

Symbio™ Recumbent Cycle

Assembly Instructions



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

User and Service Documents Link

<https://lfn.fit/KnowledgeBase>

<https://lfn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afororo aka ho wo websait so denam asem a ewo atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Additional Information

Link to Additional Information Online

In addition to the content provided in this manual, please scan the QR code for further and updated information.












<https://lfn.fit/SymbioRecumbentCycleInstall>

2. Getting Started

Safety Instructions

 Read all instructions before use.

-  **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
 -  **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
 -  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
 -  **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:** Do not use for stretching and do not attach straps or other devices.
 -  **WARNING:** Keep batteries out of reach of children.
 - Some chest straps may contain a removable battery.
 - Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
 - If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
 - Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
 - Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
 - Tell others about the risk associated with button batteries and how to keep their children safe.
 -  **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
 -  **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>
 -  **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
 - Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
 - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
 - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
 - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact 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. Make sure 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.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

Consignes de Sécurité



Veuillez lire toutes les instructions avant usage.



ATTENTION : Toute modification apportée à cet équipement pourrait en annuler la garantie.



AVERTISSEMENT : Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Family of Brands Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.



AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.



AVERTISSEMENT : Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement la séance d'entraînement.



AVERTISSEMENT : Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.



AVERTISSEMENT : Tenir les piles hors de portée des enfants.

Certaines sangles de poitrine peuvent contenir une pile jetable.

- L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
- Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
- Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
- Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
- Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.



AVERTISSEMENT : Laissez une distance de 41 cm (16 po) entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 90 cm (3 pieds) entre l'avant ou l'arrière du vélo et les objets alentour, et d'au moins 60 cm (2 pieds) dans la direction qui permet d'accéder à l'appareil.



DANGER : Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

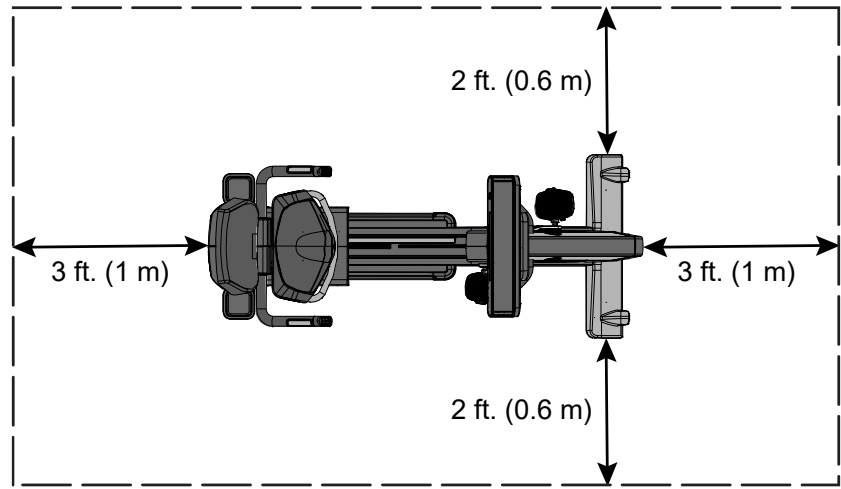
- Life Fitness Family of Brands ne garantit pas que les composants utilisés dans la fabrication des produits proposés dans la Life Fitness Family of Brands sont exempts de latex. Les utilisateurs de ces produits doivent prendre toutes les précautions nécessaires pour éviter un contact accidentel qui pourrait entraîner une réaction indésirable au latex.
- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le service à la clientèle.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'introduisez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le service d'assistance à la clientèle.

- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un couvercle.
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.
- Life Fitness recommande de débrancher le produit quand il n'est pas utilisé. Débranchez-le systématiquement après son utilisation et avant l'ajout et le retrait de pièces.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Ne vous mettez pas debout ni assis sur les caches en plastique.
- Montez et descendez avec précaution du vélo. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n'est pas responsable des étiquettes manquantes ou endommagées.

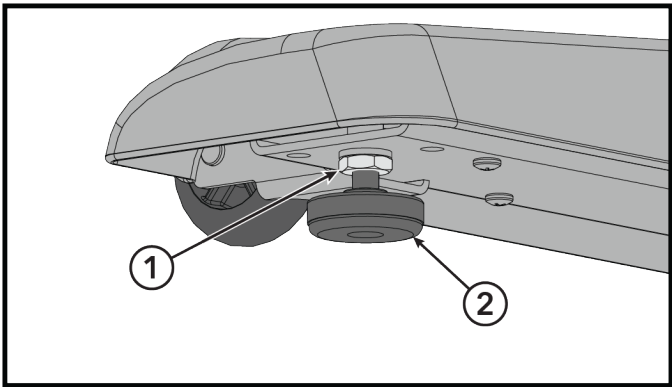
How to Stabilize the Recumbent Cycle

Read the entire manual before setting up the cycle. After following all Safety Instructions, move the cycle to the location where it will be used. Allow a clearance of 2 ft. (0.6 m) in the directions the cycle is accessed from and 3 ft. (1 m) between the front or rear of the cycle or any other objects.

Free area

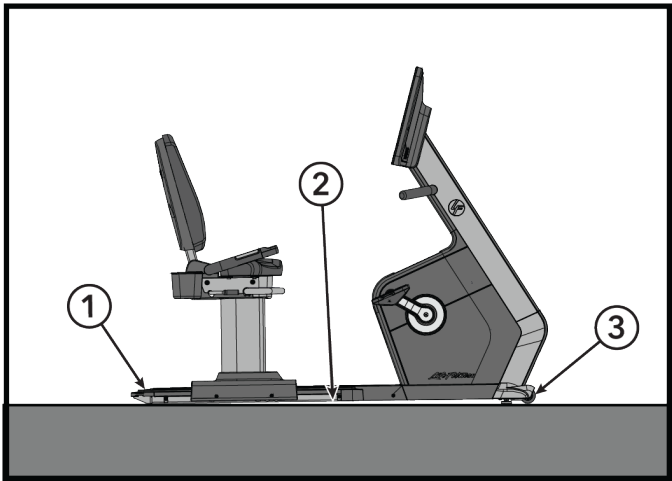


After placing the unit in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open end 17 mm wrench and rotate the stabilizing foot to lower it. Verify that the cycle is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizing bar.



Item	Description	Qty.
1	Jam Nut	2
2	Stabilizing Leg	2

IMPORTANT: Only the back of the base frame and stabilizing legs rest on the floor. The entire length of the frame should not be in contact with the floor. This tripod arrangement makes the bike stable, as long as the stabilizing legs are adjusted properly.



Item	Description	Qty.
1	Back of Base Frame	1
2	Frame	1
3	Stabilizing Leg	2

Electrical Power Requirements



WARNING: Use only the supplied AC power line cord. Do not use any modification to connect to a 2-prong outlet. Product must be connected to a properly rated 3-prong outlet.

Supply Voltage	Frequency	Input Current
100 - 240 VAC	50 - 60 Hz	2.0 A

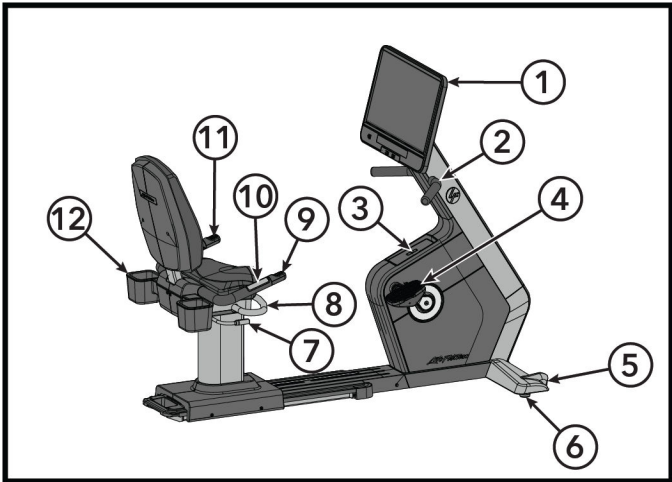
Outlet Voltage	Commercial Units Outlet and Breaker (Amps)	Consumer / Home Units Outlet and Breaker (Amps)
120 VAC	20 (no more than 6 cycles per breaker)	15 (no more than 4 cycles per breaker)
230 VAC	12 (no more than 6 cycles per breaker)	12 (no more than 4 cycles per breaker)

NOTE: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

NOTE: Make sure the AC power line cord is securely connected to the base unit. A loose connection may result in the unit not receiving power.

