

ELEVATION™ SERIES 95R RECUMBENT & PLATINUM CLUB SERIES RECUMBENT DISCOVER SE3, DISCOVER SI, & EXPLORE LIFECYCLE® EXERCISE BIKES

ASSEMBLY INSTRUCTIONS



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Congratulations...

and welcome to the world of

LifeFitness

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Elevation Series 95R Recumbent Lifecycle® Exercise Bikes & Platinum Club Series Recumbent Discover SE3, Discover SI, and Explore.



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

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



AVERTISSEMENT: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. LIFE FITNESS recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

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Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using LIFE FITNESS Elevation Series Recumbent Lifecycle Exercise Bike.

- **DANGER:** To reduce the risk of electrical shock, always unplug LIFE FITNESS products before cleaning or attempting any maintenance activity.
- **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the LIFE FITNESS bike to any other objects.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov
- Do not stand or sit on plastic shrouds.
- Never operate a LIFE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact LIFE FITNESS Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a LIFE FITNESS product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Use caution when mounting or dismounting the Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact LIFE FITNESS Customer Support Services.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact LIFE FITNESS immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. LIFE FITNESS is not responsible for missing or damaged warning labels.
- This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.1 CONSIGNÉS DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser les appareils LIFE FITNESS

- **DANGER :** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil LIFE FITNESS avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT :** Laisser une distance de 41 cm (16 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft) entre l'avant ou l'arrière du vélo de LIFE FITNESS et d'autres objets.
- **AVERTISSEMENT :** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT :** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- Ne pas se tenir debout ou s'asseoir sur les protections en plastique.
- Ne jamais faire fonctionner un produit LIFE FITNESS dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de LIFE FITNESS.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans endroits très humides.
- Ne faites jamais fonctionner de produit LIFE FITNESS dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.
- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.
- Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de LIFE FITNESS.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Si les avertissements sont absents ou endommagés, veuillez contacter immédiatement LIFE FITNESS afin de les faire remplacer. Les étiquettes d'avertissement sont livrées avec chaque produit et doivent être installées avant leur utilisation. LIFE FITNESS ne peut être tenu responsable lorsque des étiquettes d'avertissement sont absentes ou endommagées.
- Règlementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérigènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

1.2 SET-UP

Read the entire manual before setting up the LIFE FITNESS Recumbent Lifecycle Exercise Bike

ELECTRICAL POWER REQUIREMENTS - DISCOVER SE3 AND SI CONSOLES ONLY

LIFE FITNESS Lifecycle Exercise Bikes with the Discover SE3 or Discover SI consoles require an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage	Frequency (Hz)	Rated Current (Amps)
100	50 / 60	1.6
110	50 / 60	1.6
120	50 / 60	1.6
200	50 / 60	0.8
220	50 / 60	0.8
230	50 / 60	0.8
240+	50 / 60	0.8

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

WHERE TO PLACE THE LIFE FITNESS RECUMBENT LIFECYCLE EXERCISE BIKE

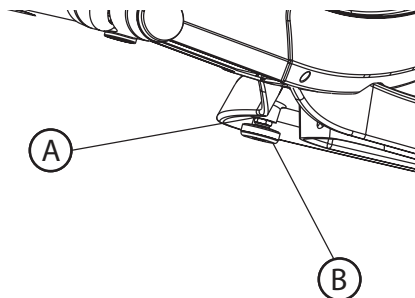
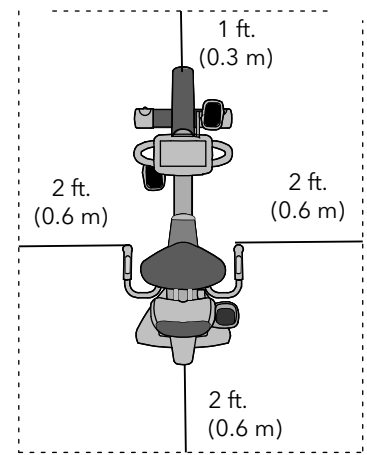
Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 4, titled Specifications, for the dimensions of the product footprint (assembled dimensions). Allow a clearance of 2 ft. (0.6 m) in the direction the bike is accessed from.

BATTERY POWERED - EXPLORE CONSOLES ONLY

The Explore consoles are powered by a rechargeable 6-volt battery. Check the battery by pressing the knob. The console should beep and light up. The Explore Console will display the Life Fitness logo. If a prompt doesn't appear, mount the Recumbent Lifecycle Exercise Bike and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 20 minutes at 50 rpm or faster during a workout for optimum battery charging. The pedal action during workouts keeps the battery charged. If the Recumbent Lifecycle Exercise Bike is externally powered, battery maintenance is automatic and pedaling is not required.

HOW TO STABILIZE THE LIFE FITNESS RECUMBENT LIFECYCLE EXERCISE BIKE

After placing the bike in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end M17 wrench, and rotate the stabilizing foot (B) 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.



INSTALL EXTERNAL POWER SUPPLY - DISCOVER SE3 AND DISCOVER SI CONSOLES (EXPLORE OPTIONAL)

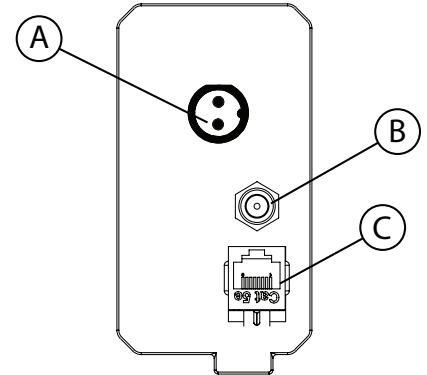
Discover SE3 and Discover SI consoles are powered by an external AC-DC 24-volt power supply. Plug in the power to the external power connector on the front end of the Lifecycle Bike. Plug the cord into an AC outlet. The console should immediately beep and light up. The Discover SE3 and Discover SI consoles will show a message indicating it is initializing (for up to 2 minutes).

Note: If any of the consoles do not light up, contact Life Fitness Customer Service (refer to page one of this manual). Use only the power supply provided by Life Fitness in order to insure against unsafe operation.

The following connection receptacles are located at the front of the Recumbent Lifecycle Exercise Bike with Discover Consoles:

- External power for console (A),
- Coaxial cable (B), and
- Ethernet Cable (C).

Note: CSAFE connection must be made at the console only.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

CABLE TV HOOK-UP - DISCOVER SE3 CONSOLES ONLY

The Discover SE3 console can receive both analog and digital signals. Life Fitness is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via a 75-ohm coaxial cable must be present before TV setup can occur.

Note to the CATV Installer:

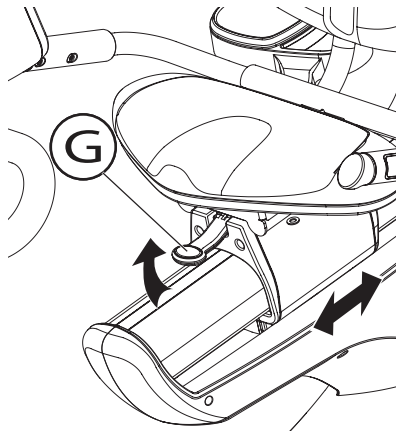
This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

HOW TO ADJUST THE SEAT

A properly adjusted seat is extremely important in any bike-oriented exercise activity and the Lifecycle Exercise Bike is no exception. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

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

If the seat needs to be adjusted, lift the spring-loaded adjusting handle (G) located underneath the nose of the seat. Hold both the handle and nose of the seat with one hand and use the other hand to grab the rear of the seat. Slide the handle and seat forward or backward as necessary to the proper position. Release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary.



