

C1 / C3 LIFECYCLE® EXERCISE BIKES

# BASE USER MANUAL



*LifeFitness*

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**Before using this product, it is essential to read this ENTIRE user manual and ALL installation instructions.**

**This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.**

#### FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.



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

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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This Operation Manual describes the functions of the following products:

Life Fitness upright exercise bikes:

## **C1, C3**

See Section 5, titled *Specifications* page in this manual for product-specific features.

**Statement of Purpose:** The exercise bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.



Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **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; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS



**SAFETY WARNING:** The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The exercise bike is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- If an exercise bike does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.
- Never insert objects into any opening in the exercise bike. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the exercise bike outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the exercise bike pedals.
- Keep the area around the exercise bike clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting the exercise bike. Use the handlebar whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the bike in bare feet.

- Do not tip the exercise bike on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely. These include the seat post, saddle, handlebars, and pedals.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

## 1.2 SETUP

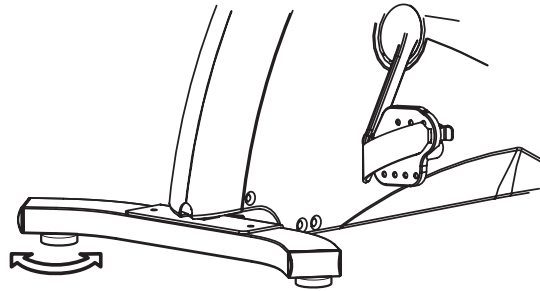
Read the entire User Manual before setting up the exercise bike.

### WHERE TO PLACE THE EXERCISE BIKE

Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 5, titled Specifications, for the dimensions of the footprint. Allow a distance of four feet, or 120 centimeters, between the bike and other objects or surfaces on either side.

### HOW TO STABILIZE THE EXERCISE BIKE

After placing the bike in position, check the unit's stability by attempting to rock it in all directions. 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 17mm 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 stabilizer bar.



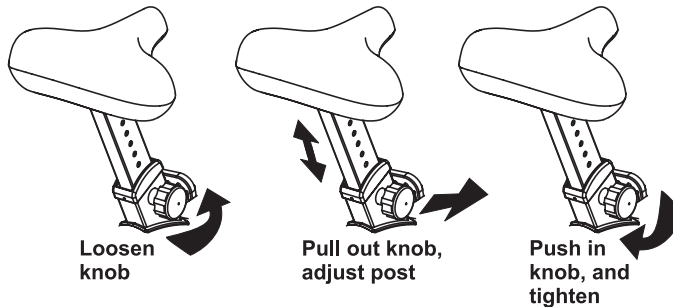


## HOW TO ADJUST THE SEAT TO ENSURE CORRECT BIOMECHANICAL POSITIONING

Proper seat positioning minimizes unnecessary leg muscle fatigue. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the furthest point in its rotation, relative to the body. The user should be able to pedal without locking the knees or shifting in the seat.

**Adjusting the seat:** The bike post features a vertical locking pin seat adjustment system, which makes it easy and safe to change the height of the seat quickly. To raise the seat, first get off the bike. Hold the seat, turn the spring-loaded knob on the right of the seat post once counter-clockwise to loosen it, and pull out the knob to unlock the post from its present position. Pull the seat upward to the desired height, and release the knob to let it lock into place. Turn the knob once clockwise to tighten it. Test and re-adjust the seat height as necessary.

To lower the seat, first get off the bike. Hold the seat, turn the spring-loaded knob on the right of the seat post once counterclockwise to loosen it, and pull out the knob to unlock the post from its present position. Let the seat slide down to the desired height, and release the knob to let it lock into place. Turn the knob once clockwise to tighten it. Test and re-adjust the seat height as necessary.



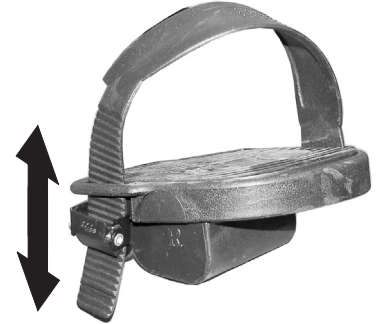
**CAUTION :** *When using the height adjustment mechanism to change the height of a partially raised seat, hold the seat to prevent it from falling on the hand.*

**CAUTION:** *Do not attempt to lock the seat at a position higher than the minimum insertion depth marked on the seat post.*

## HOW TO ADJUST THE PEDAL STRAPS

The bike pedal safety straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation. Before working out, the user should test and adjust the tightness of the straps.

The straps can be adjusted to fit a variety of shoe sizes. Each strap is held in place by a spring-loaded clip that is connected to the outer edge of each pedal. To tighten a strap, simply pull the loose end of the strap down. It automatically locks into place with each pull. To loosen a strap, press down on the top of the clip and pull the strap up. Release the clip to lock the strap into place. Test the adjustment, and change if necessary.



## STARTING UP THE BIKE

See Section 5, titled *Specifications*, for power requirements. Insert the AC adapter into an electrical outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

The exercise bike comes with a standard power supply for the U.S., or a power supply with country-specific line cords.

Insert the power adapter jack into the barrel plug on the bottom of the exercise bike. Then insert the power supply into the wall outlet. Make sure the cord is routed so that it doesn't bind and will not be walked on.

Check that the console lights up. If not, recheck the plug and wall connections and make sure the wall outlet has power.

To power up the exercise bike, simply start pedaling. Once the unit's power is on, the console display lights up, making it possible to select a workout. The R1 display illuminates when the unit is plugged in.

