INTRODUCTION

Congratulations on the purchase of your new LifeCORE Fitness rower. 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. With over 15 years in the fitness industry, our single biggest asset and what has driven us as a company, is our experience as a fitness product retailer.

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. This time and feedback offered us invaluable insight. As the stores 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 promise to you does not end at the time of the purchase as we understand importance of customer support. Each LifeCORE LC-R90 is backed by the best warranty in the business and supported by a world class service center.

Should you have questions, our skilled customer service team is ready to serve you.

Enjoy your new LC-R90 Rower… we trust it will help to achieve your fitness goals.

Thank you for choosing LifeCORE Fitness.
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SAFETY INSTRUCTIONS & WARNINGS

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

**NOTE:** 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-R90 Rower 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.
- Keep children away from the unit. 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.
- Do not place machine near high voltage or electromagnetic fields.
- Place the R90 on a solid surface and ensure that the unit is stable before usage.
- 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.
- 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.
- Perform proper maintenance as recommended in this manual.

Cautions – For Safe Operation

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

6 mm Hex Wrench / Phillips Screwdriver Combination Tool
ASSEMBLY INSTRUCTIONS

The LifeCore LC-90R Rower is made from the best materials and has been tested and received a rigorous quality control review prior to packing to ensure the correct parts and proper fitting of each component.

Before assembly of your product, identify a proper and appropriate location for the unit. Unpack the box in a clear work area to allow smooth assembly. Remove all of the parts from the packing material but do not discard the packaging material until the assembly is complete. Double check the packaging materials to ensure no missing parts were left behind.

Note: All hardware for the R90 Rower has been preinstalled to aid assembly; The necessary tools for complete assembly have been provided. If you are missing any parts or need assistance with assembly please call LifeCore Fitness at 1-888-815-5559.

Tools Required For Assembly:
- 6mm Hex Wrench – included
- Philips Screw Driver – included

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

Step A : Unpacking the Unit

Before beginning the assembly of your rower, identify an appropriate location. Clear an area large enough for both the top and bottom of the carton and open the carton as shown in the diagram to the right. Unpack all components and confirm all items displayed in the Package Contents section above are present. Double check the packaging materials to ensure no missing parts were left behind.

NOTE: All hardware required for assembly has been pre-installed on the unit.
Step B: Foot Board Assembly
Position the rower on top of the carton lid as shown in the diagram.
Locate and remove the Strap Retainer.
Remove the two preinstalled #367 Hex Screws from the each side of the frame and set aside.
Remove the two preinstalled #373 Hex Screws from the top of the frame and set aside.
Locate the Foot Board Assembly and align the mounting holes between the heel straps with the holes on the top of the Frame. Re-install the two #373 Hex Screws through the Foot Board Assembly and into the Frame. Tighten the screws firmly.
Re-install the two #367 Hex Screws through each side of the Foot Board Assembly and into the Frame. Tighten the screws firmly.

Step C: Front Stabilizer Assembly
Position the rower to allow access to the underside of the frame.
Remove the four #367 Hex Screws from the underside of the frame and set aside.
While supporting the Front Stabilizer (#5) near the underside of the frame, connect cables #712 and #720.

NOTE: Ensure that the cable connectors are fully engaged. There should be an audible “click” when the connectors are installed correctly.

Carefully tuck the connected cables into the main frame and align the Front Stabilizer (#5) with the four mounting holes in the frame.

NOTE: The wheels must be facing away from the fan enclosure.
Loosely thread all four #367 Hex Screws through mounting plate and into the frame making sure that the cables are not pinched or exposed. Once all fourscrews are partially installed, tighten them firmly.
Step D: Rear Stabilizer Bar Assembly
Position the Aluminum Seat Slide Rail (#1) on the box as shown in the diagram to the right.
Remove the four preinstalled #319 Hex Screws from the underside of the Aluminum Seat Slide Rail (#1) and set them aside.
Align the mounting holes in the #6 Rear Stabilizer with the mounting holes in the underside of the Aluminum Seat Slide Rail (#1).

