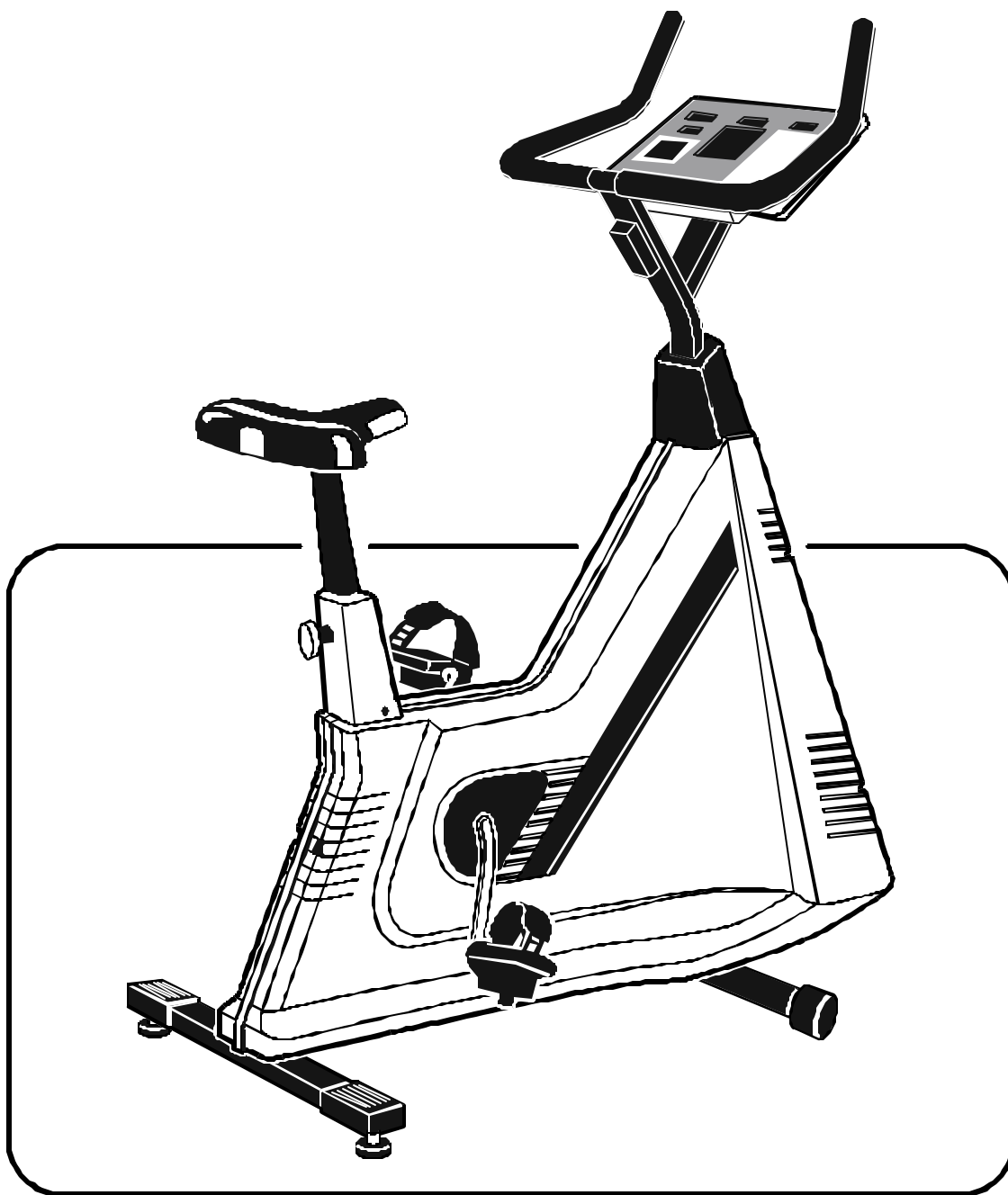


# Life Cycle

## 9100



## LIFE FITNESS EXERCISE BIKE INSTALLATION INSTRUCTIONS

*Congratulations...*

*and welcome to the world of  
and the **Lifecycle 9100**  
exercise bike.*

***LifeFitness***

The following Parts Identification Listing and the step by step installation procedures have been assembled to make the set-up of your exercise bike as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Lifecycle exercise bike...



