

# *Life Fitness*

*interactive fitness solutions*

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## **Corporate Headquarters**

10601 West Belmont Avenue  
Franklin Park, Illinois 60131  
U.S.A.

(847) 288-3300 • FAX: (847) 288-3703  
(800) 735-3867 (Toll-free within the U.S. and Canada)

---

## **EUROPEAN OFFICES**

### ***Life Fitness Atlantic BV***

Atlantic Headquarters  
Columbusstraat 25  
3165 AC Rotterdam  
THE NETHERLANDS  
Telephone: (010) 494 5728  
FAX: (010) 494 5729

### ***Life Fitness GmbH***

Siemenstrasse 3  
85716 Unterschleissheim  
GERMANY  
Telephone: (089) 31 77 51-0  
FAX: (089) 3 10 73 69

### ***Life Fitness UK Ltd***

Queen Adelaide  
Ely, Cambs CB7 4UB  
UNITED KINGDOM  
Telephone: (01353) 666017  
FAX: (01353) 666018

### ***Life Fitness BeNeLux NV***

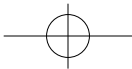
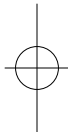
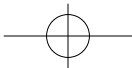
Lambrechtschoekenlaan 309-311  
B-2170 Antwerpen-Merksem  
BELGIUM  
Telephone: (03) 644 44 88  
FAX: (03) 644 24 80

### ***Life Fitness Italia S.R.L.***

Via, Elvas, 92  
39042 Bressanone (BZ)  
ITALY  
Telephone: (0472) 835470  
FAX: (0472) 835150

### ***Life Fitness Austria***

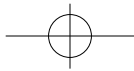
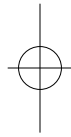
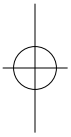
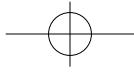
Schiesstattgasse 23  
A-2000 Stockerau  
AUSTRIA  
Telephone: (02266) 61959  
FAX: (02266) 61959



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## ***INTRODUCTION***

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***Congratulations . . .*** and thank you for purchasing a ***Lifecycle® 9100R*** recumbent aerobic trainer. Your new Life Fitness aerobic trainer is the most versatile exercise bike ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. Lifecycle exercise bikes are recognized the world over as the most popular and advanced of computerized stationary bicycles.

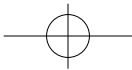
Like other Life Fitness products, the ***Lifecycle 9100R*** aerobic trainer offers you a host of exclusive features designed to help you achieve your fitness goals faster and with greater enjoyment. Industry-standard workout programs, an array of up-to-the-second visual feedback, and a comfortable, reclined design are just a few of the benefits you'll enjoy on your ***Lifecycle 9100R*** aerobic trainer.

***Why use a Life Fitness recumbent trainer?*** Aerobic training on a ***Lifecycle 9100R*** exercise bike is more than just a great workout. The ***Lifecycle 9100R*** aerobic trainer has an ergonomic seat and biomechanically superior position that makes it more comfortable. And with features like the Fit Test, Race mode and level 0 resistance option that is almost 25% easier than the level 1 found on earlier editions of the classic Lifecycle aerobic trainer, you're much more likely to stick with your exercise plan.

If you have any questions regarding the operation of your ***Lifecycle 9100R*** aerobic trainer, please call ***Life Fitness Customer Support Service*** at (847) 451-0036 or toll-free within the U.S. and Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.

***CAUTION: Life Fitness STRONGLY recommends that if you are undertaking an exercise program you see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year. If, at any time while exercising, you feel faint, dizziness, shortness of breath, or pain, stop immediately.***



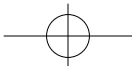


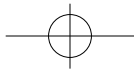
## ***SAFETY INSTRUCTIONS***

### **REMEMBER: SAFETY FIRST!**

- Always follow the console instructions for proper operation.
- Never operate a Life Fitness trainer if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services for more information.
- Never insert objects into any opening in your *Lifecycle 9100R* aerobic trainer. If an object should drop inside, carefully retrieve it; if you cannot reach the item, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the *Lifecycle 9100R* aerobic trainer outdoors, near swimming pools or in high-humidity areas.
- Do not use the *Lifecycle 9100R* aerobic trainer in areas where aerosol spray products are being used or where oxygen is being administered. Such substances increase the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the *Lifecycle 9100R* exercise bike pedals.
- Keep the area around your *Lifecycle 9100R* aerobic trainer clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting your *Lifecycle 9100R* aerobic trainer. Use the handlebar whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. *Do not use the trainer in your bare feet.*
- Do not tip the *Lifecycle 9100R* aerobic trainer on its side during operation.

