User’s Product Manual

LifeCORE VST-V6 Variable Stride Trainer
Introduction

Congratulations on your purchase of the VST-V6 Variable Stride Trainer. This product has been designed and manufactured to meet the needs and requirements for domestic use.

By choosing the VST-V6 Variable Stride Trainer, you have made a wise decision which will improve your health as well as your families. Being fit and healthy will improve your energy level and your quality of life.

Cardiovascular training is vital for all ages and the VST-V6 Variable Stride Trainer provides a more effective workout, producing better results, and will encourage you to reach your fitness goals and maintain the body you have always wanted.

In order to make your experience with LifeCORE the best it can be, please review the enclosed user’s manual prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

We also offer a complete line of fitness equipment; please take a moment to review our other excellent products at www.LifeCOREfitness.com. Should you have any questions, please contact us. Your feedback and ideas about your experience with LifeCORE are also very important to us. Please write to us at:

LifeCORE Fitness Inc.
2575 Pioneer Ave. Suite 101
Vista, CA 92081

We wish you lots of success and fun while training!

Purchaser Reference Information

Serial Number is located on the frame

LifeCore Fitness Inc.
Model: VST-V6
Serial #: 010057-001

Please send in the attached warranty card 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.
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Safety Instructions & Warnings

The VST-V6 Variable Stride Trainer is designed and manufactured to meet or exceed all domestic and international safety standards. However, certain precautions need to be followed when operating any exercise equipment.

**General safety instructions:**
1. It is important to consult your physician before any exercise program.
2. Pregnant women should consult with their physician before beginning any exercise program. He/she can help determine the exercise program that is the most appropriate for your age and physical condition.
3. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
4. Keep children away from the equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
5. No more than one person should ever use the product at a time.
6. Pets should never be allowed near unit.
7. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
8. Always stretch and warm up before starting any exercise program.
9. Never operate this unit if it is damaged or broken. Contact your authorized dealer for service.
10. Place your equipment on a solid, level surface when in use.
11. Place your unit in an area with enough clearance to operate the equipment.
12. Make sure all components are fastened securely at all times.

**Product safety instructions:**
1. Start your exercise program gradually. Exercise only for a few minutes the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
3. Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
4. Unit maximum weight limit is 300LBS
5. It is recommended the unit be plugged into a surge protector. Do not place machine in an area of high voltage or electromagnetic fields.
6. 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.
7. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
8. 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.
9. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
10. **DANGER:** Always unplug the power cord before performing maintenance.
11. Failure to follow these instructions will void the units warranty and the manufacturer 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.
12. Perform proper maintenance as recommended in this manual.
Assembly Instructions

Assembly Tips

The LifeCORE VST-V6 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 assembling your product, distinguish a proper and appropriate location for the unit where there is easy access to an electrical outlet with a surge protector. Read the assembly instructions first before unpacking the box in a clear work area to allow for smooth assembly. Remove all of the parts from the packing material; however, do not discard packing material until assembly is complete. Double check the packing materials to ensure 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. If you are missing any parts, assembly bolts or need assistance with assembly please call LifeCORE Fitness at 1-888-815-5559.

Getting Started

NOTE: Please follow all directions very carefully for proper installation.

A. Lay the box down flat so that the lid is able to be lifted. Unpack all the parts (B.C.D.E.F.G.H.) expect the main frame (A).

B. Remove the top styrofoam #1 and side styrofoam #2 and #3, leaving the main frame (A) and the bottom styrofoam in place.
**Figure 1: Front Stabilizer Assembly**

Tools Needed: 5mm Allen wrench

A. Locate the hardware pack; remove Figure 1 Qty. 4 (J1) M8X15 screws and Qty. 4 (J2) M8X16x1.2 washers. Locate and place Qty. 1 (F) front stabilizer onto the (A) main frame. Make sure that the wheels are pointed forward. Using the provided 5mm Allen wrench, tighten the (F) front stabilizer tube to the (A) frame with Qty. 4 (J1) M8X15 screws and Qty. 4 (J2) M8X16x1.2 washers firm.

