User Product Manual
LifeCore 900 Recumbent

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Important Safety Instruction

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

The LifeCore 900RB is an exercise bike that simulates the movements of riding a bicycle at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of cardiovascular conditions. If, at any time while exercising, a user experiences shortness of breath, dizziness, faintness, chest pains, or any discomforts, he or she must stop immediately and contact his or her physician.

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

The LifeCore 900RB 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.

Before assembly of your product, distinguish a proper and appropriate location for the unit where there is easy access to an electrical outlet 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 make sure no parts were left behind.

Note that some hardware may be preassembled to components to help with assembly and tools have been provided to assist with assembly.

**Tools Required:**

- 13 mm wrench
- 15 mm wrench
- Philips Screw driver
- 6mm Allen wrench
- 5mm Allen wrench
- 4mm Allen wrench
**FIGURE 1 ASSEMBLY FOR REAR STABILIZER**

Tool Needed: 13mm wrench

The first assembly step is to attach the (C1) rear stabilizer bar with the rear part of the (A1) main frame using (C3) Bolt, (C4) Washer and (C5) Nut.

**FIGURE 2 ASSEMBLY FOR FRONT STABILIZER**

Tool Needed: 13mm wrench

Next, attach the (B1) front stabilizer to the front of the machine using (B3) bolts, (B4) washers and (B5) nuts.

Note: Once the stabilizers are attached check to see if the machine is stable, if the machine is unstable then adjust the (B2) rear end Caps to level the machine.
**FIGURE 3  ASSEMBLY FOR CENTRAL SUPPORT TUBE & DECORATION COVER**

**Step 1.**
Slide (E2) decoration cover onto (E1) center support tube from the bottom of the tube as illustrated.

**Step 2.**
Connect (A3) internal heart rate cable with (E4) heart rate wire, next connect (E3) computer wire with (A1-3) servo motor wire. Make sure each wire snaps into place. Connect (E1) central support tube with the (A) main frame. Use (A7) washer and (A9) bolt to connect each part.

**FIGURE 4  ASSEMBLY FOR SMALL HANDLE BAR & WATER BOTTLE**

**Tool Needed:**
6mm Allen wrench

**Step 1.**
Attach (D) small handle bar using (E6) washers and (E5) bolts to (E1) central support tube.

**Tool Needed:**
4mm Allen Wrench

**Step 2.**
Attach (L1) bottle holder to (E1) central support tube with (L3) screws. Afterwards (L2) water bottle can be placed into (L1) bottle holder.
**FIGURE 5 ASSEMBLY FOR COMPUTER AND BOOKSTAND**

**Tool Needed:**
Philips screw driver

**Note:** If the computer is going to operate with batteries, they must be installed prior to the computer installation. Also, make sure when the computer is sliding into the housing that the wires are pushed back into the (E1) central support tube to prevent pinching a wire when the computer is locked into place.

**Step 1.**
Connect (E3) computer wire and (E4) Heart rate wire to (G) computer console.

**Step 2.**
Slide (G) computer console onto (E1) central support tube. Use caution when sliding the computer console on.

**Step 3.**
Install (R) reading rack to (D) small handle bar with (J8) washer and (J7) screw.

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**FIGURE 6 ASSEMBLY FOR SADDLE TUBE & BACK PAD**

**Tool Needed:**
6mm Allen wrench
5mm Allen wrench

**Step 1.**
Connect (K) saddle tube to (A5) sliding tracking using (J3) washers and (J1) bolts.

**Step 2.**
Fit (H2) back pad to (K) saddle tube with (J5) washer and (J4) bolts.
Figure 7

Assembly for Stop Bar & Right Side Handle Bar

Tools Needed:
- 4mm Allen wrench
- 6mm Allen wrench

Step 1.
Insert (P) stop bar to the (A4-1) stop bar tube and tighten (A4) screws to secure stop bar.

Step 2.
Connect (A8) hand pulse wire to (F3) hand pulse sensor wire which is coming out of (F1) right side handle bar. When tightening (A5-1) bolt and (A5-2) washer, make sure that the hand pulse wires do not get pinched.

Be careful not to pinch hand pulse wire when tightening.

