User Product Manual

LifeCore LC-1050RB Recumbent Bike

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Serial Number is located on the frame. Please send in the attached warranty card (Page 17) and a copy of the original receipt or register online at www.lifecorefitness.com within (10) days of purchase to register your product with LifeCore Fitness.

Visit our website for assembly videos: www.lifecorefitness.com
Important Safety Instruction

We at LifeCore fitness would like to thank you for your recent purchase of a LifeCore exercise bike, and we hope that our product inspires and motivates you to accomplish your fitness goals. Please read the user owner’s manual and orient yourself with the unit before you use the product to get a better understanding of your exercise machine.

The LifeCore 1050RB is an exercise bike that simulates the movements of riding a bicycle at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of cardiovascular conditions. If, at any time while exercising, a user experiences shortness of breath, dizziness, faintness, chest pains, or any discomforts, he or she must stop immediately and contact his or her physician.

- It is the sole responsibility of the owner(s) to make sure that any user using this product has fully read and understands the warnings and safety precautions.
- Unit maximum weight limit is 300LBS.
- Before working out remember to perform stretching exercises to avoid injury.
- Do not use this exercise bike outdoors or in areas of high humidity.
- Only operate the machine in a dry well-ventilated room.
- Always examine the unit prior to exercising to ensure parts are in good working order.
- After every workout use the preventative maintenance tips to keep the products in good working order.
- Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
- Unit should always be plugged into a surge protector.
- No more than one person should ever use the product at a time.
- Pets should never be allowed near unit.
- Children should never be left unsupervised near unit.
- Always use appropriate clothing and shoes to exercise. Never use heels, spikes, cleats, bare feet, sandals, socks or stockings while using the exercise machine.
- Keep hands and feet away from any moving parts at all times.
- Make sure that the unit is on a solid level surface. It is recommended that a mat be placed under the machine to protect the floor, carpet or any solid surface that the machine is placed on. Also to protect the machine from a hard surface.
- Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
- Never place any open containers of any type directly on the unit, only containers with lids are recommended to be used with the appropriate water bottle holder.
- Keep exercise bike clear of any obstructions, heavy machinery, and never place objects on or against machine.
- Do not place machine in an area of high voltage or electromagnetic fields.
- Failure to follow these instructions will void the units warranty and the manufacture or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrect or for other reasons other than exercise.
A Main Frame
B Front Stabilizer
C Rear Stabilizer
D Front Handle Bar
E Central Support Tube
F Side Handle Bar
G Back Pad Support Tube
H (H1) Monitor
  (H5) Bottle Holder
  (H10) Adaptor
(H7) Saddle Pad
(H8) Back Pad
(H3) Stop Bar
(H4) Water Bottle
(H9) Decoration
(H11 & H12) Pedal

(J2) Flat Washer M6
(J3) Bolt 1/4" x 1-1/2"
(J6) Bolt M8 x 15mm
(J7) Flat Washer M8
(A43) Adjust handle
(A60) Bolt M8 x 10mm
Turn the arron of adjust handle (A43) toward the left and then insert adjust handle (A43) into alxe (A42)

**FIGURE 1**

Front Stabilizer Assembly
Remove bolts (B3), arc washers (B4) and nuts (B5) from front stabilizer (B). Attach the front stabilizer (B) to the main frame (A) with bolt (B3), arc washers (B4) and nuts (B5).

Back Pad Tube Assembly
First, release bolts(A60) & washers(J7) from main frame. Fix the back pad support tube(G) with the main frame(A) by bolts(A60) & washers(J7).

**FIGURE 1**
Rear Stabilizer Assembly
First, release bolts(C3), arc washers(C4) and nuts(C5) from rear stabilizer(C). Fix the rear stabilizer (C) with the main frame(A) by bolts(C3), arc washers(C4) & nuts(C5).

**After you finish assembly (Figure 1 & Figure 2), if the machine can't be stand stable, you can use adjusted -end(C2) to adjust the machine.**
Figure 3
Central Support Tube Assembly
Remove bolts (A34) from the main frame. Slide the decoration cover (H9) on to the bottom of the central support tube (E). Connect heart rate wire (E3) to lower heart rate wire (A16) and connect computer wire (E2) to servo motor cable (A11). Place central support tube (E) on the main frame (A) and use bolts (A34) to tighten central support tube.

