

RS1 / RS3 RECUMBENT LIFECYCLE® EXERCISE BIKES

ASSEMBLY INSTRUCTIONS

M051-00K101-0000 REV A



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 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

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Service Website: www.lifefitness.com/parts
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Store Operating Hours:
9:00 - 20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

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9525 West Bryn Mawr Avenue
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Service Email: customersupport@lifefitness.com
Sales/Marketing Email:
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9.00h-18.00h (Monday-Thursday)
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Sales/Marketing Email: sales@lifefitnessjapan.com
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Fax: (+852) 2575.6001
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ChinaEnquiry@lifefitness.com
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Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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

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1 IMPORTANT SAFETY INSTRUCTIONS



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



WARNING: Read all instructions before using this product.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.



DANGER: To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.



The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

- Before using this product, it is essential to read the 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.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Never insert objects into any openings in this product. 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.
- 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 bike pedals.
- Keep the area around the Lifecycle clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Lifecycle.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the Lifecycle.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the Lifecycle in bare feet.
- Do not tip the Lifecycle 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.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact Life Fitness Customer Support Services.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.



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.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

CONSIGNÉS DE SÉCURITÉ IMPORTANTES

AVERTISSEMENT: Lire toutes les instructions avant d'utiliser le tapis roulant.

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.

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.



CONSIGNE DE SÉCURITÉ : pour un emploi sûr, le produit doit être inspecté régulièrement afin de s'assurer qu'il n'est pas usé ni endommagé. Consultez la section de Maintenance préventive pour obtenir de plus amples informations.



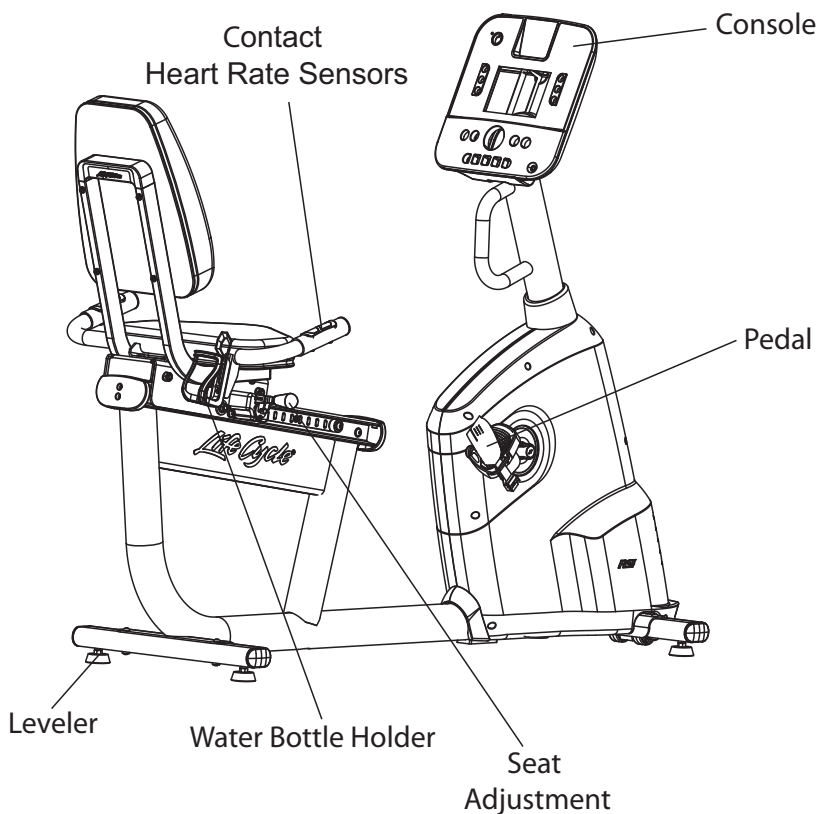
AVERTISSEMENT: Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.

- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- 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.
- Les enfants doivent faire l'objet d'une surveillance afin de veiller à ce qu'ils ne jouent pas avec l'appareil.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, 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 jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Maintenez la zone autour du produit Life Fitness exempte d'obstructions, y compris de murs et de meubles.
- Procédez avec précaution lors du montage ou du démontage du produit.
- 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.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée.
- 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.
- Ne faites pas basculer l'appareil sur le côté tandis qu'il fonctionne.
- Garder les mains et les pieds de toutes des pièces en mouvement.
- 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.
- Utilisez cet appareil dans un endroit bien ventilé.
- L'équipement doit être installé sur une base stable et être correctement mis de niveau.
- Assurez-vous que tous les composants sont bien fixés.

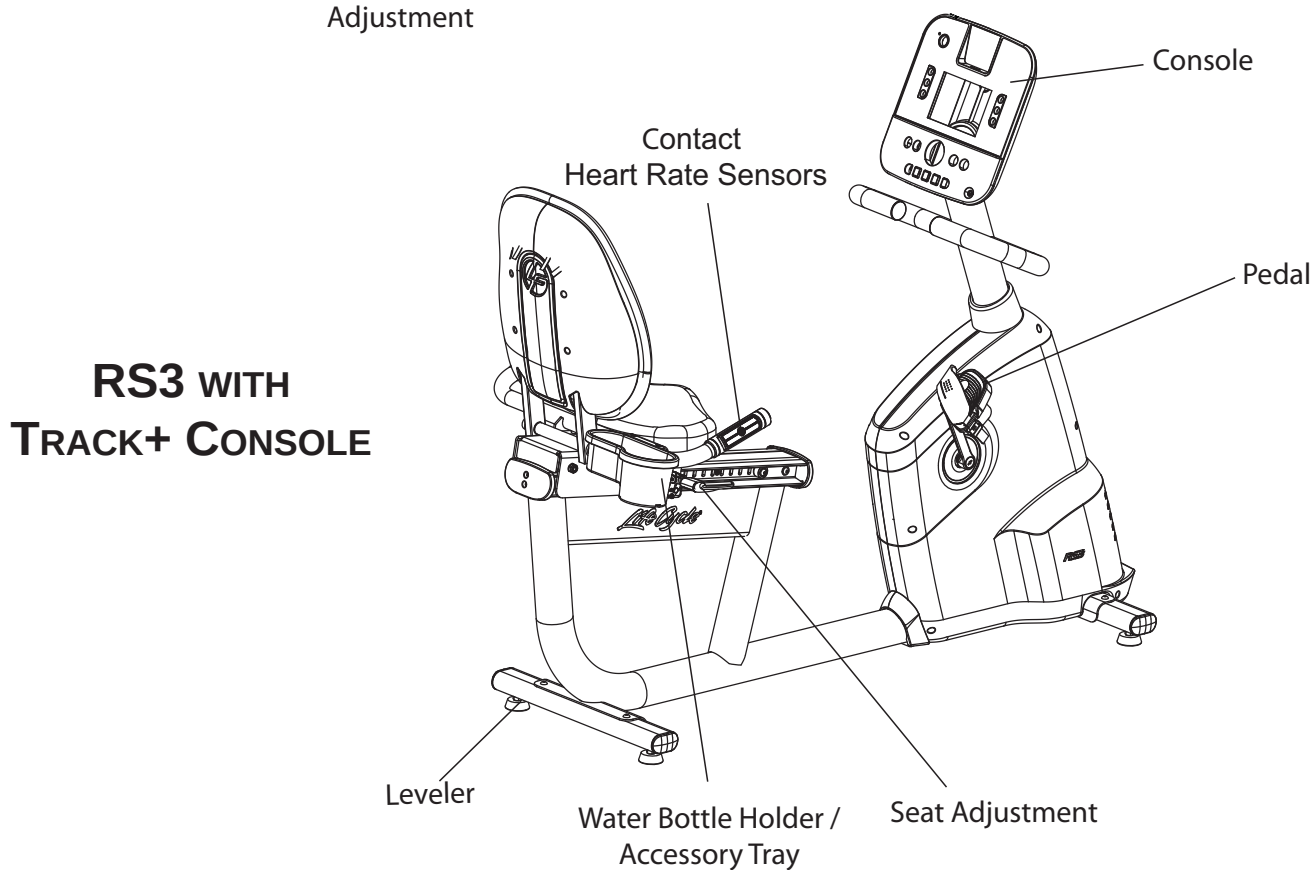
- L'appareil ne doit jamais être laissé sans surveillance lorsqu'il est branché. Débranchez de la prise lorsque vous ne l'utilisez pas, et avant de mettre le ou le décollage pièces.
- Ne pas faire fonctionner sous une couverture ou un oreiller. Trop de chauffage peuvent survenir et causer un incendie, une électrocution ou des blessures aux personnes.
- 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.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

