

*LifeFitness*

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# IC8 POWER TRAINER

**MODEL NO:IC-LFIC8C1-01**



## 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.

ADDITIONAL LANGUAGES AVAILABLE FOR DOWNLOAD AT [WWW.INDOORCYCLING.COM](http://WWW.INDOORCYCLING.COM)

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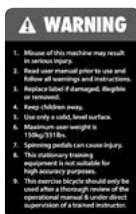


# ATTENTION



Warning labels on the IC8 Power Trainer must be replaced by warning labels in your language during the assembly process.

A



# ATTENTION



EN

To download the owners manual in your language, visit the IC8 support section at: [www.teamicg.com](http://www.teamicg.com)



DE

Um das Handbuch in Ihrer Sprache herunterzuladen, besuchen Sie bitte den IC8 Support Bereich auf unserer Webseite unter [www.teamicg.com](http://www.teamicg.com)



FR

Pour télécharger le manuel d'utilisation dans votre langue, consultez la section Assistance IC8 sur: [www.teamicg.com](http://www.teamicg.com)



IT

Per scaricare il manuale nella vostra lingua, visitate la sezione del supporto per IC8 su: [www.teamicg.com](http://www.teamicg.com)



NL

Ga om de gebruiksaanwijzing in uw taal te downloaden naar het IC8 supportgedeelte onder: [www.teamicg.com](http://www.teamicg.com)



ES

Para descargarse el manual de usuario en su idioma, por favor acceda a la sección de soporte técnico de la bici IC8 en: [www.teamicg.com](http://www.teamicg.com)



PT

Para transferir o manual de utilizador no seu idioma, visite a secção „Suporte“ da IC8 em: [www.teamicg.com](http://www.teamicg.com)



DK

Besøg IC8 supportafsnittet [www.teamicg.com](http://www.teamicg.com) for at downloade brugermanualen på dit sprog



FI

Lataa omistajan käsikirja omalla kielelläsi IC8-ohjeosiosta sivustolta: [www.teamicg.com](http://www.teamicg.com)



NO

Du kan laste ned bruksanvisningen på ditt eget språk ved å gå til IC8 støttesiden på: [www.teamicg.com](http://www.teamicg.com)



SE

Du kan hämta bruksanvisningen på ditt språk under IC8-support på [www.teamicg.com](http://www.teamicg.com)



PL

Aby pobrać podręcznik użytkownika w swoim języku, należy wejść na zakładkę IC8 support na stronie: [www.teamicg.com](http://www.teamicg.com)



TR

Kullanıcı kılavuzunu kendi dilinizde indirmek için [www.teamicg.com](http://www.teamicg.com) sayfasının IC8 deste bölümünü ziyaret edebilirsiniz



CN

在IC8的客户服务网站，您可以下载各种语言的用户手册 [www.teamicg.com](http://www.teamicg.com)



JP

オーナーズマニュアルの各言語版は、以下サイトの IC8 サポートページからダウンロードいただけます。 [www.teamicg.com](http://www.teamicg.com)



KR

IC8 지원 센터([www.teamicg.com](http://www.teamicg.com))에서 해당 언어 버전의 사용설명서를 다운로드할 수 있습니다..

# TABLE OF CONTENTS

**IMPORTANT PRECAUTIONS P.5-6**

**GETTING STARTED P.7**

**HOW TO ASSEMBLE THE IC8 POWER TRAINER P.8-15**

**INSTALLATION AND DISPOSING OF BATTERIES P.16-17**

**HOW TO ADJUST THE IC8 POWER TRAINER P.18-20**

**HOW TO OPERATE THE IC8 POWER TRAINER P.21-24**

**PREVENTIVE MAINTENANCE P.25-29**

**MAINTENANCE ACTIVITY AND REQUIRED SCHEDULE P.30-31**

**SPARE PARTS P.32-33**

**WARRANTY P.34**

## **TECHNICAL SPECIFICATIONS:**

The IC8 Power Trainer is, according to EN ISO 20957-1 and EN ISO 20957-5, a Class S B product for use in a controlled environment such as sports or fitness facilities under the supervision of a trainer.

The IC8 Power Trainer uses a magnetic brake which provides resistance independent from the speed (rpms) at which the training equipment is being used.

<b>WEIGHT OF BIKE:</b>	<b>56 KG</b>
<b>MAX USER WEIGHT:</b>	<b>150 KG</b>
<b>USER HEIGHT:</b>	<b>SUITABLE FOR USERS BETWEEN APPROX. 155 AND 215 CM</b>
<b>REQUIRED FOOT PRINT:</b>	<b>APPROX. 144 X 52 CM</b>
<b>MAX SADDLE &amp; HANDLEBAR HEIGHT:</b>	<b>APPROX. 120 CM</b>

Electronic components adhere to DIN EN 60335-1 for electrical safety.

# IMPORTANT PRECAUTIONS

## WARNING!

To reduce the risk of serious injury due to improper use of the training equipment, carefully read and adhere to the following important precautions and information before operating the bike.

- 1.** It is the responsibility of the owner to ensure that all users are informed of all warnings and precautions for proper use of the training equipment and it is only authorized for use in a supervised environment with qualified instructors.
- 2.** Do not operate the training equipment until it has been properly assembled and inspected as described in this manual.
- 3.** Keep the training equipment away from moisture and dust. Do not place the training equipment in a garage, covered patio, near water or pools. Operating temperature of the training equipment has to be between 15°C~ 40°C Celsius (59°~104°F) at max. humidity of 65%.
- 4.** Always place the training equipment on a stable, level surface. If the training equipment is to be placed on a hardwood floor or carpet, it is recommended to place a floor mat beneath the bike, to protect the floor from becoming damaged.
- 5.** The level of safety of the training equipment can only be guaranteed if it is regularly checked for possible damage as well as wear and tear (e.g. fixing points, pedals, toe straps, etc.). Consult an authorized service provider or the manufacturer to ensure the regular inspections are properly carried out.
- 6.** Carry out all maintenance, care and service procedures as described in this manual on a regular basis. Defective parts must be replaced immediately, and the device must not be used until the repairs have been carried out. Only use original parts from the manufacturer. Repairs must only be carried out by from manufacturer authorized service technicians.
- 7.** Unsupervised children should be kept away from the training device at all times.

# IMPORTANT PRECAUTIONS

- 8. WARNING:** The training equipment can be used by children aged from 14 years and above and persons with lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Persons with reduced physical, sensory or mental capabilities are prohibited from using the training equipment. Children shall not play with the training equipment. Cleaning and user maintenance shall not be made by children without supervision.
- 9.** The training equipment must not be used by persons exceeding weight of 330 lbs/150 kg.
- 10.** Always wear appropriate tight-fitting cycling or athletic attire and sturdy shoes, preferably cycling shoes, while operating the bike. Unfastened shoelaces may become caught in the drive system and lead to injury.
- 11.** 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.
- 12.** All data shown on the display, especially the Watt values generated by the integrated power sensor serve merely as information and to help guide training. Only exercise within your physical limitations.
- 13.** This stationary training equipment is not suitable for high accuracy purposes.

