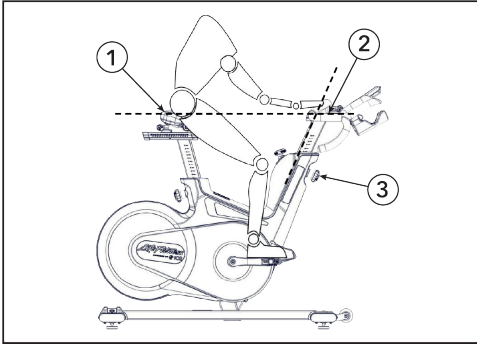
Item	Description	Qty
1	Knee	1
2	Center of Pedal	1

- The knee of your forward-facing leg should be positioned directly above the center of the pedal. If this does not correspond to your bike 's setting, align the horizontal seat adjustment to the front or rear to attain this seat position.

**⚠ WARNING:** Do not adjust seat and handlebar during exercise. Ensure that the pop-pin-knobs used for the height adjustment of the handlebar and seat are properly tightened and the thumb levers for horizontal adjustment are closed before you sit on the bike. Always step off the bike when adjusting the handlebars and / or seat.

## Handlebar Positioning

- Set the top of the handlebars to approximately the same height as the seat. If your knees touch the handlebars or if you experience back discomfort when pedaling in the standing riding position for extended periods, the handlebars should be adjusted slightly higher.



Item	Description	Qty
1	Seat	1
2	Top of Handlebars	1
3	Vertical Handlebar Adjustment	1

- Adjust the horizontal position of the handlebars as precisely as possible to your height. An ideal and comfortable seating position for inexperienced riders is achieved if your back assumes an inclination angle of 45° in reference to the horizontal line.

It is recommended to change hand positions frequently during extended workouts to minimize one-sided and monotonous exertions on your muscles, ligaments and joints.

**⚠ WARNING:** Do not adjust seat and handlebar during exercise. Ensure that the pop-pin-knobs used for the height adjustment of the handlebar and seat are properly tightened and the thumb lever for horizontal adjustment is closed before you sit on the bike. Always step off the bike when adjusting the handlebars and / or seat.

## Using the Indoor Cycle

- Pedal the indoor cycle to provide power to the bike and console. The pedaling cadence and duration will affect how long the console remains on and how long the workout details are displayed on the console, after you stop pedaling.
- Pedal the indoor cycle above 50 RPM for 1 minute to completely charge it. When the indoor cycle is fully charged and is no longer being pedaled, the user LED will start to blink after 2.5 minutes, signaling that the console will turn off soon.

If the background brightness of the console is set to medium or high in the general settings, the display will remain dim until a cadence of greater than 50 RPM is achieved. If the cadence drops below 50 RPM, the display will save energy and dim to low brightness until the pedaling cadence is increased.

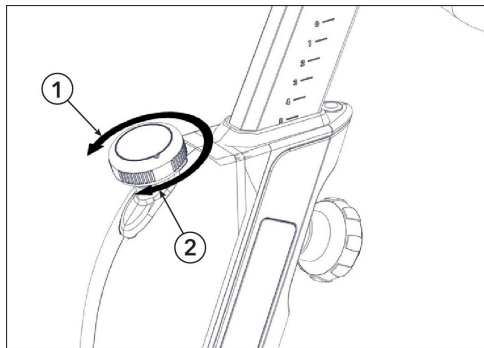
In Power Training, the trainer facing and user facing Coach By Color LED's will be activated when greater than 50 RPM's are achieved. If the cadence falls below 45 RPM, the LED's will turn off and come back on once you reach greater than 50 RPM.

Instructions on operation and managing training for the WattRate® LCD Computer can be found in the computer user manual also included with delivery.

## Adjust Brake Resistance

The brake resistance adjustment can be set precisely and regulated in fine increments according to the requirements of the user using the resistance adjustment knob with a range of motion of 300°. The resistance in % (where 0% is no resistance and 100% is maximum resistance) is also displayed on the Indoor Cycle computer display.

1. To increase the resistance, turn the resistance adjustment knob clockwise.



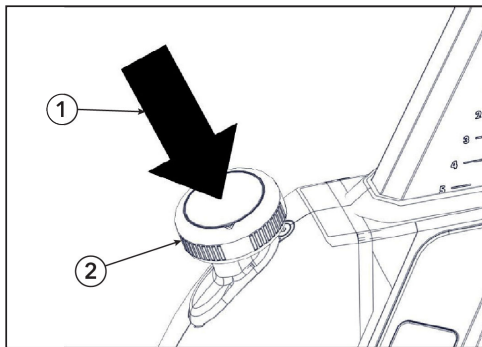
Item	Description	Qty
1	Decrease Resistance	1
2	Increase Resistance	1

2. To decrease the resistance, turn it counterclockwise.

The resistance will increase with the pedaling frequency due to the magnetic brake system of the indoor cycle.

