

LC1000Z ELLIPTICAL CROSS TRAINER

LifeCORE

Fitness



LC1000Z

OWNER'S MANUAL

INTRODUCTION

Congratulations!

Welcome to the world of the LifeCore Fitness 1000Z Elliptical Trainer. This machine is one of the finest and most comprehensive pieces of home exercise equipment available. We have enjoyed manufacturing such a wonderful machine and hope you enjoy using it just as much.

By choosing your 1000Z Elliptical you have made a wise decision that will improve the health of you and your family. Being fit and Healthy will improve your energy levels and your quality of LIFE.

Cardiovascular training is vital for all ages and the 1000Z Elliptical 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.

All you need to do is to spend 15 to 30 minutes, three times a week, to start seeing the benefits of a regular exercise program on the 1000Z Elliptical Trainer.

LifeCore Fitness wants you to enjoy the full benefits of your exercise program, so we recommend you read this manual thoroughly and by doing so you will:

- ! Save valuable exercise time in the long run.**
- ! Exercise Safely and more Effectively.**
- ! Learn proper Techniques.**
- ! Be able to better define your Fitness Goals.**

TABLE OF CONTENTS

Medical/Safety Instructions.....	3
Care and Maintenance.....	3
Trouble Shooting.....	3
General Information.....	3
Parts Identification Chart.....	4
Serial Number Location.....	4
Height Adjuster Cap.....	5
Foot Pedal Adjustment.....	5
Setting Up Your Machine.....	6
Getting on Safely.....	7
Correct Positioning.....	8
Elliptical Trainer Exercises.....	9
Warranty and Registration Information.....	10
Computer Instructions.....	11-13

IMPORTANT INFORMATION - PLEASE READ Failure to read and follow the safety instructions below may result in serious injury or even death.

Medical / Safety

Read the Owner's Manual and all safety instructions thoroughly and familiarize yourself with the 1000Z Elliptical Trainer before using it.

1. Before beginning any exercise program, consult your physician. They will help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.
2. If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician before continuing.
3. Adult supervision is required at all times when children are on or near the 1000Z Elliptical Trainer. Unsupervised children should keep away from the equipment at all times.
4. Keep fingers and limbs, loose clothing and hair away from moving parts.
5. Before each workout on your 1000Z Elliptical Trainer we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear & damage. If you find any damage or defective components **STOP** using the 1000Z Elliptical Trainer **IMMEDIATELY**. Keep the equipment out of use until repaired. For repair help - see General Information on this page.
6. Care should be taken when getting on or off this or any exercise equipment. Please follow the Manual Instructions on page 8
7. Use only the accessory attachments recommended by the manufacturer.

Care and Maintenance

Your 990 Elliptical Trainer is made of the highest quality materials, but it is still important that you take care of your 1000Z Elliptical Trainer on a regular basis.

Your 1000Z Elliptical Trainer is recommended for indoor use and should NOT be used or stored in damp areas. Wipe all perspiration from your 1000Z Elliptical Trainer after each great workout. For **SAFETY** inspect your 1000Z Elliptical Trainer on a regular basis, we suggest every 2~3

Trouble Shooting

Clicking or Knocking Sound

1. Check to make sure bolts on handle bar post are properly secure.
2. Check to make sure foot pedal adjustment knobs are tightened properly.
3. Check to ensure the machine is properly leveled.
4. Check pivot point bearings for lubrication

No Display No Power to Computer

1. Recheck to make sure it is plugged in.
2. Check connection to computer.

No Resistance/Resistance too High

1. Check the cable connection that runs down the handlebar post.
2. Check display for RPM reading. If no RPM's are displayed and you have checked all connections, call dealer for service.

No Heart Rate reading

1. Make sure to grip handlebars firmly.
2. Wet skin and try again.
3. Check heart rate connection to computer.

General Information

1000Z ELLIPTICAL TRAINER
Maximum Load = 400lb

This 1000Z Elliptical Trainer has been tested and certified according to the European Norm Standard.

