

LifeCycle
GX

TRAINING
MANUAL

LifeFitness
WHAT WE LIVE FOR



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Brn Mawr Avenue, Rosemont IL 60018, USA Telephone: (847) 288 3300 Fax: (847) 288 3703 Service phone number: 800 351 3737 (toll-free within USA and Canada)

AMERICAS

Columbia Centre III, 9525 West Brn Mawr Avenue, Rosemont IL 60018, USA Telephone: (847) 288 3300 Fax: (847) 288 3703 Service phone number: (847) 351 3737 Service email: customersupport@lifefitness.com Service website: www.lifefitness.com/parts Sales/marketing email: commercialsales@lifefitness.com Operating hours: 07:00-18:00 (CST)

Brazil Life Fitness, Brazil

Av. Cidade Jardim, 900 Jd. Paulistano, São Paulo, SP 01454-000 BRAZIL Telephone: (+55) 11 3095 5200 Fax: (+55) 11 3095 5201 SAC: 0800 773 8282 Service email: suporte@lifefitness.com.br Sales/marketing email: lifefitness@lifefitness.com.br Service operating hours: 09:00-17:00 (BRT) (Monday-Friday) Store opening hours: 09:00-20:00 (BRT) (Monday-Friday) 10:00-16:00 (Saturday)

Latin America and Caribbean* Life Fitness Inc. 5100 N River Road, Schiller Park, IL 60176, USA Telephone: (847) 288 3300 Fax: (847) 288 3703 Service email: customersupport@lifefitness.com Sales/marketing email: commercialsales@lifefitness.com Operating hours: 07:00-18:00 (CST)

INTERNATIONAL OFFICES

EUROPE, MIDDLE EAST AND AFRICA (EMEA)

Netherlands and Luxemburg Life Fitness Atlantic BV Bijdorplein 25-31, 2992 LB Barendrecht, THE NETHERLANDS Telephone: (+31) 180 646 666 Fax: (+31) 180 646 699 Service email: service.belux@lifefitness.com Sales/marketing email: marketing.belux@lifefitness.com Operating hours: 09:00-17:00 (CET)

United Kingdom and Ireland Life Fitness UK Ltd Queen Adelaide, Ely, CB7 4UB, UK Telephone: General office (+44) 1353 666017 Customer support (+44) 1353 665507 Fax: (+44) 1353 666018 Service email: uk.support@lifefitness.com Sales/marketing email: life@lifefitness.com Operating hours: general office: 09:00-17:00 (GMT) customer support: 08:30-17:00 (GMT) Global website: www.lifefitness.com

Germany and Switzerland Life Fitness Europe GmbH Siemensstraße 3, 85716 Unterschleißheim, GERMANY Telephone: (+49) 89 31 77 51 0 (Germany) (+41) 0848 000 901 (Switzerland) Fax: (+49) 89 31 77 51 99 (Germany) (+41) 043 818 07 20 (Switzerland) Service email: kundendienst@lifefitness.com Sales/marketing email: kundenberatung@lifefitness.com Operating hours: 08:30-16:30 (CET)

Austria Life Fitness Austria Vertriebs GmbH, Dückegasse 7-9/3/36, 1220 Vienna, AUSTRIA Telephone: (+43) 1 61 57 198 Fax: (+43) 1 61 57 198 20 Service email: kundendienst@lifefitness.com Marketing/sales email: kundenberatung@lifefitness.com Operating hours: 08:00-16:30 (CET)

Spain Life Fitness Iberia C/Frederic Mompou 5, 1ª 08960 Sant Just Desvern, Barcelona, SPAIN Telephone: (+34) 93 672 4660 Fax: (+34) 93 672 4670 Service email: servicio.tecnico@lifefitness.com Sales/marketing email: info.iberia@lifefitness.com Operating hours: 09:00-18:00 (Monday-Thursday) 08:30-15:00 (Friday)

Belgium Life Fitness Benelux NV Parc Industriel de Petit-Rechain 4800, Verviers, BELGIUM Telephone: (+32) 87 300 942 Fax: (+32) 87 300 943 Service email: service.belux@lifefitness.com Sales/marketing email: marketing.belux@lifefitness.com Operating hours: 09:00-17:00 (CET)

Italy Life Fitness Europe GmbH Siemensstraße 3, 85716 Unterschleißheim, GERMANY Telephone: (+39) 02 55378611 Service: 800 438836 (in Italy) Fax: (+39) 02 55378699 Service email: assistenzatecnica@lifefitness.com Sales/marketing email: info@lifefitnessitalia.com Operating hours: 08:30-16:30 (CET)