## Emergency Brake

To stop the flywheel in the event of an emergency, push down on the resistance knob.



Item	Description	Qty
1	Push Down	1
2	Resistance Knob	1

**REMEMBER:** During training, make sure your shoes are placed in the toe clips (cages) provided or if you are using cycling shoes, that they are connected with the SPD cleats.

**NOTE:** To stop the bike after a workout, always control your pedaling motion by slowly decreasing the pedaling cadence in controlled manner until the pedals and flywheel are completely stopped.

⚠ **WARNING:** For your safety, always make sure you pedal in a controlled manner and adjust your pedaling frequency to your cycling capabilities.

⚠ **WARNING:** Never pedal backwards, as this can loosen the pedals and the crank arm bolts which may lead to them detaching themselves from the indoor cycle. The indoor cycle does not have a freewheel. The pedals are firmly connected to the flywheel, and they will not stop independently when the pedaling motion is interrupted. To stop the bike after a workout, always control your pedaling motion by slowly decreasing the pedaling cadence in controlled manner until the pedals and flywheel are completely stopped.

# 3. Assembly

## Tools Required

- 2 mm Allen wrench
- 3 mm Allen wrench
- 6 mm Allen wrench
- 15 mm pedal wrench
- 17 mm socket wrench
- Torque wrench
- Loctite® #243

**⚠ WARNING:** Avoid high fluctuations in temperature whilst transporting the bike from the store to the installation site. If there are nevertheless large fluctuations in temperature, please allow the bike to acclimatize to the surrounding temperature before proceeding with assembly.

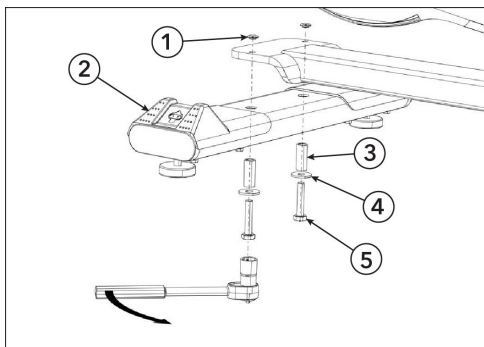
## Assembly Procedure

Two people are recommended for this procedure.

**TIP:** Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

### Install Rear Stabilizer Assembly

Install bolts, washers, spacers, and nuts securing rear stabilizer assembly to frame using a 17 mm socket wrench.



Item	Description	Qty.
1	Nut	2
2	Rear Stabilizer Assembly	1
3	Spacer	2
4	Washer	2
5	Bolt	2

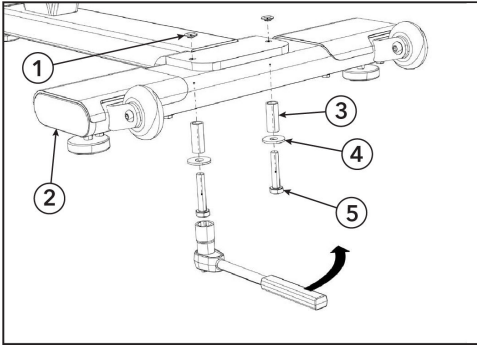


**Tighten hardware to 37 ft-lb (50 Nm).**

**⚠ WARNING:** Ensure that bolts are tightened with the specified force to minimize loosening during use. If bolts are loosened after initial assembly, we recommend using medium-strength Loctite® #243 when reassembling.

## Install Front Stabilizer Assembly

Install bolts, washers, and spacers securing front stabilizer assembly to frame using a 17 mm socket wrench.



Item	Description	Qty.
1	Nut	1
2	Front Stabilizer Assembly	1
3	Spacer	2
4	Washer	2
5	Bolt	2



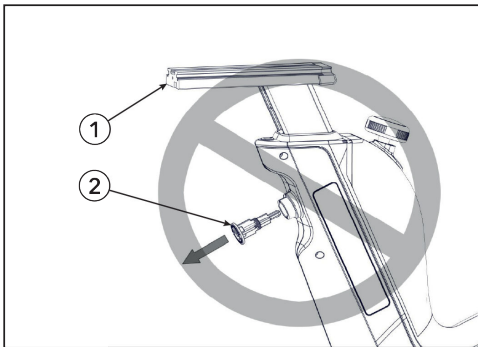
Tighten hardware to 37 ft-lb (50 Nm).

