User Product Manual
LifeCore CD700 Center Drive Elliptical

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Serial Number is located on the frame.
Please send in the attached warranty card (Page 35) and a copy of the original receipt or register online at www.lifecorefitness.com within (10) days of purchase to register your product with LifeCore Fitness.

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

We at LifeCore fitness would like to thank you for your recent purchase of a LifeCore CD700 Elliptical, and we hope that our product inspires and motivates you to accomplish your fitness goals. Please read the owner's manual and orient yourself with the unit before you use the product to get a better understanding of your exercise machine.

The LifeCore CD700 is an exercise machine that simulates the movements of walking or running at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of cardio vascular conditions. If, at any time while exercising, a user experiences shortness of breath, dizziness, faintness, chest pains, or any discomforts, he or she must stop immediately and contact his or her physician.

SAFETY PRECAUTIONS AND TIPS

- It is the sole responsibility of the owner(s) to make sure that any user using this product has fully read and understands the warnings and safety precautions.
- Unit maximum weight limit is 350LBS.
- Before working out remember to perform stretching exercises to avoid injury.
- Do not use this elliptical machine outdoors or in areas of high humidity.
- Only operate the machine in a dry well ventilated room.
- Always examine the unit prior to exercising to ensure parts are in good working order.
- After every workout use the preventative maintenance tips to keep the product in good working order.
- Make sure that all components are fastened securely including but not limited to pedals, handlebars, or computer.
- It is recommended the unit be plugged into a surge protector.
- No more than one person should ever use the product at a time.
- Pets should never be allowed near unit.
- Children should never be left unsupervised near unit.
- Always use appropriate clothing and shoes to exercise. Never use heels, spikes, cleats, bare feet, sandals, socks or stockings while using the exercise machine.
- Keep hands and feet away from any moving parts at all times.
- Make sure that the unit is on a solid level surface. It is recommended that a mat be placed under the machine to protect the floor, carpet or any solid surface that the machine is placed on, and also to protect the machine from a hard surface.
- Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
- Never place any open containers of any type directly on the unit, only containers with lids are recommended to be used with the appropriate water bottle holder.
- Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
- Do not place machine in an area of high voltage or electromagnetic fields.
- Failure to follow these instructions will void the units warranty and the manufacture or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrectly or for reasons other than exercise.
Assembly Tips

The LifeCore LC-CD700 is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a consumer.

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

Note that some hardware may be preassembled to components in order to help with assembly; tools have also been provided to assist with assembly.

Visit our website for assembly videos: www.lifecorefitness.com

Tools Required:
17mm socket wrench: 2JAX
13,14,15,17mm wrench: 2C5Q
13mm wrench: 21RZ
Philips screw driver: 2E3E
4mm Allen wrench: 0J3P
5mm Allen wrench: 0J3Q
6mm Allen wrench: 0J3V
Tube of Grease: 2K81
Assembly Figure 1

Getting Started
The LifeCore Fitness LC-CD700 Elliptical will require some assembly. Unpack the box in a clear location, remove all packaged parts from the box and lay each part out on the floor. Double check all packaging material for missing pieces, do not dispose of any packing material until assembly is complete and unit is working properly. The final location of the machine should be placed on a clean level surface near an electrical outlet.

Hardware Bags - Locate all hardware bags for assembly. Bags will be Labeled Figure 1 through Figure 8. Tools have been provided to assist with product assembly. If you are missing any parts, assembly bags or need assistance with assembly please call LifeCore Fitness at 1-888-815-5553.

FIGURE 1

Tools Needed:
6mm Allen wrench: 0J3V

Note: It is recommended that two adults help during this step. One person holds the upper support tube assembly while another connects the upper support tube wires to the lower wire cables.

Note: Be careful not pinch upper support tube wires, or lower wire cables while sliding upper support tube assembly into place.

- Locate bag labeled Figure 1.
- Locate upper support tube assembly.
- Before attaching upper support tube to the main frame, connect each wire together.
  2XK7 Connects to 2XK8
  2XKA Connects to 2XNG
  2XKB Connects to 2XK9
  (See Parts Diagram for More Detail)

- (See Figure 1) Secure upper support tube assembly to frame using Qty. eight M8X1.25-12mm hex head bolts and Qty. eight 8x16 washers on right side. Using 6mm Allen wrench, tighten bolts secure. Slide Black rubber boot over bolts.

- Repeat same steps for left side.
Assembly Figure 2

FIGURE 2

Tools Needed:
5mm Allen wrench: 0J3Q
4mm Allen wrench: 0J3P

- Locate bag labeled Figure 2.
- Locate Side Rails
- (See Figure 2) Slide the left side rail into the upper support tube assembly, attached the top left side rail using Qty. three M6x1-16 bolts and Qty. three 6x13 washers. Attach the lower portion with Qty. three M6x1-50 bolts and Qty. three 6x13 washers. Using a 5mm Allen wrench, tighten the top bolts and use the 4mm Allen wrench to secure to bottom bolts.
- Repeat same steps for right side.
Assembly Figure 3

FIGURE 3

Tools Needed:
6mm Allen wrench: 0J3V
13,14,15,17mm wrench: 2C5Q
Philips screw driver: 2E3E

➢ Locate bag labeled Figure 3

➢ Locate the right and left handrail linkage arms.

➢ (See Figure 3) Grab the left linkage arm and connect the arms to the left lever arm assembly using Qty. three M8x1.25-30 bolts and tighten with Qty. three M8x1.25 nuts. Using a 6mm Allen wrench and 13mm wrench tighten left bolts and nuts secure.

➢ Attach linkage cover to the handrail linkage arm by lining up the hole and screwing Qty. one M5x0.8-12 screw into handrail linkage arm with a Philips screw driver.

➢ Repeat same steps for right side.
Assembly Figure 4

FIGURE 4

Tools Needed:
6mm Allen wrench: 0J3V

- Locate bag labeled Figure 4.