NOTE: Make sure the rear stabilizer is angled toward the near end of the rail.
Loosely thread the four #319 Hex Screws through the #6 Rear Stabilizer and into the #1 Aluminum Seat Slide Frame. When all four screws are partially installed, tighten them firmly.
Cut the zip-tie which secures the seat slide assembly.

Step E: Seat Slide Frame Installation
Position the LC-R90 Rower upright as displayed in the image to the right.

NOTE: For Safety reasons additional assistance may be needed to help lift the main frame assembly.
Remove the six preinstalled #319 Hex Screws from the #3 Pivot Bracket and set aside.
Lift the #1 Aluminum Seat Slide Frame into the vertical position and slide the over the #3 Pivot Bracket.

NOTE: Be sure that the seat slide mechanisms is in the forward/down position before attempting to lift the seat slide frame.
Loosely install the six #319 Hex Screws through the #1 Aluminum Seat Slide Frame and into the #3 Pivot Bracket.
When all six screws are started, tighten firmly.
Step F : Seat Installation

Locate the #119 Seat and remove the four #6 Hex Screws from the underside.

Align the holes in the underside of the #119 Seat with the holes in the #9 Seat Slide Frame mounting plates, and loosely thread the four #6 Hex Screws through the mounting plates and into the seat base.

When all four #6 Hex Screws are started, tighten each firmly.

Step G : Seat Slide Cover Installation

Remove the four #304 Phillips Screw from the #9 Seat Slide Frame and set aside.

Align one of the #117 Seat Slide Covers with the left side of the #9 Seat Slide Frame and reinstall two of the #304 Phillips Screws. Tighten firmly.

Install the second #117 Seat Slide Cover onto the right side of the #9 Seat Slide Frame by reinstalling the last two #304 Phillips Screws. Tighten firmly.
Step H: Final Steps

NOTE: Never mix old and new batteries. Never mix battery brands. If the unit is to be stored for more than thirty days, remove the batteries to prevent damage to the electrical system.

Remove the two preinstalled #317 Phillips Screws which fix the #153 Battery Door and set aside.

With the Battery Compartment (#712) open, install the four #766 C-Size Batteries.

Before closing the battery compartment, ensure the batteries are installed and functioning properly by confirming there is power to the console.

Reinstall the #153 Battery Compartment Door by reinstalling the two #317 Phillips Screws.

Discard and recycle the packaging material and read the manual thoroughly before using the rower.

Congratulations. The assembly of your LC-R90 Rower is complete!

SETTING UP YOUR ROWER

Powering Up the Unit

The R90 Rower operates with 4 C batteries. Once the power source is connected, the computer will turn on automatically. If unit has entered Sleep Mode, press any key or pull the handle to activate the computer.

Unfolding the Seat Slide Rail

Before unfolding the rower, ensure there is enough room for the seat slide rail to fold down.

Lift the computer console arm upward to move it out of the way.

While supporting Seat Slide Rail, press downward on the Quick Release Lever found on the left side of the machine (as illustrated to the right) and slowly lower the rail until the Rear Stabilizer reaches the ground.
Locking the Seat Slide Rail
With Seat Slide Rail in the lowered position, grasp handle located between the footbeds and lift upward. The center wheels will come off the ground. Continue lifting until you hear an audible “click” which confirms the locking mechanism has been engaged. Slowly release your grip and ensure the pivot remains in the locked position. The R90 Rower is ready to use.

**NOTE:** The seat slide rail is heavy. Please seek assistance when lowering. Never attempt to lift the beam if you have medical issues.

**NOTE:** To avoid serious injury, keep finger and hands away from the folding hinge points.

Folding the Seat Slide Rail
Before folding the rower, raise the computer console arm upward and forward so it will be clear of the seat slide rail in the folded position. To fold the seat slide rail, lift upward on the center of the unit by grasping the handle located between footbeds with one hand to release the pressure from the locking mechanism. With the other hand, press downward on the release lever and slowly lower the unit to the floor until the transport rollers rest on the floor. From the rear of the Seat Slide Rail, lift upward until the locking mechanism engages and emits an audible click. Ensure the rail is locked.
Transportation and Storage
Before transporting the rower, raise the seat slide rail to the folded position and lock into place.
Grip the seat slide rail and carefully move the rower to the desired position.
Lower the seat slide rail and lock the hinge before using.

