

C7000i
UPRIGHT CYCLE

OWNER'S MANUAL

Congratulations on Purchasing Your LifeSpan Upright Cycle!

At LifeSpan we take pride in the quality, safety, and reliability of our products as well as the professionalism of our sales support and customer service teams. Making it our number one priority that you have an exceptional experience using our products.

In support of this quality focus we pre-assemble parts on the manufacturing line whenever possible to reduce the number of steps and complexity of customer assembly, independently certify our products to comply with the latest industry Safety Standards, and use state of the art production processes and quality components.

Then we back LifeSpan products with excellent warranties and a responsive customer service department making it simple and easy to get assistance should the need arise.

This attention to quality, our high standard for customer service and focus on innovation has earned LifeSpan numerous awards and consistent praise from independent review groups, industry authorities and you the consumer.

Thanks for choosing LifeSpan.

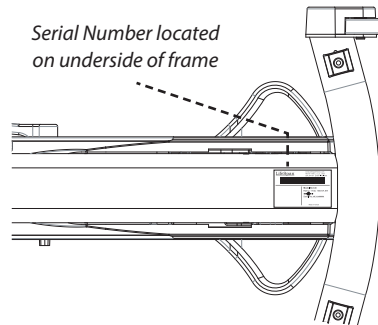
Purchaser's Reference Information:

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name:
C7000i Interactive Upright Cycle

Serial Number: _____

Date of Purchase: _____



Please thoroughly read this manual before you assemble or operate your upright cycle. Neither LifeSpan nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

Welcome

Safety First.....6

Children and Pets

Safety Tips

Assembling Your Treadmill8

Exploded View & Hardware

Assembly Instructions

Console Basics 18

Console Overview

Display and Keyboard

Operations 24

Starting in Manual Mode

Starting a Preset Program

Custom User Set-Up Program

My Zone Heart Rate Control Programs

Using Heart Rate Control Programs

Reading Your Heart Rate, Chest Strap

Heart Rate Monitoring

Program Profiles

Maintenance and Tips..... 34

Engineering Mode

Troubleshooting

Cleaning, Moving

About Your Upright..... 36

Unique Features

Specifications

Warranty

Safety First

When using exercise equipment, basic precautions should always be followed, including:

- Never drop or insert any object into any opening. If an object falls into an opening, remove the object or call customer service at 877.654.3837 option 4.
- Never operate this bike if it has been damaged or partially submersed in water.
- Do not use outdoors or in areas of high humidity or extreme temperature changes.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan.
- Keep hands away from all moving parts
- Keep your bike on a solid, level surface. Do not operate bike on deeply padded, plush or shag carpeting. Damage to carpeting may occur.

Children and Pets

- When in use children and pets should be kept at least 10 feet (3m) away.
- This bike can be used by children ages 12 years and above and persons with reduced physical, sensory or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.
- Keep children away from the bike. There are areas that can cause harm and injury.

Safety Tips While in Use

- Always consult a physician before beginning an exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing. Do not wear clothing or jewelry that might catch on any part of the bike.
- Wear shoes with high traction rubber soles. Do not wear shoes with heels, leather soles, cleats or spikes.
- Heart Rate monitoring systems may be inaccurate. Various factors, including the user's movement may affect the accuracy of the heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trend.
- Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.



WARNING: Heart rate monitoring may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.



WARNING: This product can expose you to chemicals such as Cadmium and Vinyl Chloride that are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/product.

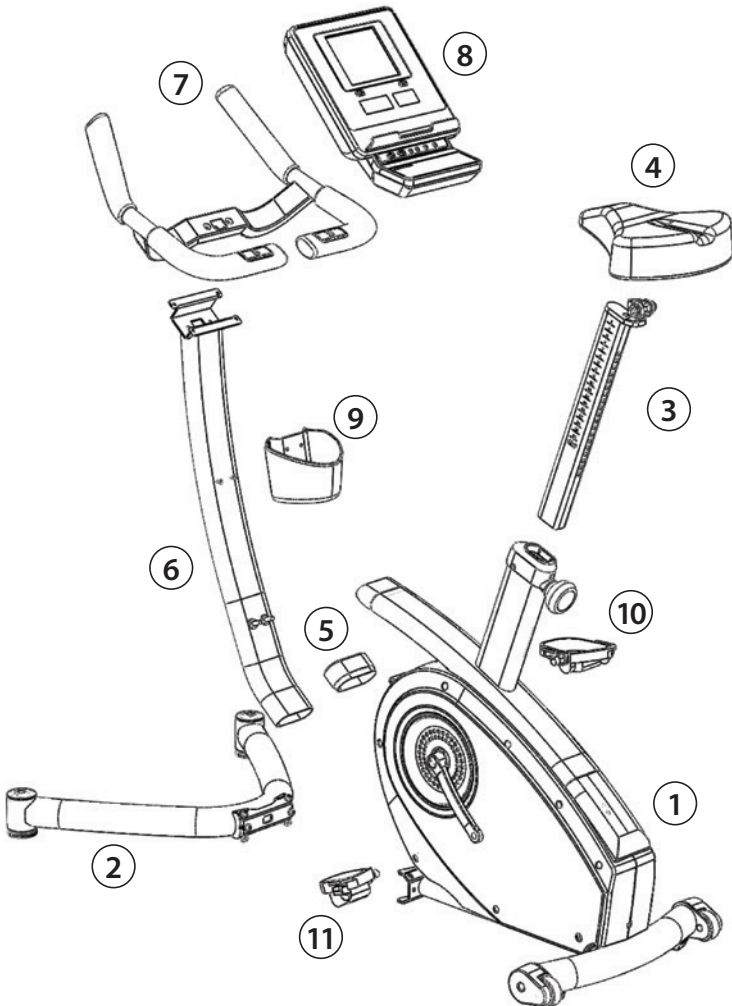
NOTE: Read all instructions and save for future reference.

Assembly

Assembly:

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

Since your upright bike is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



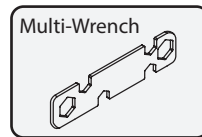
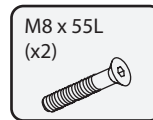
Hardware Included

Item#	Part Description
1	Main Frame
2	Front Support
3	Seat Post
4	Seat
5	Lower Console Mast Cover
6	Console Mast
7	Handlebar Assembly

Item#	Part Description
8	Console
9	Storage Tray
10	Right Pedal
11	Left Pedal

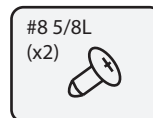
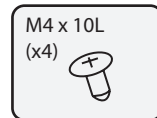
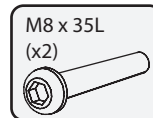
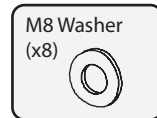
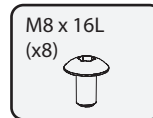
Hardware Bag Contents

Item #	Qty.	Hardware Description
19	2	M8 x 55L Countersink Bolt
NA	1	5mm Allen Wrench w/ Phillips Screw Driver
NA	1	Multi-Wrench 10,13,14,15,17,22 mm



Pre-Installed Hardware

Item #	Qty.	Hardware Description
15	8	M8 x 16L Bolt
16	8	M8 Washer
20	2	M8 x 35L Countersink Bolt
21	4	M4 x 10L Screw
22	2	#8 5/8" L Screw



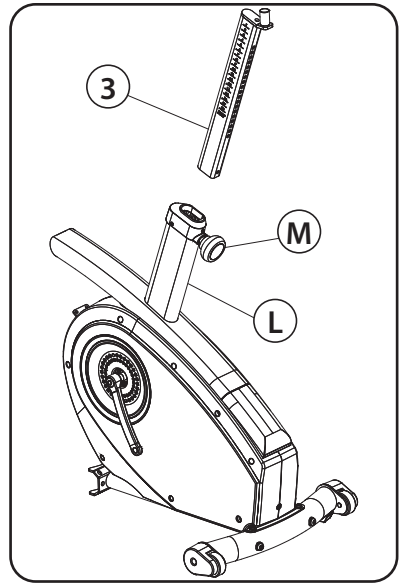
Assembly

Step 1: Remove Components from Box

- A. Remove plastic bags and lay all parts out on the floor.
- B. Locate the hardware bag.

