LC-1060RB Recumbent Bike

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INTRODUCTION

Congratulations on the purchase of your new LifeCORE Fitness recumbent cycle. You have made a great choice and are about to enjoy one of the most effective and technically-advanced methods of low-impact cardio-vascular exercise available today.

About LifeCORE Fitness.

LifeCORE Fitness, Inc. is located in Carlsbad, California...just a few minutes north of San Diego and the Pacific Ocean. With over 18 years in the fitness industry, our single biggest asset and what has driven us as a company, is our experience as fitness product retailers.

In the early 90's we set out as owner/operators of our very own fitness retail stores. The management & development teams spent many years on the showroom floors, developing relationships with you...the consumer. We listened to your needs, your health and fitness goals, your likes and your dislikes. Our direct relationship with the customers and their feedback provided us invaluable insight into the product and customer needs. As the store grew, it became evident that none of the current fitness manufacturers offered products that met our customer’s needs and within the year...LifeCORE Fitness was born.

Today, we continue to conduct business by listening to our customers and striving toward our mission...to design fitness products that are durable and easy to use at a great value. Our commitment to you does not end at the time of the purchase. We understand the importance of customer support, and each LifeCORE LC-1060RB is backed by one of the best warranties in the business, and is supported by our world class service center. Should you have questions, our skilled customer service team is ready to serve you.

Enjoy your new LC-1060RB...we trust it will help to achieve your fitness goals.

Thank you for choosing LifeCORE Fitness and find out more at www.LifeCOREFitness.com.
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SAFETY INSTRUCTIONS & WARNINGS

Every piece of LifeCORE Fitness equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

⚠️ CAUTION: Please read the entire owner’s manual before operating the unit. Save this manual for future reference.

Assembly of Technical Items

Assembly of the LC-1060RB should be performed by a qualified technician. A significant amount of technical knowledge is required for the safe and complete assembly of the unit. Many retailers will offer delivery and assembly as part of the sales agreement. If this unit was sold unassembled (in the carton) and you do not feel you can perform the assembly successfully, please call the dealer for service. Service calls for improper assembly are not covered by the Warranty Policy and any associated charges will be the responsibility of the owner.

Warnings – To Reduce the Risk of Injury to Yourself and Others

- To ensure proper functioning of your unit, do not install attachments or accessories not approved by LifeCORE Fitness.
- Always wear proper clothing and shoes when exercising.
- User weight is not to exceed 300 pounds (136 Kg) for this unit.
- This product is not intended for use by children. Hands and feet may become entangled with the moving parts and cause serious injury.
- Place the unit in an area that will meet minimum clearance requirements: sides = 24 inches, front & rear = 12 inches.
- The unit is intended for indoor use only. Outdoor use may accelerate component wear.
- Place the unit on a solid, level surface. Always adjust the leveling feet before using the unit.
- Ensure all adjustment knobs and levers are fastened securely before using the unit and after making an adjustment.
- The unit is heavy. Seek help when attempting to move the unit.
- Never operate the unit if it is damaged or broken. Contact your local authorized Fitness Dealer for service.
- Do not remove the covers or other components. Only Authorized Fitness Dealers or Authorized Technicians should perform service on the unit.

Cautions – For Safe Operation

- If you have a history of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints, consult with a physician before beginning any exercise program.
- If you are overweight or above the age of 35, consult with your physician before beginning an exercise program.
- Pregnant women should consult with their physician before beginning an exercise program.
CARTON CONTENTS

- Hex Screw M8 x 1.25 x 10 mm (6) [74]
- Hex Screw M8 x 1.25 x 15 mm (4) [85]
- Phillips Screw M4 x 0.7 x 10 mm (6) [121]
- Flat Washer Ø8.5 x Ø16 x 1.5T mm (4) [77]
ASSEMBLY INSTRUCTIONS

The LifeCORE 1060RB Recumbent Bike is made from high quality materials and has been thoroughly tested. Your product received and passed our quality control review prior to its packaging to ensure the correct parts and proper fitting of each component.

Before assembly of your product, select a suitable location where there is easy access to an electrical outlet with a surge protector. Unpack the box in a clear work area to allow ease in assembly. Remove all of the parts from the packing material; however, do not discard packing material until assembly is complete. Double check packing materials to ensure no missing parts were left behind.

**Note:** Some hardware may be preassembled to components in order to help with assembly; tools have also been provided to assist with assembly. If you are missing any parts, assembly bags or need assistance with assembly please call LifeCORE Fitness at 1-888-815-5559.

**Tools Required For Assembly:**
- Philips Screw driver – included
- 6mm Allen wrench - included
- 4 mm Allen wrench - included
- 15 mm socket wrench – not included
- 15 mm wrench – included
- 5mm Allen wrench - included
- 5mm Allen T-handle wrench – included

The tools required for each step will be shown in the assembly diagrams.

**Step A : Rear Stabilizer Installation**

Remove the two sets of pre-installed #70 Allen Screws & #71 Curved Washers from the #95 Rear Stabilizer with the provided 6 mm Allen wrench and set aside. Align the Rear Stabilizer (#95) with the Main Frame Receiver (#1) and reinstall the #70 & #71 screw and washer sets.

Leveling the unit can be achieved by rotating the #9 Leveling Feet.
Step B: Front Stabilizer Installation
Remove the two sets of pre-installed #70 Allen Screws & #71 Curved Washers from the #47 Front Stabilizer with the provided 6 mm Allen wrench and set aside. Align the Front Stabilizer (#47) with the Main Frame Receiver (#1) and reinstall the #70 & #71 screw and washer sets.

Step C: Seat Mast Installation
Slide the #82 Seat Mast onto the Seat Slide Bracket (#135). Loosely install the six (6) sets of the #74 & #77 screw and washer sets through the Seat Mast and into the Seat Slide Bracket. Tighten the screws firmly with the 5 mm hex wrench.
Step D: Front Handlebar & Water Bottle Cage Assembly

Slide the Console Mast Cover (#54) upward onto the Console Mast (#53) from the bottom.

While supporting the Console Mast, connect the HR Wire – Console Mast (#55) to HR Wire – Main Frame (#4) and join the Wire Harness – Console Mast (#56) with Wire Harness – Main Frame (#3) connectors. Ensure all connections are completely engaged.

Align the Console Mast (#53) with the Main Frame (#1) mast bracket and gently tuck the wires upward into the Console Mast. Slide the Console Mast into place making absolutely sure that the wires are not pinched.

When the three holes in the Main Frame are visible and properly aligned with the holes in the Console Mast, loosely install the three #73 Hex Screws, then tighten firmly.

Slide the Console Mast Cover (#54) downward until it gently snaps into place.

Step E: Front Handlebar Assembly Installation

Align the Front Handlebar (#51) with the receiver bracket on the Console Mast (#53).

Pull cables forward to allow the handlebar to seat into the bracket. When the holes are aligned, loosely thread two sets of #75 Hex Screws and #76 Flat Washers through the handlebar and into the Console Mast. Tighten both screws firmly.
Step F: Console Installation

Remove the four Phillips Screws (#65) from the back side of the Console (#66) housing with the screwdriver and set aside.