3. Product Overview

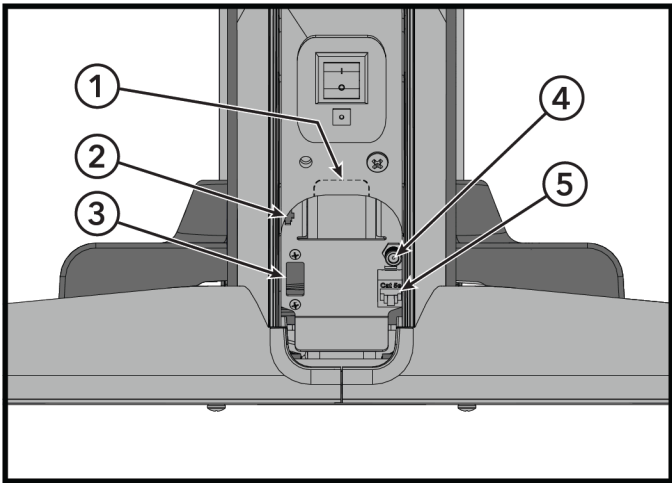
Product Features



Item	Description	Qty.
1	Console	1
2	Hand Grip	2
3	Qi® Wireless Induction Charger	1
4	Pedals	2
5	Transport Wheel	2
6	Leg Leveler	2
7	Seat Back Recline Lever	2
8	Seat Adjustment Bar	1
9	Resistance Up / Down Controls	1
10	Contact Heart Rate Sensors	2
11	Media Controls	1
12	Cup Holder	2

Connections

The following connection receptacle is located at the front of the cycle.

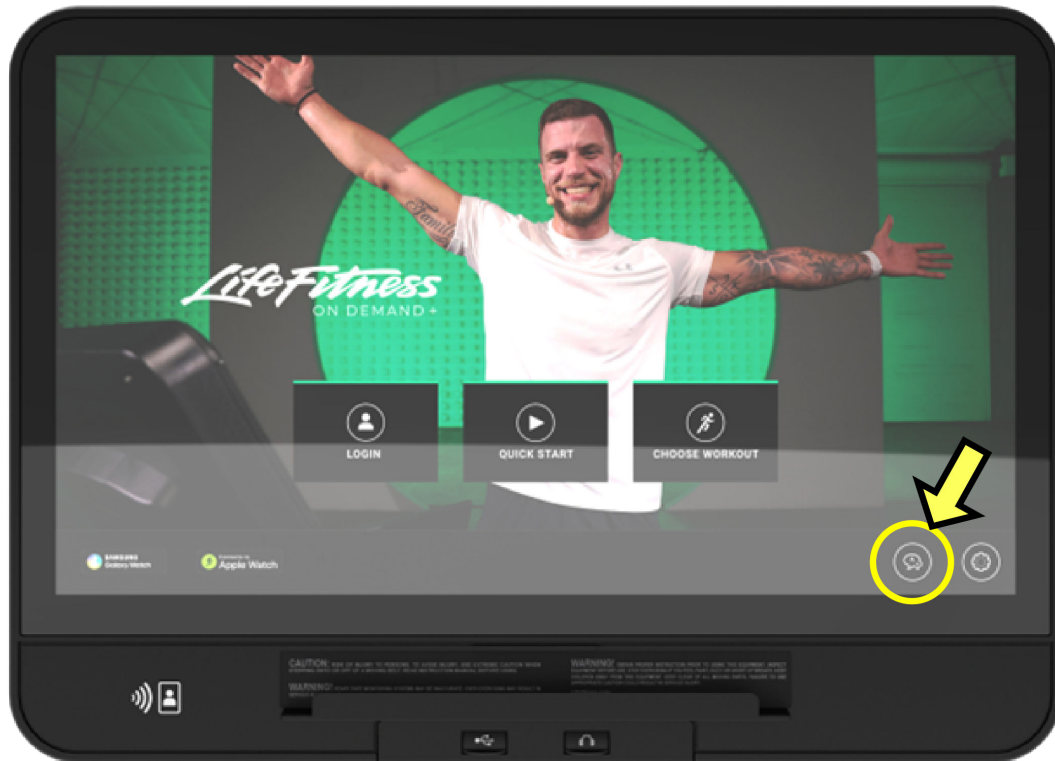


Item	Description	Qty.
1	Power Input	1
2	IR Connection	1
3	HDMI Connection	1
4	Coaxial Connection	1
5	CAT5e Network / Ethernet	1

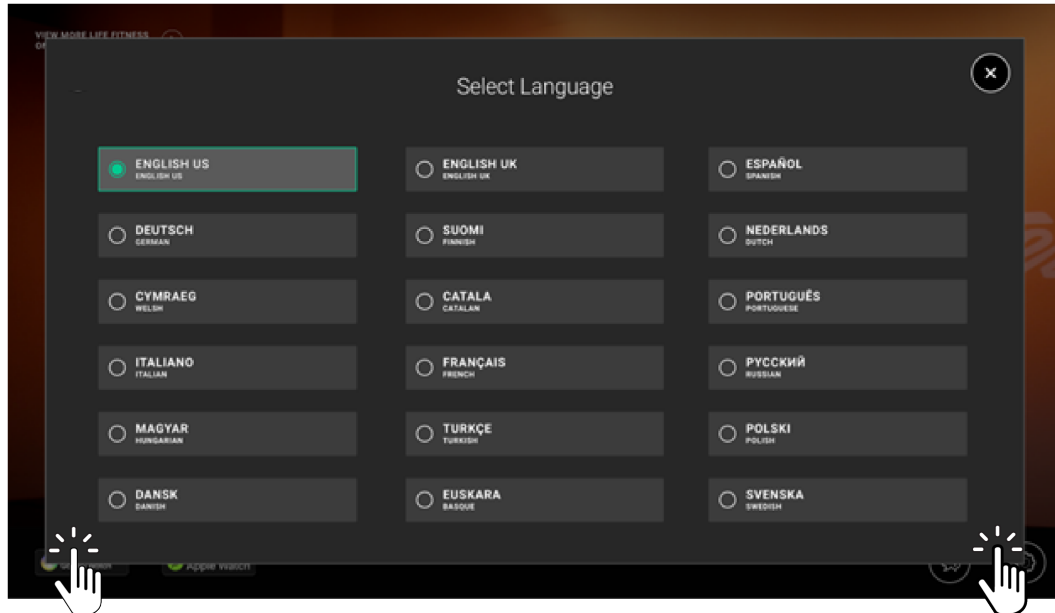
How To Adjust Smart Lighting

The base is equipped with lighting that can be tuned On or Off, has three brightness setting, and 16 colors.

1. Select **Language** icon from Attract Screen to access the **Select Language** screen.

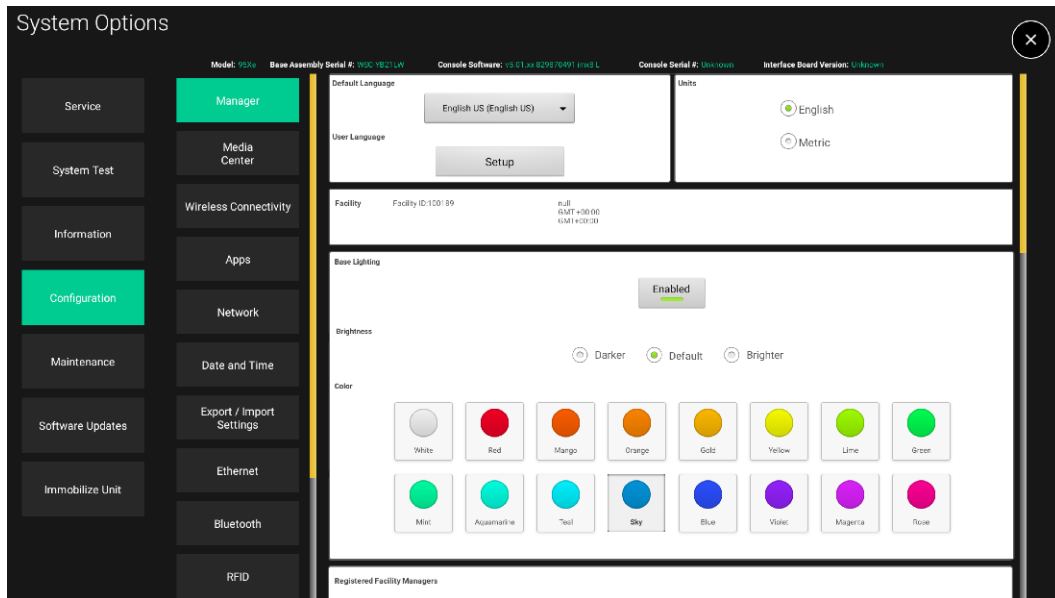


2. Tap the bottom part of the **Select Language** screen in the following sequence: **Lower-Left, Lower-Right, Lower-Left, Lower-Right**.