Step 2: Seat Post Assembly.

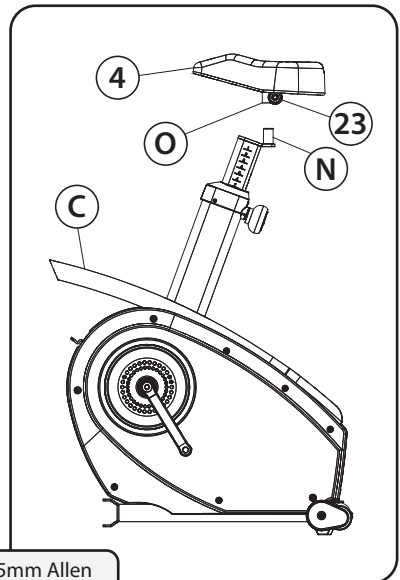
- A. Pull the *Seat Post Adjustment Knob(M)* and insert the *Seat Post(3)* into *Seat Post Tube(L)*. The holes in the Seat Post should be pointing toward the rear of the bike.
- B. When the desired height is reached, release the *Seat Post Adjustment Knob(M)* to allow the locking pin to engage.



NOTE: In order to complete Step 4 and 5, the seat post needs to be set to the highest level. Adjust the seat post so the locking pin clicks into the bottom hole.

Step 3: Seat Assembly

- A. Place the *Seat(4)* over the *Seat Mount Post(N)*.
- B. Align the *Seat(4)* so the front of the seat is centered with the *Upper Console Mast Bracket(C)* and parallel to the floor.
- C. Securely tighten the *Pre-Installed Nut(23)* on each side of the *Seat Mounting Bracket(O)* under the *Seat(4)*.

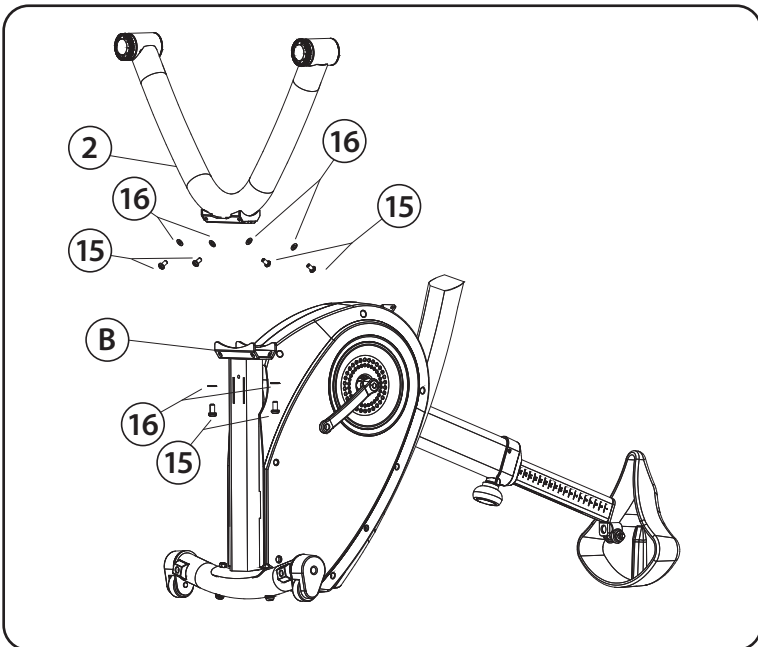


5mm Allen Wrench w/
Phillips



Step 4: Front Support Assembly

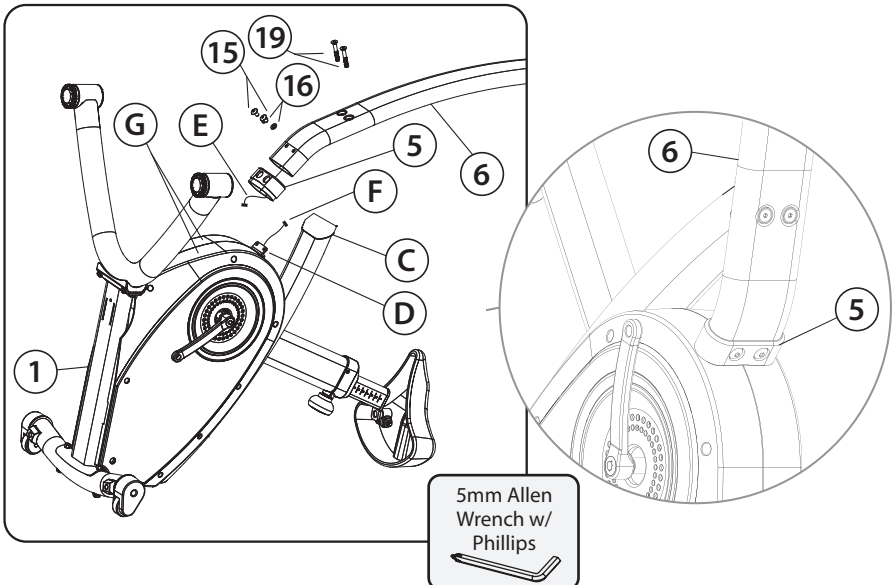
- A. Adjust the Seat Post so it is at the highest setting.
- B. Tilt the bike back until it is resting on the seat and the rear support assembly (as shown below.)
- C. Align the *Front Support Assembly(2)* with the *Front Main Frame Bracket(B)*.
- D. Install two *M8 Bolts(15)* and *Washers(16)* through the top holes of the *Front Main Frame Bracket(B)* and into the *Front Support Assembly(2)*. Do not tighten bolts yet.
- E. Install two *M8 Bolts(15)* and *Washers(16)* through the middle holes of the *Front Main Frame Bracket(B)* and into the *Front Support Assembly(2)*. Do not tighten bolts yet.
- F. Install two *M8 Bolts(15)* and *Washers(16)* through the bottom holes of the *Front Main Frame Bracket(B)* and into the *Front Support Assembly(2)*. Do not tighten bolts yet.
- G. Securely tighten the two *M8 Middle Bolts(15)* first, then securely tighten the two *M8 Top Bolts* and two *M8 Bottom Bolts*.



