

# LifeCORE

*Fitness*

Fall  
2011-2012



ELLIPTICALS | BIKES | ROWERS

# LifeCORE Fitness



Thank you so much for your interest in LifeCORE Fitness! Whether you are a novice exerciser or a competitive athlete, we wish you the best on your journey toward better health and fitness!

LifeCORE Fitness Inc is located in Vista, California, just a few minutes north of San Diego. With nearly two decades in the fitness industry, our biggest asset as a manufacturer is our experience as fitness retailers. In the early 90's we started out as owner/operators of our very own fitness retail stores. We conduct business now the same way we did then—with the consistent goal of impeccable customer service.

The management/development team at LifeCORE Fitness spent many years on the showroom floor, developing relationships with you, the consumer. We listened to your needs, your health and fitness goals, your likes and dislikes about certain products and then we were there to service the product after the sale. This gave us incredible insight and experience that goes into the development of every LifeCORE Fitness product.

Our mission is and always will be to make the highest quality equipment that is easy to use, durable and a great value to the consumer. We also understand the importance of customer service after the sale. We've gone through painstaking efforts to build the most durable equipment on the market, backed by the best warranty on the market, which is backed by our outstanding customer service department! Stop by a retailer near you and experience the LifeCORE Difference!

Thank you for your support.

## *“We Fit Your Life”*

LifeCORE Fitness, featured in:

## WALL STREET JOURNAL Los Angeles Times



LifeCORE is consistently ranked as one of the best products available with an unsurpassed warranty program. When you commit to LifeCORE we commit to YOU!

# Ellipticals

# LifeCORE

Fitness

## VST V8

VARIABLE STRIDE TRAINER

## drive

CENTER DRIVE ELLIPTICAL

## CD400

## CD550

## LC985VG



# VST V8

VARIABLE STRIDE TRAINER

# LifeCORE

Fitness

LifeCORE developed the VST series to emulate the body's natural stride. When you watch someone run, you see a range of body movements. The VST simulates these movements by embodying that same unique motion path.

Variable Stride Training feels natural and more comfortable than traditional elliptical machines. You will want to work out more frequently, and longer with less stress on the joints and muscles.

Step, Walk, Jog or Run and stride towards the finish line!



### 01 THE PERFECT STRIDE

Step, Walk, Jog, Or Run With A Push Of A Button



### 02 COMFORTABLE MECHANICS

Cushioned Foot Pads Provide Stability And Support

### 03 COMPACT DESIGN

Built-In Oversized Transportation Wheels For Added Mobility

# VST V8

VARIABLE STRIDE TRAINER

## 04 PROGRAMMABLE CONSOLE

- 16 Levels of Magnetic Resistance
- 12 Challenging Preset Programs
- Watt Specific Program
- Custom User Program
- 4 Heart Rate Programs
- Target, 55%, 75%, & 90%
- 4 User Profiles
- Vivid, Bright LCD Display
- Quick Key Stride Adjustments
- 18", 20", 22", 24" & 26"
- Contact Heart Rate Handle Bars
- Chest Strap Optional

## 05 DESIGNED TO FIT YOUR LIFESTYLE

- Compact 56" Frame
- Warranty: Residential 5 Years Parts, 1 Year Labor, Life-Time Frame
- Dimensions: Length: 56In, Width: 33.5In, Height: 65" Weight: 238Lbs
- User Weight Capacity: 325Lbs

## 06 SAFETY IN MIND

Featuring A Safety-Lock Mechanism To Lock From Movement. Great To Keep Kids Safe. Makes Stepping On Or Off The Machine Easier And More Stable

Push Button Stride Adjustments

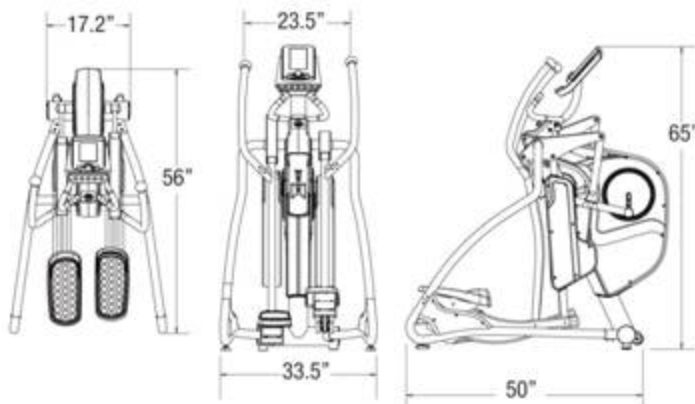
Contact Heart Rate Handle Bar Grips

Safety Lock Mechanism



## 07 COMFORTABLE MECHANICS

Contoured Handle Bars With Large Grip Area Provides Extra Comfort And Full Range Of Arm Motion