EN 957 Part 1 & 9
Class H.A.

The 1000Z Elliptical Trainer braking system is Speed Independent.

In the unlikely event your 1000Z Elliptical Trainer needs servicing, repairs or parts, contact your local dealer as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacturer directly at the following contact details.

LIFE CORE FITNESS
242 Bingham Rd. #101
San Marcos, CA 92069

TEL: (760)471-7442
FAX: (760)471-1324
service@lifecorefitness.com

It is important to keep your Purchase Receipt! You may be asked to produce it too authenticate your Warranty.

It is also important to state which Model you have, the 1000Z Elliptical Trainer has a sticker located at the front of the machine, which will state the Model Number.

The Warranty is in the back of the Manual.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the 1000Z Elliptical Trainer before using it.

HOW YOUR 1000Z ELLIPTICAL TRAINER WORKS

The 1000Z Elliptical Trainer allows your feet to move in a natural elliptical path, minimizing the impact on your hips, knees and ankles.

The 1000Z Elliptical Trainer provides smooth, quiet and variable exercise capabilities with:

Dual Action Handles for total body workout.

Specially designed Dual Action Handle Bar Knobs maximizing comfort and range.

Stationary Handle Bar for stability and glute workout.

Large Adjustable Foot Pedals for different foot positions and workout intensities.

Height Adjuster Caps allow you to level your 1000Z Elliptical Trainer with ease.

PARTS IDENTIFICATION

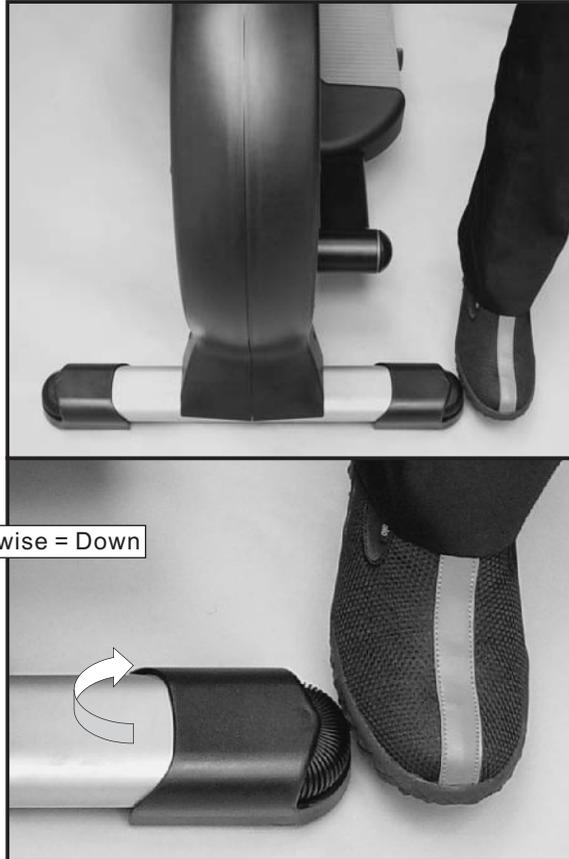


SETTING UP YOUR LIFECORE FITNESS 1000Z ELLIPTICAL TRAINER

Height Adjuster Cap

IMPORTANT:

Clear a workout area 3 x 4 foot before setting-up your 1000Z Elliptical Trainer. Ensure the floor is solid and level.



1. To stabilize your 1000Z Elliptical Trainer LifeCore Fitness has designed a very special height adjustment system.
2. Make sure the Left & Right Front Base Tube [6] is touching the ground.
3. Ascertain which side of the Rear Base Tube [5] is off the ground & adjust the appropriate Height Adjuster Cap [53], with the side of your foot, rotate the Wheel in a **Clockwise direction = Down**.

Foot Pedal Adjustment



Large Adjustable Foot Pedals for different foot positions and workout intensities.

1. Loosen 2x Knobs[42].
2. Slide the Foot Pedal to your desired setting using the number setting as a guide.
3. Tighten 2x Knobs[42].

