

Approved Stationary Bikes for the Navy PFA Use
January 2019

- Life Fitness 95Ci / Classic Series (CLSC)
- Life Fitness 95Ci XXL
- Life Fitness 95C Inspire
- Cybex 750C
- Cybex 770C
- Cybex 625C
- Matrix U5X
- Life Fitness INCSC Upright Bike***

*** Newly Added to Approved List.

Testing Procedures for Stationary Bikes

Life Fitness 95Ci / Life Fitness 95CiXXL / Life Fitness Classic Series (CLSC) / Life Fitness 95C Inspire / Matrix U5X / Life Fitness INC Upright

1. Begin pedaling slowly until the machine turns on
2. Select "Manual"
3. Enter time: 14 minutes; Press "Enter"
4. Enter level; Press "Enter"
5. Begin test
6. At the end of 12 minutes record the number of calories burned.

CYBEX 750C Cycle

1. Begin pedaling slowly until the machine turns on.
2. Press Manual and then ENTER on the keypad.
3. The display will prompt "SET PROGRAM TIME XXX", using the keypad press 14 and ENTER.
4. The display will prompt "ENTER YOUR WEIGHT". Using the keypad, enter the user's weight and press ENTER.
5. Set Level as appropriate.
6. Press SHIFT |SCAN to display Calories.
7. Record calories burned at the conclusion of 12 minutes.
8. Cool-down for the remaining two minutes.