



# LC 800 RB

## User Product Manual LifeCore 800 Recumbent

### Customer Service

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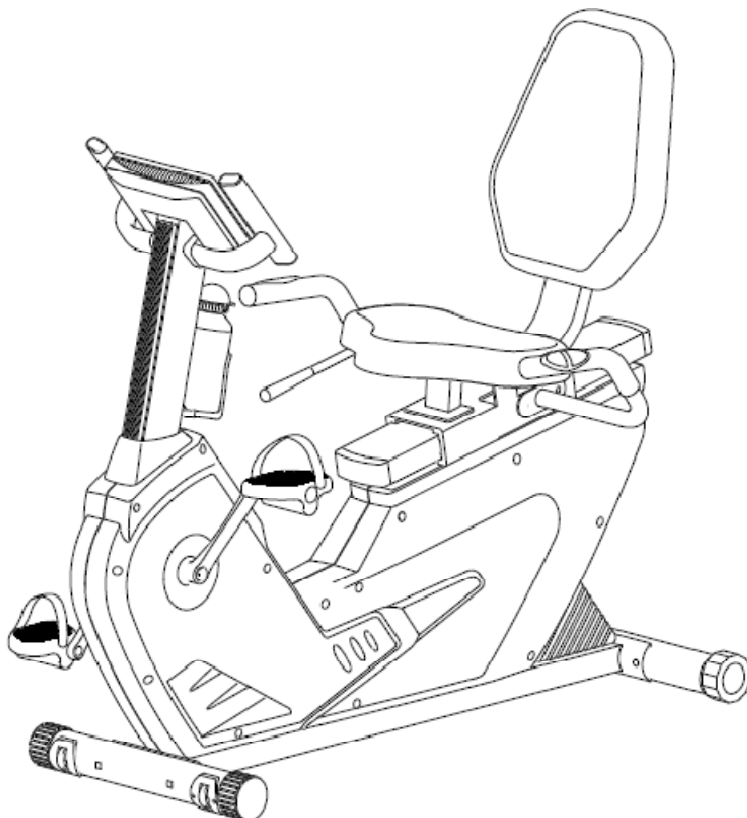
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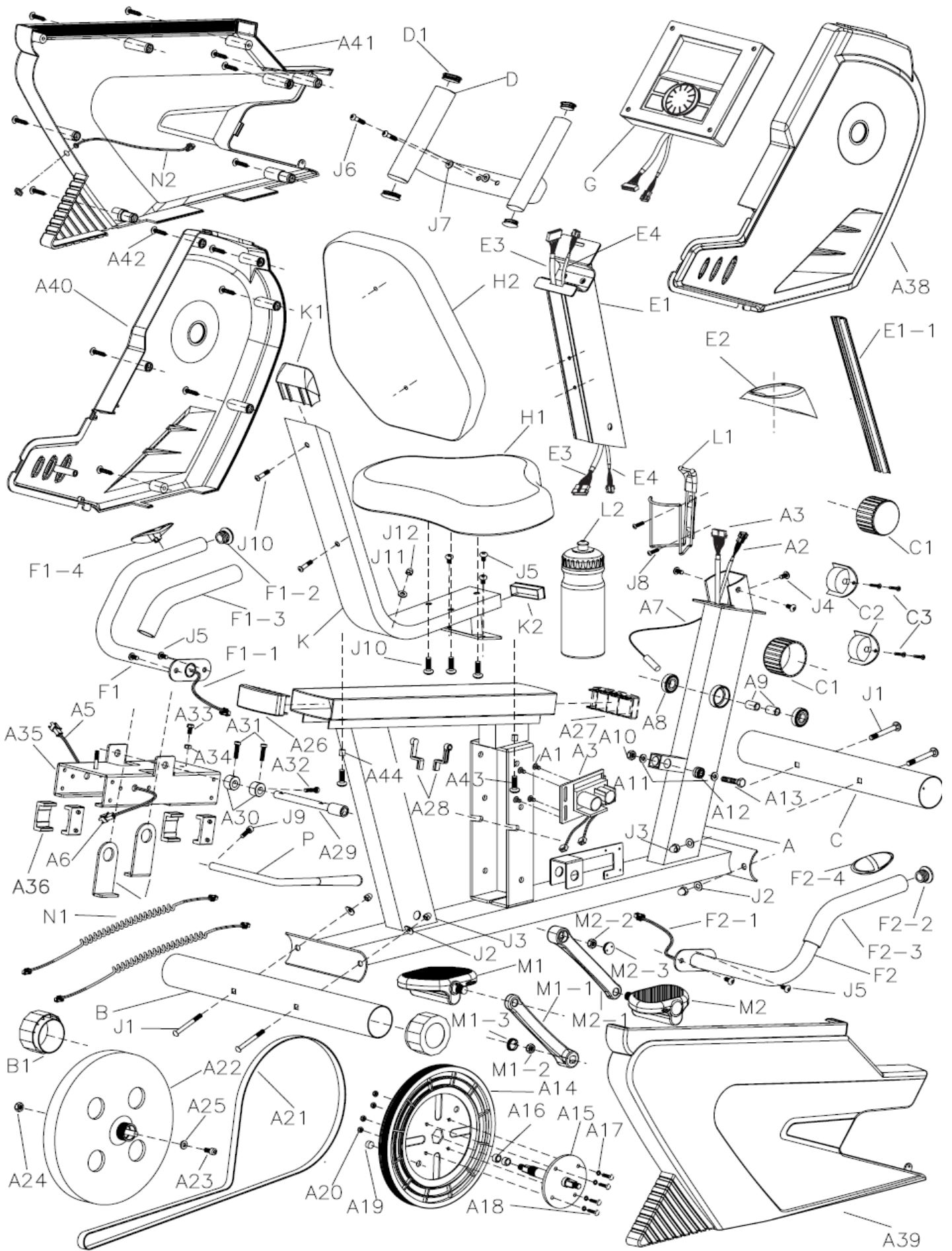
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# Important Safety Instruction

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

The LifeCore 800RB is an exercise bike that simulates the movements of riding a bicycle at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of 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.

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



## Parts List

PARTS NO.	DESCRIPTION	Q'TY	PARTS NO.	DESCRIPTION	Q'TY
A	MAIN FRAME	1	A40	FRONT CHAIN COVER(L)	1
A1	SCREW	4	A41	REAR CHAIN COVER(L)	1
A2	SENSOR WIRE	1	A42	SCREW	14
A3	MOTOR	1	A43	SCREW	2
A5	HAND PULSE WIRE	1	A44	PLASTIC SLEEVE	2
A6	HAND PULSE WIRE	1	B	REAR STABILIZER	1
A7	SENSOR WIRE	1	B1	END CAP	2
A8	BEARING	2	C	FRONT STABILIZER	1
A9	BUSHING	2	C1	END CAP	2
A10	NUT	1	C2	ROTARY WHEEL	2
A11	WASHER	2	C3	SCREW	4
A12	BEARING	1	D	SMALL HANDLE BAR	1
A13	BOLT	1	D1	END CAP	4
A14	DRIVING PULLY	1	E1	CENTRAL SUPPORT TUBE	1
A15	AXLE	1	E2	DECORATION CAP	1
A16	BUSHING	2	E3	SENSOR WIRE	1
A17	WASHER	4	E4	SENSOR WIRE	1
A18	SCREW	4	F1	SIDE HANDLE BAR(L)	1
A19	MAGNET	1	F1-1	HANDLE PULSE SENSOR WIRE	1
A20	NUT	4	F1-2	END CAP	1
A21	BELT	1	F1-3	SPONGE	1
A22	MAGNETIC WHEEL	1	F1-4	HANDLE PULSE	1
A23	SCREW	1	F2	SIDE HANDLE BAR(R)	1
A24	NUT	1	F2-1	HANDLE PULSE SENSOR WIRE	1
A25	WASHER	1	F2-2	END CAP	1
A26	END CAP	1	F2-3	SPONGE	1
A27	END CAP	1	F2-4	HANDLE PULSE	1
A28	FIXING HOUSING	2	G	COMPUTER	1
A29	SHAFT	1	H1	SEAT PAD	1
A30	ROTARY WHEEL	2	H2	BACK PAD	1
A31	SCREW	2	J1	SCREW	4
A32	SCREW	1	J2	WASHER	4
A33	SCREW	1	J3	NUT	4
A34	NUT	1	J4	SCREW	3
A35	SLIDING TRACKING	1	J5	SCREW	7
A36	SPACER	4	J6	SCREW	2
A37	FIXING PLATE	2	J7	WASHER	2
A38	FRONT CHAIN COVER(R)	1	J8	SCREW	2
A39	REAR CHAIN COVER(R)	1	J9	SCREW	1

## Parts List

PARTS NO.	DESCRIPTION	Q'TY	PARTS NO.	DESCRIPTION	Q'TY
J10	BOLT	5	M1-2	NUT	1
J11	WASHER	1	M1-3	BOLT COVER	1
J12	NUT	1	M2	RIGHT PEDAL	1
K	SADDLE TUBE	1	M2-1	RIGHT CRANK	1
K1	END CAP	1	M2-2	NUT	1
K2	END CAP	1	M2-3	BOLT COVER	1
L1	BOTTLE HOLDER	1	N1	HANDLE WIRE	2
L2	WATER BOTTLE	1	N2	SENSOR WIRE	1
M1	LEFT PAD	1	P	STOP BAR	1
M1-1	LEFT CRANK	1			

## Assembly Tips

The LifeCore 800RB is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a customer.