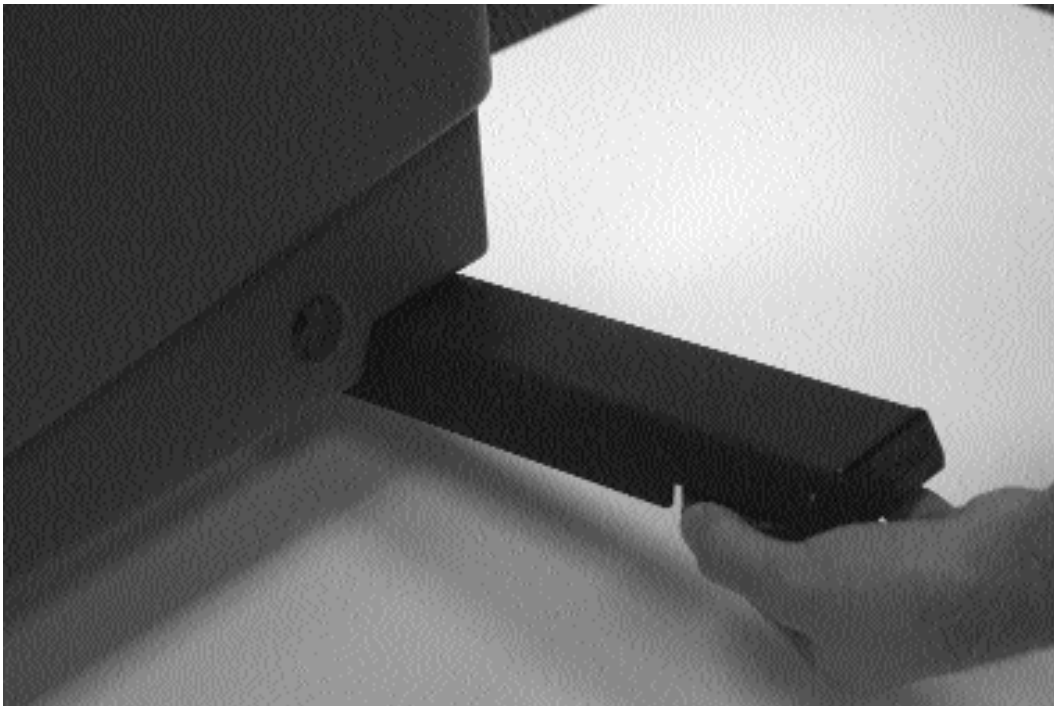
**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE**



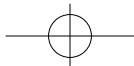


## ***HOW TO LEVEL THE RECUMBENT LIFECYCLE 9100R AEROBIC TRAINER***

Depending on the surface on which you place your ***Lifecycle 9100R*** aerobic trainer, it may need to be leveled. After you place the bike where you will be primarily using it, check the stability of the bike by attempting to rock it back and forth. If it rocks, it isn't level. To level it, rotate the foot on the stabilizer bar that appears to be higher counter-clockwise (as viewed from above) until the bike is level.



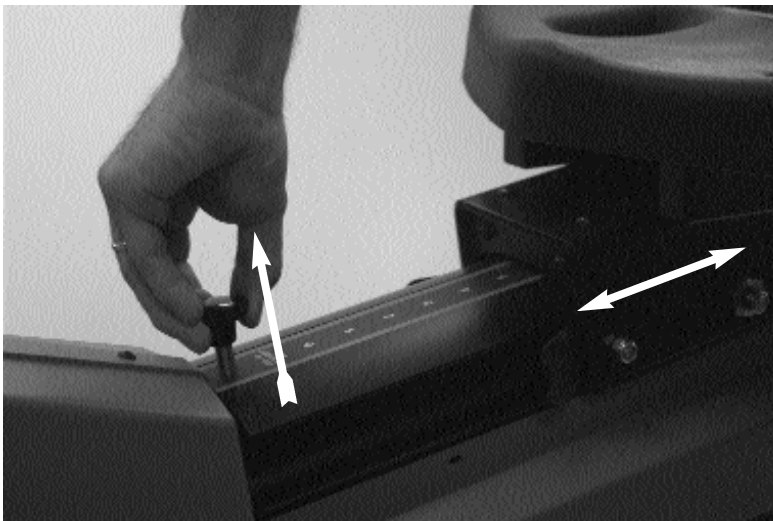
***Leveling the Bike***



## HOW TO ADJUST THE SEAT

A properly adjusted seat is extremely important in any bike-oriented exercise activity, and the **Lifecycle 9100R** aerobic trainer is no exception. If the seat is too far forward, excessive strain will be placed on the knees and quadricep muscles; if the seat is too far back, the resulting reaching action will irritate the feet, ankles, hips and knees.

To adjust the seat properly, sit on it and place the balls of your feet on the pedals. An optimum position will allow you to move through the bottom of the stroke without locking your knees or shifting in the seat (your knees should have a slight bend at the point of fullest leg extension). If the seat needs to be adjusted, pull the spring-loaded adjusting pin located on the extrusion in front of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and readjust it if necessary.



**Adjusting the Seat Position**



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





## ***HOW TO ADJUST THE FOOTSTRAPS***

The pedals on your **Lifecycle 9100R** aerobic trainer have nylon-reinforced rubber footstraps with slits on both the inside and the outside of each strap. To adjust the width of the straps, grasp the outside of the strap and pull down and away from the knob. Once the slotted end is removed, choose a width that will feel the most comfortable while you are riding, reinsert the knob through the slot and pull the strap up. The knob will click when it locks in place.