# SAFETY FIRST!

- ⇒ **DO NOT** locate the Lifecycle 9100 exercise bike outdoors, near swimming pools, or in areas of high humidity.
- ⇒ **DO NOT** operate your Lifecycle 9100 exercise bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number on the back page of this Installation Instruction Guide.
- ⇒ **DO NOT** locate the Lifecycle 9100 exercise bike any closer than 30 inches ( 76 cm ) to a television set.
- ⇒ **DO NOT** locate additional Lifecycle 9100 exercise bikes any closer than a minimum of 42 inches ( 107 cm ) from center to center to avoid interference (cross talk) between Heart Rate monitors.
- ⇒ **DO** keep the area around your Lifecycle 9100 exercise bike clear of any obstructions, including walls and furniture.
- ⇒ **DO** verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this Installation Instruction Guide. Save the shipping cartons in case of return.
- ⇒ **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.



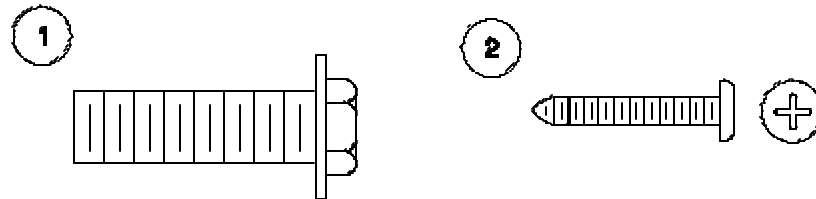
TOOLS REQUIRED FOR ASSEMBLY... **Phillips screwdriver, 1/2" wrench**

