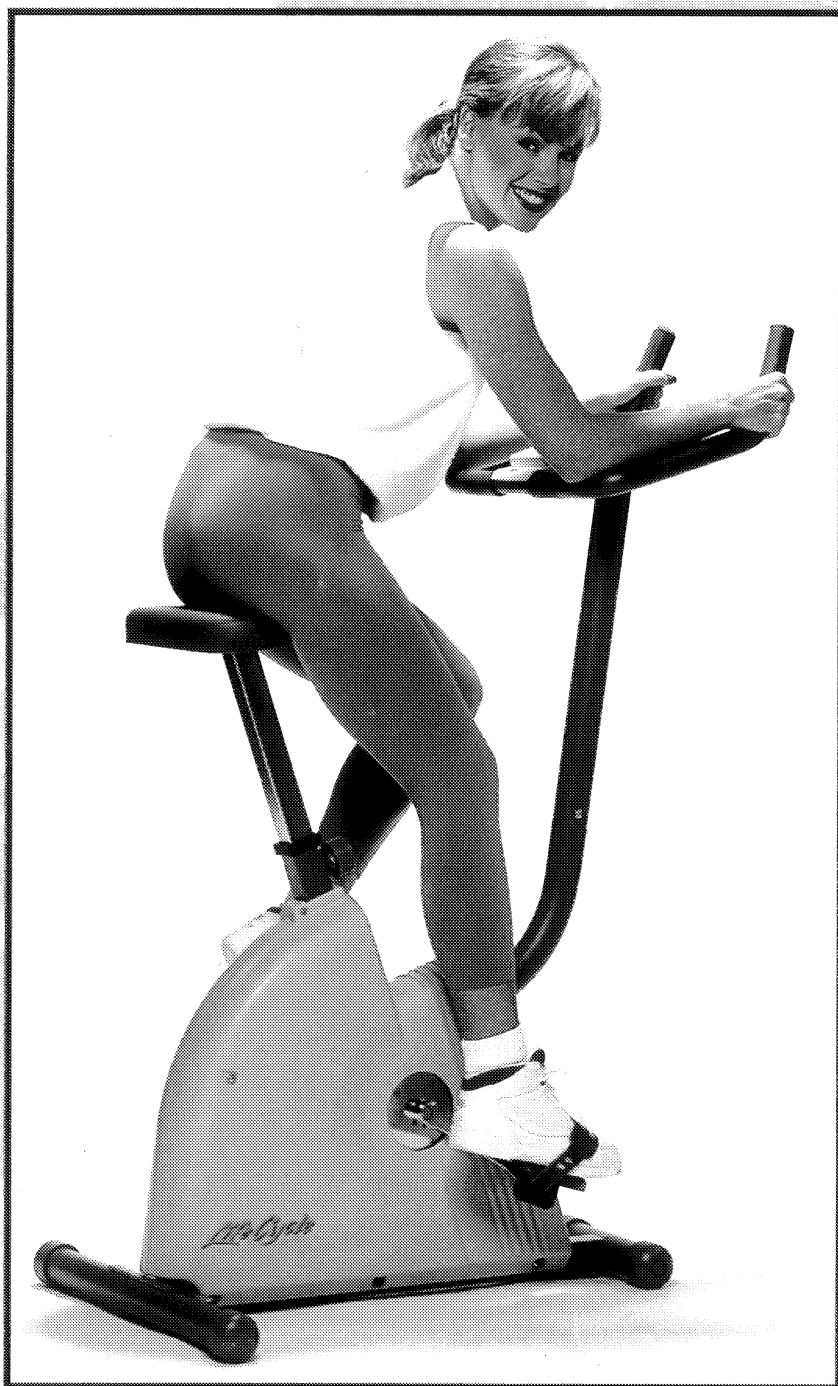


EXERCISE
READY™

LifeCycle

3500



LifeFitness

FITNESS GUIDE &

OPERATION MANUAL

FCC Warning - Possible Radio/Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the space between the equipment and the receiver.

Connect the equipment to an outlet on a different circuit than that to which the receiver is connected.

Consult an exercise equipment dealer or an experienced radio/TV technician for help.

Introduction

Congratulations...and welcome to the world of Life Fitness and the Lifecycle® 3500 aerobic trainer. Your new exercise bike is the culmination of over 20 years of technological expertise and innovation that have established the Lifecycle as the world's most popular and advanced computerized stationary bicycle. Life Fitness is the leader in developing quality fitness equipment and programs that both challenge and entertain users while helping them work to become more fit and healthy. Like other Life Fitness products, your new Lifecycle 3500 exercise bike is designed to provide you with an effective workout that is both motivating and time efficient.

Who rides the Lifecycle aerobic trainer? People who value their time, need to make every minute count, and recognize the importance of regular exercise. Olympic athletes, movie stars, corporate executives, government officials, sports celebrities and others value the tradition of quality that makes this and other Life Fitness trainers their exercise choice. Whether at home or at the office, riding a Lifecycle stationary bike is an excellent way to lose weight and improve your cardiorespiratory condition — and it's fun!

Why ride a Lifecycle aerobic trainer? Aerobic training with a Lifecycle stationary bike is more than just a motivating experience. Regular aerobic exercise will improve your energy and endurance, reduce body fat, lower your probability of heart disease, and tend to prolong life,* not to mention making you look and feel better and more confident. Competitive athletes train aerobically to increase their heart strength, lung capacity and muscular endurance. And working out consistently can help all of us diffuse the effects of everyday stress.

Read this manual now. Before beginning your Lifecycle workout program, it is essential that you read this entire manual. Don't worry, it won't take you long, but it will explain how to set up and operate your Lifecycle 3500 exercise bike correctly and maximize the benefits of your workouts. If you have further questions regarding the operation of your Lifecycle trainer, please call Life Fitness After Market Service toll-free at 1-800- 216-8894.

CAUTION: Anyone undertaking a vigorous exercise program should consult their physician. Life Fitness STRONGLY recommends that you see your doctor before beginning any exercise program, particularly if you have a history of high blood pressure, heart problems, or if you are over the age of 45.

*Paffenbarger, R.S. Jr., Hyde, R.T., Wing, A.L., et al: Physical Activity, All-cause Mortality, and Longevity of College Alumni. New England Journal of Medicine 1986;314(March 6):605-613.

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Sales, Product Information:

Life Fitness
Corporate Headquarters
10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
(800) 735-3867 (Toll-free within the U.S. and Canada)
(708) 288-3300
Fax: (708) 288-3703

***Customer Service, Assistance on Installation,
Operation, Warranty, Parts, and Repairs:***

Life Fitness
After Market Service
10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
(800) 216-8894 (Toll-free within the U.S. and Canada)
(708) 451-0036
Fax: (708) 288-3702

Europe:

Life Fitness GmbH
Siemensstrasse 3
85716 Unterschleissheim
Munich, Germany
Phone: 089 3 10 60 78
Fax: 089 31 77 51 38

Life Fitness UK Ltd
Potter Group
Queen Adelaide
Ely, Cambs CB74UB
Phone: 0353 666017
Fax: 0353 666018



Your Lifecycle 3500 exercise bike has been designed exclusively for home use to provide an effective workout that is both motivating and time-efficient. The user-friendly console provides various forms of visual feedback, acting as your own personal coach and trainer.

It's Intelligent: Choose from among the five Life Fitness standard workout programs, or the new Zone Training™ Heart Rate program (sold separately) that features built-in intelligence that takes the guesswork out of workouts. This optional heart rate training system gives you the most accurate heart rate readings available and *maintains* your heart rate by automatically varying pedal resistance to keep you within your optimal training zone.

It's Motivating: An easy-to-read message window displays motivating feedback from your workout so you'll always know how you're doing. Your heart rate, elapsed time, calories burned per hour, total calories burned, distance traveled, pedaling rate, and upcoming terrain are continually displayed.

It's Fun: Your Lifecycle 3500 exercise bike is pre-programmed to accommodate the Exertainment™ interactive fitness system, the latest innovation from Life Fitness. The Exertainment system combines the benefits of an exercise bike with the excitement of a video game. Coupled with the Super Nintendo Entertainment System® (Super NES™), it allows you to become an active participant in video games shown on your television screen.

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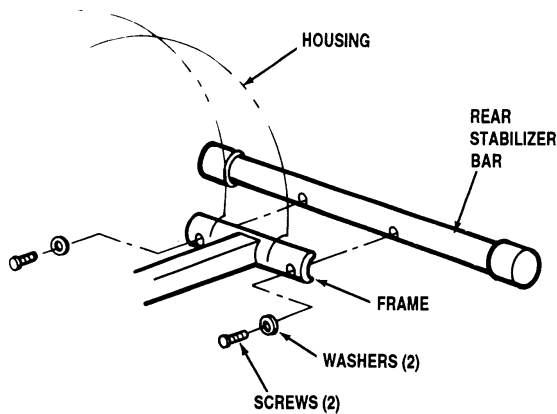
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Bike Assembly Instructions

Tools Required: Metric hex key wrench set, adjustable wrench

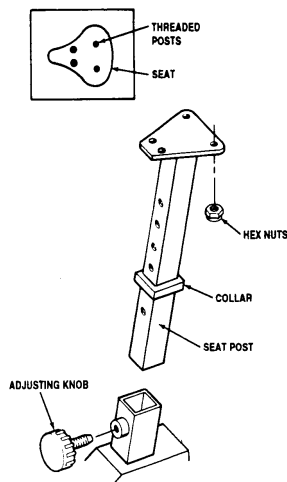
Step 1

With the bike standing in an upright position, attach the REAR STABILIZER BAR to the FRAME using the two WASHERS and hex head BOLTS.



Step 2

- A. Insert the threaded posts on the underside of the SEAT into the matching holes drilled into the plate on top of the SEAT POST.
- B. Secure the SEAT to the plate by installing a HEX NUT over each of the four threaded posts and tightening.
- C. Slide the SEAT POST into the HOUSING FRAME POST and secure at the desired height with the threaded ADJUSTING KNOB. (The pin on the end of the adjusting knob **must** be engaged in one of the holes in the seat post).
- D. Slide the COLLAR down to the HOUSING FRAME POST.