While supporting the Console, connect the Wire Harness - Console (#66a) connector with Wire Harness - Console Mast (#55).

Join the HR Wire - Console (#66b) and HR Wire - Console Mast (#56). Ensure all connections are secure.

Align the fixing holes on the backside of the Console with the holes in the console mounting plate on the Console Mast (#53) and carefully tuck all wires into the console. Loosely thread the four #65 Phillips Screws then, tighten.

Step G: Seat Back Installation

Align the Seat Back Assembly with the Seat Mast (#82).

Loosen the Pop Pin (#96) by rotating the grip counter-clockwise. Pull the knob outward to disengage the set pin. While the set pin is retracted, slide the Seat Back (#69) onto the Seat Mast (#82). Reengage Pop-Pin and tighten.
Step H: Seat Back Tilt Handle Installation
Locate the orange Seat Back Tilt Handle (#79). Orient the handle vertically, and press onto the Seat Tilt Lever Shaft (#78) until it snaps into place.

Step I: Seat Slide Lever Installation
Insert the Seat Slide Lever (#86) into the Seat Slide Pivot (#134). Orient the flat portion of the Seat Slide Lever towards the screw holes in the pivot and tighten the two (2) #123 Recessed Set Screws with the provided 4mm Allen wrench.

Step J: Seat Base Installation
Align the #67 Seat Base with the Seat Slide Assembly (#141). Loosely thread the four (4) #85 Allen Screws and #77 Flat Washers through the underside of the Seat Slide Assembly and into the Seat Base. Tighten firmly with the included 6 mm hex wrench.
**Step K : Rear Handlebar Installation**

Remove the four (4) sets of pre-installed #76 Allen Screws & #118 Flat Washers from the sides of the Seat Base Assembly (#141) and set aside. Loosely thread the two (2) #76 Allen Screws and #118 Flat Washers through the #62 Right Handlebar and into the Seat Slide Assembly (#30) taking care to not pinch the wires. Tighten the screws firmly with the 6 mm hex wrench.

Join together the #60 HR Wire – Handlebar connector with the #19a HR Wire – Seat Slide connector and the #61 Remote Control Wire – Handlebar connector with the #19b Remote Control Wire – Seat Slide connector.

Tuck the connector and excess cables into the hole in the underside of the Handlebar. Push the Cable Grommet (#142) into the underside of the handlebar. Repeat these steps for the Left Handlebar (#57).

Align the mounting tabs of the RH Water Bottle Holder (#88) with mounting holes on the underside of the Right Handlebar (#62) and install the three (3) #121 Phillip Screws. Repeat these steps for the Left Handlebar (#57) and the LH Water Bottle Holder (#87).

**Step L : Pedal & Strap Installation**

Identify the Right Pedal (#93) by finding the letter R stamped into the end of the axle. Install the Right Pedal onto the Right Crank Arm by threading it in a clockwise direction by hand as far as you are able. Attach the Left Pedal (#89) onto Left Crank Arm by threading it in a counter-clockwise direction. Tighten both cranks firmly with the 15 mm wrench. Insert the end of the Pedal Straps into locking mechanism on the Pedals. To release, pull up on the strap while pressing the release lever marked PRESS.
Step M: AC Power Adaptor
Connect the AC Power Adaptor to a 120V power supply.
Connect the other end of the adaptor to the Power Input Jack found at the rear of the plastic housing.
Switch the power on via the in-line switch.

Congratulations. The setup and installation of your LifeCORE LC-1060RB Recumbent Bike is completed.

Final Seat Adjustments
The seat for the 1060RB offers eight directional adjustments.
The seat back can be raised up and down via the #96 pop-pin adjustment knob that can be found on the back of the seat frame.
The seat back can also tilt forward and backward via the plastic orange lever located under the right-hand edge of the seat base.
Additionally, the entire seating surface (seat back and seat base) can tilt as one unit via the pop-pin knob located under the left-hand edge of the seat base.
To accommodate a large range of users, the entire seating system can slide fore and aft via the lever with the orange rubber grip near the right-hand edge of the seat base.
**WORKOUT GUIDELINES**

**Good Health is an Exercise in Common Sense**

In the study titled, “The Surgeon General’s Call-To-Action to Prevent and Decrease Overweight and Obesity”, the surgeon general indicates that 61% of American adults are either overweight or obese. The study indicates that being overweight increases the risk of health problems, such as heart disease, certain types of cancer, as well as Type-2 diabetes among other afflictions.

**Body Mass Index; BMI = (weight (lbs.) / height^2 (in)) x 703**

<table>
<thead>
<tr>
<th>Height in Feet and Inches</th>
<th>Weight in Pounds</th>
</tr>
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<tr>
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<td>6'8</td>
<td>12</td>
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</table>

Note: Chart applies to adults aged 20 years and older

**Heart Rate is an Important Key to Your Exercise**

The Surgeon General also released a report on physical activity and health. This report dictates that exercise and fitness are beneficial for a person’s health and reiterated the need for exercise as a key component for disease prevention and healthier living. The best way to determine exercise intensity is to monitor your pulse rate. Your heart rate can easily be determined by counting the number of heart beats per minute at the chest, wrist or the carotid artery on your neck. It is difficult however to count your own pulse while exercising as it is not possible to count fast enough to accurately track the number of beats per minute. This LifeCORE Fitness unit is equipped with a set of touch heart rate sensors.

**Using the Touch Heart Rate Sensors**

While the unit is powered-on and a workout program is operating, gently grasp both touch heart rate sensors on the handlebar. The computer will detect your pulse rate and register the value as a two or three digit number in the HEART RATE window on the console display.
If an inconsistent heart rate is displayed while using the hand pulse sensors:

- Ensure the both palms are touching the contact areas of the touch heart rate sensors.
- Maintain constant and even pressure on the grips.
- Do not clutch the touch heart rate sensors tightly.
- Try to keep both hands still while gripping the touch heart rate sensor.
- Make sure the contacts are clean.

Using the Wireless Heart Rate Receiver

In general, a wireless heart rate chest strap is the most accurate and convenient method of detecting and monitoring a heart rate signal and is a considerable upgrade from the touch type heart rate sensors. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones, proximity to other wireless heart rate devices and large electrical appliances may degrade or corrupt the signal so that the rate appears erratic or impossibly high. The only remedy for such a symptom is to isolate the unit from potential disturbances. Additionally, a person’s body chemistry or lack of perspiration can prevent the chest strap from providing a strong or accurate heart rate signal.

A wireless telemetry heart rate receiving system is one feature found on this unit. In order for the console to detect and display your heart rate wirelessly, four (4) conditions must be present:

- A compatible heart rate chest strap transmitter (not included) must be functioning and worn. For proper function of the chest strap, please refer to the manufacturer’s instructions. Non-coded transmitters such as the Polar model T31 and T34 are examples of wireless chest straps known to be compatible with this unit.
- The unit must be powered on.
- A workout program must be running.
- The user is within three (3) feet of the console.