Figure 4
Front Handle Bar Assembly
Remove bolts (E6), washers (E7) from central support tube (E). Place front handle bar (D) onto the iron plate of the central support tube (E) and tighten handle bar with bolt (E6) and washer (E7).

Water Bottle Assembly
Position the water bottle holder (H5) in the middle of the central support tube (E) and tighten with screw (H6). Place water bottle in holder.
Figure 5
Monitor Assembly
Note: Make Sure when the computer is being placed on the housing, that the wires are pushed back into the (E) central support tube to prevent pinching a wire when the computer is being locked into place.
Step 1. Remove (J1) screws from the back of the console bottom housing.
Step 2. Connect (E3) computer wire and (E2) heart rate wire to (H1) computer console.
Step 3. Slide (H1) computer console onto (E) central support tube. Using (J1) screws, fasten screws to back of computer bracket.

Figure 6
Back Pad Assembly
Step 1. Equip back pad(H8) onto back pad tube(G) and tighten it by washers(J2) & bolts(J3).
Figure 7
Stop Bar Assembly
Insert the stop bar(H3) into the moving basement(A20) and use stopping screws(A23) to fix it.

How To Adjust The Saddle Basement
Pull up on the stop bar (H3) and adjust the moving basement (A20) to a comfortable position. Pull down on the stop bare to lock in place.

Figure 8
Saddle Pad Assembly
Secure the saddle pad(H7) onto sliding tracking by washers(J7) and bolts(J6).
**Figure 9**

**Side Handle Bar Assembly**

First, release the washers (A33), bolts (A59) from the saddle basement (A37).

Step 1. Fix the right side handle bar (F2) on saddle basement (A37) using the disassembled bolt (A59) and flat washer (A33).

Afterward connect the pulse sensor (F16) and control sensor (18) with sensor wire (A17) referring to the illustration.

Finally, stuff the surplus wire into the side handle bar (F2) and use the cap (A19) to fix.

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**Figure 10**

**How To Adjust The Back Pad**

Push the orange handle back to adjust the pack ad forwards or back. Release the orange handle to lock in place.

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**How To Adjust The Saddle With Back Pad**

Loosen knob (J5) by turning it Counter-Clockwise. Pull on the knob to release the pop pin so the back pad section can be positioned in one of three positions. Release knob and turn Clockwise to tighten.
**Figure 11**

*Pedal Assembly*

Attach the right pedal to right crank arm by threading it in a clockwise direction. Attach the left pedal to left crank arm by threading it in a counter clockwise direction.

**Note:** Use a lot of torque to secure pedals.

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**Adaptor Locations**

Position the bike near a power outlet. The AC Adaptor is located at the rear of the machine. Only use the 12v - 1mA Adaptor that comes with the machine. **Never use anything other than a 12v 1mA.**

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**Figure 12**

*How To Move The Machine*

The front stabilizer has built-in transport wheels. Stand at front of the machine and lift it up until the weight of the machine is transferred to the transport wheels. You can now easily move the machine to a new location.
<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Q'ty</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>Main frame</td>
<td>1</td>
</tr>
<tr>
<td>A2-1</td>
<td>Driving wheel</td>
<td>1</td>
</tr>
<tr>
<td>A2-2</td>
<td>Axle</td>
<td>1</td>
</tr>
<tr>
<td>A2-3</td>
<td>Screw</td>
<td>4</td>
</tr>
<tr>
<td>A2-4</td>
<td>Soring washer</td>
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<td>A2-7</td>
<td>Clip</td>
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<td>Bearing</td>
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<tr>
<td>A3-1</td>
<td>Flywheel</td>
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<td>Front chain cover(right)</td>
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<td>Rear chain cover(left)</td>
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<tr>
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<tr>
<td>A42</td>
<td>Adjust tube</td>
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<td>A43</td>
<td>Handgrip</td>
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<td>A47</td>
<td>Rotate recorcorator</td>
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<tr>
<td>A48</td>
<td>Adjust knob</td>
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<tr>
<td>A49</td>
<td>Left crank</td>
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<tr>
<td>A50</td>
<td>Right crank</td>
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</tr>
<tr>
<td>A51</td>
<td>Nut</td>
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</tr>
<tr>
<td>A52</td>
<td>End cap</td>
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<tr>
<td>A53</td>
<td>Steel strap</td>
<td>2</td>
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<tr>
<td>A54</td>
<td>Bolt</td>
<td>6</td>
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</tbody>
</table>

