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Life Fitness Integrity Upright Bike

Life Fitness Integrity Upright Bike User Manual

Model: Integrity Upright Bike

1. INTRODUCTION

Thank you for choosing the Life Fitness Integrity Upright Bike. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your fitness equipment. Please read this manual thoroughly before assembly or use.

Important Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the bike is placed on a stable, level surface.
- Keep children and pets away from the equipment during operation.
- Inspect the bike for loose or worn parts before each use.
- Do not exceed the maximum user weight recommendation of **350 Pounds**.

2. PRODUCT OVERVIEW

The Life Fitness Integrity Upright Bike is a robust and versatile cardio training machine designed for both home and commercial use. It features a comfortable, adjustable seat, magnetic resistance, and a user-friendly console to track your workout progress.



Figure 2.1: Life Fitness Integrity Upright Bike. This image shows the full upright bike from a slight angle, highlighting its black and silver frame, adjustable seat, handlebars, and the console display.

3. SETUP AND ASSEMBLY

While professional assembly is recommended, basic setup involves ensuring the bike is stable and adjusting it for your comfort.

3.1 Placement

Place the bike on a flat, stable surface. Ensure there is adequate clear space around the bike for safe entry and exit, and for any potential folding operations if applicable.

3.2 Seat Adjustment

The seat is adjustable to accommodate various user heights. Locate the seat adjustment lever or knob, typically found below the seat post. Pull or twist to release, adjust the seat to your desired height, and secure it firmly. Your knees should have a slight bend at the bottom of the pedal stroke.

3.3 Power Connection (if applicable)

This model is primarily **Pedal-powered (non-electric)**. The console may require minimal power, often from internal batteries or a low-voltage adapter (not always included or necessary for basic function). Refer to the console's specific instructions for any power requirements.

4. OPERATING INSTRUCTIONS

4.1 Console Functions

The console provides various workout metrics and program options. Key indicators include Heart Rate, Calories, Speed, Watts, Distance, Time, RPM, and Level.

- **Power On:** Press the "Power On" button to activate the console.

- **Select Workout:** Use the arrow buttons to navigate through workout profiles such as Manual, Fat Burn, Cardio, Hill, Random, Watts, and VO2 Fit Test. Press "Enter" to select.
- **Quick Start:** Press the "Quick Start" button to begin a manual workout immediately.
- **Adjust Level:** Use the up and down arrow buttons next to "Level" to increase or decrease the resistance during your workout. This bike offers **25 Resistance Levels**.
- **End Workout:** Press the "End Workout" button to stop your session and view a workout summary.
- **Cool Down:** The "Cool Down" button initiates a cool-down period.

4.2 Starting a Workout

1. Sit on the bike and adjust the seat to a comfortable height.
2. Place your feet securely in the pedals.
3. Press "Power On" or "Quick Start" to begin.
4. Adjust resistance as needed using the Level buttons.
5. Monitor your progress on the console display.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Life Fitness Integrity Upright Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** This bike features a **Magnetic Resistance** mechanism and a **Belt Drive System**, which typically require minimal lubrication. Consult a professional if you notice any unusual noises or friction.
- **Storage:** If storing, ensure the bike is clean and dry. The bike is **Foldable** for convenient storage.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not powering on.	Low or dead batteries (if applicable); loose connection.	Replace console batteries; check all cable connections.
Resistance not changing.	Console malfunction; internal mechanism issue.	Restart the console; if issue persists, contact customer support.
Unusual noises during operation.	Loose components; worn parts.	Inspect and tighten all visible fasteners; contact support if noise continues.

7. SPECIFICATIONS

Brand: Life Fitness

Model Name: Integrity Upright Bike

Color: Black

Special Features: Adjustable Seat, Foldable, Speed Monitor

Power Source: Pedal-powered (non-electric)

Recommended Uses: Indoor

Material: Aluminum, Stainless Steel

Resistance Mechanism: Magnetic

Maximum Weight Recommendation: 350 Pounds

Handle Material: Stainless Steel or Aluminum

Maximum Height: 54 Inches

Number of Resistance Levels: 25

Drive System: Belt

Date First Available: February 26, 2014

8. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please contact Life Fitness customer service.

Life Fitness USA: 1-800-735-3867

Life Fitness UK: (+44) 1353 666017

For additional support, visit the official [Life Fitness Store on Amazon](#).

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