Figure 8

Assembly for Left Side Handle Bar

Tools Needed:
- 4mm Allen wrench
- 6mm Allen wrench

Step 1.
Repeat same assembly instructions as right side.
FIGURE 9 ASSEMBLY FOR SEAT PAD & MAIN FRAME

Tool Needed:
6mm Allen wrench

Step 1.
Install (H1) seat pad to (K) saddle tube using (J3) washer and (J2) bolt.

Note: Use a lot of torque to secure pedals.

FIGURE 10 ASSEMBLY RIGHT & LEFT PEDAL

Tool Needed:
15mm wrench

Step 1.
Attach the right pedal (M2) to the right crank arm. Tighten the right pedal treads into the crank clockwise.

Step 2.
Attach the left pedal (M1) to left crank arm. Tighten the left pedal treads into the crank counter-clockwise.
Recumbent Seat Adjustments

How to adjust the Seat Pad

To adjust the seat rail according to a user's height, pull up on the stop bar (P) and set the seat to the most comfortable location which allows the rider to have a smooth and comfortable motion. The proper way to cycle is to have the knees slightly bent during the furthest pedal rotation.

How to transport the bike

If the machine needs to be transported to a different location, stand at the front of the machine and push down on the front handle bars until the weight of the machine is transferred to the transport wheels and the rear of the machine is in the air. You can now easily move the machine to a new location. Gently set the machine down at its new location.
How to power your machine

It is always recommended that the unit’s AC adaptor be plugged into a surge protector or unplugged after every use to prevent electrical damage. There are two ways the machine can power up: 1) The computer comes equipped with battery prongs to hold 4 C batteries. It is recommended that the unit only operate with batteries if an electrical outlet is not available. 2) The machine has an electrical inlet at the rear, where the unit can run on an AC adaptor. It is recommended that this adaptor be plugged into a surge protector, which is not shown below.  

AC Adaptor specification:

AC Adapter US standard with maximum wattage:

4.5W - I/P: 120V AC   60HZ - O/P: (DC 9V   500MA)
**Computer Instruction Manual**

**LCD Display**
Dual color Liquid Crystal Display

**Mode Display**
TIME, SPEED, RPM, DISTANCE, CALORIES, PULSE, WATT
During your workout you can select what is shown in the Mode display. The flashing text indicates what is being shown in the Mode Display. The computer will automatically start in the Scan mode displaying TIME, SPEED, RPM, DISTANCE, CALORIES, PULSE, and WATT in 5 to 6 second intervals. *To stop the Scan Mode, press the Enter Dial.*

**Time Display**
Reads in seconds and minutes

**Speed/RPM Display**
Reads in miles per hour (MPH) revolutions per minute (RPM)
Speed and RPM share the same display. The display will alternate every six seconds and will only display if unit is being peddled.

**Distance Display**
Reads in Miles (M)

**Calories Display**
Measured in kilocalories, also known as large calories and food calories

**Pulse Display**
Heart rate is displayed in beats per minute (BPM)
Displayed by a wireless chest strap or by heart rate contact receivers.

**Load/Watt Display**
16 load resistance levels
Load 1 = min. resistance
Load 16 = max. Resistance Watt (W)
Note: Load and Watt share the same display. The load display will be shown for two seconds when adjusting the load, and then the display will revert back to the Watt display.

**Bar Graph Display**
Profile programs as listed here
16x Rows = Load resistance levels
20x Columns = time intervals
The bar Graph will also display text messages e.g. MAN., PROG., USER, H.R.C

**Start/Stop Button**
To start and stop selected workout programs

**Reset Button**
Two Functions:
*Press the RESET key to reset the computer back to the main menu
*Press and hold the reset key to totally reset the computer. This is useful if the computer is not responding. If this fails, reboot the computer by unplugging the unit from the power for approx. 15 seconds.

