

LC21 Elliptical Trainer

LifeCORE
Fitness



Computer Instructions

LC 21 ELLIPTICAL COMPUTER INSTRUCTIONS

Error Message Guide

If the computer detects an error it will display the text "E2" If the following solutions fail to correct the problem then contact your dealer for assistance.

PROBLEM: No motor detected.

SOLUTION: Reconnect all cable plug connections, refer to the assembly instructions.

PROBLEM: Software failure.

SOLUTION: Reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the plug-in adaptor.

Power Functions

ADAPTOR: Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LCD segments will briefly light up. If there are any problems then please refer to the ERROR MESSAGE GUIDE for help.

AUTO POWER UP: The computer will automatically power up when the exercise machine is in use, or when any Keys on the computer are pressed.

AUTO POWER DOWN: The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

Key Functions

TOTAL RESET Key: To totally reset the computer, hold this button down until the screen resets or you hear a beep. You will lose all data entered such as Time, Date, Target Values but the User Profile will be retained.

RESET Key: To reset the computer back to the Main Menu.

RECOVERY Key: To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your workout, You must grip the Heart Rate handles or wearing a chest strap while using this feature.

START/STOP Key: To start and stop your selected workout program.

ENTER Key: To confirm your selection.

UP & DOWN Keys: Two functions.

1. Before your workout - Cycle through the available selection. Press and hold the UP & DOWN Keys to fast track.
2. During your workout - Adjust the resistance levels or watt value.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

TIME Display: minutes and seconds.

SPEED Display: kilometers per hour (km/h) or miles per hour (mph).

RPM Display: revolutions per minute.

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Getting Started SETTING THE DATE & TIME

When the computer is first activated (or after pressing the TOTAL RESET Key) the LCD Display will be flashing and requesting impute data for Year, Month, Day and Time.

1) Press the UP & DOWN Keys to select the correct information, then press the ENTER Key to confirm your selection.

Main Menu

The Main Menu consists of the 5 x following selections:

1. **MAN** 1 x MANUAL PROGRAM
2. **PROG** 12 x PROGRAM PROFILES
3. **USER** 1 x USER PROFILE PROGRAM
4. **H.R.C.** 4 x HEART RATE CONTROL PROGRAMS
5. **WATT** 1 x WATT PROGRAM

1) Use the UP & DOWN Keys to scroll through the 5 x Main Menu selections. Press the ENTER Key to confirm your selection.

Manual Program QUICK START

The MANUAL PROGRAM is a simple program that has a flat profile and is preset at resistance level one. Before and during your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

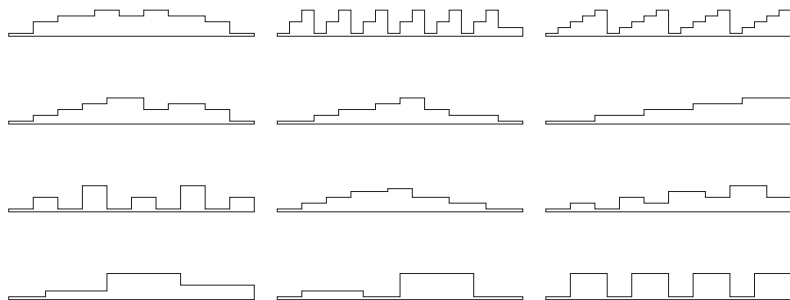
1) From the Main Menu, use the UP & DOWN Keys to scroll and select the MANUAL PROGRAM. Confirm your selection by pressing the ENTER Key.

2) Press the START Key to begin your workout.

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Program Profiles

The computer will automatically adjust the resistance levels according to the PROGRAM PROFILE you select. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.



There are 12 x PROGRAM PROFILES to choose from as shown in the diagrams below.

1) From the Main Menu, use the UP & DOWN Keys to scroll and select the PROGRAM PROFILES. Confirm your selection by pressing the ENTER Key.

2) Use the UP & DOWN Keys to scroll through the 12 x PROGRAM PROFILES. After two seconds the computer will automatically display the Program Profile. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

3) To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.

User Profile Program

The computer will automatically adjust the resistance levels according to the USERS PROFILE PROGRAM you design. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

1) From the Main Menu, use the UP & DOWN Keys to scroll and select the USER PROGRAM. Confirm your selection by pressing the ENTER Key.

2) There are 20 columns, each with a choice of 16 resistance levels. Use the UP & DOWN Keys to select your resistance level. Press the ENTER Key to confirm your selection.

To immediately start your workout press the START Key.

3) To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.

55%,75%,90% Heart Rate Control Programs

The % H.R.C PROGRAMS are designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select a bpm that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 55% H.R.C and increase your % H.R.C as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

1) From the Main Menu, use the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Key.

2) Use the UP & DOWN Keys to scroll and impute your age and the computer will automatically calculate your bpm for 55% 75% 90%. Press the ENTER Key to confirm your selection.

3) Use the UP & DOWN Keys to scroll and select one of the 3 x % H.R.C PROGRAMS. Press the ENTER Key to confirm your selection.

To immediately start your workout press the START Key.

4) To select target values use the UP & DOWN Keys. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.