**NOTE:** Never attempt to move the R90 Rower without assistance. The unit is heavy and can tip over if not properly supported.

Getting Started

**Sitting Down**
While straddling seat slide beam, reach down and move the seat into position.
With one hand on the seat and one hand on the beam, gradually lower yourself into a seated position.

**NOTE:** Use extreme caution when attempting to mount and dismount the R90 Rower.
Console Angle Adjustment
To ensure the console display is viewable for all users, the console is mounted to an articulating arm which swings up and down. Additionally the console tilts for a fine adjustment. Grip the console with two hands set the console to the desired height and an angle.

Resistance Control
The LC-R90 Rower is equipped with two resistance systems. The large fan attached to the flywheel provides the bulk of resistance and comprises the air resistance system. A second magnetic resistance system allows fine adjustments for a customized workout.
Rotating the resistance control knob clockwise will increase the resistance, while a counter-clockwise rotation will decrease the resistance.
The dial indicator provides visible confirmation of the current magnetic resistance with 6 being the highest/hardest setting and 1 representing the lowest/easiest setting.
As adjustments are made to the resistance knob, the console will also confirm the current setting.
Handle Bar Holder
When you have finished your workout remember to place the handle bar into the handle bar holder as shown in the diagrams below.

Footbed Adjustments
The footbeds feature side-to-side and angular flexibility to allow unstressed and natural knee and ankle movement throughout each stroke.
For a customized fit, the footbeds offer fore-aft adjustability. To reposition the heal support, lift the upper tab to disengage the footbed from the fixing pegs. Select the desired position and release the upper tab to lock the footbed in place.
There are five possible positions. Typically, the desired footbed position places the foot straps over the balls of the user’s feet.
Foot Strap Release
The foot pedals are equipped with quick-release straps for easy adjustment.
To loosen the straps, push in and down on the buckle with your thumb.
To tighten the straps, pull firmly on loose end of the strap.

Common Rowing Faults
Rowing is an excellent, low-impact workout that engages many muscle groups. Each stroke should be smooth, relaxed and fluid. It will take some practice to achieve a graceful stroke. We have highlighted a few of the common errors those new to rowing often make. A short description and how to correct these conditions may help to speed you toward a proper technique.

Condition: Leaning Too Far Forward
- Description: Leaning the body towards the pull strap (or crunching) may cause sore abs and/or back pain.
- Solution: Use the arms to pull the pull strap towards the body while working to keep the back straight during the entire stroke.
Condition: Elbows Too High

- **Description:** The stroke ends with the elbows sticking outward, away from the body. This may cause sore arms and shoulders.

- **Solution:** Pull the handlebar toward the abdomen. Keep the forearms flat and parallel to the ground.

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Locking The Knees

- **Description:** At the end of the stroke, the user locks the knees making the legs straight. This action can stress the knees and cause soreness and pain.

- **Solution:** Always keep the legs slightly bent. Do not lock the knees.
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.

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 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 rhythmic 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
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.

NOTE: Start slow, with intensity low until you build up endurance and strength. Always consult your physician before beginning any exercise program.
### Body Mass Index Chart: BMI = \[(\text{weight (lbs.)} \div \text{height}^2 \text{ (in.)})\] x 703

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*Note: Chart applies to adults aged 20 years and older*

### HEART RATE TRAINING

**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 wireless heart rate receiver that can detect the user’s pulse if a 5k transmitter heart rate chest strap is worn (not included).
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, for 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. The Calculated 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 x 185 = 111 BPM (60% of 185 BPM [Max HR] = 111 BPM)
- 0.85 x 185 = 157 BPM (85% of 185 BPM [Max HR] = 157 BPM)

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

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 85% 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 cardio-vascular conditioning.