ALL OTHER EMEA COUNTRIES AND DISTRIBUTOR BUSINESS C-EMEA*

Bijdorplein 25-31, 2992 LB Barendrecht, THE NETHERLANDS Telephone: (+31) 180 646 644 Fax: (+31) 180 646 699 Service email: service.db.cemea@lifefitness.com Sales/marketing email: marketing.db.cemea@lifefitness.com Operating hours: 09:00-17:00 (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan Nippon Brunswick Bldg., #8F 5-27-7 Sendagaya Shibuya-Ku, Tokyo, JAPAN 151-0051 Telephone: (+81) 3 3359 4309 Fax: (+81) 3 3359 4307 Service email: service@lifefitnessjapan.com Sales/marketing email: sales@lifefitnessjapan.com Operating hours: 09:00-17:00

China and Hong Kong Life Fitness Asia Pacific Ltd Room 2610, Miramar Tower, 132 Nathan Road, Tsimshatsui, Kowloon, HONG KONG Telephone: (+852) 2891 6677 Fax: (+852) 2575 6001 Service email: HongKongEnquiry@lifefitness.com Sales/marketing email: ChinaEnquiry@lifefitness.com Operating hours: 09:00-18:00

ALL OTHER ASIA PACIFIC COUNTRIES AND DISTRIBUTOR BUSINESS ASIA PACIFIC*

Room 2610, Miramar Tower, 132 Nathan Road, Tsimshatsui, Kowloon, HONG KONG Telephone: (+852) 2891 6677 Fax: (+852) 2575 6001 Service email: HongKongEnquiry@lifefitness.com Sales/marketing email: ChinaEnquiry@lifefitness.com Operating hours: 09:00-18:00

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

Before using this product, it is essential to read this ENTIRE training manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Operators and users of the LifeCycle GX® should ensure that ALL members and trainers follow these instructions. Failure to follow the health and operating safeguards may result in injury or serious health risk.

⚠ FCC Warning – possible radio/television interference

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

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

EN 957 Class S: Professional and/or commercial use.

⚠ WARNING: Any changes or modifications to this equipment could void the product warranty. Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.

This training manual describes the functions of the following product: LifeCycle GX. See specifications in this manual for product-specific features.

Statements of purpose

The Life Fitness LifeCycle GX exercise bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.

⚠ WARNING: 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 programme, 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.



CONTENTS

LIFECYCLE® GX

GETTING STARTED

Important safety instructions

LIFECYCLE GX POSITION AND SETUP

- 10 Seat height
- 11 Saddle forward and back position
- 11 Handlebar height
- 12 Handlebar forward and back position
- 13 Pedal strap adjustments and SPD usage
- 13 Resistance control/brake lever
- 14 Optional console display

INSTRUCTING SKILLS

- 20 Correct cycling technique
- 23 Teaching cues

TRAINING INFORMATION

- 24 Heart rate monitor training
- 25 Warm-up and cool-down
- 28 LIFECYCLE GX sample workouts

SERVICE AND TECHNICAL DATA

- 30 Preventative maintenance tips
- 30 Life Fitness approved cleaners
- 30 Life Fitness compatible cleaners
- 30 Preventative maintenance schedule

WARRANTY

- 31 Warranty information
- 31 Warranty coverage

SPECIFICATIONS



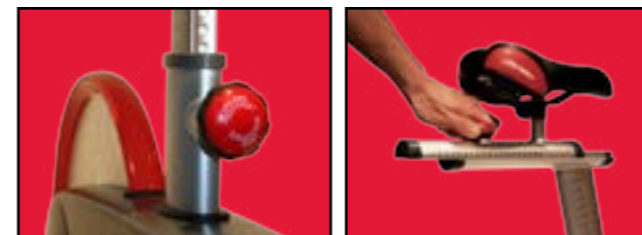
GETTING STARTED

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Life Fitness products.

- **WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Allow a distance of 16in (41cm) between the widest part of the bike and other objects on either side. Provide at least 3ft (0.9m) between the front or rear of the Life Fitness bike to any other objects.
- **WARNING:** Always install the product on a stable floor and properly level the unit.
- **WARNING:** Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- **WARNING:** Do not lift the seat or handlebar height adjustment beyond the "STOP" mark
- Only use the LifeCycle GX for its intended purpose as described in this manual. Improper use may result in injury.
- Use the LifeCycle GX in a supervised environment with qualified instructors. Keep unsupervised children away from the equipment.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness customer support services.
- Always follow the console instructions for proper operation.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never insert objects into any opening in these products. Contact Life Fitness customer support services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Ensure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into or underneath the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Do not use attachments that have not been recommended by the manufacturer.

- Ensure that ALL adjustment knobs are secure (seat height, seat fore-aft, handlebar height, handlebar fore-aft).



- Use caution when mounting or dismounting the LifeCycle exercise bike.
- Do not stand or sit on plastic shrouds.
- Do not insert any objects or any part of the body while the flywheel is in motion.
- Do not turn the crank arms by hand.
- Never face backward while using a LifeCycle GX exercise bike.