### ***Adjusting the footstraps***

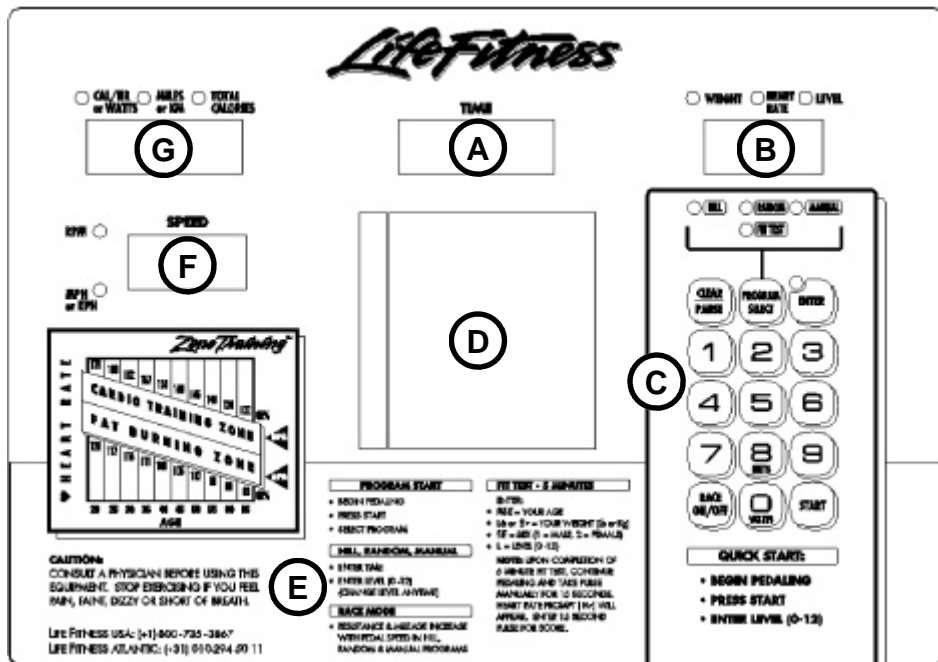


**CAUTION:** Do not attempt to adjust the pedal footstraps while you are pedaling the bike. Doing so may cause injury or result in an uncomfortable workout.



## THE DISPLAY CONSOLE

The *Lifecycle 9100R* aerobic trainer's display console is easy to use and allows you to follow your progress as you ride. The on-board computer lets you tailor your workouts to your individual fitness capabilities and goals, while providing a unique means of measuring your fitness improvement from one workout to the next.



### The Display Console

- A. TIME WINDOW:** Shows the total elapsed time of your workout and the riding time you have selected in the Hill and Random programs. When the CLEAR-PAUSE key is pressed the window functions as a stopwatch (you must continue pedaling). For additional information on this feature see **Operating Instructions and Program Descriptions**.
- B. DATA ENTRY WINDOW:** Displays most data prompts and inputs and the effort level chosen, which remains displayed throughout your workout, except in the Fit Test program or when Watts or METS workouts are selected.
- C. DATA ENTRY KEYPAD:** Allows you to enter information pertinent to the program you've selected.
  - **PROGRAM SELECT:** This is where you select your workout program. As you press the PROGRAM SELECT key, an LED light will cycle through the program options. When the LED adjacent the program you desire is displayed, press ENTER or wait 10 seconds and your choice will be automatically entered.



- **ENTER:** Actually *executes* the input of any information you have keyed in. It is not necessary to press ENTER when keying in a new effort level.
- **START:** The START key activates the display console once you begin pedaling and is then inactive for the remainder of the workout.
- **RACE ON / OFF:** Lets you toggle into and out of the Race mode at any time in the Hill, Random and Manual programs. The Speed display will toggle between RPM and MPH / KPH every five seconds. Your MPH will be dependent on your pedal speed and the level chosen. See the Race Option inset later in this manual.
- **CLEAR–PAUSE:** Use this key during programming to clear input errors. Use this key to put your workout program on hold or restart it.

To place your workout on hold, **press the key once** and continue pedaling (remember, you are powering the machine; if you stop pedaling, all power is lost and the display will go blank). Pedal resistance drops to the minimum when the **Lifecycle 9100R** aerobic trainer is paused and the stopwatch function is activated and the elapsed time window begins counting up from zero. Use this as a brief rest period if you feel fatigued or to take your heart rate.

**Press the key twice** to end your current program and show the program summary. **Press the key a third time** to clear the summary information and the Message Center Window prompts you to choose a program.

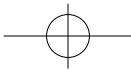
- **NUMERIC KEYS:** Use these keys to enter your riding time, level of difficulty and Fit Test data. You can select a workout duration between 1 and 60† minutes. You also enter a different resistance level than your current level or other data such as age, gender or weight via the numeric keypad.
- **WATTS (0) and METS (8):** To display WATTS (roughly equal to 1/4 of calories per hour), press **0** then ENTER after pressing START and prior to selecting a program. During the Manual program, if you wish to enter a WATTS workload to maintain, enter that value followed by ENTER using the numeric keypad after pressing **0**.

To display METS (a measurement of oxygen consumption per unit of body weight), press **8** then ENTER after pressing START and prior to selecting a program. Next, key in your weight using the numeric keypad and press ENTER.

During the Manual program, if you wish to enter a METS workload to maintain, enter that value using the numeric keypad (followed by the ENTER key) after pressing **8** – ENTER. Both the WATTS and METS options will “lock” the feedback window, displaying only the WATTS and METS values.

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 9100R Aerobic Trainer* section.