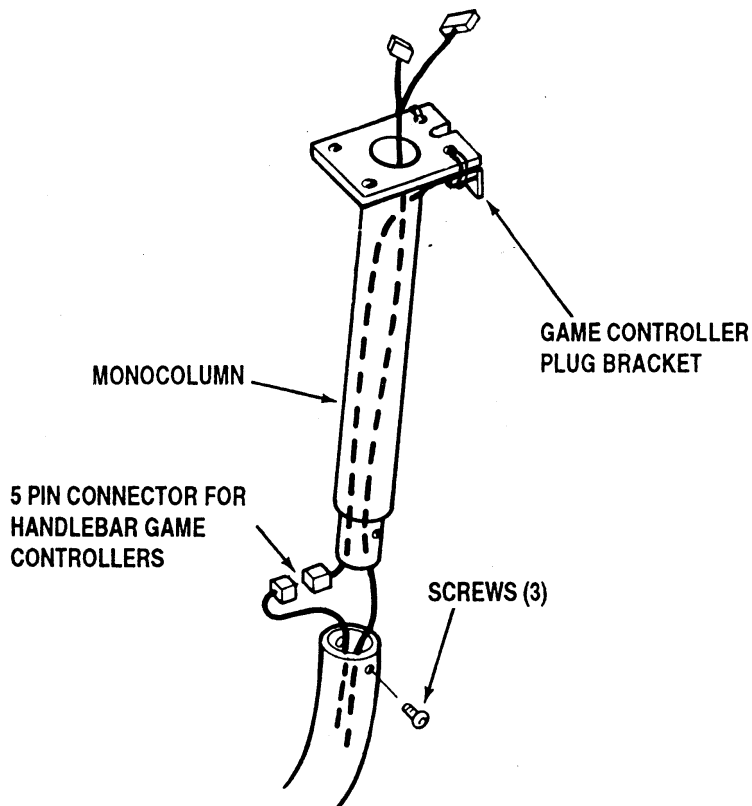
Step 3

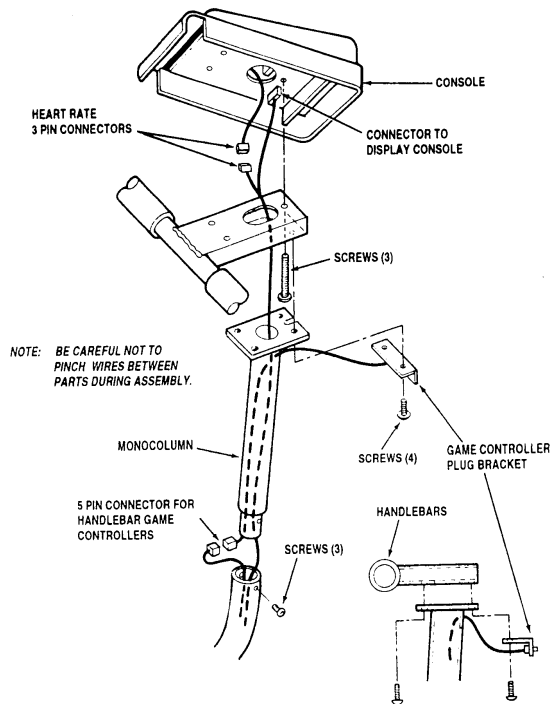
Screw the PEDALS on to their respective PEDAL ARMS and tighten with a wrench. (The PEDALS are stamped on the end of the threaded post with an 'L' and an 'R' to designate user LEFT and RIGHT.)

Step 4

Inside the curved HANDLEBAR POST is a long WIRE HARNESS with two CONNECTORS attached and a short HARNESS with a 5 PIN CONNECTOR which only extends slightly above the top of the curved HANDLEBAR POST. Inside the MONOCOLUMN is a HANDLEBAR GAME CONTROLLER WIRE HARNESS with a 5 PIN CONNECTOR which exits out the bottom of the MONOCOLUMN.

- A. Route the longer WIRE HARNESS from the curved HANDLEBAR POST through the bottom of the MONOCOLUMN and out of the top of the MONOCOLUMN.
- B. Snap together the two 5 PIN CONNECTORS of the HANDLEBAR GAME CONTROLLER WIRE HARNESS which meet at the top of the curved HANDLEBAR POST and the bottom of the MONOCOLUMN.
- C. Slide the MONOCOLUMN into the HANDLEBAR POST being very careful not to damage the CONNECTORS of the WIRE HARNESS. Secure in place with the three hex key SCREWS.





Step 5

- A. Remove the WIRE TIES securing the GAME CONTROLLER PLUG BRACKET into position on the top plate of the MONOCOLUMN.
- B. Route the two CONNECTORS of the WIRE HARNESS at the top of the MONOCOLUMN through the large slots provided in the center extrusion of the handlebar assembly.
- C. Secure the HANDLEBARS to the MONOCOLUMN using two hex key SCREWS through the two rear holes. Finger-tighten only.
- D. Snap together the two 3 PIN CONNECTORS of the HEART RATE WIRE HARNESES leading from the top of the MONOCOLUMN and the underside of the CONSOLE.
- E. Plug the 6 PIN CONNECTOR into the 6 PIN PC BOARD CONNECTOR on the underside of the CONSOLE.
- F. Carefully lower the CONSOLE onto the center extrusion of the HANDLEBARS so as not to damage the WIRE CONNECTORS and secure the CONSOLE into place on the HANDLEBAR ASSEMBLY from below by inserting and tightening the three phillips SCREWS.

Step 6

Secure the HANDLEBAR/CONSOLE ASSEMBLY to the MONOCOLUMN by first passing two remaining hex key SCREWS through the two slots in the GAME CONTROLLER PLUG BRACKET, through the plate at the top of the MONOCOLUMN, and into the bottom of the HANDLEBAR center extrusion. Tighten the four hex key SCREWS to complete the installation.

How to Level the Bike

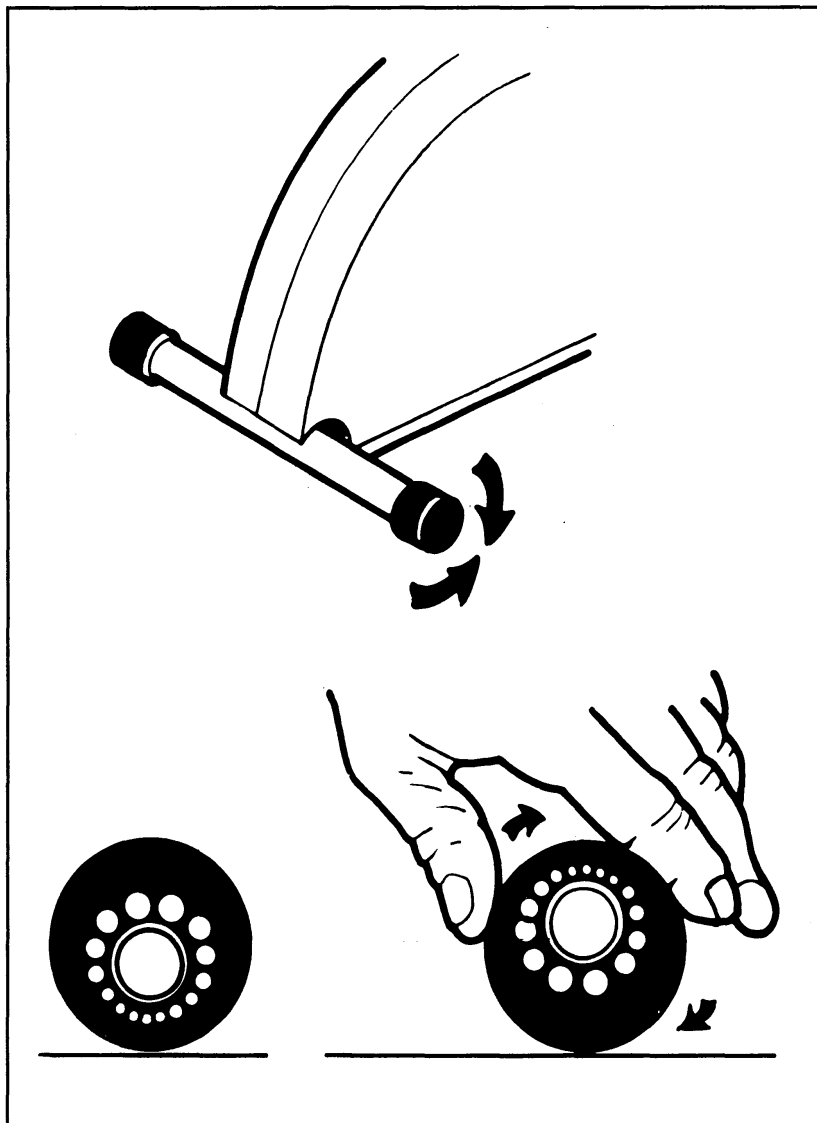
Your Lifecycle trainer may need to be leveled.

After placing the Lifecycle trainer in its intended location for use, check the stability of the bike. If it's not stable, turn one of the rear foot caps in either direction until the rocking motion is eliminated.

If one end of the foot cap is not touching the floor, rotate the foot cap so that the large end is touching the surface of the floor. If one side of the bike is too high, rotate the foot cap so that the small end is touching the surface of the floor.

NOTE: Only one foot cap needs to be turned.

Figure 1: How to Level the Lifecycle Trainer



Electrical Instructions

Your Lifecycle 3500 exercise bike is intended for use on a standard 120-volt electrical circuit. (See Table 1 below for electrical requirements outside the U.S. and Canada).

Connect the POWER SUPPLY into the socket located in the front of the bike, then wrap the power cord three times around the stabilizer bar as shown. (This is important to protect the power cord from being “yanked” out of and damaging the socket in the event of sudden or accidental movement of the bike). Plug the POWER SUPPLY into a properly grounded outlet.

Figure 2: Electrical Connection

Keep your Lifecycle trainer plugged in at all times.

ALWAYS unplug the bike when performing or attempting any maintenance or service activities.

Keep the power cord away from heated surfaces.

When moving the bike, do not roll over the power cord.

NEVER operate your Lifecycle if it has a damaged power cord or faulty electrical plug.

