User Product Manual
LifeCore CD400 Center Drive Elliptical

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Serial Number is located on the frame.
Please send in the attached warranty card (Page 29) and a copy of the original receipt or register online at www.lifecorefitness.com within (10) days of purchase to register your product with LifeCore Fitness.

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

We at LifeCore fitness would like to thank you for your recent purchase of a LifeCore CD400 elliptical, and we hope that our product inspires and motivates you to accomplish your fitness goals. Please read the owner's manual and orient yourself with the unit before you use the product to get a better understanding of your exercise machine.

The LifeCore CD400 is an exercise machine that simulates the movements of walking or running at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of cardio vascular conditions. If, at any time while exercising, a user experiences shortness of breath, dizziness, faintness, chest pains, or any discomforts, he or she must stop immediately and contact his or her physician.

SAFETY PRECAUTIONS AND TIPS

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

The LifeCore LC-CD400 is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a consumer.

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

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

Tools Required:
17 mm socket wrench: 2JAX
17 mm wrench: 2JAW
Philips screw driver: 2JAY
6mm Allen wrench: 2JC7
4mm Allen wrench: 0J3P
Tube of grease: 2K81
LC-CD400 Elliptical Assembly Assistance

NOTE: DO NOT USE WD-40 OR SILICONE SPRAY—This will increase squeaking noise.

Apply Grease — Green Arrow

In each LC-CD400 assembly pack there is a tube of multi-purpose grease for assembly purposes. This tube of grease must be applied to the pivot points during assembly. Apply about two figure tips worth of multi-purpose grease onto the bottom of both foot pedal tubes in the area that makes contact with the roller wheel. (Parts # 2CU8 Shaft Wheel w/ball bearing)

Figure 3 — Green Arrows

During Figure 3 assembly, apply grease to the console tube pivot points ➔ on each side. Once the arms are secure, apply some additional grease to the bearings, then secure arm with Figure 3 hardware.

Figure 5 — Green Arrows

During Figure 5 assembly, apply grease to the pedal tube and handrail assembly tube pivot point ➔ on each side. In addition, apply grease to the M10×81.5 HEX BOLT before

For additional assistance call LifeCore Fitness toll free at 1-888-815-5559
Assembly Figure 1

Getting Started
The LifeCore Fitness LC-CD400 Elliptical will require some assembly. Unpack the box in a clear location, remove all packaged parts from the box and lay each part out on the floor. Double check all packaging material for missing pieces, do not dispose of any packing material until assembly is complete and unit is working properly. The final location of the machine should be placed on a clean level surface near an electrical outlet.

Hardware Bags - Locate all hardware bags for assembly. Bags will be Labeled Figure 1 through Figure 11. Tools have been provided to assist with product assembly.

If you are missing any parts, assembly bags or need assistance with assembly please call LifeCore Fitness at 1-888-815-5559.

FIGURE 1

Tools Needed:
6mm Allen wrench: 2JC7
17 mm socket wrench: 2JAX

Note: Ensure that all wires are properly connected inside console tube. Be careful to not pinch wires. Addition help maybe needed to help line up holes to frame.

Note: Do not tighten screws until you have fully completed Figure 2.

- Locate bag labeled Figure 1.
- Locate console tube.
- Slide console tube into main frame.
- (See Figure 1) Connect upper console wire to lead wire assembly coming from frame.
- Secure console tube to frame using Qty. three 10x20 washers and three M10x80mm short hex head bolts and extend them through the holes on the right side of the frame and console tube. Use Qty. three M10x1.5 crown nuts to lock M10x80mm hex head screws on left side.
- Use Qty. three M10x120 long hex bolts to secure console tube to the main frame from the front.
Assembly Figure 2 & 3

FIGURE 2

Tools Needed:
Philips Screw driver: 2JAY

- Locate bag labeled Figure 2.
- Locate black metal cover.

Note: First fasten screws at the bottom of the cover, next top and finally the middle.