- This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur.
- Wait for the flywheel to coast to a stop. If you want to quickly stop the flywheel, apply firm downward pressure to the brake lever.
- Do not dismount the LifeCycle GX exercise bike until the pedals and the flywheel are at a complete stop. Spinning pedals may cause serious injury.
- To engage the emergency stop, apply firm pressure downward on the resistance lever until the emergency brake pad has engaged the flywheel.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.



LIFECYCLE GX POSITION AND SETUP

LIFECYCLE GX POSITION AND SETUP

This section outlines a step-by-step guide to ensuring the user is set up correctly.

The correct setup sequence is:

1. Seat height
2. Seat forward and back position
3. Handlebar height
4. Handlebar forward and back position
5. Pedal strap adjustments and SPD usage
6. Brake lever adjustments

1

SEAT HEIGHT

Proper seat height ensures maximum efficiency and comfort while reducing the risk of injury. The following steps will ensure that correct seat height is established:

- Stand the user next to the saddle facing forward towards the handlebars
- Lift the saddle up so that the top of the saddle is level with the iliac crest
- Secure the pop pin before the user climbs onto the bike. Make sure the pop-pin engages a preset hole and turn the knob clockwise to secure.
- Sit the user on the bike and bring the pedals in a vertical position, roughly 12 and 6 o'clock
- Place the heel of the foot on the pedal nearest the floor – the leg should be straight BUT not locked
- With the foot clipped in or in the pedal straps, the knee should be slightly bent and the ankle should be able to drop down
- Make adjustments if necessary to establish correct height:
 - a. If anterior knee discomfort is felt, raise the seat so that the knee angle is 15-20° from bottom of the pedal stroke
 - b. If posterior knee discomfort is felt, including pain in the calf and/or Achilles, lower the seat so that the knee angle is 25-35° from bottom of the pedal stroke
- **WARNING:** Always dismount the cycle before making adjustments to the saddle.
- **WARNING:** Do not lift the seat or handlebar height adjustment beyond the "STOP" mark

Ask the user to pedal backwards; there should be no excessive rocking of the hips and locking of the knees.



2

SEAT FORWARD AND BACK POSITION

Once the proper saddle height has been established, bring the pedals to the horizontal position of 9 and 3 o'clock. Adjust the saddle fore and aft to ensure that the knee is in line with the pedal spindle. Tighten the knob.



3

HANDLEBAR HEIGHT

Handlebar height varies between users due to personal preference, fitness and flexibility. A general starting point is to adjust the handlebar height so that it is in line with the saddle. For preferred lower settings ensure that it is no more than 2.5-4 inches (4-10cm) lower than the saddle. This will

ensure correct tilting from the hips.

Beginners or those with lower-back discomfort may want to raise it slightly above the saddle.





4

HANDLEBAR FORWARD AND BACK POSITION

The position of the handlebar fore and aft ensures that the participant rides with as little stress as possible on the spine, lower-back muscles, shoulders and neck.

Users should be able to reach Position 3 without having to slide forward on the saddle. (see pages 22-23 for body and hand position overview). Their arms should be at approximately right angles. If tension is felt, slide the handlebar a little closer into the body.



5

PEDAL STRAP ADJUSTMENTS AND SPD USAGE

Pedal straps: Adjust to fit snugly around the shoes and hold the foot in the pedal.

1. Place the feet into the pedal cage straps so that the ball of the foot is over the pedal axle
2. Rotate the pedals slowly until one foot is within arm's reach, and then tighten to a snug fit
3. Repeat for the other foot
4. Do several slow rotations of the pedals to ensure there is a snug fit and the pedal stroke feels comfortable

SPDs: For those using SPDs it is likely they are confident cyclists or regular class participants. Reiterate that they should hear a definitive CLICK as the shoe cleat engages with the pedal and ensure that they are comfortable engaging and disengaging the foot.



6

BRAKE LEVER ADJUSTMENTS

Peddalling resistance is controlled by the incremental brake lever located under the handlebars. The intensity of the ride and cadence can be varied by using the lever. The resistance lever has 20 levels from which varying resistances

can be used in relation to the objective of the class. Push the lever down to increase resistance, and up to decrease resistance. The resistance level feedback allows the trainer to monitor the class, ensuring they are working within their ability and in line with the stages of the class. By using the optional console, users will be able to view their current level on the screen.

To engage the emergency stop, apply firm pressure downward on the resistance lever until the emergency brake pad has engaged the flywheel.



OPTIONAL CONSOLE DISPLAY

IF THE OPTIONAL CONSOLE DISPLAY WAS PURCHASED, PLEASE REVIEW THE FOLLOWING INFORMATION.