Table 1: Electrical Requirements

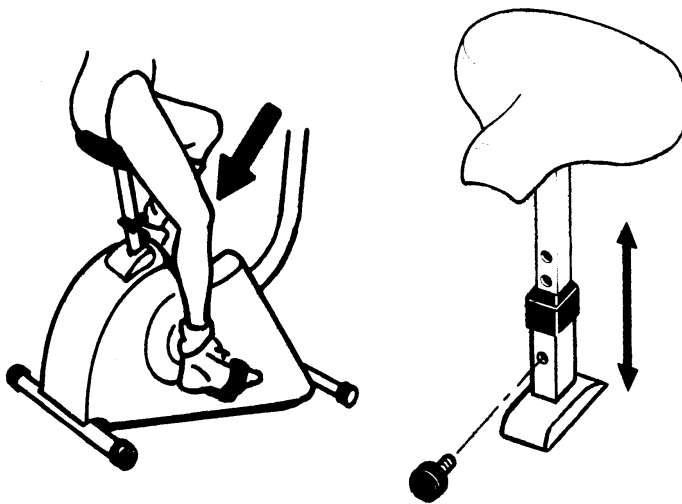
| U.S. and Canada | 120 | 60 | .30 |
|-----------------|-----|----------|-----|
| United Kingdom | 240 | 50 | .15 |
| Germany | 220 | 50 | .15 |
| France | 220 | 50 | .15 |
| Latin America | 220 | 60 | .15 |
| Spain | 220 | 50 | .15 |
| Japan | 100 | 50 or 60 | .34 |
| Australia | 240 | 50 | .15 |

How to Adjust the Seat Height

Proper seat height is important. A seat that is too low can place excessive strain on knees and thigh muscles, and a seat that is too high can irritate feet, ankles, hips and knees. To adjust the seat properly, sit on the seat and place the ball of your foot on the pedal. You should be able to move through the bottom of the pedaling stroke without locking your knees or shifting your hips on the seat. The seat is too low if you have more than a slight bend in your knee when your leg is extended. If you feel like you are standing on tiptoe, the seat is too high. When adjusting the seat, make sure the seat pin is securely inserted.

CAUTION: DO NOT ATTEMPT TO ADJUST THE SEAT WHILE YOU ARE ON THE BIKE. ATTEMPTING TO ADJUST SEAT WHILE RIDING, OR FAILING TO INSERT THE SEAT PIN COMPLETELY, COULD MAKE YOUR WORKOUT UNCOMFORTABLE OR CAUSE INJURY.

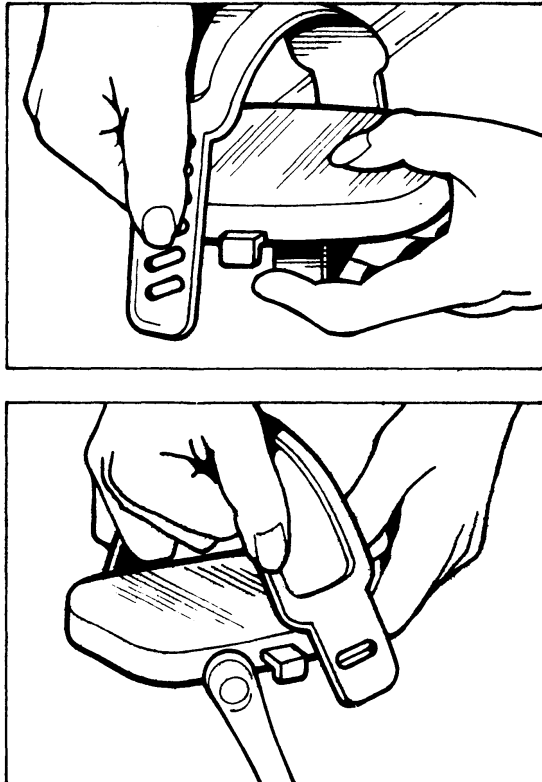
Figure 3: Correct Seat Height Adjustment



How to Adjust the Footstraps

Each pedal has a nylon reinforced rubber footstrap with two inside slits and five outside slits. To change the width of the strap, simply grasp the outside of the strap and pull away from the knob and down. Once the slotted end of the strap is removed, choose the width that feels the most comfortable while riding. When the desired width has been chosen, insert the strap slit onto the knob and pull the strap up. The strap will click when locked into place.

Figure 4: Adjusting the Footstraps



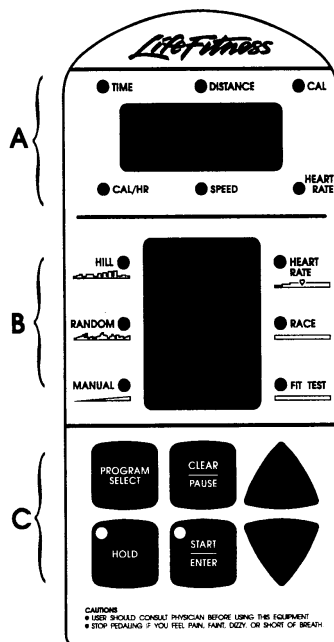
CAUTION: DO NOT ATTEMPT TO ADJUST THE FOOTSTRAPS WHILE YOU ARE RIDING THE BIKE. ATTEMPTING TO DO SO WHILE YOU ARE RIDING MAY RESULT IN SERIOUS INJURY.

How to Use the Display Console

The display console of your Lifecycle 3500 exercise bike is remarkably easy to use. The computerized console offers a variety of features and functions that allow you to monitor your progress as you ride and maximize your workouts.

The Lifecycle 3500 is equipped with an on-board computer that lets you tailor your workout to your individual fitness goals and capabilities while providing a unique means of measuring your improvement from one session to the next. You'll want to challenge yourself by gradually increasing exercise intensity and duration as your endurance improves.

Figure 5: Display Console



- A. MESSAGE WINDOW:** Displays information you input and workout feedback.

TIME: Displays the elapsed time of your workout.

DISTANCE: Displays miles traveled.

CAL: Displays total calories burned.

CAL/HR: Displays the amount of calories you would burn if you maintained your current pace for one hour.

SPEED: For all programs except the Race program, displays your pedaling speed in revolutions per minute (rpm). For the Race program, your traveling speed is displayed in miles per hour (mph).

HEART RATE: When used in conjunction with the optional Zone Trainer Heart Rate Monitor kit, your current heart rate is displayed.

When you have reached the end of your workout, a summary of the final totals for each of the above categories will be displayed in the message window.

The message window scrolls among the six types of feedback (five (5) if you don't have the optional hear rate kit) every five (5) seconds, providing up-to-the-second data to help you get optimal aerobic benefits from your workout. To scroll through the displays manually, press the PROGRAM SELECT key repeatedly. To stop scrolling and hold the display on one type of feedback, press the HOLD key when the feedback display you want appears. To resume scrolling, press the HOLD key again.

B.

PROGRAM PROFILE WINDOW: The left-most LED column flashes and shows your present position while the remaining matrix of lights shows the upcoming terrain. As you pedal, the lights move across the screen from right to left. The higher the column of lights, the higher the level of resistance.

PROGRAM PROFILES: These diagrams graphically depict the various profiles as well as hills and valleys encountered within the six Lifecycle trainer programs. When a program's LED is lit, an abbreviation of the program will be displayed in the Program Profile window.

C. FUNCTION KEYS

PROGRAM SELECT: Allows you to scroll through the program options before you begin exercising and rapidly scroll through the various feedback displays during a workout.

HOLD: Holds the display of any one type of feedback in the message window. (When HOLD is pushed during the elapsed time display, the time may be used as a stopwatch).

CLEAR-PAUSE: Pressing this key once will pause an exercise program. To resume, start pedaling and press the START key. Press this key twice to reset. The CLEAR-PAUSE key may also be used to clear any data input before it is entered. Note: Whenever you stop pedaling for more than five (5) seconds, your Lifecycle trainer will automatically enter a Pause Mode and "PAUS" will be displayed in the message window. The Lifecycle 3500 exercise bike will remain in the Pause Mode until you resume pedaling and press START or four minutes have elapsed, whichever comes first. After four (4) minutes, the console will reset itself.

START-ENTER: Allows you to begin a workout program, restart a program after pausing or enter the data you have input.

▲ ▼: Allow you to select an exercise goal, change your effort level, change your target heart rate or enter your age, weight and sex for the Fit Test.

OPTIONAL FEATURES (sold separately):

ZONE TRAINING Heart Rate Program: The unique Zone Training Heart Rate system provides you the most accurate heart rate readings available and maintains your heart rate by automatically varying the pedal resistance in response to your current heart rate. By exercising at a level within your optimal training heart rate zone, you will gain the maximum benefits of aerobic exercise.

EXERTAINMENT Interactive Fitness System Upgrade: Turn your Lifecycle 3500 exercise bike into an interactive video adventure with the Exertainment interactive fitness system, the newest innovation from Life Fitness! The Exertainment system combines the benefits of an exercise bike with the excitement of a video game. Coupled with a Super NES game system from Nintendo (sold separately), the Exertainment system allows you to become an active participant in video games shown on your TV screen. Your workouts will fly by because they're so much fun!

Your Lifecycle 3500 exercise bike is already pre-programmed for the Exertainment system. To order the Exertainment system, simply call Life Fitness toll-free at (800) 877-3867 and ask for Dept. A856. The system sets up in minutes, but will give you and your family years of enjoyment.

It's the fun way for your entire family to exercise!

Simplified Operating Instructions & Program Selections

Selecting a Lifecycle workout program is easy. Six computerized aerobic workout programs are available on your Lifecycle aerobic trainer.

Hill

Random

Manual

Heart Rate

Race

Fit Test

Simply follow the instructions below to begin exercising. See Figure 5 for keypad reference.

Adjust footstraps to a comfortable width (see page 11).

Adjust seat height, making sure the seat pin is properly locked in position.

Press the START key.

The LEDs next to each of the six exercise programs will flash. Each successive press of the PROGRAM SELECT key scrolls the lit LED to the next program choice. When the desired program LED is lit, press the ENTER key or wait five seconds for your program choice to be automatically entered.