(See Figure 2) Secure cover to main frame by using Qty. six M5x0.8-12 screws. Screw two at the bottom of the cover, next screw two on top and finally two in the middle. Using a Philips screw driver, tighten screws.

- Tighten all hardware from Figure 1.

FIGURE 3

Tools Needed:
17 mm socket wrench: 2JAX
Tube of grease: 2K81

Note: Arms are labeled Right and Left.

Note: Apply about a finger tips worth of assembly grease on each pivot point shaft and bearings prior to connecting arms.

- Locate bag labeled Figure 3.
- Locate the left and right handrail assemblies.

- (See Figure 3) Apply and spread grease on console tube shafts. Mount the left and right handrail assemblies to console tube using one washer first, one spring washer second and one M10*20 hex bolt last on each side. Using a 17 mm socket wrench, tighten hex bolts.
Assembly Figure 4 & 5

FIGURE 4

Tools Needed:
6mm Allen wrench: 2JC7

- Locate bag labeled Figure 4.

Note: Additional help may be needed to help align holes on top and bottom.

(See Figure 4) Lift and place left linkage handrail assembly onto shaft sleeve. Make sure all four bolts line up. Screw Qty. two M8x12mm hex bolts to the top and bottom holes. Using a 6mm Allen wrench, tighten the bolts.

- Repeat same steps for right side.

FIGURE 5

Tools Needed:
17 mm socket wrench: 2JAX
17 mm wrench: 2JAW
Tube of grease: 2K81

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

Note: Apply about a finger tips worth of assembly grease on each pivot point bolt shaft and bearings prior to connecting arms.

- Locate bag labeled Figure 5.

Note: Please ensure that pedal arm is aligned in the center of roller wheel while tightening all hardware. Repeat for the left side.

(See Figure 5) Locate right pedal tube assembly and secure to the handrail assembly with Qty. one M10x81.5 hex bolt and Qty. one M10x1.5 hex nut. Using a 17 mm socket wrench & 17 mm wrench, tighten the bolts.
Assembly Figure 6 & 7

FIGURE 6

Tools Needed:
Philips screw driver: 2JAY

Note: Do not over tighten M5*0.8-12 screw, this will damage bracket cover.

- Locate bag labeled Figure 6.
- Locate bracket covers.
- (See Figure 6) Attach bracket cover to the handrail assembly by lining up the hole and using a Philips screw driver to tighten Qty. one M5*0.8-12 screw into handrail assembly. Repeat for other side.

FIGURE 7

Tools Needed:
6mm Allen wrench: 2JC7

- Locate bag labeled Figure 7.
- Locate left and right handle bars.
- (See Figure 7) Attach left handlebar to handlebar assembly using Qty. three M8*16mm hex bolts. Using a 6mm Allen wrench, tighten hex bolts tight.
- Repeat for other handlebar.
Assembly Figure 8

FIGURE 8

Tools Needed:
Philips screw driver: 2JAY

Note: Ensure that all wires are properly connected inside the console. Be careful not to pinch the wires. Wires only connect one way.

➢ Locate bag labeled Figure 8.

➢ Locate computer console.

➢ (See Figure 8-1) Connect the white tip 7 pin computer cable wire into the white 7 pin connector on the board. Locate the green ground wire and connect it to the grounding terminal to the left of the white 7 pin connector on computer console. Locate the red 3 pin heart rate cable and black heart rate ground wire. Connect the red 3 pin wire to the red 3 pin connector on the board. Connect the black heart rate ground wire to the grounding terminal to the left of the 3 pin connector on the board.

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

➢ (See Figure 8) Secure four screws to the back of the console using a Philips screw driver. Tighten screws.
Assembly Figure 9 & 10

**FIGURE 9**

**Tools Needed:**
4mm Allen wrench: 0J3P

**Note:** Ensure that all wires are properly connected inside console tube. Be careful to not pinch wires. Additional help maybe needed to help line up holes to frame.