Calculated Maximum Heart Rate & Target Training Zone

Your target heart rate depends primarily upon your age. It is important to work within a safe and productive zone. If the exercise intensity is too low or too high, only modest gains will be made in strength and cardio-vascular fitness. A workout at a very low intensity will not offer maximum benefits. Conversely, if the workout intensity is too high, injury or fatigue may slow the progression of your exercise goals as the body attempts to recover.

⚠️ CAUTION: If you have a history of heart problems, you should consult your physician before beginning any exercise routine.

Note: It is most effective to train at a heart rate between 60% and 85% of your maximum heart rate. Maximum heart rate is calculated as a percentage of your maximum heart rate (estimated as 220 beats-per-minute minus your age).
To calculate your maximum heart rate and find the appropriate target training zone, use the following formulas. For example, the following estimation would be relevant for a 35 year-old user:

- \( 220 - 35 = 185 \text{ BPM} \) (220 – Age = Maximum HR)
- \( 0.60 \times 185 = 111 \text{ BPM} \) (60% of 185 BPM [Max HR] = 111 BPM)
- \( 0.85 \times 185 = 157 \text{ BPM} \) (85% of 185 BPM [Max HR] = 157 BPM)

Based on these calculations, the recommended heart rate training zone for this user would be between 111 BPM and 157 BPM. The graph above displays the recommended heart rate training zone for users twenty years of age to seventy-five years of age.

WORKOUT QUALITY AND QUANTITY

It is recommended that you accumulate at least thirty (30) minutes of physical activity most days of the week. The American College of Sports Medicine (www.ACSM.org) makes the following recommendations for the quantity and quality of training for developing and maintaining cardio-respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.

In addition to aerobic exercise, strength training of moderate intensity twice per week is recommended. Women especially may benefit from weight-bearing exercises. Select activities you enjoy and can fit into daily life. Having LifeCORE Fitness equipment at home offers you the opportunity to work out without going to the gym.

⚠️ CAUTION: Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before commencing an exercise program. Persons who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led sedentary lifestyles should protect themselves with a medical check-up and stress test administered by a healthcare professional.

Get a Smart Start on Exercising

- Stretching and massaging major muscles (such as your quadriceps) following a workout session will aid in the dissipation of lactic acid and speed your body’s recovery.
- The first few minutes of your workout should be devoted to warming up the muscles before a vigorous workout. Concentrate on raising your heart rate slowly.
- After an aerobic workout of roughly 20-30 minutes, spend 10 minutes gradually reducing your heart rate by moving slower or with less resistance.

⚠️ CAUTION: Start slow, with intensity low until you build up endurance and strength. Always consult your physician before beginning any exercise program.
LC-1060RB CONSOLE OVERVIEW

Console Layout

- Heart Rate Control Display
- Mp3/Music Input Jack
- Scrolling/Lower Display: Time, Speed, Distance, RPM, Calories & Watts
- Integrated Tablet/Phone/Book Rest
- QuickSet Program Keys
- Upper Display: Level, Time & Watts
- USB Charging Port
- Matrix Display
- QuickSet Resistance Keys
- Stereo Speakers
CONSOLE DISPLAYS

**Level (Resistance)**

The current resistance level is displayed in the RESISTANCE field. Alternatively, the load or resistance level is also displayed in the display matrix as a flashing column. There are thirty-two (32) resistance levels to choose from.

**Heart Rate / Beats-per-minute (BPM)**

When the user’s heart rate signal is detected via the heart rate sensors on the fixed handlebar, the heart and DB symbols will flash and the user’s current heart rate will be displayed. If the user’s heart rate signal is not detected, upper display will not post a heart rate value. When operating a heart rate control program, *Target Heart Rate Achieved* will be lit if the user’s current heart rate is within the defined range. The Heart logo will flash to indicate that a heart rate signal is being received.

**Matrix Display**

When the console operates in the program run mode, the matrix will graphically display the resistance level and profile for the selected program. A higher stack represents a higher resistance level, while a flashing column indicates the user’s progress in the program at any given time. Each vertical column represents a time interval determined by the total length of the program. Each column will equal 1/20th of the total program length. For example, if the program length is 30 minutes, each column will equal 1 minute 30 seconds. The Matrix Display will also provide messaging during the setup modes.

**Time Displays (Total Time & Segment Time)**

Located in the center of the display is *Time* clock. The Total Time field will count up the total elapsed time for the current program, then switch to display the total time remaining.
Watts

Watts are units of energy generation and are frequently adopted within the fitness industry to track the amount of work generated at any given time during a workout. Watts are calculated with input from the user’s current Speed and Level/Resistance.

Distance

Distance will be displayed in either Miles or Kilometers, depending upon the selection made in the console setup mode (see section titled English Unit Mode and Metric Unit Mode). The distance calculation is an estimation based upon the user’s RPM.

Calories

The Calories field tracks the estimated number of calories burned from the beginning of the program and is a derivative of the Watts generated, the user’s RPM and the resistance level.

Speed

Speed is displayed as Miles-per-Hour or Kilometers-per-Hour (depending upon the current console setting) and is based upon the revolutions per minutes (RPM).

RPM

RPM or revolutions-per-minute. A revolution is defined as one complete pedal rotation. RPMs are the number of complete rotations a single foot completes in sixty seconds.
Scrolling Messaging Display / Lower Display

The Time, Speed, Distance, RPM, Calories and Watts fields also serve as a scrolling messaging center. During the user and console setup modes, information or instructions to aid the user will post or scroll and instructions.

CONSOLE KEYS

GO / Quick Start Key

From the Idle, Banner or Demo modes press the GO/QUICK START key to immediately launch the Quick Start program and bypass data entry. Pressing the GO/QUICK START key in the Setup mode will launch the displayed program.

STOP Key

Pressing the STOP key during the Program Run mode will pause the unit for ten (10) minutes. Press and hold the STOP key two seconds to reset the unit, erase all user-entered data and launch either the Banner Mode or the Demo Mode, depending upon the settings selected in the Console Setup Mode.

UP ARROW & DOWN ARROW Keys

The UP ARROW and DOWN ARROW keys are the primary method for adjusting values in the setup modes. During the Program Setup mode, the UP ARROW & DOWN ARROW keys will adjust Age, Weight and Time entries. During the operation of a workout program, the UP and DOWN keys will adjust the resistance level or target heart rate setting.

RIGHT ARROW Key

The RIGHT ARROW key allows the user to select the displayed data when in the setup modes. During program run mode, the Right ARROW Key toggles the data switching feature for the data fields.

ENTER Key

The ENTER key will confirm the selection of the displayed data during the setup modes.
USER Key

The USER key offers a shortcut to launching the program. The last program associated with a user profile will be stored in this shortcut. Launching this program will require minimal key presses.