- (See Figure 4) Lift and place left handrail linkage assembly onto shaft sleeve and align holes. Additional help may be needed to help align holes. Secure linkage to unit using Qty. four M8x1.25-12 hex bolts, two on top and two on the bottom.

- Use 6mm Allen wrench to tighten the M8x1.25-12 hex bolt on each side as tight as possible to prevent the bolts from coming loose.

- Repeat same steps for right side.
Assembly Figure 5

FIGURE 5

Tools Needed:
Philips screw driver: 2E3E
17mm socket wrench: 2JAX
13,14,15,17mm wrench: 2C5Q
Tube of Grease: 2K81

Note: It is recommended that two adults help align and secure the pedal tube assemblies to the handrail assemblies.

Note: Rub assembly grease on pivot points prior to connecting arms.

- Locate bag labeled Figure 5.
- (See Figure 5) Locate right pedal tube assembly. Secure pedal tube assembly to the handrail assembly with Qty. one M10x1.5-81.5 hex bolt and Qty. one M10x1.5 hex nut. Using the 17mm socket wrench and 17mm wrench, tighten bolt and nut snug (Not Too Tight).
- Please ensure that pedal arm is aligned in the center of roller wheel while tightening M10x81.5 bolt. Repeat same steps for left side.

Note: Do not over tighten M5x0.8-12 screw, this will damage bracket cover.

- Locate bracket covers.
- (See Figure 5) Attach bracket cover to the handrail assembly by lining up the hole and screwing Qty. one M5x0.8-12 screw into handrail assembly with a Philips screw driver. Repeat for other side.
Assembly Figure 6

FIGURE 6

Tools Needed:
Philips Screw driver: 2E3E
6mm Allen wrench: 0J3V

Note: Part #2D41 rear cover will need to be removed before console mast can go on.

Note: Be careful not to pinch any wires.

- Locate bag labeled Figure 6.
- Using a Philips screw driver to remove Qty. five M5x12 screws from the rear cover and then place the screws and cover down in a secure place.
- Locate console mast and slide console mast into upper support tube assembly, make sure computer cable wire slides down straight and does not get pinched.
- Connect the computer cable wire coming from the console mast to the upper support tube middle wire on the left side of the machine.
- (See Figure 6) Using Qty. three M3x1.25-50 bolts thread those through the console mast and using a 6mm Allen wrench to tighten them securely.
- Grab the rear cover and refasten the cover to the machine with a Philips screw driver using the same Qty. five M5x12 Screws.
Assembly Figure 7

FIGURE 7

Tools Needed:
Philips Screw driver: 2E3E

Note: Ensure that all wires are properly connected inside the console. Be careful not to pinch the wires.

- Locate bag labeled Figure 7.

- (See Figure 7) Locate console and connect the 7 pin computer cable wire into 7 pin connector on the board. Locate the green ground wire and connect that to the grounding terminal to the left of the 7 pin connector. Locate the 3 pin heart rate cable and heart rate ground wires. Connect the 3 pin wire to the 3 pin connector on the board and the black ground wire to the grounding terminals next to the 3 pin connector.

- Place the computer console on the console mast. Make sure the wires fit inside computer and computer console sits flat on the console mast.

- Grab the Qty. four M5x0.8-12 screws, and using a Philips screw driver secure console.
Assembly Figure 8

FIGURE 8

Tools Needed:
6mm Allen wrench: 0J3V

- Locate bag labeled Figure 8.
- Locate left and right handlebars.
- (See Figure 8) Attach left handlebar to handlebar assembly using Qty. three M8*16mm hex bolts. Using a 6mm Allen wrench, tighten hex bolts tight.
- Repeat for other handlebar.
Assembly Figure 9

- Plug the AC adaptor into a power outlet and into the machine. The AC inlet is located on the user left side of the machine. Only an AC Adaptor DC 24V 5MA Model No. (FSP 120-ACB) that comes with the unit. No other power supply should ever be used to power the machine.

- Once assembly is complete, if needed tighten or loosen the levelers on the bottom of the machine to prevent the machine from wobbling and to make machine stable. Tighten the leveler nut on top of the lever to prevent them from moving.

Congratulations!

You have completed assembly of your LC-CD700 Elliptical
Computer Console Instructions

Please read the computer instructions below and take a few minutes to review the computer console layout. Practice using the computer console before you start in order to get a better understanding of the functions. Below is an overview of the console’s layout with button location.

**Message Window:** Displays program names, messages, Time, Distance, Speed, Strides/Min, Calories, Pulse, Resistance Level and Cal/Hour.

**Profile Window:** Displays program profile, tension bar, heart rate Bar (HR Programs Only), lap progress display and lap counter. The profile window toggles between program profiles every 10 seconds and lap counter every 30 seconds in the profile window, except for when a user is in Heart Rate Programs it does not change.

**Note:** When changing resistance levels in preset programs, the change will not show in the programs profile. Changes in resistance will display in lap progress displays in the first column.
Computer Console Instructions

**Start Button:** Press the button to begin a workout. Once a program has been selected, pressing the start button will activate the time and the readouts on the display will begin once workout starts.

**Enter/Clear Button:** Press the button to enter or confirm.

**Pause/Reset Button:** Press the button once to pause a workout. Press the button twice to reset computer or to go back to the very beginning to enter in a new program. Hold down the button for a few seconds to change the computers readout from English or Metric measurement reading. Once English or Metric displays on the computer, use the or arrow to select your measurement readout preference. Once a users readout display is correct, press the button to confirm. **Caution:** In User 1 and User 2 programs, the user profile data will be cleared.

**Up/Down Arrow:** These buttons are used to increase/decrease the resistance level from 1 to 20 and to change the time, weight and age during a program selection. If the arrows are held down for a few seconds it will rapidly increase/decrease values. Resistance can be changed at any time during the workout session.

**Program/Select:** This button helps to select between different program profiles.

**Stride Length Adjustment:** The stride length adjustment can be adjusted at anytime during a workout, it can be adjusted from 17” Walking to 25” Running length. A user may want to adjust to a different stride length based on what fits the users leg length and workout intensity. Default setting for stride length is set to 21”.