- ⚠ WARNING:** Ensure that bolts are tightened with the specified force to minimize loosening during use. If bolts are loosened after initial assembly, we recommend using medium-strength Loctite® #243 when reassembling.

## Install Handlebar Assembly

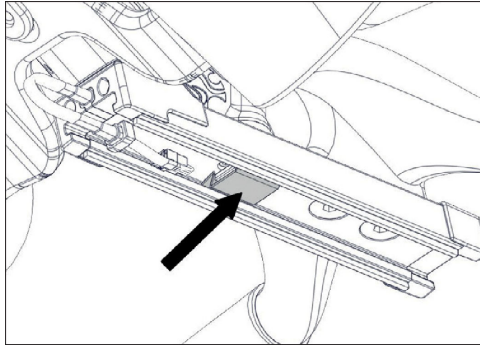
- The horizontal handlebar slider of the indoor cycle is spring loaded and will extend quickly unless the handlebar is mounted onto the slider. Extension of the horizontal handlebar slider without the handlebar mounted may cause injury and / or damage to the indoor cycle.

- ⚠ WARNING:** Do not remove the safety pin before the handlebar has been mounted on the horizontal handlebar slider.

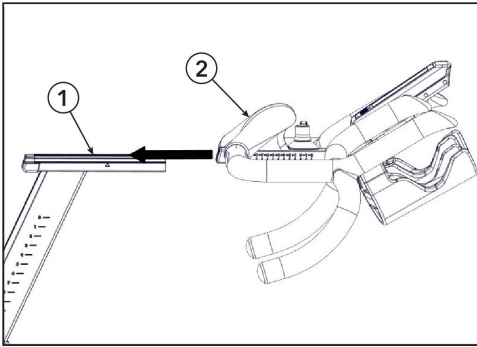


Item	Description	Qty.
1	Horizontal Handlebar Slider	1
2	Safety Pin	1

2. Do not remove the cardboard which covers the t-nut. The cardboard will slide out during installation and guides the t-nut for easy installation.

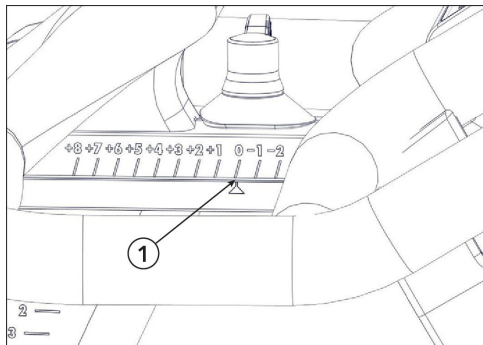


3. Turn the thumb lever on the handlebar assembly to the left. Slide handlebar assembly onto the horizontal handlebar slider.



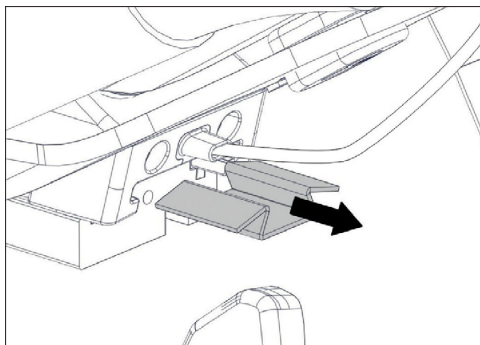
Item	Description	Qty.
1	Horizontal Handlebar Slider	1
2	Handlebar Assembly	1

4. Align handlebar assembly with position 0.

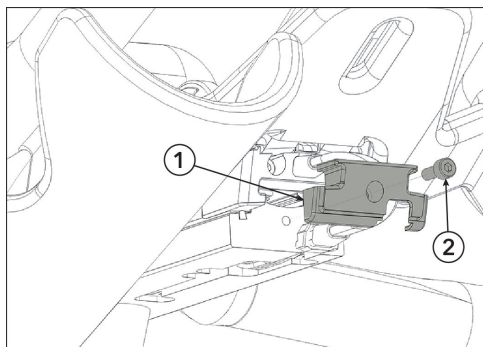


Item	Description	Qty.
1	Handlebar Assembly Position 0	1

The cardboard will slide out when the handlebar assembly is positioned on the horizontal handlebar slider.