**Figure 2: Connecting Tube and Back Stabilizer Assembly**

Tools Needed: 5mm Allen wrench

A. Locate the hardware pack; remove Figure 2 Qty. 4 (J1) M8X15 screws and Qty. 4 (J2) M8X16x1.2 washers. Locate and place Qty 1 (E) back stabilizer onto the (D) connecting tube. Make sure that the levelers on (E) are pointed down. Using the provided 5mm Allen wrench, tighten the (E) back stabilizer tube to the (D) connecting tube with Qty. 4 (J1) M8X15 screws and Qty. 4 (J2) M8X16x1.2 washers firm.
**Figure 3: Connecting Tube And Main Frame Assembly**

**Tools Needed:** 5mm Allen wrench

A. **Note:** For SAFETY REASONS: Additional assistance is needed to help lift (A) main frame assembly to the upright position.

B. Connect the (D) connecting tube to the (A) main frame. Locate the hardware pack; remove Figure 3 Qty. 7 (J1) M8X15 screws, Qty. 7 (J16) M8 lock washers, and Qty. 7 (J2) M8X16x1.2 washers. Using the provided 5mm Allen wrench, tighten the (D) connecting tube to the (A) main frame with Qty. 7 (J1) M8X15 screws, Qty. 7 (J16) M8 lock washers, and Qty. 7 (J2) M8X16x1.2 washers firm.

**Figure 4: Support Tube Assembly**

**Tools Needed:** 13mm, 6mm Allen

A. Locate the hardware pack; remove Figure 4 hardware. As shown in View B) Connect the right (G2) pedal supporting tube to main frame (A). Using the tools provided, tighten Qty. 1 (J3) bolt M10x75, Qty. 2 (J4) washer M10x19x2.0 and Qty. 1 (J5) nut M10 firm.

B. As shown in View C) Connect and align the right (G2) pedal supporting tube to the (A29) front pedal supporting tube. Use the tools provided, tighten Qty. 1 (J6) bolt M8x70, Qty. 2 (J2) washer M8x16x1.2 and Qty. 1 (J7) nut M8 firm.

C. Repeat the previous same steps for the left pedal tube assembly (G1 & A29).
Note: Before Figure 5, remove the four preassembled screws and the bracket from the top of the (A) main frame.

**Figure 5: Central Supporting Tube And Bottle Holder Assembly**

**Tools Needed:** 5mm Allen wrench

*Note: Make sure the wires are connected together properly. Push and store excess wires back into the central supporting tube (D). Be careful not to pinch the wires while assembling the console.*

A. As shown in view E, connect wires B1, B2 & Qty two A2-1 from the (B) central supporting tube to wires A1, A3 & Qty. two A2 from the (A) main frame. Make sure that all the wires are connected properly. Connect the (B) central supporting tube to the (A) main frame being careful not to pinch the wires.

B. Locate the hardware pack; remove Figure 5 hardware. Using the tool provided, tighten Qty. 4 (J1) screws and Qty. 4 (J2) washers to secure the (B) central support tube to the (A) main frame firm.

C. Locate the (I) water bottle holder and remove the preassembled Qty. 2 (J10) bottle holder screws from the main frame. Use the provided tool to tighten the water bottle holder to (A) main frame.

Use Tool 6m/m 5m/m
**Figure 6: Handle Bar Assembly**

**Tools Needed:** 6mm Allen wrench

A. Locate the (H1) left handle bar and removed the preinstalled (J8) & (J9) handle bar screws. Assemble the left handle bar to the main frame and with the provided two Allen wrench firmly tighten the handle bar screws.