## **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.

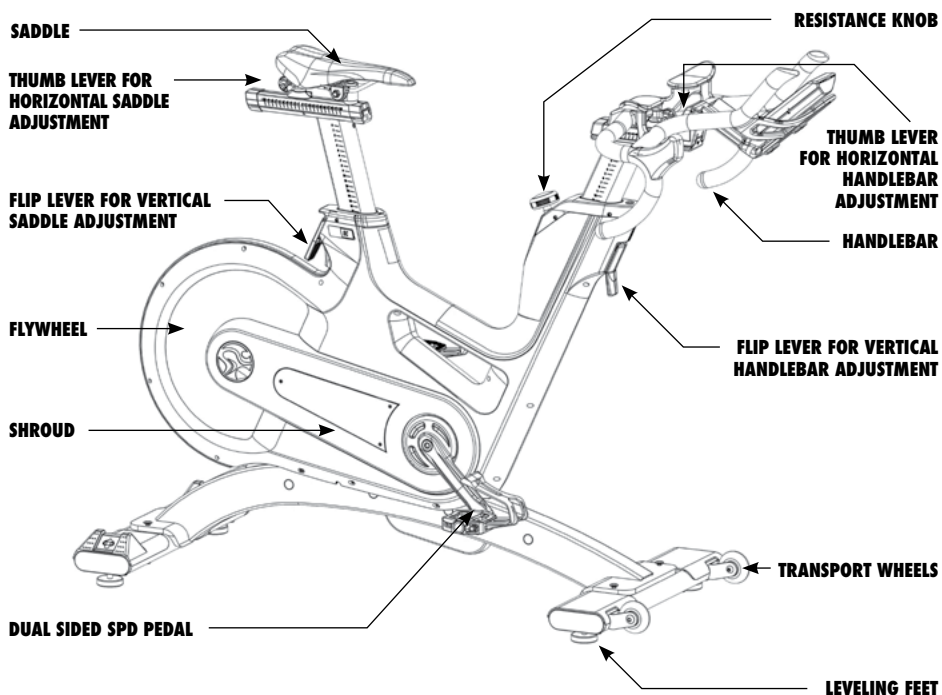
# GETTING STARTED

## DEAR CUSTOMER,

We would like to thank you for your confidence and purchase. With the IC8 Power Trainer, you have chosen a high-quality product, which is designed according to the latest technical developments and thus fulfils the highest standards in quality and reliability.

This high level of reliability can however only be ensured with regular care and maintenance. Adhering to the maintenance procedures outlined in this manual will ensure a maximized stability and prolonged lifespan in return for minimal maintenance effort. This will guarantee long-standing, interruption-free operation.

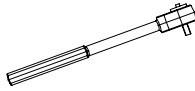
Instructions on operation and managing training for the computer can be found in it's manual also included with delivery.



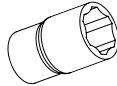
### WARNING!

You will find the production code for the IC8 trainer on the tag plate which is located on the lower left side of the frame tube. Please enter this production code into care and maintenance lists. It is a strict requirement to provide the production code in all warranty claims.

# HOW TO ASSEMBLE THE IC8 POWER TRAINER



**TORQUE WRENCH**



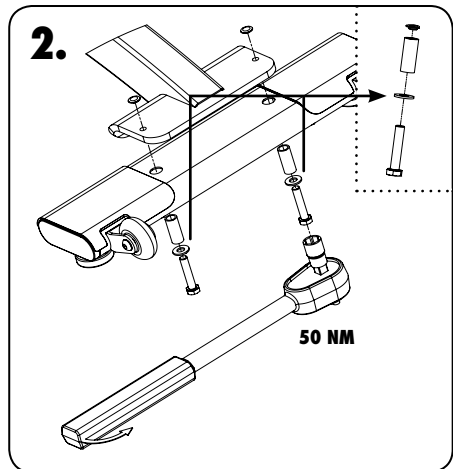
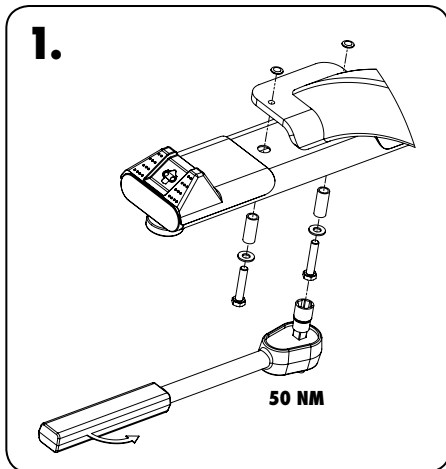
**17 MM**



**2  
PEOPLE**

## **WARNING!**

Avoid high fluctuations in temperature when transporting the bike from the store to the installation site. If great fluctuations in temperature cannot be avoided, please allow the bike to acclimatize to the surrounding temperature before proceeding with assembly.



## **WARNING!**

Please ensure that bolts are tightened with significant force to minimize loosening during use. If bolts are loosened after initial assembly, we recommend using medium-strength LOCTITE® 243 when reassembling.



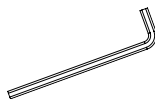
# HOW TO ASSEMBLE THE IC8 POWER TRAINER



**HAND TIGHT**

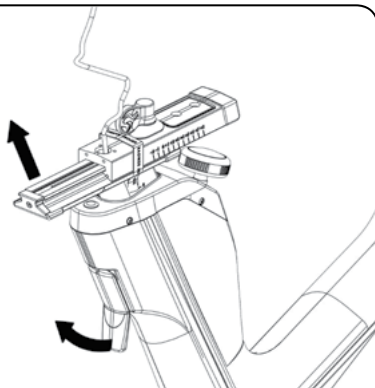


**2  
PEOPLE**



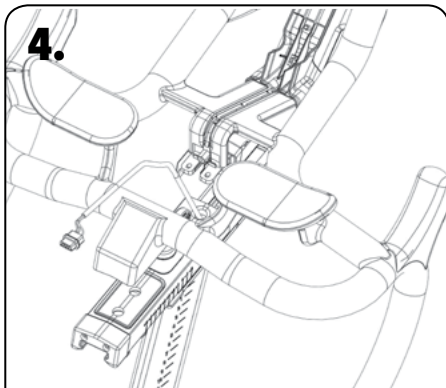
**2.5 MM**

**3.**



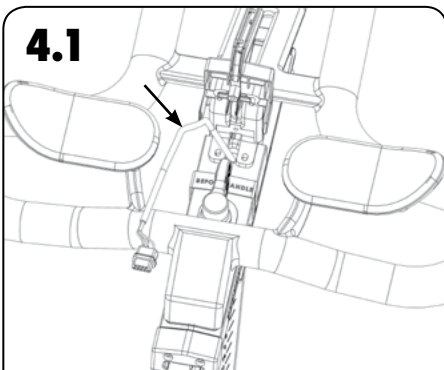
**SET THE VERTICAL ADJUSTMENT OF THE HANDLEBAR STEM TO THE HIGHEST POSITION BEFORE BEGINNING WITH ASSEMBLY. DO NOT REMOVE WARNING TAPE FROM THE SLIDER PRIOR TO THE HANDLEBAR BEING ASSEMBLED.**

**4.**



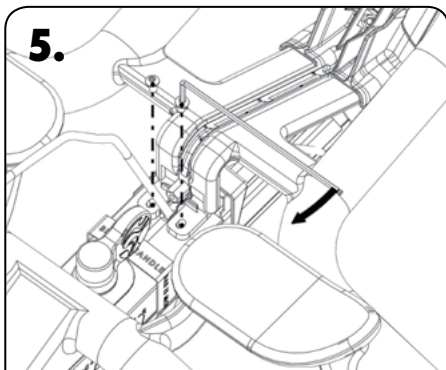
**WHEN SETTING THE HANDLEBAR INTO POSITION ON THE SLIDER, MAKE SURE THAT THE CABLE IS FACING UPWARDS THROUGH THE HANDLEBARS.**

**4.1**



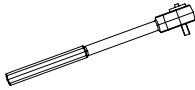
**MAKE SURE THAT THE CABLE IS IN THE ABOVE POSITION BEFORE MOVING TO THE NEXT STEP.**