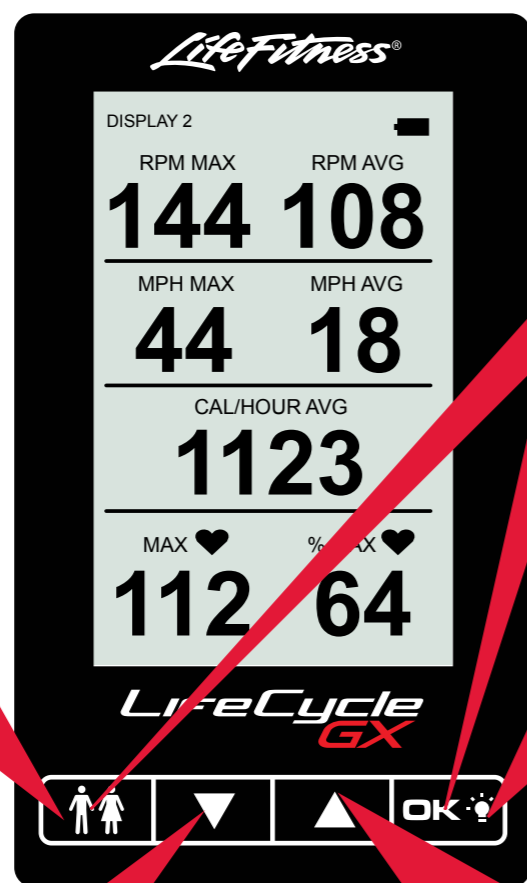
WARNING: Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

The console will display feedback consisting of: speed, distance, cadence, calories, time, heart rate (HR), Calories Per Hour and percentage (%) of HR max. % of HR max will allow the instructor to implement new and innovative classes. Current brands supporting the LifeCycle GX are:

Polar® and all brands Polar compatible. Accuracy of non-Polar brands may vary.

The console also has a Display 2 which will show the max and averages of all the data shown previously, throughout and at completion of the workout. The computer will also display the resistance level (20 available); great for tracking progress and quantifying the workout.

Correct setup of the console will ensure the user has accurate feedback and a positive experience.



Pedal to wake the console

USER LOGO: Quick Press once for USER MODE, long press (2 seconds) reset display functions and user data (back to default)

DOWN ARROW: Quick press once for DISPLAY MODE 1 and 2

OK and LOGO: Press simultaneously for 3 seconds to enter SETUP MODE

OK LOGO: Short press once for backlight

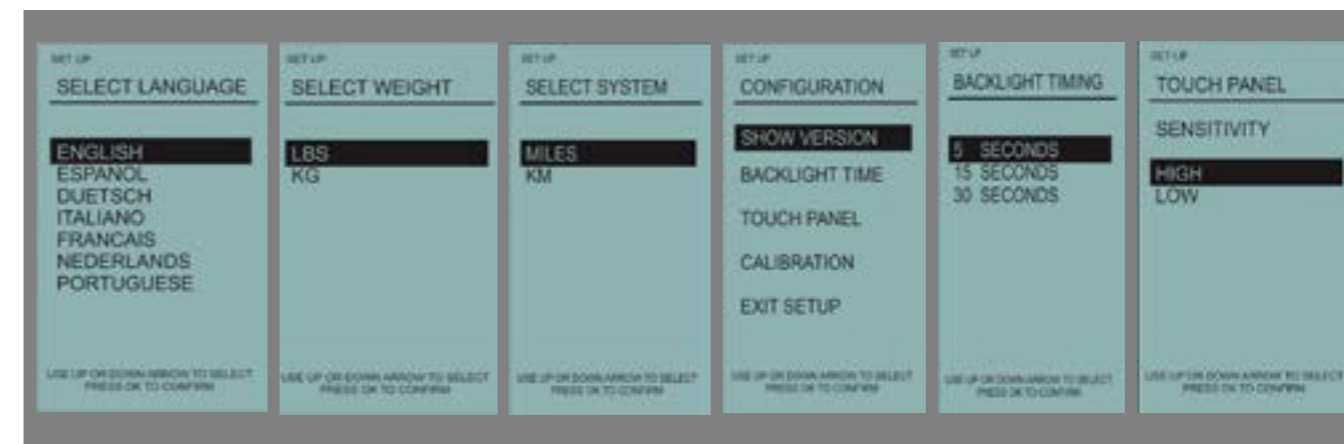
UP ARROW: Quick press once for DISPLAY MODE 1 and 2

CONSOLE SETUP

- Change language: English, Spanish, German, Italian, French, Dutch, Portuguese
- Change weight setting: lbs or kg
- Change system setting: miles or km
- Configuration: show version, backlight time, touch panel, calibration, exit setup
- Change backlight timing
- Change touch panel sensitivity

After setup is completed for the first time, these setup values become default settings.

If the brake is not calibrated a "!" will appear on the console in the LEVEL window. Refer to Assembly Manual for brake calibration procedure.