**Center Dial Button**
Three functions:
*Rotate to scroll through the available selections. *Press the dial to confirm a selection.
*Rotate to adjust the load resistance levels or watt value.
*scroll and enter button

**Enter Button**
Press enter to confirm your selection. Press to select what is shown in the mode display

**Recovery Button**
Press to activate the recovery program this will automatically evaluate your fitness immediately after your workout
Getting Started

The first step to operate the computer is to set-up the calendar mode, which is only displayed in the sleep mode. The sleep mode will be turned on if the unit has not been used for four minutes, or if no RPM’s have been recorded. When the computer is first plugged in to a power source the computer will activate and all of the numbers associated with the computer will briefly flash. The calendar setting will be the first adjustment that needs to be changed. The year will be shown in the upper right hand corner. Use the center dial to change the year, and then press the center dial inward to select next function. Repeat the same steps for month, day, and time. The time will be a 24 hour clock or military time. Once all of the information is entered, the computer will be selected to manual mode (Man.). If the computer is left inactive, it will divert to sleep mode, where the temperature, time, and calendar will be shown. If the time or date needs to be adjusted unplug power source or remove batteries and re-insert power sources to enter into this mode. Note: There is no way to adjust a brightness of the sleep mode as the purpose for the sleep mode is to save energy and to act as a quick guide for time and temperature.

ENTER

The enter button is used to select an entry; for example, if the computer flashed (MAN.) for manual mode and the enter button was pressed, it would select the manual mode (MAN.) and the load/watt would flash asking if the resistance wanted to be changed. If no resistance is added and the enter button is pressed it would go to the next value which is time distance, calories, pulse, load watt, and time. The center dial can also be used as an enter button.

RESET

The reset button is used to cycle back to the last function. If the reset button is held down for 4 seconds, the computer will beep and will completely reset going back to the original start-up window. An example of how the reset button works is if the manual mode (MAN.) is selected with the enter button and this function is not desired, by pressing the reset once it will eliminate this function and then it will return to the last menu or function.

RECOVERY

The recovery program is designed to evaluate a user’s fitness immediately after a workout. The computer must be provided a pulse from a heart rate transmitter or the hand pulse sensors. If the hand pulse sensors are used, they must be held firmly during the 60 second countdown while it evaluates your pulse. When the 60 seconds are finished, a F1, F2… to F6 result will be displayed. The primary purpose for this function is to be used as a guide to assist with evaluated levels of heart recovery. The healthier or more athletic a person, the sooner the heart will go back to resting rate, which will result in a lower score. The less athletic, the longer it will take the heart to reach resting rate. The recovery button is not a cool down program and is only designed to help evaluate a user’s heart recovery.

How to use the recovery function:

1) Once a workout is completed, stop working out immediately.
2) Press the recovery button.
3) The computer will need a signal from either the heart rate contacts or a wireless chest band receiver.
4) Once the time has counted down, a result will be displayed. When finished using this function, press recovery button to exit.
### Recovery Chart

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

**START/STOP**
The start and stop button allows a workout to begin. Press start to begin a workout or press stop to end a workout.

**CENTER DIAL**
The center dial acts as two buttons in one. If the center dial is pressed down it will function as an enter button. If the center dial is turned clock-wise, it will select items going to the right, it will also change resistance up. If the center dial is turned counter clock-wise, it will select items going to the left, it will also change resistance down.

**Display Readouts**

**Time**
The time readout is the duration of a workout, the time can count up or down. An example would be if 30:00 minutes are selected and the start button is pressed, the time will count down. If no time is entered, time will count up. The timer counts up or down from (0:00 to 99:99)

**Distance**
Total miles achieved during workout which will count up if no desired distance is selected, or will count down if a desired distance is entered. Example: If 5 miles is selected the machine
will continue to read every value until 5 miles has been accomplished. The distance value will count down, while the other values will count up. Once the 5 miles is achieved, the computer will beep and the computer will stop. Distance will be calculated as miles, which will show next to the Distance readout as M.

**Calories**

Total calories achieved during a workout will count up if no desired calories are selected, or will count down if a desired calorie count is entered. Example: If 300 calories is set as a goal, the machine will continue to read every value until 300 calories has been accomplished. The calorie value will count down, while the other values will count up. Once the 300 calories is achieved, the computer will beep and the computer will stop.