A55 | Aluminum track | 1   |
A56 | Bushing | 4   |
A57 | Screw | 4   |
A58 | End cap | 2   |
A59 | Bolt | 4   |
A60 | Scre | 4   |

B1 | Front stabilizer | 1   |
B2 | End cap | 2   |
B3 | Bolt | 2   |
B4 | Arc washer | 2   |
B5 | Nut | 2   |
B6 | Moving wheel | 2   |
B7 | Screw | 2   |
B8 | Screw | 2   |

C1 | Rear stabilizer | 1   |
C2 | End cap | 2   |
C3 | Bolt | 2   |
C4 | Arc washer | 2   |
C5 | Nut | 2   |

D1 | Front handle bar | 1   |
D2 | End cap | 1   |

E1 | Central support tube | 1   |
E2 | Cable(10 pin) | 1   |
E3 | Cable(8 pin) | 1   |
E4 | Screw | 2   |
E5 | Pac strap | 1   |
E6 | Bolt | 2   |
E7 | Flat washer | 2   |

F1 | Left side handle bar | 1   |
F2 | Right side handle bar | 1   |
F3 | Sensor box(above) | 2   |
F4 | Sensor box(below) | 2   |
F5 | Screw | 6   |
F6 | Nut | 4   |
F7 | Sensor sheet metal | 1   |
F8 | End cap | 2   |
F9 | End cap | 2   |
F10 | Control box(above, left) | 1   |
F11 | Control box(below, left) | 1   |
F12 | Mylar button(left) | 1   |
F13 | Control box(above, right) | 1   |
F14 | Control box(below, right) | 1   |
F15 | Mylar button(right) | 1   |
F16 | Pulse Sensor(2 pin) | 1   |
F17 | Control sensor(2 pin, left) | 1   |
F18 | Control sensor(4 pin, right) | 1   |
F19 | Screw | 4   |
F20 | Cap end | 2   |

G1 | Back pad support tube | 1   |
G2 | End cap | 1   |

H1 | Monitor | 1   |
H2 | Stop bar | 1   |
H3 | End cap | 1   |
H4 | Water bottle | 1   |
H5 | Bottle holder | 1   |
H6 | Screw | 2   |
H7 | Saddle pad | 1   |
H8 | Back pad | 1   |
H9 | Decoration cover | 1   |
H10 | Adapter | 1   |
H11 | Left pedal | 1   |
H12 | Right pedal | 1   |

J1 | Screw | 4   |
J2 | Flat washer M6 | 4   |
J3 | Bolt 5 "x15" | 4   |
J4 | Sleeve | 1   |
J5 | Knob | 1   |
J6 | Bolt M8x15mm | 4   |
J7 | Flat washer M8 | 8   |
1. DESCRIPTION:

2. MODEL FUNCTION DESCRIPTION

TIME : 0:00~99:59.
SPD : 0.0~99.9 KMH
RPM : 0~15~999
WATT DISPLAY : 0~999
DISTANCE : 0.00~99.99 KM.
CALORIES : 0~9999.
TEMPERATURE : 0~60°C / 32~99°F
GENDER : GIRL / BOY
AGE : 10-25-99
HEIGHT : 100-160-200 (CM) / 40-60-80 (INCH)
WEIGHT : 20-50-150 (KG) / 40-100-350 (LB)
PULSE : P~30~240
HEART SYMBOL : ON/OFF blinks
MANUAL : 1~16 levels
PROGRAMM : P1~P12
WATT CONSTANT: 10~350 WATT
PERSONAL : U1~U4
H.R.C : 55%、75%、90%、IND (TARGET)
USER DATA : U0~U4 (U1~U4 memorized user data)
1. When stay in U0~U4, only there is pulse input, then PULSE symbol on the right in window will operate to display automatically as per H.R.C.: If pulse maximum value is set, then the function cancel automatically.
2. Recovery: To test user's heart recovery extent in fixed time, time will be 1 minute.
3. User Data: 5 groups for user setting U0~U4, every user can set gender, age, height and weight, however when power off or TOTAL RESET, U0 setting files will be cleaned and reset and U1~U4 setting values will be saved permanently.
4. USER SETTING VALUE MEMORY: setting files memory (TIME, DISTANCE, CALORIES, PULSE setting value) & the function setting value(set value which used last time or changed manual load set value: or PROGRAM PX(1-12) Etc. it can only remember one of them. For instance: WATT CONSTANT SET VALUE: or PERSONAL program), U1~U4 foreigns groups altogether.