NAVIGATING THE SETUP MODE

1. To enter SETUP mode from other mode, press and hold the OK and LOGO button simultaneously for three seconds
2. Use up arrow button and down arrow button to select language
3. Press OK button
4. Use up and down arrow button to select weight indicator (lbs or kg) setting for USER mode
5. Press OK button
6. Use up and down arrow button to select system indicator for distance (miles or km) and speed (mph or km/h)
7. Use up and down arrow button to show software version or perform brake calibration
8. Press OK button
9. Exit setup and press OK

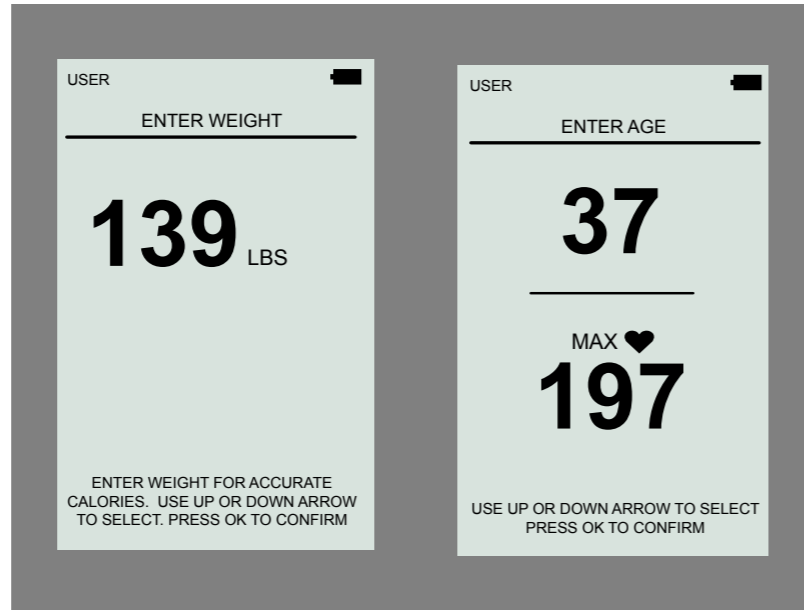


USER SETTINGS

- Set weight: lbs or kg (as defined in SETUP mode) (start with default value)
- Set age (start with default value)

NAVIGATING THE USER MODE

1. To enter USER mode from other display mode, press LOGO button
 2. Use up and down arrow button to set weight: lbs or kg based on SETUP settings
 3. Press OK
 4. Use up and down button to set age
 5. Press OK
 6. Return back to DISPLAY mode 1
- NOTE: Data can be reset to default by holding the LOGO button for 3 seconds, or after 5 minutes of no cadence.



DISPLAY MODE 1 – ONSCREEN INFORMATION

All workout data shall be updated once every second in real time. A heart rate strap is required to monitor current heart rate and percentage of heart rate max. Must enter your Age and Weight to view % of HR Max.

***WARNING: CAL/HR is an indicator of the relative user exertion and can be used as a motivator for the user. CAL/HR is not an exact correlation to individual calorie expenditure.**

DISPLAY MODE 2 – ONSCREEN INFORMATION

All workout data shall be updated once every second in real time. An HR strap is required to monitor HR max, percentage of heart rate max, average and percentage of average.

POWER ON/OFF

- Console turns on when cadence signal is received.
- Console turns off automatically after five minutes if no signal (cadence) is being received

DEFAULT SETTING

Default settings apply if no data are entered in setup or user mode. These values are preset in production.

Setup default

- Language: English
- Weight indicator: lbs
- System indicator: miles

User mode default

- Weight: 75kg or 165lbs
- Age: 35

Power requirements

- Battery: 2 D-Cell batteries
- Approximate Battery life: 800hrs

INSTRUCTING SKILLS

INSTRUCTING SKILLS

CORRECT CYCLING TECHNIQUE

Once the bike is set up correctly the user is in a position to adopt a safe, efficient and enjoyable workout.

The following teaching points should be introduced during every warm-up to ensure the user is in the correct position on the bike:

- Sit with their backside at the rear of the saddle so that their sitting bones are supported
- Lift the chest and look straight ahead
- Lean forward, hinging from the hips and NOT arching the spine
- Place the hands on the handlebars in Position 2 and slightly relax shoulders and arms. (see pages 22-23 for body and hand position overview).
- The abdominals should be engaged to provide a strong core



PEDALLING

The push phase

If you imagine a clock face, the push phase is approximately at the 2 o'clock position and will finish at the 5 o'clock position. This phase produces the most amount of power by recruiting the gluteals, quadriceps and calf muscles.

The pull/recovery phase

This occurs at approximately the 7 o'clock position and ends at the 11 o'clock position with the recruitment moving towards the hamstrings and hip flexors.

It is important to pay attention to BOTH phases to ensure a fluid and even power output.