<table>
<thead>
<tr>
<th>Resistance Level</th>
<th>Calories increments per one rpm</th>
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<tbody>
<tr>
<td>1</td>
<td>0.072</td>
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<tr>
<td>2</td>
<td>0.084</td>
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<tr>
<td>3</td>
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<td>6</td>
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<tr>
<td>7</td>
<td>0.185</td>
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<td>8</td>
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<td>9</td>
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<td>10</td>
<td>0.253</td>
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<tr>
<td>11</td>
<td>0.278</td>
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<td>14</td>
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<tr>
<td>15</td>
<td>0.391</td>
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<tr>
<td>16</td>
<td>0.433</td>
</tr>
</tbody>
</table>

**Pulse**

Current heart rate displayed, measured with pulse sensors or wireless chest receiver. Every time the hand pulse is held, the user’s pulse will have to be calculated and the readout will start from a lower number and calculate upwards to the user’s correct measured heart rate; For example, if the hand held pulse sensors are gripped correctly, a heart will flash while the computer evaluates a correct readout for about 10 seconds. The number will generally start off at around 75 BPM, and depending on how high a user’s heart rate is the readout will continue to read until it gets to the user accurate range. If the pulse sensors are let go for an extended amount of time, the computer will need to re-evaluate a correct pulse which will need to build back up to the correct heart rate range. A heart will display for a few seconds while the pulse is evaluated followed by the pulse readout. It is recommended to use a wireless chest strap in order for the computer to receive the most accurate heart rate readout. This will ensure that the pulse readout will continuously receive a signal from the receiver and will display the readout in the pulse value until the user has removed the wireless chest strap or is out of the three foot transmitting range of the receiver.

**Manual mode**

Manual mode is represented on your display as “MAN.” Press the enter button or center dial button to select this mode. Use the center dial to scroll and to select a desired load, time,
distance, calories, or pulse. Keep in mind you do not have to enter a selection for all categories. You may just enter time and then hit Start/Stop to begin. By entering a value for the distance, calories, or pulse, you are setting a goal other than time, which if reached will beep; simply indicating you have reached one of the set goals. If a desired pulse goal is reached the computer display will beep until the heart rate is below the setting, meanwhile the computer will not stop. Where as if time, distance, or calories are reached, the display will beep and the workout will end.

**User Mode**

User Mode is represented on your display as “USER.” Press enter or the center dial button to select. In this program you will get the chance to create your own program. For each segments (20 in total) you will use the center dial to adjust for Load up or down by turning the dial clockwise or counterclockwise. After each segment is adjusted, press enter or the center dial to select the next value and repeat this process for all of the 20 segments or simply press and hold the enter or center dial for 2 seconds until display beeps. The user program is now created. If adjustments are needed on any of the 20 segments, simply select “USER” and repeat above mentioned steps. This program is not a user profile.

**Program Mode**

Program mode is represented on your display as “PROG.” Press enter or the center dial button to select. Use the center dial to scroll thru the choices of the 12 available preset programs. There is a second delay while cycling thru the different programs, the profile of the program will be displayed. Once a desired program is selected press any of the enter buttons to select. Use the center dial and enter to adjust for load, time, distance, calories, and pulse. If only time is needed for the workout, simply press and select the time and then press Start/Stop to begin. If any other value is entered such as distance, calories, or pulse, you are setting a goal other than time which, when reached will beep simply indicating you have reached one of the goals. When the pulse goal is reached the display will beep until the heart rate goes below the selected heart rate. This is the only value that will allow the computer to continue. All other settings such as time, distance, or calories, when reached, the display will beep and the workout will end.

**Program Mode 'PROG'**

Program 1

Program 2

Program 3

Program 4

Program 5

Program 6

Program 7

Program 8

Program 9

Program 10

Program 11

Program 12
**Fat Burning Programs**

Fat burning programs are designed to rapidly elevate and lower heart rate by creating a rapid resistance and then light resistance with multiple intervals.

- Program 2: Intervals
- Program 3: Stairs
- Program 12: Mesa
- Program 7: High/Low Intervals

**Cardio Programs**

Cardio programs are designed to gradually elevate and lower the heart rate by creating a steady increase in resistance and slowly bring the resistance down.

- Program 1: Mountain 1
- Program 4: Mountain 2
- Program 5: Hill 1
- Program 8: Hill 2

**Performance Programs**

Performance programs are designed to raise the heart rate for a longer period of time by creating a rapid resistance and then maintaining that for a longer period then dropping to a light resistance with long flat plateaus.