- Locate bag labeled **Figure 9**.
- (See **Figure 9**) Connect the pulse wires coming from the pulse handlebar assembly into the pulse wires from the console tube.
- Secure the pulse handlebar assembly to the console tube by screwing Qty. six M6x10 hex socket head bolts into frame. Using a 4mm Allen Wrench, tighten bolts.

**Figure 10**

**Tools Needed:**
Philips screw driver: 2JAY

- Locate bag labeled **Figure 10**.
- (See **Figure 10**) Secure bottle holder to console tube using Qty. two M5x0.8-12 screws. Use a Philips screw driver to tighten.
Assembly Figure 11

**FIGURE 11**

**Tools Needed:**
Philips screw driver: 2JAY

- Locate bag labeled *Figure 11*.
- Locate black pivot covers.
- *(See Figure 11)* Connect the left side two pivot covers on to the handlebar assembly. Using a Philips screw driver, tighten Qty. two M4x16-10 screws from the front of machine.
- Connect the right side two pivot covers and tighten screws from the back of machine.
Assembly Figure 12

- Plug the AC adaptor into a power outlet and into the machine. The AC inlet is located on the user left side of the machine. Only a DC 9V 1000mA that comes with the unit should ever be used to power the machine.

- Once assembly is complete; if needed, tighten or loosen the levelers on the bottom with a 17mm wrench: 2JAW to prevent the machine from wobbling and to make the machine stable. Tighten the leveler nut on top of the lever to prevent them from moving.

Congratulations!
You have completed assembly of your LC-CD400 Elliptical
Computer Console Instructions

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

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

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

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

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

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

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

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

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

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

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

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

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

ENTERING PROGRAMS: There are six preset programs and 5 Heart Rate Programs. To enter Program Mode: The message window will display “PRESS PROGRAM KEY TO BEGIN.” Press button until desired program name shows in the message window and the programs profile shows in the Profile Window. Once the desired program is displayed, press the button to confirm. TIME will show in message window. Use the or buttons to set desired time and press button to confirm.

Note: Default time is 30 minutes. Time settings can range from 1 minute to 99 minutes. If time entered is equal to or less than 14 minutes, each column in the program profile represents 1 minutes. Example: If time entered is more than 14 minutes, each column represents 1/14th of time entered.

WEIGHT: Once time has been entered, weight will show in the message window. Use the or buttons to select weight. Press button to confirm.

Note: Default weight is 150 pounds. Weight settings can range from 70 LBS to 330 LBS.

AGE: Once weight has been entered, age will show in message window. Use the or buttons to select age. Press button to confirm and to begin workout.

Note: Default age is 30. Age setting can range from 10 to 99.

Press button to exit program mode and begin exercise session.

PROGRAM Profiles

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

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

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

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

Note: Lower intensity levels can provide effective fat burning.

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

Note: Higher intensity levels can provide effective cardiovascular training.

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

Note: Higher intensity levels can provide effective cardiovascular training.

GLUTE BLASTER

INTERVAL

INTERVAL MOUNTAIN

SPEED TRAINING INTERVAL

USER PROFILES

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

User Profile Set-up: Press the button until “U1” or “U2” is displayed in the profile window and “Empty profile – Press Enter to Build a New Profile” is in the message window.

Press to select. Time will be displayed, adjust preferred time using the arrows, press to select. Next weight will be displayed, adjust for weight using the arrows,
Computer Console Instructions

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

User Profile Delete/Edit:
Press the \[\text{PROGRAM}\] button until “User 1” or “User 2” is displayed in the profile window. Press \[\text{SELECT}\] to select. Hold down the \[\text{PROGRAM}\] button and \[\text{CLEAR}\] button at the same time until the computer beeps and the message window displays “Empty profile – Press Enter to Build a New Profile.”

Press \[\text{CLEAR}\] to access the profile. Follow User Profile Set-up to enter user 1 or 2.

How User Profiles are used:
Upon starting the unit, please press the Program/Select button until “User 1” or “User 2” are displayed in the profile window. Press Enter/Clear then Start to retrieve your “Custom Settings”, then press the Program/Select button until the desired program is displayed in the message window. Press Start button to begin your workout.