FAN Key

The on-board fan allows the user the choice of four settings. Pressing the FAN key one time will power on the fan with the high setting. Pressing the key again will set the fan speed to low while another depression of the key will launch the Smart fan mode. The Smart mode will automatically adjust the fan speed as the workout resistance increases and decreases.

Numeric Entry Keypad

To speed the input of data, the 1060 console is fitted with a numeric keypad. The user may input numeric data during the Setup Modes for Age, Weight, Target HR values.

QUICKSET Program Keys

The QuickSet Program keys allow the user to quickly launch a program category.

QUICKSET Resistance Keys

The QuickSet Program keys allow the user to quickly adjust the program resistance.
CONSOLE FEATURES

USB Charging
To allow charging of small electronics, including cellular telephones and Mp3 players, the 1060RB console is equipped with a USB charging port which can be found on the left side of the console. Some electronics may not charge. Power cords are not supplied.

MP3/Smart Phone Input Jack and Speakers
The 1060RB console offers an on-board amplifier and pair of stereo speakers which can be connected to an Mp3 player, iPod® or iPhone®. Connect one end of a male-to-male stereo cable (not included) to the headphone jack (or audio out) on the device. Plug the other end of the cable into the port located on the left side of the console. Sound levels are controlled by the device so be sure to check the internal device settings if the noise level is not satisfactory.

CONSOLE OPERATION

NOTE: It is advised that new users read this entire section prior to beginning their first workout session.

Glossary of Terms

Banner/Idle Mode: The Banner Mode may also be described as the Idle Mode. Power is supplied to the console and all LED lamps will light in sequence to indicate that the unit is ready for operation. Programs and Setting modes may be launched from the Banner Mode. The Banner Mode will time out in five (5) minutes and enter Power Save Mode if no input is received in the form of console key presses or pedal rotation.

Demo/Idle Mode: The Demo Mode operation is identical to the Banner Mode except the console will never enter Power Save Mode. Primarily used for in-store displays, the console ships with the factory default of “Banner Mode”. The user may choose between the Demo Mode and the Banner Mode in the Console Setup mode (see the section titled Console Setup).

Power Save Mode: The unit will be plugged in, but no power will be supplied to the console. Pressing any key on the console or rotating the pedals will launch the Banner Mode.

LED: An acronym for light emitting diode. The 1060RB display screen is an LED display which offers excellent visibility and durability.

Watts: A unit of measurement which correlates to the rate in which energy is generated.

Resistance Level: Also called intensity level, resistance is the load applied to the workout by the unit. The higher the intensity level, the higher the resistance. There are thirty-two (32) resistance levels.

Heart Rate Control: Also called Interactive or Heart Rate Control. To maintain a constant heart rate target, the computer console will automatically adjust the resistance or load up or down to increase and decrease the user’s heart rate.

Heart Rate Sensors: Located on the fixed handlebar, the user can monitor their heart rate during a workout by simply gripping the touch heart rate sensors.
English Unit Mode and Metric Unit Mode
The default unit setting for the console is the *English* (or *Standard*) measurement system. To toggle between the English and Metric unit modes, press and hold the UP ARROW and DOWN ARROW keys simultaneously for two (2) seconds while in the Banner or Demo modes to enter the Console Setup Mode. The brickyard matrix will display “English” or “Metric” to designate English or metric units. Press the UP or DOWN keys until the desired unit mode is displayed. Press ENTER to accept the selection and move through the other customizable settings.

Operating Notes

**Power On and Off:** When the AC adapter is plugged into the unit, all display segments will light to confirm power has reached the unit.

**Power Save Mode:** In the power save mode, press any key or move the step pedals to wake up the console and begin operation.

**Reset:** To reset the console and erase all user data, press and hold the STOP key for two (2) seconds. When the program resets, the console returns to the Idle mode.

**Pause and Resume:** The user may interrupt or *pause* a program for up to ten (10) minutes during a workout. To *pause* the program, simply press the STOP button. To resume the program, press the GO key before the ten (10) minute Pause mode times out.

**Resistance Levels:** During the workout program, the user may press the UP or DOWN keys to adjust the resistance level. Manual resistance adjustments are not available in the heart rate interactive programs.

**Calculated MaxHeart Rate:** An estimated maximum heart rate which may be used to determine a threshold for safe exertion Heart Rate Levels. The calculation is 220 – AGE = Calculated Maximum Heart Rate.

ADDITIONAL PROGRAMMING FEATURES

**Workout Display Metrics Switching**
While any program runs, the *Elapsed Time* will post constantly. At any point during program operation, only two of the following workout metrics are visible at any time as they will switch constantly; *Speed, Distance, RPM, Calories,* and *Watts.* To freeze the switching and continuously display the currently visible metrics, press the RIGHT ARROW key. Pressing the key again will return the display to switching mode.

**Workout Summary**
For additional user feedback, the 1060 console provides a brief *Workout Summary* immediately following the completion of the workout session. “END” will post in the Matrix Display and total *Time, Distance* and *Calorie* values for the workout will be displayed for five (5) minutes. The console will then return to the Idle screen.
CONSOLE SETUP

Console Default Settings
This unit is shipped with the default values appropriate for the U.S. market.

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<th>Setting</th>
<th>Default/Factory Setting</th>
<th>Available Settings</th>
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<td>Units</td>
<td>English or Standard</td>
<td>English, Metric</td>
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<tr>
<td>Model</td>
<td>LC-1060RB</td>
<td>LC-1060RB, LC-1060UB or LC-1060ER</td>
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<td>On</td>
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</tr>
<tr>
<td>Backlight</td>
<td>High</td>
<td>High, Low</td>
</tr>
<tr>
<td>Demo Mode/Banner Mode</td>
<td>Demo Mode</td>
<td>Demo Mode, Banner Mode</td>
</tr>
</tbody>
</table>

Console Setup Launch
If the user would like to update the default values, pressing the UP ARROW and DOWN ARROW keys simultaneously for two (2) seconds will launch the Console Setup mode.

Units Setup
When the Console Setup mode is launched, “Units” will scroll on time in the Matrix Display field, followed by “English” or “Metric,” depending upon the current setting. Use the UP ARROW or DOWN ARROW keys to scroll through the available settings and press the ENTER key to select the displayed option. Press ENTER to launch the Model Number Selections mode.

Model Number
“Model Number” will scroll on time in the Matrix Display field, followed by “1060RB,” “1060UB” or “1060ER,” depending upon the current setting. Confirm the model number of your unit then scroll through the available options via the UP ARROW and DOWN ARROW keys. When the correct model is displayed, press ENTER to select and launch the Sound Settings mode.

Note: Changing the units will erase all user data.

Sound Settings
“Sound” will post in the Matrix Display, followed by “On” or “Off,” depending upon the current setting. Scroll between the two settings via the UP ARROW and DOWN ARROW keys, pressing the ENTER key to confirm the visible setting and launch the Backlight Settings mode.

Backlight Settings
“BACKLIGHT LEVEL” will post in the lower display. “Hi” or “Low” will flash in the Matrix Display, depending upon the current setting. Scroll between the two settings via the UP ARROW and DOWN ARROW keys. Confirm the setting by pressing the ENTER key. Demo Settings Mode will launch.