2 RS1 / RS3 RECUMBENT LIFECYCLE® EXERCISE BIKE OVERVIEW



**RS1 WITH
TRACK+ CONSOLE**



**RS3 WITH
TRACK+ CONSOLE**

3 ASSEMBLY

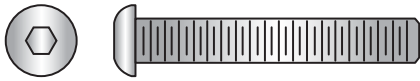
3.1 COMPONENT LIST & HARDWARE

Identify the following components after unpacking your Lifecycle. The tools needed for assembling the product are included.

Item	Description	RS1	RS3
1	Rear Stabilizer Assembly	1	1
2	Front Stabilizer Assembly	1	1
3	M8 X 50MM Hex Button Head Screw	4	4
4	Handlebar Assembly	1	1
5	M8 X 15MM Hex Button Head Screw	10	14
6	M8 Flat Washer - 18MM O.D.	4	4
7	M8 Flat Washer - 24MM O.D.	1	1
8	Seat Adjustment Lever Assembly	1	1
9	Seat Bottom Pad	1	1
10	Cup Holder	1	1
11	Seat Back Cover		1
12	Seat Back Pad	1	1
13	Nylock Nut		4
14	M5 X 8MM Phillips Pan Head Screw		4
15	M6 X 12MM Phillips Truss Head Screw	2	2
16	M6 X 55MM Phillips Pan Head Screw	8	
17	M6 Spring Washer	8	4
18	M8 X 35MM Hex Button Head Screw	1	1
19	Spacer	1	1
20	Collar Stop	1	1
21	Console Support Assembly	1	1
22	Monocolumn Collar	1	1
23	M5 X 12MM Phillips Truss Head Screw	2	2
24	M5 X 12MM Phillips Pan Head Screw	2	4
25	End Cap (Cover)	1	1
26	Console	1	1
27	M5 X 12MM Phillips Pan Head Screw	4	4
28	Left Pedal	1	1
29	Right Pedal	1	1
30	Handlebar		2
31	M6 X 16MM Phillips Pan Head Screw		4
RS1 and RS3 Cables			
32	Power to Console (15-pin Connector)	1	1
33	Heart Rate (4-pin Connector)	1	1
34	Ground Wire	1	1
35	Heart Rate (Seat Handle)	1	1
36	Coiled Seat Rail Cable	1	1

Tools Needed for Assembly:

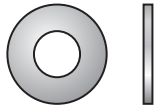
- Metric Wrench Set
- Metric Allen Wrench Set
- Phillips Screwdriver



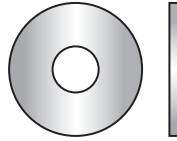
M8 X 50MM Hex Button Head Screw (#3)



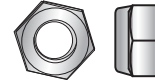
M8 X 15MM Hex Button Head Screw (#5)



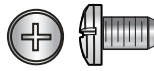
M8 Flat Washer - 18mm O.D. (#6)



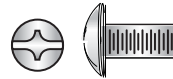
M8 Flat Washer - 24 mm O.D. (#7)



Nylock Nut (#13)



M5 X 8MM
Phillips Pan Head Screw (#14)



M6 X 12MM Phillips Truss Head Screw (#15)



M6 X 55MM Phillips Pan Head Screw (#16)



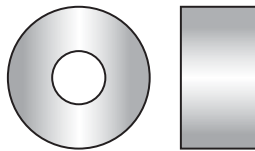
M6 Spring Washer (#17)



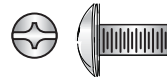
M8 X 35MM Hex Button Head Screw (#18)



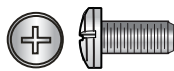
Spacer (#19)



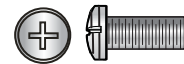
Collar Stop (#20)



M5 X 12MM Phillips Truss Head Screw (#23)



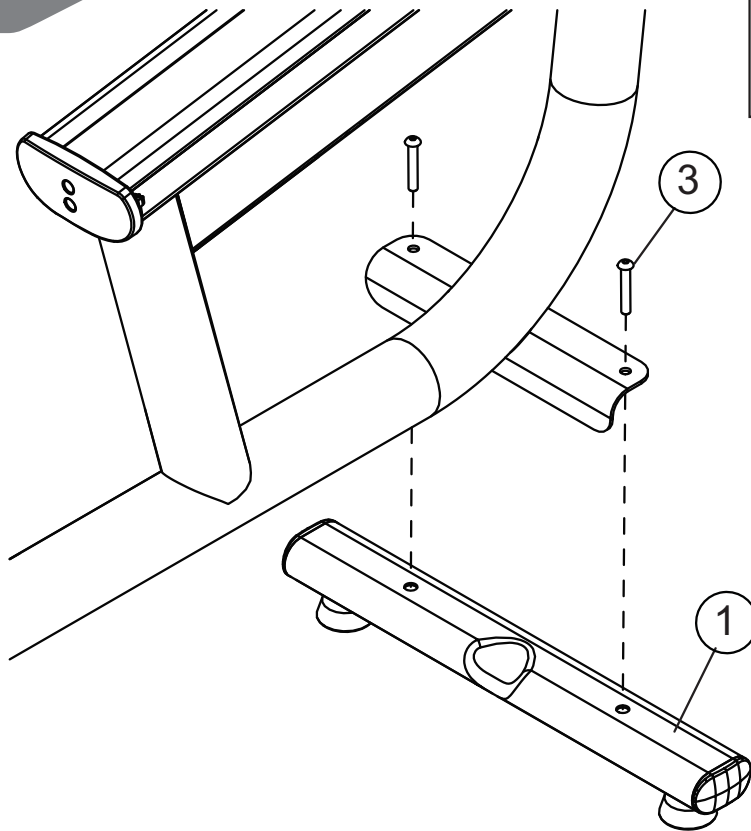
M5 X 12MM
Phillips Pan Head Screw (#24, #27)



M6 X 16MM Phillips Pan Head Screw (#31)



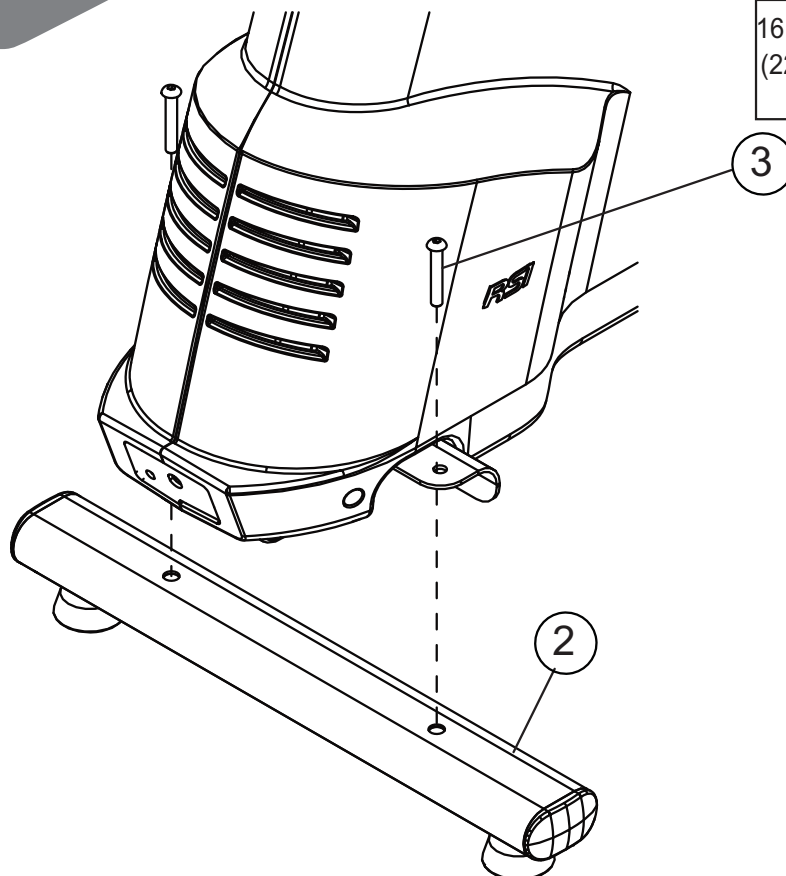
1



16.6-18.8 ft. lbs.
(22.6-25.5 Nm)