- Program 6: Long Stairs
- Program 9: Peak
- Program 10: Highland
- Program 11: Plateau

**Heart Rate Control Mode**

Heart Rate Control mode is represented on your display as “H.R.C.” Press enter or the center dial button to select. Use the center dial to adjust for a user’s age, the computer will automatically figure out what 55%, 75%, and 90% heart rate range is by entering the user’s age. Use the center dial to scroll through a choice of 55%, 75%, 90%, or TAG. The T.A.G. program allows a user adjust their personal desired target heart rate. These programs are designed to keep the pulse at a certain percentage of a user’s total heart rate during the duration of the workout by adjusting the resistance automatically. Use the center dial or enter button to adjust any of the values for time, distance, and calories. If a user wants to just begin, press the start/stop button, or select and enter a time then press start/stop. By entering distance and calories, a user is setting a goal other than time which, if reached will beep simply indicating that that value has been reached and the set goal is completed. If a wireless chest strap is not being used during the workout, the hand grip receivers will need to be held during the whole workout. If no heart rate signal is detected the workout will end. Please note: While using the H.R.C. Mode, there may be up to a 5 minute warm-up period before the machine automatically adjusts on its own.

<table>
<thead>
<tr>
<th>Program</th>
<th>Goal</th>
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<tbody>
<tr>
<td>55% HRC</td>
<td>Weight Loss</td>
</tr>
<tr>
<td>75% HRC</td>
<td>Cardio</td>
</tr>
<tr>
<td>90% HRC</td>
<td>Performance</td>
</tr>
<tr>
<td>TRG HRC</td>
<td>Custom</td>
</tr>
</tbody>
</table>
Target Heart Rate Formula: 220 - Users Age x (multiply) desired T.H.R

<table>
<thead>
<tr>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>55% Jog</td>
</tr>
<tr>
<td>75% Run</td>
</tr>
<tr>
<td>90% Sprint</td>
</tr>
<tr>
<td>60% to 65%</td>
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<tr>
<td>Starting an exercise Program</td>
</tr>
<tr>
<td>65% to 75%</td>
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<tr>
<td>Weight Control</td>
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<tr>
<td>75% to 85%</td>
</tr>
<tr>
<td>Cardiovascular</td>
</tr>
<tr>
<td>85% or Over</td>
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<tr>
<td>Anaerobic</td>
</tr>
</tbody>
</table>

IMPORTANT! The above numbers are general fitness guidelines. You should consult your physician to establish your ideal target heart rate for your specific condition and fitness goals.

**Watt Mode**

Watt mode is represented on your display as “WATT.” Press enter or the center dial button to select. Use the center dial button to adjust for a Watt setting. This program is designed to keep a user at a consistent Watt setting while pedaling. Use the center dial or press the enter button to adjust and select a value for time, distance, calories, or pulse. Keep in mind these values do not have to be entered or selection for all categories. If a user wants to just begin, press the start/stop button, or select and enter a time then press start/stop. By entering distance, calories, or pulse, a user is setting a goal other than time which, when reached will beep simply indicating that one of the goals has been reached. When pulse goal is reached the display will beep, you may continue. In all other settings such as time, distance, or calories, when reached, the computer display will beep and the workout will end.

**Sleep Mode**

When there is no movement or activity with the display or machine it will automatically enter into a sleep mode. The computer display, will faintly show room temperature as well as year, month, day, and time as set through calendar mode. Review the section labeled “Getting Started” regarding sleep mode.
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 at one time. To get an accurate reading for the heart rate, it is recommended that a wireless chest strap be used during every workout. 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 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 fit 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 your the transmitter, adjust the strap to get a different position.
- If transmitter was just strapped on, wait a few minutes so that 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 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 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.

Workout Guidelines and Tips

There are a few really common and simple concepts that can be followed everyday to improve health and maximize your workouts. Eat right, drink lots of water, get enough sleep, and exercise a minimum of 2 times a week. Make sure while choosing foods that the total consumed has fewer calories than is burning in a given day. In order to adjust the bodies metabolism and stimulate it, eat a combination of lean proteins (Fish, Poultry, lentils) and healthy carbohydrates (whole meal bread, brown rice, whole grain cereals) every few hours throughout the day to speed up fat loss and maintain stable energy levels. The best results occur when meals are split in to six small meals a day. In three hours if hunger sets in, the food portion sizes are correct. If hunger sets in sooner, then increase food portion. If in four or five hours, hunger has not set in, portions are too big. It is recommended that other avenues of research be investigated regarding proper nutrition and meal plans.