Demo Mode Setting
“Demo Setting” will scroll on time in the Matrix Display, followed by “Demo” or “Banner,” depending upon the current setting. Scroll between the two setting via the UP and DOWN keys, pressing the ENTER key to confirm you selection and return to the Banner/Demo Mode.

- **Demo Mode On** = console never powers off.
- **Demo Mode Off** = console power off after thirty (30) seconds of inactivity.
QUICK START PROGRAM

The Quick Start program option is for users who wish to bypass the User Setup mode and immediately launch a workout session. Adjustments to the resistance can be made at any time via the UP ARROW and DOWN ARROW keys.

**Selection**
Press the GO/QUICK START key to launch the Manual program with the following defaults values:
- Time = 0:00 minute and begins to count up.
- Resistance Level = 1

**Launch**
Once the program begins:
- Program Run Time will up continuously from 0:00 minutes.
- The Pulse display will post a heart rate if a signal is detected via the touch or wireless heart rate sensors.
- The Matrix Display will show the workout profile.
- The lower data display fields will track Distance, Calories, RPM & Speed.
- The user may adjust the resistance level from 1 to 32 during the program via the UP ARROW and DOWN ARROW keys.
- Press the STOP key once to enter the Pause mode. Pressing the STOP key again will return the console to Program Run mode.

**End**
The program will run continuously. To end the program press the STOP key two times to launch the Workout Summary.

HEART RATE PROGRAMS

LifeCORE’s Heart Rate programs can also be described as a heart rate control programs. Heart rate control programs automatically increase and decrease the load or resistance levels during the workout to help keep the user’s heart rate within plus or minus four (4) BPM (Beats-per-minute) of the selected heart rate target.

For example, if the heart rate target is 132 BPM, and the user’s pulse begins to fall, the 1060RB computer will slowly increase the resistance level. Eventually, the amount of work being performed by the user will increase and so will the heart rate. Conversely, if the user’s heart rate climbs above the target, the resistance will decrease, allowing the user’s heart rate to fall.

The advantages of heart rate control programs are the simplicity and accuracy by which the ideal cardio-vascular training zone is maintained thereby offering a very efficient workout.

For the Target Heart Rate programs to operate, the computer must receive a heart rate signal from the touch heart rate sensors or a wireless heart rate transmitter. If no signal is detected, the Pulse field will display "--.--". When a pulse signal is received, the heart rate value will post in the Upper Display and the Heart icon will flash in time with the pulse signal.

For the greatest cardio-vascular benefit, most persons should target a heart rate that is between 60% and 85% of their calculated maximum heart rate. An individual’s calculated maximum heart rate is estimated as 220 BPM, minus their age. It is unsafe to exceed 90% of this calculated heart rate.

**NOTE:** The computer bases all heart rate targets and maximums on the data entered during the Program Setup & User Setup modes. For an effective and safe workout, please enter the correct data for the current user.
NOTE: The 1060RB is programmed to warn the user if the heart rate exceeds 95% of their maximum. If use is continued at an unsafe level, the console will end the program.

NOTE: All Heart Rate programs require a pulse signal to be received via the touch heart rate sensors or wireless chest strap (not included). If a signal is not received, the program will end after thirty (30) seconds.

See the sections titled Heart Rate is an Important Key to Your Exercise and Your Estimated Maximum Heart Rate & Target Training Zone for more information regarding target heart rate calculations.

There are three types of heart rate control programs embedded in the 1060 console: Heart Rate Interval, Target Heart Rate and Percentage Heart Rate (50%, 60%, 70% & 80%).

**Heart Rate Program Overview**

**HR Interval** The Interval heart rate training program is similar to the classic interval program with the exception that the resistance levels for each work (high) level and rest (low) level are determined by the user’s personal calculated maximum heart rate (see the section titled Calculated Maximum Heart Rate). These calculated work and rest resistance levels will automatically adjust to help the user achieve the targeted heart rate for each segment.

**Target HR** The Target Heart Rate program allows the user to select a heart rate value (in beats-per-minute). The console will automatically vary the resistance to ensure the desired heart rate value is maintained throughout the workout session.

**Percentage HR** The Percentage Heart Rate programs can also be described as “percent-of-maximum heart rate” programs. The setup and operation of these programs is similar to the Target Heart Rate programming except the console will automatically determine the specific pulse rate target based on the data entered in the user profile and the selected percentage (50%, 60%, 70% & 80%) of their calculated maximum heart rate. See the section titled Calculated Maximum Heart Rate.

**Heart Rate Program Selection**

From the Idle mode, press the HEART RATE key on the QuickSet Programs keypad to open the heart rate category. “HR Interval”, the first of the available heart rate program titles, will post in the Scrolling Display. Scroll through the available options (Heart Rate Interval, Target Heart Rate, HR 50% max, HR 60% max, HR 70% max, HR 80% max), via the UP and DOWN arrow keys. Press the ENTER key to select the displayed program and launch the Heart Rate Programs Setup Mode.

**Heart Rate Programs Setup Mode**

Once a Classic Program has been selected on-screen messaging will guide the user throughout the Setup Mode.

**User Selection** “SELECT USER…” will post in the Lower Display. “User 1” or the previously-entered User 1 name value will scroll in the Matrix Display. Use the UP and DOWN arrow keys to view the user selection options (“User 1”, “User 2” or “Guest”). When the desired user profile is displayed, press the ENTER key to select.
User 1 / User 2  If the User 1 or User 2 profiles are selected and the User Setup mode steps for the selected profile have not been completed, the console will launch the User Setup mode to obtain the necessary information (see the section titled User Setup Mode below for more information). Once the console has stored the required information, the program will launch.

Guest User  If the Guest profile is selected, the user will be prompted to enter their age value. To ensure the program operates safely, it is important to enter the correct user information.

Target HR  (Applies to Target Heart Rate program only) If the Target HR program has been selected, the user must also provide the target heart rate in beats-per-minute (BPM). Adjust the displayed value via the UP and DOWN arrow keys, pressing ENTER to confirm and launch the program.

Heart Rate Programs Launch Mode

**NOTE:** All heart rate programs rely upon the user’s pulse signal to operate. If no heart rate is detected, the program will not operate for more than thirty (30) seconds.