Assembly

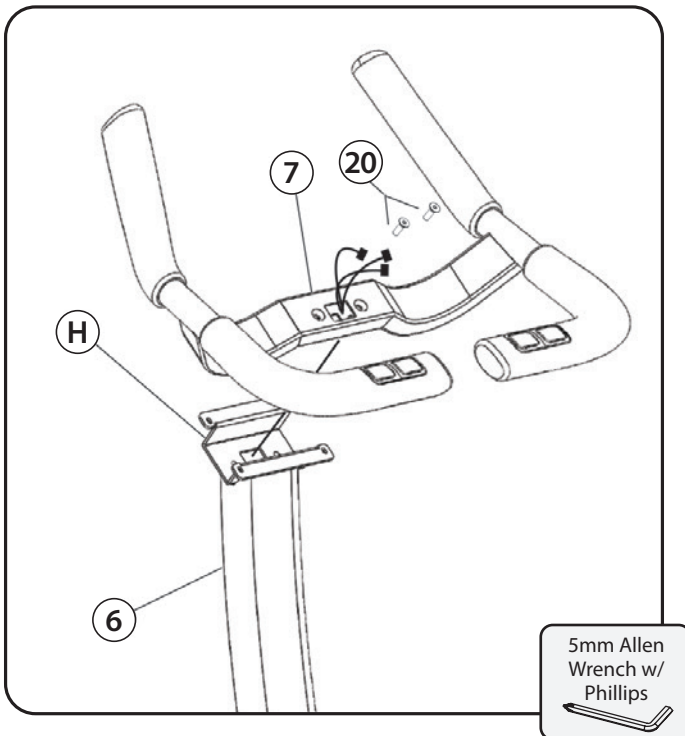
Step 5: Console Upright Assembly

- A. Make sure the *Lower Console Mast Cover(5)* is installed on the *Console Mast(6)* prior to making wire connections in step B.
- B. Align the *Console Mast(6)* with the Upper(C) and Lower(D) Console Mast Brackets.
- C. Connect the *Wire Connector(E)* coming from the *Console Mast(6)* to the *Wire Connector(F)* coming from the lower *Main Frame Bracket(D)* together and push the excess wire up inside the *Console Mast Tube(6)*.
- D. Slide the *Lower Console Mast Cover(5)* down off the Console Mast and slide it into the *Main Frame Covers(G)*.
- E. Place the bottom of the *Console Mast(6)* over the *Lower Bracket(D)* and into the *Lower Mast Cover(5)*.
- F. Install the two long *M8 Bolts(19)* through the *Console Mast(6)* and into the *Upper Console Mast Bracket(C)*. Do not tighten the bolts yet.
- G. Install the two shorter *M8 Bolts(15)* and *Washers(16)* through the *Lower Console Mast Cover(5)* and *Console Mast(6)*, into the *Lower Console Mast Bracket(D)*. Do not tighten the bolts yet.
- H. Securely tighten the two longer *M8 Bolts(19)* first, then the two shorter *M8 Bolts(15)*.



Step 6: Handle Bar Assembly

- A. Place bike upright on all four feet.
- B. Align the *Handlebar Assembly(7)* with the *Handlebar Bracket(H)* on the *Console Mast(6)*.
- C. Feed the wire harness connector from the top of the *Console Mast(6)* through the square hole in the middle of the *Handlebar Assembly(7)*. There should be three wire connectors coming out the top of the handlebar assembly.
- D. Place the *Handlebar Assembly(7)* into the *Handlebar Bracket(H)* and align with bolt holes. Be sure to pull any slack wiring through the handlebar assembly so the wire harness does not get pinched.
- E. Install two *M8 Bolts(20)* through the *Handlebar Assembly(7)* into the *Handlebar Bracket(H)*.
- F. Securely tighten bolts.



Assembly

Step 7: Console Assembly

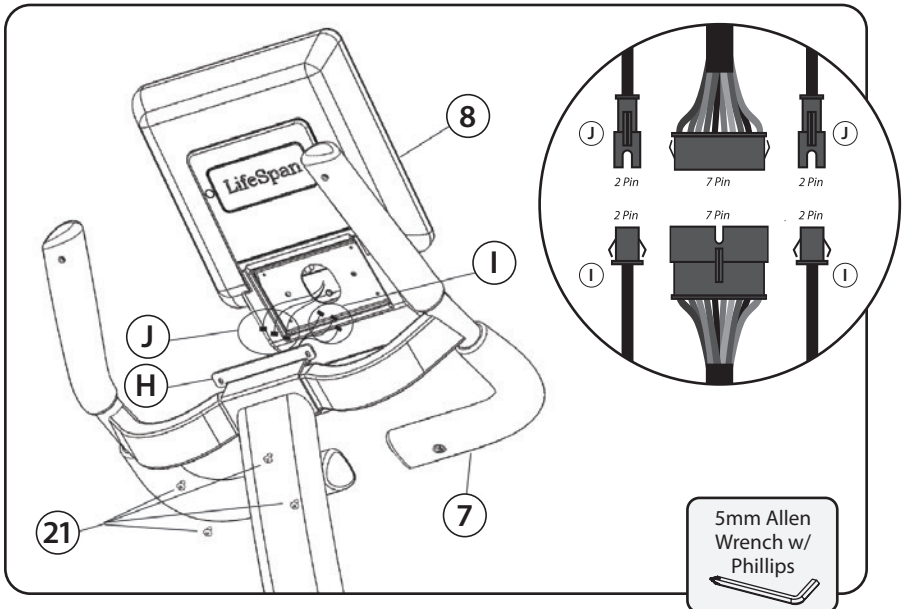
- A. Align the *Console(8)* with the *Console Mounting Bracket(H)*. Connect the two *2-Pin Connectors(J)* coming from the console to the two *2-Pin Connectors (I)* coming from the handlebar assembly (7). Push any excess wire into the opening in the back of the *Console(8)*.

NOTE: It does not matter which connectors plug into each other as long as both connectors are plugged in.

- B. Connect the remaining 7-pin connector from the console to the 7-pin connector from the *Handlebar Assembly(7)*.

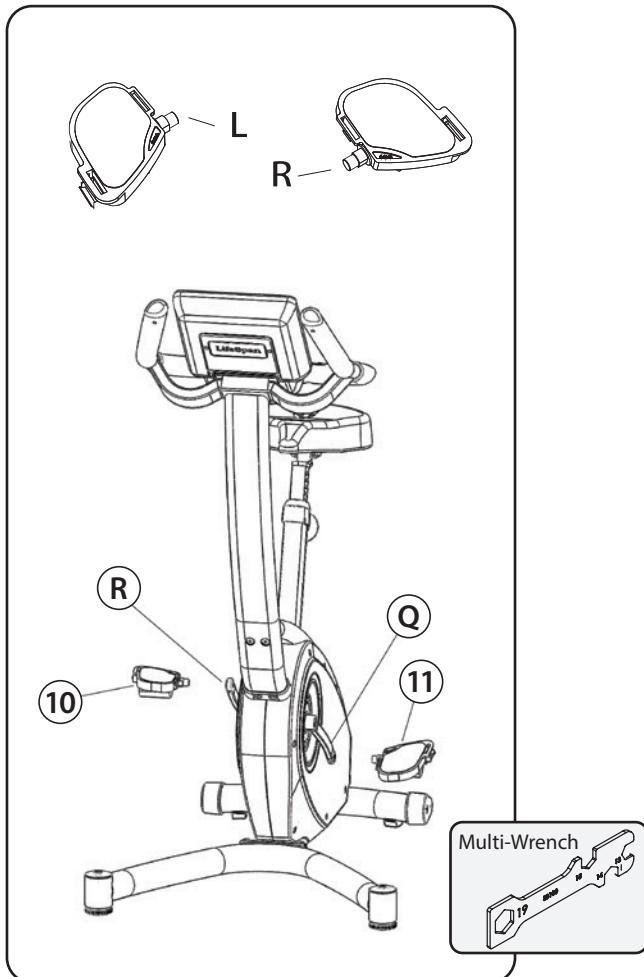
NOTE: Tuck any excess wire into the back of the *Console(8)* and or into the opening in the *Handlebar Assembly(7)*.