HEART RATE PROGRAMS:
Heart rate control programs are designed to automatically change resistance to keep your heart rate level in accordance to the Heart Rate program. In all Heart Rate Control programs, the heart rate hand pulse grips must be grasped for this function to work. If no Heart Rate signal is detected for 10 seconds, the message center will show “NO DETECTED HR”. If this continues for 40 seconds, the message center will show “ABORT PROGRAM” for 3 seconds it will then interrupt the Heart Rate Control program and return to Program Mode.

HOW HEART RATE PROGRAMS WORK:
Delta Heart Rate (DHR) = Beats per minute difference between Target Heart Rate and current Heart Rate

The Heart Rate Programs will behave in the following manner:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(MHR) = Maximum Heart Rate (THR) = Target Heart Rate

Target Heart Rate Formula: 220 – Users Age x (multiply) desired T.H.R

MHZ x .60 = 60% of your maximum heart rate.

MHZ x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

- 220 - 30 = 190
- 190 x .60 = 114 (low end or 60% of MHZ)
- 190 x .75 = 142 (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142
<table>
<thead>
<tr>
<th>Symptom</th>
<th>Diagnosis</th>
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| **No Power:** There is no power to the console not turning on. | ✓ Check to see if the unit’s AC adaptor is plugged into a surge protector and/or machine. If the light on the surge protector is lit. Check to see if any other power sources work from the surge protector.  
✓ Check to see if the wire on the AC adaptor is damaged.  
✓ If the unit is first being set up, check to see if the computer wire is pinched, or if a wire has been pulled out from the plastic connector.  
✓ If the unit has been used for a while, check to see if the computer wire has not been disconnected. Unplugged the wire and reconnect them.  
✓ If the above procedures have been checked, the computer console and/or AC adaptor may need to be replaced.  
✓ Contact technical support toll free 1-888-815-5559 |
| **No resistance** | ✓ Check the resistance level by making sure the time is counting then adjusting and listen for a servo motor adjustment. (winding/motor sound) cycle the unit for a few minutes and see if the unit has a different feel.  
✓ Hold down the reset button and check if the servo motor resets and adjusts. If you hear a motor sound, servo motor is working.  
✓ If the unit is first being set up, check if the computer wire is not pinched, or if a wire has not been pulled out from the plastic connector.  
✓ Check if computer cables are connected and everything is plugged in properly.  
✓ If the servo motor works, check the resistance cable and make sure that it is connected to the magnetic flywheel/servo motor correctly.  
✓ If the motor is still not changing resistance the computer and/or servo motor may need to be replaced.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Resistance too high** | ✓ Check the resistance level by starting the computer. Adjust and listen for a servo motor adjustment.  
✓ If the unit is first being set up, check the computer wire for damage, or if a wire has not been pulled out from the plastic connector.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 1** | ✓ Check to see if all computer wires are connected properly.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error 2** | ✓ Check computer cables insure they are connected and everything is plugged in properly.  
✓ Push the reset button several times until the computer resets, or unplug machine and connect the AC adaptor.  
✓ Check to see if the units resistance will go to level 16 without flashing Error 2.  
✓ If unit flashes Error 2 again, resistance motor will need to be recalibrated.  
✓ If recalibration doesn’t work then servo motor will need to be replaced.  
✓ Contact technical support toll free 1-888-815-5559 |
| **Error Message** | The Message center will display “MOTOR ERROR” message whenever the brake motor was unable to move to its target position within 2 seconds. Each time the CD400 is powered on, the console will check the brake motor status. If the brake motor does not reply, then the console will display the Error Message “MOTOR ERROR” immediately and disable button operation until power is reset. To clear this error message, plug and unplug the unit. |
