

*LifeFitness*

**MANUFACTURED BY:**

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# IC1

**MODEL NO:IC-LFIC1B1-01**



## CAUTION!

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU START USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, USE OR MAINTENANCE CAN VOID THE WARRANTY TERMS.



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## **TECHNICAL SPECIFICATIONS:**

The Life Fitness IC1 Bike is according to EN 957/EN ISO 20957 a Class H product and is built to highest standards for home fitness use. It was designed especially for lower body workout and cardiovascular training.

<b>FOOT PRINT:</b>	<b>53 X 115 CM / 20.9 X 45.3 INCH</b>
<b>WEIGHT OF BIKE:</b>	<b>59 KG / 130 LBS</b>
<b>MAX SADDLE HEIGHT:</b>	<b>103 CM / 40,5 INCH</b>
<b>MAX HANDLEBAR HEIGHT:</b>	<b>116 CM / 45,8 INCH</b>
<b>MAX USER WEIGHT:</b>	<b>130 KG / 287 LBS</b>

Designed to accommodate most users from 150 cm to 190 cm (4'11" to 6'2") body height. This Product is not designed or warranted for commercial or semi/light commercial use.

# IMPORTANT PRECAUTIONS

## 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!

- 1.** It is the sole responsibility of the owner to ensure that all users of the Indoor Cycle are informed and aware of all warnings and precautions.
- 2.** Operate and maintain the indoor cycle only as described in this manual and after proper assembly and functionality check as described in this manual.
- 3.** Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle 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°~104°F) at max. humidity of 65%.
- 4.** Place the Indoor Cycle on a horizontal and stable surface. To protect the floor or carpet from damage, place a mat beneath the Indoor Cycle. Make sure that there is adequate room (27 inches/0,6m) around the Indoor Cycle to assemble, disassemble and operate it.
- 5.** Regularly inspect and properly tighten all parts of the indoor cycle as recommended in this manual. Please replace defective parts immediately and do not use the bike until repair is performed. Only use original parts from the manufacturer.
- 6.** This Indoor Cycle 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. Persons with reduced physical, sensory or mental capabilities are prohibited from using the indoor cycle. Children shall not play with the Indoor Cycle. Cleaning and user maintenance shall not be made by children without supervision.
- 7.** The Indoor Cycle should not be used by persons exceeding weight of 287 lbs/130 kg.

# IMPORTANT PRECAUTIONS

- 8.** Always wear appropriate tight-fitting cycling or athletic attire and sturdy shoes, while operating the bike. Unfastened shoelaces may become caught in the drive system and lead to injury.
- 9.** Before using the Indoor Cycle, make sure you are familiar with the setup/operation of the Indoor Cycle.
- 10.** The Indoor Cycle does have a direct driven flywheel (wheel); the pedals will continue to move along with the flywheel until the flywheel stops.
- 11.** The Indoor Cycle 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 saddle during workout.  
Do not pedal backwards.
- 12.** Keep your back straight while using the Indoor Cycle; do not arch your back.
- 13.** If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period of time.
- 14.** If replacement parts are needed, use only manufacturer supplied parts.

## **WARNING!**

If you have pre-existing health problems or a disability, it is recommended that you consult your physician, in order to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries.

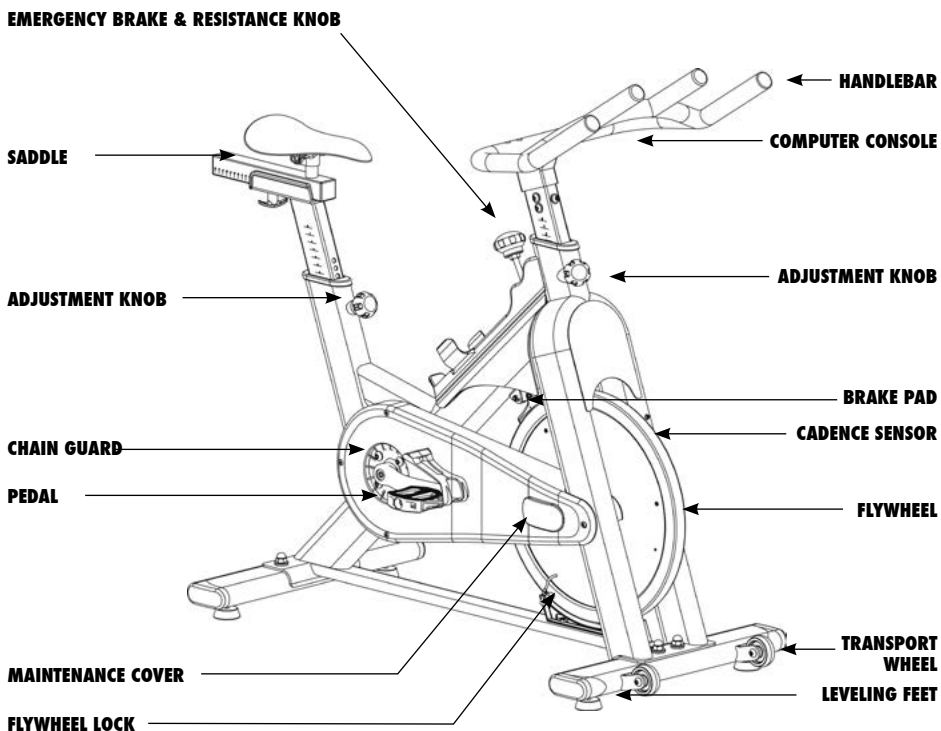
The manufacturer expressly assumes no responsibility for health risks, personal injury, property damage or consequential damages sustained by or through the use of this device, unless it is a case of consequential damage which can be traced back to faulty material and/or manufacturing, and which come under the responsibility of the manufacturer.