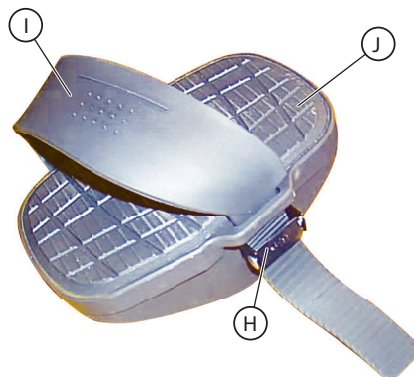
CAUTION: Do not attempt to adjust the seat while pedaling the bike. Doing so may result in an uncomfortable workout or cause injury.

MISE EN GARDE: N'essayez pas de régler la place en cyclisme la bicyclette. L'action peut ainsi s'ensuivre dans une séance de mise en forme inconfortable ou provoquer la blessure.

HOW TO ADJUST THE PEDAL STRAPS

The bike pedal 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, a user should test and adjust the tightness of the straps.

The safety straps on the foot pedals of the Recumbent Lifecycle Exercise Bike can be adjusted to fit a variety of shoe sizes. Use one hand to push the strap latch (H) upward to loosen the ribbed strap (I). Use the other hand to pull the ribbed strap out from underneath the strap latch. Rest the foot on the pedal (J). Wrap the ribbed strap over the foot to determine the desired length. Push the strap latch upward and thread the ribbed strap through the strap latch to select the appropriate slot. Let go of the strap latch to secure position.



2 SERVICE AND TECHNICAL DATA

2.1 PREVENTIVE MAINTENANCE TIPS

The Recumbent Lifecycle Exercise Bike is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

Remarque : *pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.*

The following preventive maintenance tips will keep your Recumbent Lifecycle Exercise Bike operating at peak performance:

- Locate the Recumbent Lifecycle Exercise Bike in a cool, dry place.
- Keep the pedal straps fastened securely when using the bike.
- Clean the top surface of the pedals regularly.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Recumbent Lifecycle Exercise Bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Clean the frame thoroughly on a regular basis.

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

LIFE FITNESS APPROVED CLEANERS *(United States Availability Only)*

Two preferred cleaners have been approved by Life Fitness 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 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).

LIFE FITNESS COMPATIBLE CLEANERS

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.

2.2 PREVENTIVE MAINTENANCE SCHEDULE

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

2.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

Heart Rate Reading is Erratic, Absent Entirely, or Abnormally Elevated

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it with in 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
	Chest strap battery is depleted.	Contact LIFE FITNESS Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
	Electromagnetic interference from cell phones.	
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	

2.4 TROUBLESHOOTING THE LIFEPUULSE SYSTEM SENSORS

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

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

2.5 RECYCLING THE BATTERY - EXPLORE CONSOLES ONLY

When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must first be re-moved and recycled. If an optional external power supply is present, it must be disconnected before the battery is removed. To access the battery, use a Phillips Screwdriver to remove the rear shroud. To remove the battery, disconnect the cable, and remove the two screws holding the battery.

2.6 HOW TO OBTAIN PRODUCT SERVICE

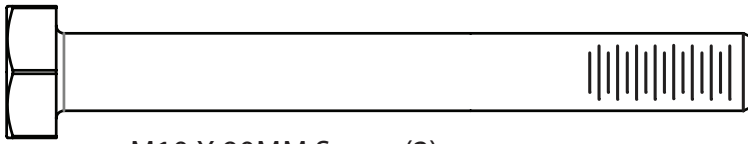
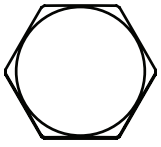
1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard. Document the serial number, which consists of three letters followed by six numerals.
3. Contact Life Fitness Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Life Fitness Customer Support Services group (refer to page 1 of this manual).

3 ASSEMBLY

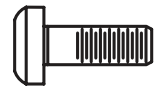
COMPONENT LIST

#	Part Description	Qty
1	Monocolumn Assembly	1
2	M10 X 90MM Screw	4
3	M4.2 X 19MM Phillips Screw	1
4	Display Console	1
5	Rear Cover	1
6	M5 X 14MM Phillips Screw	4
7	M10 X 20 Socket Flat Head Screw	2
8	M8 X 25MM Screw	6
9	M8 Washer	12
10	Accessory Tray Holder	1
11	M8 X 16MM Screw	2
12	Seat	1
13	Cup Accessory	1
14	Seat Back	1
15	M8 X 60MM Screw	4
16	Power Brick *Discover SE3 & SI (Explore Optional)	1
17	M5 Washer	1
18	Nut Plate	1
19	Power Brick Clip *Discover SE3 & SI (Explore Optional)	1
21	Handlebar Assembly	1
22	M8 Nut	2
23	M8 X 20MM Screw	2
Recumbent Lifecycle Cables		
24	Cable Assembly: CAT-5E	1
25	COAX Assembly: RG6; BASE	1
26	Ground Cable	1
27	PCB to Console Cable	1
28	External Power Cable *Discover SE3 & SI	1
29	Lifepulse Cable *Explore	

HARDWARE



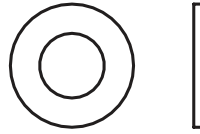
M10 X 90MM Screw (2)



M4.2 X 19MM Phillips Screw (3)



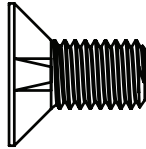
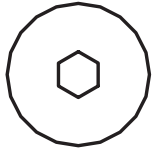
M5 X 14mm Phillips Screw (6)



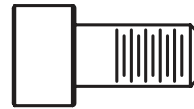
M8 Washer (9)



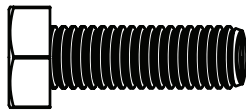
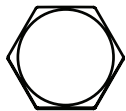
M5 Washer (17)



M10 X 20 Socket Flat Head Screw (7)



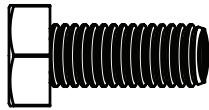
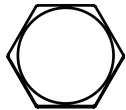
M8 X 16MM Screw (11)



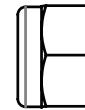
M8 X 25MM Screw (8)



M8 X 60MM Screw (15)



