LC-860RB Recumbent Bike

Release v.1 (23.Jan.15)
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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-860RB 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-860RB…we trust it will help to achieve your fitness goals.

Thank you for choosing LifeCORE Fitness and find out more at www.LifeCOREFitness.com.

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. © LifeCORE Fitness 2015
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-860RB 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.
ASSEMBLY INSTRUCTIONS

The LifeCORE 860RB 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:

- 13 mm wrench – included
- Philips Screw driver – included
- 5mm Allen wrench - included
- 15 mm Allen wrench – included
- 6mm Allen wrench - included
- 4mm Allen wrench – included
- 15 mm socket wrench – not included

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

**Step A : Rear Stabilizer Installation**

Attach the Rear Stabilizer (#95) to the Main Frame (#1) front receiver bracket with two sets of #70 Hex Bolts and #71 Curved Washers with the 6mm hex wrench.

The included T-handle wrench may provide more leverage.
**Step B : Front Stabilizer Installation**

Attach the Front Stabilizer (#47) to the Main Frame (#1) rear receiver with two sets of #70 Hex Bolts and #71 Curved Washers with the 6mm hex wrench.

Once the stabilizers are assembled, make sure the unit is level and stable. Adjust the two Rear Stabilizer Endcaps (#46) by rotating each until the unit is stable and does not rock.

**Step C : Console Mast 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 (#56) to HR Wire – Main Frame (#3).

Join the Wire Harness – Console Mast (#55) and Wire Harness – Main Frame (#4) 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 D : Front Handlebar & Water Bottle Cage Assembly**

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.

Align the two fixing holes in the *Water Bottle Cage (#87)* with the two holes in the *Console Mast (#53)* and loosely thread the *#77 Hex Bolts*. Tighten firmly.

---

**Step E : Console Assembly 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 F : Seat Back & Seat Base Installation
Align the mounting holes in the underside of the Seat Base (#67) with the holes in the Seat Mast (#82). Loosely thread the four #79 Hex Screws through Seat Mast and into the Seat Base. Tighten firmly.
Match the holes in the Seat Back Frame (#69) with the holes in the backside of the mesh Seat Back (#68) and loosely install each of the four #80 Hex Screws and #81 Flat Washer sets through the Seat Back Frame and into the Seat Back. Tighten firmly.
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 onto the Seat Back Mast (#82). Reengage Pop-Pin and tighten.

Step G : Seat Assembly & Left Handlebar Installation
Align the hole in the Seat Mast (#82) tubing with the perpendicular post on the Seat Slide (#30) and loosely install the #72 Acorn Nut and #76 Flat Washer.
Loosely install the three #74 Hex Screws through the Seat Mast (#82) mounting plate and into the Seat Slide (#30). Tighten Hex Screws #74 and Acorn Nut #72.
Connect HR Wire – Seat Slide (#5) with HR Wire – Handlebar (#61). Align the Left Handlebar (#57) with the holes in the Seat Slide (#30) and loosely install the two #74 Hex Screws, taking care to tuck the wires and connectors into the handlebar. Do not pinch the wires. Tighten the fixing screws firmly.
Step H : Seat Slide Adjustment Bar & Right Handlebar

Insert the Seat Slide Adjustment Bar (#86) into the receiver and fix it in place with Hex Screw #78.

Join the HR Wire – Seat Slide (#5) and HR Wire – Handlebar (#61) connectors. Carefully tuck the cables and connectors into the Right Handlebar (#62).

Install two #74 Hex Screws through the Right Handlebar (#62) and into the Seat Slide (#30), taking care to not pinch or damage the wires. Tighten firmly.

---

Step I : Pedal Assembly

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 Pedal Straps into locking mechanism on the Pedals. To release, pull up on the strap while pressing the release lever marked PRESS.
Step J: 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.

Congratulations. The setup and installation of your LifeCORE LC-860RB Recumbent Bike is completed.
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.) / height² (in)) x 703

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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 PULSE window on the LCD display.

**NOTE:** 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.

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.

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

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

Get a Smart Start on Exercising

⚠️ 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.

- 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-860RB CONSOLE OVERVIEW

Console Layout

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

Level (Resistance)
The current resistance level is displayed in the Level field. Alternatively, the load or resistance level is also displayed in the display matrix as a flashing column. There are sixteen (16) resistance levels to choose from.

Time Displays (Total Time & Segment Time)
Located in the center of the upper display are the Total Time and Segment Time clocks. The Total Time field will count up the total elapsed time for the current program, then switch to display the total time remaining. The user can toggle the switching feature on and off by pressing the RIGHT ARROW key.
The segment time is equal to 1/20th of the total program time and is graphically displayed in the Display Matrix field.