# GETTING STARTED

## DEAR CUSTOMER,

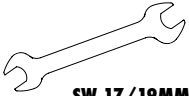
Congratulations for selecting the LIFE FITNESS IC1 Indoor Cycle. The LIFE FITNESS IC1 Indoor Cycle offers an impressive array of features designed to enhance your cardiovascular fitness, tone muscles, and develop endurance. Whether you're a beginner or an experienced athlete, the indoor cycle offers workouts which will help you to reach your individual fitness goals.

**IMPORTANT:** Read this manual carefully before assembling or using the Indoor Cycle. If you have questions after reading this manual, please contact your local distributor or refer to the website [www.indoorcycling.com](http://www.indoorcycling.com). Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

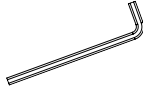


**YOU WILL FIND THE PRODUCTION CODE ON THE LEFT SIDE OF THE INDOOR CYCLE WITHIN THE LOWER RANGE OF THE FRAME.**

# HOW TO ASSEMBLE THE INDOOR CYCLE



SW 17/19MM  
SW 13/15MM



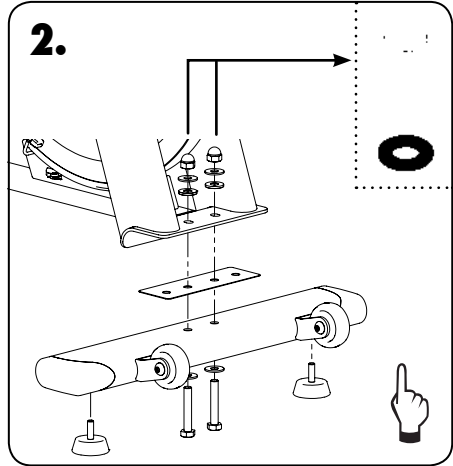
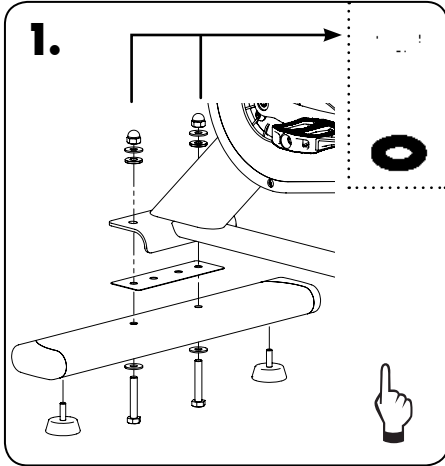
3MM  
6MM



HAND  
TIGHT



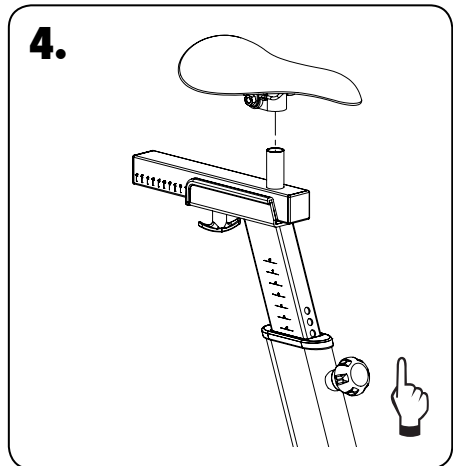
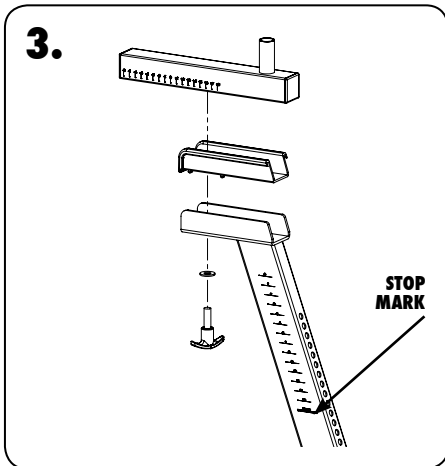
2  
PEOPLE



## Important!

Make sure the seat is fixed in a **LEVEL HORIZONTAL AND VERTICAL** position.

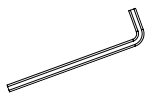
Seat clamp must be tightened securely from both sides to minimize loosening during use.