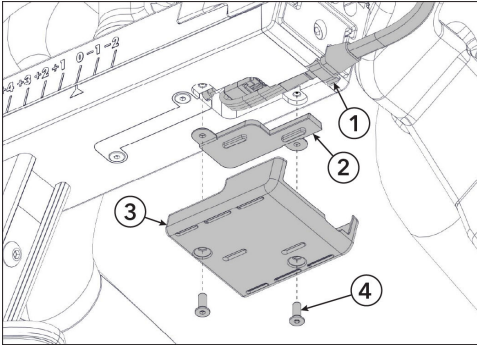


5. Install the handlebar end cap and bolt using a 3 mm Allen wrench.



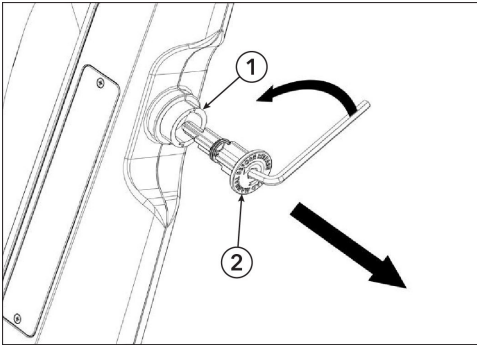
Item	Description	Qty.
1	Handlebar End Cap	1
2	Bolt	1

6. Plug in both console cables and position them in the slot. Fold the connected console cables so they fit into position. Install the seal, plastic cover, and screws using a 2 mm Allen wrench.



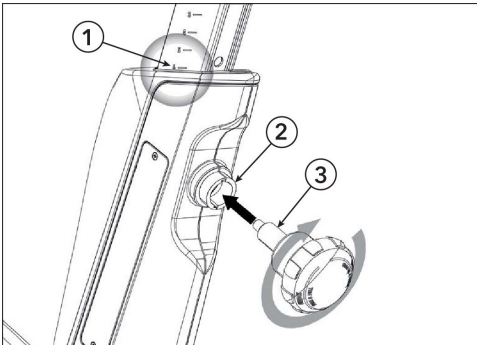
Item	Description	Qty.
1	Console Cable	2
2	Seal	1
3	Plastic Cover	1
4	Screw	2

7. Remove safety pin from frame using a 6 mm Allen wrench.



Item	Description	Qty.
1	Frame	1
2	Safety Pin	1

8. Lift the handlebar to position 6 and screw the pop pin knob completely into the frame to lock the handlebar stem.

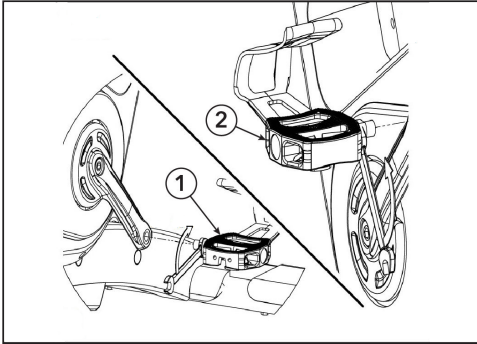


Item	Description	Qty.
1	Position 6	1
2	Frame	1
3	Pop Pin Knob	1

## Install Pedals

The pedal threads are coated with TufLok® to prevent them from becoming loose during use. If pedals are loosened or removed after initial assembly, we recommend using medium-strength Loctite® #243 when reassembling.

1. Install right pedal marked **R** into right crank arm using a 15 mm pedal wrench.



Item	Description	Qty.
1	Right Pedal	1
2	Left Pedal	1

**⚠ WARNING:** The pedal on the right side of the bike must be assembled and torqued in the clockwise direction.



**Tighten hardware to 41 ft-lb (55 Nm).**

2. Install left pedal marked **L** into left crank arm using a 15 mm pedal wrench.

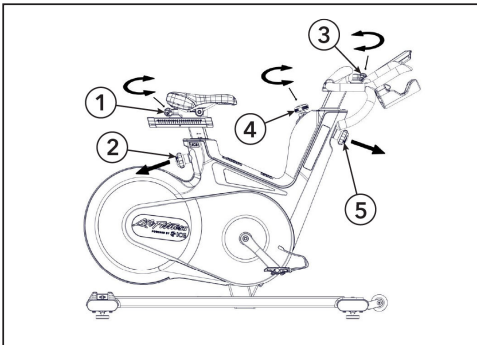
**⚠ WARNING:** The pedal on the left side of the bike must be assembled and torqued in the counterclockwise direction.



