IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Life Fitness products.

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

WARNING: Make sure there is an adequate space of 28 inches/70 cm around the indoor cycle to assemble, disassemble and operate it.

WARNING: Always install the product on a stable and horizontal floor and properly level the unit.

WARNING: Any of the adjustment devices that could interfere with the user’s movement should not be left projecting.

WARNING: Do not lift the seat or handlebar height adjustment beyond the “STOP” mark

WARNING: This is a Home use Product, when product is not in use, the equipment must be locked to prevent the drive gear from movement.

WARNING: This Indoor Cycle can be used by children aged from 14 years and above and persons with 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. Persons with reduced physical, sensory or mental capabilities are prohibited from using the indoor cycle. Children shall not play with the Indoor Cycle. Cleaning and user maintenance shall not be made by children without supervision.

Only use the LifeCycle GX for its intended purpose as described in this manual. Improper use may result in injury.

Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness customer support services.

Always follow the console instructions for proper operation.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

Never insert objects into any opening in these products. Contact Life Fitness customer support services.

Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.

Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Ensure no stones are embedded in the soles.

Keep all loose clothing, shoelaces and towels away from moving parts.

Do not reach into or underneath the unit or tip it on its side during operation.

Do not allow other people to interfere in any way with the user or equipment during a workout.

Do not use attachments that have not been recommended by the manufacturer.

Use caution when mounting or dismounting the LifeCycle exercise bike.

Do not stand or sit on plastic shrouds.

Do not insert any objects or any part of the body while the flywheel is in motion.

Do not turn the crank arms by hand.

Never face backward while using a LifeCycle GX exercise bike.

This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur.

Wait for the flywheel to coast to a stop. If you want to quickly stop the flywheel, apply firm downward pressure to the brake lever.

Do not dismount the LifeCycle GX exercise bike until the pedals and the flywheel are at a complete stop. Spinning pedals may cause serious injury.

To engage the emergency stop, apply firm pressure downward on the resistance lever until the emergency brake pad has engaged the flywheel.

Ensure that ALL adjustment knobs are secure (seat height, seat fore-aft, handlebar height, handlebar fore-aft).

This exercise bike is equipped with a locking system to prevent the uncontrolled use or moving of rotating parts. Install cable and lock as shown below.

WARNING: The equipment must be locked when not in use.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.
LIFECYCLE GX
POSITION
AND SETUP
This section outlines a step-by-step guide to ensuring the user is set up correctly.

The correct setup sequence is:
1. Seat height
2. Seat forward and back position
3. Handlebar height
4. Handlebar forward and back position
5. Pedal strap adjustments and SPD usage
6. Brake lever adjustments

**SEAT HEIGHT**
Proper seat height ensures maximum efficiency and comfort while reducing the risk of injury. The following steps will ensure that correct seat height is established:

- Stand next to the saddle facing forward towards the handlebars.
- Correct operation of seat and handlebar pop-pins: Turn the pop-pin knob counterclockwise and pull out on the pin to release it from its current preset location. Raise or lower to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary until the pop-pin engages a preset hole. Turn the pop-pin knob clockwise to secure. Be sure to tighten firmly.
- Lift the saddle up so that the top of the saddle is level to top of thigh as shown in image.
- Secure the pop pin before mounting the bike. Make sure the pop-pin engages a preset hole and turn the knob clockwise to secure.
- Sit on the bike and bring the pedals in a vertical position, roughly 12 and 6 o’clock
- Place the heel of the foot on the pedal nearest the floor – the leg should be straight BUT not locked
- With the foot clipped in or in the pedal straps, the knee should be slightly bent and the ankle should be able to drop down
- Make adjustments if necessary to establish correct height:
  a. If anterior knee discomfort is felt, raise the seat so that the knee angle is 15-20° from bottom of the pedal stroke
  b. If posterior knee discomfort is felt, including pain in the calf and/or Achilles, lower the seat so that the knee angle is 25-35° from bottom of the pedal stroke
- **WARNING:** Always dismount the cycle before making adjustments to the saddle.
- **WARNING:** Do not lift the seat or handlebar height adjustment beyond the “STOP” mark

Pedal backwards; there should be no excessive rocking of the hips and locking of the knees.