**OPERATION NOTES:**
- The Console will display and update calculated workout data in each of the windows.
- The Console default time will continue to count down until time has reached 0:00.
- During non-heart rate programs, the profile window will toggle between the program profile and the track display. Profile will show for 10 seconds, track for 30 seconds.
- During heart rate programs, the profile window will only show the track.
- The User may change the program selection during an exercise session by pressing the PROGRAM button until a new program is selected. The new selected program will start from the beginning of the profile. All workout data will continue to add to previous values. Example: If you burned 150 calories during original program this value will not reset to 0.
- Unit will automatically shut off after 4 minutes of inactivity. Press any button to bring the console back to full functionality.

**QUICK START:** When the message window displays “PRESS PROGRAM KEY TO BEGIN,” by simply pressing the button a generic manual workout program will begin with a default count down time of 30 minutes. The resistance Level can be changed at any time during the workout by pressing the or buttons to change the resistance.

**Note:** Push the button twice to also get to “PRESS PROGRAM KEY TO BEGIN.”
Computer Console Instructions

MANUAL: This program allows the user to control his/her workout more accurately than a Quick Start by entering his/her age, weight for calorie reading. The resistance Level can be changed at any time during the workout by pressing the or buttons to change the resistance.

ENTERING PROGRAMS: There are six preset programs and 5 Heart Rate Programs. To enter Program Mode: The message window will display “PRESS PROGRAM KEY TO BEGIN.” Press button until desired program name shows in the message window and the programs profile shows in the Profile Window. Once the desired program is displayed, press the button to confirm. TIME will show in message window. Use the or buttons to set desired time and press button to confirm. 
Note: Default time is 30 minutes. Time Settings can range from 1 minute to 99 minutes. If time entered is equal to or less than 21 minutes, each column in the program profile represents 1 minutes. Example: If time entered is more than 21 minutes, each column represents 1/21th of time Entered.

WEIGHT: Once time has been entered, weight will show in the message window. Use the or buttons to select weight. Press button to confirm. 
Note: Default weight is 150 Pounds. Weight settings can range from 70 LBS to 330 LBS.

AGE: Once weight has been entered, age will show in message window. Use the or buttons to select age. Press button to confirm and to begin workout. 
Note: Default age is 30. Age setting can range from 10 to 99.

Press button to exit program mode and begin exercise session.

PROGRAM PROFILES

RANDOM – Will randomly generate a workout program every time a user chooses this program. If a user selects the RANDOM program, the same program that is displayed will be the program used if selected. If the program that is displayed does not fit the user’s liking, simply keep scrolling through the programs until you get back to the RANDOM program and a different program will display. This program is good for keeping workouts fresh, motivating and challenging.

HILL – Will gradually take a user thru two hills. The resistance is moderate and will bring the resistance up and back down three times. This is a good program to get started or for someone looking for a lower stress workout.
Computer Console Instructions

**GLUTE BLASTER** – Will gradually take a user to the highest resistance peak, then gradually bring the tension level back to the beginning resistance level. This program best simulates a mountain climb. This is a good program for people who want to reach higher tension levels over long periods of time, or who want to elevate his/her heart rate.

**INTERVAL** – This program simulates very different interval training of resistance thru a series of two hill profiles.

**INTERVAL MOUNTAIN** – This program simulates gradually progressive interval training where the magnetic resistance gradually increases.

**SPEED TRAINING** – This program simulates interval training with more extreme levels of high and low magnetic resistance levels.

**USER PROFILES**

**U1/U2: User Profile Description:** These “User Profiles” or “Custom Course” settings are a way to preset settings, such as, time, weight, and age. There are 2 profiles indicated by U1 and U2. Once these settings are established, they can be used for any of the preset programs; for example, if the Time is set for 40 minutes, then every program will have a 40 min default time. If Age is set to 45 yrs old, then the Heart Rate Programs will calculate percentages based on 45 yrs of age. The Weight would be used to accurately count calories.

**User Profile Set-up:** Press the button until “U1” or “U2” is displayed in the profile window and “Empty profile – Press Enter to Build a New Profile” is in the message window. Press to select. Time will be displayed, adjust preferred time using the arrows, press to select. Next weight will be displayed, adjust for weight using the arrows,
**Computer Console Instructions**

Press \[ \text{ENTER} \] to select. Repeat same steps for age. Once age is entered and the \[ \text{ENTER} \] button has been pressed, the profile is set. Now the \[ \text{SELECT} \] button can be pressed to scroll through the preset programs, keeping the “Custom Course” settings that were set – Time, Weight, and Age.

**User Profile Delete/Edit:**

Press the \[ \text{SELECT} \] button until “User 1” or “User 2” is displayed in the profile window. Press \[ \text{ENTER} \] to select. Hold down the \[ \text{SELECT} \] button and \[ \text{PAGE} \] button at the same time until the computer beeps and the message window displays “Empty profile – Press Enter to Build a New Profile.” Press \[ \text{ENTER} \] to access the profile. Follow User Profile Set-up to enter user 1 or 2.

**How User Profiles are used:**

Upon starting the unit, please press the Program/Select button until “User 1” or “User 2” are displayed in the profile window. Press \[ \text{ENTER/CLEAR} \] then Start to retrieve your “Custom Settings”, then press the Program/Select button until the desired program is displayed in the message window. Press Start button to begin your workout.

**HEART RATE PROGRAMS:**

Heart rate control programs are designed to automatically change resistance to keep your heart rate level in accordance to the Heart Rate program. In all Heart Rate Control programs, the console only accepts the wireless heart rate signal from a chest strap transmitter. The heart rate hand pulse grips function is disabled during this function. If no Heart Rate signal is detected for 10 seconds, the message center will show “NO DETECTED HR”. If this continues for 40 seconds, the message center will show “ABORT PROGRAM” for 3 seconds it will then interrupt the Heart Rate Control program and return to Program Mode.