- C. Place the *Console(8)* onto the *Console Mounting Bracket(H)*.
- D. Install four *M4 Screws(21)* through the *Console Mounting Bracket(H)* and into the *Console(8)*. Once all four screws are installed securely tighten them.



Step 8: Right and Left Pedal Assembly

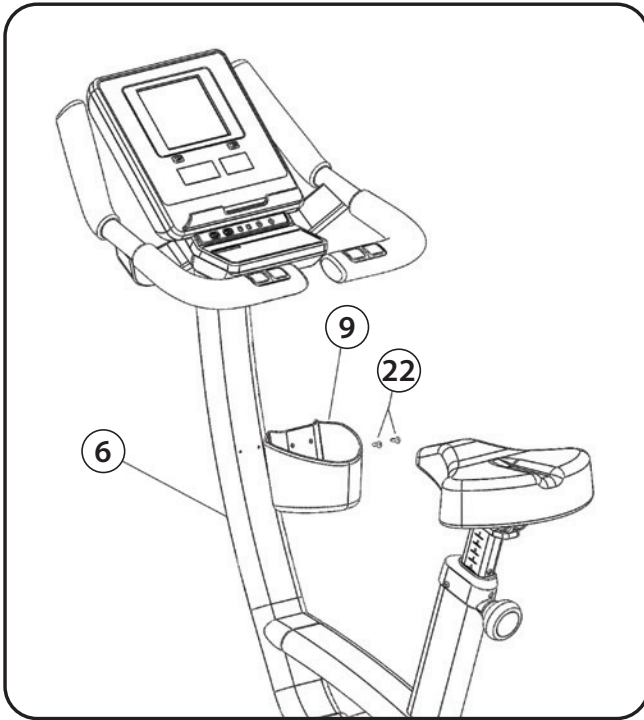
- A. Identify which pedal goes on the right side and which goes on the left side by locating the "R" on the bolt of the *Right Pedal*(10) and the "L" on the bolt of the *Left Pedal*(11).
- B. Hand tighten the right pedal into the *Right Crank Arm*(R) by turning clockwise.
- C. Hand tighten the left pedal into the *Left Crank Arm*(Q) by turning counter clockwise. Be careful not to cross thread the threads.
- D. Tighten both pedals with a 15mm wrench.



Assembly

Step 9: Storage Tray Assembly

- A. Align the *Storage Tray*(9) with the holes in the *Console Mast*(6).
- B. Install two #8 screws(22) through the *Storage Tray*(9) and into the *Console Mast*(6) and securely tighten.



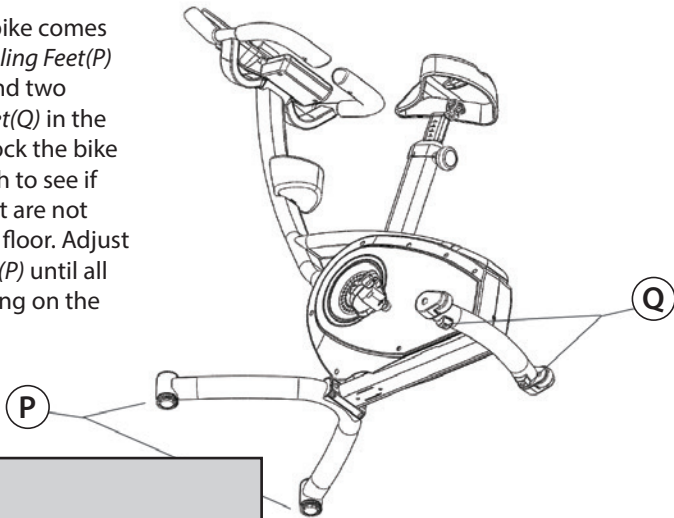
Step 10: Setting Date and Time

To set the date and time of day in your console follow these steps:

1. Press any of the program group buttons for 3 seconds to initiate the date and time set up mode. The screen will change to update Calendar. Press ENTER
2. Press the ▲/▼ buttons to set the correct YEAR. Press Enter.
3. Press the ▲/▼ buttons to select the correct MONTH. Press Enter
4. Press the ▲/▼ buttons to select the correct DAY. Press ENTER
5. Press the ▲/▼ buttons to set the HOUR. Press Enter
6. Press the ▲/▼ buttons to set the MINUTES. Press ENTER

Leveling

Your C7000i bike comes with two *Leveling Feet(P)* in the front and two *Stationary Feet(Q)* in the rear. Gently rock the bike back and forth to see if any of the feet are not sitting on the floor. Adjust the *Front Feet(P)* until all 4 feet are sitting on the floor.

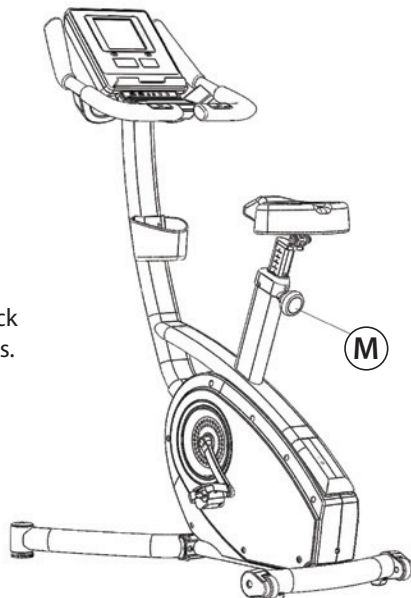


Hint:

If the left rear foot is not solid on the floor, turn the right front foot counterclockwise to tilt the left rear foot down to the floor.