HILL program provides progressively increasing effort levels mixed with periods of less effort.

RANDOM program provides different effort levels which vary randomly with each exercise session.

MANUAL program provides a constant effort level.

HEART RATE program automatically maintains your target heart rate by varying the resistance.

RACE program provides increased pedal resistance with increased pedal speed to simulate the feel of a real bike.

FIT TEST program measures your aerobic fitness level in comparison to others of the same sex and age.

NOTE: A program is activated when its respective LED remains lit.

Hill

Upon selecting HILL, enter your desired workout time. Enter 1 through 6, 12, 18, 24, 30, 36, 42, 54, or 60 minutes using the ▲ ▼ keys and then press the ENTER key.

After selecting a workout time, select an effort level from 1 to 12 using the ▲ ▼ keys and then press the ENTER key.

You may change the level at any time during the Hill program by pressing the ▲ ▼ keys.

The Lifecycle aerobic trainer's patented Hill program offers the ideal configuration for interval training; that is; periods of high-effort aerobic activity separated by regular intervals of low-intensity exercise. The Hill program is available in various time durations. The longer the Hill program, the longer the amount of time spent on top of a hill or at the bottom of a valley. You may find two 12-minute programs easier than the 24-minute program because the hill climbing duration is shorter. Each program is comprised of four stages: (1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-Down.

Warm-up Period: Gradually brings your heart rate into the lower portion of your Target Heart Rate Range (target zone) and increases respiration. Blood flow to working muscles also increases. See page 27 to calculate your target zone.

Plateau Period: Increases your heart rate so that it is within your training zone. You should take your pulse (heart rate check) at the end of your plateau period to ensure that you have entered your target zone.

Interval Training Period: Comprises a series of hills and valleys. During this period, you are confronted with four successively steeper hills. Each one is separated from the next by a valley or recovery period. You should check your heart rate at the end of the interval training period to ensure that you have stayed within your target zone.

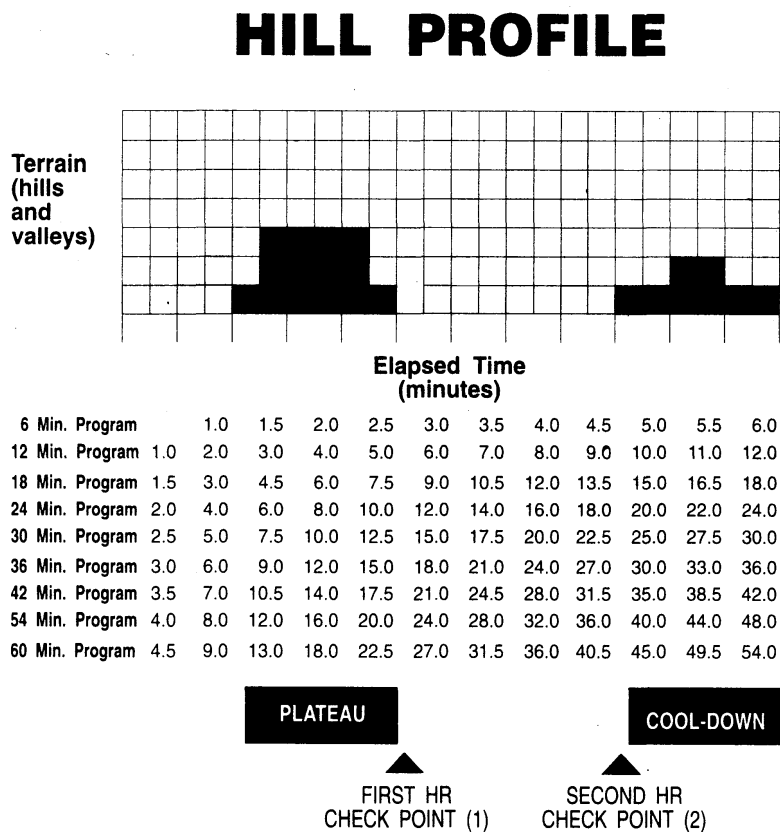
Cool-Down Period: Reduces your pedal resistance. This exercise period gradually reduces your heart rate to the lower end of your target zone. The cool-down period allows your body to begin removing accumulated end products of exercise, such as lactic acid, which tend to build-up in muscles during your workout and contribute to muscle soreness.

Heart Rate Check Points: You should check your heart rate near the end of your plateau period and at the end of your interval training period. You should always take your pulse at the times indicated to make sure that you are staying within your aerobic training zone.

The Hill Diagram (Figure 6) shows the terrain encountered during a Lifecycle workout. Hills and valleys are simulated on the display console

by columns of red lights in the Program Profile window. The columns move from right to left during the workout. The higher the column, the steeper the hill and greater the resistance. Consequently, you must increase your effort.

Figure 6: Hill Diagram



FOR FAT LOSS TRAINING:

- (1) FIRST HEART RATE CHECK POINT -- At the first heart rate check point, your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category for fat loss training.
- (2) SECOND HEART RATE CHECK POINT -- At the 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 fat loss training.

FOR CARDIORESPIRATORY TRAINING:

- (1) FIRST HEART RATE CHECK POINT -- At the first heart rate check point, your heart rate should be between 75% and 80% of the theoretical maximum for your age category for cardiorespiratory training.
- (2) SECOND HEART RATE CHECK POINT -- At the second heart rate check point, your heart rate should be between 80% and 85% of your theoretical maximum for your age category for cardiorespiratory training.

Random, Manual and Race

Use the ▲ ▼ keys to select a goal: Time, Distance, or Calories to burn. Press the ENTER key for your selection.

Use the ▲ ▼ keys to select a specific goal amount: 1 to 90 minutes, 0.10 to 99.90 miles, and 5 to 1000 calories. Press the ENTER key for your selection.

Use the ▲ ▼ keys to select a level of from 1 to 12 then press the ENTER key.

You may change the level at any time during the Random and Manual programs.

— Random

In the patented Random program, the computer randomly selects hill-and-valley terrain which varies with each and every workout. Over one million combinations are offered in an interval training format. 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.

Heart Rate Check Points: Check your heart rate after the first 5 minutes of exercise on the Random program and every five to ten minutes thereafter. This ensures that you are exercising within your target zone.

— Manual

This program provides steady-pace exercise with fixed pedal resistance equal to that of the highest hill encountered on the Hill program at the same level of intensity. Because of the greater effort levels of this program, it is recommended that you set the Manual program about three to four levels lower than the level of intensity that you would normally select on the Hill program.

Heart Rate Check Points: Check your heart rate after the first five minutes of exercise on the Manual program and every five to ten minutes thereafter. This ensures that you are exercising within your target zone.

You can also design your own interval training program using the Manual mode by varying the level of intensity during the course of your workout. To do so, select a high level of intensity until you reach the upper end of your target heart rate range, then pedal at a lower level of intensity until your heart rate drops to the bottom of your target zone. Then, increase the level of intensity until you reach your upper range heart rate again. By repeating this process, you will be simulating your own hills and valleys.

— **Race**

This program provides an exercise with varying pedal resistance to simulate the feel of a real bike. The Race program's pedal resistance varies with the speed at which you are pedaling. However, unlike the other programs, the faster the pedaling speed, the greater the resistance, thus emulating an actual cycling environment. Because of the greater effort levels of this program, it is recommended that you set the Race program lower than the level of intensity that you would normally select on the Hill program. Note that in the Race program, miles per hour (mph) is displayed rather than rpm, and the level you select acts much like the "gear" of a 12-speed bicycle.

Heart Rate Check Points: You should check your heart rate after the first five minutes of exercise and every five to ten minutes thereafter when using the Race program to ensure that you are exercising within your target zone.

Heart Rate (functional only if an optional heart rate strap is worn and detected)

Enter your age using the ▲ ▼ keys and then press ENTER to receive a computed target heart rate (target zone). A target zone of 70% of your theoretical maximum heart rate will appear. Press ENTER to accept or use the ▲ ▼ keys to change your target heart rate.

Use the ▲ ▼ keys to select a goal: Time, Distance, or Calories to burn. Press the ENTER key for your selection.

Use the ▲ ▼ keys to select a specific goal amount: 1 to 90 minutes, 0.10 to 99.90 miles, or 5 to 1000 calories. Press the ENTER key for your selection.

Use the ▲ ▼ keys to enter a warm-up effort level from 1 to 12. If you reach your target heart rate before the 3-minute warm-up is complete the program will begin.

You are free to change your level anytime during the warm-up and your target heart rate at anytime thereafter simply by pressing the ▲ ▼ keys.

The Heart Rate training program is designed to maintain your target heart rate by varying the resistance of the Lifecycle trainer. The program, through the use of the heart rate strap, provides you with an accurate and convenient means of obtaining your heart rate while automatically adjusting the resistance in order to maintain your target heart rate.

Using the Heart Rate option, you can create your own warm-up and cool-down periods by varying your target. Resistance will vary based

on your current heart rate and your pedaling rpm. Because the heart rate is more accurate than the traditional measurements of exercise intensity (watts and METS), healthcare professionals can prescribe a precise individualized workout program. The Heart Rate program warm-up is three-minutes or until your heart rate reaches your selected target heart rate.

At the end of the warm-up, a heart shape (♥) will appear in the center window. Your heart rate will be used to vary the resistance in helping you reach your target. On average, it will take two to three minutes for your heart rate to reach your target.

Fit Test

The Lifecycle Fit Test program is another exclusive feature of this versatile aerobic product. 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 Fit Test, press the ENTER key. "AGE" appears in the message window. Use the ▲ ▼ keys to enter your age and press ENTER.

After entering your age, "Lb" appears in the message window. Use the ▲ ▼ keys to enter your weight and press ENTER.

After entering your weight, "SE" appears in the message window. Press ▲ for female or ▼ for male. This is necessary for accurate computation of your Fit Test score.

After entering your sex, select an effort level of from 1 to 12. Select the same level you would in a Manual program.

Begin the 5-minute Fit Test.

After you have completed the Fit Test, use the TIME prompt to take your 15-second pulse and use the ▲ ▼ keys to enter your 15-second pulse. If you are using the Heart Rate kit, your heart rate will automatically be entered.