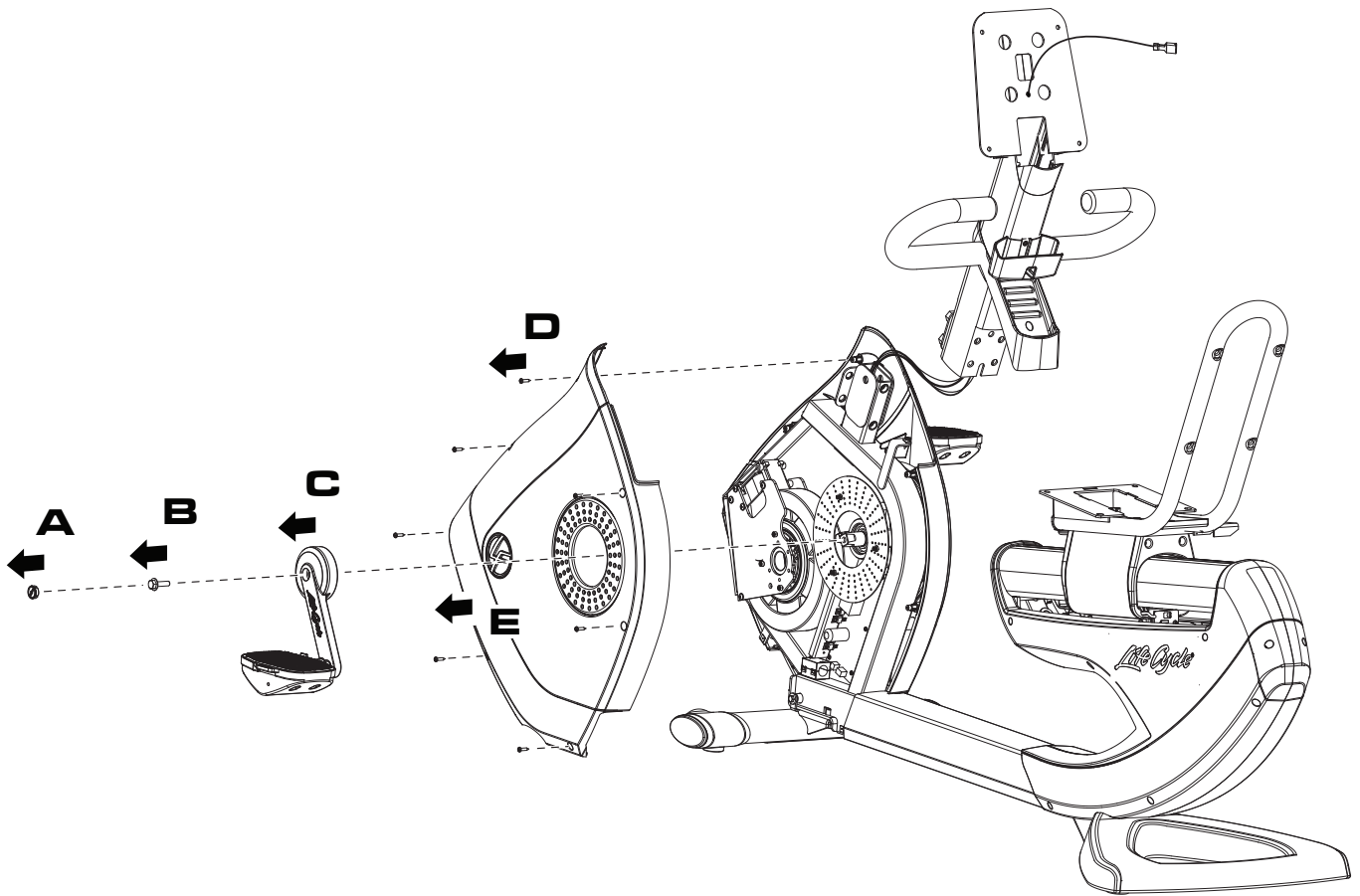
M8 X 20MM Screw (23)

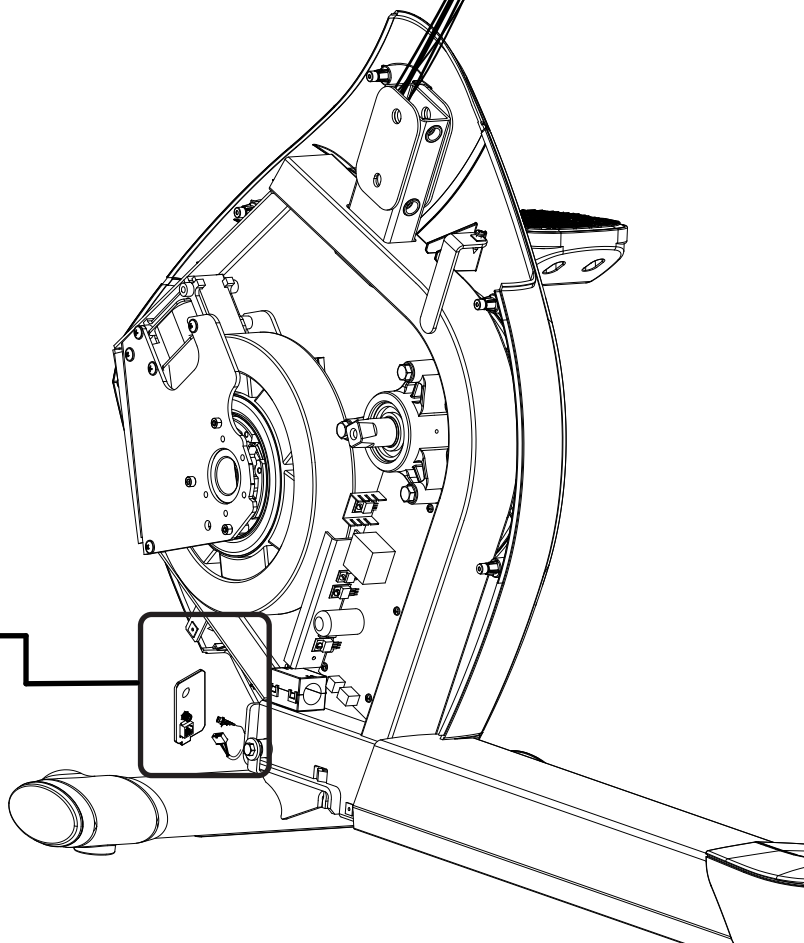
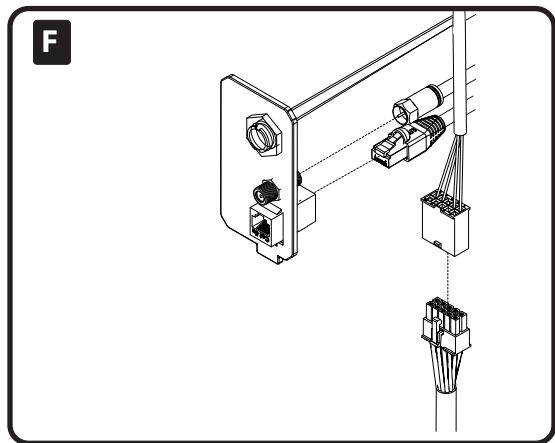
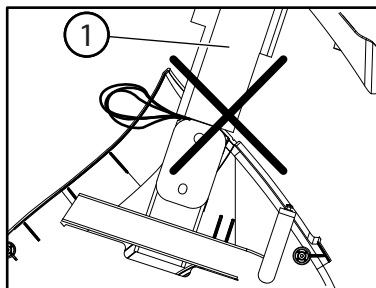
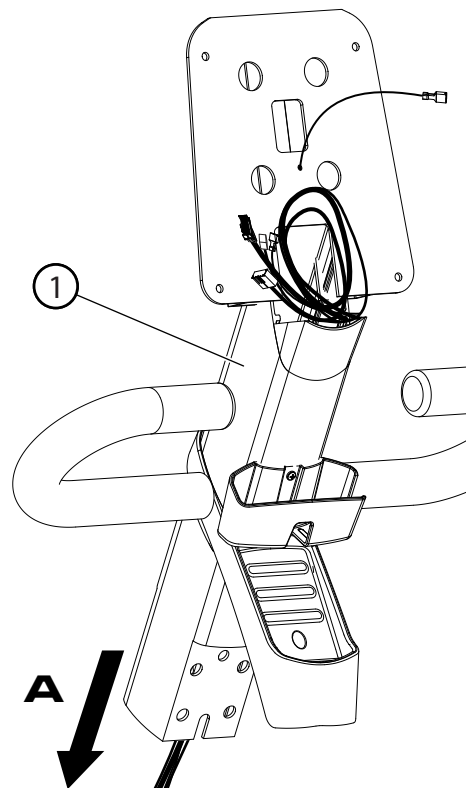
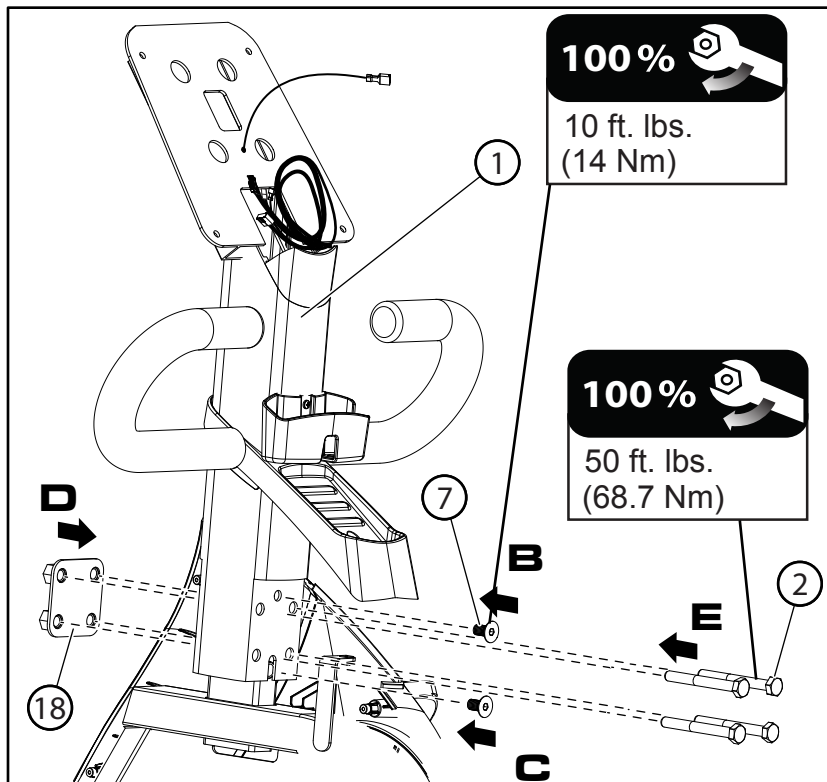