NOTE: Make sure you tap INSIDE the black square!

3. Navigate through the System Options menu to **Configuration > Manager**.

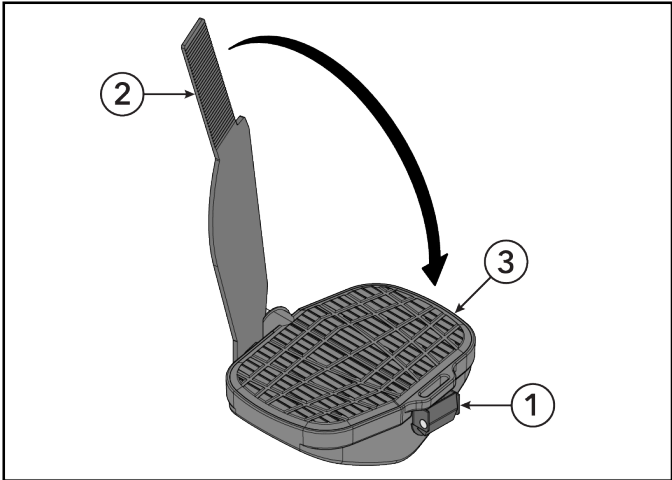


4. Scroll down to **Smart Lighting**.
5. Toggle the **Enabled** button to turn lights On or Off.
6. Adjust the **Brightness** as needed.
7. Adjust the **Color** to your choice of 16 colors.

How to Adjust Pedal Straps

The bike pedal straps keep the user’s shoes on the pedals during a workout. The straps should fit comfortably but tight enough to prevent shoes from slipping at any point in the pedaling rotation. A user should test and adjust the tightness of the straps before starting a workout.

Use one hand to push the strap latch upward to loosen the ribbed strap. Use the other hand to pull the ribbed strap out from underneath the strap latch. Rest the foot on the pedal. Wrap the ribbed strap over the foot to determine the desired length. Push the strap latch upward and thread the ribbed strap through the strap latch to select the appropriate slot. Let go of the strap latch to secure position.



Item	Description
1	Strap Latch
2	Strap
3	Pedal

How to Adjust Seat


A properly adjusted seat is important in any bike-oriented exercise activity. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles. If the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

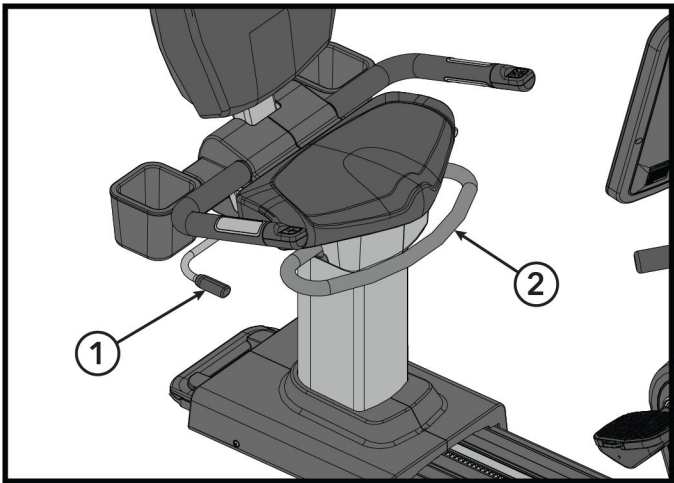
Adjust Seat Forward / Backward Position

- 1. Sit on the seat and place the balls of the feet on the pedals.

NOTE: An optimum position allows movement through the bottom of the stroke without locking the knees or shifting in the seat. The knees should have a slight bend at the point of fullest leg extension.

- 2. Lift the seat adjustment bar located underneath the seat.

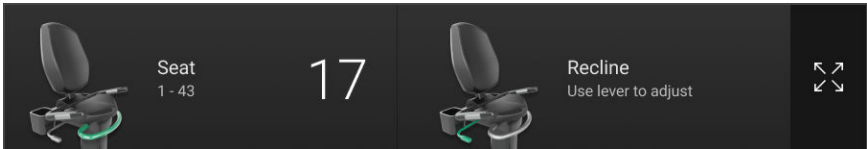
 **CAUTION:** Do not attempt to adjust the seat while pedaling the bike. Doing so may cause injury or result in an uncomfortable workout.



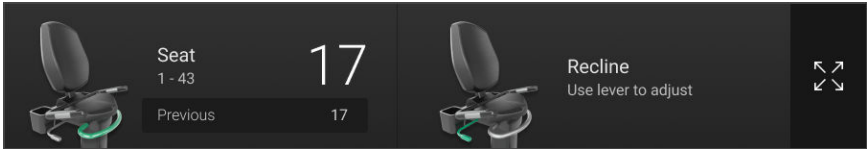
Item	Description	Qty.
1	Seat Back Recline Lever	1
2	Seat Adjustment Bar	1

- 3. Slide the seat forward and backward as necessary to the proper position. Release the seat adjustment bar to complete engagement. The console will display the seat position number. For logged-in users the **Previous** and **Recommended** position numbers will be displayed.

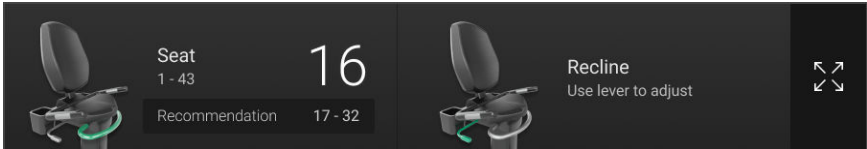
Seat Position



Seat Position, Previous



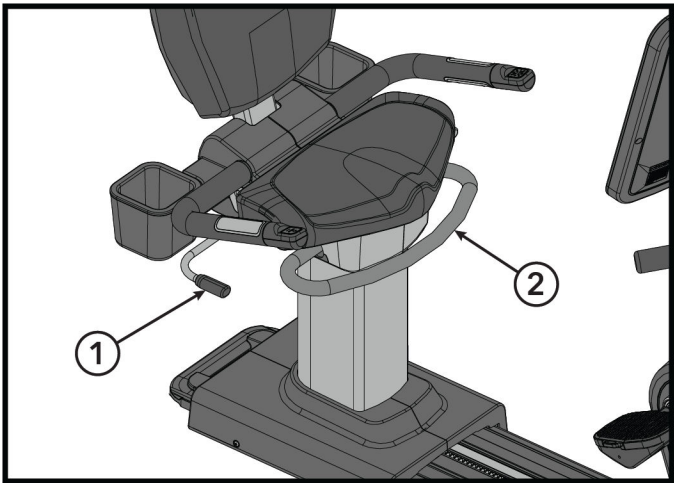
Seat Position, Recommended



- 4. Gently slide the seat forward and backward a small distance to ensure it is locked into place.
- 5. Check the seat distance and readjust as necessary.