2



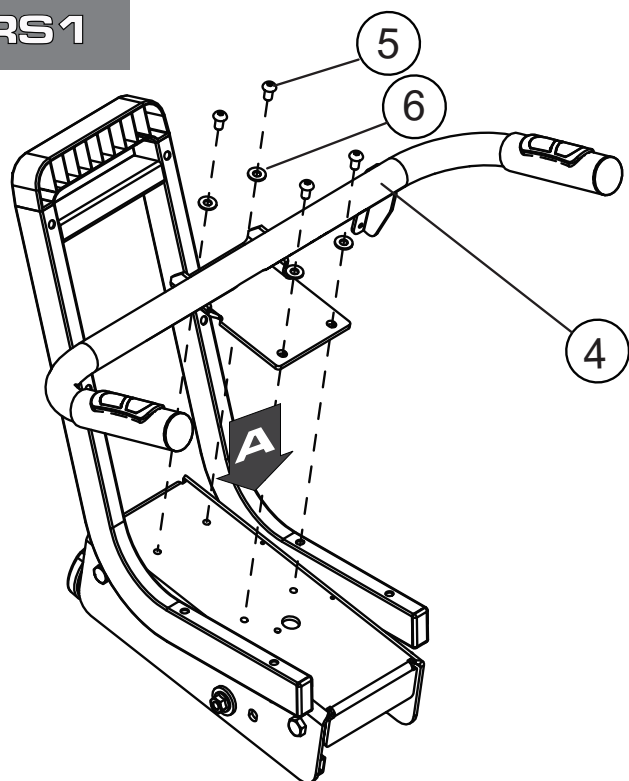
16.6-18.8 ft. lbs.
(22.6-25.5 Nm)



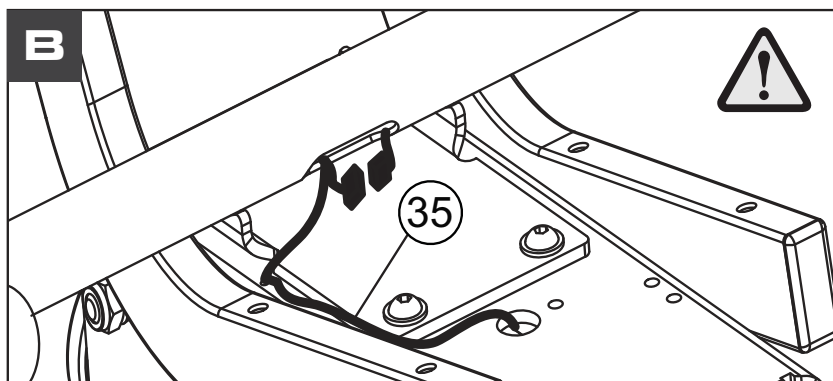
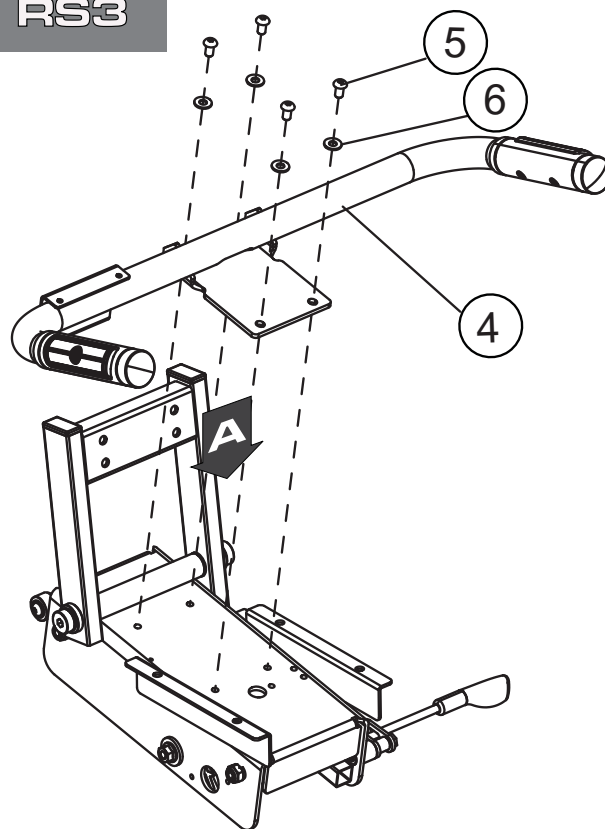
14.5-16.6 ft. lbs.
(19.6-22.6 Nm)



RS1



RS3



4 RS1

30.4-34.7 in. lbs.
(3.4-3.9 Nm)

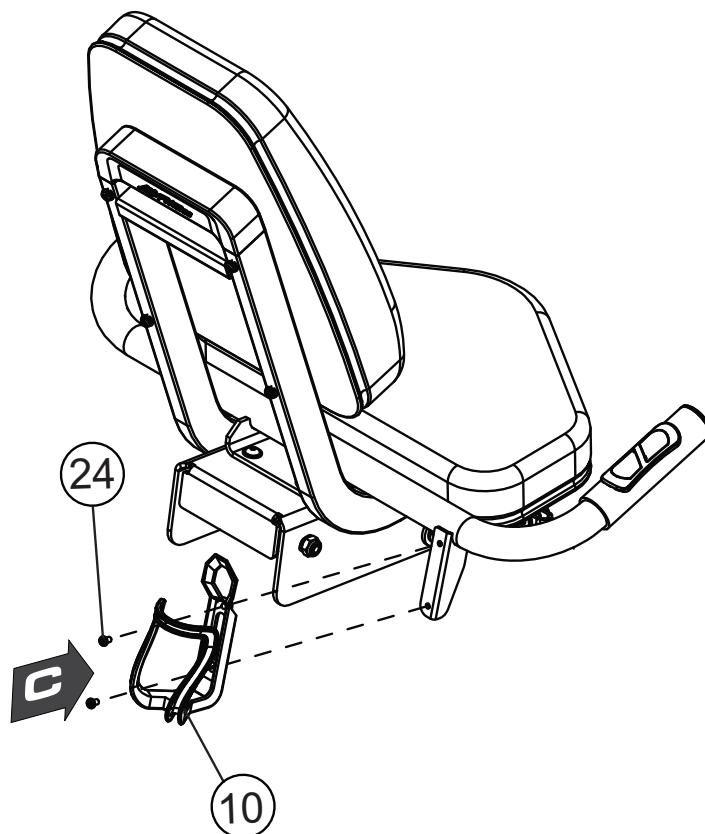
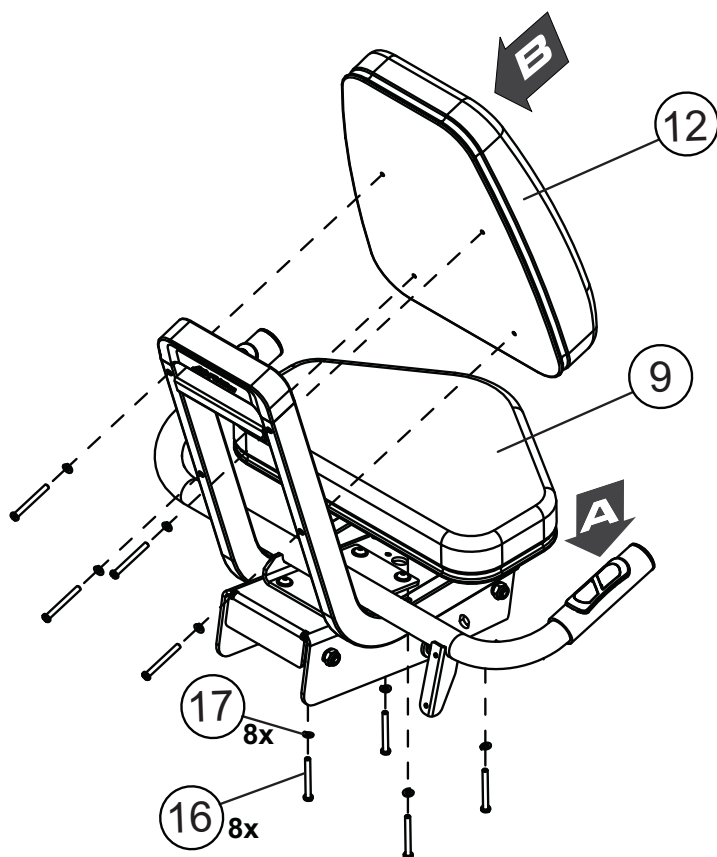