**5.**



**LOOSELY FIT SCREWS BUT DO NOT TIGHTEN THEM.**

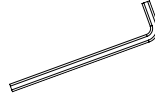
# HOW TO ASSEMBLE THE IC8 POWER TRAINER



TORQUE WRENCH



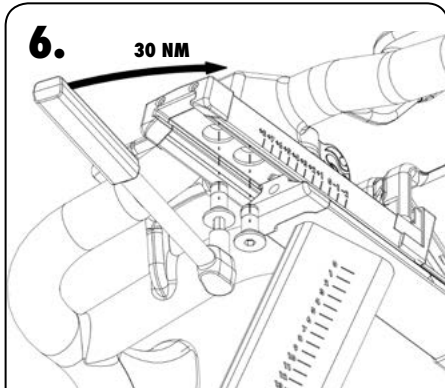
6MM HEX SOCKET



2.5 MM



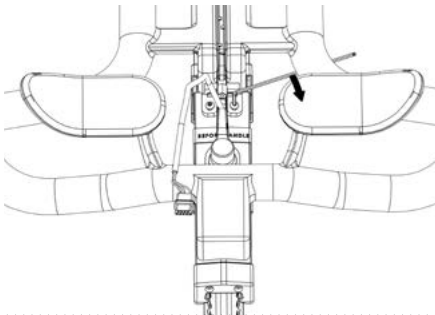
2  
PEOPLE



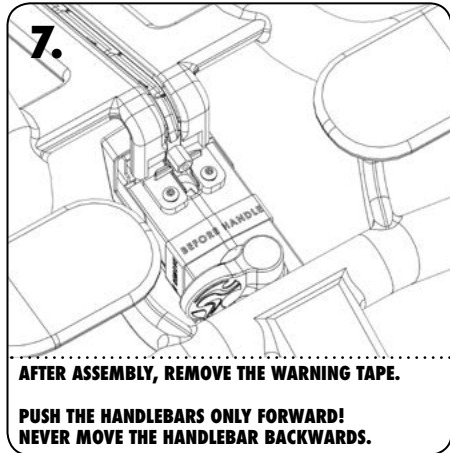
**TORQUE THE BOLTS WITH 30 NM USING A TORQUE WRENCH.**

**THE SUPPLIED COUNTERSUNK BOLTS ARE COATED WITH NYLOC AT THE FACTORY TO PREVENT THEM FROM BECOMING LOOSE DURING USE.**

**IF BOLTS ARE LOOSENED AFTER INITIAL ASSEMBLY, WE RECOMMEND USING HIGH-STRENGTH LOCTITE® 2701 WHEN REASSEMBLING.**

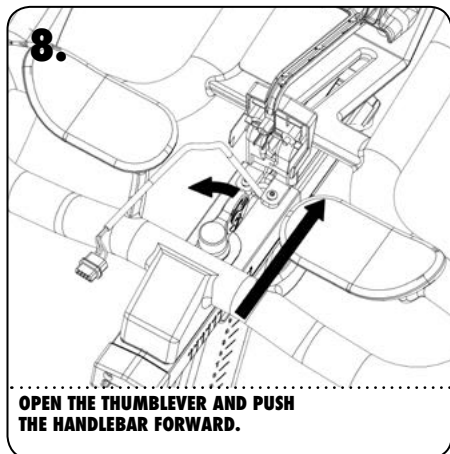


**HAND TIGHTEN THE BOLTS FROM STEP 5.**



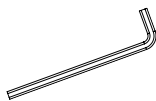
**AFTER ASSEMBLY, REMOVE THE WARNING TAPE.**

**PUSH THE HANDLEBARS ONLY FORWARD!  
NEVER MOVE THE HANDLEBAR BACKWARDS.**



**OPEN THE THUMBLEVER AND PUSH THE HANDLEBAR FORWARD.**

# HOW TO ASSEMBLE THE IC8 POWER TRAINER



3MM

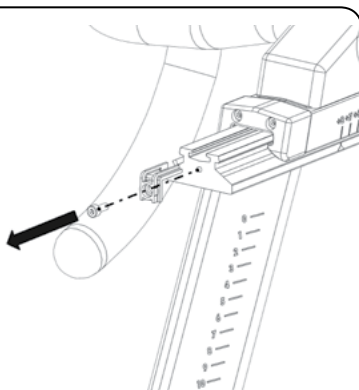


HAND TIGHT



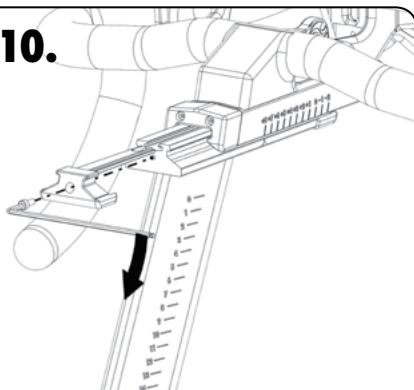
2  
PEOPLE

9.



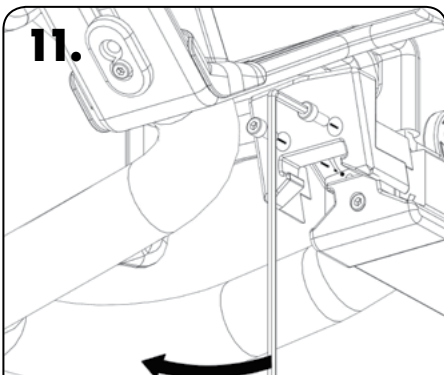
REMOVE THE LIMIT STOP FROM INSIDE THE SLIDER. THE BOLT IS REUSED IN STEP 10.

10.



MOUNT THE ENDCAP AND HANDTIGHTEN USING THE LIMIT STOP BOLT.

11.



MOUNT THE ENDCAP FOR THE UPPER HANDLEBAR SLIDER AND HANDTIGHTEN USING THE LIMIT STOP BOLT.

# HOW TO ASSEMBLE THE IC8 POWER TRAINER

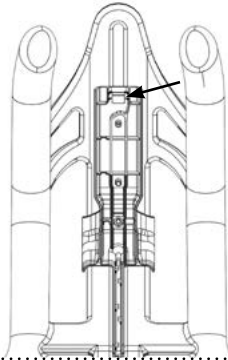


**HAND TIGHT**



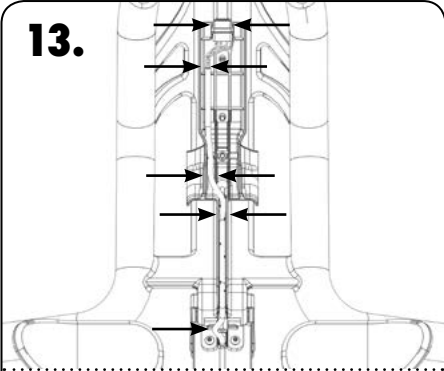
**2  
PEOPLE**

**12.**



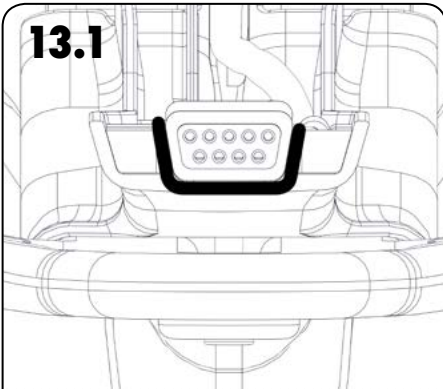
**REMOVE THE BACKING OF THE DOUBLE SIDE TAPE.**

**13.**



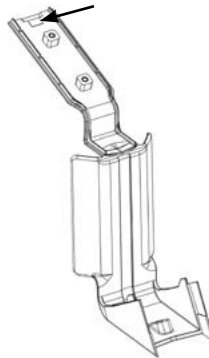
**INSERT THE CABLE INTO THE SLOTS AS DEPICTED ABOVE. POSITION THE CONNECTOR ON THE TAPE AT THE TOP OF THE BRACKET AND PRESS THE CONNECTOR AT THE END OF THE CABLE INTO POSITION (SEE 12.1).**

**13.1**



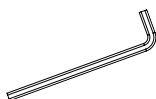
**PLACE THE SMALL SIDE OF THE CONNECTOR INTO THE BOTTOM OF THE BRACKET**

**14.**



**REMOVE THE BACKING OF THE TAPE FROM THE COMPUTER BRACKET COVER.**

# HOW TO ASSEMBLE THE IC8 POWER TRAINER



2,5 MM

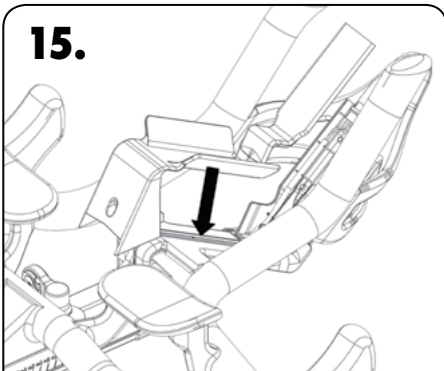


HAND TIGHT



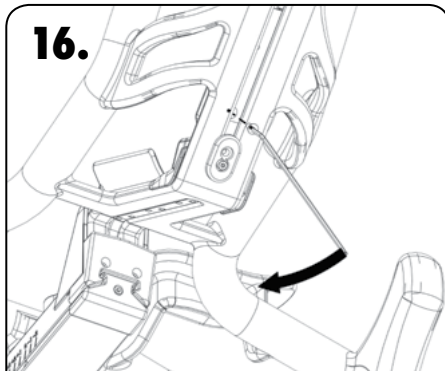
2  
PEOPLE

**15.**



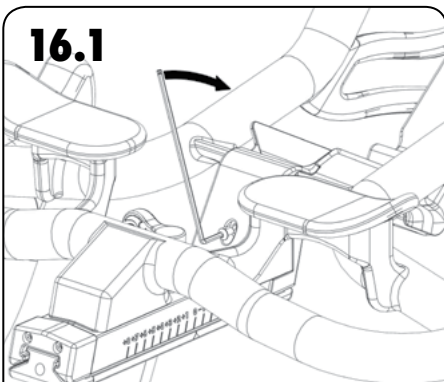
**POSITION THE COVER ON THE COMPUTER BRACKET.**