Target Heart Rate Control Program

The TARGET H.R.C PROGRAM is designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select a bpm that is optimal for you, see CALCULATING TARGET HEART RATE on the next page.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 55% H.R.C and increase your Target Heart Rate as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

1) From the Main Menu, use the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Key.

2) Your age impute is not relevant so skip this section by pressing the ENTER Key.

3) Use the UP & DOWN Keys to scroll and select the TARGET H.R.C PROGRAM. Press the ENTER Key to confirm your selection.

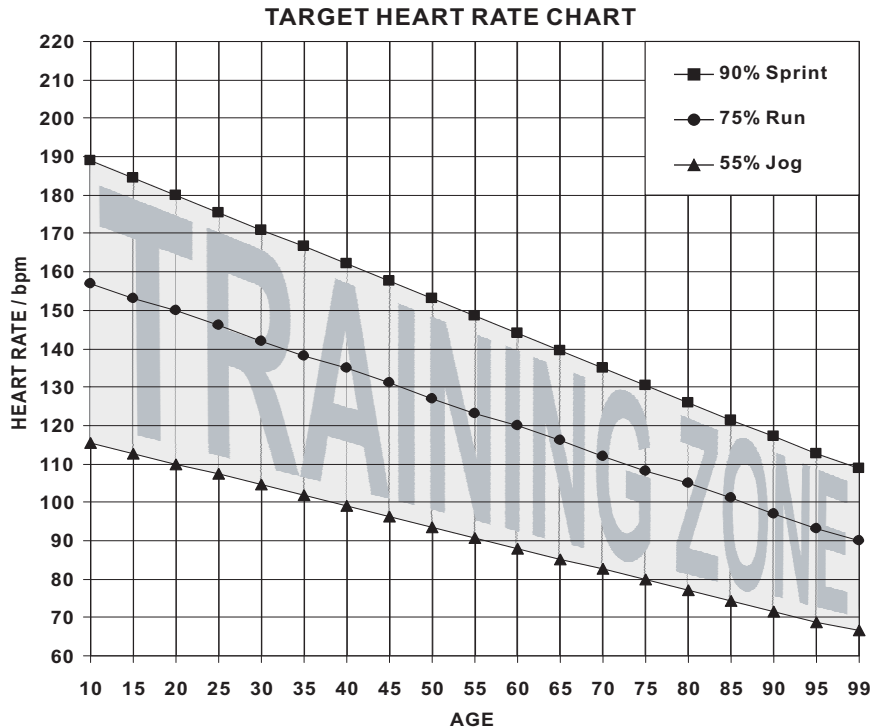
4) Use the UP & DOWN Keys to impute your desired Pulse (bpm). Press the ENTER

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Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your training zone. To achieve effective results you should do your cardiovascular workout within your training zone. Refer to the target heart rate chart below to calculate your T.H.R at 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{T.H.R}\%$ (e.g. $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)



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Recycle

Help save the planet. Please recycle this computer after use.

Watt Program

The WATT PROGRAM is designed to keep your watt output at a constant level you have selected. During your workout you can adjust the watt value by pressing the UP & DOWN Keys.

- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the WATT PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Use the UP & DOWN Keys to impute your desired watt. Press the ENTER Key to confirm your selection.

To immediately start your workout press the START Key.

- 3) To select target values use the UP & DOWN Keys. Press the ENTER Key to confirm your selection.

Recovery Program

The RECOVERY PROGRAM is designed to evaluate your fitness immediately after your workout. Be sure to provide the computer with a pulse signal either via the hand pulse sensors or a chest band.

- 1) Immediately upon completing your workout press the STOP Key then press the RECOVERY Key.
- 2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1 ~ SUPERFIT
F4 ~ FAIR

F2 ~ VERYFIT
F5 ~ UNFIT

F3 ~ FIT
F6 ~ VERYUNFIT

Target Values TIME - DISTANCE - CALORIES - TARGET HEART RATE - WATT

TIME - DISTANCE - CALORIES Target Values are optional. If you do not select any of these optional target values then the computer will count from zero upwards. If you select one or more of these optional target values then the computer will countdown from your selection.

The computer will stop and sound an alarm once the **FIRST** target value has been achieved. Press the STOP Key to stop the alarm.

TIME: 1:00~99:00 minutes (in 1 minute steps).

DISTANCE: 0.1~99.9 kilometers or miles (in 0.1 steps).

CALORIES: 10~990 (in 10 calorie steps).

WATT: 10~350 (in 5 watt steps, only applies to the WATT PROGRAM).

TARGET HEART RATE: 30~240 bpm (in single steps, only applies to TARGET H.R.C PROGRAM).

Heart Rate Receiver & Chest Bands

The computer has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification. **Wi-Fi internet can and may cause interference with the operation of the Heart Rate Pulse Reading.** You may try to remedy by re-locating your machine further away from any Wi-Fi device. Do not try to use Hand Pulse and Chest Strap at the same time.

Hand Pulse Sensors

Both palms of your hands should be in contact with both hand pulse sensors.

The hand pulse sensors should be held firmly. Jiggling or moving your hands will cause incorrect pulse signals.