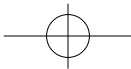


- D. PROGRAM PROFILE WINDOW:** Displays a matrix of lights showing your present position and upcoming terrain. The higher the column of lights, the greater the resistance. The left-most column of lights represent your current position. The remaining columns show the upcoming terrain. As your workout progresses, the lights move across the screen from right to left. When you are at the Program Select stage, graphical depictions of each program appear in the Program Profile Window as that program's LED is lit.
- E. SUMMARY INSTRUCTIONS:** An abbreviated version of the steps required to begin a workout on your *Lifecycle 9100R* aerobic trainer. This is a summary of the information presented in greater detail throughout this manual.
- F. SPEED WINDOW:** Your *Lifecycle 9100R* aerobic trainer can display your speed in revolutions per minute (RPM) or miles or kilometers per hour (MPH / KPH) when in the Race mode. In the Hill, Random and Manual programs, you may switch into and out of the Race mode whenever you wish. When in the Race mode, the Speed Window will toggle between RPMs and MPH or KPH every five seconds.
- G. FEEDBACK WINDOW:** Displays the number of calories burned per hour, total calories, total distance traveled (in miles or kilometers), WATTS (or METS if you have selected this option). The readout automatically displays these forms of feedback in 10-second intervals, **except** when you are in the Hill program for a duration of fewer than six minutes at which time it changes every five seconds.

## HOW TO TAKE YOUR PULSE

To take your pulse manually, place your index and middle fingers together and with slight pressure place them on either your neck, below your earlobe and near the angle of your jaw (this is your carotid pulse), or with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (this is your radial pulse).

Count the number of pulses for 15 seconds; multiplying this number by four will give you the number of beats per minute.



## ***HEART RATE ZONE TRAINING™***

Research shows that exercising within a specific heart rate range is the optimal way to monitor your exercise intensity and achieve maximum results. That's the idea behind the Life Fitness Heart Rate Zone Training™ approach to exercise.

If your primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate (defined as 220 minus your age by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription"). If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

**Example:** If you are 30 years old, your theoretical maximum heart rate is 220 - 30 (your age) or 190 beats per minute (bpm).

If your primary goal is *to burn fat*:

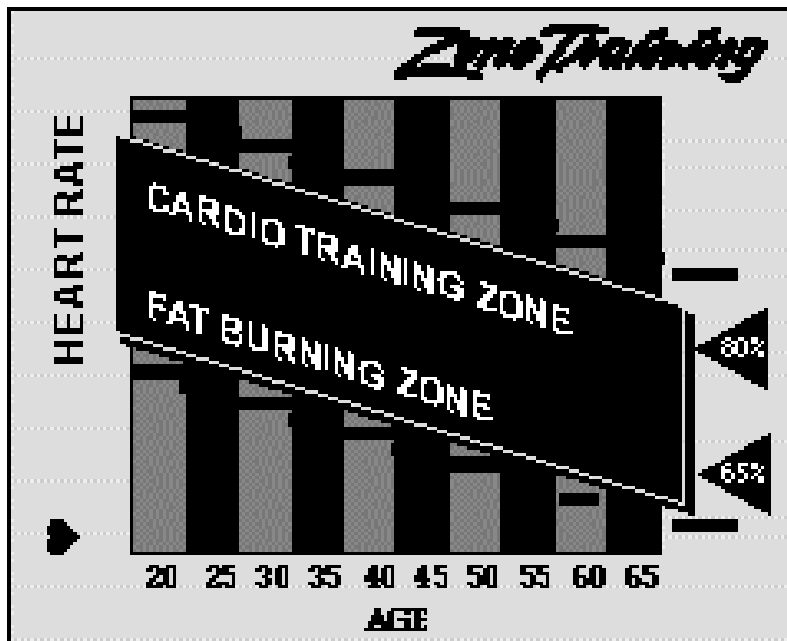
Multiply 190 x .60 = 114 bpm (the low end of your target heart rate zone)

Multiply 190 x .75 = 143 bpm (the high end of your target heart rate zone)

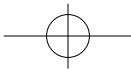
If your primary goal is *to improve your cardiovascular fitness*:

Multiply 190 x .75 = 143 bpm (the low end of your target heart rate zone)

Multiply 190 x .85 = 162 bpm (the high end of your target heart rate zone)



*Heart Rate Zone Training chart*



## OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

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Selecting a workout program on your Life Fitness aerobic trainer is easy. Four computerized aerobic workouts, including the Fit Test program, are pre-programmed on your **Lifecycle 9100R** aerobic trainer:

### HILL

### RANDOM

### MANUAL

### FIT TEST

**HILL** is an interval training workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort – or hills – separated by periods of recovery – or valleys – and a cool-down period.

**RANDOM** is a program of varying effort levels that occur randomly with each exercise session, resulting in more than one million workout combinations.

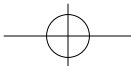
**MANUAL** maintains a constant effort level for the duration you select.

**FIT TEST** is a way of measuring your aerobic fitness level compared to others of the same age and gender.

The **Lifecycle 9100R** aerobic trainer is a “constant work” machine; in the Hill, Random and Manual programs, pedal resistance automatically compensates for changes in RPM. In other words, the slower you pedal, the greater the resistance; conversely, the faster you pedal the less resistance you feel.† The distance you travel will remain the same; pedaling faster will not bring you to the end of a program sooner or burn more calories, assuring you of a consistent workout. If you prefer to be “rewarded” for going faster, try the Race mode option.

**NOTE:** *Mileage readings are arbitrary and should not be used to compare workouts in different programs. Total calories burned is the best measure of the amount of work performed in any given workout.*

† This is true as long as you pedal faster than 65 RPM. Below 65 RPM, the resistance will drop off to the point where you can continue pedaling at a pace sufficient to maintain power to the console.