Exercising benefits

- Prevent Heart disease
- Improve your quality of sleep
- Relieve against tension headaches
- Reduce high blood pressure
- Reduce the risk of developing type II diabetes
- Reduce the risk of injury from falling
- Manage stress better
- Reduce back discomfort
- Use fat as a fuel more efficiently
- Improve self-esteem
- Alleviate any form of depression
- Better Immunity
- lose weight
- reduce anxiety
- reducing cholesterol levels
- Increase your recovery from activity
- Reduce the risk of developing cancer
- Improve your quality of life
- Improve physical appearance
- Relax easier
- Reduce the risk of osteoporosis
- Prevent obesity
- Increased energy
- Improve your mental alertness
- Improve your balance and co-ordination
- Improve your athletic performance

Set positive reinforcing goals

An important aspect to accomplish a successful fitness result is to set positive achievable goals that will help to motivate and channel positive beliefs to streamline a healthier and happier self. Make sure that the goals set are visible and can be reviewed to reinforce the workout.

GOAL 1:________________________________________________________________________________

GOAL 2:________________________________________________________________________________

GOAL 3:________________________________________________________________________________

Choose the best workout schedule that can work with a busy lifestyle. Maintain a routine that will work around your schedule. The worst thing that someone can do is saying they are too busy or they do not have anytime to fit in a workout. Find time and stick with a routine, stay on track.

1:__________________________________
2:__________________________________
3:__________________________________

Body responses and benefits to a pre workout warm up.

Hold each stretch for a slow count of 20 seconds on each side of the body. Ensure a gentle sensation is achieved throughout the stretch, which is stretching the muscles. Gradually increasing in heart rate will increase the delivery of oxygen to the working areas of the body's muscles. Stretching will help to open capillaries in working muscles increasing muscle blood flow (more oxygen available). By increasing muscle and body temperature one will greatly increase the range of movement and prevent risk of injury.

Stretches before and after workouts

Useful internet web sites:

www.fullfitness.net
www.mindtools.com
www.eatright.org
www.mypyramid.gov
www.cyberdiet.com
www.fitnesslink.com
www.fitnessfind.com
www.health-fitness-tips.com
www.caloriesperhour.com
www.healthstatus.com/cbc.html
<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATE</th>
<th>WORKLOAD or RESISTANCE</th>
<th>SPEED or ELEVATION</th>
<th>TIME COMPLETED</th>
<th>DISTANCE STEPS STROKES</th>
<th>AVERAGE HEART RATE</th>
<th>HOURS POST EXERCISE</th>
<th>EXERCISE PROGRAM</th>
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How to remove the computer console

In order to remove the computer console, a flat head screw driver will be needed to press a plastic tab that is located on the rear of the computer. This plastic tab locks into place on the E1 central support tube. The plastic tab will need to be pressed while the computer console is pushed upward until the tab is free.

NOTE: That the plastic cover on the front of the central support tube may need to be pushed down to expose the opening.

Plastic tab on the computer

The hole on the Center support tube that the plastic tab on the computer locks into.

Once the computer is free from the center support tube hole, slowly pull the computer away. Be careful to not pinch or cut the computer wires while moving the computer away. When the computer console is ready to be re-installed, make sure that the computer wires are secure. While sliding the computer on, push the computer wires back into the center support tube and be very careful to not pinch or bind up the wires.
Cleaning and Maintenance

The LifeCore 900RB 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 900RB is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit voiding the warranty.

Rules:

- Never use WD-40 or any type of silicone spray to ever lubricate any moving parts. The unit was lubricated at the factory with long lasting lithium grease.

- Always clean the machine after use.
  
  1) Clean the unit with a light soap and water mixture, or a light house hold cleaner such as glass cleaner. 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 or the electronics to stop working.
  
  2) Dry the unit off with a clean towel to remove left over moister.

- After the first 12 hours of use, check and tighten any bolts, nuts, screws, pedals, seat assembly, 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. The pedals may need to be tightened down every month.

- Only use the appropriate power source, never use an adapter that is not certified for the unit as a wrong adapter will cause the electronics to over heat and malfunction.