Check Your Pulse Recovery Rate

If your pulse is over 100bpm 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.
Using the Wireless Heart Rate Chest Strap

The LC-R90 Rower is equipped with a built-in wireless 5k receiver which can receive your heart rate signal if a compatible chest strap transmitter is used. The chest strap is an optional item. Please contact LifeCore Fitness to purchase a compatible chest strap transmitter to take advantage of the heart rate programs and on-board heart rate monitoring the console offers.

When a signal is detected, the user’s heart rate will automatically be displayed on the console.

To obtain an accurate signal while using a wireless heart rate chest strap, the user will need to be within three feet of the console and at least four feet away from others using similar heart rate transmitting devices.

How to Wear Your Heart Rate Chest Strap

- Buckle one end of the chest strap onto the transmitter.
- Adjust the band length so that the fit is snug, but not too tight.
- Buckle the other end of the chest strap onto the transmitter.
- Center the transmitter on your chest below the pectoral muscles or breasts.
- Stretch the transmitter away from your chest and moisten the conductive electrode strips with water.

**NOTE:** Generally, the transmitter will power up automatically when worn by the user and power off when it is removed. However, it is possible for the transmitter to become active if allowed to remain damp. Care should be taken to prevent contact with such items as damp towels or clothing as this moisture may activate the transmitter and prematurely drain the battery life. For this reason, the chest strap should be dried thoroughly before storing.

Chest Strap Transmitter Troubleshooting (Intermittent or No Heart Rate Display)

- It may take a few minutes for the transmitter's electrode strips to gain a good connection with user’s body. When you start to sweat the connection will improve.
- It may be necessary to adjust the position of the strap.
- Ensure the elastic strap is tight to provide consistent contact between the electrode strips and the user’s body.
- Confirm that the electrode strips on the transmitter are moistened properly.
- Verify that the electrode strips on the transmitter are clean.
- Ensure that the chest strap transmitter’s battery is still providing power. The estimated average battery life of the transmitter is 600 hours of use. When the battery power becomes low, the transmission range decreases and erroneous or intermittent signals may be displayed.
- If the battery is completely dead, no signal will be transmitted and it is time to replace the chest strap (if the transmitter is a sealed type) or battery.
LC-R90 CONSOLE OVERVIEW

Console Layout

- Program Indicators
- LCD Display
- Matrix Display
- Data Display Fields
- Heart Rate Signal Indicator
- Input/Control Keys

LifeCORE Fitness
CONSOLE DISPLAYS

Program Indicators
The fields at the top of the LCD console provide the current program and offer status updates.

Matrix Display Field
The Matrix Display Field will post the current resistance level during operation of the Manual program and the user’s pace vs. PC boat’s pace during Race program. The Matrix Display configuration will change in appearance depending upon which program is selected.

Time Segment Display
There are 16 vertical columns of LCD segments in the Matrix Display Field. Each column graphically represents one segment of time. Each time segment equals 1/16th of the total program time. While a program is operating, one of the 16 columns will blink continuously to indicate the user’s current progress in the program.

Magnetic Resistance Setting Display
There are 6 horizontal rows in the Matrix Display field which graphically represent the current resistance setting. The range is 1 through 6 and corresponds to the resistance setting selected via the Resistance Control Knob. When only the lowest row is displayed, resistance level 1 has been selected. When all six are displayed, resistance level 6 has been selected.

Data Display Fields
There are six Data Display Fields. During program setup, the appropriate data display will blink to indicate which field the user is currently adjusting. Press the UP/DOWN key to adjust the value. Press ENTER to confirm and lock in the value.

**TIME**
Measures time in minutes and seconds with a range of 0:00 to 99:00. When setting up a program, if a value of 30 minutes (for example) is entered, the Time Display will count down from the entered value. Alternatively, if 0:00 is entered for the time value, the program will run continuously until the START/STOP button is pressed or another preset value has been reached. This display field will toggle continuously between the count-up or countdown time display and the 500M time display.

