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Model number 2. Serial number 3. Page 3 Lifecycle 9500HR / 9100 Series Recumbent Exercise Bikes THEORY OF OPERATION The Lifecycle recumbent bikes are stationary exercise bicycles that provide a scientific method of improving body fitness and endurance through its unique "12 or 24 MINUTE RIDE TO VIGOROUS HEALTH."...

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Page 4 This Operation Manual describes the functions of the following products: Life Fitness Lifecycle exercise bikes upright 9500HR recumbent 9500RHR See "Specifications" page in this manual for product specific features. Page 5: Introduction U.S. fitness manufacturer with ISO 9001 Certification, the international symbol for quality ...

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Before attempting to operate your Lifecycle 9500HR exercise bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your exercise bike does not respond as described in the operation manual contact the nearest Life Fitness Customer Service Center as listed in the operation manual.

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your Lifecycle 9500HR aerobic trainer. Use the handlebar whenever additional stability is required. • Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the trainer in your bare feet. • Do not tip the Lifecycle 9500HR aerobic trainer on its side during operation.

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