**HOW HEART RATE PROGRAMS WORK:**

**Delta Heart Rate (DHR) =** Beats per minute difference between Target Heart Rate and Current Heart Rate

The Heart Rate Programs will behave in the following manner:

If DHR is equal to or less than 5, Tension Level stays the same, and Message Center will show “IN HR TARGET” for 3 seconds then it will toggle back to work out information.

If DHR is more than 5: Tension Level will increase, when current heart rate is below target heart rate. If the current Tension Level is 1, then the Message Window will display “STRIDE SLOWER” for 3 seconds.

If DHR is less than 5: Tension Level will decrease if current heart rate is above target heart rate.

The Console will check the user’s Heart Rate every 40 seconds and adjust the Tension Level to fit the Target Heart Rate.
HEART RATE PROGRAMS

% TARGET HEART RATE: Allows the user to select their own percentage of Maximum Heart Rate that you would like to maintain during your exercise session. The range of percentages is 50% to 85%. (See section titled MONITORING YOUR HEART RATE for more information)

HR 80% CARDIO: Maintains your Target Heart Rate at 80% of Max Heart Rate by automatically adjusting the tension levels to maintain that percentage. This is a good program for people who want to have a high intensity, cardiovascular workout.

HR 65% FAT BURN: Maintains your Target Heart Rate at 65% of Max Heart Rate by automatically adjusting the tension levels to maintain that percentage. This is a good program for people who want a fat burning workout.

HR HILL 65-75-85%: Simulates hill training by changing the Target Heart Rate thru 3 different percentages during the workout. The changes will occur as follows: 65% - 75% - 85% - 75% - 65% -75% - 85% etc. Each percentage will be held for three minutes before changing to the next percentage.

HR INT HILL INTERVAL: This program alternates between 65% and 85% of your Max Heart Rate. This program provides an excellent fat burning and cardiovascular workout. Each percentage will be held for four minutes before alternating to the next percentage.
Computer Console Instructions

LAP PROGRESS DISPLAY – The lap progress displays for 30 seconds, after this time the selected program (example: Hill Program) will display for 10 seconds and then will continue to alternate. Lap progress displays show a user’s progress around a virtual track. One dot on the virtual track counter is equal to 15 revolutions. One revolution is equal to 2 steps. A user’s current position on the virtual track will blink.

The tension level will be displayed in the first column. Every dot in the tension column will represent an increment of one or two tension levels. Tension level goes from Level 1 to 20.

LAP DISPLAY/COUNTER – When one lap has been completed in the virtual track, the amount of laps completed will display in the center of the virtual track. After one lap is completed, the lap progress will start again but the lap counter will continue.

When a Heart Rate Mode Program is selected by a user, the % of Maximum Heart Rate will display next to the tension level column.
Monitoring Your Heart Rate

In order to obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This will vary from one person to another, use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See Fitness Safety below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your resting pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it’s higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity level of the next exercise.

Fitness Safety: The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate (THR) = Target Heart Rate
Target Heart Rate Formula: 220 – Users Age x (multiply) desired T.H.R
MHZ x .60 = 60% of your maximum heart rate.
MHZ x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHZ)
190 x .75 = 142 (high end or 75% of MHZ
30 year-old (THR) Target Heart Rate would be 114-142
How To Properly Wear A Wireless Chest Strap/Transmitter:

It is the owner’s responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

- Do not place chest strap near devices that generate large magnetic fields such as TV’s Electric motors, radios, and high voltage power lines can affect the transmitter’s performance and heart rate readings on the console.
- Handle the chest strap with care. Dropping the transmitter might cause damage that could void the warranty.
- Do not use the chest strap if you have a cardiac pacemaker or if you are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.
- Do not bend the chest strips. This can cause the chest strap to lose conductivity.
- The chest strap has batteries that need to be replaced periodically. A faulty battery can cause an inaccurate reading.

Chest Strap

The computer is equipped with a built-in international standard 5 kHz bandwidth, Polar compatible receiver to monitor a single user’s heart rate. To get an accurate reading, it is recommended that a wireless chest strap be used during every work out. To get an accurate reading you will need to be within three feet of the computer and no less than four feet away from other any users using a transmitter.
How To Properly Wear A Wireless Chest Strap/Transmitter:

1. Buckle one end of the chest strap onto the transmitter
2. Adjust the strap so that it can be buckled into the other end of the chest strap, it must fit snug on your chest, but not too tight to restrict your breathing.
3. The center part of the transmitter must be just below your sternum and below the chest/pectoral muscles
4. Moisten the conductive electrode strips touching your skin with water, ECG gel or other conductive liquids. Do not use Vaseline or oils which may isolate the transmitter making it unable to detect the heart rate signals.
5. After every use, wash the transmitter with a towel and warm soap solution and dry the transmitter thoroughly. The elastic strap should only be hand washed in warm water and never placed in a washing machine and never dried using a dryer. To maximize the battery life, store in a dry area.
6. Do not stretch or bend the transmitter as this will damage the electrodes.

Chest Strap Troubleshooting: No heart rate reading

✓ Check that the elastic strap is tight enough around your body.
✓ Check that the electrodes on the transmitter are moistened properly.
✓ Check that the transmitter electrodes are clean.
✓ While wearing the transmitter, adjust the strap to get a different position.
✓ If transmitter was just placed on, wait a few minutes while the transmitter gets a good connection with your body. When you start to sweat the connection may improve.
✓ Check to see if battery is still working. The estimated average battery life of the transmitter is 2000 hours of use. If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above.

Heart Rate reading is erratic (heart symbol flashes irregularly)

✓ Check that the receiver is within the three feet maximum distance from the transmitter.
✓ A hairy chest or clothing may also weaken the contact. Try to find the best possible position for the transmitter.