B. Repeat the same process for (H2) right handle bar.

**Step 7: Console Assembly**

**Tools Needed:** Screw driver

A. Locate the console, remove the Qty. 4 (C1) screws from the back of (C) console.

B. Connect (B1) console wires, (B4) handle pulse wire, (B2) electronic knob wire, and (B3) LED sensor wire. Heart rate wires can be interchangeable. Make sure that the wires are connected together properly. Push and store the excess wires back into the (B) central supporting tube.

C. Connect the (C) console to the (B) central supporting tube and with the provided tool, tighten the (C1) screws into the (C) console.
Step 8: Power Cord And Leveler Assembly

A. Locate the 9V 1000mA power adaptor and plug it into the inlet at the front of the machine. It is preferred that the adaptor be plugged into a surge protector. Never use a power source other than the provided power adaptor given from LifeCore Fitness. Using an adaptor other than the one provided could harm the electronics.

B. If needed, adjust the (E3) adjustment knobs on both the right and left side of (E) back Stabilizer to level the unit.

Only USE the provided 9V 1000mA Adaptor provided with the machine.

Congratulations!
Assembly for the VST-V6 Variable Stride Trainer is complete.
**Pedal Locking Feature**

*NOTE: FOR YOUR SAFETY*, this Variable Stride Trainer is equipped with a pedal locking feature. The pedals can be electronically disabled so that it cannot be moved accidently. Turn the knob left or right one click until you see the arrow point to the “LOCK OR UNLOCK” symbol. While the machine is in idle; NEVER in motion, turn the knob (A3) to “LOCK” to disable the pedals or turn the knob to “UNLOCK” to release the pedals. The machine should always be at the “LOCK” position when NOT in use.

*WARNING: FOR YOUR SAFETY*, never lock the pedal locking feature while the machine is in motion, only when it is at a full complete stop is it safe to move the knob.

**How to Transport the Variable Stride Trainer**

If the machine needs to be transported to a different location, make sure that the pedal lock knob is at “LOCK” position. Lift up on the handle from the (E) back stabilizer until the front transportation wheels are touching the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom rear of supporting tubes to stabilize the machine if needed.

*WARNING: Never attempt to lift the VST by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.*
**How To Adjust the Variable Stride**

A. Stride Length Adjustment Levers (18”, 20”, 22”, 24” & 26”): There are 6 stride setting adjustments which can be adjusted when a user is not using the machine. To adjust the stride length, open the handle out on the push rod bracket. Pull up or push down on the handle to adjust the stride length. In the center of the central supporting tube, there is a LED sensor which will indicate the stride position. 18” – 26” Selected stride length will be shown on the stride length display window. Once you have selected the stride length, close the handle in on the push rod bracket. Equally adjust both sides to the same length.

B. A user will want to adjust the stride length for a few reasons. First reason is for height, a user at or below 5’5” may feel more comfortable with 18” to 22” stride and a user at or above 5’5” may feel more comfortable with 22” to 26” stride to compensate for their normal step/walking stride. In addition, as a user increases speed, they may need to adjust the stride length to compensate for his or her normal jog/run stride. Note: There is no right or wrong stride length for any user, choose any length according to what feels most comfortable. Next reason why a user may want to adjust the stride length during a workout is to work different muscle groups; a shorter stride length will work different muscles in your legs and body than a longer stride length. An 18” stride can be comparable to a shorter stepping motion and 26” stride can be compared to a lunge workout without the high impact as the same workouts performed on a flat surface. While working out, adjusting resistance and or squatting while holding on to the handlebars can also help to isolate these muscles further. Note: Always consult a local personal trainer for more in depth work out details.

**WARNING:** For your safety! NEVER adjust the stride length or open the adjustment handle while standing on machine. Only when the machine is at a full complete stop and you are off the machine is it safe to adjust the stride lengths. Always equally adjust both the right and left stride to the same setting, never set the strides to uneven positions.
Console Operation Instructions

Please read the console operating instruction thoroughly and familiarize yourself with the console layout before choosing a workout. Going through the console first will give you ideas to the type of workout possibilities you can choose from. Below is the console layout and detailed operation instructions.