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

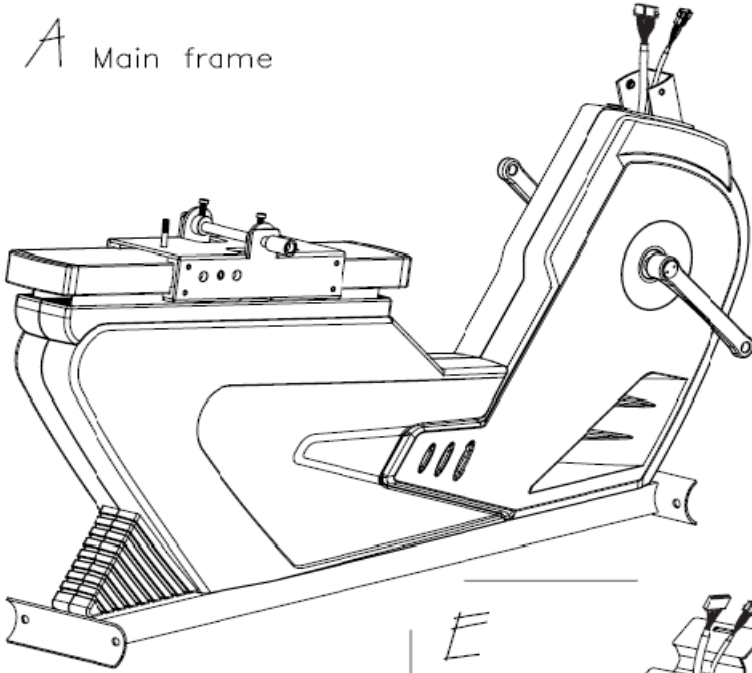
Note that some hardware may be preassembled to components to help with assembly and tools have been provided to assist with assembly.

## Tools Required:

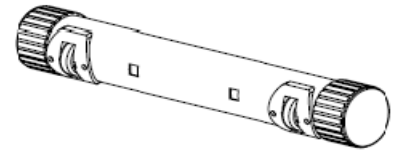
- 13 mm wrench
- 15 mm wrench
- Phillips Screw driver
- 6mm Allen wrench
- 5mm Allen wrench
- 4mm Allen wrench

PARTS LIST

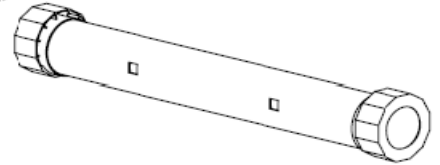
A Main frame



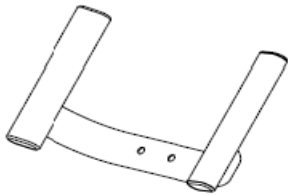
C Front stabilizer



B Rear stabilizer



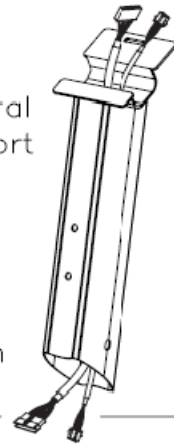
D Small handle bar



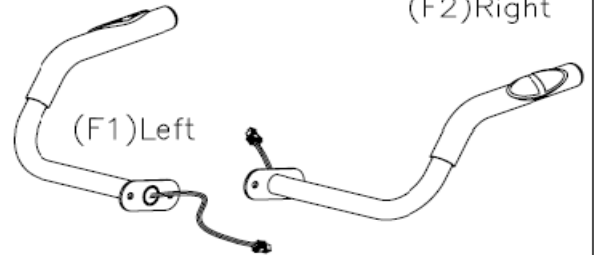
E (E1) Central support tube



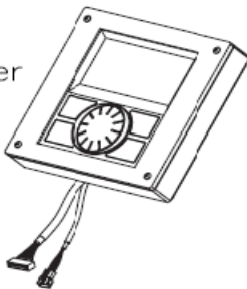
(E2) Decoration Cover



F Side handle bar (F2)Right



G Computer



H Seat & Back Pad

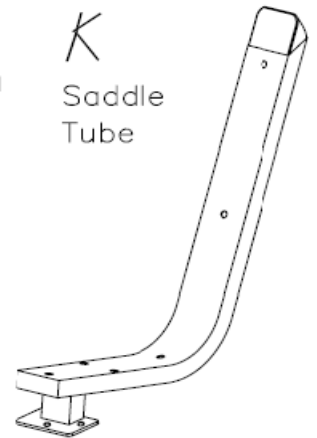


(H1)Seat pad



(H2)Back pad

K Saddle Tube



L (L1) Bottle holder (L2)Water bottle



P Stop Bar



M Pedal

M1-Left



M2-Right

J (J1)Screw



(J2)Washer



(J3)Nut



(J4)Screw



(J5)Screw



(J6)Screw



(J7)Washer



(J8)Screw



(J9)Screw



(J10)Bolt



(J11)Washer



(J12)Nut



FIGURE 1

**FIGURE 1 ASSEMBLY FOR REAR STABILIZER**

Tool Needed:  
13mm Wrench

The first assembly step is to attach the (B) rear stabilizer bar with the rear part of the (A) main frame using (J1) bolt, (J2) washer and (C5) nut.

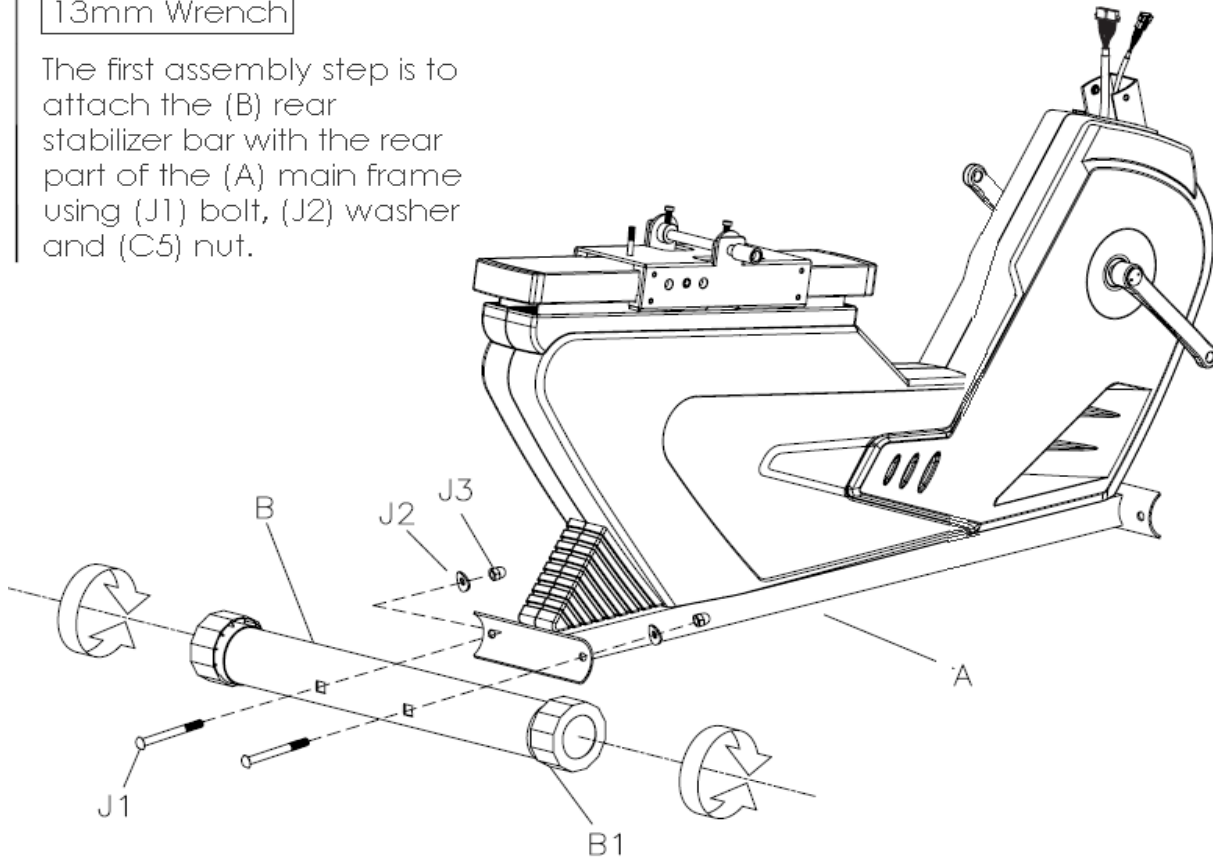


FIGURE 2

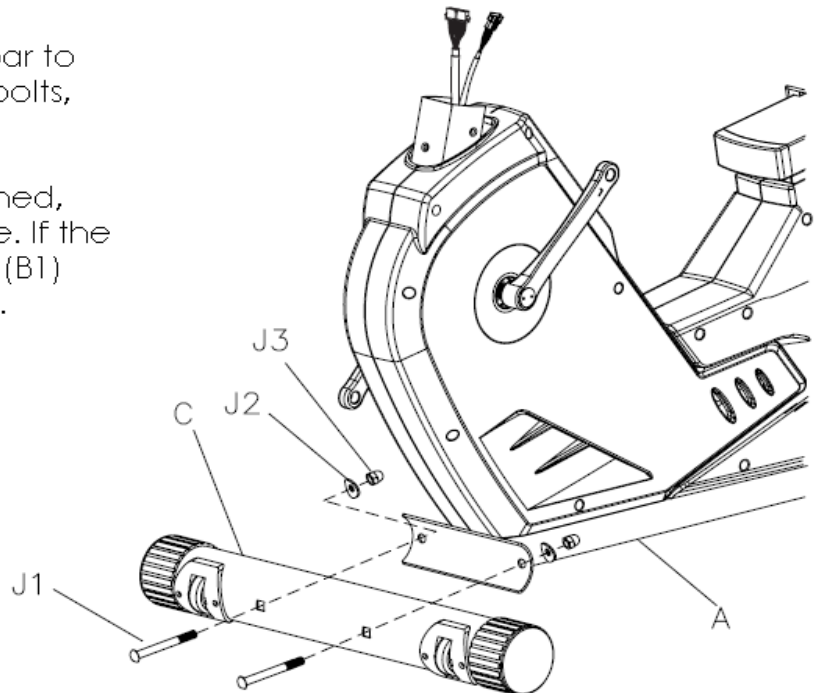
**FIGURE 2 ASSEMBLY FOR FRONT STABILIZER**