Heart Rate is very high (above 200bpm)

✓ Your wireless transmitter is a sensitive device and may fluctuate erratically because it may temporarily be affected by strong electromagnetic and/or radio signals. This may cause erratic and often elevated heart rate displays. Common sources causing interference include televisions, wireless internet transmitters, cell phones, computers, cars and high voltage power lines. Check your surroundings and move away from the source of interference.
✓ Note: That Static electricity from clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the clothing in the area where the transmitter is.

In some cases where the transmission range is at the extremes, for example rowing or biking where the receiver is not attached to the wrist, the receiver may display the same heart rate for a long time. To avoid this, keep the distance within 3 feet.
# TROUBLESHOOTING GUIDE

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Diagnosis</th>
</tr>
</thead>
</table>
| **No Power:** There is no power to the console not turning on. | ✓ Check to see if the unit’s AC adaptor is plugged into a surge protector and/or machine. If the light on the surge protector is lit. Check to see if any other power sources work from the surge protector.  
✓ Check to see if the wire on the AC adaptor is damaged.  
✓ If the unit is first being set up, check to see if the computer wire is pinched, or if a wire has been pulled out from the plastic connector.  
✓ If the unit has been used for a while, check to see if the computer wire has not been disconnected. Unplugged the wire and reconnect them.  
✓ If the above procedures have been checked, the computer console and/or AC adaptor may need to be replaced.  
✓ Contact technical support toll free 1-888-815-5559 |
| **No resistance** | ✓ Check the resistance level by making sure the time is counting then adjusting and listen for a servo motor adjustment. (winding/motor sound) cycle the unit for a few minutes and see if the unit has a different feel.  
✓ Hold down the reset button and check if the servo motor resets and adjusts. If you hear a motor sound, servo motor is working.  
✓ If the unit is first being set up, check if the computer wire is not pinched, or if a wire has not been pulled out from the plastic connector.  
✓ Check if computer cables are connected and everything is plugged in properly.  
✓ If the servo motor works, check the resistance cable and make sure that it is connected to the magnetic flywheel/servo motor correctly.  
✓ If the motor is still not changing resistance the computer and/or servo motor may need to be replaced.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Resistance too high** | ✓ Check the resistance level by starting the computer. Adjust and listen for a servo motor adjustment.  
✓ If the unit is first being set up, check the computer wire for damage, or if a wire has not been pulled out from the plastic connector.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 1** | ✓ Brake Motor Error – Occurs if lower control board does not detect a signal from brake motor.  
✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 2** | ✓ Left Stride Motor Error – Occurs if lower board does not detect a signal from the left stride motor.  
✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 3** | ✓ Right Stride Motor Error – Occurs if lower board does not detect a signal from the Right stride Motor.  
✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 6** | ✓ Left stride motor lower limit switch error.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 8** | ✓ Right stride motor lower limited Switch error.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 11** | ✓ Communication error between the lower board and the console.  
✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Buttons not working on computer** | ✓ Unplug the computer and reconnect it, activate the computer and press the buttons simulating a program to make sure that each buttons work.  
✓ Contact technical support toll free 1-888-815-5559 |
<table>
<thead>
<tr>
<th>Issue</th>
<th>Solution</th>
</tr>
</thead>
</table>
| Computer programs do not work                                       | ✓ Check to see if customer has read computer instructions, and has a good understanding of computer functions.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
| Computer turns off while in use                                       | ✓ Insure the computer is reading Speed/RPM’s/Distance/Calories or Watts is reading.  
✓ If the unit is first being set up, check to see if the computer wire is not pinched, or if a wire has not been pulled out from the plastic connector.  
✓ (Make sure that the room is quiet when trying this next test.) Get next to the units left side pedal and cycle the pedals. If you hear a small tick, the speed sensor is working.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
| No heart rate Signal from contact heart rate receiver                | ✓ Grasp each contact heart rate grip sensor so they rest in each palm and wait a few seconds to see if a heart rate displays on the screen next to pulse.  
✓ Check that all of the wires are connected properly and not damaged.  
✓ Check to see if the computer wire is connected properly with heart rate wire.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
| No wireless heart rate signal                                        | ✓ Check that the elastic strap is tight enough around your body.  
✓ Check that the electrodes on the transmitter are moistened properly.  
✓ Check that the transmitter electrodes are clean.  
✓ While wearing your transmitter, adjust the strap to get a different position.  
✓ If just putting on the chest strap, wait a few minutes for the transmitter gets a good connection with your body. When you start to sweat, the connection will improve.  
✓ Check to see if battery is still working. The estimated average battery life of the transmitter is 2000 hours of use. If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
| Heart Rate reading is erratic (irregularly)                         | ✓ Check that the receiver is within the three feet maximum distance from the transmitter.  
✓ Make sure to hold on to the heart rate contacts for a long period or use a wireless heart rate strap.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
| Heart Rate is very high (above 200bpm)                              | ✓ Your wireless transmitter is a sensitive device and may fluctuate erratically because it may temporarily be affected by strong electromagnetic and radio signals. This may cause erratic and often elevated heart rate displays. Common sources causing interference include televisions, wireless internet transmitters, cell phones, computers, cars and high voltage power lines. Check your surroundings and move away from the source of interference.  
✓ Note: That Static electricity from clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the T-shirt in the area where the transmitter is.  
✓ In some cases where the transmission range is at its extremes, for example rowing or biking where the receiver is not attached to the wrist, the receiver may display the same heart rate for a long time. To avoid this, keep the distance within 3 feet.  
✓ Contact technical support toll free 1-888-815-5559                                                                                      |
Has a thumping sound
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 8. Use assembly lithium grease as needed.
✓ Check the wheels Part # 2CU8 Shaft Wheel w/ball bearing and make sure that they are clean and free from dirt. Use Windex and a towel to clean the wheels and the wheel track. These wheels must be clean in order for it to cycle smoothly.
✓ Contact technical support toll free 1-888-815-5559

Unit has a grinding noise *sounds like a generator
✓ Check each one of the bearings to make sure they roll smoothly.
✓ Contact technical support toll free 1-888-815-5559