| **Buttons not working on computer** | ✓ Unplug machine’s AC adaptor, wait and then plug it in.  
✓ Unplug the computer and reconnect it, activate the computer and press the buttons simulating a program to make sure that each buttons work.  
✓ Contact technical support toll free 1-888-815-5559 |
<table>
<thead>
<tr>
<th>Issue</th>
<th>Solution</th>
</tr>
</thead>
</table>
| Computer programs do not work | ✓ Check to see if customer has read computer instructions, and has a good understanding of computer functions.  
✓ Contact technical support toll free 1-888-815-5559 |
| Computer turns off while in use | ✓ Insure the computer is reading Speed/RPM's/Distance/Calories or Watts is reading.  
✓ If the unit is first being set up, check to see if the computer wire is not pinched, or if a wire has not been pulled out from the plastic connector.  
✓ (Make sure that the room is quiet when trying this next test.) Get next to the units left side pedal and cycle the pedals. If you hear a small tick, the speed sensor is working.  
✓ Contact technical support toll free 1-888-815-5559 |
| No heart rate Signal from contact heart rate receiver | ✓ Grasp each contact heart rate grip sensor so they reset in each palm and wait a few seconds to see if a heart rate displays on the screen next to pulse.  
✓ Check that if all of the wires are connected properly and not damaged.  
✓ Check to see if the computer wire is connected properly with heart rate wire.  
✓ Contact technical support toll free 1-888-815-5559 |
| Heart Rate reading is erratic (irregularly) | ✓ Make sure to hold on to the heart rate contacts for a long period, it may take a few seconds to pick up your heart rate.  
✓ Contact technical support toll free 1-888-815-5559 |
| Has a thumping sound | ✓ Reference the assembly assistance sheet on page 6 in owner’s manual.  
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 9. Use assembly lithium grease as needed.  
✓ Check the wheels Part # 2CU8 Shaft Wheel w/ball bearing and make sure that they are clean and free from dirt. Use Windex and a towel to clean the wheels and the wheel track. These wheels must be clean in order for it to cycle smoothly.  
✓ Contact technical support toll free 1-888-815-5559 |
| Unit has a grinding noise *sounds like a generator | ✓ Check each one of the bearings to make sure they roll smoothly.  
✓ Contact technical support toll free 1-888-815-5559 |
| Unit wobbles and is unstable on the floor | ✓ Check to see if the leveler feet on the bottom of the machine are level with the ground. Adjust as needed to level machine.  
✓ If unit is placed on hard surface, the machine will need to have a mat placed under the machine to prevent leveler feet from breaking and to reduce friction noise while cycling.  
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 9. Use assembly lithium grease as needed.  
✓ Contact technical support toll free 1-888-815-5559 |
| Handle bars are loose or wobble | ✓ Retighten the bolts that connect the arms and or stationary heart rate handle bar. Also, retighten the mast bolts associated with Figure 1 in the assembly guide.  
✓ Contact technical support toll free 1-888-815-5559 |
| Squeaking/creaking noise | ✓ Reference the assembly assistance sheet on page 4 in owner’s manual.  
✓ Retighten all bolts associated with the assembly process. Please review Figure 1 thru Figure 9. Use assembly lithium grease as needed.  
✓ Pivot points will need to be lubricated with lithium grease.  
✓ Contact technical support toll free 1-888-815-5559 |
Cleaning and Maintenance

The LifeCore LC-CD400 is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a customer. The amount of maintenance required is very little and very simple; however, a failure to implement preventative maintenance suggestions can prevent the machine from operating as designed. The LC-CD400 is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit this voiding the warranty.