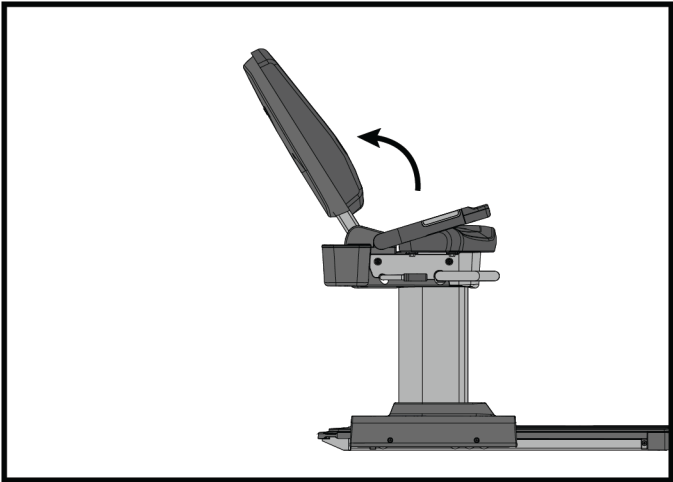
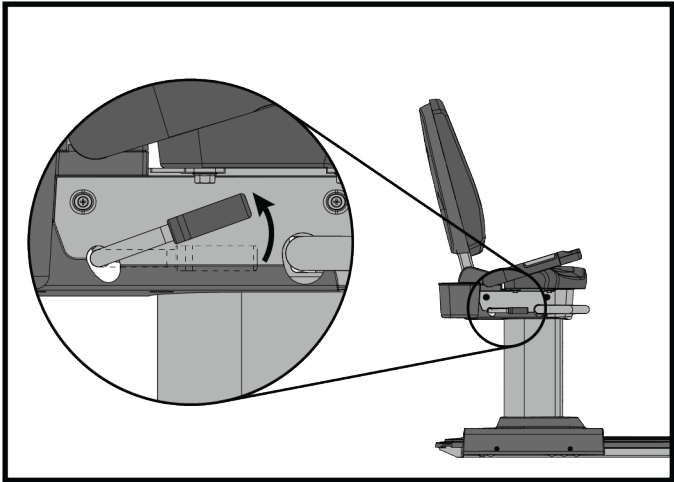
Adjust Seat Recline Position

1. Sit on the seat, then lift the seat back recline lever and hold.



Item	Description	Qty.
1	Seat Back Recline Lever	1
2	Seat Adjustment Bar	1

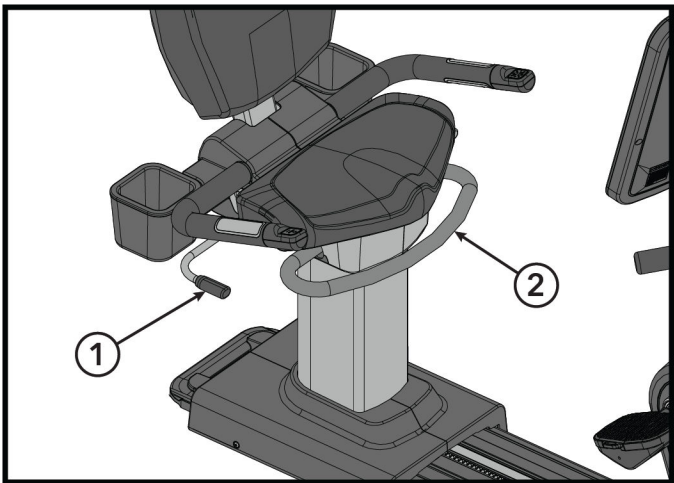
2. Push back slowly on the seat back to the desired position.



3. Release the seat back recline lever to complete engagement.

How to Move the Recumbent Cycle

1. Lift the seat adjustment bar located underneath the seat.




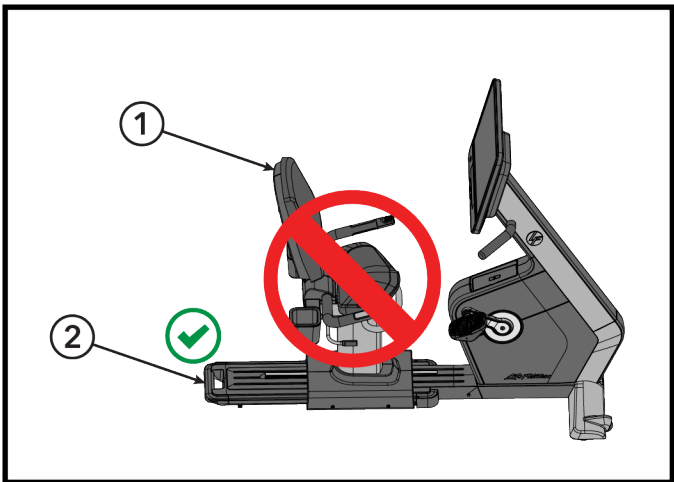
Item	Description	Qty.
1	Seat Back Recline Lever	1
2	Seat Adjustment Bar	1

2. Slide the seat all the way forward until it hits the front bumper.

TIP: This will reduce the lifting force required at the lift handle.

3. Lift the recumbent cycle using the lift handle at the rear of the frame.

 **CAUTION:** Do not grab or lift the recumbent cycle from the seat or handles.



Item	Description	Qty
1	Seat and Handles	1
2	Lift Handle	1

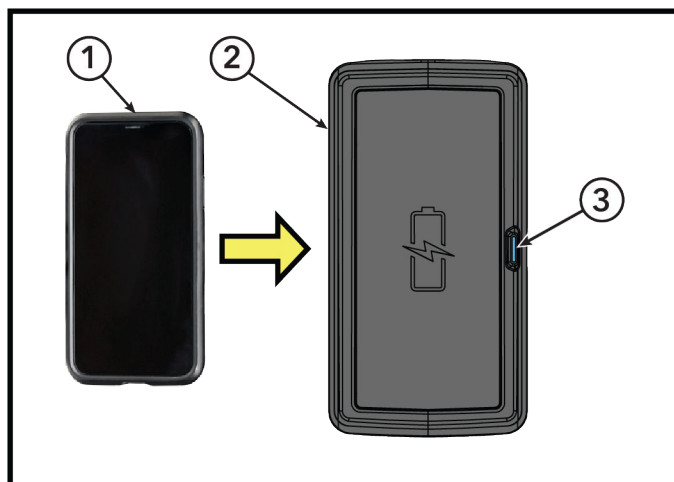
4. Move recumbent cycle to the desired location by rolling on the front transport wheels and lower carefully.

5. Lift the seat adjustment bar located underneath the seat and move the seat to a middle position.

Qi® Wireless Induction Charger

How to use:

1. Place your device on the wireless rubber charging station indicated with the charging symbol.



Item	Description	Qty
1	Phone	1
2	Wireless Charging Station	1
3	Blue Indicator Light	1

2. If your device supports Qi Wireless Charging, the blue indicator light will turn blue along with a notification on your mobile phone that the device is charging.

NOTE: See **Product Specifications** for Qi Wireless Induction Charger specifications.

NOTE: For troubleshooting information see [Troubleshooting - Wireless Charger](#).

Disclaimers and Precautions:

- Supports both Android and Apple Devices and their fast charge power profiles.
- The Wireless Charger is designed for phone charging only. It is not guaranteed to charge other peripheral devices like AirPods or Smart watches.
- Do not place the mobile phone on the wireless charger when conductive materials, such as metal objects and magnets, are placed between the mobile phone and the wireless charger. The mobile phone may not charge properly or may overheat, or the mobile phone and the cards may be damaged.
- Do not place the mobile phone on the wireless charger with a credit card or radio frequency identification (RFID) card (such as a transportation card or a key card) placed between the back of the mobile phone and the mobile phone cover.
- Keep credit cards and RFID cards (such as transportation or key cards) away from charging area.
- If a phone case stores credit cards or other RFID based cards, remove phone case before using wireless charger.
- Depending on the location of the mobile phone's wireless charging coil, your mobile phone may not charge properly. Adjust your mobile phone as needed until the charging indicator light is on and / or your mobile phone indicates it is charging.
- Wireless charging may not work properly if you have attached a thick case to your mobile phone. If your case is thick, remove it before placing your mobile phone on the wireless charger.
- If you connect a charger to the mobile phone during wireless charging, the wireless charging feature will be unavailable.
- If you are using an attached wireless charging case on your mobile phone, never place just the case on the charging pad. This may overheat the charging pad and / or the case, and has a risk of fire and injury.
- The wireless charger does not have a power switch.

4. Assembly

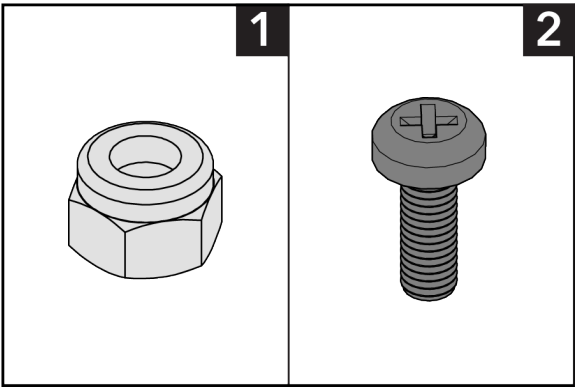
Link to Additional Information Online

In addition to the content provided in this manual, please scan the QR code for further and updated information.