3. OPERATION

1. After power-on U1 by default but you can select any User Mode by turning the UP/DOWN knob the press the MODE key for confirmation. Thereafter, sex, age, height, weight and other personal information can changed top right display. please press MODE key for confirmation again.
2. Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN knob and then press MODE key for confirmation. Any of the default values can be changed by pushing the MODE key until the desired display is flashing. Press the MODE key again for confirmation. When the Program and other protocols are entered press START/STOP key and begin your workout.

3. WATT- press Mode-key for confirmation, WATT value will blink, now press ▲,▼KEY for adjustment WATT value, press Mode-key for confirmation and then press ▲,▼KEY for setting Press START and begin to exercise after finish all functions'setting(I.e.TIME, DIST, CAL, PULSE). You can press ▲,▼KEY for adjusting Watt set value when exercise.

4. PERSONAL- Regarding different user U1~U4, user could be set individual program file from this mode. press ▲,▼KEY for adjusting LOAD: value and Mode-key for confirmation. press ▲,▼KEY for setting. Press START and begin to exercise after finish all functions'setting(I.e.TIME, DIST, CAL, PULSE).

5. PULSE – User shall hold on the grip or put on the chest belt, LCD show the user current heart rate value on Pulse window and see the heart symbol blinking. You may preset target pulse before workout by pressing ▲,▼KEY for setting. The range is from 30 to 240 BPM. How to put on chest belt, please refer our Chest Belt user manual.

6. H.R.C.- display personal pulse 55% maximum value in PUL SE window, 55% symbol on the right blink Press ▲,▼KEY for adjusting value(55%, 75%, 90%, IND(100%)

i. 55% -- DIET PROGRAM
ii. 75% -- HEALTH PROGRAM
iii. 90% -- SPORTS PROGRAM
iv. TARGET—USER SET TARGET HEART RATE

7 BUILT-IN Heart Rate Receiver with chest Belt :

The computer with built-in Heart Rate receiver, the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

8 12 Program Profiles Graph Key
Quick key of press 12 Program Profiles by pressing panel.

4. KEY FUNCTION

1. UP(▲) / DOWN(▼) KEY:
   A. Choose U0~U4.
   B. Personal files setting(I.e.SEX, AGE, HEIGHT, WEIGHT etc)
C. Set PROGRAM:
   If choose PROGRAM, then you can press ▲,▼KEY for setting one of P1-P12).
D. Set LOAD of PROGRAM
   1. After choosing PROGRAM in item C, then can press ▲,▼KEY for setting LOAD value of THE PROGRAM,
      LED display figure immediately after setting and display load, after confirmation, press
E. Adjust set TIME, DISTANCE, CALORIES, WATTS, PULSE
F. H.R.C. function, you can press ▲,▼KEY for choosing one of 55%, 75%, 90%, IND(TARGET)
G. Choose PERSONAL: User press ▲,▼KEY for setting PROGRAM DIAGRAM,

2. MODE/ENTER/TOTAL RESET KEY:

3. RESET KEY:
   A. Press the key under LCD ON and STOP state:
      1. No matter why present fixed value need go back to MANUAL · PROGRAM · WATT · PERSONAL · H.R.C.
      blink at the same time, motor will go back to position of LOAD=1, now you can reset all value.

2. START/STOP KEY:
   Finish set value, press this key and then start exercise; if you want to stop the exercise, user press it, and then
   computer stop.