Rules:

- **Never** use WD-40 or any type of silicone spray to lubricate any moving parts. Use appropriate lithium assembly grease as needed to the pivot points if noise occurs.
- Always clean the machine after use.
  1. Proper cleaning is important for longevity of a machine, clean the unit with a light soap water mixture, followed by a dry towel, or use a light house hold cleaner such as Windex to remove dirt. The purpose of cleaning the unit is to remove body sweat which contains salt. Salt is the number one factor that will cause the unit to rust and the electronics to stop working.
  2. Dry the unit off with a clean towel to remove left over moister after every use.
- After the first 12 hours of use, check and retighten any bolts, nuts, screws, pedals, etc. making sure that they are tight and working properly.
  1. The number one service issue is loose hardware. Loose hardware can cause the unit to tick, creak, thump, knock, etc. After the first 12 hours once all the hardware has been tightened, the hardware should be checked every 3 months.
  2. Apply multi-purpose grease onto the bottom of both foot pedal tubes in the area that makes contact with the roller wheel. (Parts # 2CU8 Shaft Wheel w/ball bearing) This allows the wheel to roll smooth on the pedal tube.
- Only use the appropriate power source, never use an adapter that is not certified for the unit, a wrong adapter will cause the electronics to overheat and malfunction. AC Adaptor DC 9V 1000MA

In the unlikely event that the LC-CD400 experiences a problem, first check the following troubleshooting tips to diagnose the problem. If the unit cannot be fixed by reviewing the chart and needs additional troubleshooting please contact LifeCore fitness for advice toll free at 888-815-5559
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Service Notes and History

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Warranty Card – LifeCore Fitness Inc.  
LC-CD400 Center Drive Elliptical

This Limited Warranty applies in the United States to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is lifetime on the frame against defects in materials and workmanship under normal use and conditions (excluding expendable parts such as paint & finish). Home 5 years, parts 1 year labor warranty against manufacturer defect. This warranty does not cover wear and tear items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage. 

Wear items pertain to components that might need to be replaced due to normal wear and tear as a result of normal usage. Labor warranty does not cover improper installation, alterations and/or modifications, misuse, abuse, accident, improper maintenance, noises such as squeaks, clunks, thumps from a result of poor or lack thereof preventive maintenance. LifeCore warrants that the product you have purchased for personal, family household use from LifeCore, or from an authorized LifeCore reseller, is free from defects in materials or workmanship under normal use during the warranty period. Your remaining warranty can also be transferred to another purchaser, as long as the original purchaser has previously registered their product with LifeCore, and submits a letter to LifeCore Fitness’s warranty registration department to the address below, acknowledging the transaction and has the new owners name, address and phone number along with the serial number of the product; this must be done within 30 days of resale. During the warranty period, the original purchaser’s remaining warranty is transferable, only one transfer during the warranty period is allowed. In order to validate the warranty this product must have been registered through LifeCore Fitness Inc., and/or a copy of the proof of purchase, transferred warranty letter, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCore Fitness Inc. will not cover any warranty set forth. During the warranty period LifeCore will at no additional charge, repair or replace (at LifeCore option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty against normal personal use, as determined by a LifeCore technician. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a product is shipped, delivered, or transported to an area that is not a LifeCore Fitness Inc. distribution area or is not out of a serviceable area, it is the purchaser’s sole responsibility to find service and pay for any fees associated with servicing of a product out of LifeCore Fitness distribution or serviceable area. To obtain warranty service, you must contact the original place of purchase. In repairing the product LifeCore may replace defective parts, or at the option of LifeCore, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must pay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCore or from an authorized LifeCore reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCore; (c) by modification of the product or normal wear and tear; (d) operation on incorrect power supplies; (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, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment. LIFECORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFECORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. NEITHER LIFECORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. THANK YOU FOR YOUR BUSINESS! PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC. 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760) 599-4555, Fax (760) 946-7602 or register online at lifecorefitness.com. Customer Service: 888-815-5559

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LC-CD400 Elliptical  
Please Attach a Copy of the Original Receipt

Full Name: ____________________________

Address: ____________________________

City: ____________________________ State: __________ Zip Code: __________

Daytime Phone No.: ____________________________ Cell Phone No.: ____________________________

Email: ____________________________

Dealer Purchased from: ____________________________

Model: LC-CD400 Elliptical Date Of Purchase: ____________________________

Serial No. ____________________________

Environment Placed: ☐ Residential ☐ Light Commercial ☐ Commercial