Key Features	VST-V8
Variable Stride Adjustments <i>(Step, Walk, Jog, or Run)</i>	18" - 26"
Locking Safety Mechanism <i>(Keeps Kids Safe)</i>	■
Compact Space Saving Frame	■
Cushioned Foot Pads	■
Low Step-Up Height	■
Close Pedal Spacing	■
Contact Heart Rate Handle Bars	■
Integrated Transport Wheels	■
Magnetic Friction-Free Braking System	■
Water Bottle Holder	■
Sealed Ball Bearings on All Pivot Points	■
Flywheel Weight	24lbs
Console Display Features	
Levels of Resistance	16
Quick Key Stride Adjustments	■
Preset Programs	12
Custom Course Program <i>(Create Your Own)</i>	■
User Profiles	4
Watt Program	■
Heart Rate Programs <i>(Target, 55%, 75%, &amp; 90%)</i>	■
Vivid Color LCD Display	■
Quick Start Program	■
Product Information	
Max User Weight	325lbs
Footprint	56"x33.5"x 65"
Product Weight	238lbs
Warranty	5yrs Parts/ 1yr Labor

# CD550

LifeCORE developed the Center Drive Elliptical to provide the total "balanced" workout.

Center Drive Technology Features Compact Frame, Close Pedal Spacing, and the Most Comfortable Walking Stride. Ellipticals in general, support a great workout without the impact of most cardio equipment.

The C-Drive elliptical takes it a step further by positioning your body perfectly upright throughout its motion and essentially providing a better, more comfortable workout, and ultimately greater results!

**Cdrive**  
CENTER DRIVE ELLIPTICAL



**01 COMFORTABLE MECHANICS**

Cushioned Handle Bars With Large Grips Provide Extra Comfort and Full Range of Arm Motion. Oversized Foot Pads Provide Extra Stability, Support, and Comfort

**02 THE PERFECT STRIDE**

With Adjustable Stride from 17"-25" Ensuring a Perfect Workout Every Time

**03 BALANCED DESIGN**

Center Drive Delivers a Balanced Workout Through its Unique Design

LifeCORE Fitness

5 Years Parts

1 Year Labor Warranty

**04 COMPACT FRAME**

Compact 46" Frame to Place Anywhere in Your Home

**05 MOBILITY**

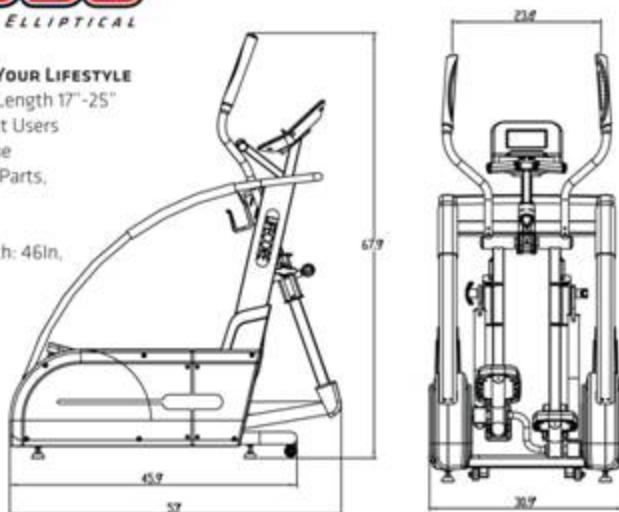
Built-In Oversized Transportation Wheels For Added Mobility

# CD550

CENTER DRIVE ELLIPTICAL

## 06 DESIGNED TO FIT YOUR LIFESTYLE

Adjustable Stride Length 17"-25"  
 Fits Many Different Users  
 Compact 46" Frame  
 Warranty: 5 Years Parts,  
 1 Year Labor  
 Life-Time Frame  
 Dimensions: Length: 46in,  
 Width: 31in,  
 Height: 68"  
 Weight: 262.1lbs  
 User Weight  
 Capacity: 300lbs