**SEAT FORWARD AND BACK POSITION**
Once the proper saddle height has been established, bring the pedals to the horizontal position of 9 and 3 o’clock. Adjust the saddle fore and aft to ensure that the knee is in line with the pedal spindle. Tighten the knob.

Beginners or those with lower-back discomfort may want to raise it slightly above the saddle.

**HANDLEBAR HEIGHT**
Handlebar height varies between users due to personal preference, fitness and flexibility. A general starting point is to adjust the handlebar height so that it is in line with the saddle. For preferred lower settings ensure that it is no more than 2.5-4 inches (6-10cm) lower than the saddle. This will ensure correct tilting from the hips.
4 HANDLEBAR FORWARD AND BACK POSITION

The position of the handlebar fore and aft ensures that the user rides with as little stress as possible on the spine, lower-back muscles, shoulders and neck.

Users should be able to reach Position 3 without having to slide forward on the saddle. (see pages 22-23 for body and hand position overview). Arms should be at approximately right angles. If tension is felt, slide the handlebar a little closer into the body.

5 PEDAL STRAP ADJUSTMENTS AND SPD USAGE

Pedal straps: Adjust to fit snugly around the shoes and hold the foot in the pedal.

1. Place the feet into the pedal cage straps so that the ball of the foot is over the pedal axle
2. Rotate the pedals slowly until one foot is within arm’s reach, and then tighten to a snug fit
3. Repeat for the other foot
4. Do several slow rotations of the pedals to ensure there is a snug fit and the pedal stroke feels comfortable

SPD users should hear a definitive CLICK as the shoe cleat engages with the pedal. Ensure comfort while engaging and disengaging the foot.

6 BRAKE LEVER ADJUSTMENTS

Pedalling resistance is controlled by the incremental brake lever located under the handlebars. The intensity of the ride and cadence can be varied by using the lever. The resistance lever has 20 levels from which varying resistances can be used. Push the lever down to increase resistance, and up to decrease resistance. By using the optional console, users will be able to view their current level on the screen.

To engage the emergency stop, apply firm pressure downward on the resistance lever until the emergency brake pad has engaged the flywheel.
### OPTIONAL CONSOLE DISPLAY

If the optional console display was purchased, please review the following information.

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

The console will display feedback consisting of: speed, distance, cadence, calories, time, heart rate (HR), Calories Per Hour and percentage (%) of HR max. % of HR max will allow the instructor to implement new and innovative classes. Current brands supporting the LifeCycle GX are:

- Polar® and all brands Polar compatible. Accuracy of non-Polar brands may vary.

The console also has a Display 2 which will show the max and averages of all the data shown previously, throughout and at completion of the workout. The computer will also display the resistance level (20 available); great for tracking progress and quantifying the workout.

Correct setup of the console will ensure the user has accurate feedback and a positive experience.

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**NAVIGATING THE SETUP MODE**

1. To enter SETUP mode from other mode, press and hold the OK and LOGO button simultaneously for three seconds.
2. Use up arrow button and down arrow button to select language.
3. Press OK button.
4. Use up and down arrow button to select weight indicator (lbs or kg) setting for USER mode.
5. Press OK button.
6. Use up and down arrow button to select system indicator for distance (miles or km) and speed (mph or km/h).
7. Press OK button.
8. Use up and down arrow button to select time (backlight will stay on after key press). Please note battery life decreases as greater time periods are selected.
9. Use up and down arrow button to show software version or perform brake calibration.
10. Press OK button.
11. Exit setup and press OK.

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<table>
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<th>RPM MAX</th>
<th>RPM AVG</th>
<th>MPH MAX</th>
<th>MPH AVG</th>
<th>MAX</th>
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</tbody>
</table>

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### CONSOLE SETUP

- Change language: English, Spanish, German, Italian, French, Dutch, Portuguese
- Change weight setting: lbs or kg
- Change system setting: miles or km
- Configuration: show version, backlight time, touch panel, calibration, exit setup
- Change backlight timing
- Change touch panel sensitivity

After setup is completed for the first time, these setup values become default settings.