<https://fn.fit/SymbioRecumbentCycleInstall>

Hardware



Item	Description	Qty.
1	Nut: M8 X 1.25, DIN, LOCKING, ST, ZN	4
2	Screw: M5 x 0.8 x 14, PHL, PAN, MS, ST, BZ	6

Tools Required

- 13 mm open end wrench
- #2 Phillips screwdriver
- 17 mm open end wrench
- Torque screwdriver
- Torque wrench

NOTE: Do NOT use impact drivers to install screws.

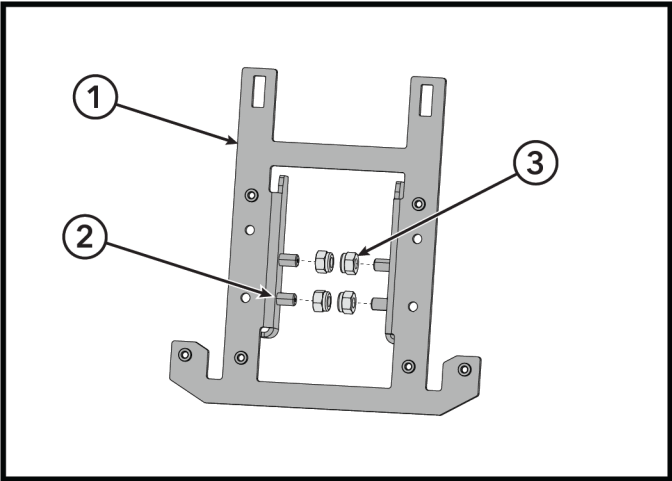
Assembly Procedure

Two people are recommended for this procedure.

TIP: Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

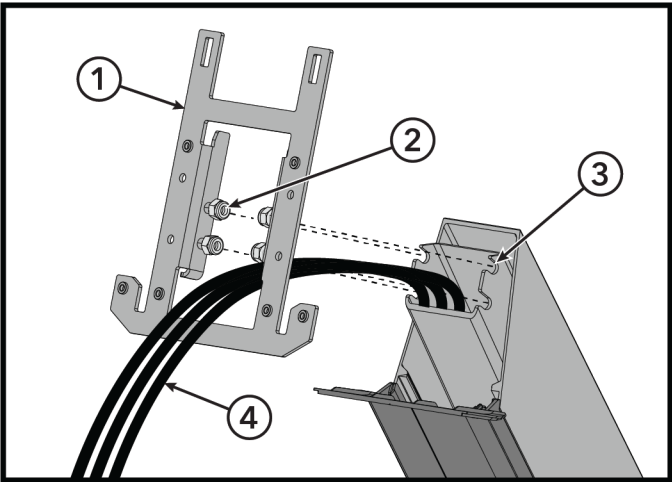
Install Console Support Bracket

1. Thread four nuts onto threaded studs on console support bracket by hand.



Item	Description	Qty.
1	Console Support Bracket	1
2	Threaded Studs	4
3	Nuts	4

2. Feed cables from base through console support bracket.



Item	Description	Qty.
1	Console Support Bracket	1
2	Nuts	4
3	Notches in Upright Tube	4
4	Cables in Base	1



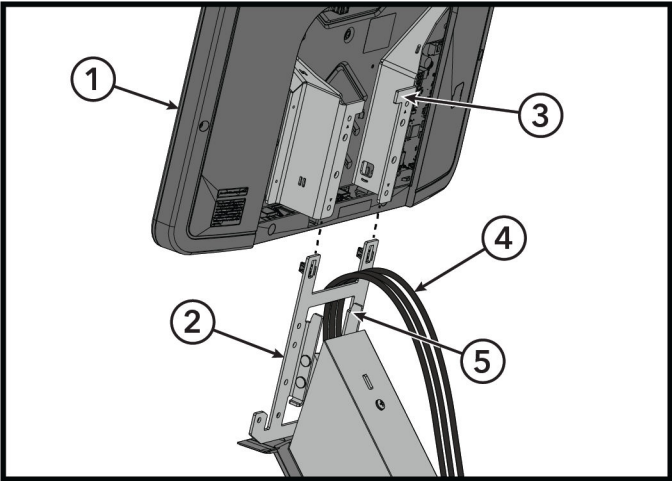
Tighten hardware to 20 ft-lb (27 Nm).

3. Place console support bracket into notches in upright tube. Make sure threaded studs are fully seated in notches.
4. Tighten four nuts securing console support bracket using a 13 mm open end wrench.

Install Console

1. Slide console down over console support bracket. Ensure tabs on console bracket slide into tabs on console support bracket.

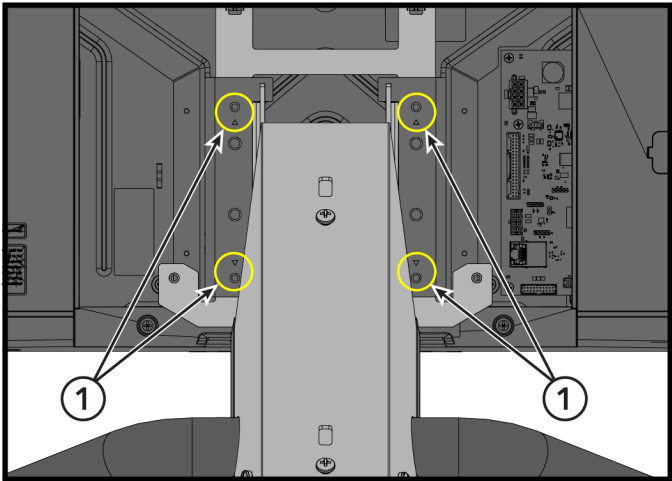
NOTE: Hold cables down through notch at top of console support bracket.



Item	Description	Qty.
1	Console	1
2	Console Support Bracket	1
3	Tab on Console Bracket	2
4	Console Cables	1
5	Tab on Console Support Bracket	2

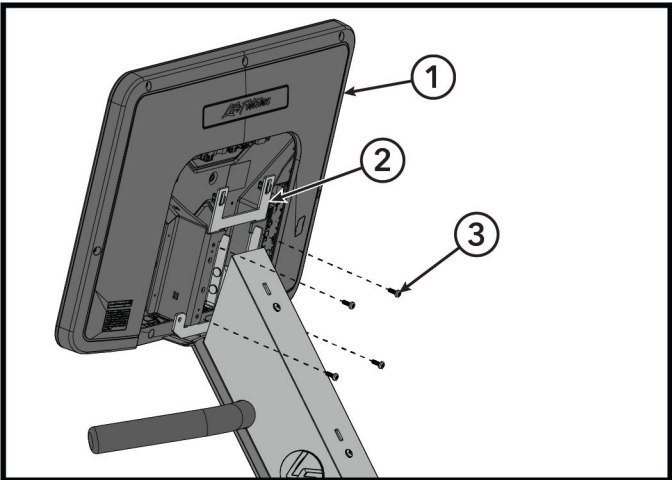
NOTE: Push on bottom of console to make back monocolumn shroud pop into place under console.

2. Locate the four arrows showing the location to install the four console screws.



Item	Description	Qty.
1	Console Screw Location	4

3. Install four screws securing console to console support bracket using a Phillips screwdriver.

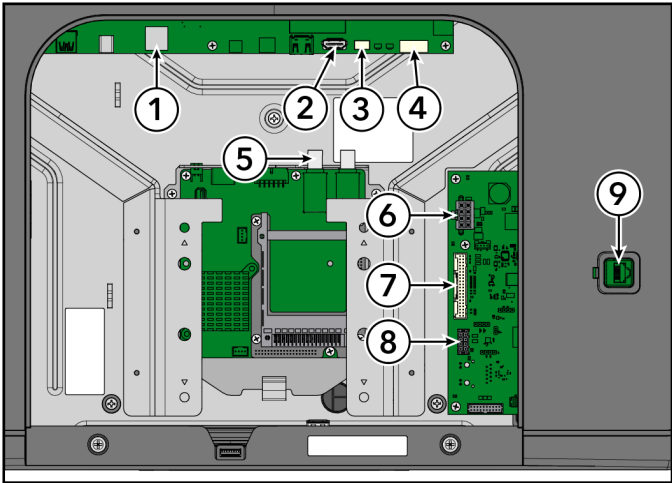


Item	Description	Qty.
1	Console	1
2	Console Bracket	1
3	Screw	4



Tighten hardware to 1.4 ft-lb (1.9 Nm).