**Tighten hardware to 41 ft-lb (55 Nm).**

## Test Functions of Knobs and Dials

1. Test the function of the adjustable handlebar and seat.

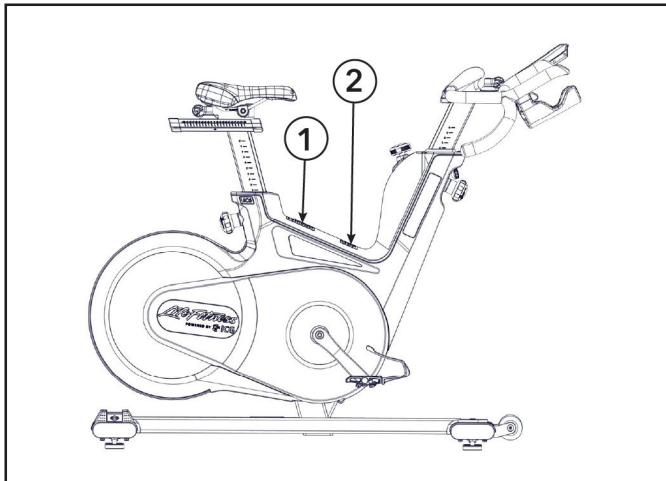


Item	Description	Qty.
1	Seat Fore / Aft Thumb Lever	1
2	Seat Height Pop Pin Knob	1
3	Handlebar Fore / Aft Thumb Lever	1
4	Resistance Dial	1
5	Handlebar Height Pop Pin Knob	1

2. Turn the resistance dial left and right multiple times.
3. Move the handlebars and seat up and down and the back and forth.
4. Test the function of the thumb levers on the sliders and the function of the pop pin knobs.

## Label Locations

**IMPORTANT:** Verify all labels / decals listed are placed on the product and in the location shown. Replace any missing or damaged labels.



### 1. General Warning

## **⚠ WARNING**

1. Misuse of this machine may result in serious injury.
2. Read user manual prior to use and follow all warnings and instructions.
3. Replace label if damaged, illegible or removed.
4. Keep children away.
5. Use only a solid, level surface.
6. Maximum user weight is 150kg/331 lbs.
7. Spinning pedals can cause injury.
8. This bike does not free-wheel.
9. Pedal speed should be reduced in a controlled manner.

**WARNING —**  
Use the stationary training equipment in a supervised environment.

### 2. E-Brake Warning

## **⚠ WARNING**

After deploying the E-Brake:

1. Ensure flywheel is at a full stop.
2. Release brake pressure.
3. Release pressure on the pedals.
4. Begin pedaling. Don't pedal backwards!  
Limited E-brake functionality while pedaling backwards.

Warning labels on the bikes must be replaced by warning labels in your language during the assembly process.

## Installation and Setup

Instructions stated in this manual must be performed during initial installation of the Indoor Cycle to ensure optimal performance and a long lifespan. Read and follow the following instructions carefully. If the Indoor Cycles are not installed and configured as described, the components may be subjected to excessive wear and tear and the bike may become damaged.

**NOTE:** Lubricants are required for some maintenance procedures.

Only use an acid-free and solvent-free spray lubricant and white lithium grease.

1. Make sure the bike is level. If bike rocks on the floor, turn the leveling feet underneath the front and / or rear stabilizer until the rocking motion is eliminated. Make sure that the leveling feet are not screwed out further than 0.4" (10 mm).
2. Verify emergency brake function to make sure that it is working properly.
3. Check that both crank arm Allen bolts, with which the cranks (on the right and left side of the bottom bracket) are fastened, and secure (tightening torque 44 ft. lb. (60 Nm)). These bolts are provided with TufLok at the factory to prevent them from becoming loose during use. If the bolts become loose, we recommend applying medium-strength Loctite® #243 and then reattaching the crank fixing bolts with a tightening torque of 44 ft. lb. (60 Nm).
4. Wipe down bike frame with a rag moistened with acid-free and solvent-free spray lubricant.
5. Some parts of the bike may become loose during shipment. Check crank arms and all exposed bolts and nuts, and make sure that they are all secure and properly tightened.

## Customer Service

1. Provide the customer with basic maintenance instructions and direct them to detailed maintenance instructions.
2. Have the sign-off sheet for the manual, explanation of maintenance procedures and verification of impeccable condition of the bikes confirmed by the customer when handing over the goods. A copy of the confirmation should be counter signed by yourself and a copy of the confirmation should also be left with the customer.
3. Repairs must only be carried out by manufacturer authorized service technicians.

# 4. Specifications

## Specifications

The IC5 Bike is manufactured, according to EN ISO 20957-1 and EN ISO 20957-10, a Class S product for use in a controlled environment such as sports or fitness facilities under the supervision of a trainer.