M8 Nut (22)

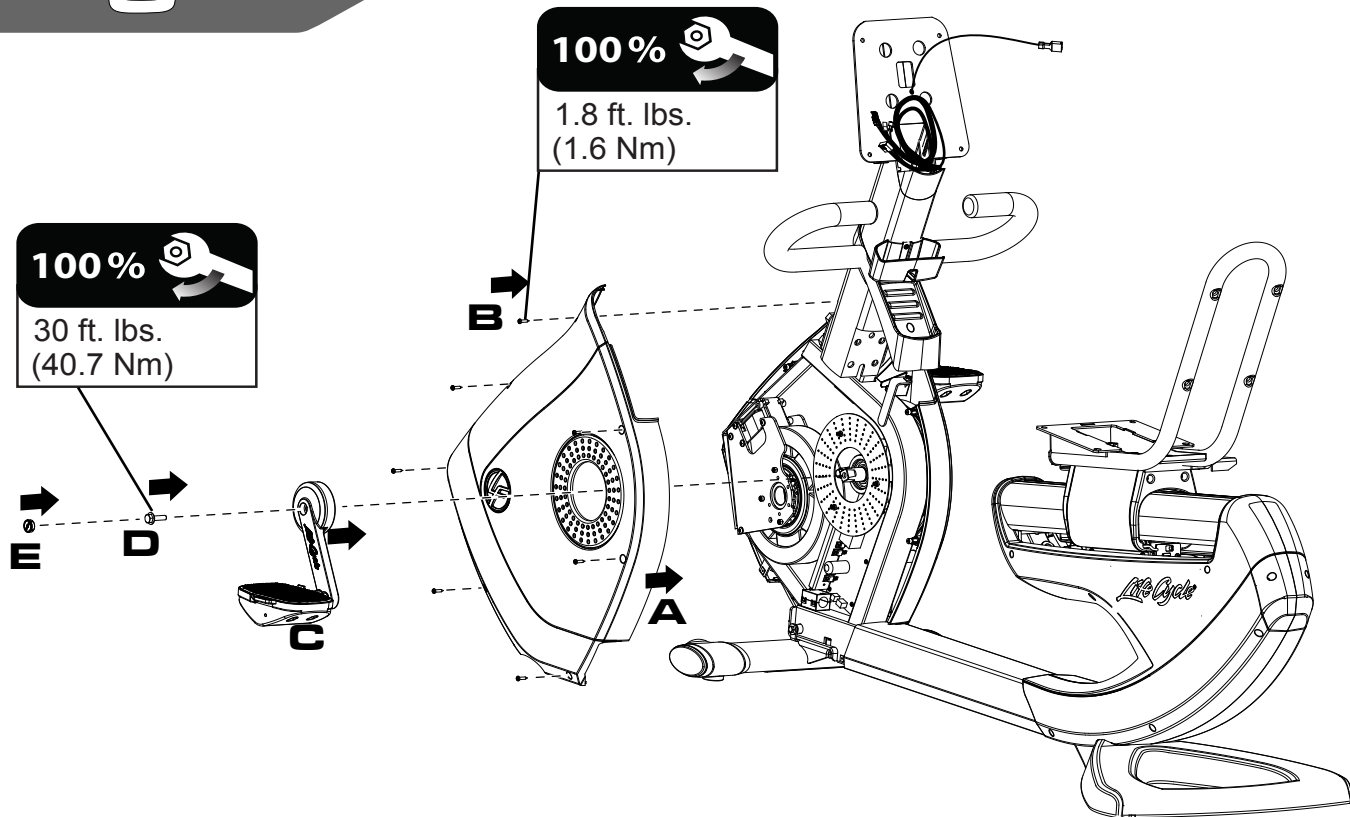
TOOLS REQUIRED

- Magnetic #2 Phillips Screwdriver
- 5MM Hex Key Allen Head Wrench
- 13MM Socket and Ratchet
- Side Cutters

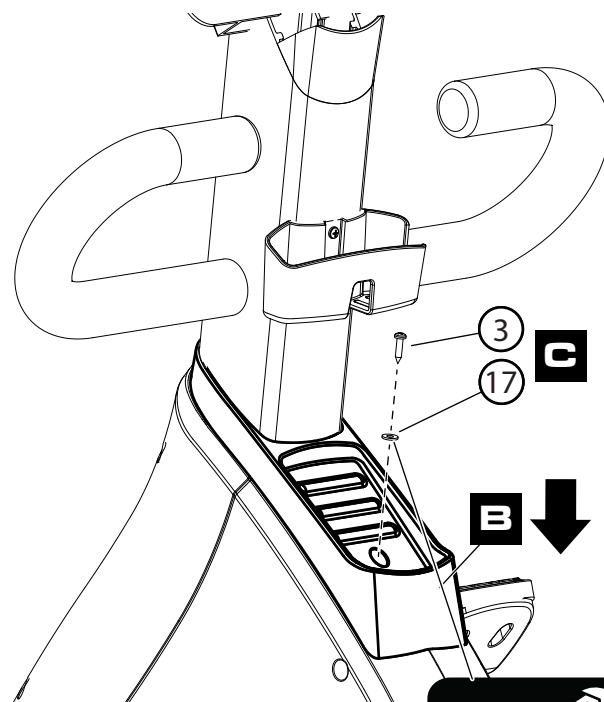
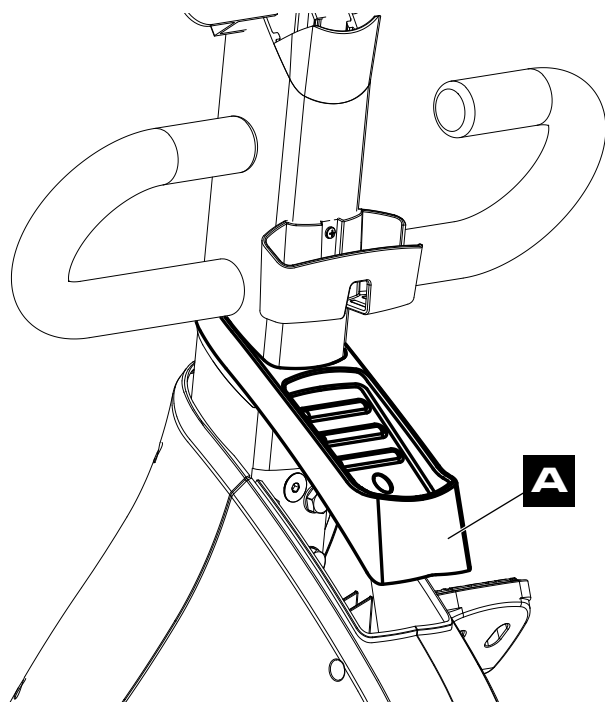