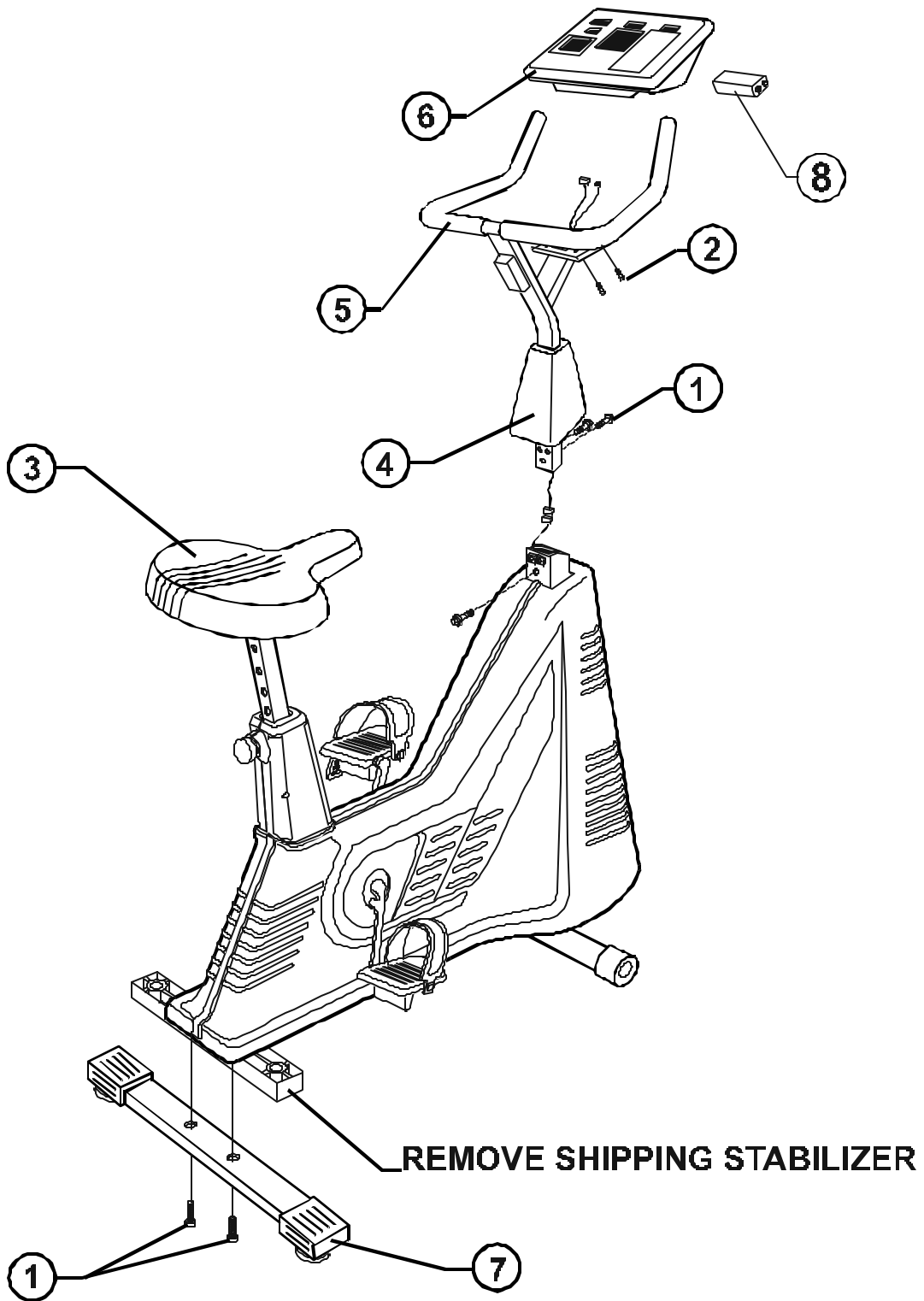
**PARTS DESCRIPTION**

1	STABILIZER/HANDLEBAR BOLT 0017-00101-0933	Qty:3
3	SEAT ASSEMBLY AK18-00127-0000	Qty: 1
5	HANDLEBAR ASSEMBLY AK49-00015-0000	Qty: 1
7	STABILIZER BAR AK18-0070-0000	Qty: 1

2	CONSOLE SCREW 0017-00101-1104	Qty: 4
4	COLLAR 0K18-01156-0002	Qty: 1
6	DISPLAY CONSOLE ASSEMBLY AK49-0008-0001	Qty: 1
8	9V ALKALINE BATTERY 0017-00003-0573	Qty: 1

**Hardware Included in the Parts Bag are shown here in Actual Size:**





### Step 1

Before proceeding, familiarize yourself with the parts of the Lifecycle 9100 exercise bike and make sure that you have received all the items described in the Parts List.

### Step 2

Remove the STABILIZER BAR (#7) from the carton base. Use the empty CONSOLE CARTON to raise the rear of the LIFECYCLE exercise bike as shown.

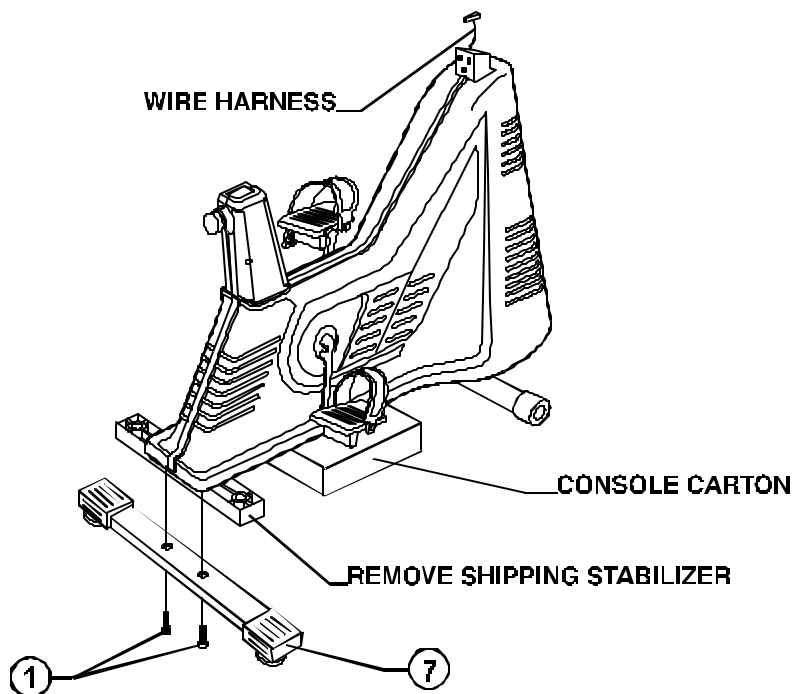
Remove the two BOLTS (#1) from the bottom of the SHIPPING STABILIZER, save the BOLTS and store the SHIPPING STABILIZER with the other shipping containers.

### Step 3

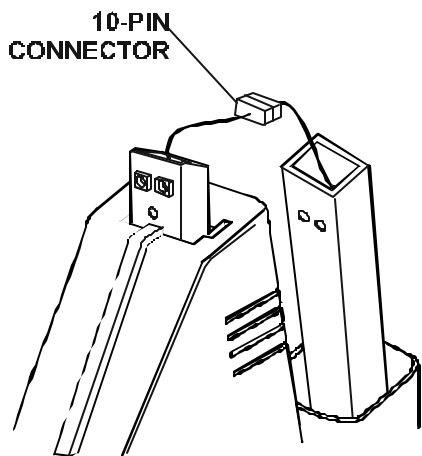
Use the same two BOLTS that held the SHIPPING STABILIZER in place to attach the STABILIZER BAR as shown. Make certain that the BOLTS are tight and the STABILIZER BAR is flush against the frame. Remove the shipping carton.