# HOW TO ASSEMBLE THE INDOOR CYCLE



SW 17/19MM  
SW 13/15MM



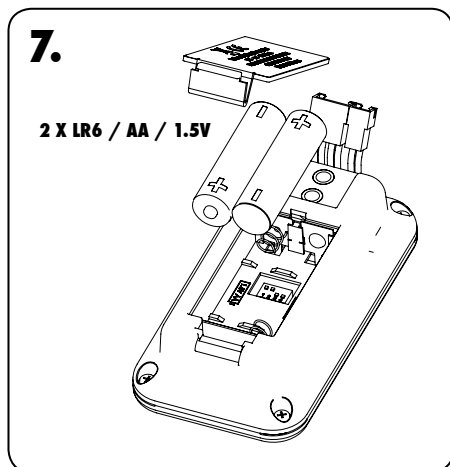
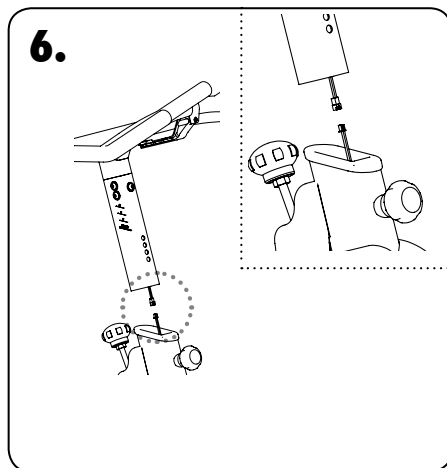
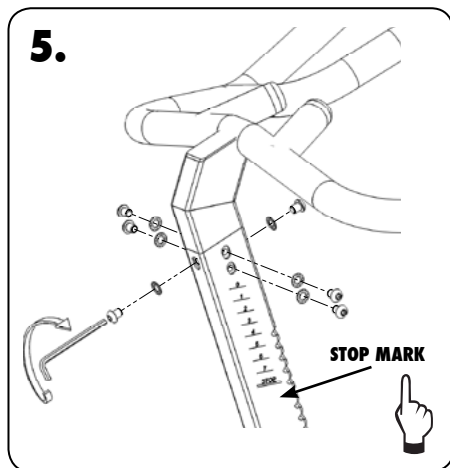
3MM  
6MM



HAND  
TIGHT



2  
PEOPLE



## THE BATTERIES MAY NOT:

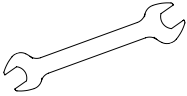
- Be exploited to fire
- Get in contact with coins or other metal objects
- Be used in combination with older batteries
- Be used with other makes of different types.

Only use LR6 (Alkaline) batteries. If you don't use the equipment for a longer period of time, please remove the batteries to avoid any damage by leaking or corroding batteries. If batteries have are discharged, insert new batteries into the computer. If the batteries have leaked, remove all residue immediately. Avoid contact with eyes and if you come in contact with residue, wash thoroughly. Before scrapping, please take the batteries out of the computer.

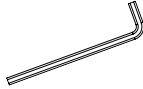


Marked products or batteries with this symbol may not be disposed of in normal domestic disposal. For a professional disposal please consider relevant laws or defaults for the disposal of electrical devices and batteries locally and act accordingly.

# HOW TO ASSEMBLE THE INDOOR CYCLE



SW 17/19MM  
SW 13/15MM



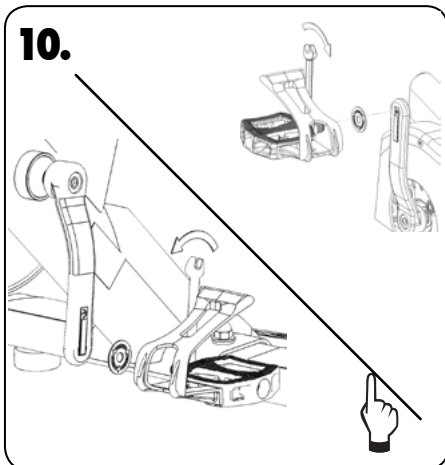
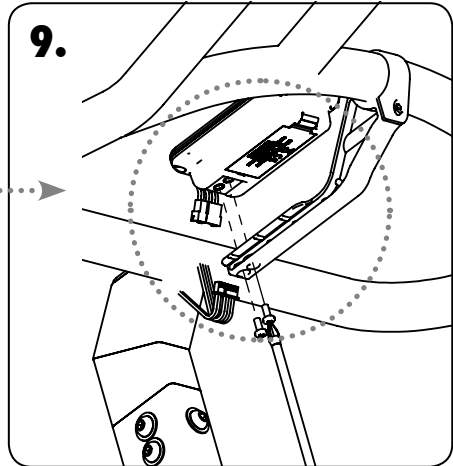
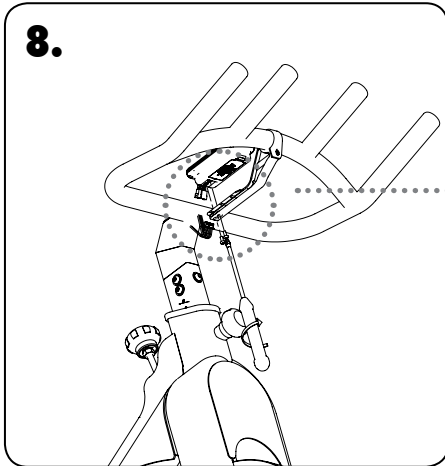
3MM  
6MM



HAND  
TIGHT



2  
PEOPLE



Pedal marked R installed on right crank (clockwise), Pedal marked L installed on left crank (counterclockwise).

Pedals must be fastened with significant strength to avoid loosening with use of the Indoor Cycle.