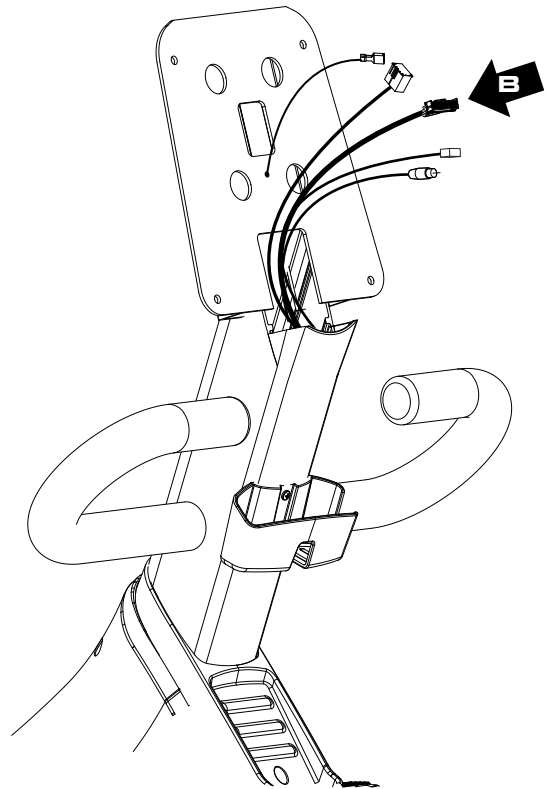
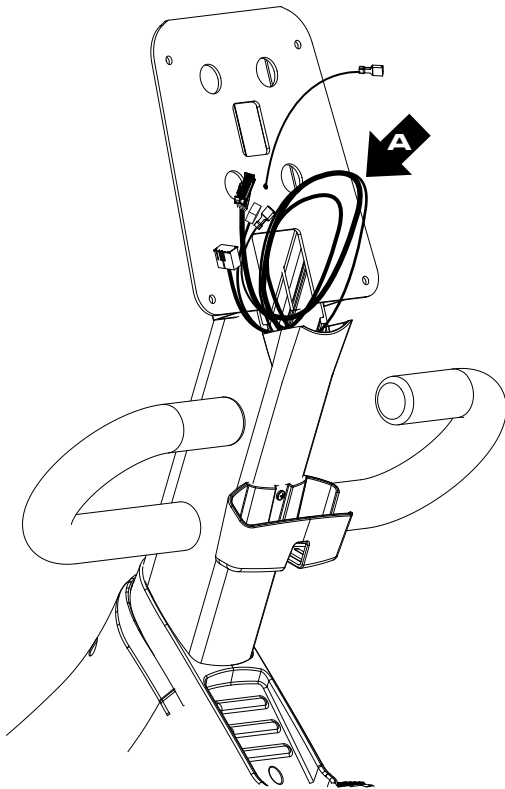


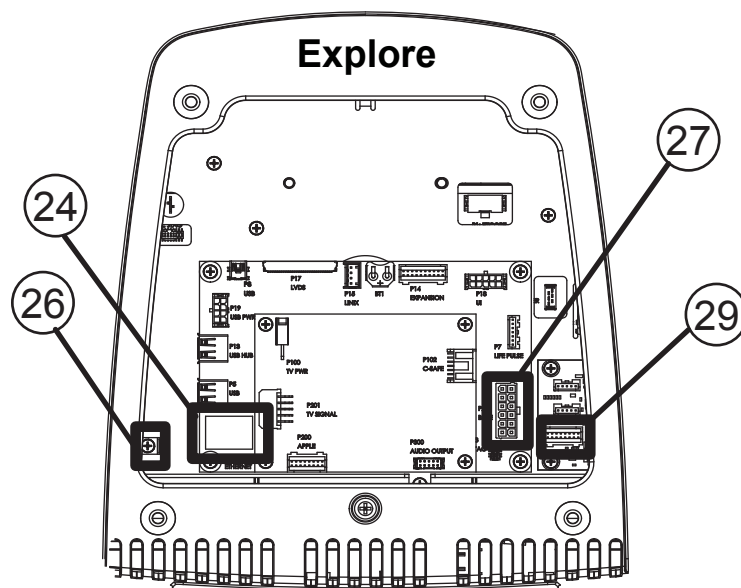
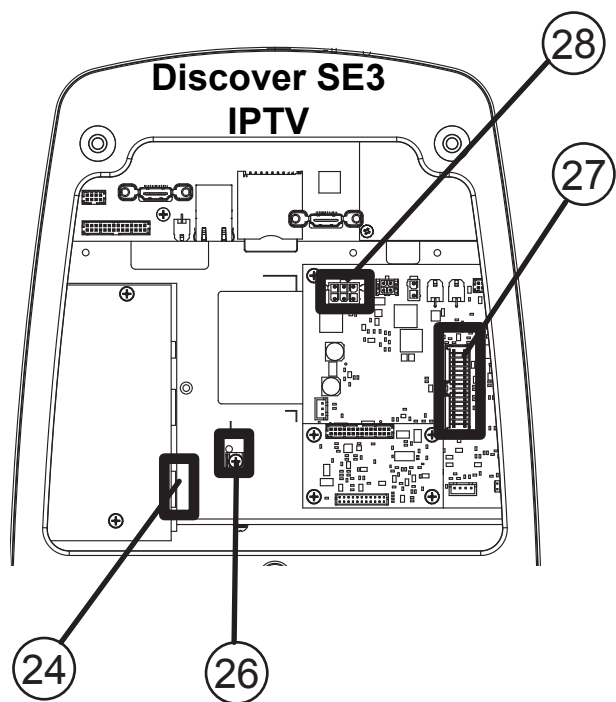
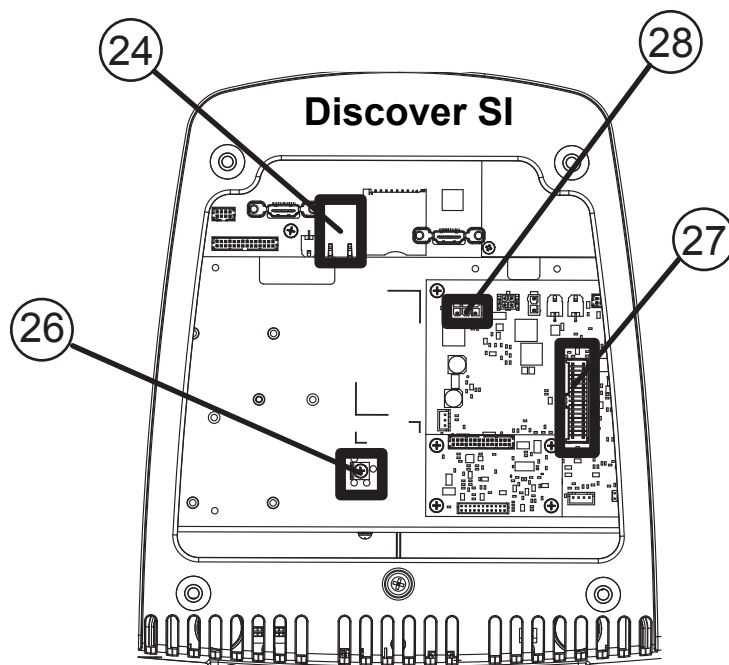
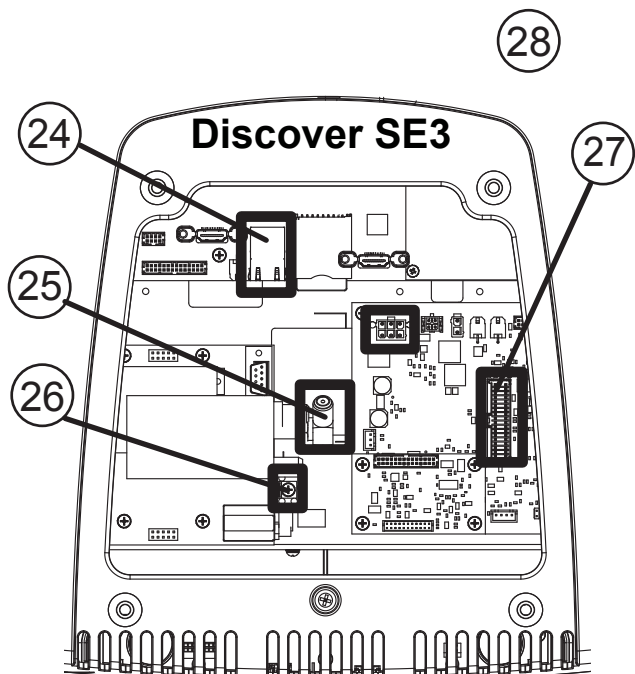
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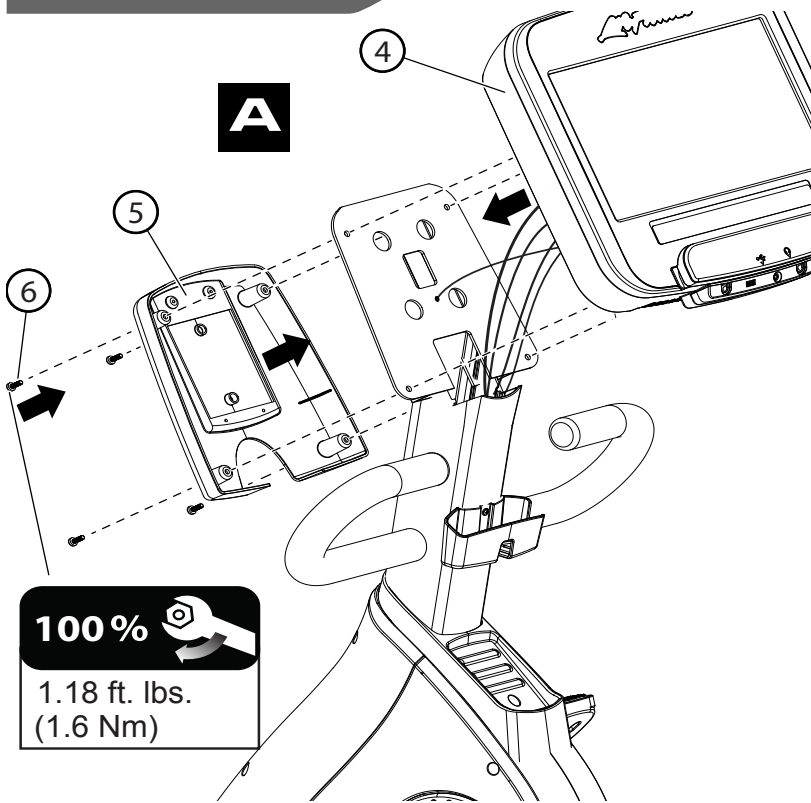
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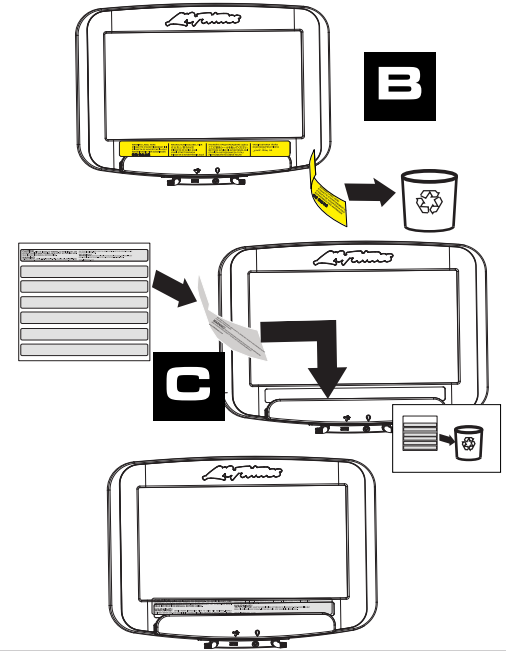