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.

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, the No Signal banner will light and the heart rate display will post “---”. 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 “DB/Heart” logo will flash to indicate that a heart rate signal is being received.

Heart Rate Bar Graph
The Heart Rate Bar Graph provides the user with meaningful heart rate feedback in an easy-to-read format. When a heart rate signal is detected, the bars of the graph will light to indicate at which percentage of the user’s maximum heart rate and training zone (Warm Up, Fat Burn, Cardio, or Peak) the user is operating within. The Heart Rate Bar Graph will not light if the user is operating in guest mode or no heart rate signal is detected. If the QuickStart program is running, the default age value will be used to calculate the estimated maximum heart rate.
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.

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 foot rotation. RPMs are the number of complete rotations a single foot completes in sixty seconds.
Scrolling Messaging Display

PRESS GO TO START

The Distance, Calories, Speed & RPM fields also serve as a 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 / QuickStart Key

From the Idle, Banner or Demo modes press the GO/QUICK START key to immediately launch the QuickStart 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 four (4) minutes. Press and hold the STOP key two seconds to reset the unit, erase all user-entered data and launch the Idle 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 Total Time and Segment Time on and off.

ENTER Key

The ENTER key will confirm the selection of the displayed data during the setup modes.
QUICK START Program Keys

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

CONSOLE FEATURES

USB Charging
To allow charging of small electronics, including cellular telephones and MP3 players, the 860RB console is equipped with a USB charging port which can be found on the left side of console. Some electronics may not charge. Power cords are not supplied.

MP3/Smart Phone Input Jack and Speakers
The 860RB 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 segments 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 four (4) 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 “Demo Mode OFF”. 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.

LCD: An acronym for liquid crystal display. The 860RB display screen is an LCD with integrated backlighting for excellent visibility.
**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 sixteen (16) 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.

**Default Values**:
- Age = 35 years
- Weight = 150 pounds (68 kg if system is operating in metric mode)
- Time = 30 minutes
- Resistance Level = Level 1

*NOTE*: The default values for Age, Weight and Time will update when changed in the User Settings Mode.

**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. The brickyard matrix will display “ENG” or “MET” 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.

**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 five (5) minutes during a workout. To *pause* the program, simply press the STOP button. To resume the program, press the GO key before the five (5) 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

Elapsed Time and Remaining Time Display Switching
While any program runs, the Total Time and Segment Time values will switch between elapsed and remaining. The user may stop the switching and display the current view by pressing the RIGHT ARROW key. Pressing the key again will return the display to switching mode.

Workout Summary
For additional user feedback, the 960 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 thirty (30) seconds. 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.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Default/Factory Setting</th>
<th>Available Settings</th>
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<td>English/standard</td>
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<tr>
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<td>LC-860RB</td>
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<tr>
<td>Demo Mode</td>
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</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, “SET UNITS” will post in the lower display field. “Eng” or “Met” will flash in the Matrix Display, depending upon 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.

Note: Changing the units will erase all user data.

Model Number
“SET MODEL NUMBER” will post in the lower display field. “860RB”, “860UB” or “860ER” will scroll in the Matrix Display, depending upon current setting. Confirm the model number of your unit. Use the UP ARROW and DOWN ARROW keys to view the available settings. When the correct model is displayed, press ENTER to select and launch the Sound Settings mode.
**Sound Settings**  
“SOUND SETTINGS” will post in the lower display. “On” or “Off” will flash in the Matrix Display, 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 selection 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 Mode Settings will launch.

**Demo Mode Setting**  
“DEMO MODE ON/OFF” will post in the lower display. “Off” or “On” will flash in the Matrix Display depending upon the current setting. Scroll between the two setting via the UP and DOWN keys.
- Demo Mode On = console never powers off.
- Demo Mode Off = console power off after thirty (30) seconds of inactivity.

**QUICK START PROGRAM**

The QuickStart 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 count up continuously from 0:00 minutes.
- The Pulse display will show a heart rate if a signal is detected via the touch 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 16 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 860RB 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. If no signal is detected, the Pulse field will display “- - -” and the No Signal icon will light. When a pulse signal is received, the rate value will post and the Heart icon will flash.

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 860RB 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.

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 two types of heart rate control programs preloaded in the 860RB console: Target Heart Rate and Percentage Heart Rate (50%, 60%, 70% & 80%).

**Target Heart Rate Program - Overview, Selection, Setup, Launch & End**

**Overview**  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.

**Selecting**  From the Idle screen, press the HEART RATE key on the console one time. The Heart icon will post in the Matrix Display. “TARGET HEART RATE” will post in the lower display. Press the ENTER key to launch the Heart Rate Program Setup Mode for the Target Heart Rate program.