### **WATTS / METS Programmability Options**

It is possible in the Manual program to enter a value of Watts or METS to maintain, rather than a resistance level. For instance, if your doctor should prescribe that you exercise three times per week for 20 minutes at 100 Watts (the value must be between 33 and 338), this option would ensure that you maintain that 100 Watt level by altering the pedal resistance in inverse proportion to your pedaling speed. In other words, if you begin pedaling at a *slower* pace – dropping your expended Watts below 100 – the resistance will increase to return you to your 100 Watt goal. Conversely, if you begin pedaling *faster*, the resistance will decrease, bringing you back down to the 100 Watt threshold you need to maintain.

To enter a value of Watts to maintain while in the a manual program:

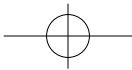
- Continue pedaling
- Press 0/WATTS, then within two seconds...
- Enter a Watts value between 33 and 338

To enter a value of METS to maintain:

- Begin pedaling and press the Start key
- Press the METS key
- When you are prompted, enter your weight and press the Enter key
- When you are prompted, enter an effort level between 0 – 12

You may change your resistance anytime in either the Watts or METS mode by pressing 0 or 8 at anytime during a workout and keying in a new Watts or METS value to maintain. To return to a resistance level, key in a number between 0 – 12.





### The Race Option

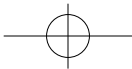
The Race mode allows you to vary your pedal rpm to simulate the feel of an actual 12-speed racing bike in the Hill, Random and Manual programs. Turn the Race mode on at any time and the *Lifecycle 9100R* aerobic trainer's 12 effort levels are transformed into the "gears" of a high performance road racing bicycle! The pedal resistance will change with the speed at which you pedal, enhancing your workout enjoyment while allowing you greater control over the program's intensity (the greater the resistance, the more LEDs will be illuminated). The distance you travel and the calories you burn during your workout will also vary with your pedal speed.

### TO BEGIN ANY LIFECYCLE 9100R AEROBIC TRAINER WORKOUT:

- ① Adjust the seat position and make certain the seat pin is properly locked and the bike is level.
- ② Begin pedaling and press the START key.
- ③ Select one of the flashing program options by pressing the PROGRAM SELECT key until the program you want is lit and then press ENTER (or wait 10 seconds and your selection will be automatically entered).
- ④ Follow the prompts for the Program Option you have selected.

You can "**Quick Start**" a Manual program workout without using the PROGRAM SELECT key. To do so, just press ENTER before selecting a program. The computer will automatically begin a Manual workout at the maximum allowable program time and prompt you to enter a resistance level. If you press a number from 0–9 rather than ENTER, the computer will automatically begin a Manual workout at the maximum allowable program time and that effort level (enter 1-0, 1-1, or 1-2 for effort levels 10-12).

**REMEMBER – YOU CAN CHANGE LEVELS ANY TIME  
BY SIMPLY KEYING IN A NEW LEVEL!**





HILL	RANDOM	MANUAL OR FIT TEST
0	0	0
2	2	1
4	3-4	2
6	5	3
8	7-8	4
10	9	5
11-12	10-11	6
	12	7
		8
		9
		10
		11
		12

### Effort level equivalency table

#### **HILL PROGRAM**

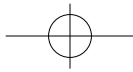
- After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Enter a number from 10 to 60† minutes and press ENTER.
- Once you have selected the duration of your Hill workout the program will begin. Just choose an effort level between 0 (easiest) and 12 (hardest).

The **Lifecycle 9100R** aerobic trainer's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. Interval training programs have been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

Not only does the Hill program offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the program. Because you have the option of working out in a Hill program for anywhere from 1 to 60† minutes, and because the Hill program is composed of four distinct phases, the 20 intervals that make up the program must be structured differently to accommodate the entire array of program durations. Longer workouts add more hills.

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 9100R Aerobic Trainer* section.

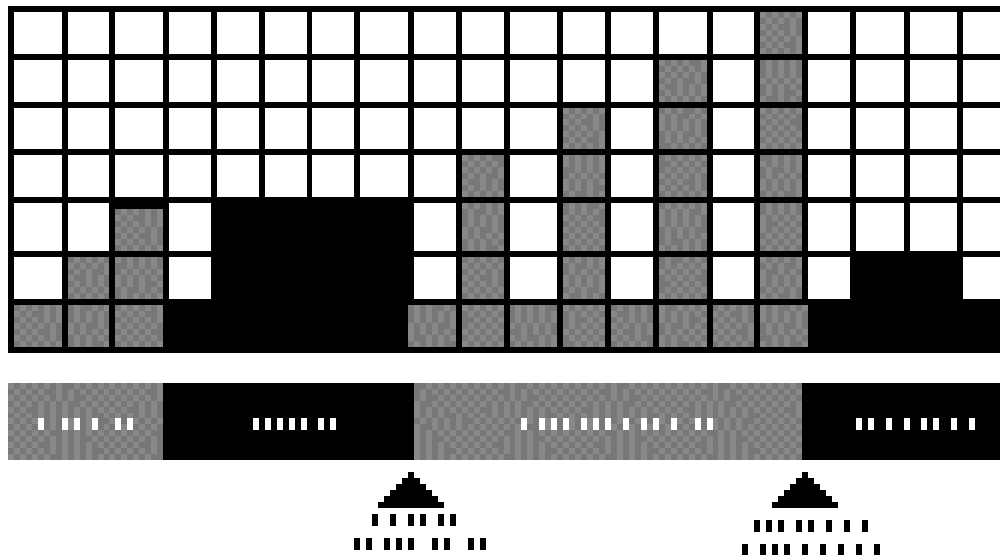




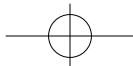
**Each Hill program session comprises the following phases:  
(1) Warm-up (2) Plateau (3) Interval Training (4) Cool-down.**

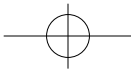
- **Warm-up:** Gradually brings your heart rate into the lower portion of your target heart rate zone, increasing respiration and blood flow to working muscles.
- **Plateau:** Brings your heart rate into your target zone. Check your pulse at the end of the plateau period to ensure that you have entered your target heart rate zone.
- **Interval Training:** A series of hills and valleys. During this portion of your workout, you will be confronted with sets of four successively steeper hills, each separated from the next by a valley, or recovery period. Check your pulse at the end of the interval training period to ensure that you have stayed within your target heart rate zone.
- **Cool-down:** The cool-down allows your body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during your workout and contribute to muscle soreness.