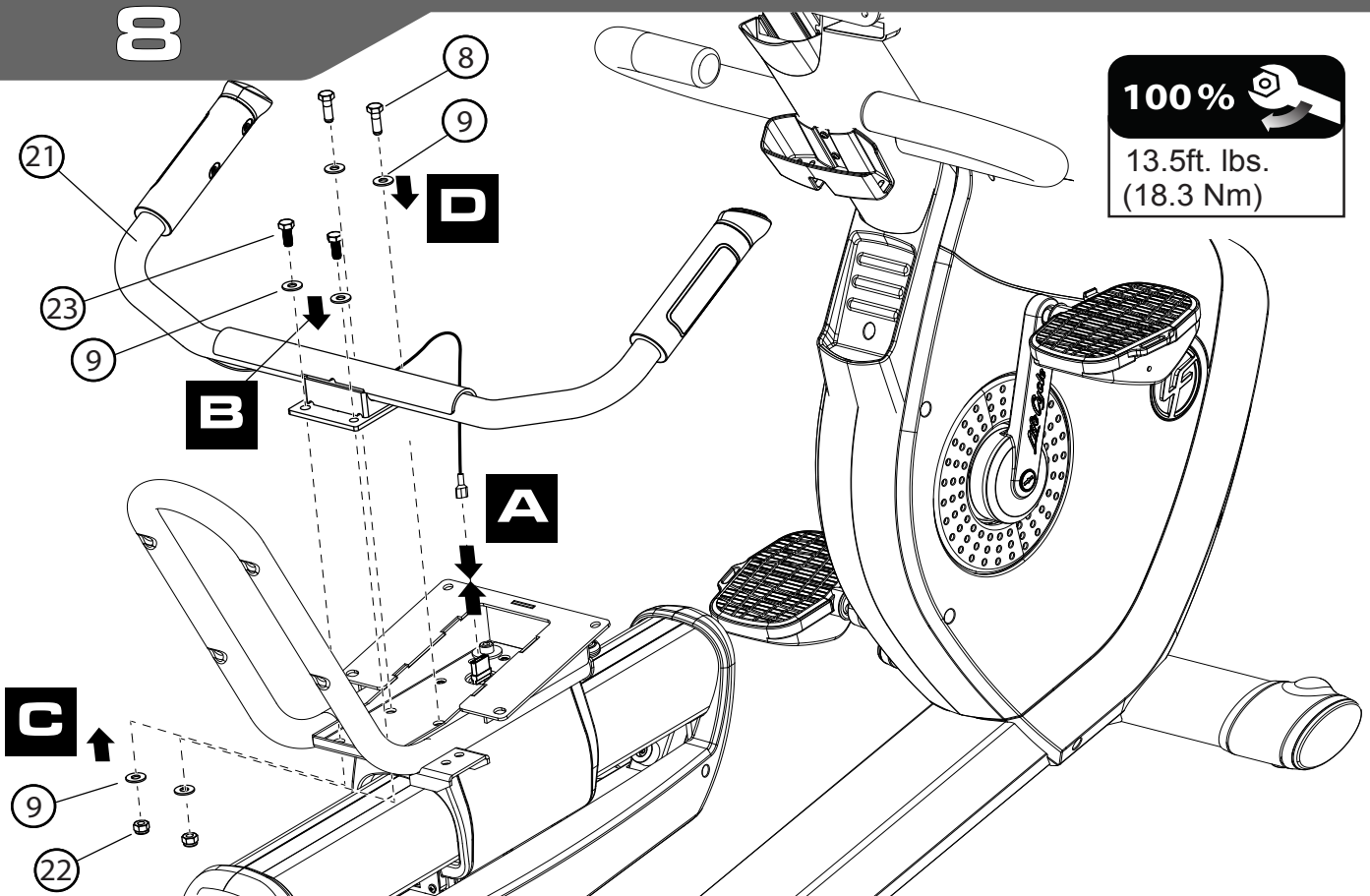
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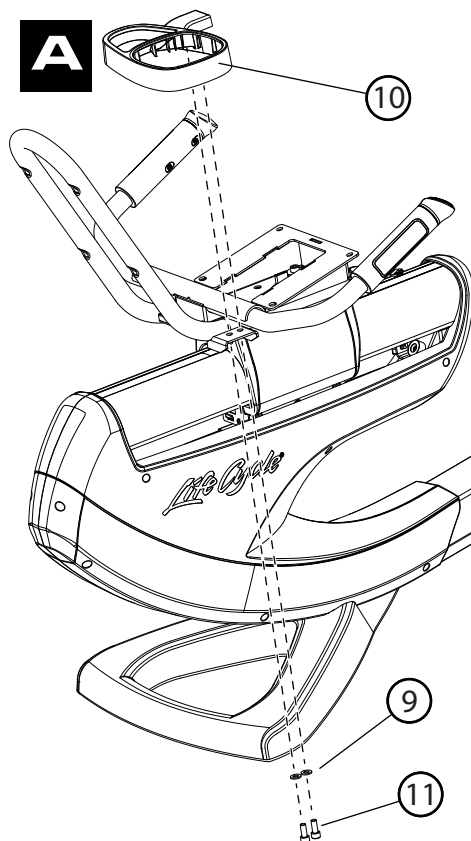
**DISCOVER SE3, DISCOVER SI
& EXPLORE CONSOLES ONLY**