Unit wobbles and is unstable on the floor
✓ Check to see if the leveler feet (Page 14 Assembly) on the bottom of the machine are level with the ground. Adjust as needed to level machine.
✓ If unit is placed on hard surface, the machine will need to have a mat placed under the machine to prevent the leveler feet from breaking and to reduce friction noise while cycling.
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 8. Use assembly lithium grease as needed.
✓ Contact technical support toll free 1-888-815-5559

Handle bars are loose or wobble
✓ Retighten the bolts that connect the arms and or stationary heart rate handle bar. Also, retighten the mast bolts associated with Figure 1 in the assembly guide.
✓ Contact technical support toll free 1-888-815-5559

Squeaking/creaking noise
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 8. Use assembly lithium grease as needed.
✓ Pivot points will need to be lubricated with lithium grease.
✓ Contact technical support toll free 1-888-815-5559

**LC-CD700 Error Code Sheet**

<table>
<thead>
<tr>
<th>Code</th>
<th>Event</th>
<th>Need to replace parts</th>
<th>Part number</th>
<th>Wire Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>ERROR1</td>
<td>Brake Motor Error</td>
<td>Brake Motor</td>
<td>2HWH</td>
<td>N/A</td>
</tr>
<tr>
<td>ERROR2</td>
<td>Left stride motor error</td>
<td>Elevator Motor</td>
<td>2HWA</td>
<td>2XK9 / 2XKA</td>
</tr>
<tr>
<td>ERROR3</td>
<td>Right stride motor error</td>
<td>Elevator Motor</td>
<td>2HWB</td>
<td>2XNG / 2XKB</td>
</tr>
<tr>
<td>ERROR6</td>
<td>Left stride motor lower limit switch error</td>
<td>Elevator Motor</td>
<td>2HWA</td>
<td>2XK9 / 2XKA</td>
</tr>
<tr>
<td>ERROR8</td>
<td>Right stride motor lower limit switch error</td>
<td>Elevator Motor</td>
<td>2HWB</td>
<td>2XNG / 2XKB</td>
</tr>
<tr>
<td>ERROR11</td>
<td>Communication error between lower board and the console</td>
<td>Console or Lower board</td>
<td>2XLB / 2Y3Y</td>
<td>2HW8 / 2XK8 / 2XK7</td>
</tr>
</tbody>
</table>
**Cleaning and Maintenance**

The LifeCore LC-CD700 is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a customer. The amount of maintenance required is very little and very simple; however, a failure to implement preventative maintenance suggestions can prevent the machine from operating as designed. The LC-CD700 is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit this voiding the warranty.

**Rules:**

- **Never** use WD-40 or any type of silicone spray to lubricate any moving parts. Use appropriate lithium assembly grease as needed to the pivot points if noise occurs.

- Always clean the machine after use.

  1) Proper cleaning is important for longevity of a machine, clean the unit with a light soap water mixture, followed by a dry towel, or use a light household cleaner such as Windex to remove dirt. The purpose of cleaning the unit is to remove body sweat which contains salt. Salt is the number one factor that will cause the unit to rust and the electronics to stop working.

  2) Dry the unit off with a clean towel to remove left over moisture after every use.

- After the first 12 hours of use, check and retighten any bolts, nuts, screws, pedals, etc. making sure that they are tight and working properly.

  1) The number one service issue is loose hardware. Loose hardware can cause the unit to tick, creak, thump, knock, etc. After the first 12 hours once all the hardware has been tightened, the hardware should be checked every 3 months.

- Only use the appropriate power source, never use an adapter that is not certified for the unit, a wrong adapter will cause the electronics to overheat and malfunction. AC Adaptor DC 24V 5MA Model No. (FSP 120-ACB)