After entering your heart rate, your Fit Test score will be displayed. Compare your fitness level to others using the table on page 22.

The Fit Test program is a unique feature of the Lifecycle aerobic trainer, and is designed to help you evaluate your level of cardiorespiratory fitness compared to other people of the same age and gender by providing an estimate of VO₂ max (ml/kg/min). With regular Fit Test use, you can track your progress as you become more cardiovascularly fit. It will motivate you to continue with your workouts and provide you with a measure of how your fitness condition has improved over time.

Fit Test Tips

The computer does not accept:

15-second pulse below 22 or above 50 beats per minute.

body weights less than 50 pounds or greater than 250 pounds.

ages less than 10 years or greater than 99 years

If you make an error while entering any Fit Test information, you can correct it by pressing CLEAR and re-entering the accurate data before pressing the ENTER key.

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

amount of sleep the previous night (seven or more 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 (four or more 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.

Your Resting Heart Rate is Important

Another excellent indicator of cardiorespiratory health is the resting heart rate. An average resting heart rate is approximately 72 beats per minute. A lower heart rate indicates a stronger, healthier heart. monitoring your resting heart rate is an easy way to measure the effectiveness of your exercise program. Take your pulse each day at the same time, preferably upon awakening and before you get out of bed. As your exercise program continues, you will notice a decrease in your resting heart rate. Be patient; this improvement takes at least 8 to 10 weeks of training.

Table 2: Fit Test Scoring

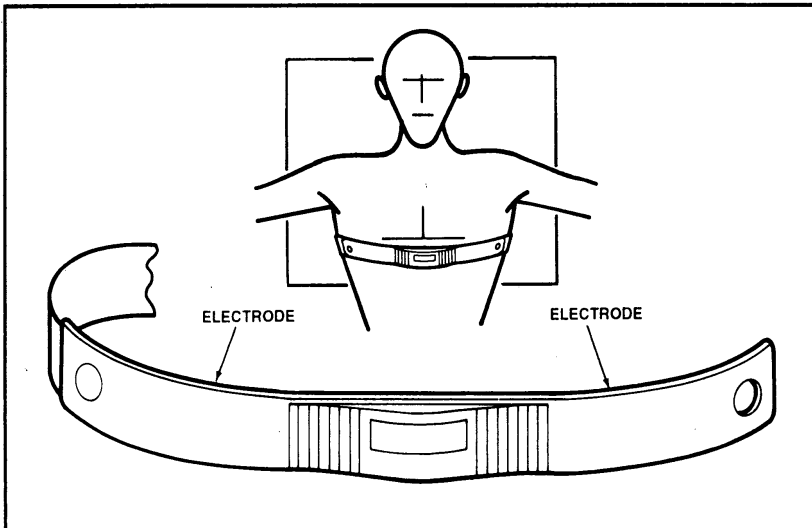
| Relative Fitness Classification For Men | | | | | |
|---|-------|-------|-------|-------|-------|
| | | | | | |
| | | | | | |
| Elite | 61+ | 57+ | 55+ | 53+ | 50+ |
| Excellent | 55-60 | 52-56 | 50-54 | 47-52 | 44-49 |
| Good | 50-54 | 46-51 | 44-49 | 42-46 | 39-42 |
| Above Average | 44-49 | 41-45 | 39-43 | 36-41 | 33-38 |
| Average | 40-43 | 36-40 | 34-38 | 32-35 | 29-32 |
| Below Average | 34-39 | 31-35 | 29-33 | 26-31 | 23-28 |
| Poor | 29-33 | 25-30 | 22-28 | 20-25 | 18-22 |
| Very Poor | <29 | <25 | <22 | <20 | <18 |

| Relative Fitness Classification For Women | | | | | |
|---|-------|-------|-------|-------|-------|
| | | | | | |
| | | | | | |
| Elite | 54+ | 51+ | 48+ | 46+ | 44+ |
| Excellent | 48-53 | 45-50 | 43-47 | 41-45 | 39-43 |
| Good | 43-47 | 40-44 | 37-42 | 35-40 | 33-38 |
| Above Average | 37-42 | 34-39 | 32-36 | 30-34 | 28-32 |
| Average | 33-36 | 30-33 | 28-31 | 25-29 | 23-27 |
| Below Average | 28-32 | 24-29 | 22-27 | 20-24 | 18-22 |
| Poor | 22-27 | 19-23 | 17-21 | 14-19 | 12-17 |
| Very Poor | <22 | <19 | <17 | <14 | <12 |

Chest Strap Instruction

Wet the electrodes (the two grooved surfaces on the underside of the strap) of the transmitter and secure the strap high under the chest muscles. The strap should be snug, but comfortable enough to allow for normal breathing.

Figure 7: Chest Strap



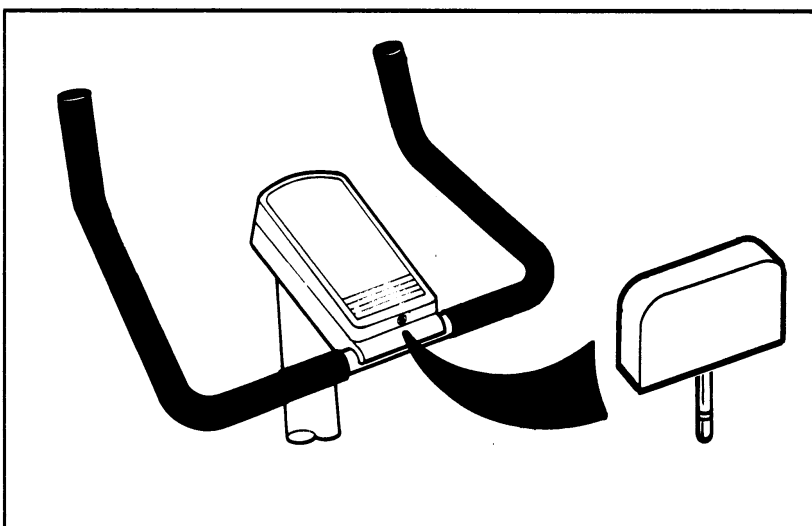
The transmitter strap has been designed to deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. It will, however, function properly through wet, lightweight clothing. The key to proper operation is that the electrodes remain wet to conduct the electrical impulses of the heart back to the receiver.

If it becomes necessary to moisten the chest strap transmitter, grasp the center of the transmitter and pull it away from the chest to expose the two electrodes and moisten them in this position.

Heart Rate Monitor Receiver Installation

To install the heart rate receiver, simply remove the existing plastic protective insert from the receptacle and plug the receiver module into the receptacle.

Figure 8: Heart Rate Monitor Receiver



How to Develop Your Personal Exercise Plan (PEP)

No two people are exactly alike, so no two Personal Exercise Plans (PEP) should be identical. People vary widely in their health and fitness status. Their goals, motivation, age, physical condition, exercise experience and time constraints are different. That's why riding the Lifecycle aerobic trainer is an ideal form of exercise.

This section provides the general guidelines you need to develop your PEP. Remember that you are your own best coach, since you know your limitations and expectations better than anyone.

The American College of Sports Medicine and American Medical Association have established medical screening guidelines for exercise, and we strongly recommend that you consider the start of your PEP as an appropriate time to see your physician.

Medical clearance for use of the Lifecycle aerobic trainer should definitely be obtained by individuals over 45 who have a major risk factor for coronary disease, such as heart disease, high blood pressure, high cholesterol levels, cigarette smoking or a family history of heart disease. Medical clearance should be obtained by all persons, regardless of age, with cardiorespiratory disorders, diabetes, bone and/or joint disease, or persons who have had any symptoms of coronary disease.

In general, anyone starting a vigorous exercise regimen should see a physician for a medical exam. The extent of the exam will depend on the physician's preliminary evaluation of the individual's health status.

Planning Your Aerobic Workout

YOUR GOALS:

Goals determine the direction and type of exercise plan that is right for you. An individual wishing to reduce his or her risk of heart disease will train less strenuously than a competitive athlete.

There are two major goals of aerobic exercise:

1. Cardiorespiratory improvement
2. Fat loss

Varying the frequency and intensity of the aerobic workout changes the focus from one goal to the other. High intensity aerobic exercise for shorter periods of time promotes cardiorespiratory improvement, and burns mostly muscle glycogen as fuel. Low intensity aerobic exercise

for longer periods of time promotes fat loss, because these longer periods of exercise burn more calories from stored fat.

If you are working to reduce the probability of heart disease or improve endurance, your goal is to build a stronger heart and lungs (cardiorespiratory improvement). By expanding lung capacity, your body's intake and utilization of oxygen is increased. Regular aerobic exercise accomplishes this and improves muscle endurance at the same time. (See page 28 for a heart rate training zone chart with suggested heart rates for fat loss and cardiorespiratory training.)

FIT Guidelines

FIT stands for FREQUENCY of exercise, INTENSITY of exercise and the amount of TIME (duration) you spend exercising. These are the three variables in designing an effective Aerobic Exercise Plan (PEP). Here's how to use the FIT guidelines to develop your PEP:

FREQUENCY. . . refers to how many times you ride your Lifecycle trainer each week. If your objective is to improve cardiorespiratory fitness, you should ride the bike at least three times a week, with no more than two days between workouts. At first, you should give your muscles a chance to adapt to increased activity.

When you begin your FIT regimen, do not exercise more than once every other day. This should prevent muscle soreness and fatigue. Even after you have progressed sufficiently, the American College of Sports Medicine still recommends that your workout not exceed 5 times per week. Increased frequency yields minimal additional cardiorespiratory improvement and increases the risk of muscle strain. Only highly trained, competitive athletes should consider daily workouts. However, if your goal is fat loss, you should exercise more frequently, for longer periods of time, at a lower level of intensity.

INTENSITY. . . refers to how hard you work your heart. A heart rate of 75% of your theoretical maximum heart rate is the threshold above which optimum cardiorespiratory training occurs for those who are medically fit. 85% of your theoretical maximum heart rate is a safe upper limit for these same people.

Select a level of intensity that puts your heart rate between 75% and 85% of your theoretical maximum for cardiorespiratory improvement. Beginners will want to exercise at a heart rate which is closer to 75% while highly trained athletes may want to exercise closer to 85% of the theoretical maximum heart rate.