**500M**
Is the estimated amount of time it will take the current user to travel 500 meters at their current pace. This display field will toggle continuously between the count-up or countdown time display and the 500M time display.

**SPM**
SPM = Strokes-Per-Minute. This field displays the estimated number of strokes pulled in one minute if the current speed is maintained. This value will fluctuate as the rate of pulls changes.

**DISTANCE**
This field displays the distance traveled during a workout program. The display is in meters, the traditional unit of measure for rowing.

**STROKES**
The Strokes Field displays the total number of strokes pulled during the current program. This display field will toggle continuously between the Total Strokes display and the Stroke display.
**TOTAL STROKES**

Total Strokes represents the cumulative number of stroke this R90 Rower has logged. This data will be stored until the batteries are removed the unit. This display field will toggle continuously between the Total Strokes display and the Stroke display.

**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 stroke power. The Watts Display will post the estimated Watts-per-stroke during a workout and will fluctuate as the user’s stroke power increases or decreases. This display field will toggle continuously between the Watts display and the Calories display.

**CALORIES**

The Calories field tracks the estimated number of calories burned from the beginning of the program and is a derivative of the user’s SPM and the Resistance Level. This display field will toggle continuously between the Watts display and the Calories display.

**Alert Symbols**

**PULSE/HEART ICON:** If a heart rate signal is detected by the console, the Heart or Pulse icon will light. If the icon is not lit, no pulse is detected.

**BATTERY ICON:** When the on-board battery power becomes weak, the Battery icon will light. Change the batteries as soon as you notice the Battery icon is lit.

**Function Keys**

**RECOVERY Key**

Pressing the Recovery key at the end of a workout will launch the Recovery program.

**RESET Key**

Pressing the RESET key once will reset all previously recorded values such as: Time, Strokes, Meters, Calories, etc., and return the console to the Selecting Mode.

Pressing and holding the RESET key for two seconds will reset the console and launch the Setup Mode.

**START/STOP Key**

Pressing the START/STOP key one time will launch the selected program. All metrics data will begin to display.

Press the START/STOP key a second time will pause the program. To resume, press the START/STOP key again.

**ENTER Key**

Press the ENTER key to confirm the program setting, selection or data entry.

**UP/DOWN Keys**

The UP/DOWN keys are used to adjust the displayed values during the Program Setup Modes/
CONSOLE OPERATON

Please read the console operating instructions thoroughly to become familiar with all of the available console features.
Ensure the LC-R90 Rower is powered-up before attempting to launch a program.
This product is powered by four C-sized batteries. Ensure the batteries are properly installed. Press any button or pull on the handle to activate the console.

CONSOLE MODES

Program Select Mode  The console is in the Program Selection Mode when all display fields are visible, but no programs are running. This mode will launch when a program ends, the user presses a button or pulls the rower handlebar.

Setup Mode  When the batteries are initially installed, the console will enter the Setup Mode. The user will be prompted to enter the current time and date. This information will be stored and displayed during the Power Save Mode. To adjust the displayed values, press the UP or DOWN keys. Press ENTER to confirm.

Power Save Mode  If the console detects no activity for more than four minutes, the Power Save Mode will launch. The Matrix Display will post the current time, date and room temperature in Fahrenheit. To resume and enter the Program Selection Mode, simply press any key or begin rowing.

PROGRAMS - CLASSIC

QUICK START

From Program Selection Mode, press the START/STOP key to launch the Manual Program. The Time display will begin to count up from 0:00. Begin rowing. To adjust the magnetic resistance, rotate the Resistance Control Knob to the desired setting.

MANUAL PROGRAM

To launch the Manual Program, press the UP or DOWN key from the Program Selection Mode until the MANUAL Banner is lit. Press the ENTER key to confirm selection and launch the program.

The Manual program can be configured to operate until a specific, user-selected metrics target such as Distance, Strokes, or Calories is achieved. Although it is possible to enter values for more than one metric, it is recommended that only one value is supplied, leaving the others with a value of zero as the program will only run until the first of any entered goals/values are achieved.