Life Fitness hereby declares that the radio equipment type WattRate® LCD+ console complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following internet address:

[www.indoorcycling.com/conformity/](http://www.indoorcycling.com/conformity/)

Weight of bike:	51 kg / 112 lbs.
Max user weight:	150 kg / 330 lbs.
User height:	Suitable for users between approx. 155 and 215 cm / 5'1 - 7'
Required footprint:	132 cm x 52 cm / 52" x 20"
Max seat height:	120 cm / 47"
Max handlebar height:	120 cm / 47"
Bluetooth le 4.2:	Frequency: 2.4 ghz - 2.48 ghz Transmit power: 0 - 4 dbm
Ant:	2.4 ghz - 2.48 ghz Transmit power: 0 - 4 dbm

# 5. Service and Technical Data

## 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](mailto: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.

## Maintenance

### Preventive Maintenance

 **WARNING:** Carefully observe the following instructions.

- The maintenance and care procedures must be performed in the regularity set out, to ensure maximum operating safety and lifespan.
- Irregularly observed maintenance and care procedures will lead to increased wear to the product and will void the warranty.
- If you have any further questions on this topic, contact our technical support.
- Only use the acid-free and solvent-free maintenance and care agent recommended by us to prevent damage to components of the Indoor Cycle.

### Daily Maintenance

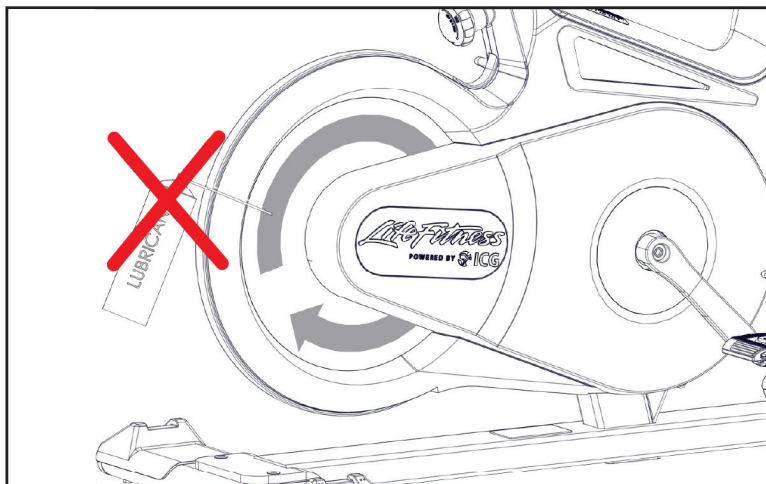
1. Make sure that the Indoor Cycle is leveled and does not rock.
2. Cleaning: The Indoor Cycle must be regularly cleaned after each use for reasons of hygiene.
  - Ensure that there are sufficient soft cloths or paper towels and maintenance and disinfection agent available.
  - First disinfect the seat and handlebars with a suitable agent and then wipe all bodily residues off the entire Indoor Cycle.

## Weekly Maintenance

Cleaning: Depending on how often the Indoor Cycle is used, it must be extensively cleaned once a week.

Spray a maintenance spray onto a soft cloth and clean all plastic parts, the entire flywheel, exposed framework parts including stabilizers and the plastic casing.

- ⚠ **WARNING:** Never spray maintenance spray or anything else directly onto the flywheel. Never pedal the indoor cycle to ease cleaning, as this could cause the drive belt to slip during use, reduce braking performance or damage internal components.

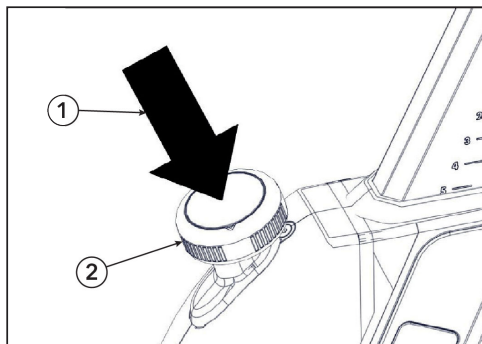


## Bi-Weekly Maintenance

### Emergency Brake

To ensure operating safety, the emergency brake must be regularly checked to make sure it is functioning properly.

1. Completely press down the resistance knob whilst pedaling.



Item	Description	Qty
1	Push Down	1
2	Resistance Knob	1

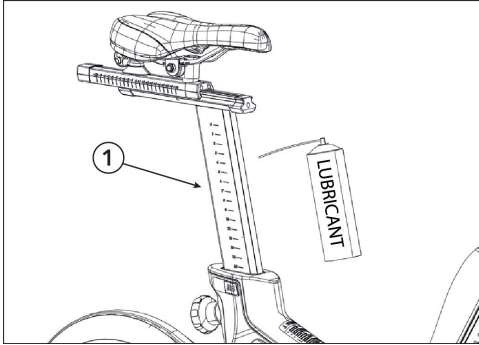
When functioning optimally, it should produce an immediate braking effect and bring the flywheel to a complete standstill.

2. The flywheel is only released again by the emergency braking function after coming to a complete standstill and when the pressure is removed from the pedals.