SETTING UP YOUR LIFECORE FITNESS 1000Z ELLIPTICAL TRAINER

Wheeling & Storage



1. Move to the front of the machine and ensure Dual Action Arms [3 & 4] are even (one Foot Pedal at top of Elliptical Disk and other at bottom).
2. Grasp the Stationary Handlebar with both hands and pull back, tipping the machine towards you.
3. Once balanced wheeling the machine is made easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.

Feet Position



The 1000Z Elliptical Trainer Foot Pedals are extra long allowing variable foot positions depending on your preference.

The further back your feet are on the Foot Pedal, the greater the vertical height of the elliptical motion and the harder the workout.

Begin with your feet in the most forward position and move your feet to the position that feels most comfortable and best suits your capabilities.

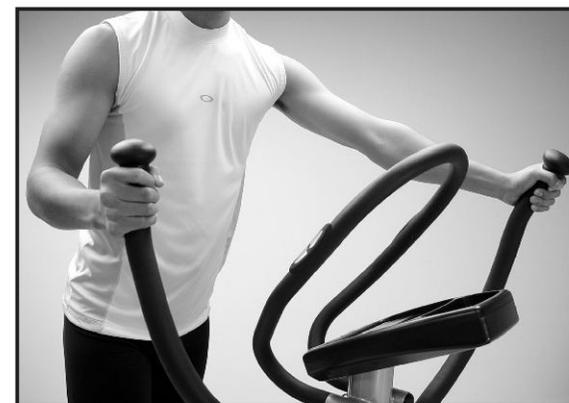
Handle Bars



The 1000Z Elliptical Trainer comes with two Dual Action Handles and a Stationary Handlebar.

IMPORTANT: Always hold the Stationary Handlebar when getting on and off the 1000Z Elliptical Trainer. First time users should familiarize themselves with using the 1000Z Elliptical Trainer by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the



1000Z Elliptical Trainer, you can progress to using the Dual Action Handles to provide a total body workout.

Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

Getting on Safely

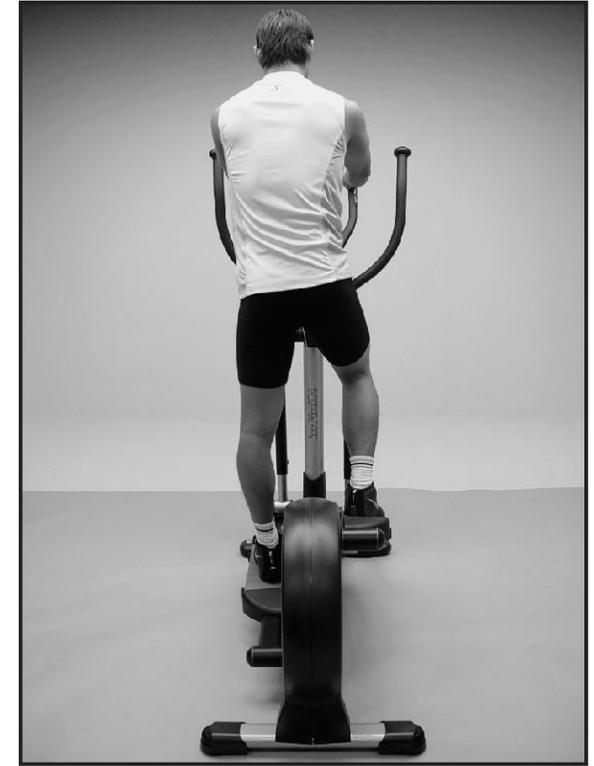


IMPORTANT: Caution should always be taken when getting on and off any exercise machine. Please follow the correct procedure below.