Seat Height Adjustments

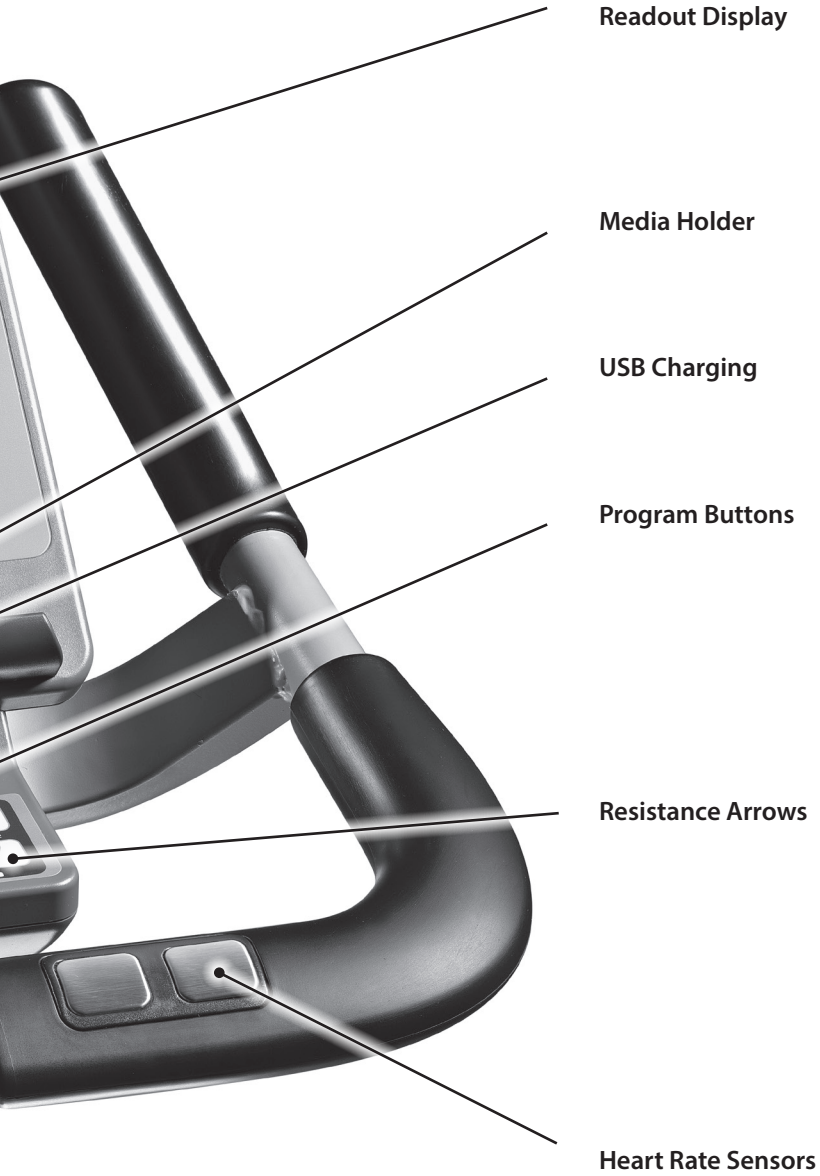
Your C7000i bike allows for 19 positions of height adjustment. To adjust the seat height, pull the *Seat Post Adjustment Knob(M)* out and adjust the seat height to the desired position. Once the position is reached, release the seat post adjustment knob and slide the seat up or down until the knob pops back into one of the designated positions.



Console Basics



Console Basics

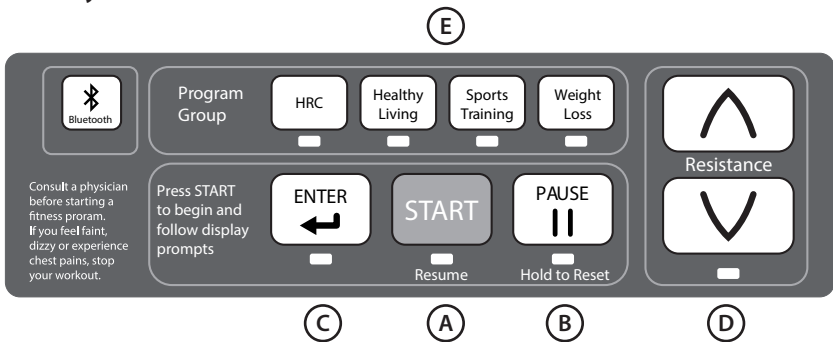


Console Basics

Console Buttons

The C7000i comes with our innovative Intelli-Key feature that will prompt you through console operations by using intelligent lights on the buttons that automatically flash when they need to be pressed to continue operations.

Main Keyboard



A. Quickstart: - Press the START button to begin a Manual workout without having to set any individual information. When the program begins your workout time will start counting up from 00:00 and you can manually adjust the resistance using the ▲/▼ arrows.

B. Pause: -If you need to temporarily stop your workout, press the PAUSE button to PAUSE. To RESTART the workout, press the START button. After 1 minute of no activity the console will turn off.

NOTE: Because this is a self-generator type bike, if it is not being pedaled, the console will shut off and all workout information on the console will reset.

B. Reset: - To RESET the console, press and hold the PAUSE button for 3 seconds.

C. Enter: -The ENTER button is used to select each piece of information needed during program setup, including Program, Workout Level, Workout Time, and Your Weight. If you do not enter a Weight, the system will use a default weight of 150 lbs.

D Arrows: - These buttons are used to modify the value of each selection entered during the setup process and to change the workout resistance during use.

E. Program Buttons: - The C7000i has Program Group buttons. These are designed to help you add variety to your exercise program while staying

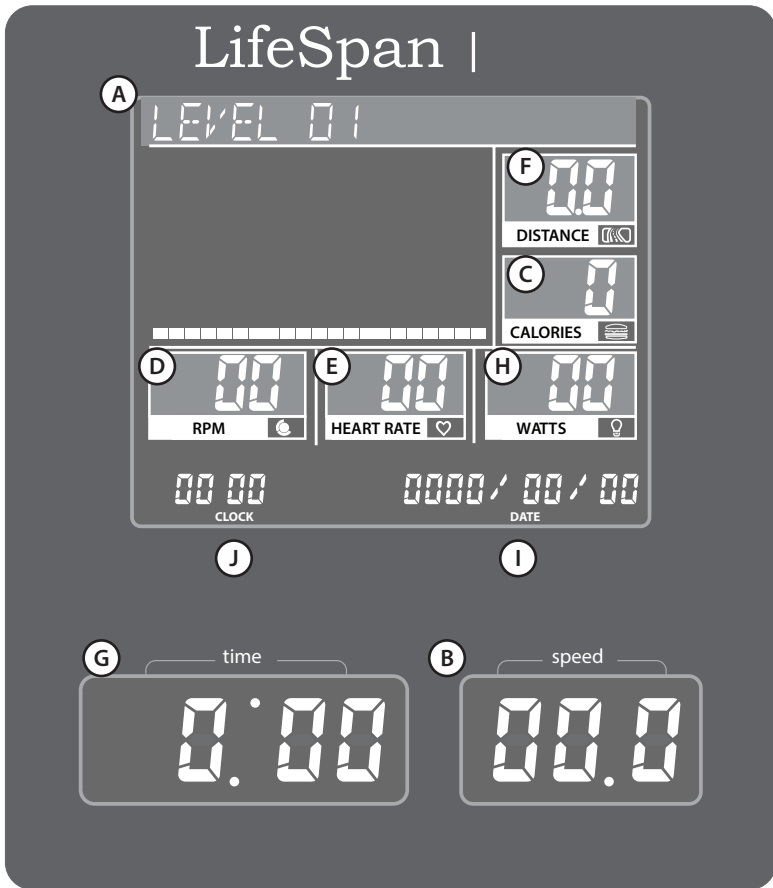
consistent with your exercise goals. To quickly select a specific program that matches your workout objective use one of the program buttons. These 4 buttons group the programs into Heart Rate Training, Healthy Living, Sports Training and Weight Loss. Depending on which button you select, there are multiple programs in each. To look at the next program within each group just press the Program Group button again to scroll to the next option.