**Setup**  User: “SELECT USER” will scroll in the lower display, “User 1” or the custom name for the User 1 profile will scroll in the Matrix Display. Select this profile or use the UP ARROW and DOWN ARROW keys to scroll through the available profiles. Press the ENTER key to confirm.

Age: If the Guest profile is selected, the user is prompted to enter their age. This data is not stored and will be reset at the conclusion of the program. Adjust the flashing value via the UP ARROW and DOWN ARROW keys, confirming the selection by pressing the ENTER key.
When the User 1 or User 2 profiles are selected, any previously-stored user data will be referenced to operate the program. If no data has been entered for these profiles, the User Setup mode will launch (see the section titled User Setup Mode), allowing the user to update the selected profile.

Target Heart Rate Value: The user will be prompted to enter a target heart rate value. Choose a heart rate that is between 50% and 85% of your calculated maximum heart rate via the UP ARROW and DOWN ARROW keys.

Launch
Press ENTER to confirm heart rate target and launch the Target Heart Rate program.

A heart rate signal must be received for the heart rate programs to operate. If a signal is not received, the No Signal symbol will light and the lower display will prompt the user.

All console fields will be begin tracking the workout data. The heart rate field will display the current heart rate, while the bar graph provides an estimate of the current user's calculated maximum heart rate percentage.

Resistance adjustments will be controlled by the program to ensure that the user’s heart rate remains within +/- four (4) BPM of the selected target heart rate.

The Matrix Display will post a horizontal line of segments to represent the user's selected heart rate target. The flashing segment will indicate the user’s progress within the program. A flashing segment that is below the horizontal line indicates that the user’s heart rate is lower than the selected target. Conversely, a flashing segment above the horizontal line signifies a heart rate that exceeds the user’s target.

If the current heart rate is within the target range, the Target Heart Rate Achieved icon will light.

End
To end the program at any time, press the STOP key, twice. The workout summary will be displayed for thirty (30) seconds then the console will return to the Idle mode.

Percentage Heart Rate Programs - Overview, Selection, Setup, Launch & End

Overview
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.

Selecting
From the Idle screen, press the HEART RATE key on the console two times. The Heart icon will post in the Matrix Display followed by “50%”. “50% MAX” will post in the lower display. This program will automatically adjust the workout resistance level so that user’s effort will generate a heart rate equal to 50% of the user's calculated maximum. Scroll through the available programming options (50%, 60%, 70% & 80%) via the UP ARROW or DOWN ARROW keys and make a selection by pressing the ENTER key.
Setup  **User:** “SELECT USER” will scroll in the lower display. “User 1” or the previously entered name for the User 1 profile will scroll in the Matrix Display. Select this profile or use the UP ARROW and DOWN ARROW keys to scroll through the available profiles (User 1, User 2 or Guest) and press the ENTER key to confirm.

**Age:** If the Guest profile is selected, the user is prompted to enter their age. This data is not stored and will be reset at the conclusion of the program. Adjust the flashing value via the UP ARROW and DOWN ARROW keys, and confirm the selection by pressing the ENTER key. When the User 1 or User 2 profiles are selected, any previously-stored user data will be referenced to operate the program. If no data has been entered for these profiles, the User Setup mode will launch (see the section titled **User Setup Mode**), allowing the user to update the selected profile. The selected program will then launch.

Launch  Press ENTER to confirm the % heart rate target and launch the Target Heart Rate Program. A heart rate signal must be received for the heart rate programs to operate. If a signal is not received, the No Signal banner will light and the lower display will prompt the user.

All console fields will begin tracking the workout data. The heart rate field will display the current heart rate, while the bar graph provides an estimate of the current user’s calculated maximum.

Resistance adjustments will be controlled by the program to ensure the user’s heart rate remains within + or − four (4) beat-per-minute of the selected target heart rate.

The Matrix Display will post a horizontal line of segments to represent the user’s selected heart rate target. The flashing segment will indicate the user’s progress within the program. A flashing segment that is below the horizontal line indicates that the user’s heart rate is less than the selected target. Conversely, a flashing segment above the horizontal line signifies a heart rate that exceeds the, user’s target. If the current heart rate is within the target range, the Target Heart Rate Achieved banner will light.

End  To end the program at any time, press the STOP key two times. The workout summary will be displayed for thirty (30) seconds then the console will return to Idle mode.
CLASSIC PROGRAMS

Classic Programs Overview & Selection
Strength, Hill Climb, Interval and Fat Burn programs are considered classic programs. Each offers identical setup and data entry. Once the desired program has been selected, jump to the section entitled Classic Programs Setup Mode.