**General**

All Heart Rate programs will operate with the following features:

- The Matrix Display will post a horizontal bar to represent the target heart rate. Each column represents 1/16th of the total program run time.
- The user’s current heart rate will be graphically represented as a column of vertical segments. A flashing column that is taller than the horizontal line represents a user heart rate that is above the target heart rate. Conversely, a column that is shorter than the horizontal bar will represent a current heart rate that is below the target.
- The Heart Rate Display cluster will monitor the user’s current heart rate. If a pulse is detected, the current heart rate will be displayed in the Upper Display and the Heart icon will flash in time with the received signal.
- Three colored LED lamps will provide feedback for the user regarding their current heart rate value. If the user pulse is above the target setting, the red LED lamp (ABOVE TARGET) will light while the blue BELOW TARGET lamp will light if the user’s heart rate is below the target. The green LED lamp (TARGET ACHIEVED) will light when the current heart rate signal is close to the target.
- The RESISTANCE display will indicate the current resistance level and will only be visible for five (5) seconds after a change in the resistance has occurred. The range is from 1 to 32.
- Total Run Time will be displayed in the Time Metrics field.
- The Watts field will display the current output or work being generated by the user.
- Total Distance for the current workout session will be displayed.
- The Calories field will record the number of calories burned during the workout session.
- The current RPM or revolutions per minute and Speed will be displayed.
- If the user’s heart rate exceeds the calculated maximum, “WARNING. HR TOO HIGH.” will scroll in the Lower Display. If the heart rate exceeds 90% of the user’s calculated maximum heart rate for thirty (30) seconds, the program will end.
Heart Rate Interval
- The Heart Rate Interval program will alternate between periods of work (80% of max) and rest (60% of max) heart rate targets.
- The length of each segment is dependent exclusively upon the amount of time the user requires to reach the targeted heart rate.
- The resistance level will automatically adjust to increase or decrease the heart rate. When the target heart rate for each segment is achieved for five (5) seconds, the program will adjust the resistance to achieve the next heart rate target.
- The Scrolling Display will post messaging at the beginning of each segment to signal the user to increase or decrease their speed to aid in the heart rate increase and decrease.
- The upper and lower targets can be adjusted via the UP and DOWN arrow keys (Upper range = 65% - 80%; Lower range = 60% - 75%).

Target Heart Rate
- The console will automatically vary the resistance to ensure the desired heart rate value is maintained throughout the workout session.
- When the user’s heart rate is within the target range, the Target Heat Rate Achieved LED will light.

Percentage Heart Rate
- Dependent upon the Percentage Heart Rate program selected (50% Max, 60% Max, 70% Max, 80% Max).
- Resistance adjustments will be controlled by the program to ensure the user’s heart rate remains within +/− four (4) BPM of the selected target heart rate.
- If the current heart rate is within the target range, the Target Heart Rate Achieved LED lamp will light.

Ending a Heart Rate Program
At any time during the program, the user may press the STOP key to pause the programming for up to ten (10) minutes. To restart the current program, press the GO key. To end the program and view the Workout Summary, press the STOP key twice while the program is running. Pressing the STOP key three (3) times while the program is running will end the program, bypass the Workout Summary and return the console to Banner/Demo mode.
FIT TEST PROGRAM

Fitness Test Overview
The Fitness Test program has been incorporated within the 1060 console to provide the user with the ability to measure and track their fitness gains at home. The LifeCORE Fitness version of this test is based upon the standards and protocol the YMCA employs for the measurement and tracking of an individual’s progress towards their personal fitness goals. It should be mentioned that the information provided by this test is relative in nature and is not meant to serve as a precise gauge of one’s physical fitness or cardiovascular capacity.

How the Test Works. During physical exertion, muscles covert oxygen into the fuel needed for the energy to perform the required tasks. The harder the muscles work, the more oxygen the muscles require. This oxygen is delivered to the muscles via the cardiovascular (blood) system. To keep pace with the increased oxygen demand, the heart increases the delivery of oxygenated blood by pumping blood through the system faster. As one’s fitness level improves, the heart muscles become more efficient at extracting oxygen from the blood and will ultimately require less energy to produce the same amount of work. Since the blood flow requirement is not as great, the heart will beat slower.

The Fitness Test program utilizes this basic knowledge to determine the user’s relative fitness level. The test will introduce the user to predetermined workloads while the reaction of the heart is monitored. At the end of the test, a score, based upon the user’s results, will post in the lower display. This score serves as a basis to track future test results against. It is advisable to periodically incorporate the Fitness Test program into the user’s workout.

NOTE: The user must provide a heart rate signal via the touch heart rate sensors, or a wireless chest strap transmitter for the Fitness Test program to operate. If no signal is received for a period of thirty (30) seconds, the program will end.

Fitness Test Program Setup

Selection
To begin, press the FIT TEST key, followed by the ENTER key to launch the Program Setup mode.

User Selection
“Select user” will scroll in the Scrolling Display. “User 1” or the previously-entered User 1 name value will scroll in the Matrix Display. Use the UP and DOWN arrow keys to view the user selection options (“User 1”, “User 2” or “Guest”). When the desired user profile is displayed, press the ENTER key to select.

User 1 / User 2: If the User 1 or User 2 profiles are selected and the User Setup mode steps for the selected profile have not been completed, the console will launch the User Setup mode to obtain the necessary information (see the section titled User Setup Mode for more information). Once the console has stored the required information, the program will launch.

Guest User: If the Guest profile is selected, the user will be prompted to enter their age and weight value. To ensure the program operates safely, it is important to enter the correct user information.

Fitness Test Program Launch
When the Fit Test program launches:

- The console must detect a heart rate or the program will end in thirty (30) seconds.
- The console must detect the user’s RPM. If no movement is detected, the unit will enter Pause mode after five (5) seconds of inactivity. To resume the program, begin rotating the pedals and press the GO key.
The Scrolling Display will scroll “Pedal at 50 RPM.”

The Matrix Display will post a horizontal line of segments which show the projected resistance profile and actual resistance profile history. This profile may change as the user’s heart rate data is received and the program adjusts.

If the user’s heart rate signal is detected, the heart rate will post in the HEART RATE display and the heart icon will flash in time with the signal.

All other displays will function normally.

**Stage One**
The program will begin with Stage One, a three (3) minute warm-up session.

**Stage Two, Three & Beyond**
Programming will continue, prompting the user to maintain 50 RPM. After each three (3) minute stage, the next stage will begin with an increased level of resistance. The program will continue until the user successfully completes the test, or the program ends due to lack of input or improper/unsafe heart rates.

**Ending the Fit Test Program**

**Successful Test Results**
If successful, the Fit Test program will end after the user’s heart rate exceeds 110 BPM for two stages. The console will beep to signify the ending of the program and the Lower Display will scroll “MAX METS =” followed by the fitness rating. “MAX METS” represents your functional capacity for aerobic exercise. It is expressed in METS, or metabolic units. This value factors the user’s body weight, but not age or gender (see the chart to the right).

Knowing one’s functional capacity can also tell you how difficult it may be to perform certain activities. To illustrate, cycling at 3 mph generally requires about 3 to 8 METS whereas fast cycling at 10 mph requires roughly 7 METS. Armed with a personal MAX METS score, the user can make judgments regarding their exercise regime. For example, if a person’s functional capacity is 6 METS, one would be able to determine that riding a bicycle at 10 mph for an extended period of time would be quite difficult (without actually riding the bicycle).

For more information on the METS exertion scale and The ACSM (American College of Sports Medicine) visit the website [www.acsm.com](http://www.acsm.com).

At the completion of the Fitness Test, the user’s results will be returned. See the chart above for a brief description of the METS scores.