**16.**



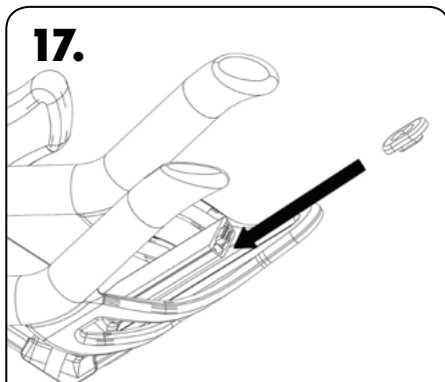
**HAND TIGHTEN THE COVER TO THE COMPUTER BRACKET WITH THE COUNTERSUNK BOLT.**

**16.1**



**TURN THE THUMBLEVER TO THE SIDE AND HAND TIGHTEN THE BOLT.**

**17.**



**SLIDE A SPACER WITH THE SMALL SIDE DOWN, BETWEEN THE HANDLEBAR AND COMPUTER BRACKET.**

# HOW TO ASSEMBLE THE IC8 POWER TRAINER



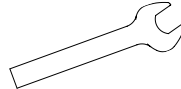
3MM



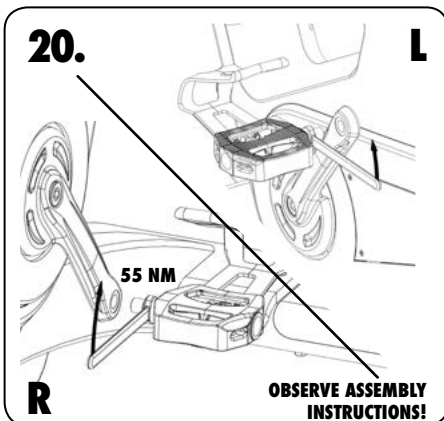
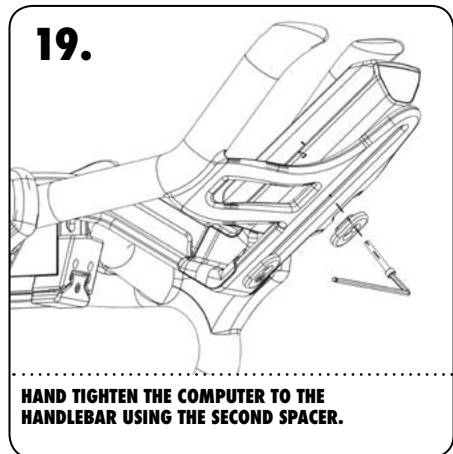
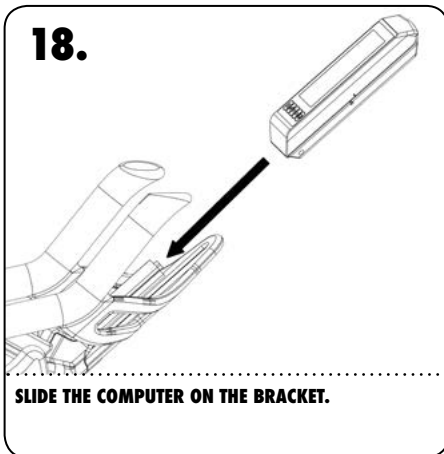
HAND TIGHT



2  
PEOPLE



15 MM  
PEDAL WRENCH

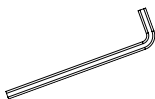


## WARNING!

Attach the pedal marked R on the right crank and tighten by turning clockwise (standard right-hand thread). Attach the pedal marked L on the left crank and tighten by turning counter-clockwise (left-hand thread). Please make sure that both pedals are fastened with sufficient force (55 NM), to ensure that the bolt does not become loose during use.

The threads are provided with TufLok® at the factory to prevent them from becoming loose during use. If bolts are loosened after initial assembly, we recommend using medium-strength LOCTITE® 243 when reassembling.

# HOW TO ASSEMBLE THE IC8 POWER TRAINER



3MM

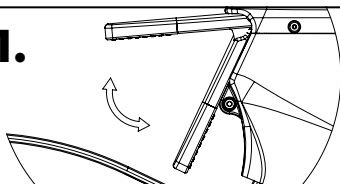


HAND TIGHT

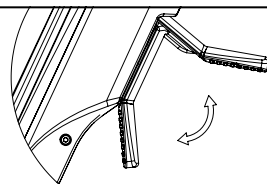


2  
PEOPLE

21.



22.



**CHECK THE VERTICAL ADJUSTMENT, WITH THE FLIP LEVER OPENED, FOR EASE OF MOTION WHEN ADJUSTING.**

**CHECK THE CLAMPING FORCE OF THE VERTICAL ADJUSTMENT WITH THE FLIP LEVER CLOSED. MAKE SURE THE VERTICAL ADJUSTMENT PERFORMS SUFFICIENTLY.**

**ADJUST IF REQUIRED REFERRING TO SERVICE GUIDELINES ON AVAILABLE ON MANUFACTURER'S SERVICE WEBSITE OR CONTACT YOUR LOCAL DISTRIBUTOR.**

# INSTALLATION

Instructions stated in this manual must be performed during initial installation of the training equipment in order to ensure optimal performance and a long lifespan. Please read and follow the following instructions carefully. If the bike is not installed and configured as described, the components may be subjected to excessive wear and tear and the bike may become damaged. If you have any questions regarding installation, please contact [service@indoorcycling.com](mailto:service@indoorcycling.com).

**Please note:** Lubricants are required for some maintenance procedures. Please only use an **acid- and solvent-free spray lubricant** and white lithium grease.

- 1.** Make sure the bike is level. If bike rocks on the floor, turn the levelling feet underneath the front and/or rear stabilizer until the rocking motion is eliminated. Make sure that the levelling feet are not screwed out further than 10 mm.
- 2.** Check that both crank arm Allen bolts, with which the cranks (on the right and left side of the bottom bracket) are fastened, are secure (tightening torque 60 NM). These bolts are provided with TufLok® at the factory to prevent them from becoming loose during use.

If the bolts become loose, we recommend applying medium-strength LOCTITE® 243 and then reattaching the crank fixing bolts with a tightening torque of 60 NM.

- 3.** Wipe down bike frame with a rag moistened with solvent-free spray lubricant.
- 4.** Some parts of the bike may become loose during shipment. Check crank arms and all exposed screws, bolts and nuts, and make sure that they are all secure and properly tightened.

## CUSTOMER SERVICE

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



# DISPOSING OF BATTERIES

## **BATTERIES MAY NOT:**

- come into contact with fire.
- come into contact with coins or other metallic objects.

Products or batteries labelled with this symbol may not be disposed of along with normal household refuse. For proper disposal, please find out about the applicable laws or guidelines on disposing of electrical devices and batteries in your local area and adhere to them.