See the chart on page 28 for an approximation of the Theoretical maximum Heart Rate and your Training Heart Rate Range (target zone) for your age category.

Adjust the intensity (level) of your workout to keep your heart rate within its most effective range. You will find that is more difficult to pedal at the

same level of intensity on the Hill program. the table on page 21 compares the intensity levels of the three Lifecycle programs.

TIME. . . refers to the number of minutes you spend exercising within your target zone. Optimal cardiorespiratory and endurance improvements come with prolonged use of 12 to 24 minute rides. Beginners might start with 6 to 12 minutes. As you adapt, extend the duration of your workout. Be sure to keep your heart rate within your target zone by adjusting the intensity level.

If your objective is **FAT LOSS**, it is better to ride for a longer duration. You will find that a lower level of intensity allows you to ride longer. You can increase the intensity as you progress. A heart rate range of 60% to 75% of the theoretical maximum heart rate is the preferred range for fat loss training.

How to Exercise Effectively

Exercising too hard is as ineffective as not working hard enough. In fact, overdoing it can be harmful. For an effective workout, determine your optimal workout frequency, duration and intensity and stick to it!

Calculating Your Training Heart Rate Range (Target Zone)

To approximate your Target Heart Rate Range (target zone), you must first calculate your theoretical maximum heart rate. Subtract your age from 220. (This formula is recognized by the American College of Sports Medicine as a method for determining your theoretical maximum heart rate.*) For example, if you are 35 years old, your theoretical maximum heart rate is 185. If your goal is fat loss, you can establish your target zone by multiplying this number (185) first by 60% to establish the lower limit, then by 85% to establish the upper limit. If your goal is cardiorespiratory fitness, you can establish your target zone by multiplying 185 first by 60% to establish the lower limit, then by 75% to establish the upper limit.

The figure on page 28 can be used to determine your theoretical maximum heart rate and target zone for your age category.

Examples:

Fat Loss Training Range for age 35:

Lower limit: $(220 \text{ less } 35 = 185) \times .60 = 111 \text{ beats/min.}$

Upper limit: $(220 \text{ less } 35 = 185) \times .75 = 139 \text{ beats/min.}$

Cardiorespiratory Training Range for age 35:

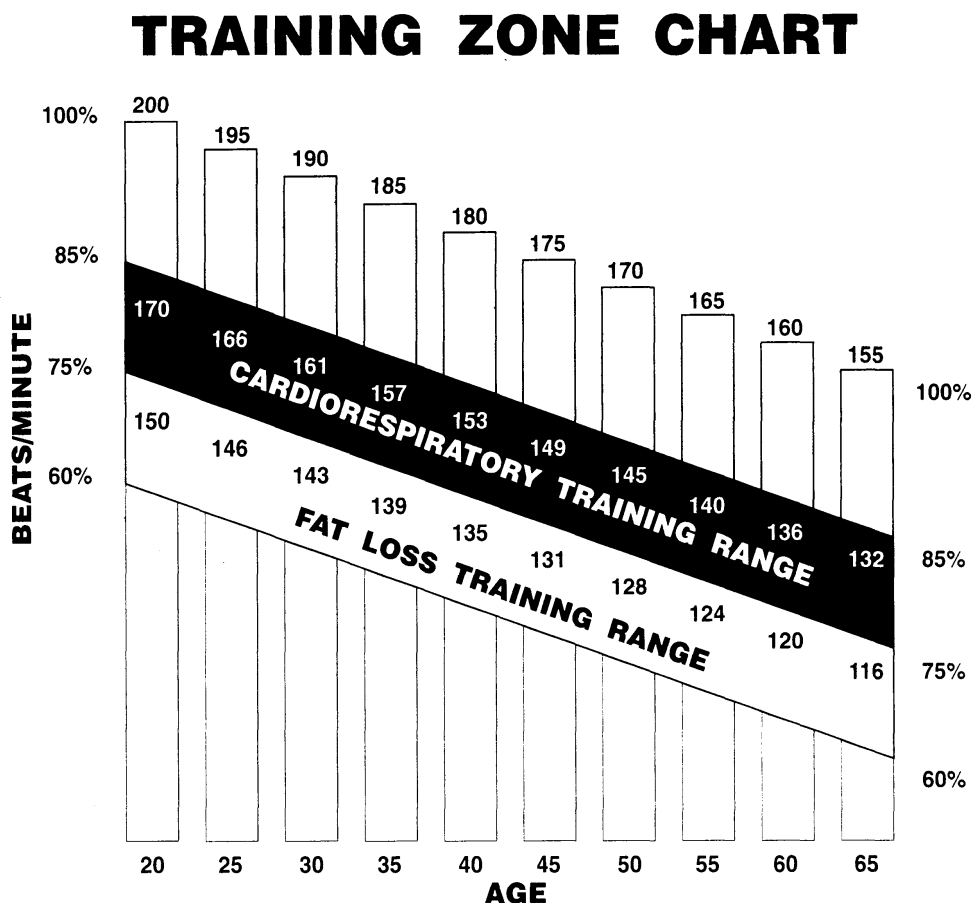
Lower limit: $(220 \text{ less } 35 = 185) \times .75 = 139 \text{ beats/min.}$

Upper limit: $(220 \text{ less } 35 = 185) \times .85 = 157 \text{ beats/min.}$

NOTE: A stress test administered by your doctor is the most accurate method of determining your maximum heart rate and overall cardiorespiratory condition. We strongly recommend that you see your doctor before beginning any exercise program, especially if you have a history of high blood pressure, heart problems or if you are over the age of 45. You and your doctor can decide whether a maximum stress test is advisable.

By making sure your heart rate stays within this range during your workout, you will achieve optimal training benefits with minimal stress to your cardiorespiratory system. As your fitness program progresses, your aerobic capacity will build and your body will begin to show the benefits of what is referred to by fitness experts as "the training effect."

Figure 9: Target Heart Rate Zone Chart



Training above 85% of your theoretical maximum heart rate is not recommended.



CARDIORESPIRATORY TRAINING RANGE -- between 75% and 85% of your theoretical maximum heart rate.



FAT LOSS TRAINING RANGE -- between 60% and 75% of your theoretical maximum heart rate.



For most people, training benefits are difficult to achieve if performed below 60% of their theoretical maximum heart rate.

Checking Your Heart Rate

For best results, stay within your target zone during exercise. To do this, check your pulse periodically during your workout. See the figure on page 17 for the times to check your heart rate during the Hill program.

You may wish to use an electronic pulse meter, but your own two fingers will suffice. Your pulse can be conveniently monitored in two locations: (1) on your neck, next to the Adam's apple beneath the chin or (2) on the thumb side of the inside of your wrist. To monitor your pulse, hold your index and middle finger together against either site. The neck site is easiest during exercise.

Warming Up and Cooling Down

A warm-up ride on your Lifecycle trainer gradually increases your heart rate. This promotes blood flow to working muscles and meets the body's increased demand for oxygen. The length of the warm-up period of the standard Hill program will vary depending upon the duration of the ride you selected. The warm-up period is 1 1/4 minutes if you select a 6 minute ride; 2 1/2 minutes in a 12 minute ride; 3 1/2 minutes in an 18 minute ride; and 4 1/2 minutes in a 24 minute ride.

The cool-down period in the Hill program, which lasts 1 1/2 minutes in a 6 minute ride, 3 minutes in a 12 minute ride, 4 1/2 minutes in an 18 minute ride, and 6 minutes in a 24 minute ride, decreases the activity level of your heart until it has returned to approximately 55% of its theoretical maximum rate. A proper cool-down period assures sufficient blood flow to the muscles which helps to remove the end products of exercise, including lactic acid. Accumulation of these end products is a major cause of muscle soreness. The harder the workout, the longer the cool-down should be.

Research suggests that in order to minimize the chance of injury, stretching exercises should be performed after the cool-down period, while muscles and joints are still warm. This is especially true if you follow your aerobic workout with a weight training session. Proper stretching techniques are illustrated on page 31 and 32.

The Random and Manual programs do not have built in warm-up and cool-down periods. When using these programs, decrease your effort during the beginning and final minutes of the ride in order to provide effective warm-up and cool-down periods.

CAUTION: Many physicians believe proper cool-down is very important to avoid heart failure, even in people with no prior history or symptoms of heart problems.

Proper Stretching Techniques

Stretching is perhaps the most neglected element of physical conditioning, because people do not associate flexibility with the more glamorous aspects -- speed, strength and a lean body appearance. However, without significant flexibility, real gains in fitness are unnecessarily difficult to achieve and maintain.