M6 Bolts

22.6-26.0 in. lbs.
(2.5-2.9 Nm)



M5 Bolts



4 RS3

30.4-34.7 in. lbs.
(3.4-3.9 Nm)

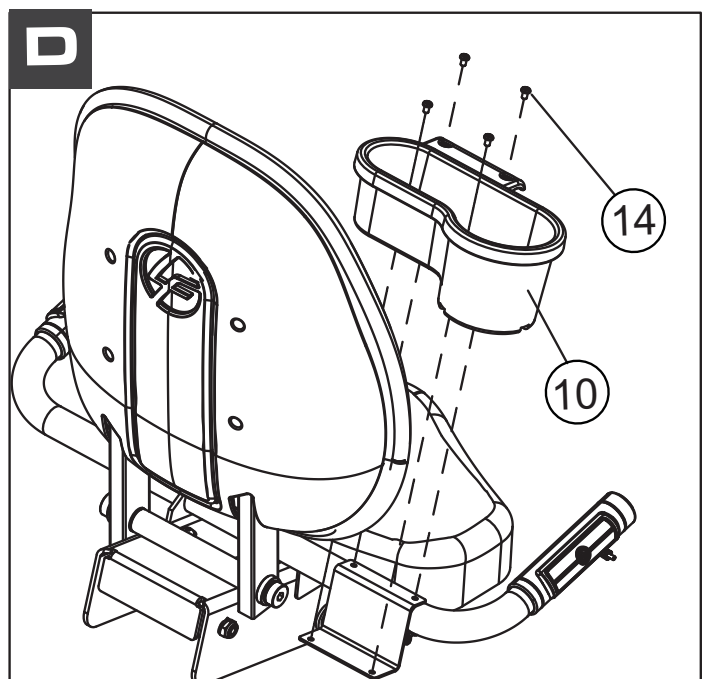
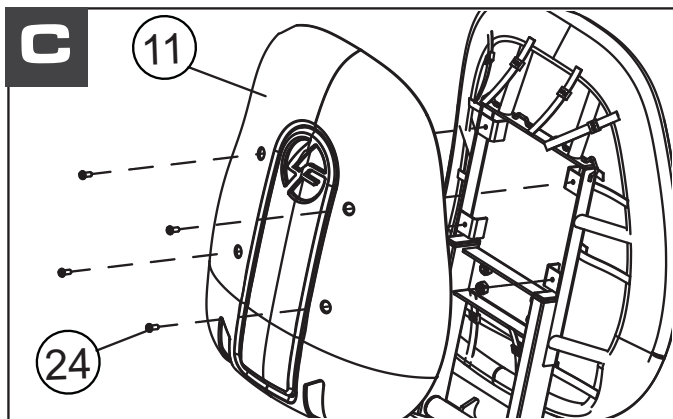
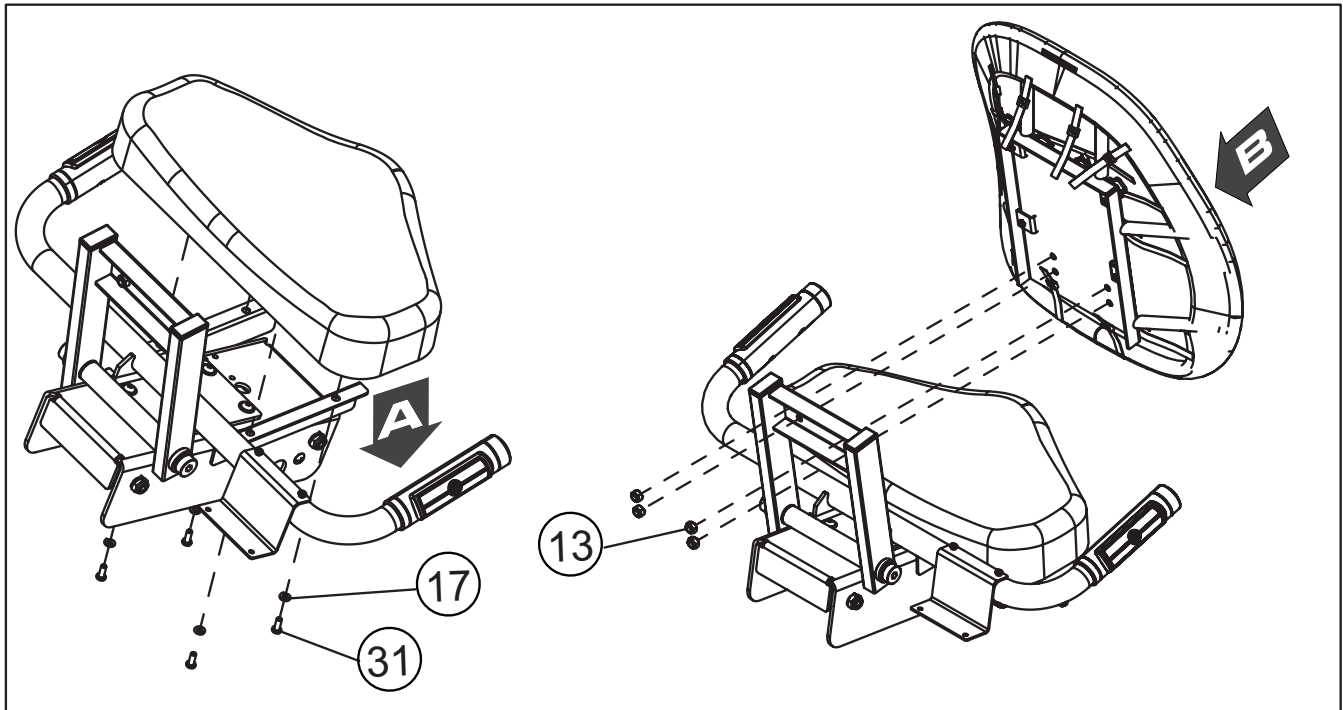


M6 Bolts

22.6-26.0 in. lbs.
(2.5-2.9 Nm)