## Seat Adjustments

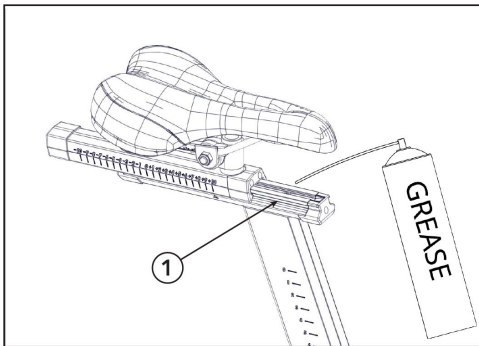
To maintain the easy adjustment, the vertical and horizontal seat posts must be regularly cleaned and lubricated.

1. Position the vertical seat post in the uppermost position.



Item	Description	Qty
1	Vertical Seat Post	1

2. Spray with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth.
3. Clean sweat residues off the contact surfaces of the horizontal seat post beforehand and if necessary, apply a small amount of lithium grease.

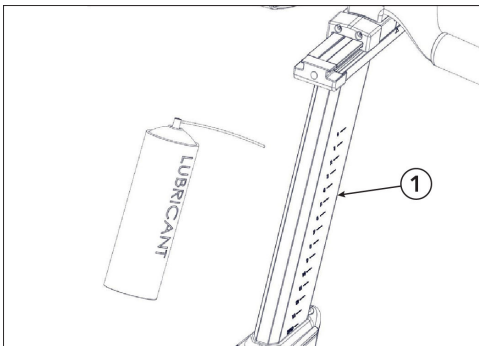


Item	Description	Qty
1	Horizontal Seat Post	1

## Handlebars

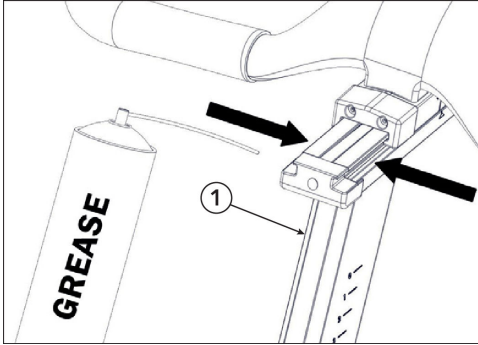
To maintain the easy adjustment of the handlebar stem, it must be regularly cleaned and lubricated.

1. Position the handlebars in the uppermost position.



Item	Description	Qty
1	Handlebar Post	1

2. Spray the handlebar posts with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth.
3. Clean sweat residues off the contact surfaces of the horizontal post.
4. Spray the horizontal handlebar rails with a small amount of lithium grease.

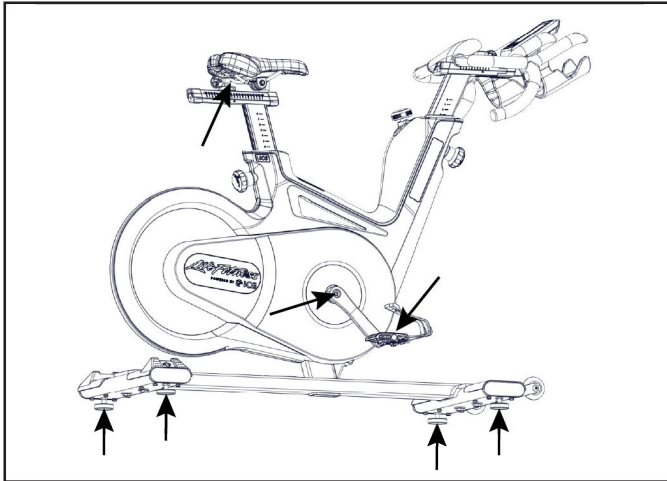


Item	Description	Qty
1	Horizontal Handlebar Rail	2

## Monthly Maintenance

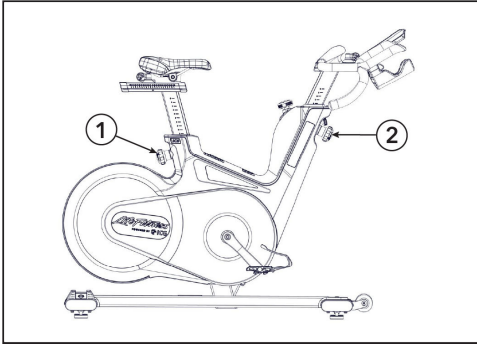
### Connecting Elements

During regular maintenance and care procedures, all bolts, nuts etc. on the Indoor Cycle must be checked to ensure that they are properly tightened and function correctly. Parts showing wear or damage (seat, pedal teeth, pedals, SPD system) must be replaced.