Make sure the VST is powered-up before you start using this console. This product is powered by 9V1000MA AC power; please make sure the power cord is properly plugged into the machine and wall outlet.

2. CONSOLE LAYOUT
3. **DISPLAYS**

**A. Speed & RPM Displays:**
Current speed will be indicated on the speed display. Current revolution per minute will be shown on the RPM scale.

**B. Dot Matrix Profile Window:**
Displays program profile during program setting and executing. The program profile will be different depending on which program is selected.

There are 20 columns of LCD representing 20 segments of time; each time segment will represent or equal \( \frac{\text{total program time}}{20} \) columns. During a workout, a column of LCD will blink to indicate the time segment you are currently in during that point in time.

There are also 16 rows of LCD representing 16 levels of resistance. Each LCD row represents 1 level of resistance and during a workout; a column(s) of LCD will blink to indicate the resistance level you are currently in during that point in time. In the data display “Load” (Next to Watt) will also indicate level of resistance. The appropriated row of LCD will light up when you adjust the resistance level.

**C. Data Display Windows:**
There are 6 data display windows displaying time, user, load/watt, distance, calories and pulse. While setting up a program, the appropriated data window will blink to indicate which data you are currently setting. Rotate the adjustment dial to adjust the value and press the ENTER key to confirm the value.

*Note:*
I. Setting a number other than 0 in those display windows will count the number down. If data display setting is set at 0, the reading will count up.

*Note: Display sleep mode: If user stops pedaling for 4 minutes, the display will shut down and enter a “sleep mode.” Previous activities will be stored. To resume, simply press a button on the console or pedal again.*

4. **KEYS**

**A. Adjustment Dial:** Rotate the adjustment dial to scroll through programs or user selections. Rotating the dial clockwise can increase the value for user data settings or to increase the resistance level during a workout. Rotating the dial counter-clockwise can decrease the value for user data settings or decrease the resistance level during a workout.

**B. Function Keys:** There are 3 function keys for program operation.

1) **START/STOP Key:** Pressing the START/STOP key once will start the program and all data will begin to count. Press the START/STOP key again to stop the computer program. To resume, simply press START/STOP one more time to start program.
2) **RESET Key:** When program time is not counting, press the RESET key once to reset the computer back to the beginning of a program selection. All previous recorded value such as: time, distance, calories and pulse will be reset to 0, unless a user specifically entered a data value in the data display window prior to starting a program. To reset the data value in a display window, simply go back into a program and press enter until you reach the display window you want to change. Use the adjustment dial to adjust the value, next press enter then reset to clear. Pressing and holding the RESET key for 2 seconds will activate a total reset returning a user back to user profile selection.

3) **ENTER Key:** Press ENTER key to confirm the program setting, selection or data entry.

5. Programs
When the console is first powered ON or the RESET button is pressed for 2 seconds, the console will enter an idle mode and the LCD display will light up every segment with a 2 second beep sound. It will then display “78,0” on the distance data display; as showing in the figures below.

![Distance Display](image1)

A. **User Profile:** Before picking a program, it is recommended to set up your user profile. It will ensure workout data calculations are more accurate and future workouts are more convenient. There are four user spaces U1 – U4 to save user information, there is one profile for each user who will be using the machine. User profile information such as sex, age, height, and weight information will be saved permanently in each profile unless a user changes them.

**Setting Up User Profiles:**
Step 1: Select User Number: Power up the console or hold the reset button for a few seconds to enter user profiles. Rotate the adjustment dial to select a user profile. Dot matrix profile will show the selected user profile number, such as U1. Press the ENTER key to confirm selected user.

Step 2: Setup User Gender: Male or female symbol will light up. Rotate the adjustment dial to change selection and press the ENTER key to confirm selected sex.