1. Ensure the left Foot Pedal is in the lowest position.
2. Grasp the Stationary Handlebar with both hands.



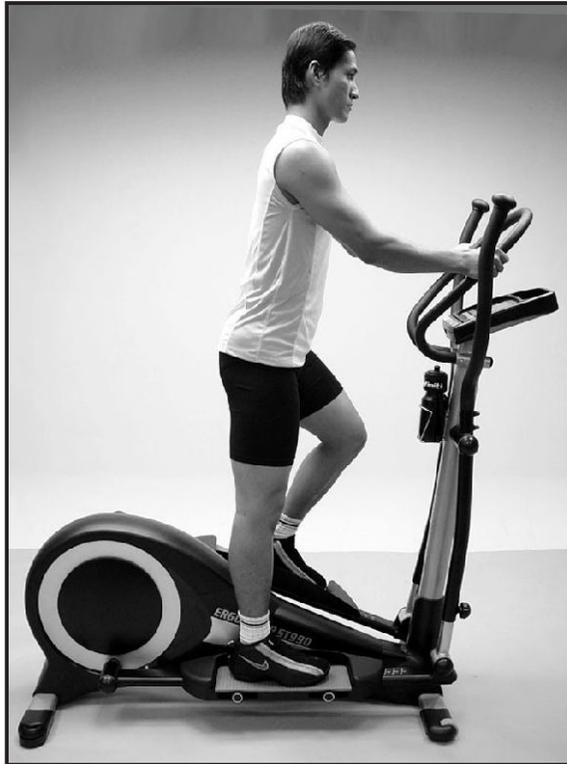
1. Place your left foot on the left Foot Pedal and get secured.



1. Lift your right foot over machine and place on right Foot Pedal.
2. Get balanced and begin your workout.

Correct Positioning

Correct Position



Always try and use the 1000Z Elliptical Trainer in a rhythmical and smooth motion.

Your body should be in an upright position so that your back is straight.

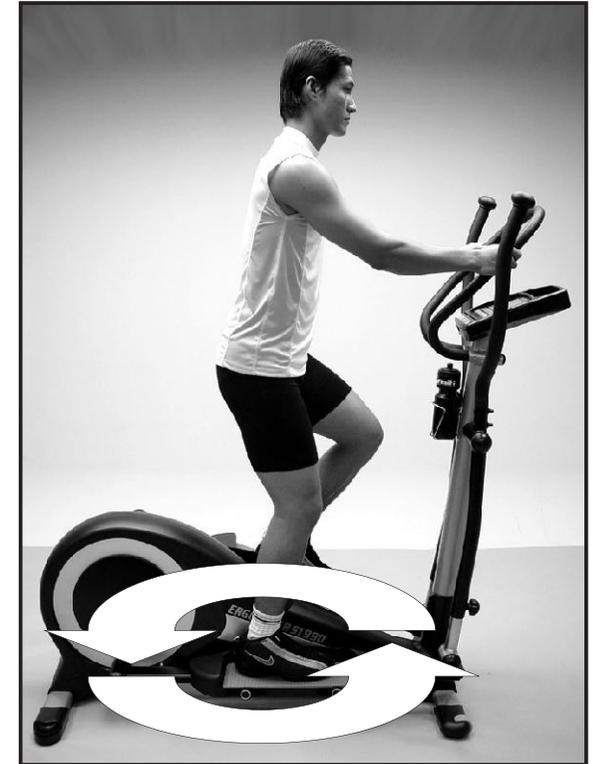
Keep your head up to minimize neck and upper back strain.

Forward



The 1000Z Elliptical Trainer can be used in a forward or reverse motion.

Reverse



When going in reverse, bend your knees inwards slightly as this will put more emphasis on the buttocks and hamstrings.

1000Z ELLIPTICAL TRAINER EXERCISES

IMPORTANT: The 1000Z Elliptical Trainer can be used in a forward or reverse motion.