**TERRAIN (HILLS AND VALLEYS)**



The Hill diagram above shows the effort level and recovery periods encountered during a Hill workout. Effort and recovery periods are simulated on the display console by columns of lights in the Program Profile Window. The columns move from right to left during the workout with the left-most column in the Program Profile Window being your current location in the program. The higher the column, the greater the resistance; consequently, you must increase your effort.



**Heart Rate Check Points:**

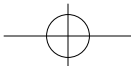
Check your heart rate near the end of the plateau and interval training periods. You might want to press the CLEAR-PAUSE key and then check your heart rate. You should always take your pulse at the times indicated below to make sure you are staying within your personal target heart rate zone.

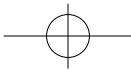
**Heart Rate Check Points:****For Fat Loss Training:**

- (1) **First Heart Rate Check Point** — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category.
- (2) **Second Heart Rate Check Point** — Your heart rate should be between 70% and 75% of the theoretical maximum heart rate for your age category.

**For Cardiorespiratory Training:**

- (1) **First Heart Rate Check Point** — Your heart rate should be between 75% and 80% of the theoretical maximum for your age category.
- (2) **Second Heart Rate Check Point** — Your heart rate should be between 80% and 85% of your theoretical maximum for your age category.





### **RANDOM PROGRAM**

- After selecting a Random workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-60† minutes and press ENTER.
- Once you have selected the duration of your Random workout the program will begin. Just choose an effort level between 0 (easiest) and 12 (hardest).

The computer randomly selects hill and valley terrain that varies with each workout, resulting in more than one million combinations. Because resistance levels are greater in this program than in the Hill program, it is recommended that the Random program be set one or two levels *lower* than the level of intensity you would normally select on the Hill program.

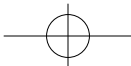
### **MANUAL PROGRAM**

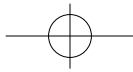
- After selecting a Manual workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-60† minutes and press ENTER.
- Once you have selected the duration of your Manual workout the program will begin. Just choose an effort level between 0 (easiest) and 12 (hardest). You may also choose Watts or METS. See the **Watts / METS Programmability Options** box earlier in this section.

The Manual Program provides steady-pace exercise equal to that of the highest hill encountered on the Hill program at the same level of effort (except at level 0, when the resistance equals that of the lowest valley). Because of the greater resistance levels of this program, it is recommended that you set the Manual Program about two to three levels *lower* than the level of effort that you would normally select on the Hill program. (See the 'Effort level equivalency table' in the Hill Program section).

You can design your own interval training program using the Manual Program by varying the level of effort during the course of your workout. To do so, select a high level of resistance until you reach the upper end of your target heart rate zone, then ride at a lower effort level until your heart rate drops to the bottom of your target zone. Then increase the level of effort again until you are back to the upper portion of your target zone. By repeating this process, you will actually be creating your own hills and valleys.

† 60 minutes is the factory setting for the Maximum Program Duration. To increase or decrease the Maximum Program Duration see the *Optional Settings for the Lifecycle 9100R Aerobic Trainer* section.



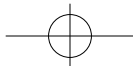


## FIT TEST PROGRAM

The **Lifecycle 9100R** exercise bike Fit Test program is another exclusive feature of this versatile aerobic trainer. Your Fit Test score is also an approximate measure of your submaximal  $VO_2$ ; think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

- After selecting the Fit Test program with the PROGRAM SELECT key, the data entry window will ask for your age (**AGE**). Use the numeric keys to input your age and press ENTER.
- After entering your age, the data entry window will ask for your weight: **Lb** (for weight in pounds on English units) or **gr** (for weight in kilograms on metric units). Use the numeric keys to input your weight and press ENTER.
- After entering your weight, the data entry window will ask you to select your gender (**SE**). Press 1 for male or 2 for female and then press ENTER.
- Finally, consult the **Activity Levels** chart on the following page for the effort level (**L**) at which you should take the Fit Test based on your age, gender and activity level. Use the numeric keys to enter the corresponding level.

After you have completed the five-minute Fit Test the Heart Rate LED (located above the Numeric Keypad) will prompt you to take your 15-second pulse count and enter value. Your Fit Test score will be displayed, which you can use to find your ranking in the Fit Test scoring tables located at the end of this section.



RECOMMENDED FIT TEST LEVELS				
AGE (years)	WEIGHT	INACTIVE	ACTIVE	VERY ACTIVE
< 30	< 130	1	2	3
	131-169	2	3	4
	170-210	3	4	5
	> 210	4	5	6
30-39	< 130	0	1	2
	131-169	1	2	3
	170-210	2	3	4
	> 210	3	4	5
40-49	< 130	0	0	1
	131-169	1	1	2
	170-210	1	2	3
	> 210	2	3	4
50 +	< 130	0	0	0
	131-169	0	1	1
	170-210	1	1	2
	> 210	1	2	3

**NOTE:** If your weight varies from these values substantially, you may wish to increase or decrease the indicated levels accordingly.