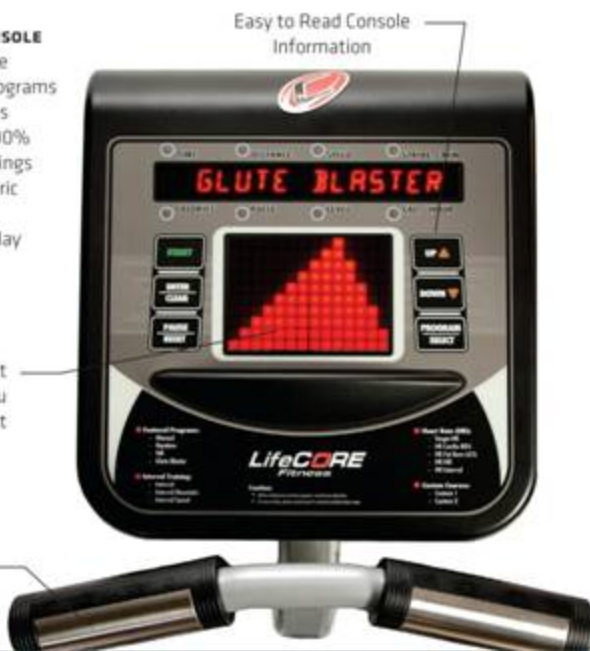


## 07 PROGRAMMABLE CONSOLE

20 levels of Resistance  
 Challenging Preset Programs  
 4 Heart Rate Programs  
 Target: 55%, 75%, & 90%  
 2 Custom Course Settings  
 Scrolling Alpha-Numeric  
 Message Center  
 Vivid, Bright LED Display  
 Contact Heart Rate  
 Handle Bars  
 Chest Strap Included

Visual LED Workout  
 Progress Keeps You  
 Focused on Your Workout

Contact Heart Rate  
 Handle Bar Grips



## Key Features

Variable Stride Length

CD550

17" - 25"

(Ensures the proper stride length for multiple users)

Compact Space Saving Frame

■

Cushioned Foot Pads

■

Low Step-Up Height

■

Close Pedal Spacing

■

Contact Heart Rate Handle Bars

■

Integrated Transport Wheels

■

Magnetic Friction-Free Braking System

■

Water Bottle Holder

■

Sealed Bearings on All Pivot Points

■

Flywheel Weight

24lbs

## Console Display Features

Levels of Resistance

20

Featured Programs

■

Random

Hill

Glute Blaster

Interval Training Programs

■

Interval

Interval Mountain

Speed Training Interval

Heart Rate Training Programs

■

Target HR

HR Cardio 80%

HR Cardio 65%

HR Hill

User Custom Course Settings

2

Vivid LED Display

■

Quick Start

■

## Product Information

Max User Weight

300lbs

Footprint

46"x31"x68"

Product Weight

261.1lbs

Warranty

5yrs Parts / 1yr Labor

# CD400



# LifeCORE Fitness

## Features:

- Compact 42" Frame
- Patented Center Drive Technology
- Friction-Free Magnetic Resistance
- Scrolling Alpha-Numeric Message Center
- Large 10x14 Dot Matrix LED Display
- Challenging Preset Programs Including:  
*(Manual, Random, Hill, Glute Blaster, Interval, Interval Mountain, Interval Speed)*
- Heart Rate Programs Including:  
*(Target, HR Cardio 80%, HR Fat Burn 65%, HR Hill, HR Interval)*
- Polar Compatible
- 21" Natural Walking Stride
- Close 2" Pedal Spacing *(Closer pedal spacing equals more natural feel)*
- Low Step-Up Height *(Only 8"! Meaning easy access and low ceiling clearance)*
- Center Grip Heart Rate Sensors
- Convenient Built-In Reading Rack
- Oversized Cushioned Footpads
- Front Transport Wheels
- Comfortable Handlebars *(Provide comfort for the entire workout)*
- User Weight Capacity: 300 lbs



  
CENTER DRIVE ELLIPTICAL

# CD400

## 06 DESIGNED TO FIT YOUR LIFESTYLE

Stride Length 21"  
 Fits Many Different Users  
 Compact 42" Frame  
 Warranty: 5 Years Parts,  
 1 Year Labor  
 Life-Time Frame  
 Dimensions: Length: 42In.  
 Width: 31In.  
 Height: 64"  
 Weight: 233 Lbs  
 User Weight  
 Capacity: 300Lbs