**Unsuccessful Results**
If the test was unsuccessful, the Lower Display will scroll “UNABLE TO COMPLETE TEST.” This result may have occurred for a variety of reasons:

- **The STOP key was Pressed:** The program was concluded before enough information could be gathered. No test results are posted.
- **Heart Rate Too High:** If the user’s heart rate reached 85% of Max for more than thirty (30) seconds, the program will end. Depending upon the previous progress made in the test, the METS score may, or may not be provided.
- **No RPM / RPM Too Low:** If the console does not detect an adequate RPM, the console will enter Pause mode. If the program is paused and resumed several times, it is possible that no fitness score will be returned.
- **No Pulse Signal:** If a pulse signal is not detected by the console for a period of thirty (30) seconds, the program will end and the test will be unsuccessful.

When and unsuccessful Fit Test result is returned, the program will end and return to the Idle mode.
CLASSIC PROGRAMS

Classic Programs Overview

Interval, Hill Climb, Strength, Fat Burn, Random and the Lap programs are considered classic programs.

- **Interval**: The eight (8) Interval programs offer profiles with periods of high exertion alternating with periods of rest. Intervals are an excellent way to increase endurance.

- **Hill Climb**: The Hill Climb programs simulate climbing exercises with eight (8) preset hill profiles.

- **Strength**: The Strength program category offers eight (8) workout profiles. Each is designed to gradually increase the resistance to help build the user's strength and endurance.

- **Fat Burn**: The five (5) Fat Burn programs are designed to maintain a relatively low level of exertion over the course of the workout. Keeping the heart rate at the lower range encourages weight loss.

- **Random**: The eight (8) Random programs are designed to offer the greatest amount of variety within the workout. The profiles will incorporate varied levels of resistance to simulate a hiking trail's non-patterned terrain.

- **Lap**: The 5K Lap and 10K Lap programs simulate a traditional running track course. Depending upon the profile selected, the user will travel 5 or 10 Kilometer in one loop. The eighty-four (36) segments will represent 1/36th of the total distance. The user's progress in the program will be displayed as a flashing LED on the lap course. The lap will begin and end at the arrow at the lower right corner of the profile.

Classic Program Selection

From the Idle mode, press the QuickSet Program key to open the desired category. The first available course profile will post in the Matrix Display. Use the UP and DOWN arrow keys to view all course profiles. Press the ENTER key to select the displayed profile and launch the Classic Programs Setup Mode.

Classic Programs Setup Mode

Once a Classic Program has been selected, on-screen messaging will guide the user throughout the Setup Mode.

**NOTE:** The user may press the GO key at any time during the Setup mode to bypass the setup and begin the workout immediately with previously-saved default values. Note that the heart rate feedback will only be accurate if values for the selected profile are correct for the current use.
**User Selection**

“SELECT USER...” will scroll in the Lower Display. “User 1” or the previously-entered User 1 name value will scroll in the Matrix Display. Use the UP and DOWN arrow keys to view the user selection options (“User 1”, “User 2” or “Guest”). When the desired user profile is displayed, press the ENTER key to select. Guest user will run with default data and will not operate all heart rate functions.

If the User Setup steps for the selected profile have not been completed, the console will launch the User Setup mode (see the section titled **User Setup Mode** for more information), otherwise, the program will launch immediately.

**Classic Programs Launch Mode**

Once the Classic programs have launched:

- The Matrix Display will post the workout profile and the current progress in the program will be indicated by a flashing stack of segments. The height of the stacks represents the level of resistance; the higher the stack, the greater the resistance. The resistance may be adjusted manually via the UP and DOWN arrow keys.
- The Level display will indicate the current resistance level. The range is from 1 to 32.
- Time field will display the progress made in the total workout.
- The Watts field will display the current output or work being generated by the user.
- Total Distance for the current workout session will be displayed.
- The Calories field will record the number of calories burned during the workout session.
- RPM or revolutions per minute and Speed will be displayed.

**Ending a Classic Program**

At any time during the program, the user may press the STOP key to pause the programming for up to ten (10) minutes. To restart the current program, press the GO key. To end the program and view the Workout Summary, press the STOP key twice while the program is running. Pressing the STOP key three (3) times while the program is running will end the program, bypass the Workout Summary and return the console to Idle mode.

**USER SETUP MODE**

The User Setup mode may be launched in two ways:

- To manually enter the User Setup mode, press and hold the ENTER key for two (2) seconds while in the Banner/Demo mode.
- During the Program Selection mode, if a user profile is selected for the first time, User Setup mode will launch automatically then return to the Program Setup mode.

When the User Setup mode is launched, “User 1” will display in the Matrix Display. Use the UP and DOWN arrow keys to view the user profile options (“User 1” or “User 2”). Press ENTER when the desired profile is displayed.
User Name Data Entry
Instructions will scroll in the lower display and “User 1” or “User 2” will post in the Matrix Display field (depending upon which user profile was selected). Pressing the ENTER key will allow the user to personalize the data for the displayed profile. If the user name has been previously adjusted, the entered name will then scroll once and post with the first character blinking. Adjust the first character via the UP and DOWN arrow keys. Press the RIGHT arrow key to confirm the character selection and move to cursor the next character. The choice of available characters is A-Z, a-z, 0-9 and the “_” (space). The user may store up to ten (10) characters for each user name. If the desired name is less than ten (10) characters, press ENTER to save settings and launch Workout Time data entry.

User Workout Time Data Entry
“Workout time” will post in the lower display and the default value of “30” (or the previously-adjusted value) will flash in the Total Time display. Use the UP and DOWN arrows to adjust the workout time for this user profile. The range for workout time is 01 to 99. Press ENTER to confirm the workout time and enter User Age Data setup.

User Age Data Entry
Instructions will scroll in the lower display and Age will scroll in the Matrix Display. The default or previously-adjusted user age value will flash in the Matrix Display. Use the UP and DOWN arrows to adjust the age for this user profile. The available user age value must be between ten (10) and ninety-nine (99) years, inclusive. Press the ENTER key to confirm the age setting and enter User Weight setup.

User Weight Data Entry
Weight will scroll in the Matrix Display. The default or previously-adjusted user weight value will flash in the Upper Display. Use the UP and DOWN arrows to adjust the weight for this user profile. The available user weight value must be between 23 and 350 pounds (or 10 and 150 Kilograms if the console is set to metric units), inclusive. Press the ENTER key to confirm the weight setting and enter User Gender setup.

User Gender Data Entry
The default or previously-adjusted user gender value will flash in the Display Matrix. Use the UP and DOWN arrow keys to view the user gender options (“M” or “F”). To select the displayed gender setting, press the ENTER key. Press the ENTER key to return to the User Setup profile selection mode, or press STOP to save all adjusted settings and return to Idle mode or previous program.
MAINTENANCE SCHEDULE

All LifeCORE Fitness products are engineered for years of near-silent operation. Let noise be your first indication that a repair or adjustment is required. Please, discontinue use immediately and contact an Authorized Service Technician or LifeCORE Fitness Dealer if an unusual noise, scraping, knocking, grinding or vibration is detected. Often, a minor issue will become a major repair if ignored and use is continued.