If the brake is not calibrated a "!" will appear on the console in the LEVEL window. Refer to Assembly Manual for brake calibration procedure.
**USER SETTINGS**
- Set weight: lbs or kg (as defined in SETUP mode) (start with default value)
- Set age (start with default value)

**NAVIGATING THE USER MODE**
1. To enter USER mode from other display mode, press LOGO button
2. Use up and down arrow button to set weight: lbs or kg based on SETUP settings
3. Press OK
4. Use up and down button to set age
5. Press OK
6. Return back to DISPLAY mode

**DISPLAY MODE 1 – ONSCREEN INFORMATION**
All workout data shall be updated once every second in real time. A heart rate strap is required to monitor current heart rate and percentage of heart rate max. Must enter your Age and Weight to view % of HR Max.

**DISPLAY MODE 2 – ONSCREEN INFORMATION**
All workout data shall be updated once every second in real time. An HR strap is required to monitor HR max, percentage of heart rate max, average and percentage of average.

**POWER ON/OFF**
- Console turns on when cadence signal is received.
- Console turns off automatically after five minutes if no signal (cadence) is being received.

**DEFAULT SETTING**
Default settings apply if no data are entered in setup or user mode. These values are preset in production.
- Setup default
  - Language: English
  - Weight indicator: lbs
  - System indicator: miles
- User mode default
  - Weight: 75kg or 165lbs
  - Age: 35
- Power requirements
  - Battery: 2 D-Cell batteries
  - Approximate Battery life: 800hrs

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**CONSOLE DISPLAY**
PEDALLING

The push phase
If you imagine a clock face, the push phase is approximately at the 2 o’clock position and will finish at the 5 o’clock position. This phase produces the most amount of power by recruiting the gluteals, quadriceps and calf muscles.

The pull/recovery phase
This occurs at approximately the 7 o’clock position and ends at the 11 o’clock position with the recruitment moving towards the hamstrings and hip flexors.

It is important to pay attention to BOTH phases to ensure a fluid and even power output.

BASIC PEDALLING TECHNIQUE:
• Slide the hips to the back of the saddle
• Push forward through the pedal by dropping the heel down
• Scrape the ball of the foot (as if removing dirt from their shoe)
• Lift the heel on the upwards/pull phase in order to recruit the hamstrings

ANKLE/FOOT POSITIONING DURING HIGH-CADENCE AND LOW-CADENCE WORKOUTS

High cadence (sprints)
During high-cadence workouts, the ankle stays in the same position through the whole rotation: approximately 90° with the toes slightly lower than the heels. It reduces the degrees through which the ankle must rotate, therefore speeding up each revolution.

The basics are
• Abs engaged
• Toes slightly down
• Add resistance if you are bouncing in the saddle
• Relax upper body
• Eyes forward
• Decrease resistance a little if legs start to slow down

Low cadence (muscular strength)
Goal is maximal force through the legs/power output. Using the ankle to change the angle of foot on the pedal through the rotation will allow more force/power to be produced.

The basics are
• Push forward and down, drop heel down to go through the push point
• ‘Flick’ the heel up as you move down to be able to scrape with toes at the bottom (toes at their lowest level)
• ‘Flick’ the heel down again pulling backwards and lifting the knee on the way up

THE BASICS OF PEDALING AT SLOW SPEED WITH HEAVY RESISTANCE:
• Slide backward
• Push and pull
• Drop the heel
• Push the knee to the handlebars when rolling over at the top of the pedal stroke
• Scrape the pedal at the bottom

CYCLING TECHNIQUE

SKILLS

Once the bike is set up correctly the user is in a position to adopt a safe, efficient and enjoyable workout.

CORRECT POSITIONING
• Sit with your backside at the rear of the saddle so that your sitting bones are supported
• Lift the chest and look straight ahead
• Lean forward, hinging from the hips and NOT arching the spine
• Place the hands on the handlebars in Position 2 and slightly relax shoulders and arms. (see pages 22-23 for body and hand position overview).
• The abdominals should be engaged to provide a strong core
UPPER-BODY AND HAND POSITIONS

The position of the upper body is key in achieving good form and technique. The positioning of the hands will determine posture, breathing, comfort levels and can determine the objective for the particular block of workout such as a seated climb or sprint.