TEACHING POINTS ON BASIC PEDALLING TECHNIQUE:

- Slide the hips to the back of the saddle
- Push forward through the pedal by dropping the heel down
- Scrape the ball of the foot (as if removing dirt from their shoe)
- Lift the heel on the upwards/pull phase in order to recruit the hamstrings

ANKLE/FOOT POSITIONING DURING HIGH-CADENCE AND LOW-CADENCE WORKOUTS

High cadence (sprints)

During high-cadence workouts, the ankle stays in the same position through the whole rotation: approximately 90° with the toes slightly lower than the heels. It reduces the degrees through which the ankle must rotate, therefore speeding up each revolution.



HIGH CADENCE

Key cues to use during high-cadence workouts:

- Abs engaged
- Toes slightly down
- Add resistance if you are bouncing in the saddle
- Relax upper body
- Eyes forward
- Decrease resistance a little if legs start to slow down

Low cadence (muscular strength)

Goal is maximal force through the legs/power output. Using the ankle to change the angle of foot on the pedal through the rotation will allow more force/power to be produced.

The basics are

- Push forward and down, drop heel down to go through the push point
- 'Flick' the heel up as you move down to be able to scrape with toes at the bottom (toes at their lowest level)
- 'Flick' the heel down again pulling backwards and lifting the knee on the way up

KEY CUES TO COACH AT SLOW SPEED WITH HEAVY RESISTANCE:

- Slide backward
- Push and pull
- Drop the heel
- Push the knee to the handlebars when rolling over at the top of the pedal stroke
- Scrape the pedal at the bottom



LOW CADENCE

UPPER-BODY AND HAND POSITIONS

The position of the upper body during the class is key in achieving good form and technique. The positioning of the hands will determine posture, breathing, comfort levels and can determine the objective for the particular block of workout such as a seated climb or sprint.

POSITION 1 (SEATED CLIMBS, WARM-UP AND COOL-DOWN)

In Position 1 the hands are placed on the horizontal part of the handlebars. This position is commonly used for seated climbs as well as recovery.

- This position encourages a comfortable, upright position ensuring the user's chest is open and breathing is easier
- Encourage users to relax shoulders, apply a loose grip to the bars and keep elbows soft – this position ensures that tension is reduced and no unnecessary energy is wasted



POSITION 2 (CLIMBS, JUMPS, HOVERS, SPRINTS)

In Position 2 the hands are extended in the forward position. This position is commonly used for climbs, jumps, hovers and sprints where leverage is needed.

- This forward position encourages further recruitment in the hips and is a more powerful position to use when sprinting and climbing, seated or standing
- Encourage users to relax shoulders, keep elbows soft and face forward
- Look for excessive rounding of the back meaning the user is pulling on the bars too much and there is tension building up in the back muscles, wasting energy



POSITION 3 (TIME TRIAL, LONG EFFORTS)

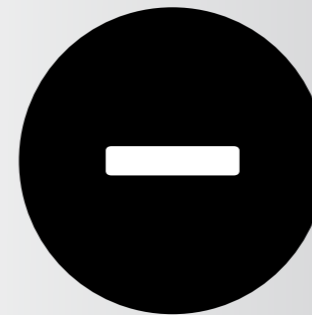
In Position 3 the hands are placed in the aero position in the middle of the bars. This position is commonly used for sustained efforts and seated high-cadence efforts in a tucked position.

- Encourage relaxed shoulders and avoid any excessive tension



TEACHING CUES

When cueing users on technique, rather than focus on what they are doing wrong, focus on what they should be doing right.



NEGATIVE CUEING

Don't tense up
Don't just push down
Don't do above 95rpm
Don't point toes

POSITIVE CUEING

Relax upper body, let legs do the work
Keep pedal stroke fluid and focus on technique
Keep cadence below 95rpm
Keep heel down pushing through the pedal stroke



TRAINING INFORMATION

HEART RATE MONITOR TRAINING

By using the LifeCycle GX console in combination with a heart rate monitor a user can directly measure their exercise intensity. Using an HR monitor ensures that they are training within a specific HR zone by either monitoring their current HR or % max HR on the console. By using the console and HR monitor a user can ensure they are not over-exerting or underachieving. By using both, progression can be monitored and measured in each class, increasing motivation. When training a member/participant using an HR monitor device there are a few considerations that you need to be aware of:

- Medical clearance to exercise (pre-exercise questionnaire and GP health check), blood pressure, circulation and

breathing must always be considered and assessed beforehand

- If teaching a group, bikes need adequate space between each one to reduce the chances of interference (1m/3ft would be ideal if possible)
- Individuals need to know what their HR training zones are in order to follow the instructions of the class
- Trainers need to structure the training or class
- A gradual increase of intensity to allow for HR to elevate safely
- Give enough time for the participants to maintain the HR goal
- Allow recovery after each component/interval

WARM-UP AND COOL-DOWN

The warm-up is essential in preparing the body physically and mentally for the workout ahead and should include the following:

- Progress naturally in a controlled manner
- Should be a positive experience for users so that they are motivated and ready for the class
- Intensity should be enough to raise the HR and body temperature
- Users should begin to perspire and be aware of their breathing rate

The warm-up is also a good time for the instructor to:

- Check the users' cycle setup and position
- Remind them of good pedalling technique and hand positions
- Remind them if they feel dizzy or ill to slow down and stop
- Explain the console display
- Explain the journey planned on the bike

How hard the rider should work in the warm-up, workout and cool-down stages is expressed in terms of Max Heart Rate(MHR) and Rate of Perceived Exertion(RPE). The RPE Scale is shown on page 26.