Your LifeCORE Fitness product is manufactured of the most durable materials available. The plastics are molded of strong and chemical-resistant ABS and PVC. The frame is produced of high-tensile steel and protected with an industrial-grade, powder paint coating for the highest level of corrosion resistance.

Cleaning – After Every Use. It is important to note that perspiration can be extremely corrosive if allowed to accumulate on the machine. After training, always wipe down the unit with a mild soap solution followed by a thorough drying with a clean towel. Positioning a small spray bottle and towel near the unit will help ensure that your LifeCORE Fitness equipment looks new for many years.

NOTE: Perspiration is very corrosive and if allowed to remain on the machine, will cause discoloration, fading, rust and odors. Unfortunately, these conditions are not covered under the Warranty.

Adjustment Levers/Knobs – Before Every Use. Prior to each workout, confirm that all adjustment levers, knobs and screws are tightened firmly.

Crank Arm Fixing Bolts – After 8 to 10 Hours of Use. Re-tighten the crank fixing bolts after the initial 8 to 10 hours of usage to ensure the components are properly seated. Loose cranks represent the largest number of service calls and can easily be avoided. Improperly-tightened cranks will eventually loosen and become damaged beyond repair so that parts replacement is the only option. Damage caused by loose cranks is not covered under the Warranty.

All Bolts & Nuts – After 12 hours of Use / Every 3 Months. After the first 12 hours of use, check and retighten any visible bolts, nuts & screws to ensure that all are firmly tightened. Loose hardware is another large base of warranty calls and can easily be avoided with proper maintenance. After the initial re-tightening, all visible hardware should be checked and re-tightened every 3 months. Improperly tightened hardware is not covered under the Warranty.

Power Supply. Use only the LifeCORE #21-15-992 120V to 12V power supply. Only connect the unit to an appropriate power source. Never use a power supply that is not certified for the unit as an incorrect adapter will cause the electronics to overheat and malfunction. Damage to the circuit board is not covered by the Warranty.

LIMITED WARRANTY INFORMATION

LifeCORE Fitness warrants to the original purchaser of unit that this unit will be free from defects in material and workmanship under normal use in the home environment. LifeCORE Fitness’s obligation under this warranty is limited to the repair or replacement during the warranty period of any defective part, provided free of charge through an Authorized Service Agent. This warranty extends only to the original purchaser and is non-transferable. The following conditions apply:

Who is Covered

The warranty is extended to the original purchaser that is the individual whose name appears on the Warranty Registration filed with LifeCORE Fitness and may not be transferred to any other individual or legal entity. In the absence of a valid Warranty Registration, the original sales receipt will serve as satisfactory documentation of the valid warranty status.
To Obtain Service
To obtain service, you must contact your Authorized LifeCORE Fitness Dealer. Your dealer is also your Authorized Service Agent. An Authorized Service Agent must diagnose your unit to begin the warranty claim process.

Warranty Registration
- Registration is available online at LifeCOREFitness.com/Registrations/New.
- If you do not have access to the Internet, please call our service department at 1.888.815.5999

Proof of Purchase
Proof of purchase from a LifeCORE Fitness Authorized Dealer will be required if the unit is not registered.

What is Covered
For Interior Residential Use Only.
- Frame Limited lifetime Warranty (covers defects in welds, materials, and workmanship; some exclusions apply).
- Parts & Electronics 7 years
- Labor 1 year

Light Commercial Warranty
- Frame Limited lifetime Warranty (covers defects in welds, materials, and workmanship; some exclusions apply).
- Parts & Electronics 2 years
- Labor 1 year

**NOTE:** If proof of purchase cannot be confirmed, the Warranty’s coverage period will begin on the date six (6) months after the date of manufacture.

**NOTE:** Limited lifetime refers to warranty coverage of the unit’s expected service life, not the lifetime of the purchaser. The expected lifetime of this unit is five (5) years from the date of purchase although other factors can extend this period. Support and maintenance of the unit may become difficult or impossible after this period expires.
**Voided Warranty**

The warranty does not apply to any failure of the product or its components due to alterations or modifications, misuse and abuse, accidental damage, lack of maintenance or improper assembly. Improper assembly can be avoided if the unit is assembled by an authorized technician. Damage due to improper assembly is not covered by the warranty. Common assembly errors can include damaged wire harnesses, stripped screws and nuts, crank arms or damaged threads.

The warranty is void if the serial number has been removed, altered or defaced.

The warranty does not apply to units sold outside of the United States.

**Parts & Service**

Contact the Authorized LifeCORE Fitness Dealer which originally sold the unit. If you have moved, or the retailer is unavailable, visit the LifeCORE Fitness dealer locator site at [www.LifeCOREfitness.com](http://www.LifeCOREfitness.com) to help locate an alternate Authorized Dealer.

LifeCORE Fitness is not responsible for securing warranty service and/or honoring extended warranties provided by dealers.

**NOTE:** Authorized service technicians do not reside in all areas of the country. If you live beyond the reasonable service area or metropolitan area, LifeCORE Fitness may not be able to support the labor portion of the warranty. Travel fees charged by technicians are not covered by the warranty.

**Other Exclusions**

The warranty for this unit is void if it is placed in commercial or light commercial environments such as health clubs, schools, hotels, condominium common areas, correctional facilities, or any other non-residential setting. The warranty is void if this unit is used for commercial or rental purposes or if used outdoors.

**Additional Rights**

This Warranty is the only warranty for the product and is provided expressly in lieu of all other warranties. To the fullest extent provided by law, LifeCORE Fitness expressly disclaims any implied warranties, including the warranty of merchantability or fitness for a particular purpose. LifeCORE Fitness shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for LifeCORE Fitness products are not authorized to modify this warranty in any way.

This warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. LifeCORE Fitness reserves the right to modify and improve the specifications of its products without prior notice.
PURCHASER’S REFERENCE INFORMATION

Product Name: LifeCORE Fitness LC-1060RB Recumbent Bike

Serial Number: I_B_F___
Record the serial number here.

Serial Number Location
The serial number will be located on the rear of the unit (see figure to the right).

To Activate Your Warranty
Please register the unit at LifeCOREFitness.com/Registrations/New.
Failure to comply may limit or void your warranty coverage.

Record of Purchase

NOTE: Please record details associated with the purchase of your LifeCORE Fitness 1060RB below. This information will be required in the event the unit requires future service. ATTACH THE PURCHASE RECEIPT.

Dealer Name or Site: ________________________________ Dealer Telephone Number: (______) ______-__________

Dealer Address: __________________________________________________________

Date Purchased: __________________________ Dealer Contact Name: __________________________

LifeCORE Fitness
5803 Newton Drive • Carlsbad, California 92008 • Ph. 1.888.815.5559
For more information or questions regarding your equipment, please visit our website at LifeCOREFitness.com