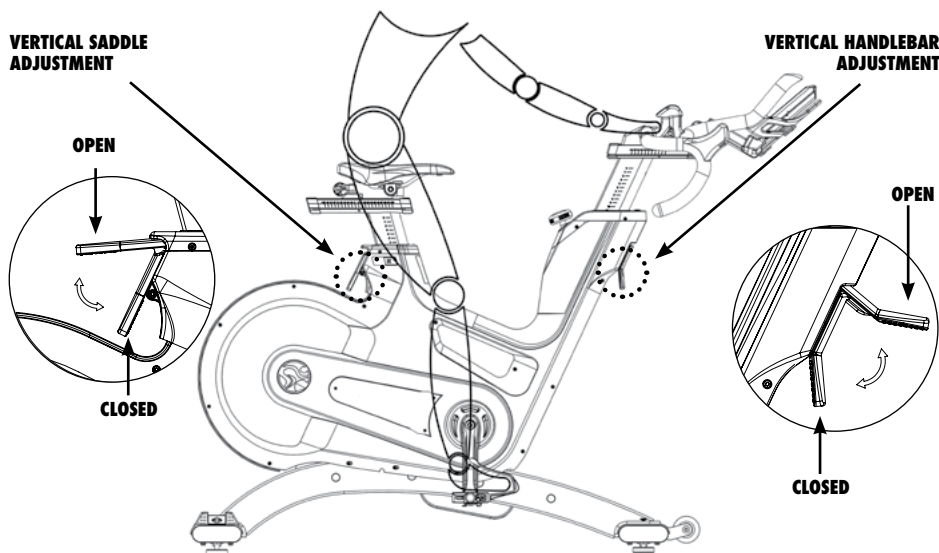


# HOW TO ADJUST THE IC8 POWER TRAINER

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

## ADJUSTING THE SEAT HEIGHT:

Sit on the saddle and ensure that your hip is not tilted to one side when the pedal has assumed the position as shown in the picture. Place your shoes in the toe clips (cages) on the pedals, or in the SPD cleats if you are using cycling shoes, if your bike is fitted with a combi pedal system.



## WARNING!

Do not adjust seat and handlebar during exercise. Ensure that all levers (vertical and horizontal) are closed, before you sit on the bike and always step off the bike when making adjustments to the handlebars and/or saddle.

Start pedalling slowly, until the pedal has reached the position as shown in the picture. The vertical saddle sliders should be adjusted so that your knees are always slightly bent when this pedal position is reached, without dropping your hip one side. Rule of thumb: When standing next to the bike, the upper edge of the saddle should be a hand's width/four fingers below your iliac crest. Please avoid cycling with your knees fully extended or your hip tilted to one side.

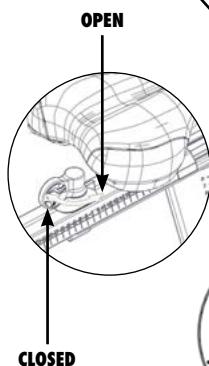
# HOW TO ADJUST THE IC8 POWER TRAINER

## ADJUSTING THE SADDLE HORIZONTALLY:

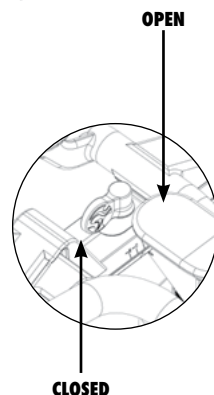
Properly positioning the saddle horizontally is very important in order to avoid injury to the knees. Sit on the saddle and move the pedals until the crank arms are in the horizontal position.

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

### HORIZONTAL SADDLE ADJUSTMENT



### HORIZONTAL HANDLEBAR ADJUSTMENT



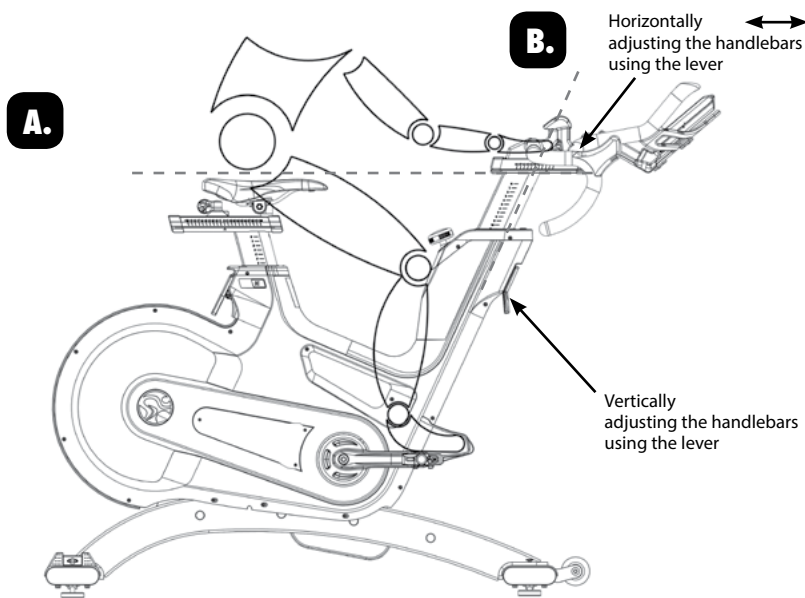
## WARNING!

Ensure that all levers (vertical and horizontal) are closed, before sitting on the bike and always step off the bike when making adjustments to the handlebars and/or saddle.

# HOW TO ADJUST THE IC8 POWER TRAINER

## HANDLEBAR POSITIONING:

Begin with the top of the handlebars at approximately the same height as the saddle (**dotted horizontal line A in the drawing below**) for inexperienced users set to the "0" marking (**see dotted vertical line B in the drawing below**). If your knees touch the handlebars or if you experience back discomfort when pedalling in the standing riding position for extended periods, the handlebars should first be adjusted slightly higher.



The next step is to adjust the horizontal position of the handlebar as precisely as possible to your height. An ideal and protective seating position for inexperienced riders is achieved if your back assumes an inclination at an angle of 45°.

The handlebars offer a wide variety of hand positions and adjustment possibilities, which provide the experienced rider with every possibility to find his/her ideal seating and hand positioning.

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

# HOW TO OPERATE THE IC8 POWER TRAINER

## **RESISTANCE ADJUSTMENT:**

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

To increase the resistance, turn the resistance adjustment knob clockwise and to decrease the resistance, turn it counter-clockwise. The resistance will also increase as the pedalling frequency increases due to the magnetic brake system fitted on this bike.

Never pedal backwards, as this can loosen the bolts between the pedals and the crank arm and the two may even become detached. During training, please make sure your shoes are placed in the toe clips (cages) provided or if you are using cycling shoes, with SPD cleats.

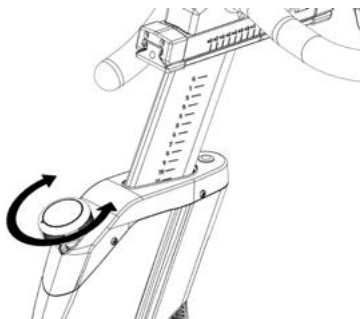
### **WARNING!**

The bike shall only be operated in forward pedaling motion. Do not attempt to adjust seat and handlebar in vertical or horizontal position while riding or seated.

# HOW TO OPERATE THE IC8 POWER TRAINER

## RESISTANCE KNOB (TURN RESISTANCE ADJUSTMENT KNOB)

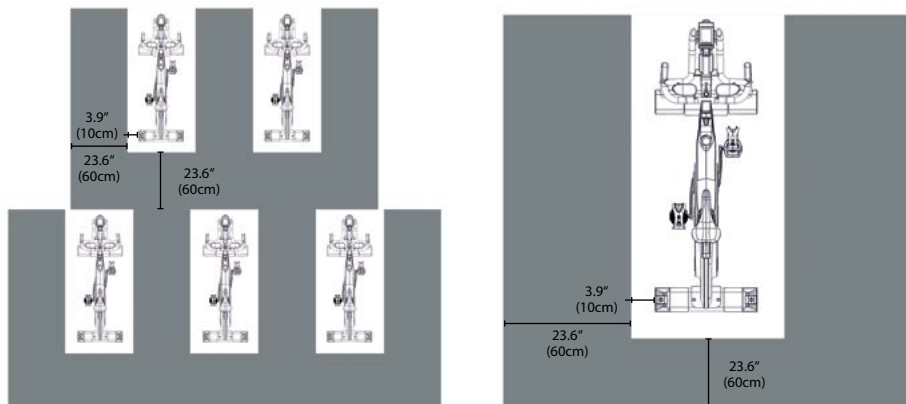
Turn the knob in clockwise direction to increase the resistance and counter clockwise direction to decrease resistance.