# HOW TO ADJUST THE INDOOR CYCLE

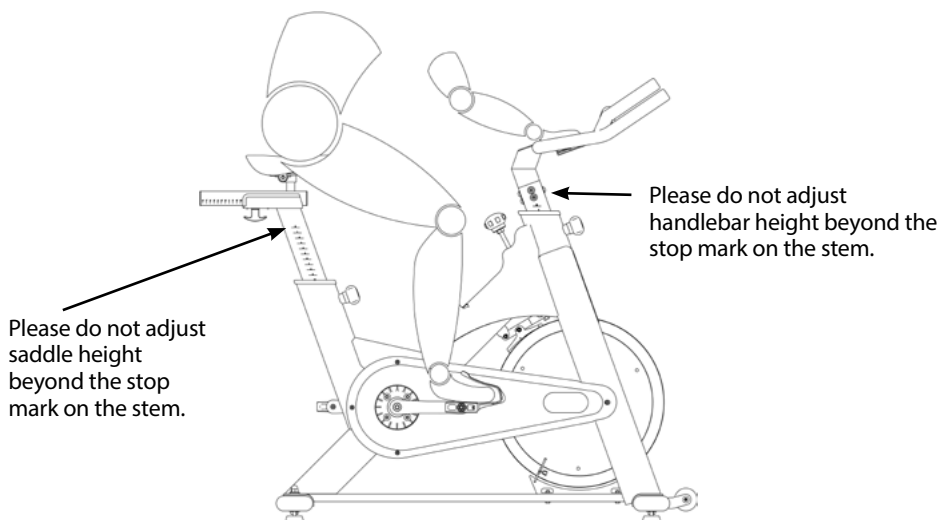
The LIFE FITNESS IC1 Indoor Cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe an approach to adjusting the Life Fitness IC1 Indoor Cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the Indoor Cycle differently.

## **WARNING:**

To prevent injury, always adjust seat and handlebar to your personal requirements and tighten all adjustment knobs before beginning your training. Adjustment levers and knobs left projecting could interfere with users movements during use or the Indoor Cycle.

## **PEDAL STRAP ADJUSTMENT:**

Sit on the saddle and position your feet on the pedals, with the bale of your feet directly above the spindles of the pedals (see the drawing below). Adjust the pedal straps so the toe clips (cages) are snug but not too tight.



## **SADDLE HEIGHT ADJUSTMENT:**

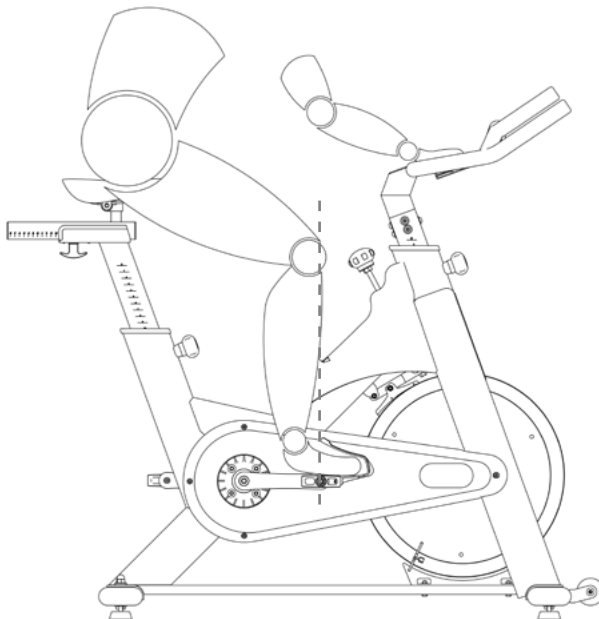
Sit on the saddle and slowly pedal until the right pedal is in the lowest position. Your knees should be slightly bent without a dropping of the hips. To avoid hyper extending your knees, make sure that your legs are not completely straight.

# HOW TO ADJUST THE INDOOR CYCLE

## **SADDLE HORIZONTAL ADJUSTMENT:**

Proper horizontal adjustment of the saddle is very important in avoiding injury to the knees. Sit on the saddle and move the pedals until the crank arms are in horizontal position. Sit on the saddle and move the pedals until the crank arms are in horizontal position.

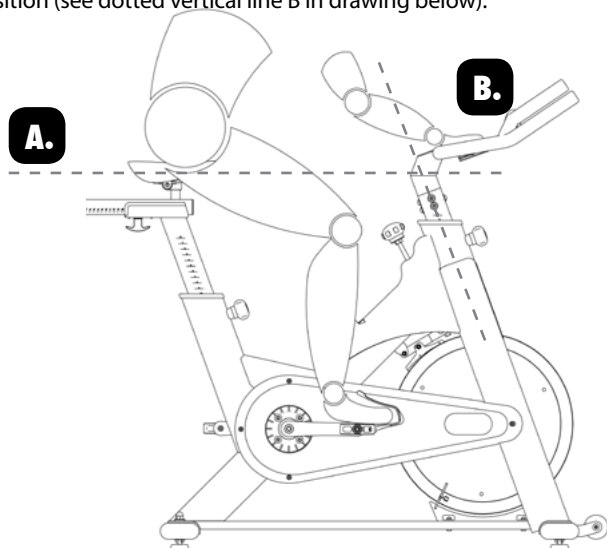
Using your forward most leg as a marker, your kneecap should be directly above the center of the pedal so that a straight line is created between knee and center of the pedal (see the dotted line in image below). To adjust the horizontal position of the saddle, loosen the rear adjustment knob, slide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



# HOW TO ADJUST THE INDOOR CYCLE

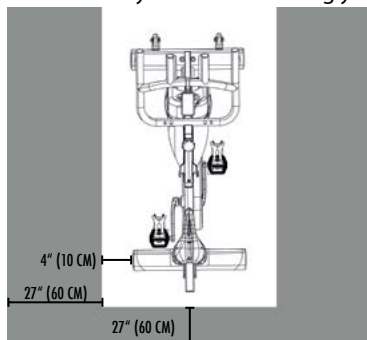
## HANDLEBAR ADJUSTMENT:

Begin with the top of the handlebar at relatively the same height or just slightly higher than the top of the saddle (dotted horizontal line A in the drawing below) and at a neutral fore/aft position (see dotted vertical line B in drawing below).