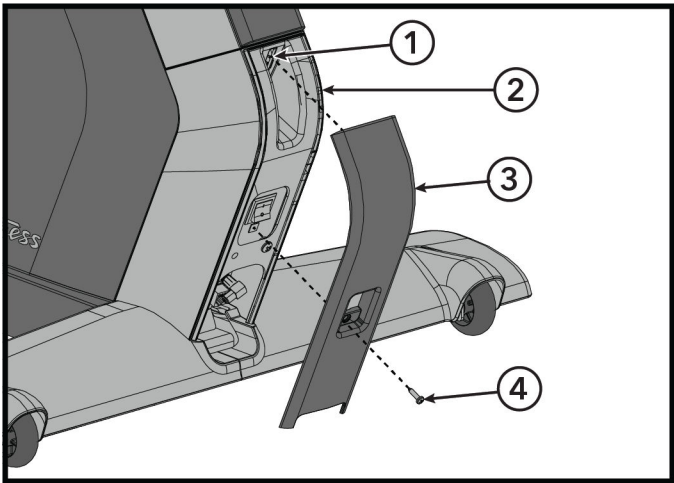
Base to Console Cable Connections



Item	Description
1	Ethernet
2	HDMI
3	IR
4	Wireless Charger
5	Coax
6	Power
7	Lifepulse / Handlebars
8	Base Com
9	CSAFE

Remove Lower Front Shroud

1. Remove screw on right side of lower front shroud using a Phillips screwdriver.

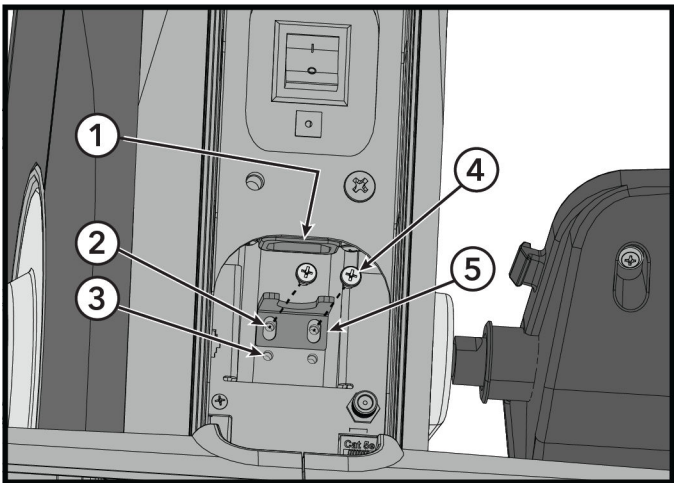


Item	Description	Qty.
1	Tinnerman Clip Socket	1
2	Frame	1
3	Lower Front Shroud	1
4	Screw	1

2. Remove lower front shroud by pulling away from upright by hand. Lower front shroud is held in place with a tinnerman clip.

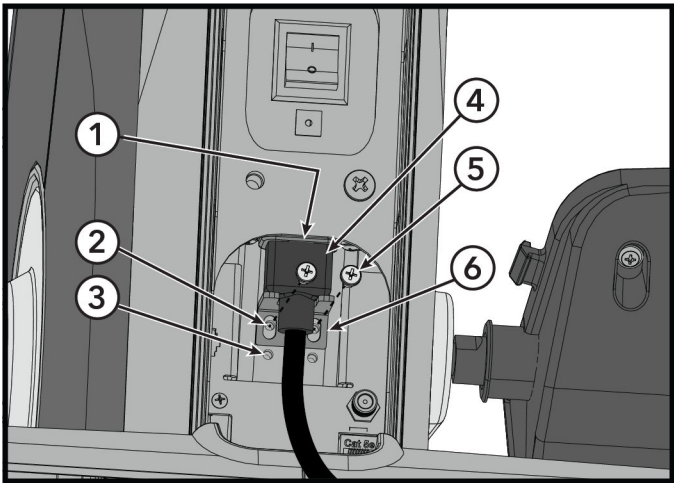
Plug in Power Cord and Other Cables

1. Remove two screws securing power cord retention bracket using a Phillips screwdriver. Remove power cord retention bracket.



Item	Description	Qty.
1	Power Input	1
2	Upper Mounting Holes	1
3	Lower Mounting Holes	1
4	Screw	2
5	Power Cord Retention Bracket	1

2. Plug power cord into power input.
- NOTE:** Power input is located vertically inside upright tube.
3. Slide and rotate power cord retention bracket under power cord and up against cord housing. Locate the upper or lower mounting holes that keeps power cord retention bracket against power cord housing.



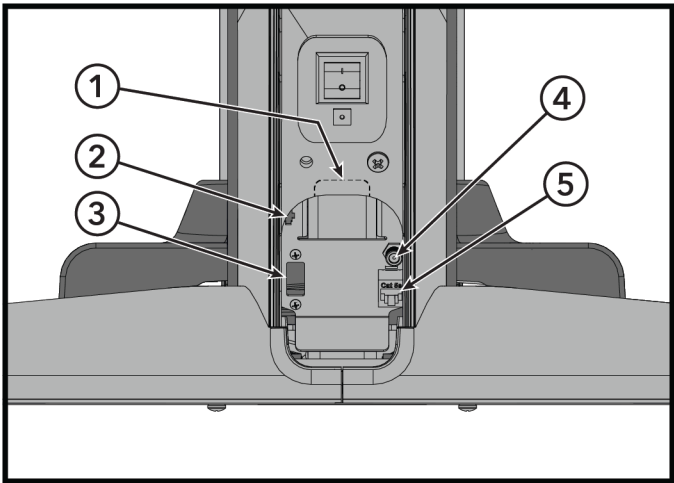
Item	Description	Qty.
1	Power Input	1
2	Upper Mounting Holes	1
3	Lower Mounting Holes	1
4	Power Cord	1
5	Screw	2
6	Power Cord Retention Bracket	1

4. Install two screws securing power cord retention bracket using a Phillips screwdriver. Ensure power cord retention bracket is pressed firmly against power cord housing.



Tighten hardware to 2.5 ft-lb (3.4 Nm).

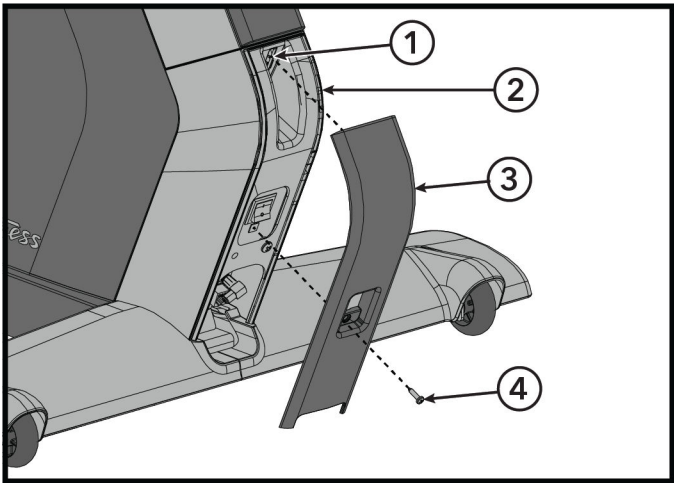
5. Connect other cables as needed.