POSITION 1
(SEATED CLIMBS, WARM-UP AND COOL-DOWN)

In Position 1 the hands are placed on the horizontal part of the handlebars. This position is commonly used for seated climbs as well as recovery.

- This position encourages a comfortable, upright position ensuring chest is open and breathing is easier
- Relax shoulders, apply a loose grip to the bars and keep elbows soft – this position ensures that tension is reduced and no unnecessary energy is wasted

POSITION 2 (CLIMBS, JUMPS, HOVERS, SPRINTS)

In Position 2 the hands are extended in the forward position. This position is commonly used for climbs, jumps, hovers and sprints where leverage is needed.

- This forward position encourages further recruitment in the hips and is a more powerful position to use when sprinting and climbing, seated or standing
- Relax shoulders, keep elbows soft and face forward
- Avoid excessive rounding of the back - indicates too much pulling on the bars and building tension in the back muscles; wasting energy.

POSITION 3 (TIME TRIAL, LONG EFFORTS)

In Position 3 the hands are placed in the aero position in the middle of the bars. This position is commonly used for sustained efforts and seated high-cadence efforts in a tucked position.

- Relaxed shoulders and avoid any excessive tension
TRAINING INFORMATION
HEART RATE MONITOR TRAINING

By using the LifeCycle GX console in combination with a heart rate monitor a user can directly measure their exercise intensity. Using an HR monitor ensures that they are training within a specific HR zone by either monitoring their current HR or % max HR on the console. By using the console and HR monitor a user can ensure they are not over-exerting or underachieving. By using both, progression can be monitored and measured.

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

WARM-UP AND COOL-DOWN

The warm-up is essential in preparing the body physically and mentally for the workout ahead and should include the following:

- Progress naturally in a controlled manner
- Intensity should be enough to raise the HR and body temperature
- Users should begin to perspire and be aware of their breathing rate

How hard the rider should work in the warm-up, workout and cool-down stages is expressed in terms of Max Heart Rate (MHR) and Rate of Perceived Exertion (RPE). The RPE Scale is shown on page 26.

A typical warm-up for an indoor 60-minute cycling class:

- 5mins easy spinning 60-65% MHR, RPE 2
- 3mins, increasing level every minute, keeping cadence between 90-95rpm, 65%-70%-75% MHR, RPE 2-3-5
- 2mins easy spinning 60-65% MHR, RPE 2
- 1min fast cadence 100rpm+
- 1min easy spinning 60-65% MHR, RPE 2
- 1min fast cadence 100rpm+
- 2mins easy spinning before main set 60-65% MHR, RPE 2

The cool-down is as important as the warm-up, and an integral part of any cycling workout and should include the following:

- Progress naturally in a controlled manner
- Can be monitored via HR to ensure the HR is reducing
- Should include some key stretches with regards to the muscle groups used in your workout (calves, quadriceps, hamstrings, hip flexors, back extensors, etc.)

A typical cool-down for an indoor 60-minute cycling workout will be between 5-10 minutes long depending upon the intensity of the session. A cool-down will start with easy pedalling in zone 1 HR or less than 65% MHR to ensure a gradual decline in HR and the flushing of any toxins in the legs.
RPE SCALE:
The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find this activity.

0 – NOTHING AT ALL
1 – VERY LIGHT
2 – FAIRLY LIGHT
3 – MODERATE
4 – SOMEWHAT HARD
5 – HARD
6 – HARD
7 – VERY HARD
8 – VERY HARD
9 – VERY HARD
10 – VERY, VERY HARD
LIFECYCLE GX SAMPLE WORKOUTS

All these workouts can be done by beginners to advanced based on Max Heart Rate (MHR).