If your knees touch the handlebars or if you experience back discomfort while pedalling for extended periods of time, the height of the handlebars can be adjusted. Turn the front adjustment knob counter clockwise, slide the handle-bar post up or down, and then retighten the adjustment knob.

Changing your hand position can change the angle of your back, neck, and arms. To minimize the stress on your muscles during your workouts, change your hand position frequently.



Allow a minimum safety distance away from the nearest equipment, objects or walls as illustrated.

# HOW TO OPERATE THE INDOOR CYCLE

## RESISTANCE ADJUSTMENT

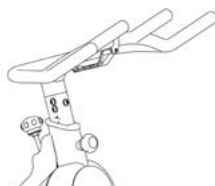
The preferred level of difficulty in pedalling (resistance) can be regulated in fine increments by use of the resistance knob. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counter clockwise.

**IMPORTANT:** To stop the flywheel (wheel) while pedalling, push down on the red brake knob. The flywheel should quickly come to a complete stop. Please make sure your shoes are fixed into the toe clip. Please apply full resistance load when bike is not in use to prevent from injuries due to moving drive gear components.

**WARNING!** The Life Fitness IC1 Indoor Cycle has a direct driven flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down the red emergency break knob. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities.

**PUSH THE RED KNOB DOWN = EMERGENCY STOP**

**RED RESISTANCE KNOB  
EMERGENCY BRAKE**

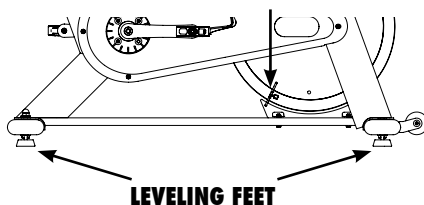


## HOW TO MOVE THE INDOOR CYCLE:

Due to the weight of the Life Fitness IC1 Indoor Cycle, it is recommended that two persons move it. While one person lifts the back of the Indoor Cycle, the second person firmly holds the handlebar and tips the Indoor Cycle forward until it rolls on the wheels. Carefully move the Indoor Cycle to the desired location and then lower it. **CAUTION:** To reduce the risk of injury, use extreme caution while moving the Life Fitness IC1 Indoor Cycle. Do not attempt to move it over uneven surfaces and make sure there's a safety space of 27 inch (minimum) to the nearest equipment is (recommended).

If the Indoor Cycle rocks on the floor after being set down, turn the leveling feet underneath the front or rear stabilizer until the rocking motion is eliminated. **Important:** Please do not unscrew the leveling feet more than 1/2 inch.

**FLYWHEEL LOCK**



**LEVELING FEET**

# WORKOUT

## **WARNING!**

We strongly recommend that you consult a physician before starting any exercise program.

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

Health-related injuries may result from improper or excessive use of exercise equipment. Consult a fitness professional for advice on correct product use. Furthermore, a fitness professional can provide workout advice in regards to bike resistance settings, workout intensity and duration best suited for you to help you reach your fitness goals.

## **TRAINING INFORMATION**

A basic Indoor Cycling workout structure.

## **TRAINING PREPARATION:**

Make yourself familiar with the bike features, functions and operation before getting on the bike for the first time.

Adjust the seat, handlebar and pedal straps to fit your body size before you start. Consult your physician before beginning this or other exercise routines. Stop your work out and consult your physician if any exercise causes discomfort.

## **WARM-UP:**

The purpose of warming up is to increase your heart rate, lift body temperature, increase blood flow, stimulate muscles and prepare your body for physical activity. Sit on the bike with your hands placed on the handlebar and your feet secured in the pedal straps and slowly start pedaling with low resistance. Once your breathing rate has increased and you begin to sweat slightly, you should be ready to proceed to your workout after approx. 5 – 10 minutes.

## **WORK-OUT:**

For an aerobic workout, slowly adjust resistance and cadence to achieve 60% - 75% of your maximum heart rate.

## **COOL-DOWN:**

Lower cadence and resistance to allow the body to cool down for approx. 5 - 10 minutes before ending your workout.

## **END TRAINING:**

The Indoor Cycle does not have an independently-moving flywheel. The pedals will continue to move with the flywheel until the flywheel stops. To end your training, reduce the pedaling frequency in a controlled manor or push the emergency brake knob until the pedals come to a complete stop and dismount the bike.

# PREVENTATIVE MAINTENANCE

## WARNING!

**THE SAFETY OF THE INDOOR CYCLE CAN ONLY BE ENSURED IF THE BIKE IS CHECKED FOR WEAR AND DAMAGE SADDLE, DRIVE TRAIN, BRAKE AND PEDALS ON A REGULAR BASIS. REGULAR MAINTENANCE MUST ALSO BE PERFORMED ON THE INDOOR CYCLE FOR OPTIMAL PERFORMANCE AND LONGEVITY.**

Please read and follow all instructions below. If the Indoor Cycle is not maintained as described, components may wear excessively and the Indoor Cycle may become damaged. Improper maintenance will void the warranty terms. If you have questions about maintenance, contact your local distributor.