In the unlikely event that the LC-CD700 experiences a problem, first check the following troubleshooting tips to diagnose the problem. If the unit cannot be fixed by reviewing the chart and needs additional troubleshooting please contact LifeCore fitness for advice toll free at 888-815-5559
<table>
<thead>
<tr>
<th>Part #</th>
<th>Part Description</th>
<th>Qty.</th>
<th>Part #</th>
<th>Part Description</th>
<th>Qty.</th>
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<tbody>
<tr>
<td>2872</td>
<td>Green Computer Ground Wire</td>
<td>1</td>
<td>2WHW</td>
<td>D.C/Servo Motor (10C92HWH)</td>
<td>1</td>
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<tr>
<td>01HH</td>
<td>Tension Cable</td>
<td>1</td>
<td>2HZA</td>
<td>Motor Cover, Outside (R)</td>
<td>1</td>
</tr>
<tr>
<td>0HVQ</td>
<td>Ball Bearing 6005ZZ</td>
<td>4</td>
<td>2HZC</td>
<td>Motor Cover, Inside (R)</td>
<td>1</td>
</tr>
<tr>
<td>0HVX</td>
<td>Ball Bearing 6203ZZ</td>
<td>2</td>
<td>2HZD</td>
<td>Motor Cover, Outside (L)</td>
<td>1</td>
</tr>
<tr>
<td>0HVY</td>
<td>Ball Bearing 6204ZZ</td>
<td>2</td>
<td>2HZE</td>
<td>Motor Cover Inside (L)</td>
<td>1</td>
</tr>
<tr>
<td>0HWC</td>
<td>Ball Bearing 6005Z NTN</td>
<td>8</td>
<td>2HZZ</td>
<td>Link Plate Right</td>
<td>2</td>
</tr>
<tr>
<td>0J3P</td>
<td>4mm Allan Wrench</td>
<td>1</td>
<td>2J00</td>
<td>Link Plate</td>
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</tr>
<tr>
<td>0J3Q</td>
<td>5mm Allan Wrench</td>
<td>1</td>
<td>2J02</td>
<td>Shaft Sleeve</td>
<td>2</td>
</tr>
<tr>
<td>0J3V</td>
<td>6mm Allan Wrench</td>
<td>1</td>
<td>2J03</td>
<td>Retaining Washer</td>
<td>4</td>
</tr>
<tr>
<td>0J4Z</td>
<td>Flat Washer</td>
<td>4</td>
<td>2J06</td>
<td>Adjustable Nut</td>
<td>2</td>
</tr>
<tr>
<td>0J69</td>
<td>φ6*13-1 Flat Washer</td>
<td>12</td>
<td>2J07</td>
<td>Washer, D Pattern</td>
<td>4</td>
</tr>
<tr>
<td>0J93</td>
<td>Spring Washer</td>
<td>2</td>
<td>2J08</td>
<td>Shaft Sleeve Below</td>
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</tr>
<tr>
<td>0J9C</td>
<td>Spring Washer</td>
<td>2</td>
<td>2J0A</td>
<td>Bushing Link Plate</td>
<td>4</td>
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<tr>
<td>0JAF</td>
<td>Ground Wire Lock Washer</td>
<td>1</td>
<td>2J0Q</td>
<td>Clamp Bar</td>
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<tr>
<td>0JEE</td>
<td>C-RING</td>
<td>4</td>
<td>2J0T</td>
<td>Elevating Shaft-Threaded</td>
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<tr>
<td>0JEG</td>
<td>C-RING A-20</td>
<td>1</td>
<td>2J0U</td>
<td>Hold Plate, Limited Switch (R)</td>
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<tr>
<td>0JEJ</td>
<td>C-Ring</td>
<td>2</td>
<td>2J0Y</td>
<td>Shaft, Switch</td>
<td>2</td>
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<tr>
<td>0JIVY</td>
<td>M6*1.0-16 Bolt</td>
<td>2</td>
<td>2J78</td>
<td>M8*1.25-12 Bolt</td>
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<tr>
<td>0K28</td>
<td>M5X0.8-16 Screw</td>
<td>12</td>
<td>2JAW</td>
<td>17mm wrench</td>
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<tr>
<td>0K2C</td>
<td>M8X1.25-16 Screw</td>
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<td>2JAX</td>
<td>17mm socket wrench</td>
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<tr>
<td>0K2W</td>
<td>M5*0.8-16 Screws</td>
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<td>2JLF</td>
<td>Hold Plate, Limited Switch (L)</td>
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<tr>
<td>0K3X</td>
<td>M5X0.8-14 Screw &amp; Washer</td>
<td>2</td>
<td>2JN1</td>
<td>Handlebar Upper Assembly (R)</td>
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</tr>
<tr>
<td>0K4R</td>
<td>M5*0.8-12 Screw</td>
<td>21</td>
<td>2JN2</td>
<td>Handlebar Upper Assembly (L)</td>
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</tr>
<tr>
<td>0K7M</td>
<td>M6*1.0-18 Pedal Screws</td>
<td>8</td>
<td>2JP7</td>
<td>M8*1.25-30 Bolt</td>
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<tr>
<td>0KEQ</td>
<td>M5*0.8-12 Screw</td>
<td>2</td>
<td>2JP8</td>
<td>Mini Thrust Ball Bearing</td>
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</tr>
<tr>
<td>0KFE</td>
<td>Ground Wire Screw M5*0.8-6</td>
<td>1</td>
<td>2JRD</td>
<td>Linkage Cover</td>
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</tr>
<tr>
<td>0KMP</td>
<td>Heart Rate Sensor Nut M3*0.5-2.4</td>
<td>2</td>
<td>2K2L</td>
<td>Rolling Wheel Assembly</td>
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<tr>
<td>0KNL</td>
<td>M8*1.25 T=6.5 Nut</td>
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<td>2K54</td>
<td>Heart Rate Sensor Assembly</td>
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<tr>
<td>0KNM</td>
<td>M10X1.5, T=8 Nut</td>
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<td>2K6R</td>
<td>Heart Rate Sensor End Cap</td>
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<tr>
<td>0KQY</td>
<td>M8*1.25 T=8 Lock Nut</td>
<td>1</td>
<td>2K81</td>
<td>Tube of Grease</td>
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<tr>
<td>0KQZ</td>
<td>M10*1.5 T=10 Nut</td>
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<td>2KCC</td>
<td>Plate</td>
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</tr>
<tr>
<td>0KR0</td>
<td>M12*1.75 T=12 Nut</td>
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<td>2KUJ</td>
<td>Adjustment Link Bracket (R)</td>
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</tr>
<tr>
<td>157W</td>
<td>Heart Rate Sensor Screw M3*0.5-30</td>
<td>2</td>
<td>2KUM</td>
<td>Clamp Bar Plate</td>
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<tr>
<td>20W4</td>
<td>M10*1.5 , T=6 Nut</td>
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<td>2KUP</td>
<td>Adjustment Link Bracket (L)</td>
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<tr>
<td>21A7</td>
<td>Retaining Ring</td>
<td>1</td>
<td>2LXT</td>
<td>M12*1.75-55 Bolt</td>
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<tr>
<td>21AA</td>
<td>Idler Wheel Bracket</td>
<td>1</td>
<td>2N3N</td>
<td>Center Shaft</td>
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<tr>
<td>21B8</td>
<td>M10*1.5-20 Bolt</td>
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<td>2NEG</td>
<td>Adjustment Link Assembly (R)</td>
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<tr>
<td>21BA</td>
<td>M10*1.5-81.5 Bolt</td>
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<td>2NEJ</td>
<td>Adjustment Link Assembly (L)</td>
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</tr>
<tr>
<td>21BJ</td>
<td>Magnetic Brake</td>
<td>1</td>
<td>2NEL</td>
<td>Micro-Switch Assembly (R)</td>
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</tr>
<tr>
<td>21K5</td>
<td>Magnet Stand</td>
<td>1</td>
<td>2NEM</td>
<td>Micro-Switch Assembly (L)</td>
<td>1</td>
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<tr>
<td>21LG</td>
<td>Collar</td>
<td>2</td>
<td>2NFU</td>
<td>Washer, D Shape</td>
<td>4</td>
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<tr>
<td>21NP</td>
<td>M12*1.75-110 Bolt</td>
<td>2</td>
<td>2NHZ</td>
<td>C-RING</td>
<td>2</td>
</tr>
<tr>
<td>21X8</td>
<td>Spacer</td>
<td>3</td>
<td>2PHA</td>
<td>M5*0.8-12 Tapping Screw</td>
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<tr>
<td>Part</td>
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<td>22FT</td>
<td>Idler Wheel Bracket Assembly</td>
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<td>2PVZ Heart Rate Sensor</td>
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<td>22LR</td>
<td>C-RING A-16 T=1.2</td>
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<td>2PW0 Heart Rate Sensor Bracket</td>
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<td>22QQV</td>
<td>M10*1.5-20 Screw</td>
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<td>22RR</td>
<td>M10*1.5, T=8 Nut</td>
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<td>2SDP Bushing</td>
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<td>25SN</td>
<td>M8*1.25-20 Screws</td>
<td>12</td>
<td>2UTT Ball Bearings 2205</td>
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<td>2SB1</td>
<td>M5*0.8-25 Screw</td>
<td>3</td>
<td>2WQA Cover Right</td>
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<tr>
<td>25ZE</td>
<td>M4*0.7-10 Bolt</td>
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<td>2WY0 Cover Left</td>
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<tr>
<td>274J</td>
<td>M4*0.7-10 Screw</td>
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<td>2X70 Shaft Sleeve</td>
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<tr>
<td>27JR</td>
<td>M5*0.8-6 Screw</td>
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<td>2X71 Arbor Collar (A)</td>
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<tr>
<td>27S2</td>
<td>Adjustable Foot</td>
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<td>2X72 Arbor Collar (B)</td>
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<tr>
<td>29JY</td>
<td>M2*0.4-10 Screws</td>
<td>8</td>
<td>2X7T Pedal</td>
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<tr>
<td>29M9</td>
<td>Heart Rate Sensor Rubber Pad</td>
<td>2</td>
<td>2X91 Cover LifeCore Sticker</td>
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<td>2ABK</td>
<td>M8*1.25-30 Screws</td>
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<td>2X92 Main Frame LifeCore Sticker</td>
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<tr>
<td>2AC8</td>
<td>Lower Controller Supports</td>
<td>4</td>
<td>2XBA Transmitter/Heart Rate Belt</td>
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<tr>
<td>2AX2</td>
<td>Transport Wheel</td>
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<td>2XCP Boot</td>
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<tr>
<td>2B5V</td>
<td>M5*0.8-16 Screw</td>
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<td>2XJ3 Side Cover (Right Outside) Sticker</td>
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<tr>
<td>2CRJ</td>
<td>Crank Shaft</td>
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<td>2XJ4 Side Cover (Left Outside) Sticker</td>
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<tr>
<td>2CTC</td>
<td>Linking Seat</td>
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<td>2XJD Console Mast Frame</td>
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<tr>
<td>2CTQ</td>
<td>Drive Wheel Right</td>
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<td>2XJS Upper Support Tube</td>
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<tr>
<td>2CTS</td>
<td>Drive Pulley Left</td>
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<td>2XJU Side Rail</td>
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Warranty Card – LifeCore Fitness Inc.