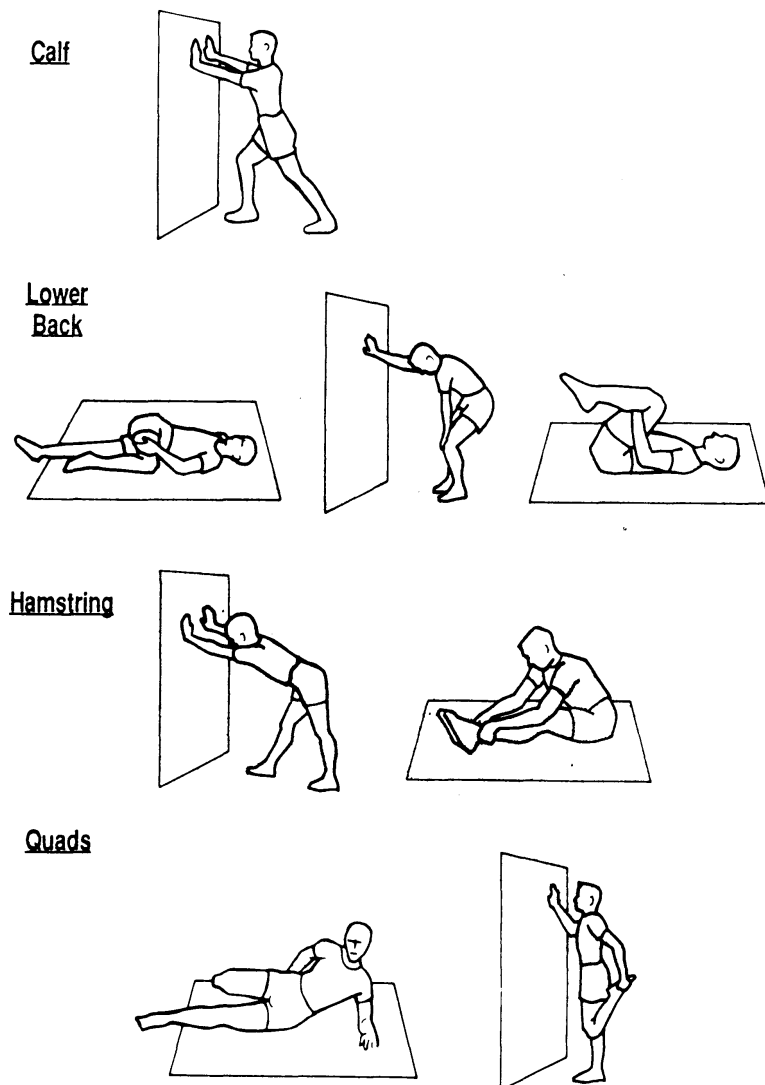
Limber joints, muscles, and connective tissues provide the freedom of motion that makes exercise easier and more enjoyable to perform and lessens the risk of injury. Without proper, consistent stretching, ligaments and tendons can become taut and shortened with decreased circulation. These inflexible tissues are more prone to chronic soreness or rupture than loose, stretch-conditioned tissues. And, nothing is more discouraging than nagging injuries. Stretching helps people of all ages and levels of fitness to prepare themselves for the exertion required to participate in a program of regular muscular and aerobic training.

Stretching Exercises:

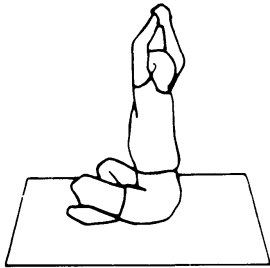
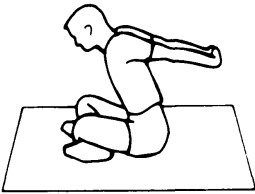
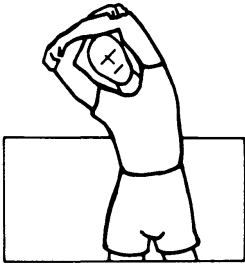
Follow the sequence indicated in these stretching illustrations.

When stretching, remember to move slowly into a stretch to where you feel resistance, but not pain. Hold that position and breathe deeply and slowly for 5-10 seconds. Remember to stretch both sides of your body when the illustration calls for arm or leg stretching. When the illustration calls for shoulder rotation, perform five rotations in each direction.

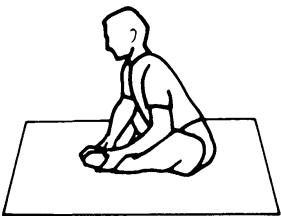
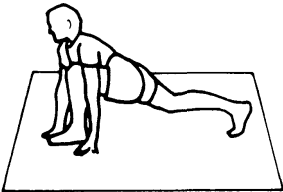
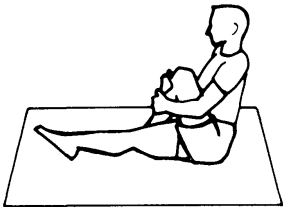
Figure 10: Stretching Exercises



Shoulders



Hip



Tips for Good Stretching Results

Stretching is a special discipline that requires concentration and patience for best results. Follow these tips and practice the stretches shown in the preceding illustrations at least 3 times a week for 15 minutes per session.

1. DRESS COMFORTABLY. Wear loose-fitting, soft fabric clothes without restrictive belts, elastic or large buttons or buckles. Breathable cotton or softly woven wool is preferable to synthetic cloth. Go without shoes or slippers when stretching.

2. STRETCH SLOWLY. Move in and out of your stretches with slow, controlled motions and hold in a static position when you've stretched as far as comfortable. Fast, bouncy, ballistic motions can actually signal the muscles to contract, and defeat the purpose of stretching. Concentrate on the body part you are working. You can close your eyes and imagine your muscles loosening slowly and gradually.

3. PRACTICE ABDOMINAL BREATHING. Learn to breathe from your diaphragm, so that your stomach, rather than your rib cage and shoulders, rises and falls with each breath. Abdominal breathing encourages relaxation, lessens muscular tension and helps lower blood pressure.

4. LEARN YOUR "STRETCHING ZONE." Stretch gradually to the point that you feel resistance, but never to the point of pain, and never use muscular effort to increase a stretch. Some discomfort is natural, but the gentle forces of gravity and your body weight will determine the limits of your safe, effective stretching zone.

5. START EASY. Start each session with the stretches you find easiest. This will help you relax, concentrate and warm up for the more difficult parts of your routine.

6. EMPTY STOMACHS MAKE STRETCHING EASIER. You'll find your stretching routines easier and more pleasant if you do them on an empty stomach. This refers to liquid as well as solid foods.

7. PRE-AND POST-WORKOUT STRETCHES. Always stretch to warm and loosen tissues in preparation for exertion. And, since muscles tighten up after exertion, stretch afterwards to promote circulation and minimize stiffness from lactic acid build-up. You don't have to perform all the stretches pictured on the preceding pages before and after you work out, but be sure to perform those that most directly effect the muscles you use during exercise.

Do's and Don'ts for Minimizing Soreness and Muscular Stress

The following do's and don'ts will help reduce the chance of soreness and increase the effectiveness of your workout.

DO OBTAIN PROPER MEDICAL CLEARANCE PRIOR TO STARTING YOUR PERSONAL EXERCISE PROGRAM BY HAVING A PHYSICAL EXAM.

Do set realistic goals and objectives.

Do exercise within your target zone.

Do warm up and cool down properly.

Do stretching exercises before you begin your Lifecycle trainer program.

Do stretching exercises after you complete your cool-down.

Don't increase duration by more than one level per week.

Don't increase intensity and duration at the same time.

Don't overextend yourself in hot and/or humid weather.

How to Choose the Correct Workout Intensity

Your target heart rate range determines the workout intensity you should select. You should choose a level of intensity (pedal resistance) that keeps your heart rate within your target zone (see the figure on page 28).

The Lifecycle 3500 bike has twelve levels of intensity (difficulty). These levels simulate the effect of a rider encountering a series of hills whose inclines vary based on the selected intensity level. The hills encountered on level 1 are the easiest, with those on level 12 being the most difficult, or having the greatest incline. The first few times you use the Lifecycle bike, select a short exercise program at a low intensity level. Check your heart rate at the recommended check points and adjust the level of intensity to keep your heart rate within your target zone.

As your condition improves, you will need to increase the intensity in order to stay within your target zone.

| / | / | / |
|-----|------|----|
| 1-4 | 1-3 | 1 |
| 5-7 | 4-6 | 2 |
| 8-9 | 6-7 | 3 |
| 10 | 7-8 | 4 |
| 12 | 9-10 | 5 |
| 12 | 11 | 6 |
| 12 | 12 | 7 |
| 12 | 12 | 8 |
| 12 | 12 | 9 |
| 12 | 12 | 10 |
| 12 | 12 | 11 |
| 12 | 12 | 12 |

As shown, level 3 of the Manual program is far more difficult than level 3 of the Hill program and slightly more difficult than level 3 on the Random program.

Lifecycle Hill Simulation and Miles Traveled

The programs of the Lifecycle 3500 have graduated levels of intensity to stimulate riding through hills and valleys. As you encounter the hills in various programs, the pedal resistance will increase or decrease for the duration of the hill.

Additionally, the Lifecycle Model 3500 has different levels of intensity or difficulty. These levels simulate the effect of a rider encountering a series of hills whose inclines vary based on the level of intensity selected. The hills encountered on level 1 are easiest, with those on level 12 being the most difficult, or having the greatest incline.

How to Care for Your Lifecycle Aerobic Trainer

The Lifecycle aerobic trainer is backed by the engineering excellence of Life Fitness, and is one of the most rugged, trouble-free pieces of exercise equipment on the market.

Here are some preventative maintenance tips which will help keep your Lifecycle trainer running at its best:

Keep it in a cool, dry place.

Clean the top surfaces of the seat and pedals regularly with a soft clean cloth.

Clean seat post shaft and check pin insertion regularly. If needed, occasionally lubricate the seat post with a drop or two of light machine oil or automotive wax.

Keep the display console free of fingerprints and salt build-up caused by sweat. Use a 100% cotton cloth lightly moistened with water and mild liquid detergent. Other fabric, including paper towels, may scratch the surface.

Long fingernails may damage the surface of the console. Use the pad of your finger to press the selections on the console.

Thoroughly clean the housing regularly.

Never remove the stabilizer bar.

CAUTION: Do not step on any portion of the housing when getting on or off the bike. This can cause the housing to crack. The correct way to get on or off the Lifecycle aerobic trainer is to step over the housing with one leg to straddle it. Then place one foot on a pedal in its downward position, step up on it, and sit down on the seat.

How to Solve Operating Problems

Symptom: No power

Check connection at machine socket and wall outlet. Disconnect the display connector and reconnect.

Symptom: Hard to pedal

The Lifecycle aerobic trainer may be harder to pedal during its break-in period. This "tightness" usually subsides after the first 10 to 15 hours of use.

Perhaps you've selected a level of intensity that is too difficult for you at this time. If so, try a lower level and graduate to a higher level when you are ready.

Disconnect the display connector and reconnect.

Symptom: Lifepulse Heart Rate Monitoring System Does Not Respond

Is the heart rate strap moist and making contact with skin?

Clean sensors and receiver port with a soft cloth and liquid, non-abrasive cleaner.

If You Have a Problem. . .

Step 1:

If possible, verify the symptom.

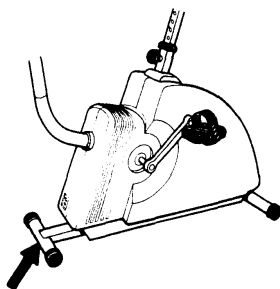
Sometimes the problem turns out to be unfamiliarity with the Lifecycle trainer's features.