For safety reasons, please always make sure you pedal in a controlled manner and adjust your pedalling frequency to your own cycling capabilities.

## MOVING THE BIKE:

It is recommended that two people move the bike. In order to prevent accidents and damage to the plug-in sockets of the handlebars it is necessary to firmly fix the vertical handlebar adjustment before the wheel is tilted. Please take extra care when moving the bike over uneven surfaces. A second person is advisable here, to prevent the bike from tilting to one side. **Allow a minimum safety distance away from the nearest equipment, objects or walls as illustrated below.**

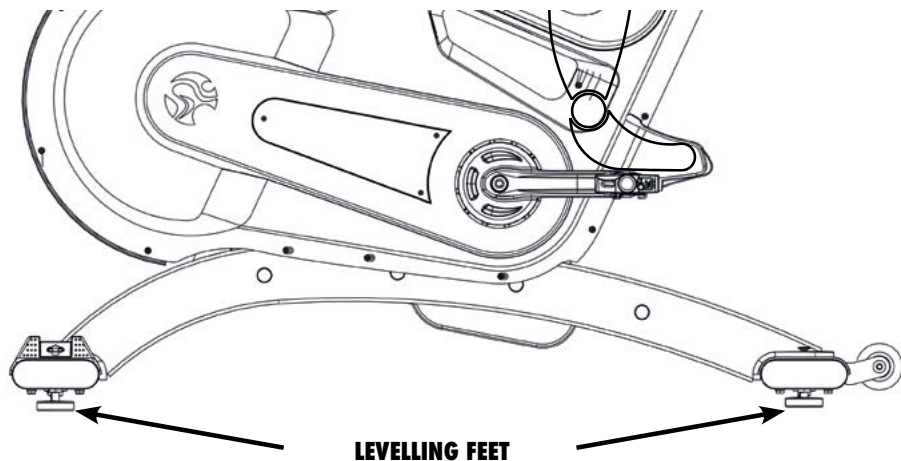


# HOW TO OPERATE THE IC8 POWER TRAINER

Check the stability of the bike where it is to be operated and if necessary adjust the levelling feet underneath the front or rear stabilizers to ensure the desired stability.

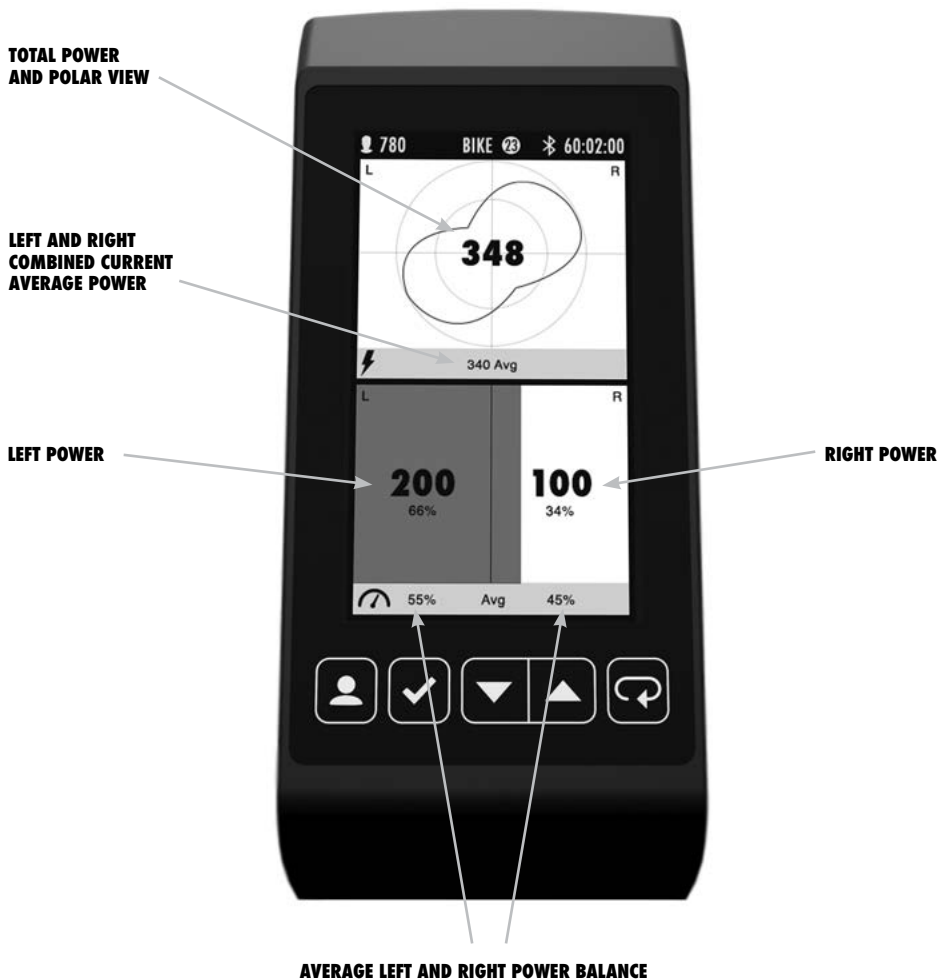
## **IMPORTANT!**

Please do not unscrew the levelling feet more than 1 cm! The free standing bike shall only be installed and operated on a horizontal, stable and leveled floor.



# HOW TO OPERATE THE IC8 POWER TRAINER

The IC8 power trainer has the ability to display in real time how you apply force through each pedal stroke and the balance between your left and right leg and to provide a summary of your overall performance at the end of your workout. The screen can be entered by toggling through the workout screen with the up/down arrow keys.





# PREVENTIVE MAINTENANCE

## WARNING!

Please carefully observe the following instructions. The maintenance and care procedures must be performed in the regularity set out, to ensure maximum operating safety and lifespan. Irregularly observed maintenance and care procedures will lead to increased wear to the product and will void the warranty. If you have any further questions on this topic, please contact our technical support.

Please only use an acid- and solvent-free maintenance and care agent to prevent damage to components of the bike.

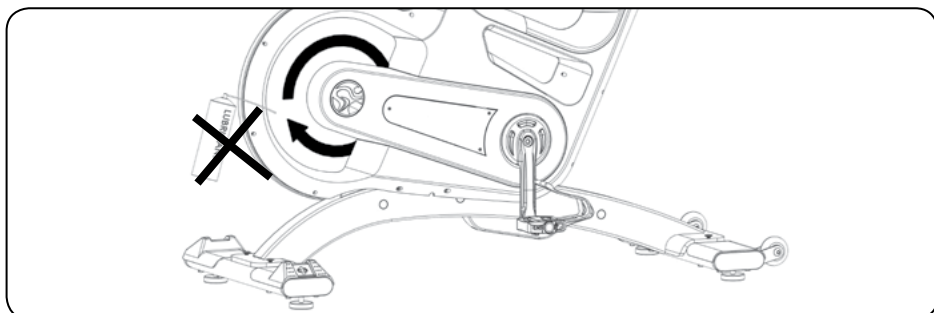
## DAILY MAINTENANCE:

- 1.** Make sure that the bike is horizontal, **leveled and does not rock** (if necessary adjust as described on p.19).
- 2. Cleaning:** The bike must be regularly cleaned after each use for reasons of hygiene. Ensure that there are sufficient soft cloths or paper towels, maintenance and disinfection agent available. First disinfect the saddle and handlebars with a suitable agent and then wipe all bodily residues off the entire bike.

## WEEKLY MAINTENANCE:

- 1. Cleaning:** Depending on how often the bike is used, it must be extensively cleaned once a week. To do this, spray a maintenance spray onto a soft cloth and clean all plastic parts, the entire flywheel, exposed frame components including stabilizers and the plastic casing.

Never spray maintenance spray or anything else directly onto the flywheel or pedal to ease cleaning, as this could cause the drive belt to slip during use, or damage internal components.