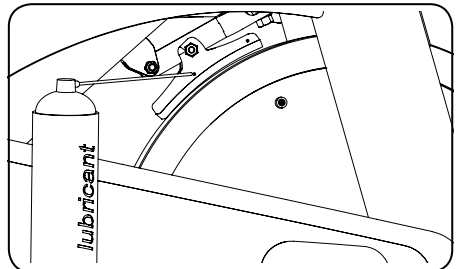
**NOTE: MANY MAINTENANCE PROCEDURES REQUIRE LUBRICANT SPRAY. MANUFACTURER RECOMMENDS TO USE ONLY A SOLVENT AND ACID FREE LUBRICANT.**

## DAILY MAINTENANCE:

1. Make sure that the Indoor Cycle is leveled. If the Indoor Cycle rocks on your floor, turn the leveling feet underneath the front or rear stabilizer until the rocking motion is eliminated.
2. After exercising, the indoor cycle should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to the handlebars and the saddle. Using a lint-free cloth, dry the handlebars and the saddle. Next, apply a small amount of disinfectant to a lint-free cloth and clean the adjustment knobs and the adjustment handles. Avoid using strong detergents on the Indoor Cycle frame.

## WEEKLY MAINTENANCE:

1. Apply a small amount of the lubrication spray to a lint-free cloth, and thoroughly clean the frame, the handlebar slider and seat sliders the flywheel and the plastic parts of the Indoor Cycle.
2. For optimal performance of the resistance system, and to minimize wear on the brake pad, the solvent free lubricant spray should be applied to the brake pad using the lubrication holes on the plastic part of the brake pad. If fuzz or lint appears on the brake pad, the brake pad has become too dry - lubricant spray should be applied more frequently. Make sure the brake pad is thoroughly soaked from end to end with lubricant spray. Then, wipe the excess off.



# PREVENTATIVE MAINTENANCE

## 1. BI-WEEKLY MAINTENANCE:

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

## 2. MONTHLY MAINTENANCE: BELT DRIVEN BIKE

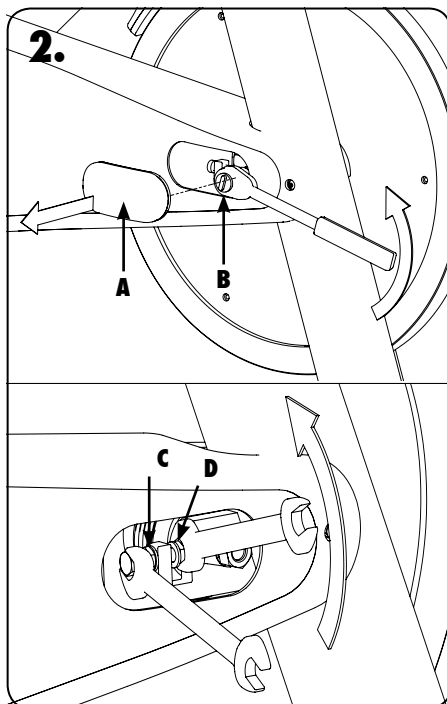
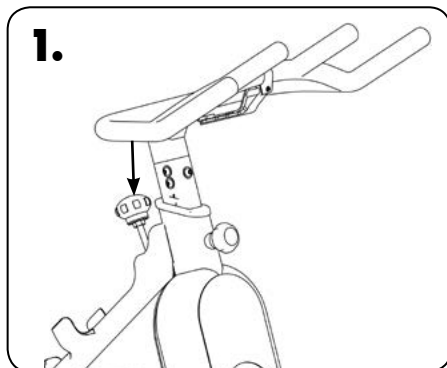
**IMPORTANT:** A loose belt as well as an over-tightened belt will cause damage to the belt and drive system.

### CHECKING BELT TENSION:

To check for a loose belt, sit on the saddle, place your feet on the pedals, move the pedals until the crank arms are horizontal. Next, push down the emergency brake handle and hold it. Then, stand on the pedals and rock forward and backward. There should be no more than 1/8th inch (2–3 mm) of play in the belt. If there is too much play in the belt, this indicates that the belt is too loose.

### CORRECTING BELT TENSION:

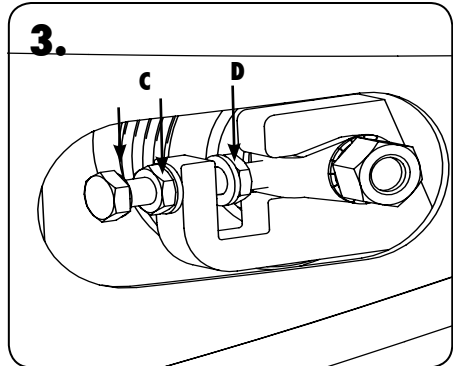
To correct a loose belt: To adjust the belt, pull off the right and the left maintenance covers (**A**). Loosen the axle nut (**B**) on both ends of the fly-wheel axle two full turns. Loosen the outer adjustment nut (**C**) facing the head of the allen bolt on each side of the flywheel. Then, turn both (right and left sides) of the inner adjustment nuts (**D**) on the inside of the flywheel bracket 1/4 of a turn at a time (upward on the R side and downward on L side) until the belt is properly adjusted. Make sure to turn both adjustment screws exactly the same amount to avoid misalignment of the flywheel.