Press the ENTER key to confirm the manual program selection. Follow the following steps to program your workout.

Select Time  After selecting the Manual programs, the TIME value will flash the default 0:00 in the display field. To accept the displayed value, press the ENTER key. To adjust the value in increments of 1 second, use the UP or DOWN keys until the desired value is displayed. The available range is 0:00 to 99:00 minutes. Press ENTER to confirm.
Select Distance  The DISTANCE value will begin to flash the default 0 meters in the display field. To accept the displayed value, press the ENTER key. To adjust the value in increments of 100 meters, use the UP or DOWN keys until the desired value is displayed. The available range is 0 to 99,900 meters. Press ENTER to confirm.

Select Strokes  The STROKES value will begin to flash the default 0 in the display field. To accept the displayed value, press the ENTER key. To adjust the value in increments of 1 stroke, use the UP or DOWN keys until the desired value is displayed. The available range is 0 to 9,999 strokes. Press ENTER to confirm.

Select Calories  The CALORIES value will begin to flash the default 0 in the display field. To accept the displayed value, press the ENTER key. To adjust the value in increments of 10 calories, use the UP or DOWN keys until the desired value is displayed. The available range is 0 to 9,990 calories. Press ENTER to confirm.

Choose Pulse  The PULSE/BPM value will begin to flash the default 0 in the display field. To accept the displayed value, press the ENTER key. To adjust the value in increments of 1 beat-per-minute, use the UP or DOWN keys until the desired value is displayed. The available range is 30 to 240 BPM. Press ENTER to confirm.

NOTE:  This setting requires a wireless heart rate device to operate. Setting a heart rate parameter can allow a user to work out and stay in their target heart rate zone. The console will beep if the selected heart rate target is exceeded and will continue to beep until the user’s heart rate drops below the preset heart rate.

Once a goal value is set, select a desired resistance level. Press the START/STOP key and launch the program. The preset value will count down and all other data will count up until the preset value is reached.

RACE PROGRAM
The Race program is designed to simulate a competition against an opponent.
To launch the Race Program, press the UP or DOWN key from the Program Selection Mode until the RACE Banner is lit. Press the ENTER key to confirm selection and launch the program.
The console will prompt the user to enter various metrics, including Pace Boat Speed, Distance and Resistance Level.

Set Pace Boat Speed  Once the Race program is launched, L9 and 4:00 will flash in the data display field and matrix display prompting the user to select the speed of the pace boat. The available times are preloaded and range from 1:00 to 8:00 minutes. To change the displayed value in 30-second increments, press the UP or DOWN key. Press the ENTER key to confirm.

Pace Boat Speed/500M Spat Time

<table>
<thead>
<tr>
<th></th>
<th>L1</th>
<th>L2</th>
<th>L3</th>
<th>L4</th>
<th>L5</th>
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<th>L12</th>
<th>L13</th>
<th>L14</th>
<th>L15</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>8:00</td>
<td>7:30</td>
<td>7:00</td>
<td>6:30</td>
<td>6:00</td>
<td>5:30</td>
<td>5:00</td>
<td>4:30</td>
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<td>2:30</td>
<td>2:00</td>
<td>1:30</td>
<td>1:00</td>
</tr>
</tbody>
</table>
Select Distance/Meters  500 meters will flash in the data display field. To change the value in increments of 500 meters, press the UP or DOWN key. The available range is 500 to 10,000 meters. Press the ENTER key to confirm.

Set Resistance  Set your desired resistance level via the Resistance Control Knob located near the footboards on the upper frame.

Program Start  Once all settings have been entered, press the START/STOP key to begin.

Matrix Display Field  The user’s boat (“U”) and the pace boat (“PC”) will be displayed in the Matrix Display Field. The program ends when one of you has reached the target distance; PC WIN or USER WIN will be displayed.

Note: The resistance level can be adjusted via the Resistance Control Knob at any time.

Recovery Program  Pressing the RECOVERY key at the end of a workout will launch the program. The time display will start counting down from 60 seconds and the pulse display will post the user’s current heart rate. Avoid pressing any keys or using the rower during the testing process.