Strength Programs
Overview  The Strength program category offers four (4) workout profiles. Each is designed to gradually increase the resistance throughout the workout to help build the user’s strength and endurance.
Selecting  From the Idle mode, press the STRENGTH key on the console. Use the UP ARROW or DOWN ARROW keys to scroll through the Strength profile options and press the ENTER key to select the option visible in the matrix display.

Hill Climb Programs
Overview  The Hill Climb programs simulate climbing exercises with five (5) preset hill profiles.
Selecting  From the Idle mode, press the HILL CLIMB key on the console. Use the UP ARROW and DOWN ARROW keys to view the available course profiles, followed by the ENTER key to select the displayed profile.

Interval Programs
Overview  The five (5) Interval programs offer profiles with periods of high exertion alternating with periods of rest. Intervals are an excellent way to increase endurance.
Selecting  From the Idle mode, press the INTERVAL key on the console. Use the UP ARROW and DOWN ARROW keys to view the available course profiles, followed by the ENTER key to select the displayed profile.

Fat Burn Programs
Overview  The two (2) Fat Burn programs are designed to maintain a relatively low level of exertion over the course of the entire workout. Keeping the heart rate at the lower range encourages weight loss.
Selecting  From the Idle mode, press the FAT BURN key on the console. Use the UP ARROW and DOWN ARROW keys to view the available course profiles, followed by the ENTER key to select the displayed profile.

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 skip 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**

“User 1” or the previously-entered User 1 name value will scroll in the Matrix Display. Use the UP ARROW and DOWN ARROW keys to view the user selection options (“User 1”, “User 2”, “Guest”). When the desired user profile is displayed, press the ENTER key to select. If Guest is selected the console will run with default data and not all functions will be available.

If there is not a saved user profile, 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 program has 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 ARROW and DOWN ARROW keys.
- The Level display will indicate the current resistance level. The range is from 1 to 16.
- The Total Time field will display the progress made in the total workout while Segment Time will display the progress made in the current segment. The displays will switch between *elapsed time* and *remaining time*. *Elapsed time* will count up, while *remaining time* will count down. To freeze the switching and display only elapsed or remaining time, press the RIGHT ARROW key while the desired display is visible. Press the RIGHT ARROW key again to resume the switching mode.
- 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. 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 RIGHT ARROW key for two (2) seconds.
- During the Program Selection mode, if a user profile is selected for the first time, the User Setup mode will launch automatically, then return to the Program Setup mode.
When the User Setup mode is launched, “User 1” or the previously entered profile name will display in the Matrix Display. Use the UP ARROW 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
“User 1 Name” or “User 2 Name” will post in the lower display and “U1” or “U2” will post in the Matrix Display field (depending upon which user profile was selected). If the user name has been previously adjusted, the entered name will then scroll once and post with the first character blinking. Adjust this character of the user name via the UP ARROW 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 “30:00” (or the previously-adjusted value) will flash in the Total Time display. Use the UP ARROW and DOWN ARROW keys to adjust the workout time for this user profile. The range for workout time is 01:00 to 1:59:00. Press ENTER to confirm the workout time and enter Age Data Entry.

User Age Data Entry
“User 1 Age” or “User 2 Age” will post in the lower display (depending upon which user profile was selected). The default or previously-adjusted user age value will flash in the Matrix Display. Use the UP ARROW and DOWN ARROW keys 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 Data Entry.

User Weight Data Entry
“User 1 Weight” or “User 2 Weight” will post in the lower display (depending upon which user profile was selected). The default or previously-adjusted user weight value will flash in the Display Matrix. Use the UP ARROW and DOWN ARROW keys to adjust the weight for this user profile. The available user weight value must be between 23 and 350 pounds (10 and 150 kilograms in the console is set to metric unit), inclusive. Press the ENTER key to confirm the weight setting and enter User Gender Data Entry.

User Gender Data Entry
“User 1 Gender” or “User 2 Gender” will post in the lower display (depending upon which user profile was selected). The default or previously-adjusted user gender value will scroll in the Display Matrix. Use the UP ARROW and DOWN ARROW keys to view the user gender options (“Male”, “Female”). To select the displayed gender setting, press the ENTER key. Press the ENTER key to return to the User Setup selection mode, or press GO or STOP to save all adjusted settings and return to banner 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 – Before Every Use. Prior to each workout, confirm that all adjustment levers 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 retightening, 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 #21-15-900 120V to 9V power supply. Only connected 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 3 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, crankarms 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-860RB Recumbent Bike

Serial Number: I_ _ _ _ B D _ _ _
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 860RB 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