Top Keyboard



A. **USB Charging Ports:** - Charges most USB devices.

Console Basics



- A. Alpha Numeric Window** - The C7000i comes with a 16 character alpha window that is used to show the program name and set user functions like date and time.

Workout Feedback: The C7000i display window will simultaneously display the following workout information:

- C. Calories** - Estimated calories burned since the beginning of the workout.
- D. RPM** - Number of Pedal Revolutions per minute.
- E. Pulse** - Your measured heart rate using the hand pulse sensors located on the handlebars.
- F. Distance** - Total distance traveled in miles or kilometers since the beginning of the workout.
- G. Time** - The workout time elapsed or the workout time remaining.

H. Watts - Exercise workload using this common unit of measure.

Misc. Information Display: - The C7000i will also show the following information. This information will be used as part of the USB feature to save your workout information on the date and time of your workout.

I. Date - The date is presented as the year / month / day below the program matrix.

J. Time - The time of day is shown in the bottom center window when the console is not in use.

Name/Sex/Height/Weight/Age: - When you insert your USB flash drive the console will read your name, sex, height, weight and age. Your name will appear in the alpha display until a program is selected. Your sex, height, weight and age will be automatically used as necessary with selected programs.

Operations

Starting in Manual Mode

The quickest way to get started is to press the **START** button. Pressing the **START** button will select the Manual program and the **TIME** will start counting up from 00:00. You can also press **ENTER** to select the Manual program. Using the **ENTER** button will allow you to set a specific workout **TIME**, and set your **WEIGHT**.

Starting a Preset Program

1. **Select Program** - Use the Program buttons to select your desired Exercise Program. Each program button has multiple programs that you can scroll through. Each time you press the program button you will move to the next program option. Once you find the desired program press **ENTER**.
2. **Set Program Level** - There are 2 levels of intensity with each preset program (1 being the easiest and 2 being more difficult). Use the ▲ / ▼ arrows to make the selection then press **ENTER**.
3. **Set Time** - Set the program **TIME** of your workout using the ▲ / ▼ arrow keys. Press **ENTER**.
4. **Set Weight** - Set your **WEIGHT** in the console using the ▲ / ▼ arrow keys. Press **ENTER**.
5. Press the **START** button to begin your workout.

Custom User Set-up Program

User programs need to be set-up before they can be used. To set up a user program:

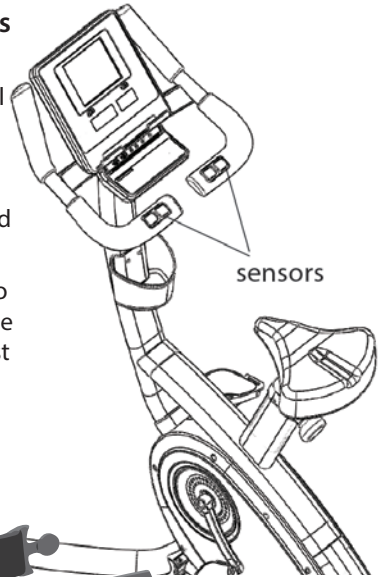
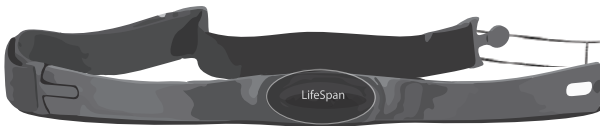
1. **Select User1 or User2 Programs** - Use the ▲ / ▼ arrow keys to select the **USER1** or **USER2** programs. Press **ENTER**.
2. **Set Time** - Set the program **TIME** of your workout using the ▲ / ▼ arrow keys. Press **ENTER**.
3. **Set Weight** - Set your **WEIGHT** in the console using the ▲ / ▼ arrow keys. Press **ENTER**.
4. **Set Level** - Select the level for each segment in the exercise program. Press **ENTER** and repeat until all 20 segments are complete.
5. **START** - press the **START** button.

Once the program has been set up, simply scroll to the **USER1** or **USER2** program and press **START**. If a change to the program needs to be made press **Enter** and make the necessary changes.

My Zone Heart Rate Control Programs

The C7000i has 2 MyZone Heart Rate control programs. In each of these programs you will set your target heart rate and the console will automatically adjust the resistance to maintain your heart rate at either a CONSTANT level or at an alternating LOW and HIGH level.

You will need to use the hand pulse sensor to receive your heart rate throughout the course of the workout. You can also purchase a chest strap for a wireless heart rate readout.



Constant Heart Rate Control (HRC1): The "Constant" program lets you select a single heart rate that you want to maintain throughout your workout. Typically for Weight Loss set the target at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum. After 3 minutes of warm up, the pedaling resistance will automatically be adjusted every 10 seconds to get your heart rate up to the preset level that you selected and then maintain your heart rate during the workout.

Interval Heart Rate Control (HRC2): The "Interval" program is designed to help you increase your aerobic endurance and improve heart rate recovery. This program lets you select a LOW or recovery target heart rate and a HIGH target. After a 3 minute warm-up the console will adjust the pedaling resistance every 10 seconds to maintain your heart rate at the LOW or recovery target for 2 minutes. Then the console will adjust the resistance to raise your heart rate to the HIGH target that you selected and once again keep it at this level for 2 minutes. After holding your heart rate at the HIGH setting for 2 minutes the resistance will be reduced every 10 seconds until you reach the LOW level and then repeat the process until the end of the workout. It is recommended that you set the workout time to 25 minutes or higher to use this program effectively.

Operations

Using Heart Rate Control Programs

The constant Heart Rate Control program requires that you set a heart rate that the display console will maintain throughout the workout and the Interval requires that you set a LOW and a HIGH heart rate.

HRC – Constant

1. **Select HRC1** - Use the ▲ / ▼ arrow keys to select the HRC1 program. Press the ENTER button to select.
2. **Set Time** - Set the program TIME using the ▲ / ▼ arrow keys. Press ENTER. Remember that the program will include 3 minutes of warm up and 3 minutes of cool down.
3. **Set Weight** - enter your age using the ▲ / ▼ arrow keys Press ENTER.
4. **Set Age** - enter your age using the ▲ / ▼ arrow keys. Press ENTER.
5. **Set Target Heart Rate** - set your target heart rate using the ▲ / ▼ arrow keys. Press ENTER.
6. Press the **START** button to begin your workout.

HRC – Interval

1. **Select HRC2** - Use the ▲ / ▼ arrow keys to select the HRC2 program. Press the ENTER button to select.
2. **Set time** - Set the program TIME using the ▲ / ▼ arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up and 3 minutes of cool down.
3. **Set Weight** - enter your weight using the ▲ / ▼ arrow keys. Press ENTER.
4. **Set Age** - enter your age using the ▲ / ▼ arrow keys. Press ENTER.
5. **Set HIGH Target Heart Rate** - Set your HIGH interval training rate using the ▲ / ▼ arrow keys. Press ENTER.
6. **Set LOW Target Heart Rate** - Set your LOW interval training rate using the ▲ / ▼ arrow keys. Press ENTER.
7. Press the **START** button to begin your workout.