  AC Adapter US standard with maximum wattage 4.5W - I/P: 120V AC 60HZ - O/P: (DC9V 500MA)

In the unlikely event that your 900RB experiences a problem, first check the following troubleshooting tips below to diagnose the problem. If the unit can not be fixed by reviewing the chart and needs additional troubleshooting please contact LifeCore fitness for advice toll free at 888-815-5559.
## Trouble Shooting

<table>
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<th>Symptom</th>
<th>Diagnosis</th>
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| No power, unit doesn’t turn on.              | ✓ Check to see if the unit is plugged into a surge protector and 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 not pinched or cut.  
✓ Feel if the AC adaptor is warm, if it is warm, power is going to the adaptor.  
✓ Check to see if batteries still work, swap batteries out.  
✓ Recheck each wire by unplugging and reconnecting them.  
✓ If the unit is first being set up, check to see if computer wire is pinched, or if a wire has been pulled out from the plastic connector.  
✓ Contact technical support toll free 1-888-815-5559 |
| No resistance                                | ✓ Check the resistance level by adjusting and hearing for a servo motor adjustment.  
✓ Hold down the reset button and check to see if the servo motor adjusts. If motor sounds, servo motor works  
✓ Check to see if the computer wire is not pinched, or if a wire has been pulled out from the plastic connector.  
✓ Check to see if computer cables are connected and everything is plugged in properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| Resistance too high                         | ✓ Check the resistance level by adjusting and hearing for a servo motor adjustment.  
✓ Check to see if the computer wire is not pinched, or if a wire has been pulled out from the plastic connector.  
✓ Contact technical support toll free 1-888-815-5559 |
| Error 1                                      | ✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| Error 2                                      | ✓ Servo motor needs to be adjusted.  
✓ Press the reset button several times until the computer resets.  
✓ Check to see if unit resistance will go to level 16 without flashing Error 2.  
✓ If unit flashes Error 2 again, resistance motor will need to be recalibrated.  
✓ Contact technical support toll free 1-888-815-5559 |
| Computer in metric Mode                      | ✓ Check to see if the read-out next to distance is a K or ML.  
✓ Check the computer in sleep mode if the temperature displays a C or F.  
✓ Contact technical support toll free 1-888-815-5559 |
| Buttons not working on computer              | ✓ Contact technical support toll free 1-888-815-5559 |
| Computer programs do not work                | ✓ Contact technical support toll free 1-888-815-5559 |
| Computer Turns off while in use              | ✓ Check to see if the computer is reading Speed/RPM’s/Distance/Calories or Watts is reading.  
✓ Make sure that the room is quiet when trying this next test. Get next to the units right side pedal and cycle the pedals. If you hear a small tick sound at one position the speed sensor is working.  
✓ Contact technical support toll free 1-888-815-5559 |
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<th>Issue</th>
<th>Resolution</th>
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| 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 displays on the screen next to pulse.  
   ✓ Check to see if all of the wires are connected properly.  
   ✓ Check to see if there is a pinch in one of the heart rate wires, especially in the wires that connect from A8 (Hand Pulse Wire) and F3 (Hand Pulse Sensor wire) and F1-2 (Hand Pulse Sensor wire).  
   ✓ 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 the transmitter, adjust the strap to get a different position.  
   ✓ If transmitter was just strapped on, wait a few minutesso that 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. |
| 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 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 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. |
| Has a thumping or clicking                                            | ✓ Check and retighten each pedal, use a long wrench to add torque. This will allow the pedal to get a solid turn on the crank arm threads.  
   ✓ Hold the pedal in one place and check to see if there is horizontal or
sound  vertical play in the pedal. If there is, remove the black cap on the side of
the pedal and tighten the nut that holds the pedal to the pedal shaft.
✓ Check and see if the bolt that holds the crank arm is tight.

| Unit wobbles and is unstable on the floor | ✓ Check to see if the plastic end caps on the rear stabilizer bar are even and are not broken.  
✓ If unit is placed on a really soft or hard surface, purchase a unit mat to place under the machine.  
✓ Make sure that the stabilizer bars are assembled correct, double check the assembly instructions. |

| Handle bars are loose or wobbles | ✓ Retighten the bolts using T-handle Allen wrench. |