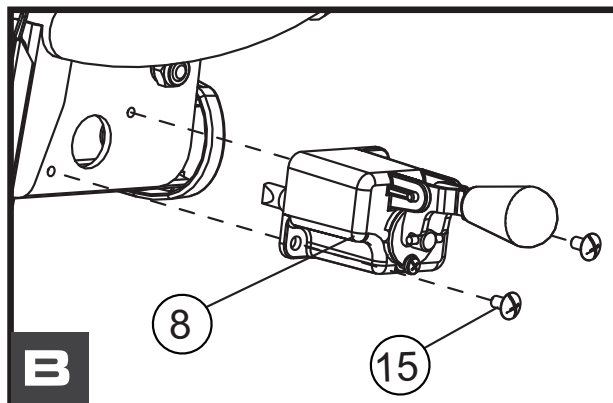
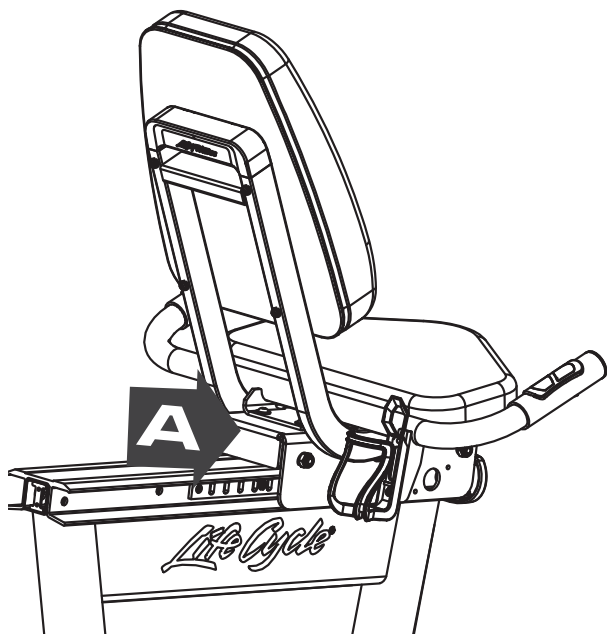


M5 Bolts



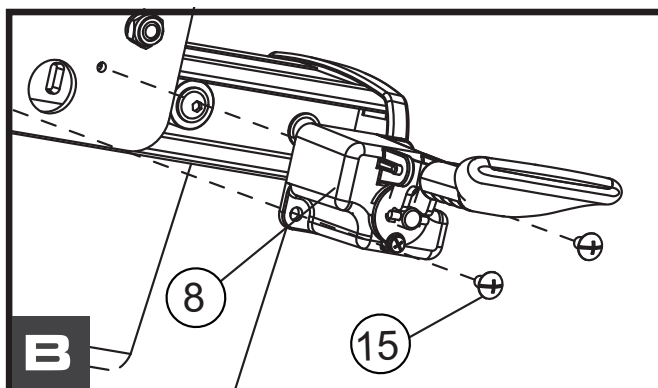
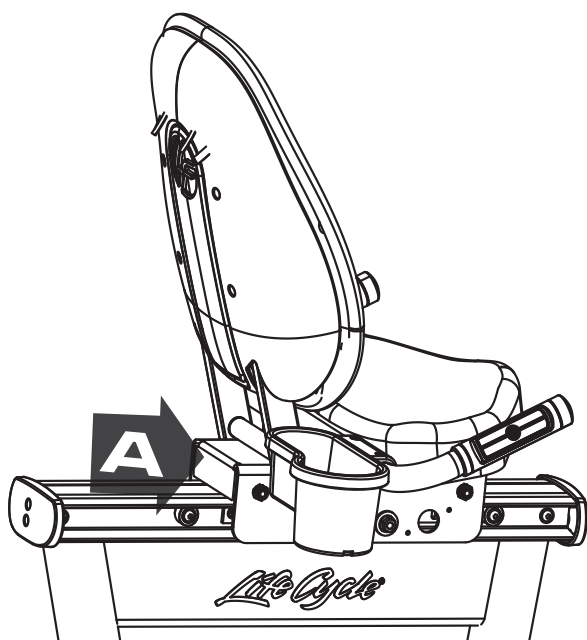
5 RS1

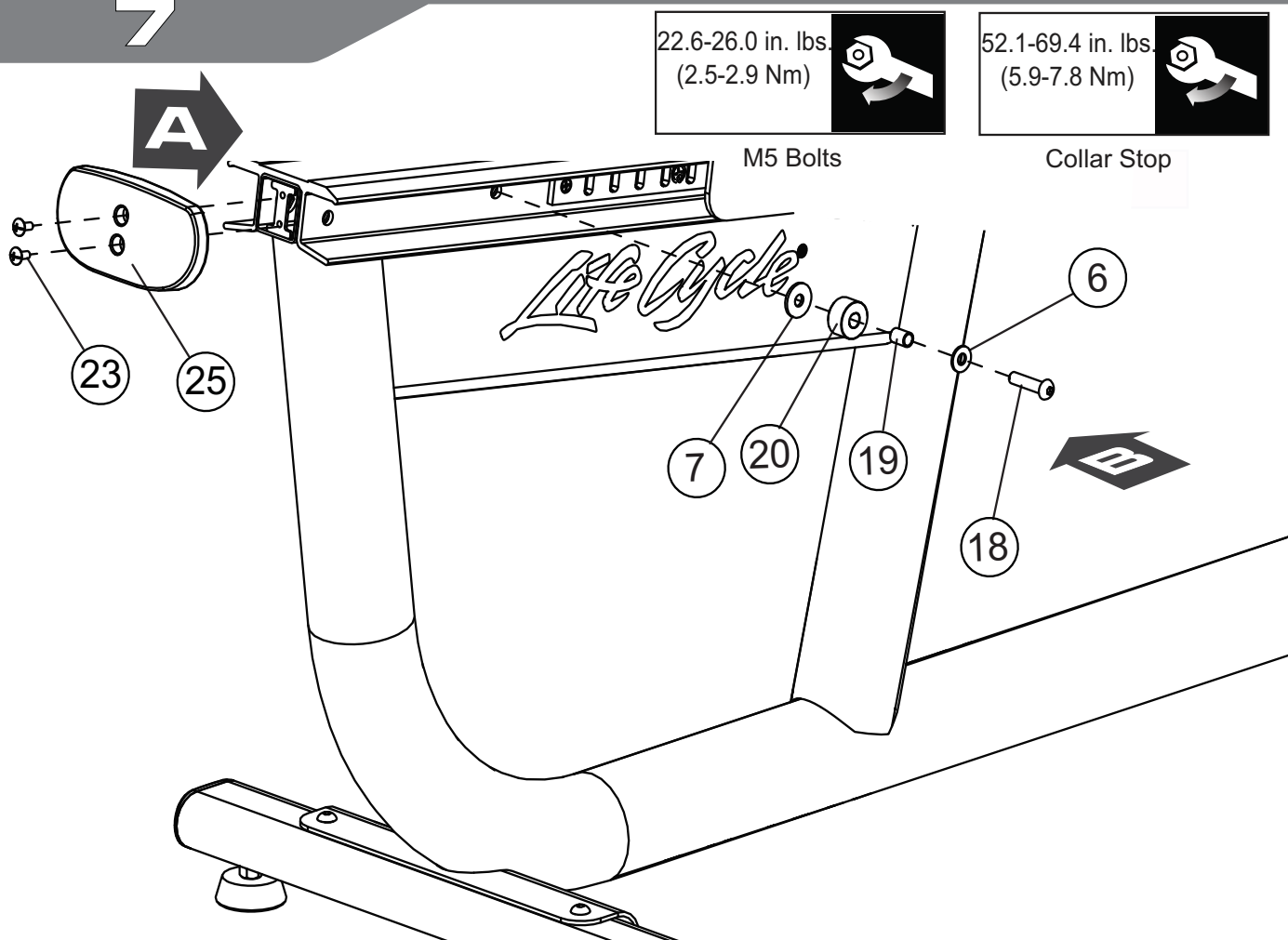
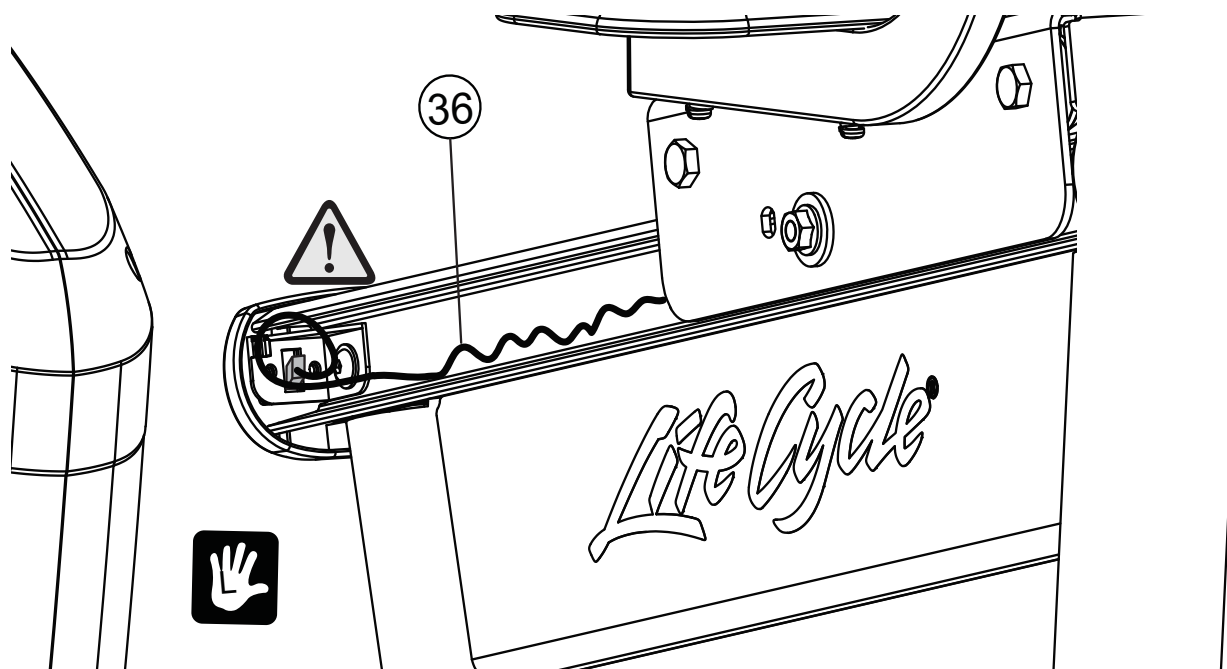
30.4-34.7 in. lbs.
(3.4-3.9 Nm)