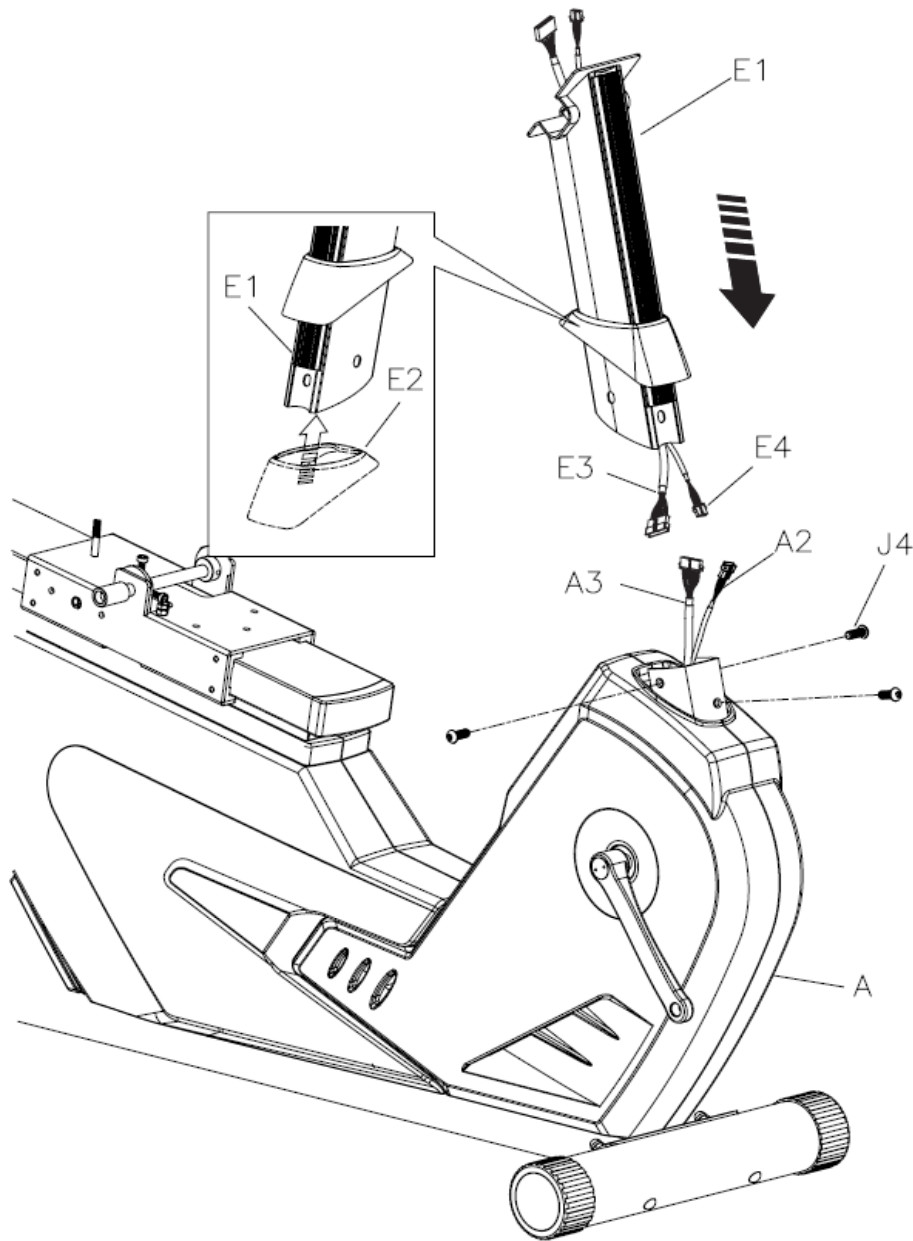
Tool Needed:  
13mm Wrench



Next, attach the (C) front stabilizer bar to the front of the machine using (J1) bolts, (J2) washer and (J3) nuts.

Note: Once the stabilizers are attached, check to see if the machine is stable. If the machine is unstable then adjust the (B1) rear end caps to level the machine.





**FIGURE 3 ASSEMBLY FOR CENTRAL SUPPORT TUBE & DECORATION COVER**

Tool Needed:  
5mm Allan Wrench

Step 1.

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

Step 2.

Connect (A2) internal heart rate cable with (E4) heart rate wire, next connect (E3) computer wire with (A3) servo motor wire. Make sure each wire snaps into place. Connect (E1) central support tube with the (A) main frame. Use (J4) bolt to connect each part.

FIGURE 4

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

Tools Needed:  
6mm Allen wrench  
4mm Allen wrench

Step 1.  
Attach (D) small handle bar using (J7) washers and (J6) bolts to (E1) central support tube.

Step 2.  
Attach (L1) bottle holder to (E1) central support tube with (J8) screws. After wards (L2) water bottle can be placed into (L1) bottle holder.

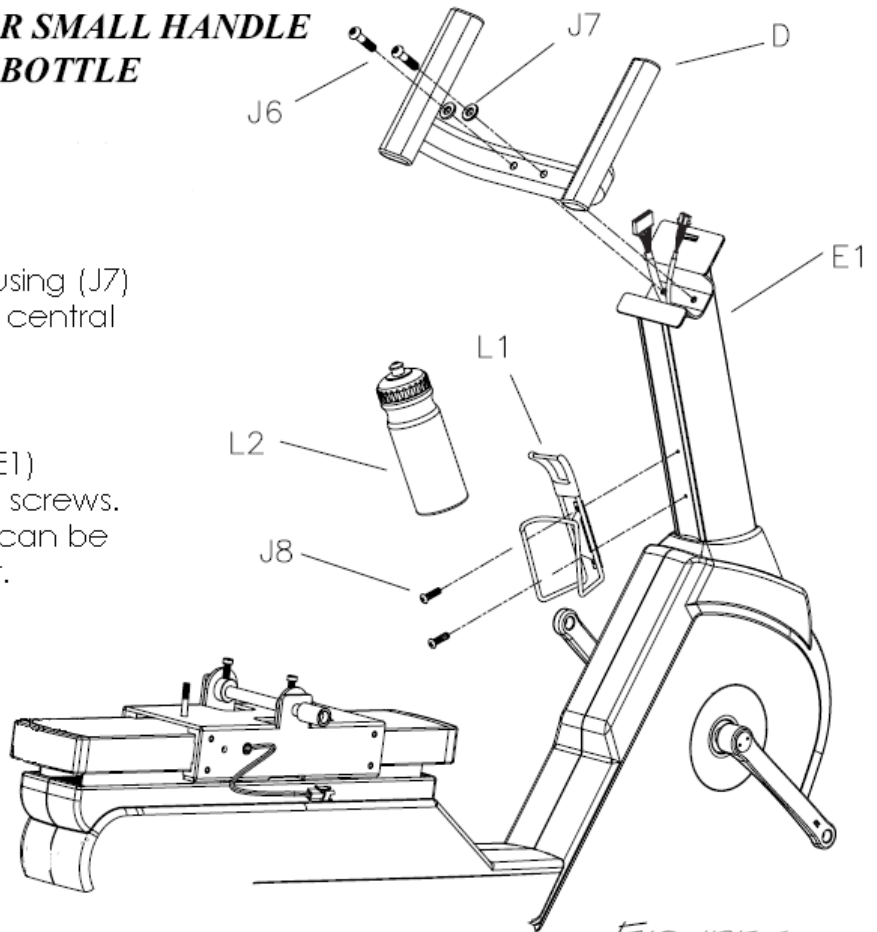


FIGURE 5

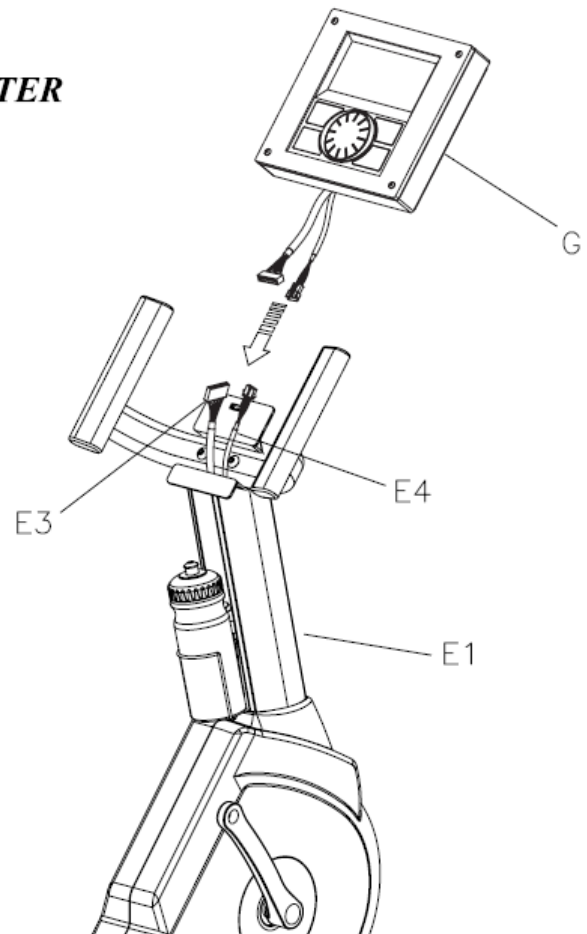
**FIGURE 5 ASSEMBLY FOR COMPUTER**

Tool Needed:  
Phillips screw driver

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

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

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



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

Tool Needed:  
6mm Allen wrench

Step 1.  
Fit (H2) back pad to (K) saddle tube with (J10) bolt, then assemble (H1) seat pad to (K) saddle tube using (J10) bolts.