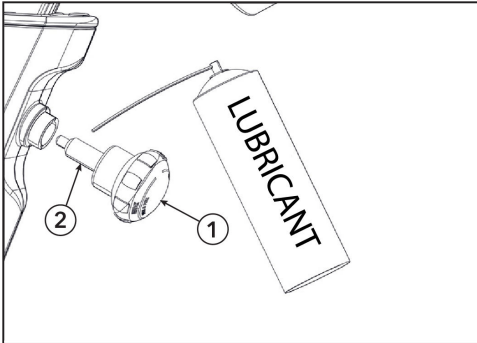
## Pop Pin Lubrication

Pop pin knobs are located on the vertical adjustment of the handlebar and seat.



Item	Description	Qty
1	Seat Pop Pin Knob	1
2	Handlebar Pop Pin Knob	1

To ensure the easy adjustment of the vertical handlebar and seat posts, the threads on the pop-pin-knob must be lubricated. We recommend lithium grease.



Item	Description	Qty
1	Pop Pin Knob	1
2	Threads	1

## Maintenance Schedule and Checklist

Activity	Rotation
Feet leveling, disinfection, and cleaning of the bike	Daily
Detailed cleaning of the entire bike	Weekly
Check emergency brake function	Bi-weekly
Clean and lubricate seat and handlebar sliders / stems	Bi-weekly
Check all connections and fixings	Monthly
Vertically adjusting the handlebar and seat	Monthly

## Examples of Maintenance Plan for In-House Service Technicians

### Weekly maintenance checklist

Bike no.	Production code	Observations	Actions taken	Result	Name / date

### Bi-weekly maintenance checklist

Bike no.	Production code	Observations	Actions taken	Result	Name / date

### Monthly maintenance checklist

Bike no.	Production code	Observations	Actions taken	Result	Name / date

## How To's

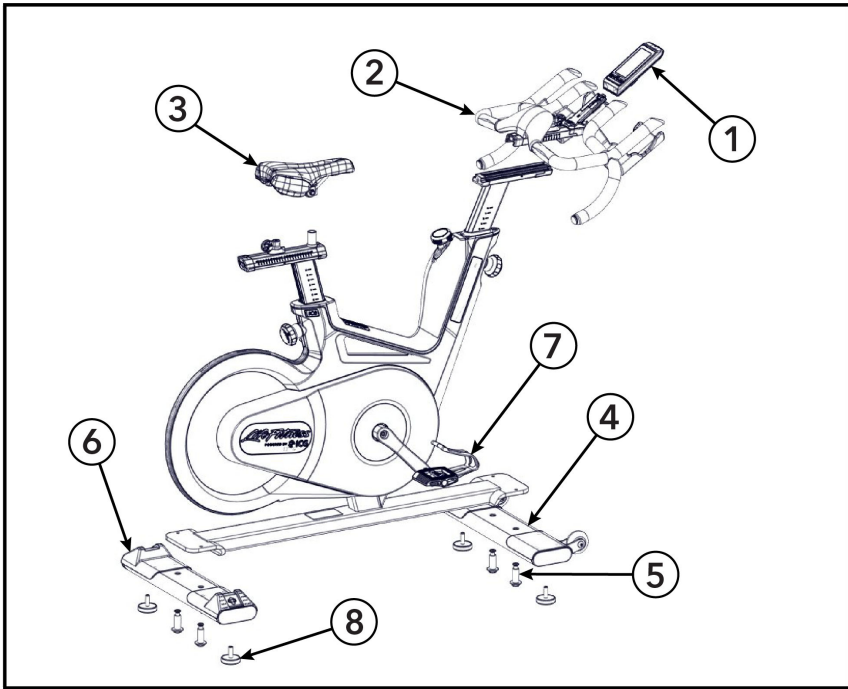
### Knowledge Base

See <https://fn.fit/KnowledgeBase> 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. The serial number is located on the side of the frame tube of the Indoor Cycle.
3. Contact Customer Support Services at <http://www.lifefitness.com>.

## Spare Parts



Item	Description	Part Number	Qty
1	Wattrate LCD Display	320-00-00020-01	1
2	Handlebar Assembly	110-01-00120-01	1
3	Seat	120-01-00076-01	1
4	Front Stabilizer	140-02-00003-01	1
5	Front and Rear Stabilizer Hardware	190-01-00004-01	1
6	Rear Stabilizer	140-02-00002-01	1
7	Pedals	150-01-00005-03	2
8	Leveling Feet	900-10-00003-01	2

# 6. Warranty

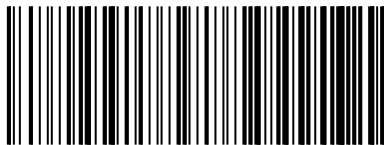
## Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifefitness.com/warranties>







IC-LFICGIC5-01