A typical warm-up for an indoor 60-minute cycling class:

- 5mins easy spinning 60-65% MHR, RPE 2
- 3mins, increasing level every minute, keeping cadence between 90-95rpm, 65%-70%-75% MHR, RPE 2-3-5
- 2mins easy spinning 60-65% MHR, RPE 2
- 1min fast cadence 100rpm+
- 1min easy spinning 60-65% MHR, RPE 2
- 1min fast cadence 100rpm+
- 2mins easy spinning before main set 60-65% MHR, RPE 2

The cool-down is as important as the warm-up, and an integral part of any indoor cycling class and should include the following:

- Progress naturally in a controlled manner
- Can be monitored via HR to ensure the HR is reducing
- Should include some key stretches with regards to the muscle groups used in the class (calves, quadriceps, hamstrings, hip flexors, back extensors, etc.)



- Congratulate the class
- Remind users of hydration during and after the class, and basic nutrition tips of having something to eat within the hour to ensure energy levels are kept up
- Should be a positive experience for users so that they are re-motivated

A typical cool-down for an indoor 60-minute cycling class will be between 5-10 minutes long depending upon the intensity of the session. A cool-down will start with easy pedalling in zone 1 HR or less than 65% MHR to ensure a gradual decline in HR and the flushing of any toxins in the legs.

RPE SCALE:

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find this activity.

- 0 – NOTHING AT ALL
- 1 – VERY LIGHT
- 2 – FAIRLY LIGHT
- 3 – MODERATE
- 4 – SOMEWHAT HARD
- 5 – HARD
- 6 – HARD
- 7 – VERY HARD
- 8 – VERY HARD
- 9 – VERY HARD
- 10 – VERY, VERY HARD





LIFECYCLE GX SAMPLE WORKOUTS

All these workouts can be done by beginners to advanced based on Max Heart Rate (MHR).

LADDERS/UPS AND DOWNS

WARM-UP

- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1
- 1min hard effort 85-90% MHR, RPE 6, Position 2
- 1min hard effort 87-92% MHR, RPE 7, Position 2
- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1

REPEAT X2

- 2mins 70-75% MHR, RPE 4, Position 1
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 80-90% MHR, RPE 6, Position 2 out the saddle
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 70-75% MHR, RPE 4, Position 3
- 1min easy spin 60-65% MHR, RPE 2, Position 1

RECOVERY

- 5mins easy spin 60-65%MHR, RPE 2, Position 1

REPEAT X1

- 2mins 70-75% MHR, RPE 4, Position 1
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 80-90% MHR, RPE 6, Position 2 out the saddle
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 70-75% MHR, RPE 4, Position 3
- 1min easy spin 60-65% MHR, RPE 2, Position 1

REPEAT X1

- 2mins 70-75% MHR, RPE 4, Position 1
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 80-90% MHR, RPE 6, Position 2 out the saddle

COOL-DOWN

- 7mins easy spin 60-65% MHR, RPE 2, Position 1

ATTACKS/JUMPS

WARM-UP

- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1
- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7
- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7
- 45secs 75-80% MHR, RPE 5, Position 3

- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1

REPEAT X6

- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7

RECOVERY

- 3mins easy spin 60-65% MHR, RPE 2, Position 1

REPEAT X5

- 45secs 80-85% MHR, RPE 6, Position 3
- 15secs Position 2 out the saddle, RPE 7

RECOVERY

- 3mins easy spin 60-65% MHR, RPE 2, Position 1

REPEAT X10

- 45secs 85-90% MHR, RPE 6, Position 3
- 15secs Position 2 out the saddle, RPE 7

RECOVERY

- 3mins easy spin 60-65% MHR, RPE 2, Position 1

REPEAT X9

- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7

COOL-DOWN

- 8mins easy spin 60-65% MHR, RPE 2, Position 1

DROP DOWNS

WARM UP

- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1

- 3mins going up each minute in %MHR from 70-75% – RPE 4, 75-80 – RPE 5, 80-85% MHR – RPE 6, Position 3