LC-CD700 Center Drive Elliptical

This Limited Warranty applies in the United States to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is (lifetime) on the frame against defects in materials and workmanship under normal use and conditions (excluding expendable parts such as paint & finish), 10 years parts, 1 year labor, Light-Commercial: 2 Year Parts, 1 Year Labor warranty against manufacturer defects. This warranty does not cover wear and tear items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage. Wear items pertain to components that might need to be replaced due to normal wear and tear as a result of normal usage. Labor warranty does not cover improper installation, alterations and/or modifications, misuse, abuse, accident, improper maintenance, noises such as: squeaks, clunks, thumps from a result of poor or lack thereof preventive maintenance. LifeCore warrants that the product you have purchased for personal, family household use from LifeCore, or from an authorized LifeCore reseller, is free from defects in materials or workmanship under normal use during the warranty period. Your remaining warranty can also be transferred to another purchaser, as long as the original purchaser has previously registered their product with LifeCore, and submits a letter to LifeCore Fitness’s warranty registration department to the address below, acknowledging the transaction and has the new owners name, address and phone number along with the serial number of the product, this must be done within 30 days of resale. During the warranty period, the original purchaser’s remaining warranty is transferrable, only one transfer during the warranty period is allowed. In order to validate the warranty this product must have been registered through LifeCore Fitness Inc., and/or a copy of the proof of purchase, transferred warranty letter, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCore Fitness Inc. will not cover any warranty set forth. During the warranty period LifeCore will at no additional charge, repair or replace (at LifeCore option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal personal use as determined by a LifeCore technician. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a product is shipped, delivered or transported to an area that is not a LifeCore Fitness Inc’s distribution area or is out of a serviceable area, it is the purchaser’s sole responsibility to find service and pay for any fees associated with servicing of a product out of LifeCore Fitness distribution or serviceable area. To obtain warranty service, you must contact the original place of purchase. In repairing the product, LifeCore may replace defective parts, or at the option of LifeCore, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCore or from an authorized LifeCore reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCore; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. Product on which the serial number has been defaced, removed, or is not legible for warranty service. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment. LIFECORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFECORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. NEITHER LIFECORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. THANK YOU FOR YOUR BUSINESS! PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC. 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760)599-4555, Fax (760) 946-7602 or register online at lifecorefitness.com.

Customer Service: 888-815-5559

LC-CD700 Elliptical

Please Attach a Copy of the Original Receipt

Full Name: ________________________________
Address: ________________________________
City: ______________ State: ______ Zip Code: __________
Daytime Phone No.: ______________________ Cell Phone No.: ______________
Email: ________________________________
Dealer Purchased from: ___________________
Model: LC-CD700 Elliptical Date Of Purchase: __________
Serial No. ______________________________
Environment Placed: [ ] Residential [ ] Light Commercial [ ] Commercial