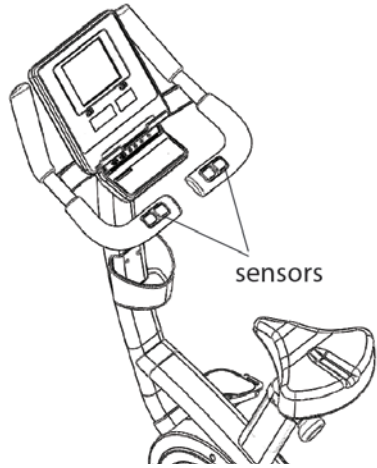
Operations:

While exercising you can change the Resistance Level by pressing the ▲ / ▼ buttons. To pause your exercise program press the START button and to reset your program, press the START button for 3 seconds.

Reading Your Heart Rate

Contact Heart Rate Sensors are built into the stationary hand grips of the C7000i to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands, or you can warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.

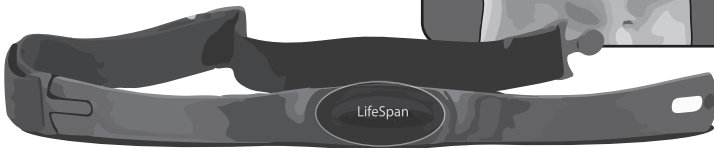
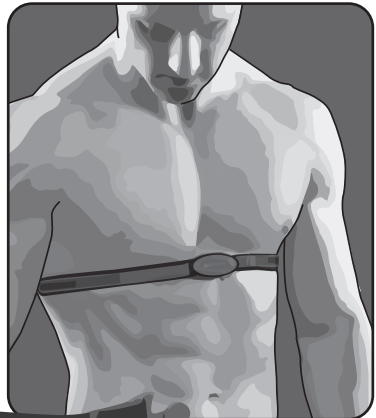


Remember that to use the MyZone Heart Rate Control programs you will need to keep your hands on the sensors

Chest Strap

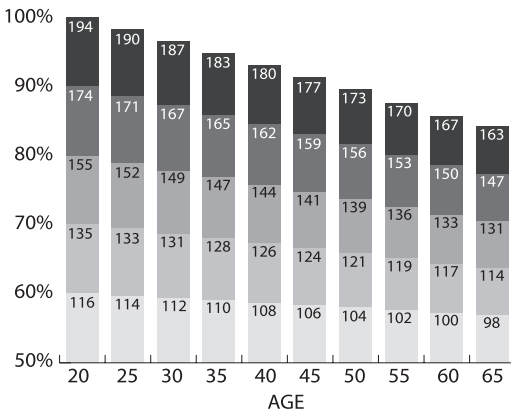
The C7000i has integrated heart rate receivers built into the console. To purchase a heart rate chest strap go to www.LifeSpanFitness.com.

The chest strap should be worn as shown. When using a chest strap you may need to warm up first to increase the moisture in your skin. If this doesn't work use aloe or another moisturizer where the sensors on the chest strap are making contact with your skin.



Note: The heart rate monitoring system will vary due to your age, method of use, physiology and other factors. LifeSpan cannot guarantee the accuracy of the heart rate readings.

Operations



Heart Rate Monitoring

Seeing your heart rate while exercising will help you understand the intensity of your exercise and corresponding heart rate training zone, and predict health benefits found through repeated bouts of exercise. Refer to the information below to understand your heart rate training zones:

Zone 5 — Performance Redline Zone: 90% - 100% of your Max HR

The performance zone involves extreme effort, requiring the heart to beat at or near maximum capacity. Training bouts include intense incline or sprinting, benefiting speed, power, and anaerobic performance competency.

Zone 4 — Threshold Zone: 80% - 90% of your Max HR

The threshold zone involves intense jogging or sub-maximal sprinting, typically unsustainable for long periods of time. Benefits include highly-elevated calorie burn, speed and power performance enhancement, improved lactate removal capabilities, and enriched heart health.

Zone 3 — Aerobic Zone: 70% - 80% of your Max HR

The aerobic zone is ideal for cardiovascular training. Workouts in this zone are more intense, involving moderate jogging. Long-term benefits are improved heart health and cardiovascular performance, reductions in blood pressure and cholesterol, and increased calorie burn.

Zone 2 — Temperate Zone: 60% - 70% of your Max HR

The temperate zone consists of moderate-intensity exercise, typically as fast walking to slow jogging. Speaking is more difficult and breathing is elevated. Benefits are similar to those of the healthy heart rate zone, though caloric expenditure is higher.

Zone 1 — Healthy Heart Zone: 50% - 60% of your Max HR

The healthy heart zone involves safe, low-intensity activity, like medium-to-brisk walking. Full conversations can be held, despite a gentle increase in respiration. Benefits include reduced risk of heart and vascular disease, moderated blood pressure and cholesterol, and improved insulin sensitivity.

Program Profiles

The C7000i comes with an assortment of programs that will give you the variety you need to get the maximum results from your exercise program. Each program has 2 preset levels of difficulty that you can select from during the setup process. During operation, levels can also be changed.

Preset Programs

Preset programs automatically change the resistance level during a workout according to a preset pattern called a profile. This provides a better workout, since it uses a wider range of muscles and different intensities, a well-known benefit in the cross-training and interval-training world.

Each preset program can be set to change the resistance level. Each has a suggested duration which can be adjusted to anywhere from 10 to 99 minutes. Two overall levels may be selected, which raises or lowers the program profile.

Changing the resistance level changes which muscles are used. Adjust the resistance level to your personal preferences, or to target different muscles.

Long Slow Distance

(40 minutes default)



This profile has small changes, allowing for a more consistent style of effort, maximizing the duration of your workout.

Short Interval

(20 minute default)



This has the widest variation of resistance level, and has the shortest default duration.

Moderate Interval

(30 minute default)



Smaller resistance changes than Short Interval, but greater overall duration, resulting in a longer workout.

Operations

Long Interval

(40 minute default)

The smallest resistance alterations of any of the interval workouts, allowing a longer overall duration.



Negative Interval 1

(30 minute default)

A good choice for someone new to interval training. Resistance levels decrease in the second half of the workout.



Negative Interval 2

(30 minute default)

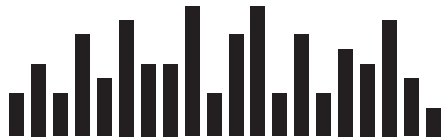
A slightly higher-intensity version of Negative Interval 1.



Fartlek

(30 minute default)

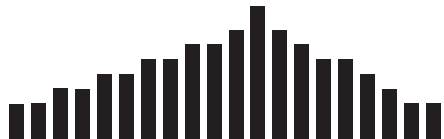
A Fartlek is a Swedish workout that inspires improved levels of fitness through unpredictable changes in programming. This profile purposefully has no predictable pattern to its profile.



Uphill Climb

(30 minute default)

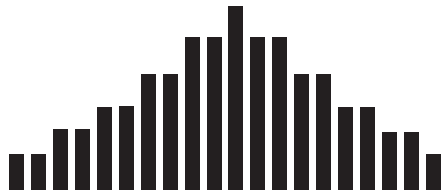
A gradual increase, then corresponding decrease of resistance.