Step 2:

Locate and document the unit's serial number.

The serial number of your Lifecycle aerobic trainer can be seen by turning the bike on its side and looking at the underside of the bike frame directly between the front stabilizer bar.

Serial Number Location



Please have the serial number of the product and the symptom ready for the After Market Service Specialist who will be assisting you. This information is necessary for us to be able to help solve any problems you may be encountering.

Step 3:

Contact Life Fitness After Market Service.

(800) 216-8894 (toll-free, United States and Canada)

(708) 451-0036 in Illinois

Fax: (708) 288-3702

Or write:

Life Fitness After Market Service

10601 W. Belmont Avenue

Franklin Park, IL 60131

Europe:

Life Fitness GmbH

Siemensstrasse 3

85716 Unterschleissheim

Munich, Germany

Phone: 089 3 10 60 78

Fax: 089 31 77 51 38

Life Fitness UK Ltd

Potter Group

Queen Adelaide

Ely, Cambs CB74UB

Phone: 0353 666017

Fax: 0353 666018

Lifecycle Model 3500 Product Specifications

All specifications are for a fully-assembled Lifecycle model 3500 aerobic trainer.

Physical:

| | |
|--------|--|
| Length | 38.75 inches |
| Width | 23.75 inches |
| Height | 54 inches |
| Color | Light gray with green and silver accents |
| Weight | 74 lbs. |
| Power | 13.5 volts DC and 1.5 amps. |

Shipping Dimensions:

| | |
|--------|--------------|
| Length | 32 inches |
| Width | 10.38 inches |
| Height | 27.5 inches |
| Weight | 100 lbs. |

Table 3: Training Heart Rate Range (target zone) for Fat Loss and Cardiorespiratory Improvement

| | | | | | |
|----|-----|-----|-----|-----|-----|
| 20 | 200 | 120 | 150 | 170 | 160 |
| 21 | 199 | 119 | 149 | 169 | 159 |
| 22 | 198 | 119 | 148 | 168 | 158 |
| 23 | 197 | 118 | 148 | 167 | 158 |
| 24 | 196 | 118 | 147 | 167 | 157 |
| 25 | 195 | 117 | 146 | 166 | 156 |
| 26 | 194 | 116 | 145 | 165 | 155 |
| 27 | 193 | 116 | 145 | 164 | 154 |
| 28 | 192 | 115 | 144 | 163 | 154 |
| 29 | 191 | 115 | 143 | 162 | 153 |
| 30 | 190 | 114 | 142 | 162 | 152 |
| 31 | 189 | 113 | 142 | 161 | 151 |
| 32 | 188 | 113 | 141 | 160 | 150 |
| 33 | 187 | 112 | 140 | 159 | 150 |
| 34 | 186 | 112 | 139 | 158 | 149 |
| 35 | 185 | 111 | 139 | 157 | 148 |
| 36 | 184 | 110 | 138 | 154 | 147 |
| 37 | 183 | 110 | 137 | 155 | 146 |
| 38 | 182 | 109 | 136 | 155 | 146 |
| 39 | 181 | 109 | 136 | 154 | 145 |
| 40 | 180 | 108 | 135 | 153 | 144 |
| 41 | 179 | 107 | 134 | 152 | 143 |
| 42 | 178 | 107 | 133 | 151 | 142 |
| 43 | 177 | 106 | 133 | 150 | 142 |
| 44 | 176 | 106 | 132 | 150 | 141 |
| 45 | 175 | 106 | 131 | 150 | 140 |
| 46 | 174 | 105 | 130 | 149 | 139 |
| 47 | 173 | 104 | 130 | 148 | 138 |
| 48 | 172 | 104 | 129 | 147 | 138 |
| 49 | 171 | 103 | 128 | 145 | 137 |
| 50 | 170 | 102 | 127 | 144 | 136 |
| 51 | 169 | 101 | 127 | 144 | 135 |
| 52 | 168 | 101 | 126 | 143 | 134 |
| 53 | 167 | 100 | 125 | 142 | 134 |
| 54 | 166 | 100 | 124 | 141 | 133 |
| 55 | 165 | 99 | 124 | 140 | 132 |
| 56 | 164 | 98 | 123 | 139 | 131 |
| 57 | 163 | 98 | 122 | 138 | 130 |
| 58 | 162 | 97 | 121 | 138 | 130 |
| 59 | 161 | 97 | 121 | 137 | 129 |
| 60 | 160 | 96 | 120 | 136 | 128 |
| 61 | 159 | 95 | 119 | 135 | 127 |
| 62 | 158 | 95 | 118 | 134 | 126 |
| 63 | 157 | 94 | 118 | 133 | 126 |
| 64 | 156 | 94 | 117 | 133 | 125 |
| 65 | 155 | 93 | 116 | 132 | 124 |
| 66 | 154 | 92 | 115 | 131 | 123 |
| 67 | 153 | 92 | 115 | 130 | 122 |
| 68 | 152 | 91 | 114 | 129 | 122 |
| 69 | 151 | 91 | 113 | 128 | 121 |
| 70 | 150 | 98 | 112 | 135 | 120 |

** Optimal training heart rate is hypothetical, based on an average person in the population; however, exercising at a specific heart rate is a precise determination that can only be made by a qualified medical personnel.

A greater percentage of calories are burned when you average between 60% and 75% of your theoretical maximum heart rate. Fat is burned best when there is plenty of oxygen available in the blood. Working out at a lower heart rate for a longer period of time tends to optimize the amount of fat burned. Lower intensity exercise allows you to work out longer thus allowing you to burn more *total* calories.

Table 4: Weight Conversion

| kgs. | lbs. | kgs. | lbs. | kgs. | lbs. | kgs. | lbs. | kgs. | lbs. | kgs. | lbs. | kgs. | lbs. | kgs. | lbs. |
|------|------|------|------|------|------|------|------|-------|------|-------|------|------|------|------|------|
| 34 | 75 | 48.5 | 107 | 63 | 139 | 77.5 | 171 | 92 | 202 | 106.5 | 234 | | | | |
| 34.5 | 76 | 49 | 108 | 63.5 | 140 | 78 | 172 | 92.5 | 204 | 107 | 235 | | | | |
| 35 | 77 | 49.5 | 109 | 64 | 141 | 78.5 | 173 | 93 | 205 | 107.5 | 237 | | | | |
| 35.5 | 78 | 50 | 110 | 64.5 | 142 | 79 | 174 | 93.5 | 206 | 108 | 238 | | | | |
| 36 | 79 | 50.5 | 111 | 65 | 143 | 79.5 | 175 | 94 | 207 | 108.5 | 239 | | | | |
| 36.5 | 80 | 51 | 112 | 65.5 | 144 | 80 | 176 | 94.5 | 208 | 109 | 240 | | | | |
| 37 | 81 | 51.5 | 113 | 66 | 145 | 80.5 | 177 | 95 | 209 | 109.5 | 241 | | | | |
| 37.5 | 83 | 52 | 114 | 66.5 | 146 | 81 | 178 | 95.5 | 210 | 110 | 242 | | | | |
| 38 | 84 | 52.5 | 116 | 67 | 147 | 81.5 | 179 | 96 | 211 | 110.5 | 243 | | | | |
| 38.5 | 85 | 53 | 117 | 67.5 | 149 | 82 | 180 | 96.5 | 212 | 111 | 244 | | | | |
| 39 | 86 | 53.5 | 118 | 68 | 150 | 82.5 | 182 | 97 | 213 | 111.5 | 245 | | | | |
| 39.5 | 87 | 54 | 119 | 68.5 | 151 | 83 | 183 | 97.5 | 215 | 112 | 246 | | | | |
| 40 | 88 | 54.5 | 120 | 69 | 152 | 83.5 | 184 | 98 | 216 | 112.5 | 248 | | | | |
| 40.5 | 89 | 55 | 121 | 69.5 | 153 | 84 | 185 | 98.5 | 217 | 113 | 249 | | | | |
| 41 | 90 | 55.5 | 122 | 70 | 154 | 84.5 | 186 | 99 | 218 | 113.5 | 250 | | | | |
| 41.5 | 91 | 56 | 123 | 70.5 | 155 | 85 | 187 | 99.5 | 219 | 114 | 251 | | | | |
| 42 | 92 | 56.5 | 124 | 71 | 156 | 85.5 | 188 | 100 | 220 | 114.5 | 252 | | | | |
| 42.5 | 94 | 57 | 125 | 71.5 | 157 | 86 | 189 | 100.5 | 221 | 115 | 253 | | | | |
| 43 | 95 | 57.5 | 127 | 72 | 158 | 86.5 | 190 | 101 | 222 | 115.5 | 254 | | | | |
| 43.5 | 96 | 58 | 128 | 72.5 | 160 | 87 | 191 | 101.5 | 223 | 116 | 255 | | | | |
| 44 | 97 | 58.5 | 129 | 73 | 161 | 87.5 | 193 | 102 | 224 | 116.5 | 256 | | | | |
| 44.5 | 98 | 59 | 130 | 73.5 | 162 | 88 | 194 | 102.5 | 226 | 117 | 257 | | | | |
| 45 | 99 | 59.5 | 131 | 74 | 163 | 88.5 | 195 | 103 | 227 | 117.5 | 259 | | | | |
| 45.5 | 100 | 60 | 132 | 74.5 | 164 | 89 | 196 | 103.5 | 228 | 118 | 260 | | | | |
| 46 | 101 | 60.5 | 133 | 75 | 165 | 89.5 | 197 | 104 | 229 | 118.5 | 261 | | | | |
| 46.5 | 102 | 61 | 134 | 75.5 | 166 | 90 | 198 | 104.5 | 230 | 119 | 262 | | | | |
| 47 | 103 | 61.5 | 135 | 76 | 167 | 90.5 | 199 | 105 | 231 | 119.5 | 263 | | | | |
| 47.5 | 105 | 62 | 136 | 76.5 | 168 | 91 | 200 | 105.5 | 232 | 120 | 264 | | | | |
| 48 | 106 | 62.5 | 138 | 77 | 169 | 91.5 | 201 | 106 | 233 | | | | | | |



10601 West Belmont Avenue
Franklin Park, Illinois 60131

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