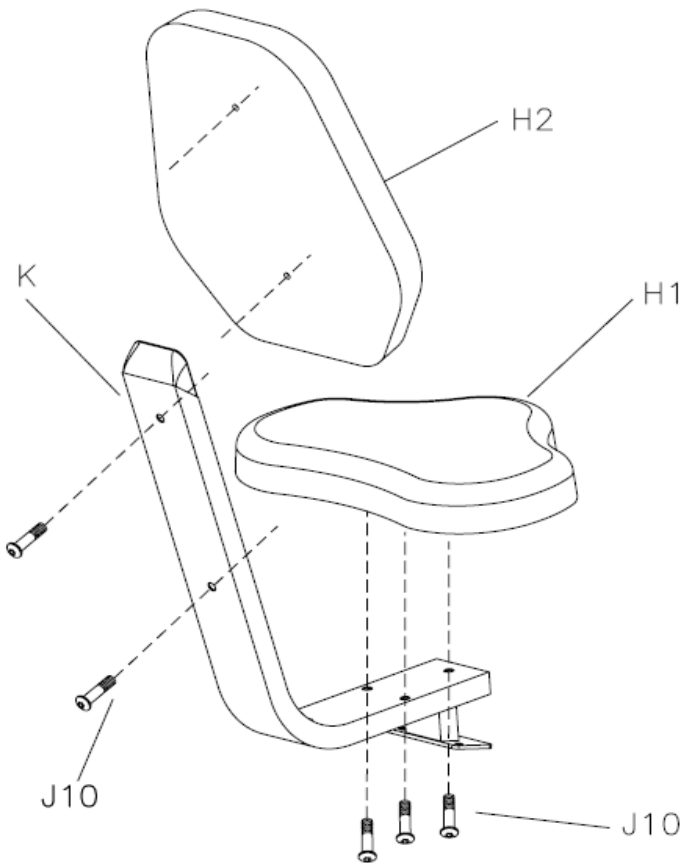


FIGURE 7

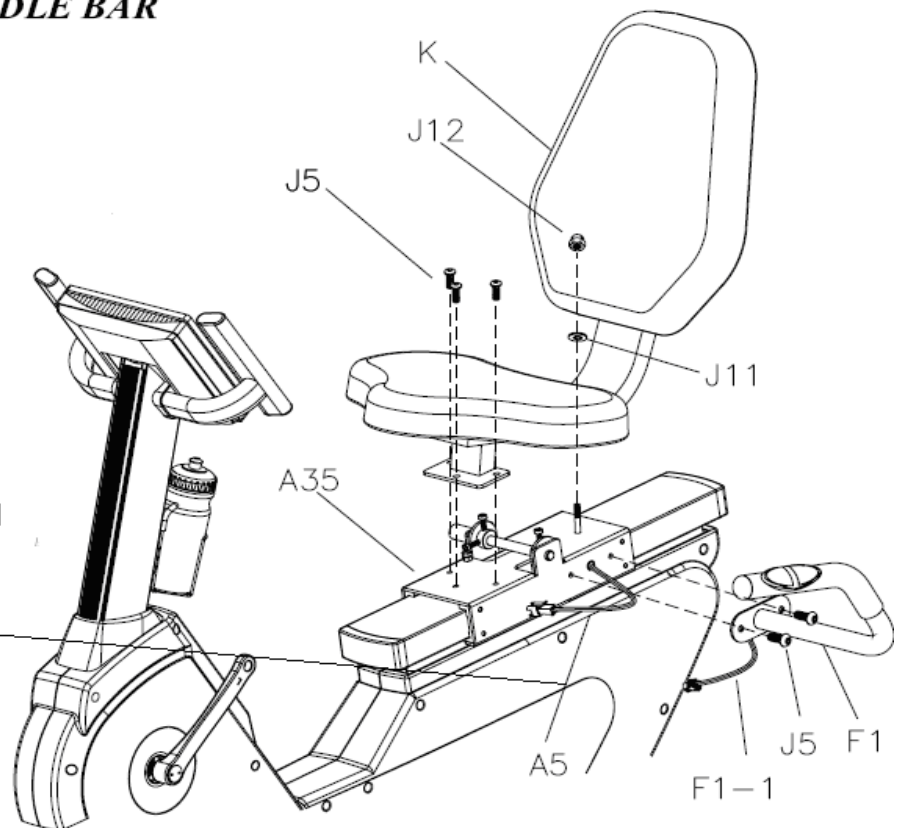
**FIGURE 7 ASSEMBLY FOR SADDLE TUBE & LEFT SIDE HANDLE BAR**

Tools Needed:  
5mm Allen wrench  
13mm wrench

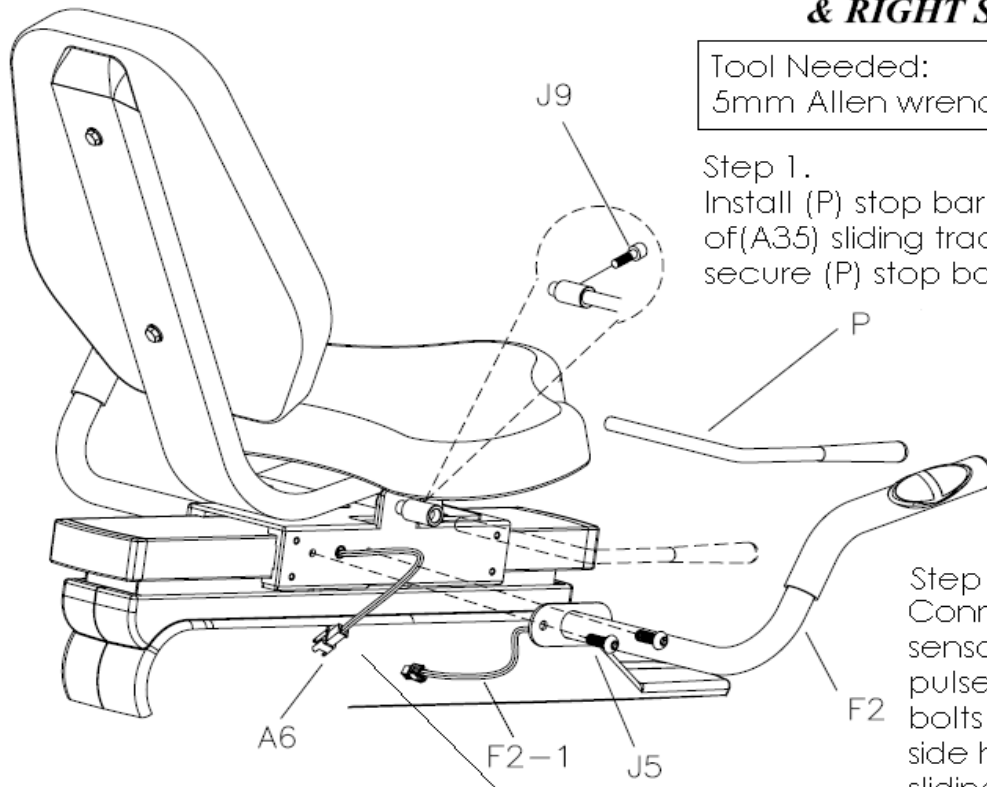
Step 1.  
Connect (K) saddle tube to (A35) using (J5) bolt, (J11) washer and (J12) nut.

Step 2.  
Connect (A5) hand pulse wire to (F1-1) hand pulse sensor wire which is coming out of (F1) left side handle bar. When tightening (J5) bolt, make sure that the hand pulse wire does not get pinched.