# PREVENTATIVE MAINTENANCE

Re-check the amount of play in the belt as described at the beginning of this step. If necessary, readjust the belt.

Finally, retighten the two outer adjustment nuts **(C)** and the two axle nuts **(B)**, and reattach the maintenance covers. To avoid damage to the flywheel bearings, do not over tighten the axle nuts **(B)**. Unusual noises or vibrations are indications that the belt has been over tightened or that the flywheel is at a wrong angle.



**ABOVE GRAPHICS SHOWS THE RIGHT SIDE OF THE BIKE (RIDING POSITION)**

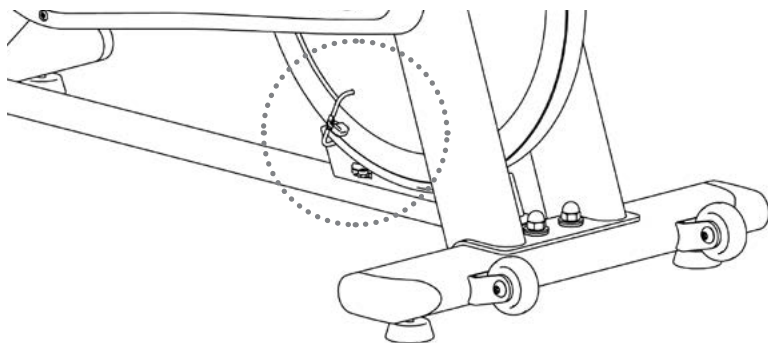
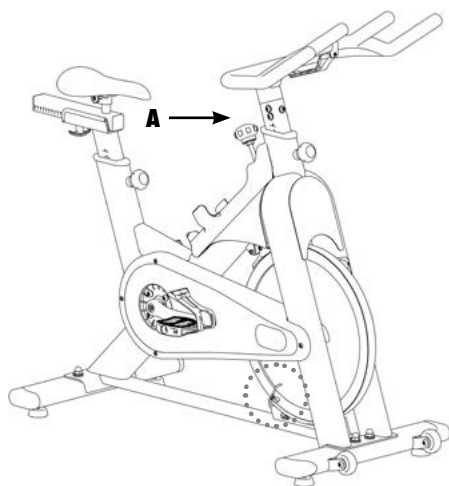
## MAINTENANCE ACTIVITY REQUIRED SCHEDULE

ACTIVITY	ROTATION	PAGE
<b>FEET LEVELING, DISINFECTION &amp; CLEANING OF THE BIKE</b>	<b>DAILY</b>	<b>PAGE 14</b>
<b>SERVICING BRAKE PADS, DETAILED CLEANING OF THE ENTIRE BIKE</b>	<b>WEEKLY</b>	<b>PAGE 14</b>
<b>CHECK EMERGENCY BRAKE FUNCTION</b>	<b>BI-WEEKLY</b>	<b>PAGE 15</b>
<b>CHECK BELT TENSION</b>	<b>MONTHLY</b>	<b>PAGE 15-16</b>



# SECURING THE INDOOR CYCLE FROM UNAUTHORIZED USE

Align the through hole in the flywheel with the flywheel protective cover. Turn the brake knob **(A)** clockwise until the brake has completely immobilized the flywheel. Use the wired cable and key lock provided in the packaging to then lock the flywheel to prevent minors from using the product.



# COMPUTER CONSOLE

## SPECIFICATIONS:

- TECHNICAL FEATURES:**
- Heart Rate reading only via hand sensors on the handlebar
  - Two button easy control
  - Premium design
  - Special handlebar bracket
  - Miles or kilometers reading
- TRAINING FEATURES:**
- Heart Rate reading (actual)
  - Cadence / RPM reading (actual)
  - Training time
  - Distance
  - Calorie Consumption (the shown calorie consumption is based on average values & should only be used for reference purposes)
- BUTTON FUNCTION:**
- Press "reset" button for 5 sec to enter setup mode for miles/km changing
  - Press "reset" button for 2-3 sec to reset time, distance and kcal
  - Press "flow" button for 1 sec to activate scan function automatically to monitor, time, distance, kcal