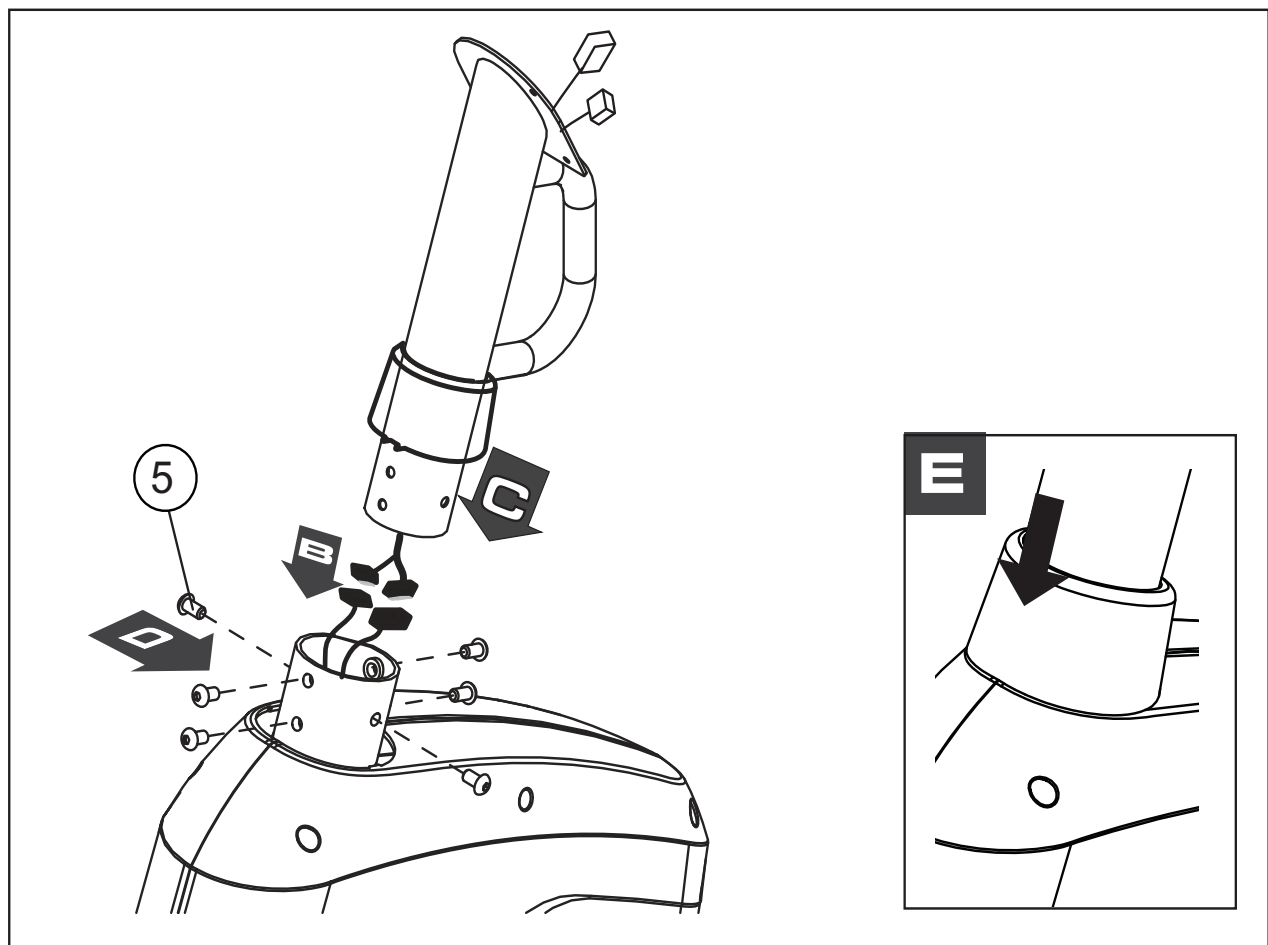
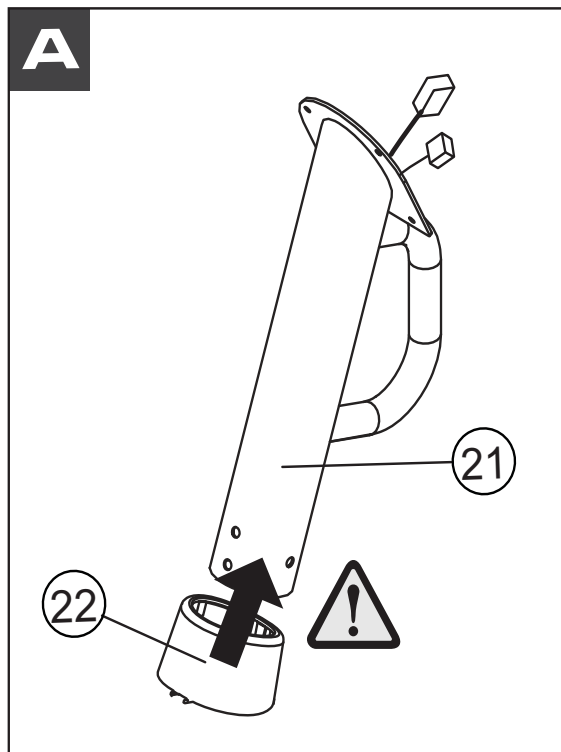
5 RS3

30.4-34.7 in. lbs.
(3.4-3.9 Nm)