5. RECOVERY KEY:
   1. Press the KEY after displaying of Pulse value, Only TIME and pulse are working under RECOVERY
      function, no display for any other functions, motor will go back to LOAD1.
   2. TIME display "1:00" and begin to count back (During this period, if no PULSE input, auto off time won’t be
      influenced).

The RECOVERY will determine your fitness level after your workout. When you have finished your
workout press RECOVERY. For RECOVERY to function correctly it needs your Heart Rate input. TIME will
countdown from 1 minute and then your fitness level from F1 to F6 will be displayed. NOTE; during
RECOVERY no other displays will operate.

<table>
<thead>
<tr>
<th>Score</th>
<th>Condition</th>
<th>Heart Rate Per Minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>F1</td>
<td>Excellent</td>
<td>75 - 80</td>
</tr>
<tr>
<td>F2</td>
<td>Good</td>
<td>85 - 90</td>
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<td>F3</td>
<td>Average</td>
<td>95 - 115</td>
</tr>
<tr>
<td>F4</td>
<td>Fair</td>
<td>120 - 125</td>
</tr>
<tr>
<td>F5</td>
<td>Poor</td>
<td>130 - 135</td>
</tr>
<tr>
<td>F6</td>
<td>Very Poor</td>
<td>135+</td>
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</tbody>
</table>
5. ATTACHMENT.

12 PROGRAM DIAGRAM.

P1  P2  P3

P4  P5  P6

P7  P8  P9

P10 P11 P12
Warranty Card – LifeCore Fitness Inc.

LC-1050RB Recumbent Bike

This Limited Warranty applies in the United States to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is [lifetime] on the frame against defects in materials and workmanship under normal use and conditions (excluding expendable parts such as paint & finish). Home 7 year parts, 1 year labor, light commercial 2 years parts 90 days labor warranty against manufacturer defects. This warranty does not cover wear and tear items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage. Wear items pertain to components that might need to be replaced due to normal wear and tear as a result of normal usage. Labor warranty does not cover improper installation, alterations and/or modifications, misuse, abuse, accident, improper maintenance, noises such as: squeaks, clunks, thumps from a result of poor or lack thereof preventative maintenance. LifeCore warrants that the product you have purchased for personal, family household use from LifeCare, or from an authorized LifeCare reseller, is free from defects in materials or workmanship under normal use during the warranty period. In order to validate the warranty, this product must have been registered through LifeCare Fitness Inc., and/or a copy of the proof of purchase, and serial number must be presented at time of service. If these items are not presented at the time of registering parts or service, LifeCare Fitness Inc. will not cover any warranty set forth. During the warranty period, LifeCare will at no additional charge, repair or replace [at LivesCare option] the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal personal use as determined by a LifeCare technician. Any labor cost above the amount allocated by LifeCare is the responsibility of the original purchaser. If a product is shipped, delivered or transported to an area that is not a LifeCare Fitness Inc.’s distribution area or is out of a serviceable area, it is the purchaser’s sole responsibility to find service and pay for any fees associated with servicing of a product outside of LifeCare Fitness distribution or serviceable area. To obtain warranty service, you must contact the original place of purchase. In repairing the product, LifeCare may replace defective parts, or at the option of LifeCare, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCare. LifeCare reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCare to obtain warranty service. You must pay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCare or from an authorized LifeCare reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCare; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than LifeCare, or an authorized LifeCare service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service and found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment. LIFE CORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFE CORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. NEITHER LIFE CORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFE CORE FITNESS. THANK YOU FOR YOUR BUSINESS! PLEASE MAIL WARRANTY CARD TO: LIFE CORE FITNESS, INC. 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760) 599-4555. Fax (760) 946-7602 or register online at lifecorefitness.com. Customer Service: 888-815-5559

LC-1050RB Recumbent Bike

Please Attach a Copy of the Original Receipt

Full Name: __________________________________________

Address: __________________________________________

City: ___________________ State: _______ Zip Code: _______

Daytime Phone No.: ___________________ Cell Phone No.: ______

Email: ______________________

Dealer Purchased from: __________________________

Model: LC-1050RB Bike Date Of Purchase: ________________

Serial No.________________________________________

Environment Placed: ☐ Residential ☐ Light Commercial ☐ Commercial