Step 3: Setup User Age: Default reading of 25 years of age or last entered age will appear on the dot matrix window. Rotate the adjustment dial to adjust the age and press the ENTER key to confirm selected age. The range of age is 1-99 years.

Step 4: Setup User Height: Default reading of 60 inches or last entered height will appear on the dot matrix window. Rotate the adjustment dial to adjust the height and press the ENTER key to confirm selected height. The range of height is 40 – 99 Inches.
Step 5: Setup User Weight: Default reading of 100 lbs or last entered weight will appear on the dot matrix window. Rotate the adjustment dial to adjust the weight and press the ENTER key to confirm selected weight. The range of weight is 40 - 350lbs.

After weight is selected, the user profile setup is complete and user information will be saved into selected user number permanently. To change the user information, simply go through the setup process and enter a different value.

<table>
<thead>
<tr>
<th>7</th>
<th>38</th>
<th>60</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEX: FEMALE</td>
<td>ENTERAGE</td>
<td>HEIGHT: INCHES</td>
<td>WEIGHT: LBS</td>
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B. Program Selection: After user profile is setup, choose a program category that you would like to exercise with. There are 5 categories of programs: Manual, Program, User, H.R.C. and Watt. Rotate the adjustment dial to toggle thru the different program category and press the ENTER key to confirm.

To go back to the program category selection mode, simply press the RESET key once; the console will reset back to program selection mode.

C. Manual Program: After user profile is set, the manual program will light up. Press the enter key if this is the program you want to select; if not, rotate the adjustment dial to the desired program.

   I. Quick Start: If you press the START/STOP once after you enter the manual program, time and data display windows will start to count and you can exercise immediately. Simply start pedaling and rotate the adjustment dial to adjust resistance level.

   II. Manual Program: If you press the ENTER key to confirm manual program selection, the next step is to setup load/ (resistance) level.

Dot matrix profile will light up one row and Load display will flash a 1; rotate the adjustment dial to adjust the level from 1 to 16 and press ENTER to confirm. You can also adjust the resistance level anytime during a program.
After load entry, time window will flash 00:00 or last entered time; rotate the adjustment dial to adjust the time and press ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

After time entry, the manual program setup is now complete; press the START/STOP to begin the program.

Note: Manual program can also work as a goal training program for time, distance, calories or pulse. (Pulse goal will work the same as the Target HR program). For the goal training program setup, please make sure to only enter the value for the desired goal you want to achieve and enter 0 for all other values. For example, if you entered in 2.0 miles for the distance value you need to enter 0 for time, calories and pulse. The time will start counting up and the timer will stop when you reach the 2.0 mile goal.

Please keep in mind, if you enter multiple values during setup, it will work as a multi goal program and whenever a goal is reached, the timer will stop.

D. Program (Preset Profile Program): During category selection, turn the adjustment dial till program category selection is lit; press the ENTER key to enter preset profile programs. Rotate the adjustment dial to toggle through the 12 different preset programs. The dot matrix profile window will display programs number P01-P12 and then flash its preset profile. Press ENTER to confirm the profile.

After you selected a program profile, you can set your time goal. Time window will flash with 0:00; rotate the adjustment dial to adjust the time and press ENTER to confirm. The program set up is now completed. Press START/STOP to begin this program.

Preset Profile Programs:
E. **User Program:** This program “custom program” is designed for users to build a program profile segment by segment (1-20) resistance change before exercising.

When the adjustment dial is rotated during category selection mode and user program name is lit; pressing the ENTER key will confirm the User setting program.

The 1st segment LCD on the dot matrix window will start to blink. Rotate the adjustment dial to adjust the resistance level. Pressing the ENTER key will confirm selection, entering you into the next segment until the 20th column is reached. You may press and hold the ENTER key for 2 seconds to bypass the rest of the profile settings to enter time. Note: The remaining segments will start with resistance level 1.