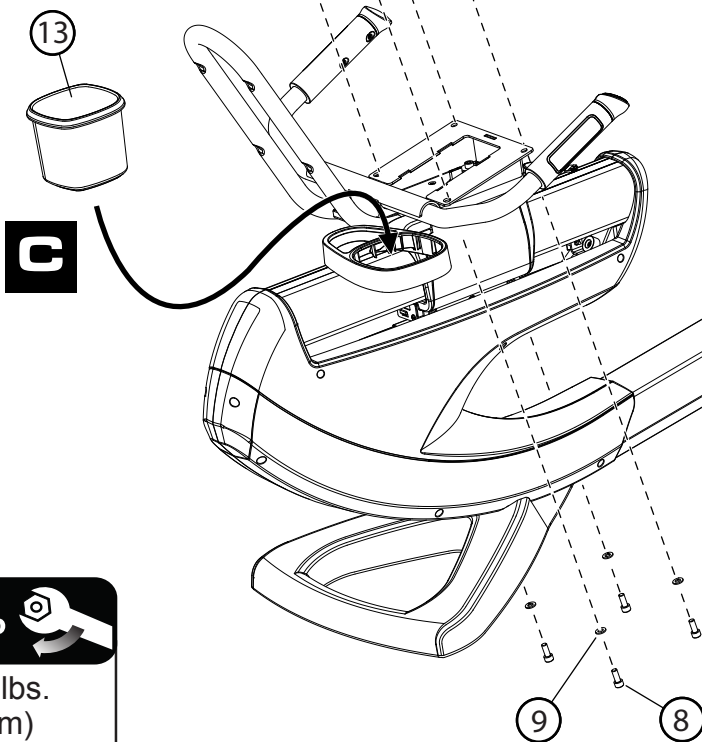
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9