### Step 4

Unfold the CONSOLE WIRE HARNESS from the POST extending from the FRAME.



**NOTE: THE COLLAR (#4) SHOULD ALREADY BE IN PLACE INSTALLED ON THE HANDLEBAR ASSEMBLY (#5). IF NOT, INSTALL BEFORE PROCEEDING.**



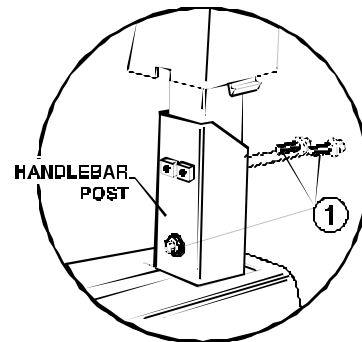
### Step 5

Place the HANDLEBAR ASSEMBLY on the floor in front of the FRAME with the two CONNECTORS next to each other. Align the two CONNECTORS and push them together until they firmly snap into place.

### Step 6

Position the HANDLEBAR ASSEMBLY, with the COLLAR (#4) in place, so that the HANDLEBAR is facing away from the user. Slide the HANDLEBAR ASSEMBLY into the HANDLEBAR POST. Be careful not to pinch the wires.

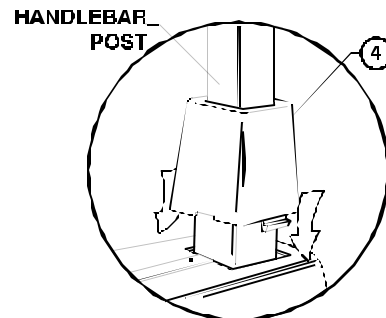
Align the three holes in the HANDLEBAR ASSEMBLY, with those in the HANDLEBAR POST and install the three HANDLEBAR BOLTS (#1).



**NOTE: BE CAREFUL NOT TO DAMAGE THE WIRES WHEN PASSING THE BOLTS THROUGH THE HOLES. TIGHTEN THE BOLTS SECURELY.**

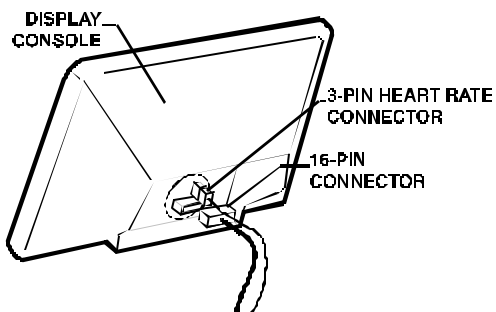
### Step 7

Slide the COLLAR (#4) down until it completely covers the HANDLEBAR ASSEMBLY HARDWARE and the HANDLEBAR POST. Secure the COLLAR by squeezing the sides and pushing downward firmly.



### Step 8

There is a large hole in the rear of the DISPLAY CONSOLE (#6) through which you can see a 16-PIN CONNECTOR and a 3-PIN CONNECTOR. These correspond to the matching CONNECTORS on the WIRE HARNESS protruding from the top of the HANDLEBAR.



Properly align the locking tabs of the 16-PIN CONNECTOR on the WIRE HARNESS with the 16-PIN CONNECTOR on the back of the DISPLAY CONSOLE, then snap them together. Next, align the locking tabs of the 3-PIN CONNECTOR on the WIRE HARNESS with the 3-PIN on the back of the DISPLAY CONSOLE and plug them together until they SNAP into place.

### Step 9

Feed the WIRE HARNESS back into the HANDLEBAR TUBE. Attach the DISPLAY CONSOLE to the HANDLEBAR ASSEMBLY using the four CONSOLE SCREWS (#2) and a Phillips screwdriver. Tighten the four SCREWS in a crisscross pattern.