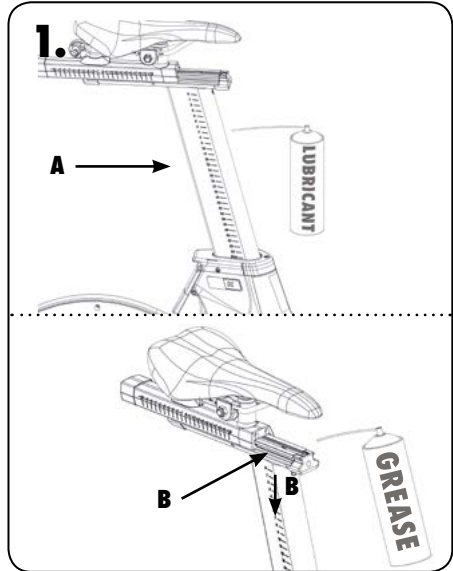


# PREVENTIVE MAINTENANCE

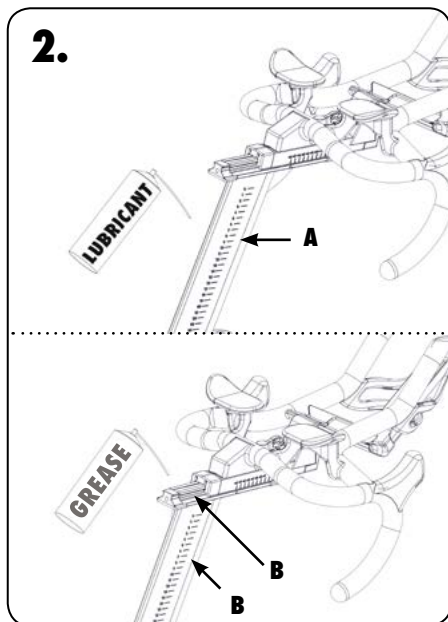
## BI-WEEKLY MAINTENANCE:

**1. Saddle adjustments:** To maintain the easy adjustment, the vertical and horizontal saddle posts must be regularly cleaned and lubricated. To do this, position the vertical saddle post **(A)** in the uppermost position, spray with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth.

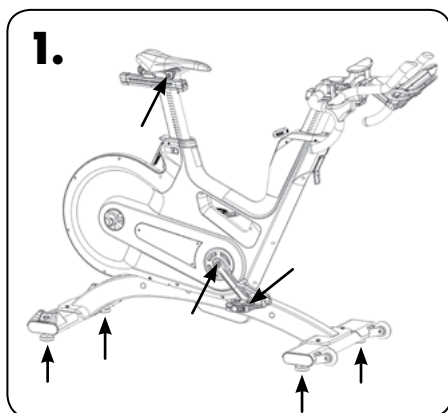
Clean sweat residues off the contact surfaces **(B)** of the horizontal saddle post beforehand and if necessary apply a small amount of clear lithium or silicone grease.



# PREVENTIVE MAINTENANCE



**2. Handlebar:** To maintain the easy adjustment of the handlebar posts, the vertical and horizontal handlebar posts must be regularly cleaned and lubricated. To do this, position the handlebar (A) in the uppermost position, spray the handlebar posts with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth. Clean sweat residues off the contact surfaces of the horizontal handlebar post (B) beforehand and if necessary apply a small amount of clear lithium/silicone grease.



## MONTHLY MAINTENANCE:

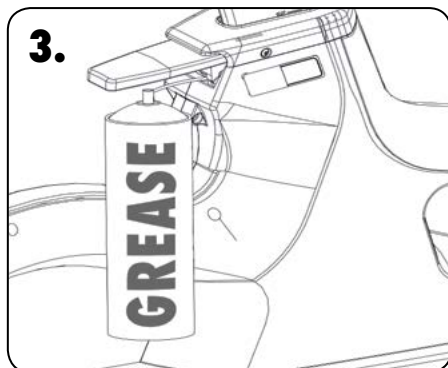
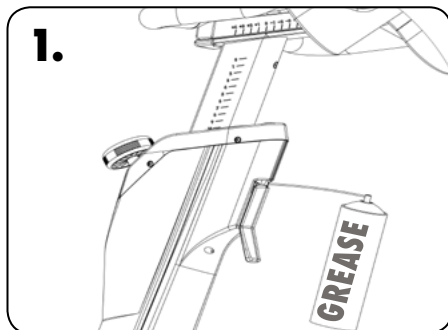
**1. Connecting elements:** During the course of regular maintenance and care procedures, all bolts, nuts etc. on the bike must be checked for firm seating and function, and parts showing wear or damage (saddle, pedal teeth, pedals, SPD system) replaced.

# PREVENTIVE MAINTENANCE

## USER-DEFINED MAINTENANCE:

### 1. Vertically adjusting the handlebar and saddle:

To ensure the easy adjustment of the vertical handlebar and saddle posts, it is recommended that you check the clamping mechanism and if necessary apply a small amount of clear lithium/silicone grease to the vertical clamping mechanism of the handlebar posts (1) and saddle post (2/3).

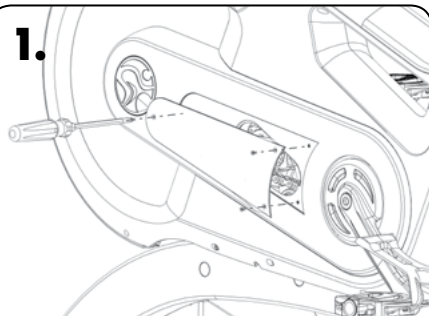


# PREVENTIVE MAINTENANCE

## CHAIN LUBRICATION:

Lubricate the chain once every 150 hours of use with a motorcycle chain lubricant.

1.

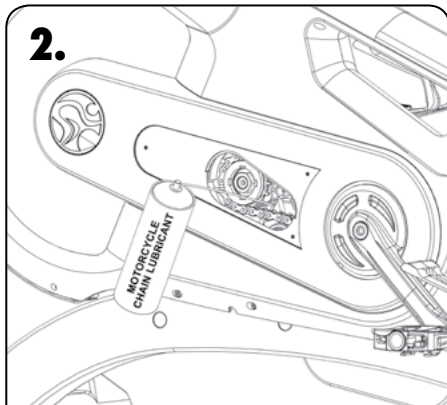


Remove the chain cover by removing the 3 screws using a Phillips head screwdriver.

### WARNING

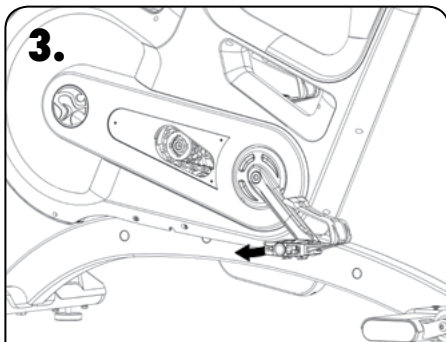
Once the cover is removed, you are exposing moving parts. Never use the bike when the cover is not mounted.

2.



Spray Motorcycle Chain Lubricant on the exposed section of the chain only when the crank / chain is not moving.

3.

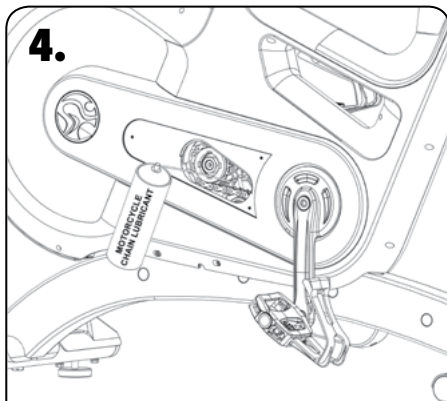


Slowly turn the crank until unlubricated chain is exposed and stop the crank.

### WARNING

Never turn the crank and lubricate the chain while it is turning.

4.



Repeat the process from step 2 until the complete chain is lubricated.