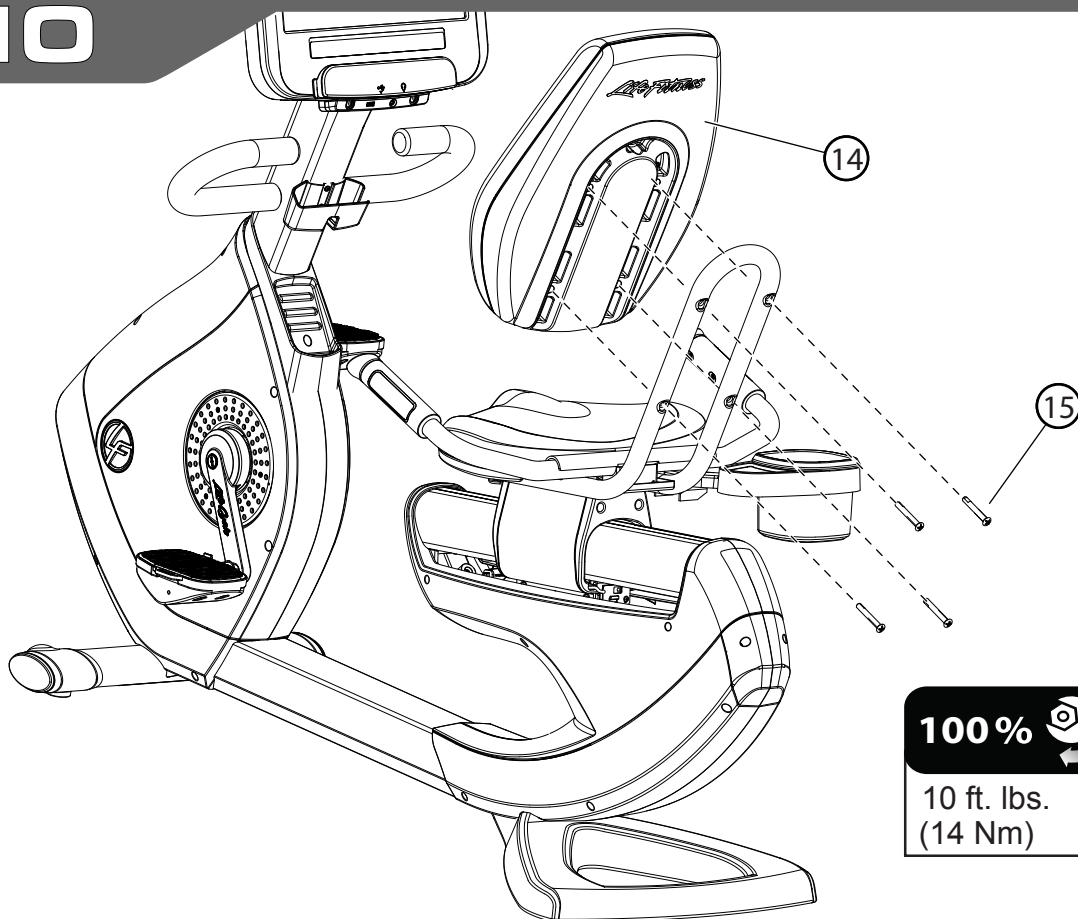
B



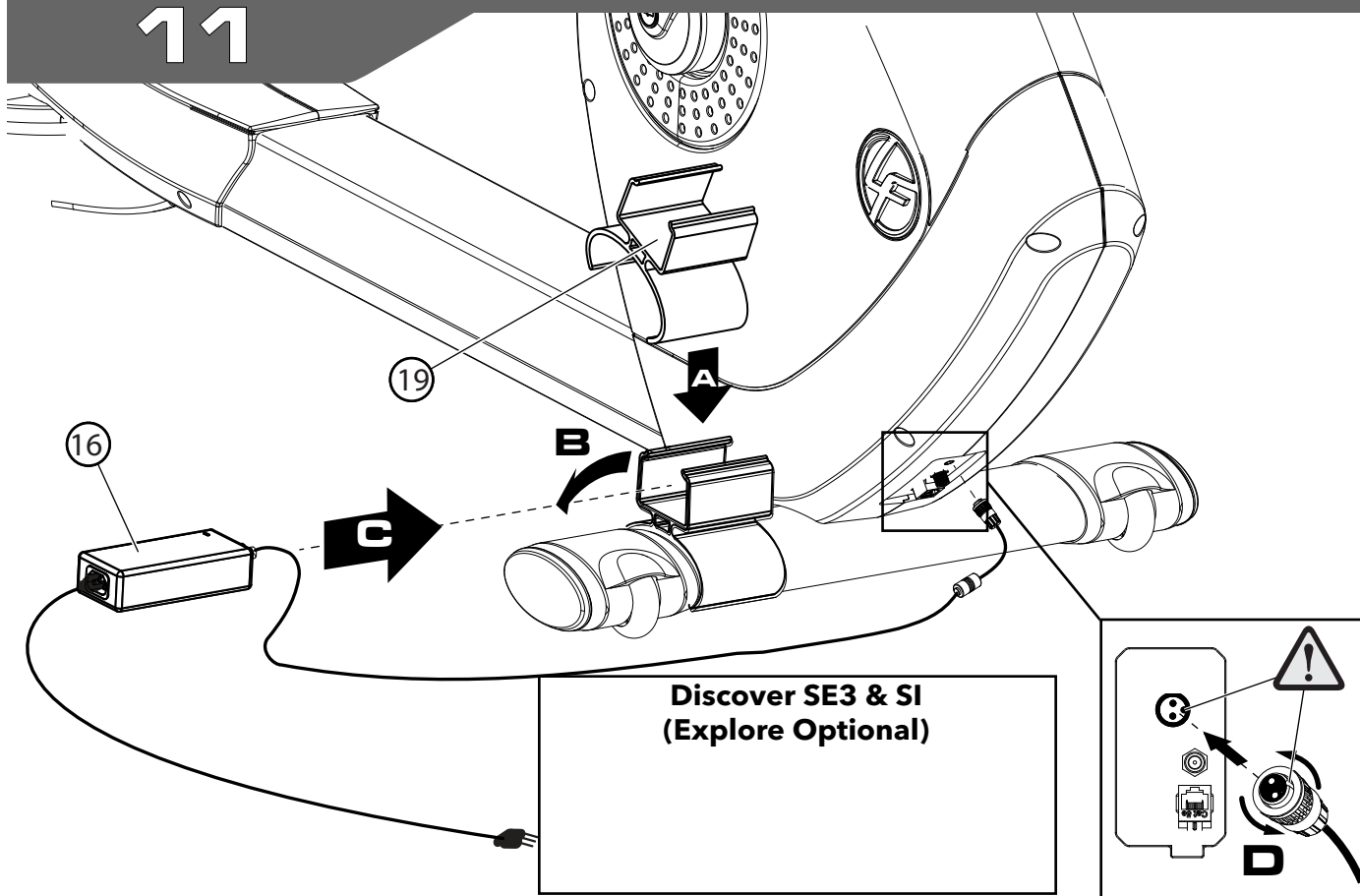
C

100% 
13.5 ft. lbs.
(18.3 Nm)

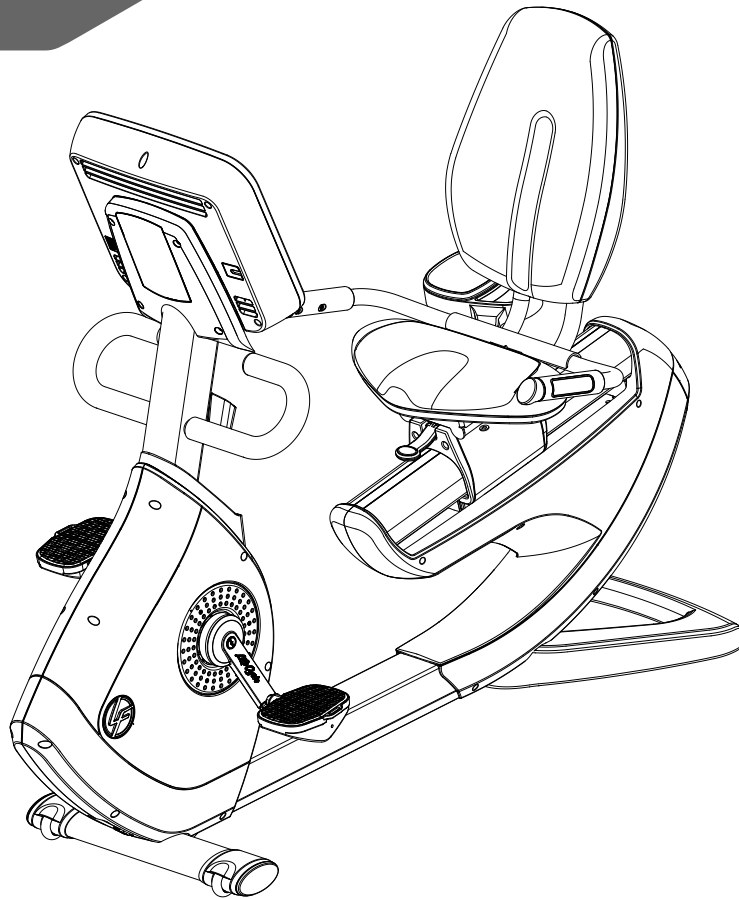
10



100% 
10 ft. lbs.
(14 Nm)



12



13

100%



MAKE SURE ALL HARDWARE IS TIGHT!

ASSUREZ-VOUS QUE TOUTE LA VISSERIE EST BIEN SERRÉE !

CONTROLEER OF ALLE BEVESTIGINGEN GOED VAST ZITTEN!

SICHERSTELLEN, DASS ALLE BEFESTIGUNGSTEILE FESTGEZOGEN SIND!

ASSICURARSI CHE TUTTA LA BULLONERIA SIA BEN STRETTA

ASEGÚRESE DE QUE TODAS LAS PIEZAS ESTÉN BIEN APRETADAS.

ASSEGURE-SE DE QUE TODAS AS PEÇAS ESTÃO APERTADAS!

TÜM DONANIMIN SIKİ OLDUĞUNU KONTROL EDİN!

УБЕДИТЕСЬ, ЧТО ВСЕ РЕГУЛЯТОРЫ УРОВНЯ ОПУЩЕНЫ!

모든 하드웨어가 단단히 고정되어 있는지 확인하십시오!

确保所有硬件已紧固

すべての金具がしっかり固定されていることを確認してください!

ما كحاجب آتېښم تادعما عيمج نا ن م دكا!



4 SPECIFICATIONS

4.1 LIFE FITNESS RECUMBENT LIFECYCLE EXERCISE BIKE SPECIFICATIONS

Designed use:

Elevation Series 95R: Heavy/Commercial

Platinum Club Series: Home

Maximum user weight: 400 pounds / 181 kilograms

Power requirements: See *Electrical Power Requirements* in Section 1.2

Pedal size: 6.56 inches x 5.5 inches / 166.6 millimeters x 140.9 millimeters

Pedal Speed range: 40 RPM - 120 RPM

Drive Type: Generator/Belt

Accessory Tray: Standard

Integrated Reading Rack: Standard

Physical Dimensions	
Length	65 in. / 164 cm
Width	24 in. / 60 cm
Height	48 in. / 122 cm
Weight (base)	192 lbs. / 87 kg

Shipping Dimensions	
Length	69 in. / 175 cm
Width	24 in. / 61 cm
Height	45 in. / 114 cm
Weight	244 lbs. / 111 kg