- 2mins easy spin 60-65% MHR, RPE 2, Position 1

- 1min at 85-95% MHR, RPE 8, Position 2

- 5mins easy spin 60-65% MHR Position 1

REPEAT X3

- 1min at 85-95% MHR, RPE 8, Position 2 out the saddle

- 2mins 80-85% MHR, RPE 6, Position 2 seated

- 4mins 75-80% MHR, RPE 5, Position 3

- 5mins easy spin 60-65% MHR, RPE 2, Position 1

REPEAT X1

- 1min at 85-95% MHR, RPE 8, Position 2 out the saddle

- 1min 80-85% MHR, RPE 6, Position 2 seated

- 1min 75-80% MHR, RPE 5, Position 3

COOL-DOWN

- 6mins easy spin 60-65% MHR, RPE 2, Position 1



SERVICE AND TECHNICAL DATA

PREVENTIVE MAINTENANCE TIPS

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

Warning: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the Life Fitness product operating at peak performance:

- Locate the product in a cool, dry place
- Apply the lubricant to a cotton cloth, then wipe on the upper area of the lower fore/aft sliders as needed. Note: only a few drops of lubricant are required per usage.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Life Fitness approved cleaners) and a microfibre cloth
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console
- Clean the top surface of the pedals regularly
- Keep the pedal straps fastened securely when using the bikes

LIFE FITNESS APPROVED LUBRICANT

Break Free(R), Life Fitness part number SK50-P005-0000.

LIFE FITNESS APPROVED CLEANERS

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the antibacterial force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfibre cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least two minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least two minutes for general disinfection purposes.

Contact customer support services to order these cleaners (1 800 351 3737 or email: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfibre cloth only. Apply the cleaner to the microfibre cloth before cleaning. DO NOT use ammonia or acid-based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

PREVENTIVE MAINTENANCE SCHEDULE

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY
CONSOLE OVERLAYS	Clean		Inspect
BOTTLE HOLDERS/ACCESSORY TRAYS	Clean		
CONSOLE MOUNTING BOLTS			Inspect
HARDWARE			Inspect
FRAMES	Clean		Inspect
PLASTIC COVERS	Clean	Inspect	Inspect
PEDALS AND STRAPS	Clean	Inspect	
SEAT AND HANDLEBAR FORE/AFT SLIDERS		Lubricate	

WARRANTY

WARRANTY INFORMATION: LifeCycle GX

WHAT IS COVERED?

This Life Fitness commercial exercise equipment ('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?

All coverage is provided by specific Product according to the guidelines listed on the warranty coverage chart.

WHO PAYS TRANSPORTATION AND 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 transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

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 unauthorised 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 authorisation or by failure on your part to use, operate and maintain the Product as set out in your operation manual ('manual').

One type RJ45 interchangeable network-ready and fitness entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated 4 August 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

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 authorised Life Fitness representative.

WHAT YOU MUST DO

Retain proof of purchase; use, operate and maintain the Product as specified in the manual; notify customer support services 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.

OPERATION 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 AND 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 authorise 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.

CHANGES IN WARRANTY NOT AUTHORISED

No one is authorised 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.

OUR PLEDGE TO YOU

Our products are designed and manufactured to the highest standards.

We want you to be completely satisfied with our products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

WARRANTY COVERAGE

	FIVE YEARS	THREE YEARS	ONE YEAR	6 MONTHS	90 DAYS
STRUCTURAL FRAME	X				
CONSOLE			X		
PEDALS			X		
MECHANICAL COMPONENTS (cranks, flywheel, handlebar, handlebar post, seat post, bearings, seat and handlebar adjustment mechanisms, drive mechanisms, resistance mechanisms)		X			
WEARABLE ITEMS (saddle, upholstery, pedal straps, water bottle holders)					X
LABOR					X
COSMETIC COMPONENTS				X	

SPECIFICATIONS

- Designed use: Heavy/commercial
- Maximum user weight: 350lbs
- Display type: LCD
- Pedal speed range: 60-140rpm
- Pedal: 3.5" x 3.5" dual-sided SPD compatible
- Drive type: Multi-ribbed resistance levels: 20
- Console display 1: Resistance level, rpm, heart rate, calories per hour, calories, distance, speed, time
- Console display 2: Speed max, speed average, rpm max, rpm average, calories per hour average, maximum heart rate, % of maximum heart rate

PHYSICAL DIMENSIONS

- Length: 54.6" (139cm)
- Width: 23" (58.5cm)
- Height: 39.5" (100cm)
- Weight: 111 lbs (50.5 kg)
- Max User Weight: 350lbs (158kg)

SHIPPING DIMENSIONS

- Length - 49.6" (126 cm)
- Width - 9.6" (24.5 cm)
- Height - 40.8" (104 cm)
- Weight - 62 kg

LifeCycle GX

LifeFitness
WHAT WE LIVE FOR

YOUR PARTNER FOR SUCCESS

800.634.8637 lifefitness.com follow us



twitter



YouTube

Broadcast Yourself™

© 2014 Life Fitness, a division of Brunswick Corporation. All rights reserved.
Life Fitness and LifeCycle are a registered trademark of Brunswick Corporation. Printed in USA. PM-034-11 (12.11)