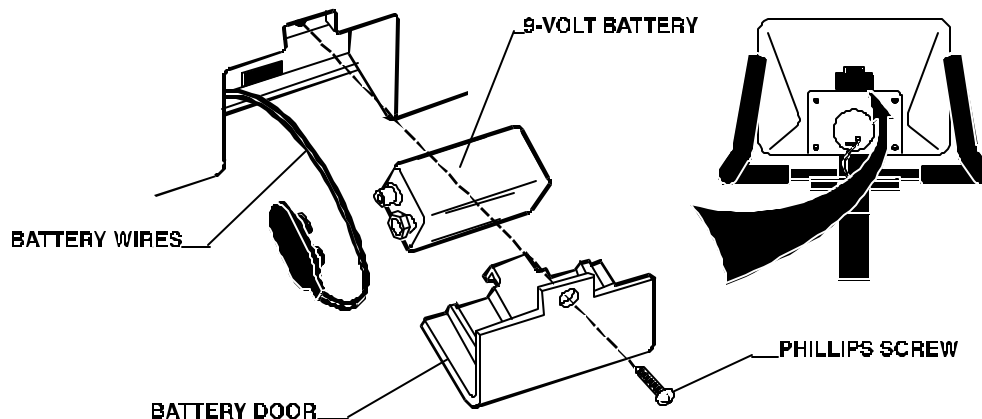
**CAUTION!: BE CAREFUL NOT TO OVERTIGHTEN THE SCREWS.**

### Step 10

To install the 9-VOLT ALKALINE BATTERY (#8) found in the parts bag use a Phillips screwdriver to remove the screw from the back door. Gently pull the BATTERY WIRES from the back of the DISPLAY CONSOLE and connect them to the 9-VOLT ALKALINE BATTERY. Carefully, tuck the BATTERY WIRES back into the DISPLAY CONSOLE and set the BATTERY in place.

**NOTE: ONLY USE AN ALKALINE TYPE BATTERY. USE OF ANY OTHER TYPE BATTERY MAY RESULT IN A MALFUNCTION OR DAMAGE.**

Re-install the BATTERY DOOR by inserting the bottom tab of the BATTERY DOOR into the corresponding slot in the DISPLAY CONSOLE. Push the DOOR into place and tighten the screw with a Phillips screwdriver.



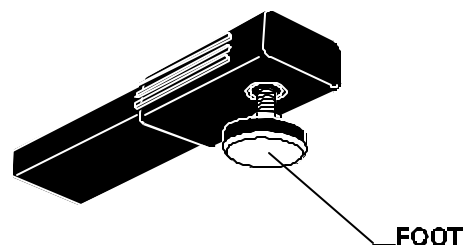
**CAUTION!: BE CAREFUL NOT TO OVER TIGHTEN THE SCREW**

### Step 11

After placing the Lifecycle exercise bike in the intended location for use, check the stability of the bike.

If the bike is not level, rotate the FOOT in the STABILIZER BAR that appears to be higher until the Lifecycle exercise bike is level.

Secure the position of the FOOT by tightening the LOCKNUT with the enclosed wrench.



## **OPERATION CHECKLIST**

- ⇒ *Insure that the STABILIZER BAR and HANDLEBAR BOLTS are tight.*
- ⇒ *Make sure the exercise bike is properly leveled and stable.*
- ⇒ *Read the entire Operation Manual before using the exercise bike.*

## **ENGLISH/METRIC DEFAULT SETTING TOGGLE**

The default setting of the Lifecycle 9100 exercise bike display console is set to English units of measurements at the factory. If your display console will require units of measurements to be in metric, it may be necessary to change the setting from English to metric. To do so, you will need to enter into the diagnostic programs and proceed to Diagnostic State 7. To do so, follow the instructions as listed below.

Press and continue to hold the '5' key on the keypad, then press 'START' while pedaling the bike over 55 RPM.

On entry, all LED's and 7-segment displays will be on. You are now in Diagnostic State 1. Press the **ENTER** key *six times* to forward to Diagnostic State 7 and choose the default setting.

In all diagnostic states, the user must keep pedaling the bike. If the pedal RPM drops too low, the bike will shut down, requiring at least 40 RPM or greater and a START switch closure to operate again.

### **Diagnostic State 7:**

This test indicates the display console default setting of English or metric units of measurements.

When the default is set to English units of measurements, it will read ' E ' in the UPPER RIGHT WINDOW.

When the default is set to metric units of measurement, it will read ' 9 ' in the UPPER RIGHT WINDOW.

The user can change the default setting of the system by pressing the ' 5 ' key. The system will toggle from an ' E ' to ' 9 ' to ' E ' condition by continuing to press the ' 5 ' key.

Diagnostic State 6 can be entered now by pressing the **CLEAR/PAUSE** key and you can continue going backwards by pressing the **CLEAR/PAUSE** key through previous diagnostics until you return to the user display.

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Before attempting to operate your Lifecycle 9100 exercise bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your exercise bike does not respond as described in the OPERATION MANUAL contact:

**Life Fitness Customer Support Services**  
at (800) 351-3737 or (847) 451-0036

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Prior to your call, please be sure you have located and noted the **MODEL NUMBER & SERIAL NUMBER**. The Model & Serial number information of your Life Fitness 9100 exercise bike is contained in a label located under the center of the front stabilizer bar.

*LifeFitness*

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**M051-00K49-B002**

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