Item	Description	Qty.
1	Power Input	1
2	IR Connection	1
3	HDMI Connection	1
4	Coaxial Connection	1
5	CAT5e Network / Ethernet	1

Install Lower Front Shroud

1. Install lower front shroud by pressing into tinnerman clip socket in frame by hand.



Item	Description	Qty.
1	Tinnerman Clip Socket	1
2	Frame	1
3	Lower Front Shroud	1
4	Screw	1

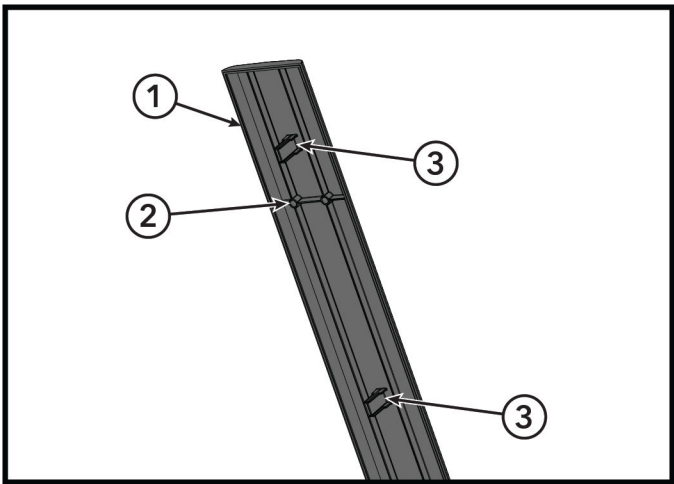
2. Install screw on right side of lower front shroud using a Phillips screwdriver.



Tighten hardware to 1.1 ft-lb (1.5 Nm).

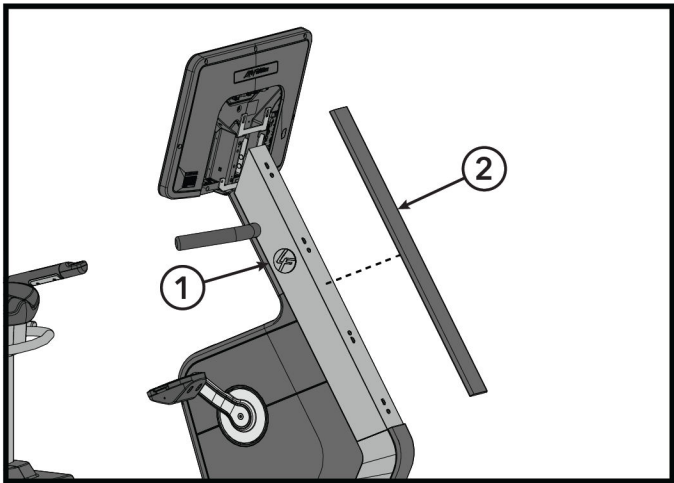
Install Upright Front Shroud

1. Align front shroud with reinforcing ribs below first tinnerman clip facing up.



Item	Description	Qty.
1	Front Shroud	1
2	Reinforcing Ribs	1
3	Tinnerman Clip	4

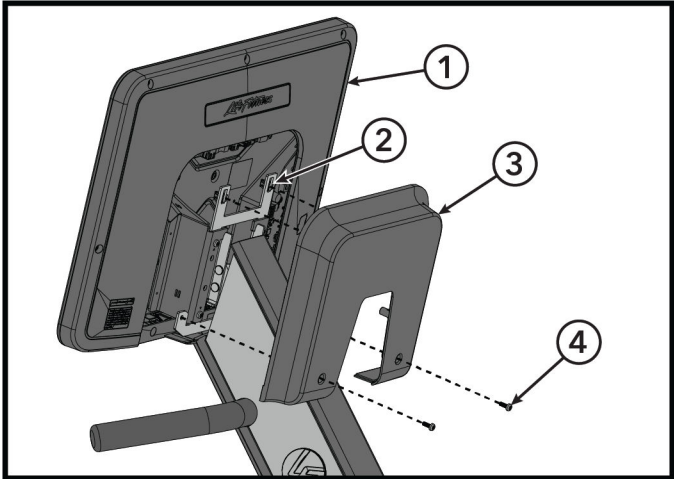
2. Install front shroud by pressing four tinnerman clips into upright by hand.



Item	Description	Qty.
1	Upright	1
2	Front Shroud	1

Install Console Rear Cover

1. Press console rear cover into console support bracket by hand. The console rear cover is held in place with two tinnerman clips.



Item	Description	Qty.
1	Console	1
2	Tinnerman Clips	2
3	Console Rear Cover	1
4	Screws	2



Tighten hardware to 1.4 ft-lb (1.9 Nm).

2. Install two screws securing console rear cover to console support bracket using a Phillips screwdriver.

Test Unit for Proper Operation

1. Plug the power cord into the power outlet.
2. Operate the unit at all levels to verify proper operation.

NOTE: If seat position readout isn't working properly, cycle the power. Cycle the power by turning the power switch off, then on. The power switch is located at the front of the bike.

5. Specifications

Product Specifications

Designed Use	Heavy / Commercial, EN ISO 20957, Class SA (Symbio™ Recumbent Cycle)
	Home, EN ISO 20957, Class HA (Symbio™ Home Recumbent Cycle)
Maximum User Weight	400 lbs. / 181 kg
Walk Through	Adjustable walk through design for easy entry and exit
Handlebars	Includes handles for entry / egress and during exercise
Pedals	Counter weighted pedals are angled for ease of entry
Pedal size	6.5 in. x 5.5 in. / 16.5 cm x 14 cm
Drive Type	Generator / Belt
Resistance Levels	25 resistance levels
Pads	Comfort+ seat and backpad with commercial grade vinyl and high contrast stitching. Gas assisted back pad recline.
Lighting	Crank ring, keypads, Life Fitness emblem, and back of console
Lighting Colors	16 colors; 3 brightness levels
Mobility	Mobility wheels included with integrated lift handle at the back
Console	24" (61 cm) diagonal, 1080P HD Display with AIT technology
Wireless Communication	Bluetooth, NFC, Apple and Samsung Watch compatibility, ANT+, RFID, Wireless Connectivity
On-Demand+	Over 500 classes and courses
Guidance	Onboarding and guidance features to learn console
Power Requirements	See Electrical Power Requirements Section
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system Compatible with ANT+ and Bluetooth heart rate monitoring devices Chest strap heart rate monitor included with home units
Charging	Qi Wireless Induction Charging: <ul style="list-style-type: none"> • Charging area: 50 mm x 80 mm (approximately 2 in. x 3 in.) • Charging response time: less than 3 seconds • Maximum output: 10 W • Charging protocol compatibility: Qi Fast Charging

	Physical Dimensions (with console)
Length	68 in. / 173 cm
Width	29.5 in. / 76 cm
Height	55 in. / 140 cm
Weight	243 lbs. / 111 kg

6. Service and Technical Data

Preventive Maintenance Schedule

Item	Weekly	Monthly	Biannually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frame / Seat Post	Clean		Inspect
Plastic Covers	Clean	Inspect	
Lifepulse Sensors	Clean / Inspect		
Leg Levelers		Inspect / Adjust	
Pedals / Straps	Clean	Inspect	

Preventive Maintenance Tips

NOTE: 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.

REMARQUE : Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Approved and Compatible Cleaners) and a microfiber 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.

NOTE: When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by 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 microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 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 2 minutes for general disinfection purposes.

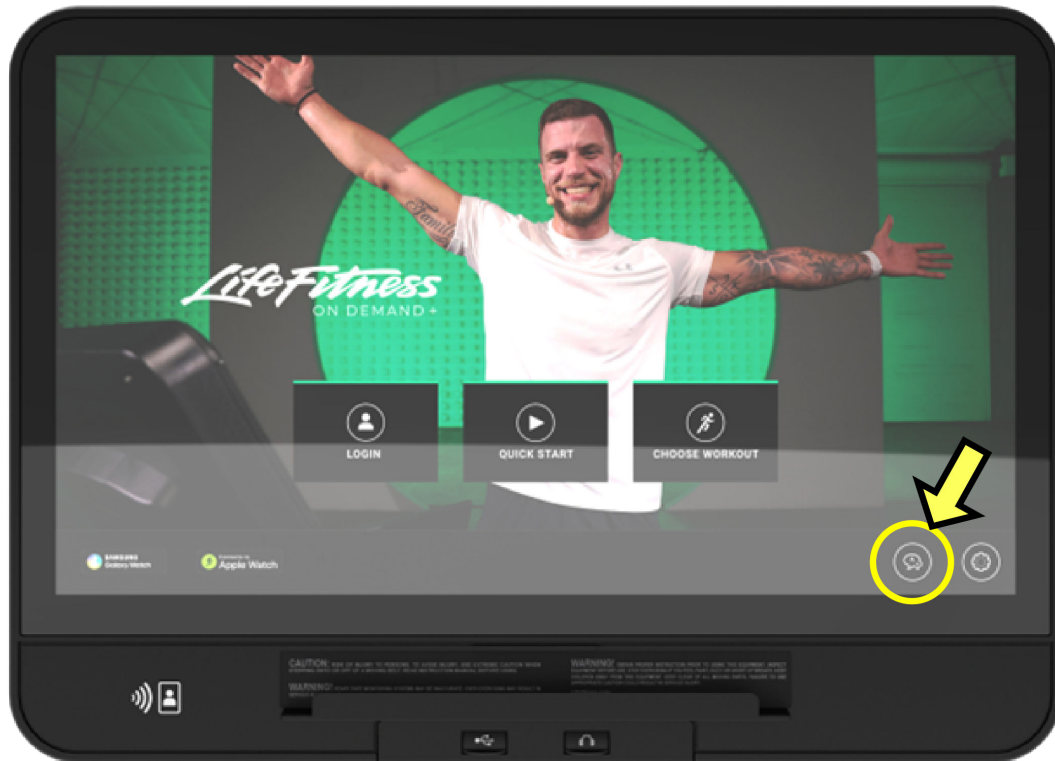
Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifelife.com).