## 07 PROGRAMMABLE CONSOLE

20 levels of Resistance  
 Challenging Preset Programs  
 4 Heart Rate Programs  
 Target, 55%, 75%, & 90%  
 2 Custom Course Settings  
 Scrolling Alpha-Numeric  
 Message Center  
 Vivid, Bright LED Display  
 Contact Heart Rate  
 Handle Bars  
 Chest Strap Included

Visual LED Workout  
 Progress Keeps You  
 Focused on Your Workout

Contact Heart Rate  
 Handle Bar Grips



Easy to Read Console  
 Information

Key Features	CD400
Stride Length	21"
Compact Space Saving Frame	■
Cushioned Foot Pads	■
Low Step-Up Height	■
Close Pedal Spacing	■
Contact Heart Rate Handle Bars	■
Integrated Transport Wheels	■
Magnetic Friction-Free Braking System	■
Water Bottle Holder	■
Sealed Bearings on All Pivot Points	■
Flywheel Weight	24lbs
Console Display Features	
Levels of Resistance	20
Featured Programs	■
<i>Random</i>	
<i>Hill</i>	
<i>Glute Blaster</i>	
Interval Training Programs	■
<i>Interval</i>	
<i>Interval Mountain</i>	
<i>Speed Training Interval</i>	
Heart Rate Training Programs	■
<i>Target HR</i>	
<i>HR Cardio 80%</i>	
<i>HR Cardio 65%</i>	
<i>HR Hill</i>	
User Custom Course Settings	2
Vivid LED Display	■
Quick Start	■
Product Information	
Max User Weight	300lbs
Footprint	42"x31"x 64"
Product Weight	233 lbs
Warranty	5yrs Parts / 1yr Labor

# LC985VG

**LifeCORE**  
Fitness

Features:

- Sealed Bearings in All Moving Parts
- 12 Preset Programs
- Polar Compatible Heart Rate Control Programs
- Dual Action Arm Handles for Total Body Workout
- Dual Contact Heart Rate Sensors
- Toggle Wheel for Easy Scrolling/ Resistance Adjustments
- Watts Dependent and Recovery Programs
- Stores Data for Up To 4 Users
- Adjustable Slip Resistant Foot Pedals
- High-Tech Display with Date, Time, and Temp Reading
- Oversized Transportation Wheels For Added Mobility
- Poly-V Flexonic Drive Belt Guaranteed Never to Stretch
- User Weight Capacity: 300 lbs



# LC985VG

**LifeCORE**  
Fitness

## CONSOLE FEATURES

16 levels of Resistance  
12 Challenging Preset Programs  
4 Heart Rate Programs  
Target, 55%, 75%, & 90%  
4 User Profiles  
Custom Course Settings  
Dual-Color LCD Display  
Contact Heart Rate Handle Bars  
Chest Strap Included



## BALANCED PLATFORM

Delivers a Great  
Workout Through its  
Rear Elliptical Design

## CLOSE PEDAL SPACING

With low step up height  
provides stability and  
comfort while working out



## COMPACT FRAME

52" Frame to Place  
Anywhere in Your Home

## MOBILITY

Built-In Oversized  
Transportation Wheels For  
Added Mobility

Key Features	LC985VG
Stride Length	17.5"
Compact Space Saving Frame	■
Foot Pads with 5 Position Adjustment	■
Low Step-Up Height	■
Close Pedal Spacing	■
Contact Heart Rate Handle Bars	■
Integrated Transport Wheels	■
Magnetic Friction-Free Braking System	■
Water Bottle Holder	■
Sealed Bearings on All Pivot Points	■
Flywheel Weight	24lbs
Console Display Features	
Levels of Resistance	16
Featured Programs	■
Interval Training Programs	■
Heart Rate Training Programs	■
Featured Programs	■
Featured Programs	■
User Custom Course Settings	2
Vivid LED Display	■
Quick Start	■
Product Information	
Max User Weight	300lbs
Footprint	52"x30"x 63"
Product Weight	122 lbs
Warranty	5 yrs Parts / 1yr Labor

## Bikes

**LifeCORE**  
Fitness

S-Series Recumbent and  
Upright Bikes with Self  
Generating Program  
Consoles

**S** | series

**1050RBS**

**950RBS**

**850RBS**

**1050UBS**

Self  Powered



# S | series

## 1050RBs

Award Winning Model  
Packed With Features  
In A Compact Design.  
Best Buy Rated!