Be careful to not pinch hand pulse wire when tightening



**FIGURE 8 ASSEMBLY FOR STOP BAR & RIGHT SIDE HANDLE BAR**



Tool Needed:  
5mm Allen wrench

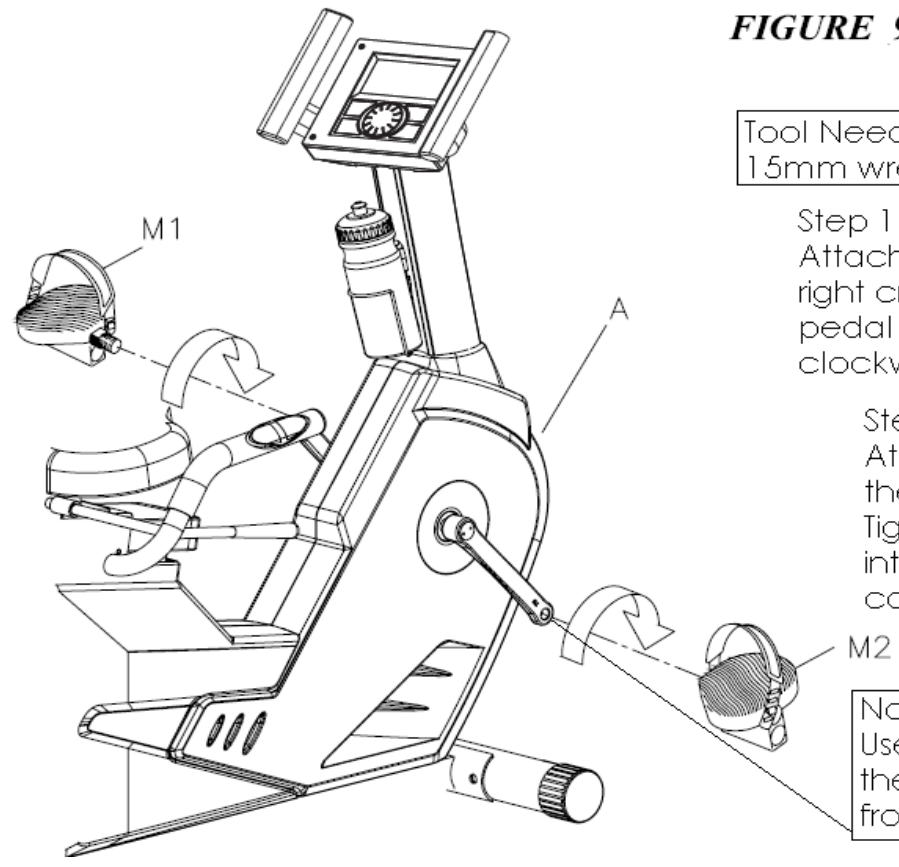
Step 1.  
Install (P) stop bar into the right side of (A35) sliding track. Use (J9) bolt to secure (P) stop bar.

Step 2.  
Connect (A6) heart rate sensor wire to (F2-1) hand pulse sensor wire. Use (J5) bolts to connect (F2) right side handle bar to (A35) sliding track.

Note: Be careful to not pinch hand pulse wires when tightening

FIGURE 9

**FIGURE 9 ASSEMBLY RIGHT & LEFT PEDAL**



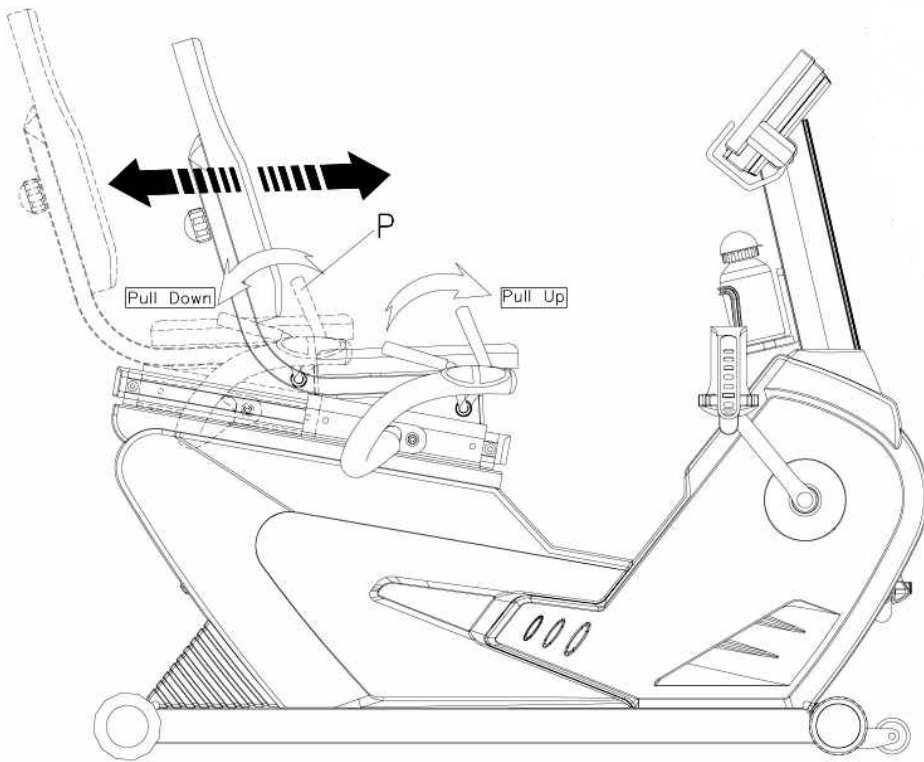
Tool Needed:  
15mm wrench

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

Step 2.  
Attach the left pedal (M1) to the left crank arm. Tighten the left pedal threads into the crank counter-clockwise

Note:  
Use a lot of torque to secure the pedals to prevent them from coming loose.