**NOTE:** For customers outside the United States, please use your country specific transformer to power the unit. Please disregard the extra 120 Volt transformer located in the packaging material.

# 2 FEATURES

## 2.1 THE ACCESSORY TRAY, WATER BOTTLE HOLDER AND READING RACK

The Accessory Tray (A) (C3 only), which is mounted to the right of the seat, provides storage trays with space for items such as water bottles, personal stereos, and cell phones. A Water Bottle Holder (B) (C1 only) is located on the monocolumn.

Additionally, an integrated Reading Rack (C) for supporting a book or magazine is located at the base of the console.

### Model C3



### Model C1



## 2.2 HEART RATE MONITORING

### THE HAND PULSE SENSOR SYSTEM

The hand pulse sensors (A) are the built-in heart rate monitoring system on the exercise bike. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.

**Model C3**



**Model C1**



**NOTE:** Excessively squeezing the hand pulse sensors will not improve the heart rate reading.

# 3 SERVICE AND TECHNICAL DATA

## 3.1 PREVENTATIVE MAINTENANCE TIPS

The exercise bike is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. The manufacturer's products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over. This same technology, engineering expertise, and reliability have gone into the exercise bike.

**NOTE:** *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, 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 in the Preventive Maintenance Schedule.*

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

- Locate the exercise bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moistened with water and a mild liquid cleaning product, to clean the exercise bike. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**
- 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 housing thoroughly on a regular basis.

**NOTE:** *A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.*

### 3.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
<i>Display Console</i>	C	I		
<i>Console Mounting Bolts</i>			I	
<i>Accessory Tray</i>	C	I		
<i>Frame</i>	C			I
<i>Plastic Covers</i>	C	I		
<i>Pedals and Straps</i>	C	I		
Contact Heart Rate Sensors			C	
KEY: C=Clean; I=Inspect				

### 3.3 TROUBLESHOOTING THE HAND PULSE SENSORS

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

- Apply hands to both sensors, one in each hand.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors. Follow the schedule below to ensure proper operation of the product.

### 3.4 TROUBLESHOOTING THE EXERCISE BIKE

Problem	Solution
I hear a clicking noise while I'm pedaling.	Use the wrench that was included with the bike to ensure the pedals are assembled as tight as possible.

### 3.5 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 document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: [www.lifefitness.com](http://www.lifefitness.com), or call the nearest Customer Support Services group:

For Product Service within  
the United States and Canada:

Telephone: (+1) 847.451.0036

FAX: (+1) 847.288.3702

Toll-free telephone: 800.351.3737

For Product Service  
Internationally:

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*Life Fitness Iberia*

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FAX : (+34) 93 672 4670



# 4 WARRANTY INFORMATION

## **WHAT IS COVERED:**

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

## **WHO IS COVERED:**

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

## **HOW LONG IS IT COVERED:**

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart at the end of this section.

Non-Residential: Warranty void (this Product is intended for residential use only).

## **WHO PAYS SHIPPING & INSURANCE FOR SERVICE:**

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

## **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 User Manual ("Manual"). 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 (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service 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.

## **USER MANUAL:**

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

## **PRODUCT REGISTRATION:**

Register online at [www.lifefitness.com/registration](http://www.lifefitness.com/registration). Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

## **HOW TO GET PARTS & SERVICE:**

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate 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 assure 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. Warranties may vary outside the U.S. Contact Life Fitness for details.

**CHANGES IN WARRANTY NOT AUTHORIZED:**

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

**EFFECT OF U.S. STATE LAWS:**

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

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
C1	Frame	N/A	Electrical Parts & Mechanical Parts	Labor
C3	Frame	N/A	Electrical Parts & Mechanical Parts	Labor

# 5 SPECIFICATIONS

Designed use:	Home	
Maximum user weight:	<b>C3</b> 400 pounds / 181 kilograms	<b>C1</b> 300 pounds / 136 kilograms
Pedal size	4.5 inches / 11.5 centimeters	
Drive type:	Poly-V belt-drive	
Power requirements:	<b>C3</b> None: Bike is self-powered	<b>C1</b> 120V in United States 220V in Europe 240+V in Australia
Accessory Tray:	<b>C3</b> Standard	<b>C1</b> None
Color:	Pewter Metal Charcoal Plastic Shrouds Stone Plastic Accents	

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**C1 ASSEMBLED DIMENSIONS:**

Length	41 inches / 104 centimeters
Width	23.5 inches / 60 centimeters
Height	56 inches / 142 centimeters
Weight	116 pounds / 52.6 kilograms

**C1 SHIPPING DIMENSIONS:**

Length	44.88 inches / 114 centimeters
Width	17.91 inches / 45.5 centimeters
Height	29.92 inches / 76 centimeters
Weight	132 pounds / 59.9 kilograms

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**C3 ASSEMBLED DIMENSIONS:**

Length	45 inches / 114 centimeters
Width	27.2 inches / 69 centimeters
Height	56 inches / 142 centimeters
Weight	112.8 pounds / 51 kilograms

**C3 SHIPPING DIMENSIONS:**

Length	44.88 inches / 114 centimeters
Width	17.91 inches / 45.5 centimeters
Height	29.92 inches / 76 centimeters
Weight	132 pounds / 59.9 kilograms

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Life Fitness offers a full line of premier fitness equipment for the home.

TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | TREADMILLS | LIFECYCLE<sup>®</sup> EXERCISE BIKES  
STAIRCLIMBERS | GYM SYSTEMS

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