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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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your Lifecycle 9500HRAerobic 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 9500HRAerobic trainer on its side during operation.

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