Pyramid Climb

(30 minute default)

Similar to Uphill Climb but with less frequent changes.



Plateau Climb

(40 minute default)

A higher-intensity version of Long Slow Distance, with a steady level of effort comprising the majority of the profile.



Ladder

(30 minute default)

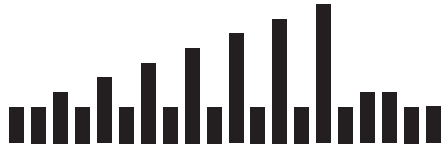
A form of interval training with longer, increasingly-intense intervals. Each unique, altering level is designed to mimic a higher rung on a ladder. This is the most difficult of the preset programs.



Uphill Interval

(20 minute default)

Similar to Short Interval, but with more pronounced changes in intensity.



Steady Pace

(40 minute default)

Similar to Long Slow Distance, but with a lower intensity, steady profile. This is the easiest of the preset programs.



Long Slow Distance 2

(40 minute default)

Similar to Long Slow Distance, but reaches maximum intensity more rapidly.



Cardio Ride

(20 minute default)

A short, continuous workout with consistently high intensity.



Operations

Short Interval 2

(20 minute default)

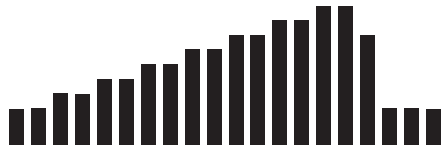
Similar to Short Interval, but with a more rapid buildup to the initial interval.



Uphill Climb

(30 minute default)

Gradually increases intensity throughout the entire workout.



Custom User Programs

There are two user programs provided on the LifeSpan C7000i bike. These programs provide you with the ability to establish a customized program profile specific to your workout requirements. For each user set-up program you can select the resistance level for each of the 20 program matrix columns by pressing the UP/ Down buttons to adjust the desired level of resistance and then the enter button to select that specific level.

Once a program is set up, simply scroll to the User program and push the start button. To modify the program after it is established, select the program and then push the Enter button.

Maintenance and Tips

Engineering Mode

To Enter Engineering Mode, Press and hold the Pause Button and the Up button for 3 seconds. The console will beep and display Engineering Mode.

Function	Display
	Engineering Mode 2012/05/21 v1.0
Press Enter. The display will show Roller. This is something that does not need adjustment.	Roller 183
Press Enter. The display will show Select the units. Press the ▲ or ▼ buttons to change between Si (metric) or EN English modes.	Select the units SI or EN
Press Enter. The display will show Power Saving: On or Off. Use the ▲ or ▼ buttons to change between On or Off	Power Saving On/Off
Press Enter. The display will show Total Distance. It will show 1 digit on the left and 3 digits on the right for a total of 4 digits. This is the total number or miles or Kilometers accumulated.	Total Distance 0 000
Press Enter. The display will show Total Hours. It will show 1 digit on the left and 3 digits on the right for a total of 4 digits. This is the total number of hours the bike has been used.	Total Hours 0 000
Press Enter	Console goes back to normal operating mode

Troubleshooting

Problem: Unit is unstable or racks while in use.

Solution: Make sure unit is on a solid, level surface. Adjust the rear adjustment feet until all 4 feet are sitting solid on the floor. Once level, turn the center foot down till it touches the floor.

Problem: No power at console when pedaling.

Solution: Make sure all connections made during assembly are good. Pedal at an RPM of at least 60 for 30 seconds. If no power, contact LifeSpan customer service.

Problem: Rough feeling in pedals when in use.

Solution: If everything is tight, contact LifeSpan Customer Service for replacement pedals.

Problem: Excess play in the handlebars or frame components.

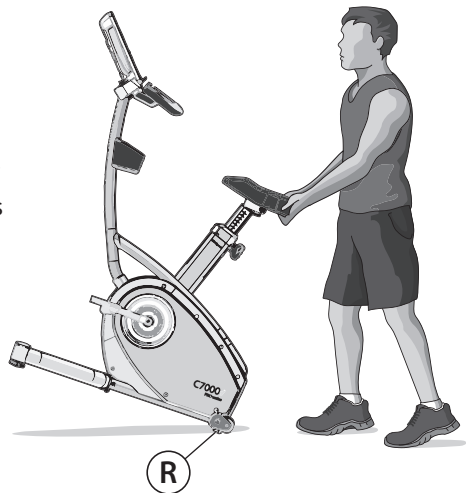
Solution: Go over the C7000i to make sure all assembly hardware is tight.

Cleaning

Keep the unit clean and dry. It is a good idea to wipe the unit down after each workout to keep it clean. Clean only with mild soap and a slightly damp cloth. Never use solvents when cleaning.

Moving

Your C7000i bike comes with two transport wheels (R) located on the rear support. Carefully tilt the front of the bike up until the transport wheels in the back make contact with the floor and roll the bike to the desired location. It may be difficult to roll the bike in plush carpeting.



About Your Upright Cycle

Unique Features

As a leader in the fitness industry, LifeSpan has developed a number of unique features in our C7000i making them more engaging, safer and easier to use. Learn more about how to use these features in the Saving Your Results and Personal Settings sections of this Owner's Manual.



Intelli-Key™

Console operation is simplified with sequential button illumination prompting you through program selection and setup.



USB Charging Port

Charges most of your mobile devices. 5V, 0.5A Power Output. This port is also used to update Firmware.

Specifications

C7000i

Seat	Molded, contoured seat
Seat Adjustment	Height - 19 positions
Resistance System	Hybrid Self Generating
Pedals	Self balancing
Dimensions	43" x 28" x 56"
Transport Wheels	Rear Mounted
Max User Weight	400 lb (181.4 kg)

Console Readouts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Workload), Watts
Display Programs	Multi-Color LCD Manual, Preset (17), User Set-up (2), Heart Rate Control (2)
Program Matrix	16 Rows by 20 Columns
Levels of Resistance	16 Levels
Program Buttons	4 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, and Weight Loss
USB Charging Port	2 USB ports automatically save your exercise data and charge your wireless mobile device
Heart Rate	Hand-Grip Pulse and wireless Receiver (Chest strap is not included)

About Your Upright Cycle

Warranty

Your LifeSpan treadmill/bike desk comes with the following limited warranty valid in North America. If you are outside of this area contact your local authorized LifeSpan dealer.

Warranty Item	
Frame	Lifetime
Parts	5 Years
Labor	2 Years

LifeSpan warrants that the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will repair or replace any defective part. Free labor is included on all parts that are not normally assembled or replaced by the customer within the labor period.

If within the time frames specified above, any part fails to operate properly, login to our website at www.LifeSpanFitness.com, click on "Customer Service" and complete the form to request assistance or call 877.654.3837 option 4 for a Customer Service Agent (please note that certain kinds of service should only be performed by a qualified service technician).

LifeSpan reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or "act of God."
- This warranty does not apply to discoloration of paints or plastics.
- LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

C7000i

Interactive Upright Cycle

LifeSpan Fitness

785 West 1700 South Suite 1

Salt Lake City, UT. 84104

Phone: 877.654.3837

www.LifeSpanFitness.com

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