LADDERS/UPS AND DOWNS

WARM-UP
- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1
- 1min hard effort 85-90% MHR, RPE 6, Position 2
- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1

REPEAT X2
- 2mins 70-75% MHR, RPE 4, Position 1
- 2mins 75-80% MHR, RPE 5, Position 2
- 2mins 80-90% MHR, RPE 6, Position 2 out the saddle
- 2mins 70-75% MHR, RPE 4, Position 3
- 1min easy spin 60-65% MHR, RPE 2, Position 1

COOL-DOWN
- 7mins easy spin 60-65% MHR, RPE 2, Position 1

ATTACKS/JUMPS

WARM-UP
- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1
- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7
- 45secs 75-80% MHR, RPE 5, Position 3
- 15secs Position 2 out the saddle, RPE 7
- 45secs 75-80% MHR, RPE 5, Position 3

COOL-DOWN
- 8mins easy spin 60-65% MHR, RPE 2, Position 1

DROP DOWNS

WARM-UP
- 4mins easy spin 90rpm+ or 60-65% MHR, RPE 2, Position 1
- 3mins going up each minute in %MHR from 70-75% – RPE 4, 75-80 – RPE 5, 80-85% MHR – RPE 6, Position 3
- 2mins easy spin 60-65% MHR, RPE 2, Position 1
- 1min at 85-95% MHR, RPE 8, Position 2
- 5mins easy spin 60-65% MHR Position 1

REPEAT X3
- 1min at 85-95% MHR, RPE 8, Position 2 out the saddle
- 2mins 80-85% MHR, RPE 6, Position 2 seated
- 4mins 75-80% MHR, RPE 5, Position 3
- 5mins easy spin 60-65% MHR, RPE 2, Position 1

COOL-DOWN
- 6mins easy spin 60-65% MHR, RPE 2, Position 1
LIFE FITNESS APPROVED LUBRICANT
Break Free(R), Life Fitness part number SK50-P005-0000.

LIFE FITNESS APPROVED CLEANERS
Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PREVENTIVE MAINTENANCE TIPS
Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

Warming Safety: The equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the Life Fitness product operating at peak performance:

- Locate the product in a cool, dry place
- Apply the lubricant to a cotton cloth, then wipe on the upper area of the lower fore/aft sliders as needed. Note: only a few drops of lubricant are required per usage.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (use Life Fitness approved cleaners) and a microfibre cloth
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the top surface of the pedals regularly
- Keep the pedal straps fastened securely when using the bikes

WARRANTY
WARRANTY INFORMATION: LifeCycle GX

WHAT IS COVERED?
This Life Fitness consumer product is warranted to be free of all defects in material and workmanship.

WHO IS COVERED?
The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

HOW LONG IS IT COVERED?
All coverage is provided by specific Product according to the guidelines listed on the warranty coverage chart.

WHO PAYS TRANSPORTATION AND INSURANCE FOR SERVICE?
If the Product or any covered part must be returned to a service facility for repairs, we, Life Fitness, will pay all transportation and insurance charges during the second and third years of the limited warranty period (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS
We will ship to you any new or rebuilt replacement part or component or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED
Any failures or damage caused by unauthorised service, misuse, accident, negligence, improper assembly or installation, defects resulting from any construction activities in the Product’s environment, rust or corrosion as a result of the Product’s location, alterations or modifications without our written authorisation or by failure on your part to use, operate and maintain the Product as set out in your operation manual (‘manual’).

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country’s local authorised Life Fitness representative.

WHAT YOU MUST DO
Retai proof of purchase, use, operate and maintain the Product as specified in the manual; notify customer support services of any defect within 10 days after discovery of the defect; instruct return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL: It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the manual to assure proper operation and your continued satisfaction.

HOW TO GET REPLACEMENT PARTS AND SERVICE
Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). We will tell you how to get a replacement part or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY
THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorise any person to assume for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

WHAT IS NOT COVERED
Any failures or damage caused by unauthorised service, misuse, accident, negligence, improper assembly or installation, defects resulting from any construction activities in the Product’s environment, rust or corrosion as a result of the Product’s location, alterations or modifications without our written authorisation or by failure on your part to use, operate and maintain the Product as set out in your operation manual (‘manual’).

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