Note: A heart rate must be detected for this program to function.

Fitness Level Results  After 60 seconds have elapsed, the Matrix Display will post the user’s fitness score as a code. F1 is the fastest rate of recovery, F6 represents a very slow rate of recovery.

<table>
<thead>
<tr>
<th>Score</th>
<th>Fitness Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>F1</td>
<td>Excellent</td>
</tr>
<tr>
<td>F2</td>
<td>Good</td>
</tr>
<tr>
<td>F3</td>
<td>Fit</td>
</tr>
<tr>
<td>F4</td>
<td>Average</td>
</tr>
<tr>
<td>F5</td>
<td>Below Average</td>
</tr>
<tr>
<td>F6</td>
<td>Poor</td>
</tr>
</tbody>
</table>
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.

**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.

**Cleaning**

*After Each Workout:* 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 and a towel near the unit will help ensure that your LifeCORE Fitness equipment looks new for many years.

The seat slide rail often accumulates dirt that will damage the tracks. This dirt can be wiped away with a mild soap solution and a dry cloth. It is sometimes necessary to also clean the wheels of the seat slide to remove any ground-in dirt or sand.

**Lubrication**

*Never:* The R90 Rower does not require lubrication. The only moving parts contain sealed bearings. Never use WD-40 or silicone spray as these chemicals will damage the unit’s componentry.

**Check Knobs & Levers**

*Before Every Use:* Prior to each workout, confirm that all adjustment levers and screws are tightened firmly. This includes the folding mechanism.

**Re-tighten Nuts, Bolts & Screws**

*After the First 12 Hours of Use:* Check and re-tighten any bolts, nuts, screws, etc. that may have come loose after the initial assembly. The most common service call is loose hardware. Loose hardware can cause the unit to tick, creak, thump, or knock. Left unnoticed and unrepaired, loose hardware can grow into an expensive repair that is probably not covered under the terms of our Warranty. After the first 12-Hours-of-Use Re-Tightening, maintain the unit by re-tightening the hardware every three months.

**Install New Batteries**

*When the Console Battery Icon is Lit:* Low battery power can be the cause of several issues, including an erratic or inconsistent LCD display. When it is time to change the batteries, install new, alkaline C-sized cells. Never mix brands of batteries or old and new batteries. If the R90 Rower will be stored for a long period of time, the user must remove the batteries to prevent damage to the electrical components.
WARRANTY INFORMATION

What is Covered
LifeCore Fitness, Inc. ("LifeCore") warrants to the original purchaser of this LifeCore Fitness branded product (the "Product") that the frame of the Product shall be free from defect in materials and workmanship during the normal life of the Product. All other parts and components of the Product shall be free from defect in material and workmanship for a period of three years from the date of purchase when the Product is used as recommended by LifeCore under normal family household uses and conditions. During the warranty period, LifeCore will at no additional charge to you, repair or replace (at LifeCore option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor for any required repair is warranted for one year from the date of original purchase. After one year, all labor shall be the responsibility of the owner.

What is Not Covered
This Limited Warranty applies only for Product sold in the United States under the LifeCore brand name. This warranty does not cover normal wear and tear on items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, cosmetic damage, and excludes paint & finish. Wear items pertain to components that might need to be replaced due to wear and tear resulting from normal usage. This warranty is void if the Product is improperly stored, assembled, altered and/or modified in any way, misused, abused, is subject to accident, is improperly maintained, and this warranty does not cover repair for any noises such as: squeaks, clunks, thumps resulting from poor or lack of preventive maintenance. This Limited Warranty does not extend to any Product that is damaged or that is rendered defective; (a) as a result of accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by LifeCore; (c) by modification of the Product; (d) by normal wear and tear; (e) operation using incorrect power supplies; or (f) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. This Limited Warranty is void if the Product serial number has been defaced or removed. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

Warranty Service Area
Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a Product requires shipment, delivery or transport to an area that is not within a LifeCore distribution area or is outside of a serviceable area it is the purchaser’s sole responsibility to pay for any fees associated with servicing of a Product out of LifeCore Fitness distribution or serviceable area(s). Any evidence of alteration, erasing or forgery of proof-of-purchase documents voids this Limited Warranty. This Limited Warranty applies only to Product purchased from LifeCore or from an authorized LifeCore reseller.