# MAINTENANCE ACTIVITY AND REQUIRED SCHEDULE

ACTIVITY	ROTATION	DETAILS
<b>FEET LEVELLING, DISINFECTION &amp; CLEANING OF THE BIKE</b>	<b>DAILY</b>	<b>P 25</b>
<b>DETAILED CLEANING OF THE ENTIRE BIKE</b>	<b>WEEKLY</b>	<b>P 25</b>
<b>CLEAN AND LUBRICATE SADDLE &amp; HANDLEBAR SLIDERS / POSTS</b>	<b>BI-WEEKLY</b>	<b>P 26-27</b>
<b>CHECK ALL CONNECTIONS AND FIXINGS</b>	<b>MONTHLY</b>	<b>P 27</b>
<b>VERTICALLY ADJUSTING THE HANDLEBAR AND SADDLE</b>	<b>MONTHLY</b>	<b>P 28</b>
<b>CHAIN LUBRICATION</b>	<b>150 HRS</b>	<b>P 29</b>

## EXAMPLES OF MAINTENANCE PLAN CHARTS FOR IN-HOUSE SERVICE TECHNICIANS:

WEEKLY MAINTENANCE CHECKLIST					
BIKE NO.	PRODUCTION CODE	OBSERVATIONS	ACTION TAKEN	RESULT	NAME / DATE

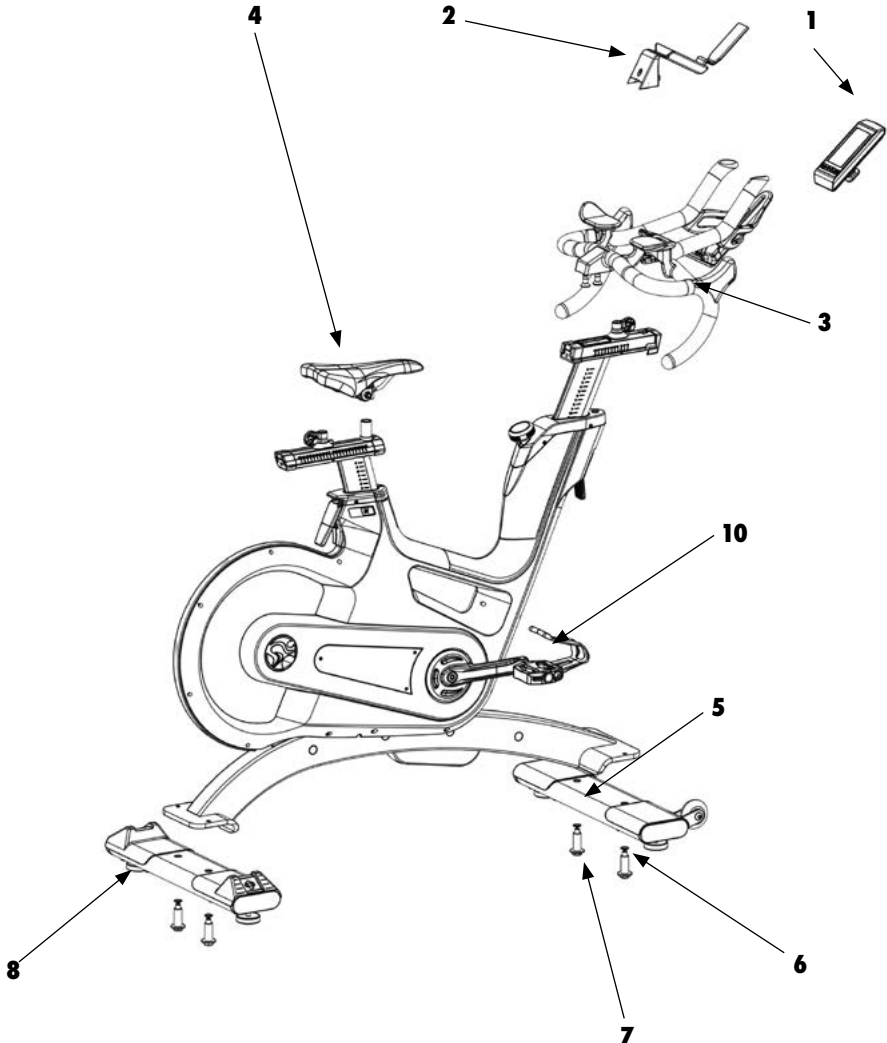
# MAINTENANCE ACTIVITY AND REQUIRED SCHEDULE

BI-WEEKLY MAINTENANCE CHECKLIST					
BIKE NO.	SERIAL NUMBER	OBSERVATIONS	ACTION TAKEN	RESULT	NAME / DATE

MONTHLY MAINTENANCE CHECKLIST					
BIKE NO.	SERIAL NUMBER CODE	OBSERVATIONS	ACTION TAKEN	RESULT	NAME / DATE

# SPARE PARTS

Due to revisions, spare part order no. and specifications may be subject to change.  
For further information please contact your local distributor or visit [www.indoorcycling.com](http://www.indoorcycling.com).





# SPARE PARTS

	<b>DESCRIPTION</b>	<b>ITEM NUMBER</b>
<b>1</b>	<b>WATTRATE TFT DISPLAY</b>	<b>320-00-00011-01</b>
<b>2</b>	<b>COMPUTER BRACKET COVER</b>	<b>110-01-00056-01</b>
<b>3</b>	<b>HANDLEBAR ASSEMBLY</b>	<b>110-01-00037-01</b>
<b>4</b>	<b>SADDLE</b>	<b>120-01-00054-01</b>
<b>5</b>	<b>FRONT STABILIZER</b>	<b>140-02-00003-01</b>
<b>6</b>	<b>1 PCS. LEVELING FEET</b>	<b>900-10-00003-01</b>
<b>7</b>	<b>1 PCS. STABILIZER MOUNTING HARDWARE</b>	<b>190-01-00004-01</b>
<b>9</b>	<b>REAR STABILIZER</b>	<b>140-02-00002-01</b>
<b>10</b>	<b>PEDALS</b>	<b>150-01-00005-03</b>

# WARRANTY

ICG warrants that all new equipment will be free of manufacturing defects in workmanship and materials, effective on the date of original assembly at its production facility. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. ICG is obligated to uphold its manufacturer warranty obligation so long as the product is used in the closed environment it was designed for, Temperature range between 15°C~40°C Celsius (59°F~104°F) and max. 65% humidity (not near a swimming pool or outdoors). Defects caused by obvious deliberate mechanical impact, inappropriate use or undo handling of the product may cause the manufacturer's warranty to become void. In order for the manufacturer to uphold the warranty coverage, the customer (fitness facility) is obligated to maintain and service the product as per the manufacturer's specifications stated in the owner manual of each product.

## **5 YEARS WARRANTY:**

## **FRAME CONSTRUCTION AND WELDING**

## **3 YEARS WARRANTY:**

## **POWDER COATING (PAINT CRACKS, CORROSION)**

## **HANDLEBAR AND SEAT POST ASSEMBLY**

## **(ALUMINUM PARTS AND PVC COATING)**

## **DUAL BELT DRIVE SYSTEM**

## **POWER SENSOR**

## **BOTTOM BRACKET ASSEMBLY**

## **FLYWHEEL AND HUB ASSEMBLY**

## **CRANKS**

## **PEDALS (EXCLUDED BINDING SYSTEM AND STRAPS)**

## **INSERT SLEEVES FOR HANDLE BAR AND SEAT POST**

## **BOWDEN CABLES (BRAKE ADJUSTMENT, EBRAKE ACTIVATION,**

## **GAS DAMPER ACTIVATION CABLE SP & HB VERTICAL ADJUSTMENT)**

## **BRAKE SYSTEM**

## **GAS DAMPERS**

## **FLIP LEVER ASSEMBLY**

## **FOR HORIZONTAL AND VERTICAL ADJUSTMENT (HB & SP)**

## **LEVELLING FEET**

## **SHROUD AND TOP COVERS**

## **1 YEAR WARRANTY:**

## **ELECTRONIC COMPONENTS**

## **(COMPUTER, CABLE HARNESS, PCBs AND SENSORS, GENERATOR)**

## **LITHIUM POLYMER (LIPO) BATTERY**

## **SADDLE CONSTRUCTION (EXCLUDED STITCHING AND SADDLE SURFACE)**

## **THE FOLLOWING WEAR ITEMS ARE EXCLUDED FROM WARRANTY:**

Pedal straps, pedal binding system, saddle surface.



## **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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**WEBSITE:** [WWW.INDOORCYCLING.COM](http://WWW.INDOORCYCLING.COM)

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