### 01 PERFECT FIT FRAME

Easy Step-Through Frame  
Design with Contact Heart Rate

### 02 DESIGNED TO FIT YOUR LIFESTYLE

Compact 44" Frame.  
Warranty: Residential 7 Year Parts,  
1 Year Labor.  
Life-Time Frame  
Light-Commercial: 2 Years Parts  
90 Days Labor  
Dimensions: Length: 44in, Width: 29.5in.  
Height: 41" Weight: 122 lbs  
User Weight Capacity: 300lbs

### 03 COMPACT DESIGN

Built-in Oversize  
Transportation Wheels  
for Added Mobility

### 04 MULTIPLE ADJUSTMENTS

Adjustable Cooling Ergo-Flex  
Mesh Seat Back. Seating Recline  
Positioning with Gas Assist Lever  
and 3-Position Seat Bottom Tilt

### 05 THE PERFECT FIT

Infinitely Adjustable  
Slide-Seat-Track

**LifeCORE**  
Fitness

**1050RBs**



Self Powered

### 06 SELF-POWERED CONSOLE

Self-Powered (no plug required)  
Compact 44" Frame  
16 Levels of Magnetic Resistance  
12 Challenging Preset Programs  
4 Heart Rate Programs:  
Target: 55%, 75%, & 90%  
5 User Profiles  
7 Window LED Display  
Quick Key Programming  
Contact Heart Rate Handle Bars  
Thumb Controls on Handle bars  
for Easy Adjustments  
Chest Strap Included



# S | series

Self Powered

LifeCORE  
Fitness

950RBs

## 950RBs

Award Winning Model Packed With Features In A Compact Design. Best-Buy Rated!



### 01 SELF-POWERED CONSOLE

- Self-Powered (no plug required)
- 16 Levels of Magnetic Resistance
- 12 Challenging Preset Programs
- 4 Heart Rate Programs:  
Target, 55%, 75%, & 90%
- 5 User Profiles
- Dual-Color LCD Display
- Quick Key Programming
- Contact Heart Rate Handle Bars
- Chest Strap Optional

### 02 DESIGNED TO FIT YOUR LIFESTYLE

- Compact 44" Frame.
- Warranty: Residential 5 Years Parts, 1 Year Labor
- Life-Time Frame
- Light-Commercial: 2 Years Parts, 90 Days Labor
- Dimensions: Length: 44in, Width: 29.5in.
- Height: 42" Weight: 109lbs
- User Weight Capacity: 300lbs