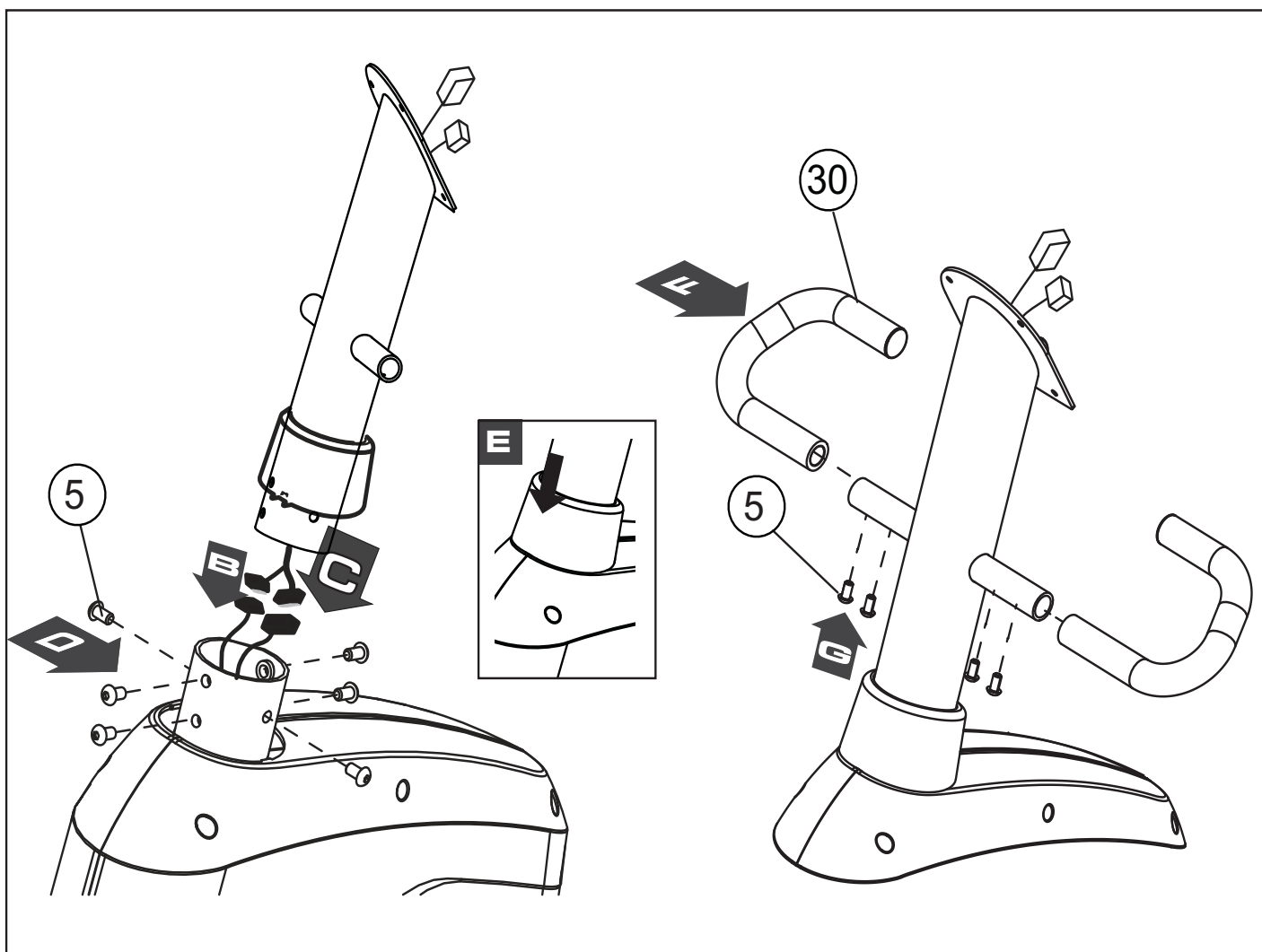
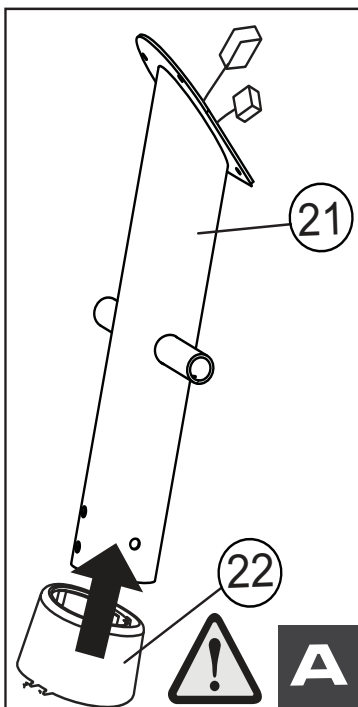


10.1-12.3 ft. lbs.
(13.7-16.7 Nm)



8 RS3

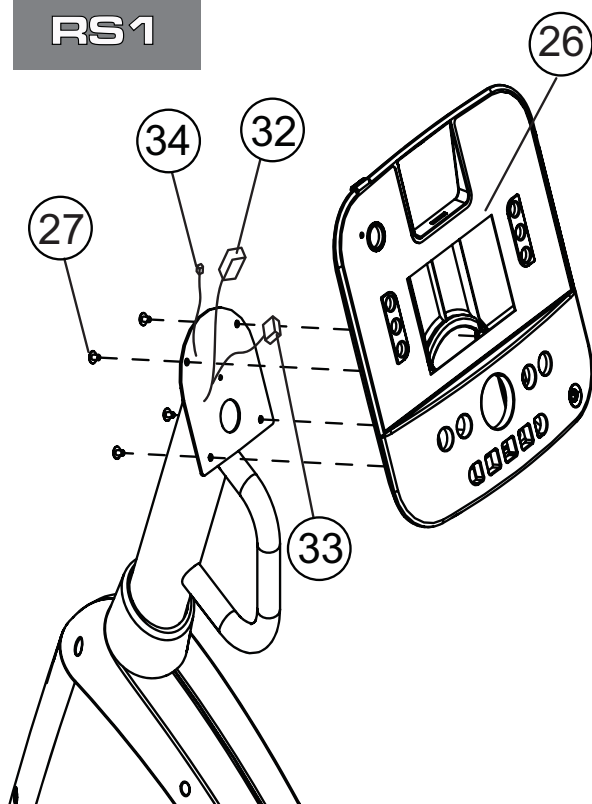
10.1-12.3 ft. lbs.
(13.7-16.7 Nm)



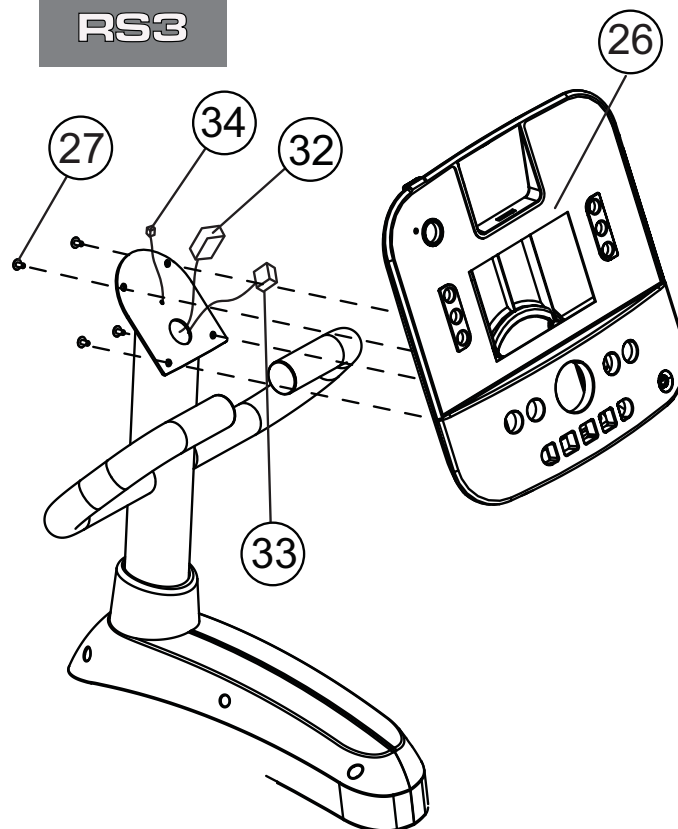
17.4-21.7 in. lbs.
(2.0-2.5 Nm)