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**Specifications**

| Power | AC Adapter US Standard with maximum wattage 4.5W  
I/P: 120V AC  60HZ  
O/P: DC 9V  500MA  
4 C batteries |
| --- | --- |
| Console Programs | Low-Profile Console  
12 Preset Programs  
4 Heart Rate Control Programs  
SCAN/TIME/SPEED/DISTANCE/CALORIE/TARGET HEART CONTROL/ENTER WITH NEW CONSOLE BACKLIGHT, MILE, and BUILT-IN RECEIVER |
| Heart Rate | Two standard contact heart rate receivers  
Built-in polar compatible heart rate receiver |
| Resistance Range | 1 to 16 levels resistance  
Computer program adjusted |
| Brake System | Internal Magnet System |
| Drive train | 5 inch Pedal Spacing to Reduce Joint Stress  
650J 6 Drive Belt |
| Bearings | AXLE with #6004 SKF; Flywheel with #6003, 6200, 6000 Taiwan |
| Frame | Steel Frame  
Welded by both robot and man |
| Paint | Powder paint without LEAD |
| Plastic Covers | Scratch Resistant Coating on Shrouds  
ABS |
| Upholstery | Infinitely Adjustable Slide-Seat-Track  
Vertically Adjustable Seat Back  
PVC +PU foam |
| Rubber Grip | PVC emulsifiable powder+PVC rough powder+DIMP plastic powder |
| Shipping Specifications | Box Dimensions: (LxWxH) 51x11x26 in.  
(128x28x66 cm)  
Gross Weight (Box Weight): 118 lbs. |
Length: 44 in, Width: 24 in, Height: 42 in |
Serial Number location / Purchase information

Where can the serial number be located? The first location is on the outside of the box located with the product description. The second location is on the rear of the machine where the rear stabilizer bar is located. The serial number will be on a small white sticker.

Keep the following information for your records:

Original receipt of purchase

Dealer purchase from: ________________________________________________

Model: ____________ LC 900RB ________________

Date of purchase: __________________________

Serial No.: ________________________________
Warranty Card

900RB

This Limited Warranty applies in the United States and Canada 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 such as welds, and (excluding expendable parts such as paint & finish). 5 years parts, 1 year labor for manufactured defects only. Light commercial 2 year parts, 90 days labor for manufactured defects only. This warranty does not cover wear and tear items such as seat pads, rubber grips, plastic end caps, scratched parts, pedals, and/or assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, only manufacturer defects for the periods specified which is determined by a LifeCore service technician. LifeCore warrants that the Product you have purchased for non-commercial, personal, family, or 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 sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This document will be needed if parts or service is requested by the original purchaser to validate purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. 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 non-commercial, light commercial, personal, family or household use and will be determined by a LifeCore technician. The Labor reimbursement for an authorized service company or personal to service a LifeCore product, is at a flat rate per service, per incident. 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 purchasers sole responsibility to find service or pay for any dues associated with purchasing or delivering a product out of LifeCore Fitness distribution or serviceable area. 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. To obtain warranty service, you must contact a LifeCore authorized service technician or LifeCore fitness at our phone number located in this manual. 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. You must present LifeCore with proof-of-purchase documents (including the date of purchase). 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 or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, 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 excludes expressly set forth in this Warranty, LifeCore makes no other warranties, expressed or implied, including any implied warranties of merchantability and fitness for a particular purpose. LifeCore expressly disclaims all warranties not stated in this Limited Warranty. Any implied warranties that may be imposed by law are limited to the terms of this Limited Warranty. Neither LifeCore nor any of its affiliates shall be responsible for incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or other exclusion or limitation of incidental or consequential damages, so the above limitations or exclusion may not apply to you. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to LifeCore products. LifeCore neither assumes nor authorizes anyone to assume for it any other express warranty. Please send in the attached warranty card within (10) days of purchase to register your product with LifeCore Fitness. Thank you for your business!

Full Name: ____________________________________________
Address: __________________________________________
City: ___________________________ State: ________ Zip Code: __________________________
Daytime Phone No.:____________________ Cell Phone No.:____________________
Email: __________________________________________________________________
Dealer Purchase from: __________________________________________
Model: ___LC900RB___ Date Of Purchase: __________________________
Serial No. __________________________________________
Environment Placed: __________________________________________

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