1 Basic Upright

Handle Bar : Stationary or Dual Action
Muscles Used: Thigh, Calf, Hamstring, Glutes

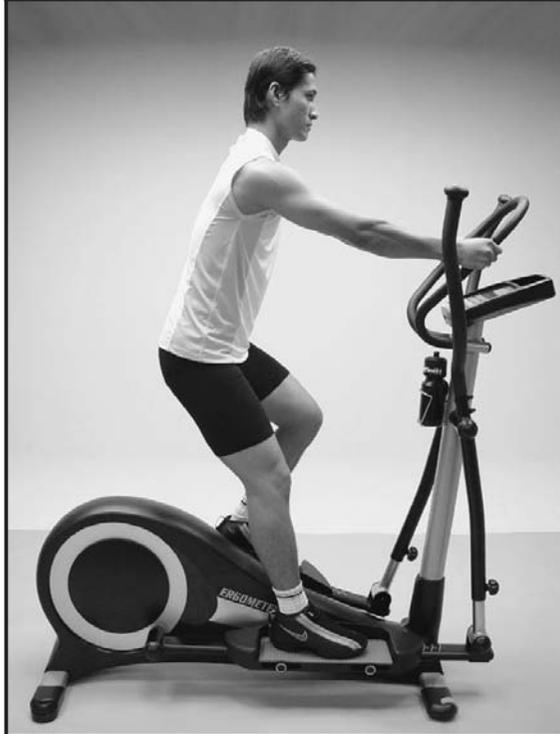


This position utilizes all the major muscle groups.

Keep your body in an upright position with your head up.

2 Hamstrings & Glutes

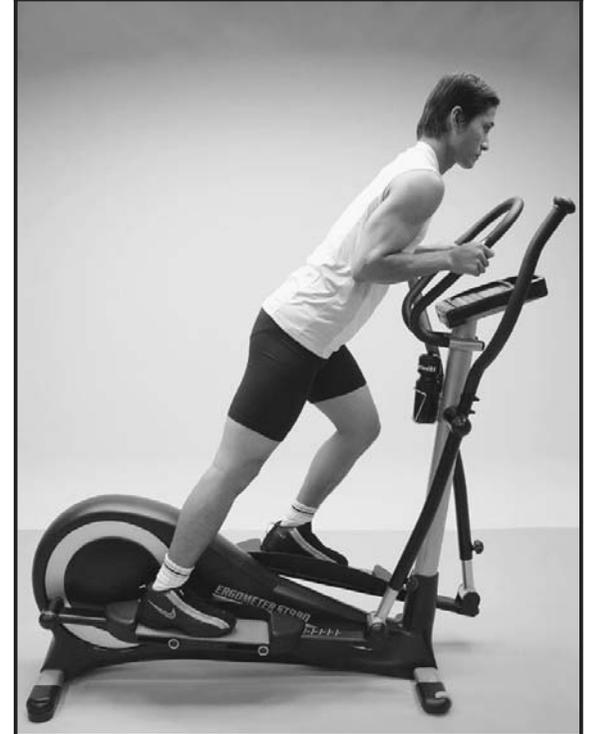
Handle Bar : Stationary or Dual Action
Muscles Used: Thigh, Calf, Hamstring, Glutes



Leaning back in a sitting type position concentrates the workout on the hamstrings and glutes.

3 Thigh & Calf

Handle Bar : Stationary
Muscles Used: Thigh, Calf, Hamstring, Glutes



Leaning forward on the 1000Z Elliptical Trainer concentrates the workout on your thighs (quadriceps) and calves.

Warranty and Registration Information

Warranty

7yrs parts/1yr labor

How to Register your machine

To register your LifeCore Fitness 1000Z Elliptical Trainer, please fill out registration insert and mail to:

*LIFE CORE FITNESS
242 Bingham Rd. #101
San Marcos, CA 92069*

or visit our company website at:

www.lifecorefitness.com



LC1000Z 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. You will loose 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.

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.

NOTE: SPEED & RPM share the same display. The display will alternate every six seconds.

DISTANCE Display: kilometers or miles.

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

PULSE Display: Your heart rate/pulse is displayed in beats per minute (bpm).

WATT Display: watt (W).

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.