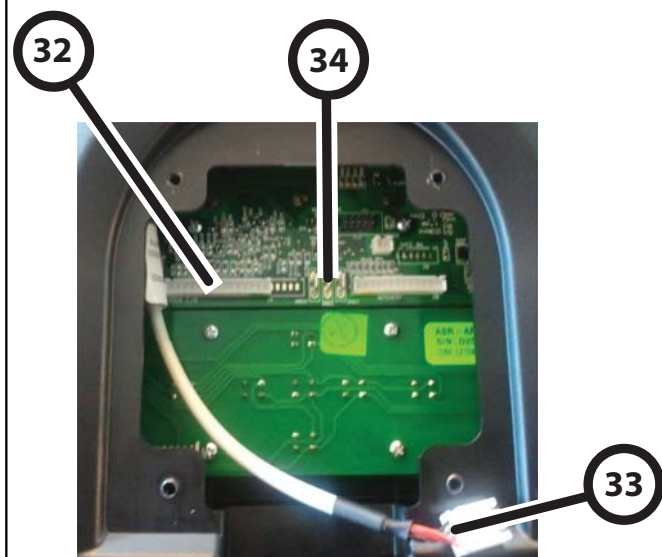
RS1



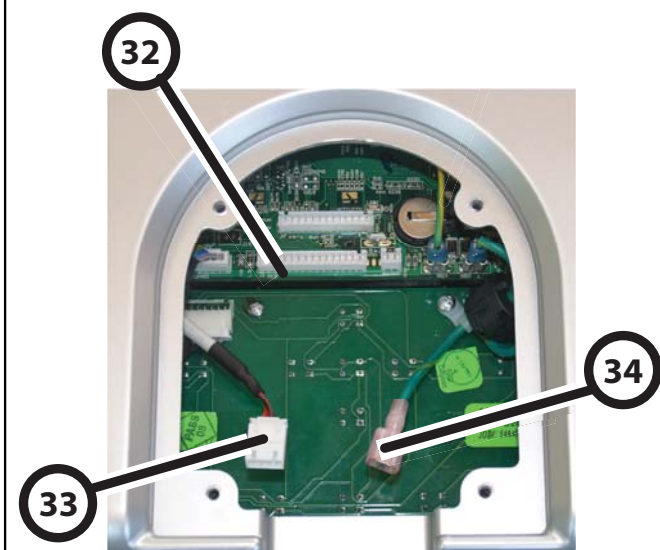
RS3



GO CONSOLE

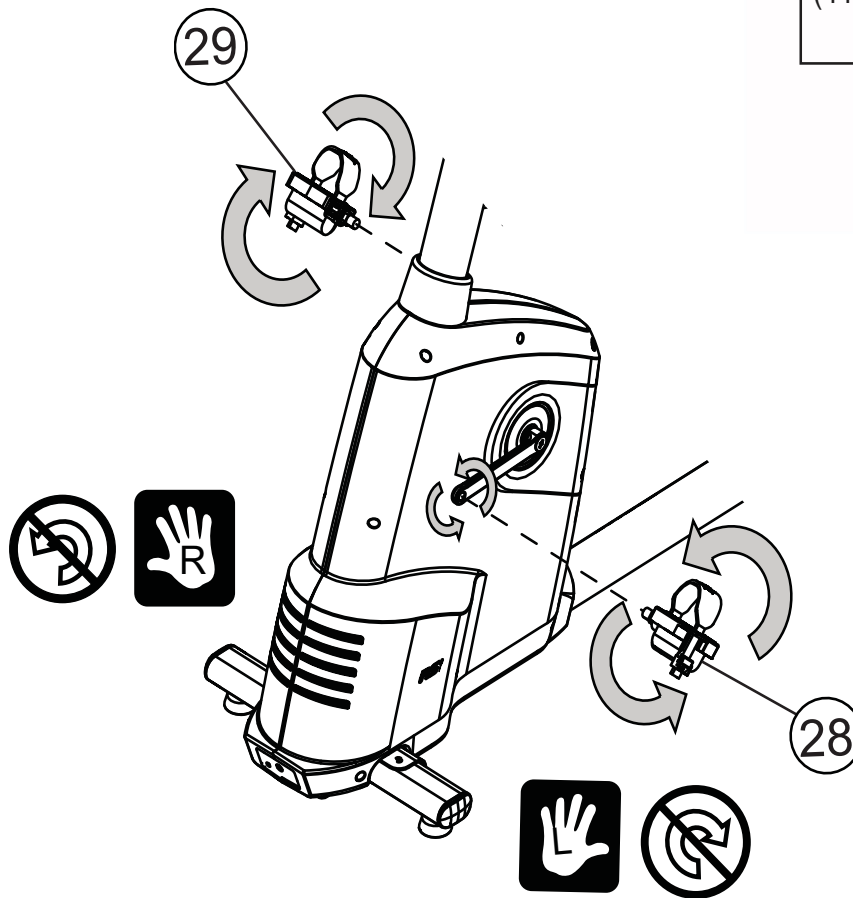
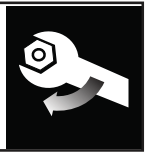


TRACK+ CONSOLE



10

30.4-34.7 ft. lbs.
(41.2-47.1 Nm)



11

100%



MAKE SURE ALL HARDWARE IS TIGHT



4 SPECIFICATIONS

Designed Use:	Home
Max User Weight:	300 lbs / 136 kg (RS1) 400 lbs / 181 kg (RS3)
Pedal Size:	4.5 in / 11.5 cm
Drive Type:	Poly -V belt-drive
Power Requirements:	120 Volt (U.S.), 220-240 Volt (International High Voltage) Note: The RS3 can be self-powered with the Go Console.
Accessories:	Water Bottle Holder & Reading Rack (RS1) Deluxe Accessory Tray & Reading Rack (RS3)
Resistance System:	Eddy Current (RS1) Generator (RS3) Note: Both resistance systems are adjustable by means other than pedaling speed.

Assembled Dimensions

	RS1	RS3
Length	66.5 in / 168.9 cm	64.4 in / 163.6 cm
Width	25.5 in / 64.8 cm	26.8 in / 68.1 cm
Height	51.5 in / 130.8 cm	51.5 in / 130.8 cm
Weight	133 lbs / 60.35 kg	154 lbs / 70 kg

Shipped Dimensions

	RS1	RS3
Length	67 in / 166.8 cm	67 in / 166.8 cm
Width	17.5 in / 42.5 cm	17.5 in / 42.5 cm
Height	30.5 in / 77.8 cm	30.5 in / 77.8 cm
Weight	157 lbs / 71 kg	191 lbs / 86.6 kg

Please see Operation Manual online at: <http://www.lifefitness.com/home/manuals.html>

5 WARRANTY INFORMATION

Model	Limited Lifetime	5 Years	1 Year
RS1/ RS3 Recumbent Lifecycle Base	Frame	Electrical Parts & Mechanical Parts	Labor

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. Warranty will be voided on subsequent transfers.

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 above.

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

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.

If the Product or any covered part must be returned to a service facility for repairs, We, 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 the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. LIFE FITNESS reserves the right to decide whether or not a product is to be returned for repair.

PRODUCT REGISTRATION.

Register at www.lifefitness.com/home/product-registration.html.

Our receipt assures that your name, address, and date of purchase are on file as a registered owner of the Product. 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.

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.

HOW TO GET REPLACEMENT PARTS & SERVICE.

Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product (*consoles and frames may have 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 STATE LAWS.

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