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 microfiber cloth only. Apply the cleaner to the microfiber 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.

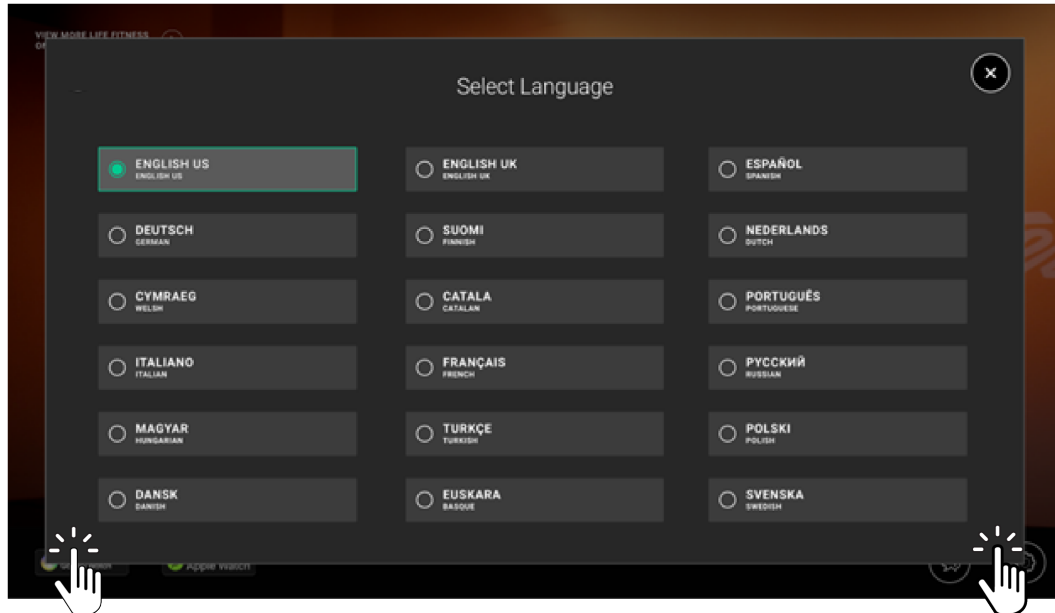
Troubleshooting - Smart Lighting

The base is equipped with lighting that can be tuned On or Off, has three brightness setting, and 16 colors.

1. Select **Language** icon from Attract Screen to access the **Select Language** screen.

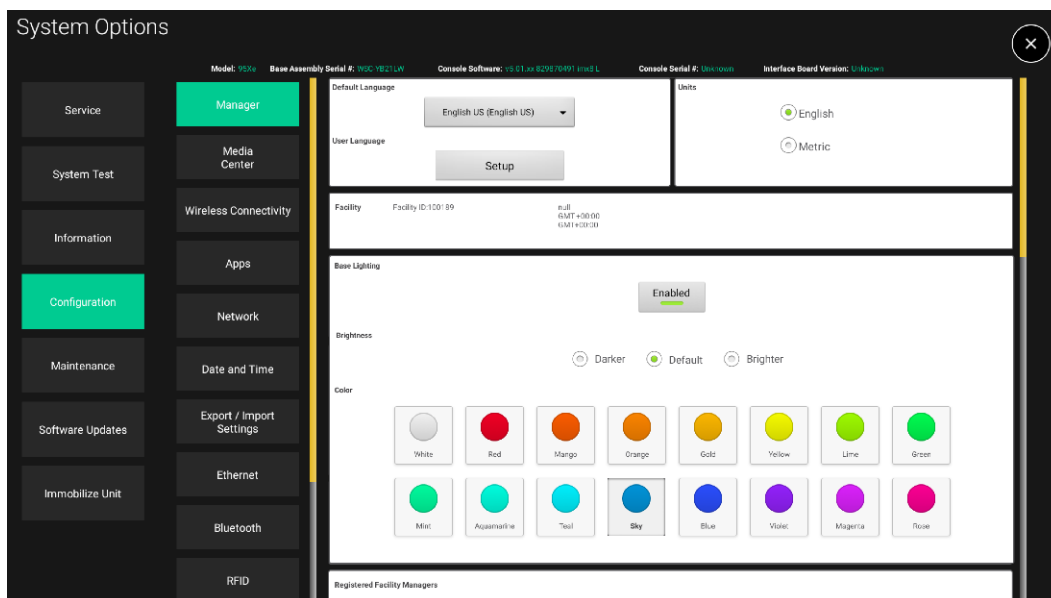


2. Tap the bottom part of the **Select Language** screen in the following sequence: **Lower-Left, Lower-Right, Lower-Left, Lower-Right**.



NOTE: Make sure you tap INSIDE the black square!

3. Navigate through the System Options menu to **Configuration > Manager**.



4. Scroll down to **Smart Lighting**.
5. Toggle the **Enabled** button to ensure the lights are turned on.
6. Adjust the **Brightness** setting to test visibility.
7. Adjust the **Color** to test the light color options.

Troubleshoot the Lifepulse™ Sensors

If the heart rate reading is erratic or missing, do the following:

- Dry the hands to prevent slipping.
- Apply hands to the sensors that are set into the handlebars.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

Troubleshooting the Polar® Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it within 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
Electromagnetic interference from cell phones.	
Electromagnetic interference from computers.	
Electromagnetic interference from cars.	
Electromagnetic interference from high voltage power lines.	
Electromagnetic interference from motor driven exercise equipment.	

Troubleshooting - Wireless Charger

A blue LED indicator is located on the front of the wireless charger rack. Reference the table below for description and LED indicator status.

Status	Description		LED Indicator
Start Up	Console is powered ON.		ON
Standby	Charger is waiting for a device to be placed on.		OFF
Charging	Charger is currently charging a correctly placed device.		ON
Charge Complete	Charger completed charging a device.		ON
Charging Error	Possible Errors: <ol style="list-style-type: none">1. A foreign object (RFID card, magnets, metal objects, etc.) is detected on the charger coils.2. The phone case is too thick.3. Wireless charger is damaged.	Corrective Actions: <ol style="list-style-type: none">1. Remove foreign object from wireless charger. Reposition your phone.2. Remove the phone case. Place phone on wireless charger.3. Contact Life Fitness Customer Support Services.	OFF

How To's

Knowledge Base

See <https://lfn.fit/KnowledgeBase> for more detailed information.

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back left of the seat adjust rail.
3. Contact *Life Fitness* Customer Support Services at <http://www.lifefitness.com>.

7. Warranty

What is Covered

This Life Fitness Family of Brands 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 the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long It is Covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

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 Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your 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 August 4, 2004 stating: 4.75 VDC to 10 VDC; maximum current of 85 mA. 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 authorized *Life Fitness* representative.

What You Must Do

Retain proof of purchase. use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. *Life Fitness* reserves the right to decide whether or not a product is to be returned for repair.

How to Get Parts and Service

Refer to the Corporate Headquarters section 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 different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assume 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 Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

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

Terms of Warranty Coverage

Please use the link below to access component warranty terms:

<http://lifelitness.com/warranties>