### 03 PERFECT FRAME FIT

- Easy Step Through Frame
- Design with Contact Heart Rate

### 06 COMPACT DESIGN

- Built-in Oversized Transportation Wheels for Added Mobility

### 05 THE PERFECT FIT

- Infinitely Adjustable Slide-Seat-Track and Cooling Ergo-Flex Mesh Seating



### 04 COMFORTABLE FOOT POSITIONS

- 5" Pedal Spacing for Proper Hip Alignment and Quick Release Pedals

# S | series

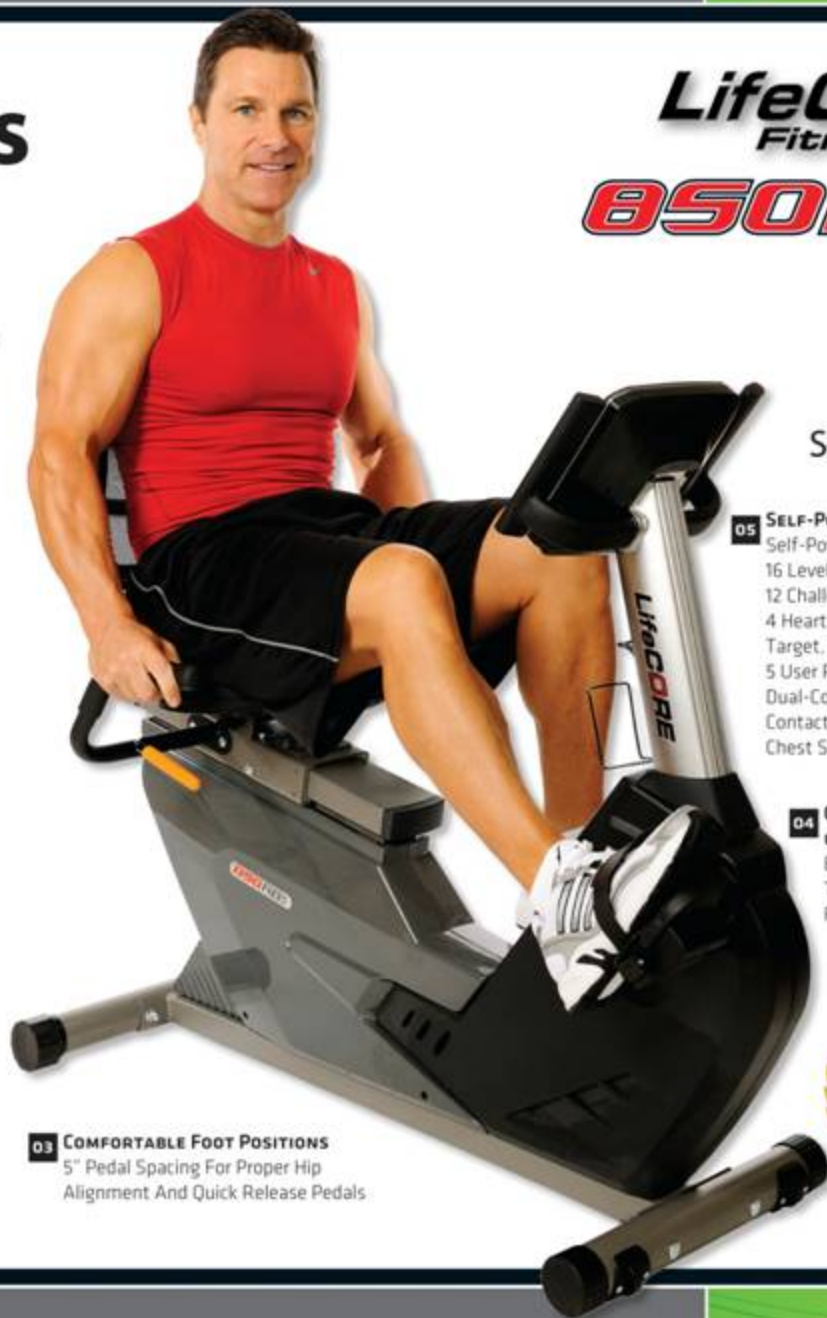
## 850RBs

An Exceptionally Value Packed Bike Loaded With High Quality Features



- 01 THE PERFECT FIT**  
Infinitely Adjustable Slide-Seat-Track And Cooling Ergo-Flex Mesh Seating

- 02 DESIGNED TO FIT YOUR LIFESTYLE**  
Compact 42" Frame.  
Warranty: 3 Years Parts, 1 Year Labor.  
Life-Time Frame  
Dimensions: Length: 42in, Width: 25in,  
Height: 41" Weight: 108 lbs  
User Weight Capacity: 300lbs



- 03 COMFORTABLE FOOT POSITIONS**  
5" Pedal Spacing For Proper Hip Alignment And Quick Release Pedals

**LifeCORE**  
Fitness  
**850RBs**

  
Self Powered

- 05 SELF-POWERED CONSOLE**  
Self-Powered (no plug required)  
16 Levels of Magnetic Resistance  
12 Challenging Preset Programs  
4 Heart Rate Programs:  
Target, 55%, 75%, & 90%  
5 User Profiles  
Dual-Color LCD Display  
Contact Heart Rate Handle Bars  
Chest Strap Optional

- 04 COMPACT DESIGN SETS UP ANYWHERE**  
Built-In Oversized Transportation Wheels For Added Mobility



# S | series

## 1050UBs

Award Winning Upright Model  
Packed With Features In A  
Compact Design. Best-Buy Rated!