After all segments are completed, you will be prompted to setup the time goal before starting a workout. Press the START/STOP key anytime to start the program.

**H.R.C. Program:** H.R.C. programs are based off of user profile information. Heart rate control programs are designed to keep you training at your chosen heart rate level. The console will adjust the resistance level automatically to ensure the target heart rate is achieved and maintained during the entire program.

Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate. In order to get the most accurate reading, it is recommended to enter your age before your workout.

*Note:* A heart rate monitoring device must be used for the program to work. For better results, a chest strap is recommended for this operation. It is also important to consult your physician before performing any heart rate based training program.

*Note:* Only a 122k heart rate transmitter will work with the VST.

When the adjustment dial is rotated during the category selection mode and H.R.C. program category name is lit; press the ENTER key to enter H.R.C. programs. Rotate the adjustment dial to toggle through the 4 H.R.C. programs. The dot matrix profile will show the selected H.R.C. program: 55%, 75%, 90% or Target. Press ENTER to confirm the program.

Example: 220 - (Age 45) = 175  X multiplied by (55% or 75% or 90%)  (Percentage 55%) = 96 bpm

*Check page 21 for further assistance*

I. **(TAG) Target Heart Rate Program:**

Press the ENTER key to select the TAG program; then setup your own heart rate goal. The Pulse window will blink with the pulse value. Rotate the adjustment dial to adjust the value and press ENTER to confirm. The range of pulse which can be selected is 30 – 230 bpm.

After pulse entry, time window will flash with 0:00 or last entered time. Rotate the adjustment dial to adjust the time and press ENTER to confirm. After time entry, the program setup is now completed. Press START/STOP to begin this program.

II. **55%; 75% & 90% Max Heart Rate Program:**
As previously mentioned, a user's max heart rate is equal to $220 - \text{age}$; 55%, 75% and 90% programs are based off of your user profile setting (age), and when you enter into this program the heart rate percentage will automatically be calculated. The calculated heart rate will be displayed in the pulse window.

Rotate the adjustment dial till the desired percentage program is lit. Press the ENTER key to select one of these three programs; the next step is setting up program time. Time window will flash with 0:00 or last entered time. Rotate the adjustment dial to adjust the time and press ENTER to confirm. After time entry, the program set up is now complete. Press START/STOP to begin this program.

55% 75% & 90% max heart rate program    No pulse input for 5 seconds

Note: If there is no HR input for 5 seconds, the dot matrix will display until a valid signal is received. Hold on to the pulse hand grips or use a wireless heart rate transmitter.

F. WATT Program (constant power program): Watt (power) is determined by speed & resistance. This program is designed to let you set up your watt goal. The console will automatically adjust the resistance level according to your speed to maintain your watt goal.

When the adjustment dial is rotated during category selection mode and WATT program name is displayed, press the ENTER key to confirm the WATT program.

If you press the ENTER key to select the WATT program, the next step is setting up your watt goal. The watt window will flash 120; rotate the adjustment dial to adjust the value and press the ENTER key to confirm. The range of watt is 10 – 350 and can only be adjusted in decimals of 5.

After watt entry, time window will flash with 0:00 or last entered time; rotate the adjustment dial to adjust the time and press ENTER to confirm. After time entry, the program setup is now complete; press the START/STOP to begin this program.
Watt value can be adjusted anytime during program execution by rotating the adjustment dial.

Note: There are 3 symbols on the watt display during watt program signaling your actual watt value vs. the setting and how you should react to it:

▲ : Watt value > Setting value 25% -- User should slow down

● : Watt value in the setting range -- User should maintain the speed

▼ : Watt value < Setting value 25% -- User should speed up

Please note whenever the program time is achieved, there is a beeping sound to alarm you, you can press any key to stop the alarm.