If your heart rate is below 65% of your theoretical maximum heart rate at the conclusion of the Fit Test, retake the test at a higher level.

The Fit Test is an estimate of your submaximal  $VO_2$ , which is a measurement of how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity.



## **FIT TEST TIPS:**

*The computer will not accept:*

- body weights less than 74 pounds (34 kg) or greater than 350 pounds (159 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

***If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR-PAUSE, inputting the correct information, and pressing ENTER.***

*It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:*

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

*For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.*

**NOTE:** *To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 60%-85% of your theoretical maximum heart rate.*

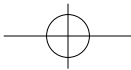
<b>RELATIVE FITNESS CLASSIFICATIONS FOR MEN</b>					
<b>RATING</b>	<b>AGE</b>				
	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60 +</b>
<i>Elite</i>	55+	52+	50+	48+	45+
<i>Excellent</i>	50-54	47-51	45-49	43-47	40-44
<i>Good</i>	45-49	42-46	40-44	38-42	35-39
<i>Above Average</i>	40-44	37-41	35-39	33-37	30-34
<i>Average</i>	36-39	33-36	31-34	29-32	26-29
<i>Below Average</i>	31-35	28-32	26-30	24-28	21-25
<i>Poor</i>	26-30	23-27	20-25	18-23	16-20
<i>Very Poor</i>	<26	<23	<20	<18	<16

<b>RELATIVE FITNESS CLASSIFICATIONS FOR WOMEN</b>					
<b>RATING</b>	<b>AGE</b>				
	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60 +</b>
<i>Elite</i>	49+	46+	44+	42+	40+
<i>Excellent</i>	44-48	41-45	39-43	37-41	35-39
<i>Good</i>	39-43	36-40	34-38	32-36	30-34
<i>Above Average</i>	34-38	31-35	29-33	27-31	25-29
<i>Average</i>	30-33	27-30	25-28	23-26	21-24
<i>Below Average</i>	25-29	22-26	20-24	18-22	16-20
<i>Poor</i>	20-24	17-21	15-19	13-17	11-15
<i>Very Poor</i>	<20	<17	<15	<13	<11

Fit Test Scoring Tables







## OPTIONAL SETTINGS FOR THE LIFECYCLE 9100R AEROBIC TRAINER

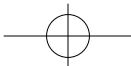
### ● *Maximum Program Duration*

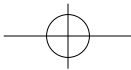
The Maximum Program Duration option allows you to change the default maximum Program Duration of 60 minutes to anywhere from 10 to 99 minutes. Altering the maximum program time will affect all programs **except** the Fit Test. To change the **Lifecycle 9100R** recumbent aerobic trainer maximum program time, proceed as follows:

1. Press and hold the **5** key on the numeric keypad.
2. Begin pedaling, then press **START**.

All LEDs and 7-segment displays will be illuminated. This is called **Diagnostic State 1**. There are 10 distinct Diagnostic States. The Maximum Program Duration default settings are located in **Diagnostic State 5**. Each time you press the **ENTER** key you will advance one diagnostic state. Continue to advance to Diagnostic State 5.

3. When you reach Diagnostic State 5, the current Maximum Program Duration setting will be displayed. The default maximum program time is 60 minutes.
4. Use the **1** key to decrease the Maximum Program Duration or the **3** key to increase the Maximum Program Duration.
5. To exit the Diagnostic States, press the **CLEAR/PAUSE** key repeatedly until you return to the user display. The user display is the initial display console you see when you approach the unit for normal operation.





### ● **English/Metric Default Setting Toggle**

The default setting of the **Lifecycle 9100R** aerobic trainer 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 8**. Follow the instructions as listed below.

Press and continue to hold the '5' key on the keypad and 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 **START/ENTER** key seven times to forward to diagnostic state 8 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 8:**

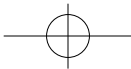
This test indicates the display console default setting of English or metric units of measurements.

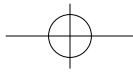
When the default is set to English units of measurements, it will read ' E ' in the DATA ENTRY WINDOW.

When the default is set to metric units of measurement, it will read ' 9 ' in the DATA ENTRY 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.

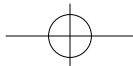
**Diagnostic State 7** can be entered now by pressing the **CLEAR/PAUSE** key and you can continue going backwards by pressing the **CLEAR/PAUSE** key to previous diagnostics until you return to the user display.