## Recumbent Seat Adjustments

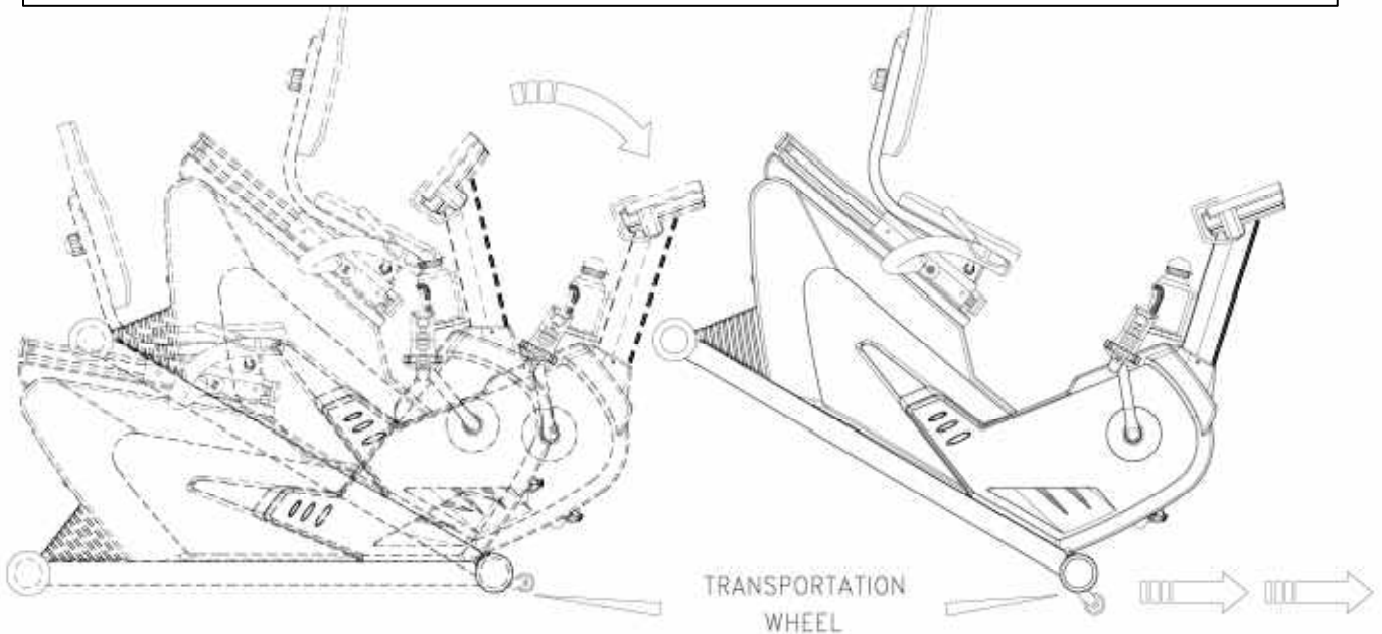


### How to adjust the Seat Pad

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

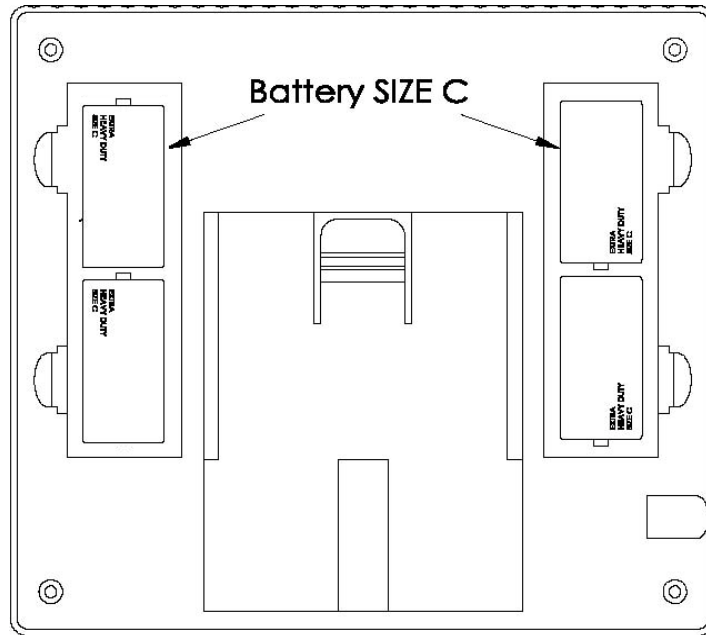
## How to transport the bike

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

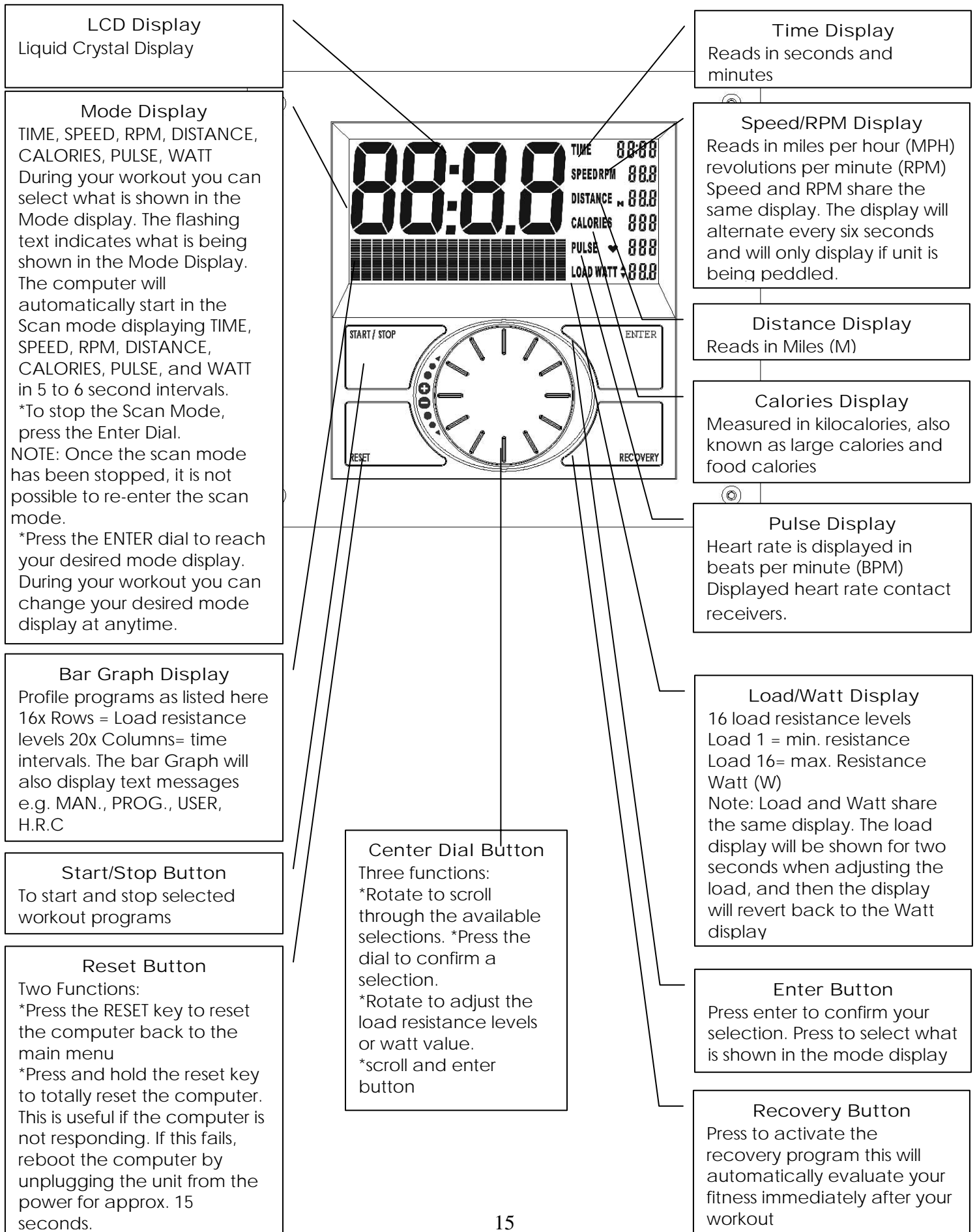


# How to power your machine

The computer comes equipped with battery prongs to hold 4 C batteries. Make sure when installing batteries they are installed correct. The negative side of the battery touches the spring and the positive touches the flat receiver.



# Computer Instruction Manual



## Getting Started

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

### ENTER

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

### RESET

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

### RECOVERY

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

How to use the recovery function:

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

## Recovery Chart

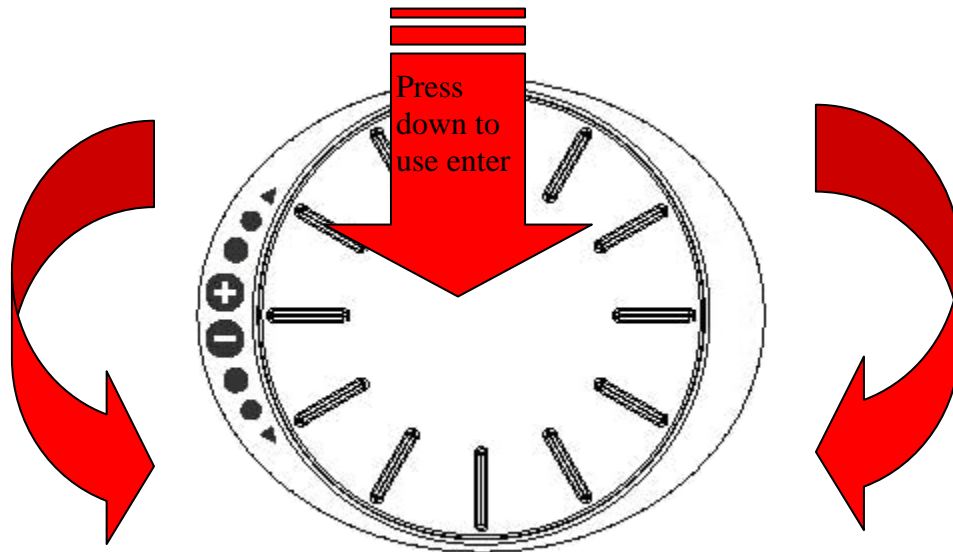
Score	Classification	Heart Rate Per Minute
F1	Excellent	75 - 80
F2	Good	85 - 90
F3	Average	95 - 115
F4	Fair	120 - 125
F5	Poor	130 - 135
F6	Needs Improvement	135+

### START/STOP

The start and stop button allows a workout to begin. Press start to begin a workout or press stop to end a workout.

### CENTER DIAL

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



### Display Readouts

#### Time

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

## Distance

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

## Calories

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

Resistance Level	Calories increments per one rpm
1	0.072
2	0.084
3	0.096
4	0.118
5	0.136
6	0.162
7	0.185
8	0.21
9	0.23
10	0.253
11	0.278
12	0.305
13	0.33
14	0.36
15	0.391
16	0.433

## Pulse

Current heart rate displayed, measured with pulse sensors. Every time the hand pulse is held, the users pulse will have to be calculated and the readout will start from a lower number and calculate upwards to the users correct measured heart rate; For example, if the hand held pulse sensors are gripped correctly, a heart will flash while the computer evaluates a correct readout for about 10 seconds. The number will generally start off at around 75 BPM, and depending on how high a user's heart rate is the readout will continue to read until it gets to the user accurate range. If the pulse sensors are let go for an extended amount of time, the computer will need to re-evaluate a correct pulse which will need to build back up to the correct heart rate range. A heart will display for a few seconds while the pulse is evaluated followed by the pulse readout.