Disclaimed Warranties
TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL WARRANTIES, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT PERMITTED BY LAW; AND LIFECORE NEITHER ASSUMES NOR AUTHORIZES ANY PERSON OR ENTITY TO ASSUME FOR IT ANY DUTY, OBLIGATION OR LIABILITY IN CONNECTION WITH ITS PRODUCTS. LIFECORE HEREBY DISCLAIMS AND HAS ABSOLUTELY NO LIABILITY FOR ANY AND ALL ACTS OF THIRD PARTIES INCLUDING DEALERS, ASSEMBLERS OR MAINTENANCE PROVIDERS. IN THE EVENT OF A CLAIM OR A DISPUTE INVOLVING LIFECORE OR ITS SUBSIDIARY, THE VENUE SHALL BE SAN DIEGO COUNTY IN THE STATE OF CALIFORNIA. CALIFORNIA STATE LAWS AND APPLICABLE FEDERAL LAWS SHALL APPLY AND GOVERN THE DISPUTE. THE MAXIMUM RECOVERY UNDER ANY CLAIM AGAINST LIFECORE SHALL BE STRICTLY LIMITED TO THE PURCHASE PRICE OF THE DEFECTIVE PART. LIFECORE SHALL NOT BE RESPONSIBLE FOR ANY DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO, ANY CONSEQUENTIAL DAMAGES, INCIDENTAL DAMAGES, DAMAGES FOR THE LOSS OF TIME, LOSS OF EARNINGS, COMMERCIAL LOSS, LOSS OF ECONOMIC OPPORTUNITY AND THE LIKE.
Some states do not allow limitations on how long an implied warranty will last or the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other rights that vary from State to State. LifeCore does not and has not authorized any person or entity to create for it any other obligation, promise, duty or obligation in connection with this Product.

**Warranty Registration**

PLEASE REGISTER YOUR PRODUCT WITHIN (10) DAYS OF PURCHASE. Registration is available online at LifeCoreFitness.com/Registrations/New. If you do not have access to the Internet, please call, fax or mail our service department: LifeCore Fitness Inc. 5803 Newton Drive, Suite B, Carlsbad CA 92008, telephone 1.888.815.5999, fax (760) 946-7602. Unless otherwise prohibited by law, 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. is not responsible to cover any warranty.

**Warranty Claim Processing**

To obtain warranty service, you must contact the original place of purchase. LifeCore may, at its option, repair or replace any defective Product frame or parts with new or serviceable used parts that are equivalent in function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service 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.

**Transferring Your Warranty**

During any remaining warranty period, the remaining period of warranty can be transferred one time to another party, as long as the original purchaser previously registered their Product with LifeCore, and submits to LifeCore, within 30 days after transfer of the Product at www.lifecorefitness.com/registration, a letter acknowledging the transaction and specifying the new owner’s name, address and phone number, along with the serial number of the transferred Product. The original warranty may only be transferred once.

Please see other LifeCore Fitness Products at www.lifecorefitness.com. THANK YOU FOR YOUR BUSINESS!
PURCHASER’S REFERENCE INFORMATION

Product Name:  LifeCORE Fitness LC-R90 Rower

Serial Number:  P  __  ___  BH  __  __  

Record the serial number here.

Serial Number Location
The serial number will be located on the left side of the upper frame, just forward of the footboard. (See image to the right).

To Activate Warranty
Please register the unit on our website: LifeCoreFitness.com/Registrations/New

Record of Purchase

NOTE:  Please record details associated with the purchase of your LifeCORE Fitness LC-R90 Rower below. This information will be required in the event the unit requires future service. ATTACH THE PURCHASE RECEIPT.

Dealer Name:  ________________________________  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. © LifeCORE Fitness 2015