Changing Distance Reading from Miles (ML) to Kilometers (KL)

If you press and hold the START/STOP and RESET button at the same time for a few seconds, it will allow you to change distance reading from miles to kilometers. Use the resistance dial to rotate to ML or KL then press the enter key to confirm selection.
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%-85% 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. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate; referred to as “Training Zone”. In order to get the most accurate reading, it is recommended to enter your age before your workout.

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 85% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

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

**Fitness Safety:** The Heart Rate chart indicates average heart 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.
Heart Rate Monitoring Devices

Pulse Hand Grips (Standard)
The VST-V6 comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading. Hold on to the hand grip for a few seconds until the computer is able to calculate your pulse and get a steady reading. Once you let go of the hand grips the computer will need to recalculate your pulse.

Note: It is recommended to wear a chest strap for the Heart Rate control programs, as it is more accurate and will constantly transmit a signal to the computer. If you wear a chest strap and use the steel pulse hand grips at the same time, please note the console will take the measurement of the chest strap over the hand pulse.

Operating Tips:
If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.
- In some cases dampening your palms may help the sensors register a more stable heart rate.

Chest Strap (Optional)
The VST-V6 is equipped with a built-in wireless 122k receiver for your heart rate monitoring transmitter. Please contact your dealer to purchase a compatible 122k chest strap transmitter, if you would like to use more wireless heart rate features.

To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

The receiver of the wireless ECG system is built into the console unit.

How to Wear Your Sensor/ Transmitter:

(1) Buckle one end of the chest strap onto the transmitter.
(2) Adjust the band length so that the fit is snug, but not too tight.
(3) Buckle the other end of the chest strap onto the transmitter
(4) Center the transmitter on your chest below the pectoral muscle (breasts).
(5) Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

Note: The transmitter is on automatically when it is being worn. It is off when it is not connected to your body; however, as moisture may activate the transmitter, thoroughly dry the transmitter after every use to prolong battery life.
Care and Maintenance

The LifeCORE VST-V6 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 VST-V6 is only for indoor use and should not be stored outside or 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 lubricate any moving parts. Use of this type of lubricating will damage the unit’s components voiding the warranty.

  Use only appropriate lithium assembly grease as needed to the pivot points if noise occurs. Contact Lifecore to find out exactly what type of grease is acceptable or to purchase grease.

- 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. You can also use a light house hold cleaner such as Windex to remove dirt and sweat. The purpose of cleaning the unit is to remove body sweat from the unit which contains salt. Salt is the number one factor that will cause the unit to rust and the electronics to stop working.

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

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

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

- Only use the appropriate 9V1000mA power source, never use an adapter that is not certified for the unit, a wrong adapter will cause the electronics to overheat and malfunction voiding the warranty.

In the unlikely event that the VST-V6 experiences a problem, please contact LifeCORE fitness for advice toll free at 888-815-5559.
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<td>BOTTLE HOLDER SCREW</td>
<td>2</td>
</tr>
<tr>
<td>F5</td>
<td>SCREW M5x16</td>
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<td>J11</td>
<td>SCREW M4x20</td>
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<tr>
<td>F6</td>
<td>TRANSPORTATION WHEEL</td>
<td>2</td>
<td>J12</td>
<td>NUT M4</td>
<td>8</td>
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<tr>
<td>F7</td>
<td>SCREW M8x40</td>
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<td>J13</td>
<td>SCREW M4x45</td>
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<td>F8</td>
<td>NUT M8</td>
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<td>J14</td>
<td>SCREW M4x25</td>
<td>7</td>
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<td>G1</td>
<td>PEDAL SUPPORTING TUBE(LED)</td>
<td>1</td>
<td>J15</td>
<td>SCREW M4x18</td>
<td>10</td>
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<tr>
<td>G2</td>
<td>PEDAL SUPPORTING TUBE(R)</td>
<td>1</td>
<td>J16</td>
<td>SPRING WASHER M8</td>
<td>13</td>
</tr>
<tr>
<td>G3</td>
<td>BEARING 6003ZZ</td>
<td>4</td>
<td>K</td>
<td>ADAPTOR</td>
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</tr>
</tbody>
</table>
Limited Consumer Warranty