## **Manual mode**

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

## **User Mode**

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

## **Program Mode**

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

## Program Mode "PROG"

Program 1



Program 2



Program 3



Program 4



Program 5



Program 6



Program 7



Program 8



Program 9



Program 10



Program 11



Program 12



### Fat Burning Programs

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

Program 2: Intervals

Program 3: Stairs

Program 12: Mesa

Program 7: High/Low Intervals

### Cardio Programs

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

Program 1: Mountain 1

Program 4: Mountain 2

Program 5: Hill 1

Program 8: Hill 2

### Performance Programs

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

Program 6: Long Stairs

Program 9: Peak

Program 10: Highland

Program 11: Plateau

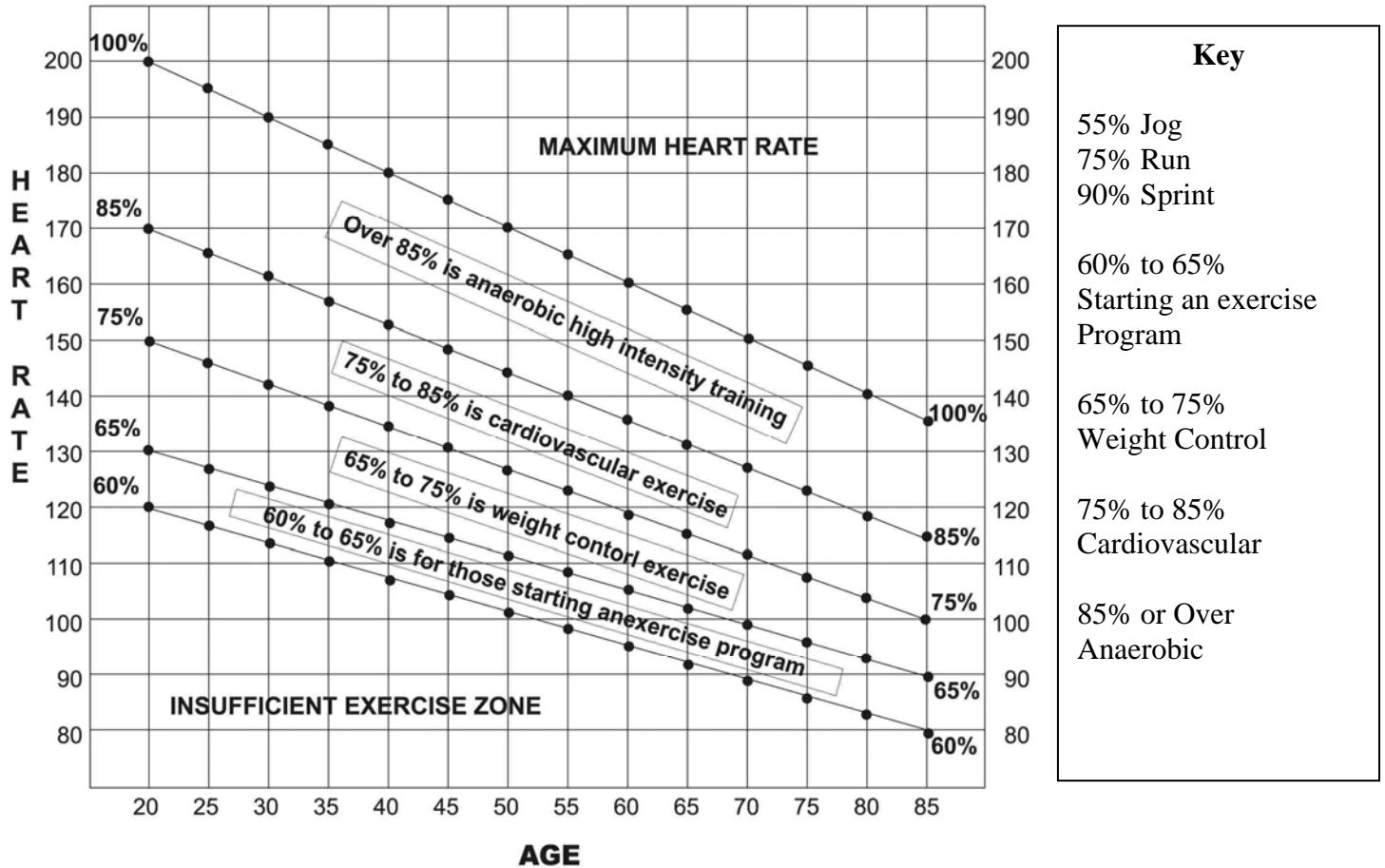
### Heart Rate Control Mode

Heart Rate Control mode is represented on your display as "H.R.C." Press enter or the center dial button to select. Use the center dial to adjust for a user's age, the computer will automatically

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

Program	Goal
55% HRC	Weight Loss
75% HRC	Cardio
90% HRC	Performance
TRG HRC	Custom

Target Heart Rate Formula:  $220 - \text{Users Age} \times (\text{multiply}) \text{ desired T.H.R}$



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

## **Watt Mode**

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

## **Sleep Mode**

When there is no movement or activity with the display or machine it will automatically enter into a sleep mode. The computer display, will faintly show room temperature as well as year, month, day, and time as set through calendar mode. Review the section labeled "Getting Started" regarding sleep mode.

## Workout Guidelines and Tips

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

### Exercising benefits

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

### Set positive reinforcing goals

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

GOAL 1: \_\_\_\_\_

GOAL 2: \_\_\_\_\_

GOAL 3: \_\_\_\_\_

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

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

### **Body responses and benefits to a pre workout warm up.**

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

### **Stretches before and after workouts**

#### **Useful internet web sites:**

[www.fullfitness.net](http://www.fullfitness.net)

[www.mindtools.com](http://www.mindtools.com)

[www.eatright.org](http://www.eatright.org)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.cyberdiet.com](http://www.cyberdiet.com)

[www.fitnesslink.com](http://www.fitnesslink.com)

[www.fitnessfind.com](http://www.fitnessfind.com)

[www.health-fitness-tips.com](http://www.health-fitness-tips.com)

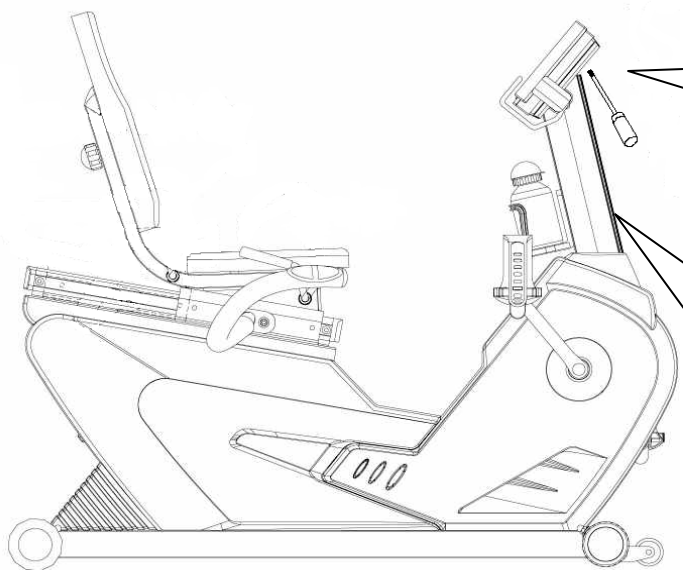
[www.caloriesperhour.com](http://www.caloriesperhour.com)

[www.healthstatus.com/cbc.html](http://www.healthstatus.com/cbc.html)

# Training Log

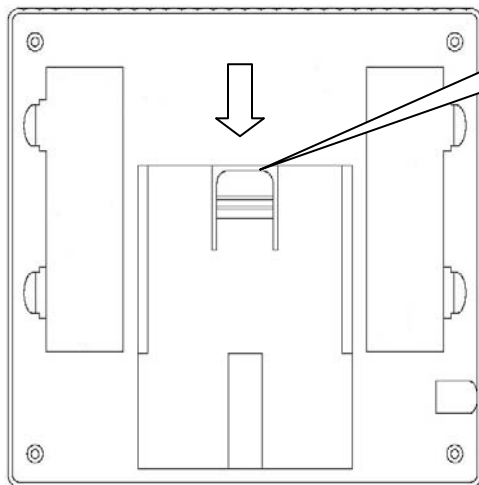
SESSION	DATE	WORKLOAD or RESISTANCE	SPEED or ELEVATION	TIME COMPLETED	DISTANCE STEPS STROKES	AVERAGE HEART RATE	HOURS POST EXERCISE	EXERCISE PROGRAM
1								
2								
3								
4								
5								
6								
7								
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10								
11								
12								
13								
14								
15								
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# How to remove the computer console



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

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

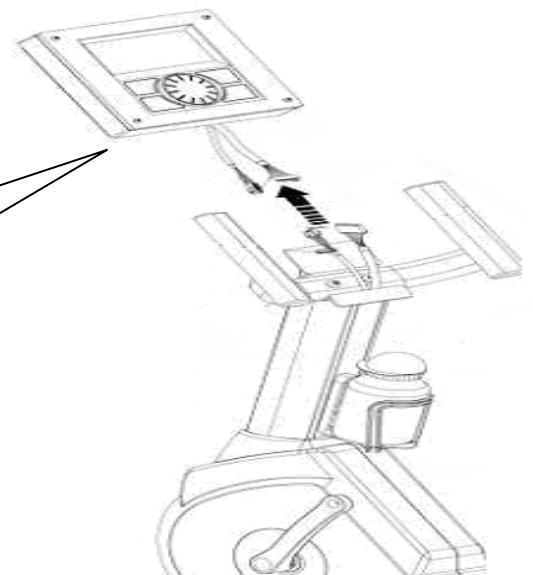


Plastic tab on the computer

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



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



## Cleaning and Maintenance

The LifeCore 800RB 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 800RB is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit voiding the warranty.

### Rules:

- Never use WD-40 or any type of silicone spray to ever lubricate any moving parts. The unit was lubricated at the factory with long lasting lithium grease.
- Always clean the machine after use.
  - 1) Clean the unit with a light soap and water mixture, or a light house hold cleaner such as glass cleaner. The purpose of cleaning the unit is to remove body sweat which contains salt. Salt is the number one factor that will cause the unit to rust or the electronics to stop working.
  - 2) Dry the unit off with a clean towel to remove left over moisture.
- After the first 12 hours of use, check and tighten any bolts, nuts, screws, pedals, seat assembly, etc. making sure that they are tight and working properly.
  - 1) The number one service issue is loose hardware. Loose hardware can cause the unit to tick, creak, thump, knock, etc. After the first 12 hours once all the hardware has been tightened, the hardware should be checked every 3 months. The pedals may need to be tightened down every month.

In the unlikely event that your 800RB experiences a problem, first check the following troubleshooting tips below to diagnose the problem. If the unit can not be fixed by reviewing the chart and needs additional troubleshooting please contact LifeCore fitness for advice toll free at 888-815-5559.

## Trouble Shooting

Symptom	Diagnosis
No power, unit doesn't turn on.	<ul style="list-style-type: none"> <li>✓ Check to see if batteries still work, swap batteries out.</li> <li>✓ Recheck each wire by unplugging and reconnecting them.</li> <li>✓ If the unit is first being set up, check to see if computer wire is pinched, or if a wire has been pulled out from the plastic connector.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
No resistance	<ul style="list-style-type: none"> <li>✓ Check the resistance level by adjusting and hearing for a servo motor adjustment.</li> <li>✓ Hold down the reset button and check to see if the servo motor adjusts. If motor sounds, servo motor works</li> <li>✓ Check to see if the computer wire is not pinched, or if a wire has been pulled out from the plastic connector.</li> <li>✓ Check to see if computer cables are connected and everything is plugged in properly.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Resistance too high	<ul style="list-style-type: none"> <li>✓ Check the resistance level by adjusting and hearing for a servo motor adjustment.</li> <li>✓ Check to see if the computer wire is not pinched, or if a wire has been pulled out from the plastic connector.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Error 1	<ul style="list-style-type: none"> <li>✓ Check to see if all computer wires are connected properly.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Error 2	<ul style="list-style-type: none"> <li>✓ Servo motor needs to be adjusted.</li> <li>✓ Press the reset button several times until the computer resets.</li> <li>✓ Check to see if unit resistance will go to level 16 without flashing Error 2.</li> <li>✓ If unit flashes Error 2 again, resistance motor will need to be recalibrated.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Computer in metric Mode	<ul style="list-style-type: none"> <li>✓ Check to see if the read-out next to distance is a K or ML.</li> <li>✓ Check the computer in sleep mode if the temperature displays a C or F.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Buttons not working on computer	<ul style="list-style-type: none"> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Computer programs do not work	<ul style="list-style-type: none"> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Computer Turns off while in use	<ul style="list-style-type: none"> <li>✓ Check to see if the computer is reading Speed/RPM's/Distance/Calories or Watts is reading.</li> <li>✓ Make sure that the room is quiet when trying this next test. Get next to the units right side pedal and cycle the pedals. If you hear a small tick sound at one position the speed sensor is working.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
No heart rate Signal from contact heart rate receiver	<ul style="list-style-type: none"> <li>✓ Grasp each contact heart rate grip sensor so they rest in each palm and wait a few seconds to see if a heart displays on the screen next to pulse.</li> <li>✓ Check to see if all of the wires are connected properly.</li> <li>✓ Check to see if there is a pinch in one of the heart rate wires, especially in the wires that connect from A8 (Hand Pulse Wire) and F3 (Hand Pulse</li> </ul>