## WARNING!

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately

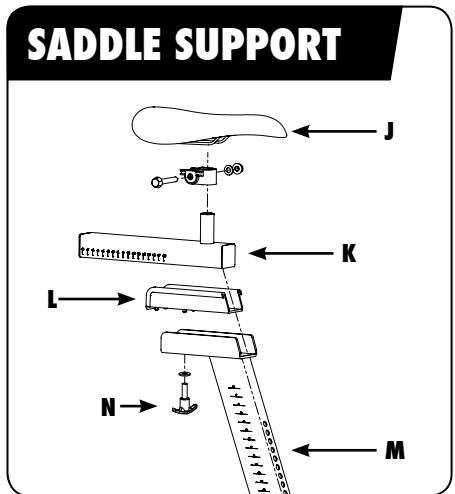
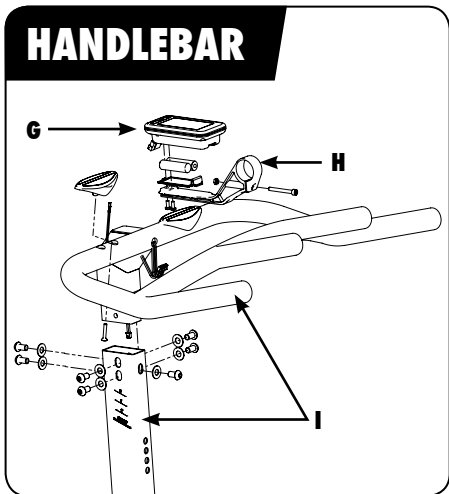
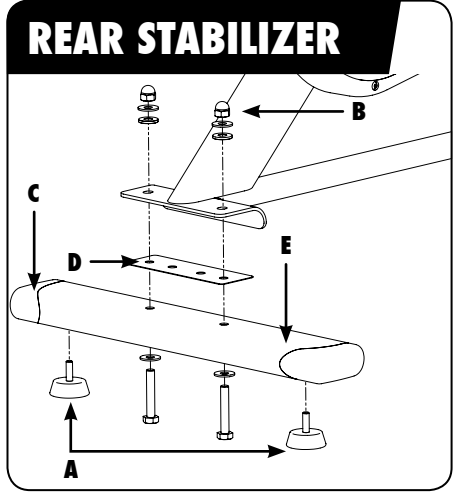
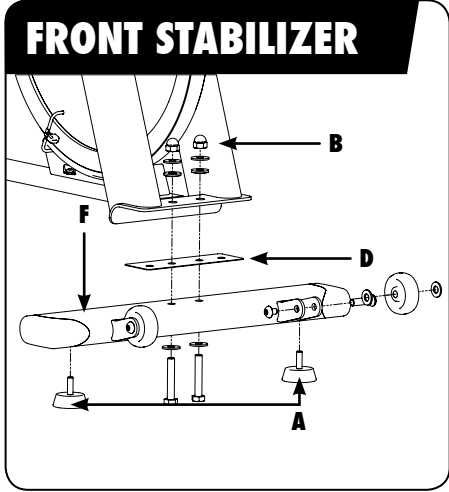
# SERVICE / SPARE PARTS

If you require assistance or are experiencing any problems with your Indoor Cycle, contact our service and technical support:

**Indoor Cycling Group GmbH**  
**Happurger Str. 86**

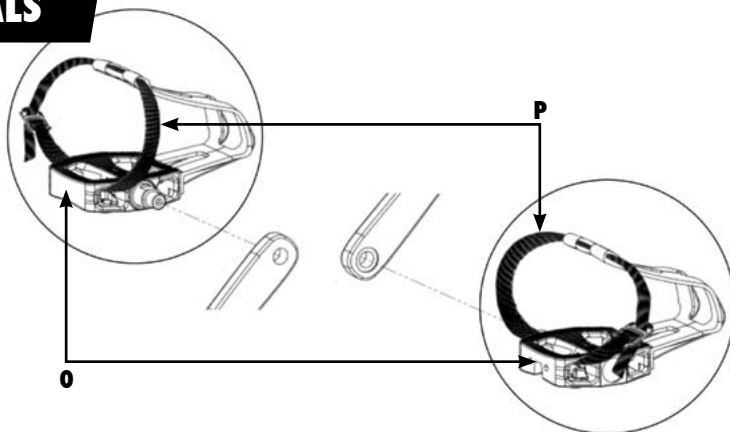
**90482 Nuremberg | Germany**  
**service@indoorcycling.com**  
**Phone: +49 (0)911 / 544450**

# SPARE PARTS



# SPARE PARTS

## PEDALS



### DESCRIPTION

<b>A</b>	<b>LEVELING FEET</b>
<b>B</b>	<b>STABILIZER FASTENING BOLTS</b>
<b>C</b>	<b>STABILIZER END CAPS</b>
<b>D</b>	<b>STABILIZER GASKET</b>
<b>E</b>	<b>REAR STABILIZER COMPLETE</b>
<b>F</b>	<b>FRONT STABILIZER COMPLETE</b>
<b>G</b>	<b>COMPUTER CONSOLE</b>
<b>H</b>	<b>COMPUTER BRACKET</b>

### DESCRIPTION

<b>I</b>	<b>HANDLEBAR &amp; STEM</b>
<b>J</b>	<b>SADDLE</b>
<b>K</b>	<b>SEATPOST SLIDER</b>
<b>L</b>	<b>CLAMPING PROFILE FOR SEATPOST SLIDER</b>
<b>M</b>	<b>SEATPOST ASSEMBLY</b>
<b>N</b>	<b>T-HANDLE</b>
<b>O</b>	<b>PEDALS</b>
<b>P</b>	<b>STRAP</b>

# LIMITED WARRANTY

## LIFE FITNESS IC1 INDOOR CYCLE

The LIFE FITNESS IC1 Indoor Cycle is not developed for the use in professional groupclass environments. The use in commercial environment voids the warranty terms. All wear items are excluded from warranty for example saddle, pedals and pedal straps, brake pad.



# LIMITED WARRANTY

**2 YEARS WARRANTY:**

**FRAME, HORIZONTAL SADDLE SUPPORT,  
DRIVE GEAR PARTS INCL. BELT, BRAKE SYSTEM,  
ADJUSTMENT KNOBS, CRANKS BALL- AND FLYWHEEL  
BEARING INCL. AXELS, POWDER COATING,  
INSERT SLEEVES FOR HANDLEBAR AND SADDLE POST**

## **CAUTION.**

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU BEGIN USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, SET UP, USE OR MAINTENANCE MAY VOID THE WARRANTY.

*LifeFitness*

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