LifeCORE Fitness Inc.
VST-V6 Variable Stride Trainer

What is Covered. LifeCORE Fitness, Inc. (“LifeCORE”) warrants to the original purchaser of this LifeCORE Fitness branded product (the “Product”) that the frame of the Product shall be free from defect in materials and workmanship during the normal life of the Product and all other parts and components of the Product shall be free from defect in material and workmanship for a period of 5 years mechanical and 2 years electronic when the Product is used under as recommended by LifeCORE under normal family household uses and conditions. During the warranty period LifeCORE will at no additional charge to you, repair or replace (at LifeCORE option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor for any required repair is warranted for 1 year from the date of original purchase. After one year all labor shall be the responsibility of the owner. Extended Service Care Packages are available to extend the manufactures warranty.

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

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

Disclaimed Warranties. TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL WARRANTIES, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY, ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT PERMITTED BY LAW; AND LIFECORE NEITHER ASSUMES NOR AUTHORIZES ANY PERSON OR ENTITY TO ASSUME FOR IT ANY DUTY, OBLIGATION OR LIABILITY IN CONNECTION WITH ITS PRODUCTS. LIFECORE HEREBY DISCLAIMS AND HAS ABSOLUTELY NO LIABILITY FOR ANY AND ALL ACTS OF THIRD PARTIES INCLUDING DEALERS OR INSTALLERS. IN THE EVENT OF A CLAIM OR A DISPUTE INVOLVING LIFECORE OR ITS SUBSIDIARY, THE PROPER VENUE SHALL BE SAN DIEGO COUNTY IN THE STATE OF CALIFORNIA. CALIFORNIA STATE LAWS AND APPLICABLE FEDERAL LAWS SHALL APPLY AND GOVERN THE DISPUTE. THE MAXIMUM RECOVERY UNDER ANY CLAIM AGAINST LIFECORE SHALL BE STRICTLY LIMITED TO THE PURCHASE PRICE OF THE PART. LIFECORE SHALL NOT BE RESPONSIBLE FOR ANY DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO, ANY CONSEQUENTIAL DAMAGES, INCIDENTAL DAMAGES, DAMAGES FOR THE LOSS OF TIME, LOSS OF EARNINGS, COMMERCIAL LOSS, LOSS OF ECONOMIC OPPORTUNITY AND THE LIKE.

Some states do not allow limitations on how long an implied warranty will last or the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other rights that vary
from State to State. LifeCORE does not and has not authorized any person or entity to create for it any other obligation, promise, duty or obligation in connection with this Product.

**Warranty Registration.** PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN [10] DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. 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. Unless otherwise prohibited by law, in order to validate the warranty this Product must have been registered through LifeCORE Fitness Inc., and/or a copy of the proof of purchase, 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.

**Warranty Claim Processing.** To obtain warranty service, you must contact the original place of purchase. LifeCORE may at its option may repair or replace any defective Product frame or parts with new or serviceable used parts that are equivalent in function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service become the property of LifeCORE. LifeCORE reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCORE to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment.

Please see other LifeCORE Fitness Products at www.LifeCOREfitness.com.

THANK YOU FOR YOUR BUSINESS!

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**VST-V6 Variable Stride Trainer 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: **VST-V6 Variable Stride Trainer** Date Of Purchase: ______________________

Serial No.____________________________________________

Environment Placed: ☐ Residential ☐ Light Commercial ☐ Commercial
Customer Service
Toll Free (888) 815-5559
Mon-Friday 7:30 - 5:30 PT
Service@LifeCOREfitness.com

LifeCORE Fitness Inc.
2575 Pioneer Ave. Suite 101
Vista, CA 92081

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