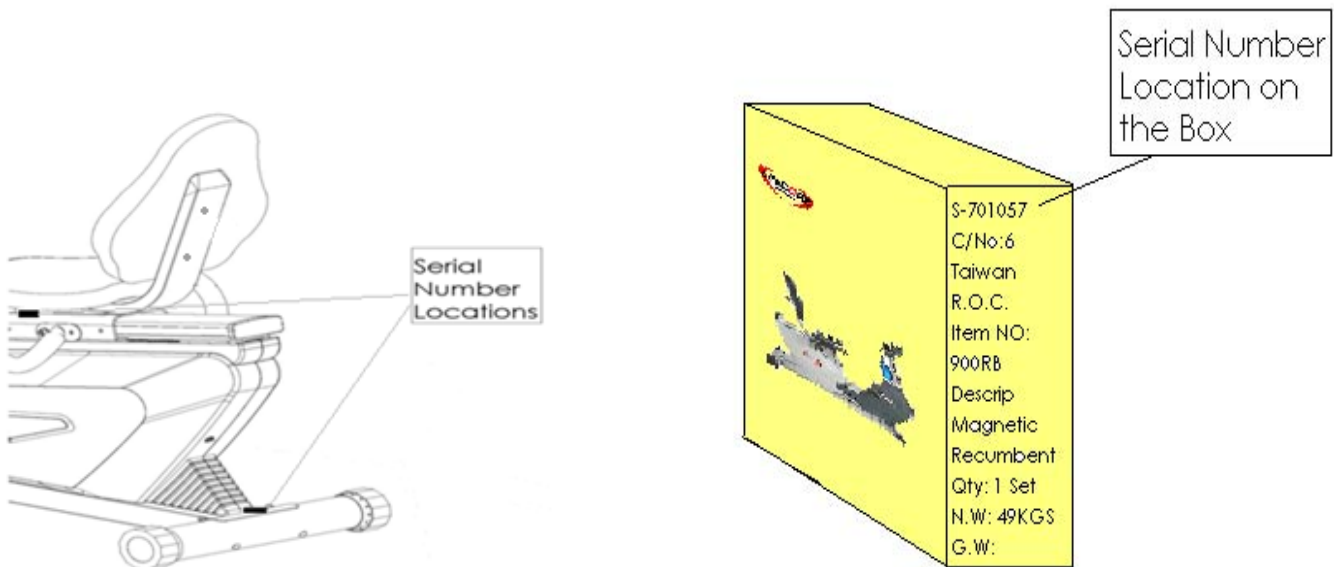
	<p>Sensor wire) and F1-2 (Hand Pulse Sensor wire.)</p> <ul style="list-style-type: none"> <li>✓ Check to see if the computer wire is connected properly with heart rate wire.</li> <li>✓ Contact technical support toll free 1-888-815-5559</li> </ul>
Has a thumping or clicking sound	<ul style="list-style-type: none"> <li>✓ Check and retighten each pedal, use a long wrench to add torque. This will allow the pedal to get a solid turn on the crank arm threads.</li> <li>✓ Hold the pedal in one place and check to see if there is horizontal or vertical play in the pedal. If there is, remove the black cap on the side of the pedal and tighten the nut that holds the pedal to the pedal shaft.</li> <li>✓ Check and see if the bolt that holds the crank arm is tight.</li> </ul>
Unit wobbles and is unstable on the floor	<ul style="list-style-type: none"> <li>✓ Check to see if the plastic end caps on the rear stabilizer bar are even and are not broken.</li> <li>✓ If unit is placed on a really soft or hard surface, purchase a unit mat to place under the machine.</li> <li>✓ Make sure that the stabilizer bars are assembled correct, double check the assembly instructions.</li> </ul>
Handle bars are loose or wobbles	<ul style="list-style-type: none"> <li>✓ Retighten the bolts using T-handle Allen wrench.</li> </ul>

## Specifications

Power	<ul style="list-style-type: none"> <li>• 4 C batteries</li> </ul>
Console Programs	<ul style="list-style-type: none"> <li>• Low-Profile Console</li> <li>• 12 Preset Programs</li> <li>• 4 Heart Rate Control Programs</li> <li>• SCAN/TIME/SPEED/DISTANCE/ CALORIE/TARGET HEART CONTROL/ENTER WITH NEW CONSOLE, MILE</li> </ul>
Heart Rate	<ul style="list-style-type: none"> <li>• Two standard contact heart rate receivers</li> </ul>
Resistance Range	<ul style="list-style-type: none"> <li>• 1 to 16 levels resistance</li> <li>• Computer program adjusted</li> </ul>
Brake System	<ul style="list-style-type: none"> <li>• Internal Magnet System</li> </ul>
Drive train	<ul style="list-style-type: none"> <li>• 5 inch Pedal Spacing to Reduce Joint Stress</li> <li>• 650J6 Drive Belt</li> </ul>
Bearings	<ul style="list-style-type: none"> <li>• 6003ZZTPX 6201ZZTPX</li> </ul>
Frame	<ul style="list-style-type: none"> <li>• Steel Frame</li> <li>• Welded by both robot and man</li> </ul>
Paint	<ul style="list-style-type: none"> <li>• Powder paint without LEAD</li> </ul>
Plastic Covers	<ul style="list-style-type: none"> <li>• Scratch Resistant Coating on Shrouds</li> <li>• ABS</li> </ul>
Upholstery	<ul style="list-style-type: none"> <li>• Infinitely Adjustable Slide-Seat-Track</li> <li>• Vertically Adjustable Seat Back</li> <li>• PVC+PU foam</li> </ul>
Rubber Grip	<ul style="list-style-type: none"> <li>• HDR</li> </ul>
Shipping Specifications	<ul style="list-style-type: none"> <li>• Box Dimensions: (LxWxH) 51x11x26 in. (128x28x66 cm)</li> <li>• Gross Weight (Box Weight): 118 lbs.</li> </ul>
Assembled Specification	<ul style="list-style-type: none"> <li>• Weight (Out of box): 108 lbs.</li> <li>• Length: 44 in, Width: 24 in, Height: 42 in</li> </ul>

## Serial Number location / Purchase information

There are a few locations where the serial number can be located. The First location is on the outside of the box located with the product description. The second location is under the seat on the sliding track (part # A35), or on the main frame where the rear stabilizer tube is located. The serial number will be on a small sticker.



Keep the following information for your records:

Original receipt of Purchase

Dealer Purchase from: \_\_\_\_\_

Model: LC800RB \_\_\_\_\_

Date of Purchase: \_\_\_\_\_

Serial No.: \_\_\_\_\_

# Warranty Card

## LC-800RB

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is (lifetime) on the frame such as welds, and (excluding expendable parts such as paint & finish). 2 year parts, 90 days labor for manufactured defects only. This warranty does not cover wear and tear items such as seat pads, rubber grips, plastic end caps, scratched parts, pedals, and/or assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, only manufacturer defects for the periods specified which is determined by a LifeCore service technician. LifeCore warrants that the Product you have purchased for non-commercial, personal, family, or household use from LifeCore or from an authorized LifeCore reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This document will be needed if parts or service is requested by the original purchaser to validate purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. During the warranty period LifeCore will at no additional charge, repair or replace (at LifeCore option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, light commercial, personal, family or household use and will be determined by a LifeCore technician. The Labor reimbursement for an authorized service company or personal to service a LifeCore product, is at a flat rate per service, per incident. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a product is shipped, delivered or transported to an area that is not a LifeCore fitness inc's distribution area or is out of a serviceable area, it is the purchasers sole responsibility to find service or pay for any dues associated with purchasing or delivering a product out of LifeCore Fitness distribution or serviceable area. In repairing the product, LifeCore may replace defective parts, or at the option of LifeCore, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. To obtain warranty service, you must contact a LifeCore authorized service technician or LifeCore fitness at our phone number located in this manual. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present LifeCore with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCore or from an authorized LifeCore reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCore; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment. LifeCore

EXCEPTAS EXPRESSLY SET FORTH IN THIS WARRANTY, LIFECORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFECORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER LIFECORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR OTHER EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to LifeCore products. LifeCore neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. THANK YOU FOR YOUR BUSINESS!

PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC, 2575 PIONEER AVE. SUITE 101 VISTA, CA 92081. Or online at [lifecorefitness.com](http://lifecorefitness.com)

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Daytime Phone No.: \_\_\_\_\_ Cell Phone No.: \_\_\_\_\_

Email: \_\_\_\_\_

Dealer Purchase from: \_\_\_\_\_

Model: LC800RB Date Of Purchase: \_\_\_\_\_

Serial No. \_\_\_\_\_

Environment Placed: \_\_\_\_\_