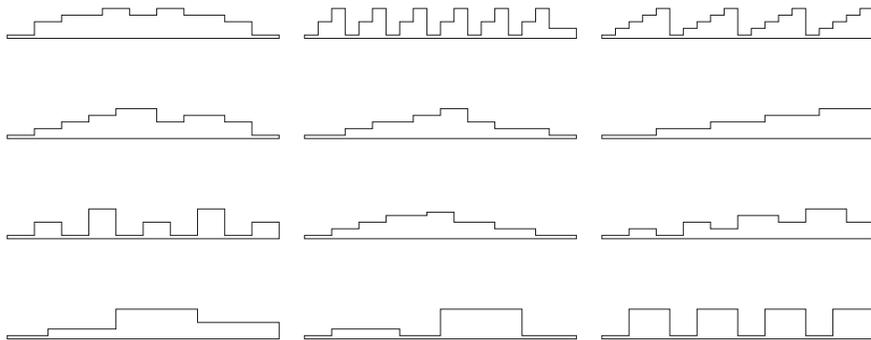
- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the MANUAL PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Press the START Key to begin your workout.

LC1000Z COMPUTER INSTRUCTIONS

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.
- 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.

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.
- NB** 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**.

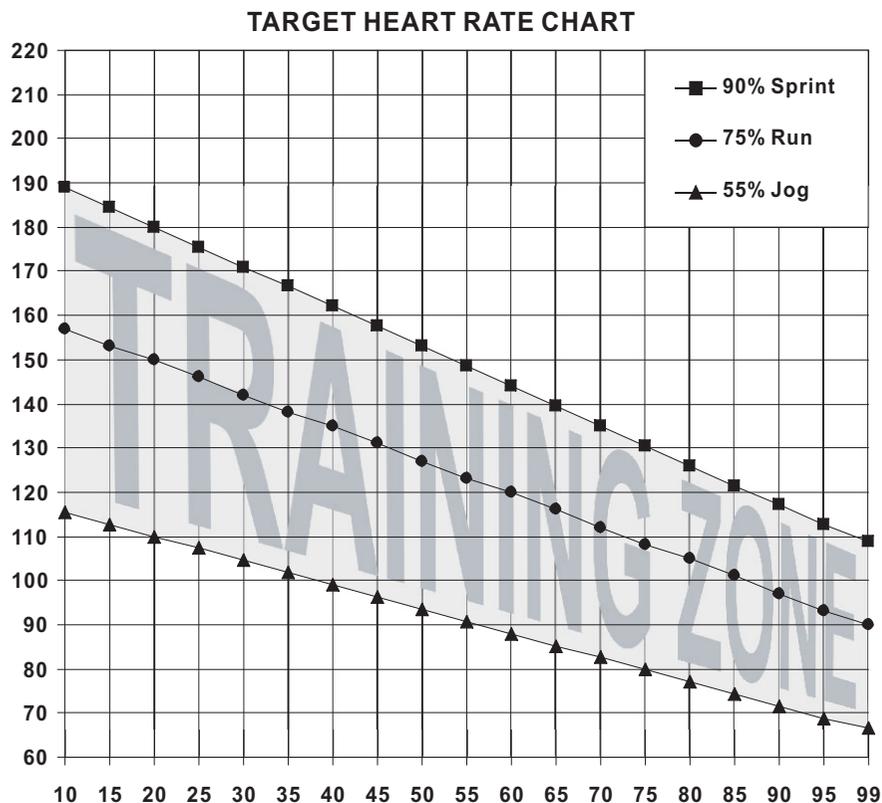
- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Key.
 - 2) Your age impute is not relevant so skip this section by pressing the ENTER Key.
 - 3) Use the UP & DOWN Keys to scroll and select the TARGET H.R.C PROGRAM. Press the ENTER Key to confirm your selection.
 - 4) Use the UP & DOWN Keys to impute your desired Pulse (bpm). Press the ENTER Key to confirm your selection.
- NB** To immediately start your workout press the START Key.
- 5) 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.

LC1000Z COMPUTER INSTRUCTIONS

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. $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)



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.

NB 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 selections. Then press the START Key to begin your workout.

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 ~ SUPER FIT

F4 ~ FAIR

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.

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.

Slightly moist hands are desirable. Dry hands can cause incorrect pulse signals.