## HOW TO SOLVE BASIC OPERATING PROBLEMS

Symptom	Probable Cause	Corrective Action
<b>No Power</b>	<ul style="list-style-type: none"> <li>• 9-volt battery voltage too low</li> <li>• Harness not connected</li> <li>• Pedaling too slow (below 32 rpm)</li> </ul>	<ul style="list-style-type: none"> <li>• Replace 9-volt alkaline battery</li> <li>• Disconnect and reconnect harness</li> <li>• Pedal faster than 32 rpm</li> </ul>
<b>Difficult to pedal</b>	<ul style="list-style-type: none"> <li>• 10- to 15-hour break-in period not complete</li> <li>• Selected level of difficulty too high</li> </ul>	<ul style="list-style-type: none"> <li>• Ride the bike for 10 to 15 hours</li> <li>• Lower the level of difficulty</li> </ul>
<b>Bike shuts off during ride</b>	<ul style="list-style-type: none"> <li>• Not entering desired workout duration</li> <li>• Pedaling too slow (below 32 rpm)</li> </ul>	<ul style="list-style-type: none"> <li>• Check that desired workout duration appears in display window prior to pressing ENTER</li> <li>• Pedal faster than 32 rpm</li> </ul>
<b>Display flickers or fades in and out</b>	<ul style="list-style-type: none"> <li>• Wire harness connector loose</li> </ul>	<ul style="list-style-type: none"> <li>• Carefully remove console and disconnect, then reconnect, the 16-pin connector</li> </ul>



## PREVENTIVE MAINTENANCE TIPS

Your **Recumbent Lifecycle 9100R** aerobic trainer is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness exercise bikes are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over.

Here are some preventive maintenance tips that will keep your **Recumbent Lifecycle 9100R** exercise bike operating at peak performance:

- Locate your **Recumbent Lifecycle 9100R** aerobic trainer in a cool, dry place.
- Clean the seat surface regularly.
- Clean the seat extrusion with a soft cloth and a non-abrasive liquid cleanser and check the seat adjustment pin insertion monthly.
- Keep the display console free of fingerprints and salt build-up caused by sweat. Use a 100% cotton cloth lightly moistened with water and a mild liquid detergent (other fabrics or paper towels may scratch the surface).
- Long fingernails may scratch the surface of the console. Use the pad of your fingertip to press the console buttons.

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

**CAUTION:** **DO NOT** step on any portion of the housing when getting on or off the bike; doing so may crack the housing. The correct way to get on or off (mount or dismount) your **Recumbent Lifecycle 9100R** aerobic trainer is to step over and straddle the housing, then lower yourself onto the seat.



## **HOW TO OBTAIN PRODUCT SERVICE**

### **Step 1**

Verify the symptom and review the operating instructions and **How To Solve Basic Operating Problems** on the previous page. The problem may be unfamiliarity with your **Lifecycle 9100R** aerobic trainer's features and programs.

### **Step 2**

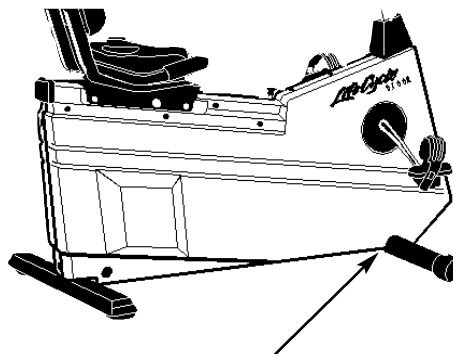
Locate and document the serial number of the unit, which is located on the underside of the bike, just behind the front stabilizer bar.

### **Step 3**

Contact **Life Fitness**  
**Customer Support Services:**

#### **Life Fitness Customer Support Services**

10601 West Belmont Avenue  
Franklin Park, IL 60131  
Toll-free within the U.S. and Canada  
(800) 351-3737  
(847) 451-0036  
FAX: (847) 288-3702



**Serial Number loca-**

#### **For Product Service In Europe:**

##### **Life Fitness GmbH**

Telephone: (089) 31 77 51-0  
FAX: (089) 3 10 73 69

##### **Life Fitness BeNeLux**

Telephone: (03) 644 44 88  
FAX: (03) 644 24 80

##### **Life Fitness Austria**

Telephone: (02266) 61959  
FAX: (02266) 61959

##### **Life Fitness UK Ltd**

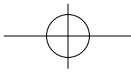
Telephone: (01353) 666017  
FAX: (01353) 666018

##### **Life Fitness Italia S.R.L.**

Telephone: (0472) 835470  
FAX: (0472) 833150

*Please have the serial number of your **Lifecycle 9100R** aerobic trainer and the problem/symptom ready for the Customer Support Services Specialist who will be assisting you. This information is necessary for us to help solve any problems you may be having.*





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## **RECUMBENT LIFECYCLE 9100R AEROBIC TRAINER SPECIFICATIONS**

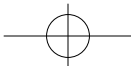
<b>Designed use</b>	Commercial
<b>Maximum user weight</b>	350 pounds / 159 kilograms
<b>Power requirements</b>	None
<b>Programs</b>	Hill Profile, Random, Manual, Fit Test
<b>Console displays</b>	Elapsed time, pedal rpm , mph/kph (Race Mode) calories per hour (Watts or METS optionally), miles (kilometers on metric units), resistance level

### **PHYSICAL DIMENSIONS:**

<b>Length</b>	52 inches / 132 centimeters
<b>Width</b>	29 inches / 74 centimeters
<b>Height</b>	48 inches / 122 centimeters
<b>Weight</b>	128 pounds / 58 kilograms
<b>Color</b>	Light grey with black accents

### **SHIPPING DIMENSIONS:**

<b>Length</b>	57 inches / 145 centimeters
<b>Width</b>	25 inches / 63 centimeters
<b>Height</b>	44 inches / 112 centimeters
<b>Weight</b>	159 pounds / 72 kilograms

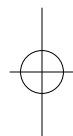
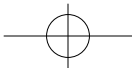


# Life Cycle®

## 9100R



### AEROBIC TRAINER OPERATION MANUAL



***LifeFitness***

**10601 West Belmont Avenue  
Franklin Park, IL 60131**