**LifeCORE**  
Fitness  
**1050UBs**



**01 EXTRA WIDE-CUSHIONED SEAT BOTTOM**

Designed To Provide Support And Comfort Exactly Where You Need It. Includes Separate Adjustments For Seat Post And Seat Bottom

**02 PERFECT FRAME FIT**

Easy Step Through Frame Design and Adjustable Handle Bars with Contact Heart Rate

**03 COMFORTABLE FOOT POSITIONS**

5" Pedal Spacing For Proper Hip Alignment And Quick Release Pedals

**04 MOBILE**

Built-In Transportation Wheels For Easy Mobility

**05 SELF-POWERED CONSOLE**

Self-Powered (no plug required)  
16 Levels of Magnetic Resistance  
12 Challenging Preset Programs  
4 Heart Rate Programs: Target, 55%, 75%, & 90%  
5 User Profiles  
7 Window LED Display  
Quick Key Programming  
Contact Heart Rate Handle Bars  
Chest Strap Included

**06 DESIGNED TO FIT YOUR LIFESTYLE**

Compact 38" Frame  
Warranty: Residential: 7 Years Parts, 1 Year Labor.  
Life-Time Frame  
Light-Commercial: 2 Year Parts, 90 Days Labor.  
Dimensions: Length: 38 in, Width: 20 in,  
Height: 56 in  
Weight: 84 lbs  
User Weight Capacity: 300lbs



# S series



Key Features	850 RBs	950 RBs	1050 RBs	1050 UBs
Self-Powered, Cordless	■	■	■	■
Compact Space Saving Frame	■	■	■	■
Step-Through Design	■	■	■	■
Natural 5 inch Pedal Spacing	■	■	■	■
Quick Adjustment Pedals	■	■	■	■
Contact Heart Rate Handlebars	■	■	■	■
*Includes Wireless Chest Strap			■	■
Comfortable Ergo-Mesh Seating	■	■	■	
Extra-Cushioned Seat Bottom		■	■	■
Seat Height Adjustment	■	■	■	■
Seat Tilt Adjustment			3 Positions	
Seat Recline Adjustment			Gas Ast Lvr Adj	
Integrated Transport Wheels	■	■	■	■
Handle Bar Adjustment				■
Thumb Controls on Handle Bars			■	
Magnetic Friction-Free Braking System	■	■	■	■
Water Bottle Holder	■	■	■	■
Flywheel Weight	21 lbs	21 lbs	24 lbs	24 lbs
<b>Console Display Features</b>				
Levels of Resistance	16	16	16	16
Quick Key Programming		■	■	■
Custom Course/User Profiles	■	■	■	■
7 Window LED Display			■	■
Dual Color LCD Display	■	■		
Heart Rate Programs	■	■	■	■
<b>Product Information</b>				
Max User Weight	300 lbs	300 lbs	300 lbs	300 lbs
Footprint	42"x25"x41"	44"x28"x41"	44"x28"x41"	38"x20"x56"
Product Weight	108 lbs	120 lbs	122 lbs	84 lbs
Warranty	3 yrs Parts/ 1 yr Labor	5 yrs Parts/ 1 yr Labor	7 yrs Parts/ 1 yr Labor	7 yrs Parts/ 1 yr Labor

## Rowers

**LifeCORE**  
Fitness

*Smooth and Powerful  
Isokinetic Rowers  
Designed to Maximize  
your Fitness Goals*

**R** | series

**R100**

**R99**

**R88**



Take complete control of your rowing workout and fitness goals with the R Series's LCD display console.

# R100

**02 QUALITY PARTS AND MATERIALS**

Built to Last and Engineered for Performance

**03 PIVOTING FOOT PADS**

Provide Strong Solid Steel Kick-Off Platform and Separate Pivoting Heel Support for Better Power Transfer

**04 WHY BELT DRIVE IS BETTER**

Commercial-Grade Nylon Provides Extremely Smooth and Quiet Operation. Belt Drive vs. Chain Drive = No Maintenance

**01 PROGRAMMABLE CONSOLE**

Vivid LCD Display Shows Strokes Per Minute, 500M Time, Calories Burned, and Other Valuable Stats.

**R100 FEATURES INCLUDE**

- 16 levels of Air and Magnetic Resistance
- Challenging Preset Programs
- Heart Rate Control Programs
- Pacer and Watts Dependent Programs
- Interval Programs
- Custom Course Design
- User Profile Settings
- Wireless Heart Rate Display

**05 TRANSPORT WHEELS**

Built-In Wheels Allow Easy Mobility and The R-Series Fold-Up Quickly and Easily to Store Away When Not in Use



**PIVOTING FOOT PADS R100 MODEL**  
Provides Realistic Rowing Experience



**COOLING FAN KEEPS AIR CIRCULATING**  
Keeps You Working Out Longer and Harder



**ERGONOMIC COMFORT GRIP HANDLE**  
Lets You Perform To Your Maximum

**I-SO-KI-NET-IC EXERCISE** *n.* Exercise performed with a specialized apparatus that provides variable resistance to a movement, so that no matter how much effort is exerted, the movement takes place at a constant speed. Such exercise is used to test and improve muscular strength and endurance, especially after injury.

# R | series

# R88 | R99

LifeCORE developed the R series rowers to emulate a fluid rowing stroke. The R Series simulates these movements by embodying that same unique motion path with air and resistance. With a quiet and rugged belt drive which operates without gears the

R series offers instant power feedback adjusting resistance, increasing or decreasing during your workout. Powered by AC or Battery, you'll never be limited on location or easy set up! Row smoothly and powerfully towards the finish line with LifeCORE.



**08 INCREDIBLY STABLE LIGHTWEIGHT ALUMINUM SLIDE RAIL**  
Simulates A Fluid Movement Between The Rowing Stroke And The Recovery Stroke With Commercial Grade Roller Wheels.

**01 COMPLETE CONTROL**  
R99 Color LCD Display Provides Detailed Work Out Information.

**04 CONTOURED AND COMFORTABLE INJECTION MOLDED SEAT**  
Is Ergonomically Designed To Take Pressure Off The Lower Back And Translate It Into Powerful Rowing Strokes.

**07 STORAGE HANDLE**  
Easy And Secure Locking Handle Makes Setting Up or Putting Away Easy



**02 AIR AND MAGNETIC RESISTANCE**  
Rugged and Durable Seat Belt Grade Drive Belt Operates Smoothly. Is Ultra Quiet And Functions Without Gears. Resistance Can Be Adjusted On The Fly.

**03 COMFORT GRIP HANDLE**  
Provides Correct And Natural Wrist Position For Powerful Workouts

**05 EASY SET UP**  
Built-In Oversized Transportation Wheels For Added Mobility

**06 COMFORTABLE FOOT PADS**  
Provide Stability and Support During Workouts. R99/R88 Models Feature Single Pivoting Foot Pads.

**R88 MODEL SHOWN**

# R series



Key Features	R88 Rower	R99 Rower	R100 Rower
Air and Magnetic Resistance	■	■	■
Compact Space Saving Folding Frame	■	■	■
Adjustable Cooling Air Vent	■	■	■
Steel Fan Flywheel	■	■	■
Oversized Steel Foot Platform			■
Pivoting Foot Pads		■	■
Separate Heel Supports	■		■
*Includes Wireless Chest Strap		■	■
Ergonomic Rowing Handle	■	■	■
Integrated Transport Wheel	■	■	■
<b>Console Display Features:</b>			
Levels of Resistance	6 Manual	16	16
Preset Programs		12	11
User Profiles		4	4
Pacer Program	■	■	■
Watt Program		■	■
Adjustable Tilt Program	■	■	■
Dual Color LCD Display		■	■
Heart Rate Programs		■	■
Battery Powered	■	■	■
AC Adaptor		■	■
<b>Product Information</b>			
Max User Weight	300 lbs	300 lbs	600 lbs
Unfolded Footprint	70"x 18"x 26"	70"x 18"x 26"	92"x 21"x 36"
Folded Footprint	24"x 18"x 62"	24"x 18"x 62"	41"x 21"x 64"
Product Weight	67 lbs	67 lbs	96 lbs
Warranty	2 yrs Parts / 90 Days Labor	2 yrs Parts / 90 Days Labor	5 yrs Parts / 1 yr Labor

Easy To See Color LCD Displays Provides Instant Visual Feedback During Your Workout



R100 CONSOLE



R99 CONSOLE



R88 CONSOLE

**LifeCORE**  
Fitness



# **LifeCORE** *Fitness*

## OPTIONAL ACCESSORIES



LIFECORE LOGO OVAL EXERCISE MAT  
FITS ALL BIKES AND ELLIPTICALS



LIFECORE LOGO EXERCISE MAT  
FITS ALL ROWERS



LIFECORE WATER BOTTLE



LIFECORE HRM

# **LifeCORE** ***Fitness***

*To Learn More About Our Award Winning Product  
Range Visit LifeCORE's Comprehensive Website at  
[www.LifeCOREfitness.com](http://www.LifeCOREfitness.com)*

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

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