User's Product Manual

LifeCORE LC-CD450 Center Drive Elliptical

Introduction

Congratulations on your purchase of the CD450 Center Drive Elliptical. This product has been designed and manufactured to meet the needs and requirements of domestic use.

By Choosing your CD450 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 level and your quality of life.

Cardiovascular training is vital for all ages and the CD450 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.

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

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

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

We wish you lots of success and fun while training!

Purchaser's Reference Information
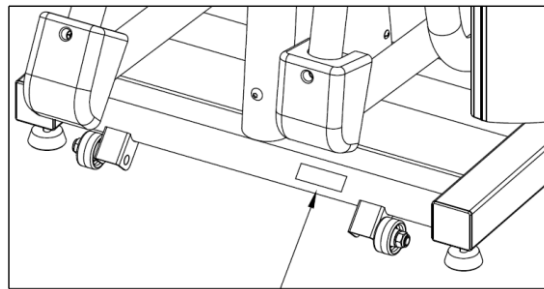
Serial Number is located on the frame

Please send in the attached warranty card and a copy of the original receipt or register online at www.LifeCOREfitness.com within (10) days of purchase to register your product with LifeCORE Fitness.

Table of Contents

LifeCORE Fitness

"We Fit Your Life"

Safety Instructions & Warnings

The CD450 Elliptical is designed and manufactured to meet or exceed all domestic and international safety standards. However, certain precautions need to be followed when operating any exercise equipment.

General safety instructions:

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

Product safety instructions:

1. Start your exercise program gradually. Exercise only for a few minutes the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
3. Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
4. Unit maximum weight limit is 300LBS
5. It is recommended the unit be plugged into a surge protector.
6. Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
7. 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.
8. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
9. Do not place machine in an area of high voltage or electromagnetic fields.
10. DANGER: Always unplug the power cord before performing maintenance.
11. Failure to follow these instructions will void the units warranty and the manufacturer or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrectly or for reasons other than exercise.
12. Perform proper maintenance as recommended in this manual.
13. Save this manual for future reference.

Assembly Tips

The LifeCORE CD450 is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a consumer.

Before 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 of the parts from the packing material; however, do not discard packing material until assembly is complete. Double check packing materials to ensure no missing parts were left behind.

Note that some hardware may be preassembled to components in order to help with assembly; tools have also been provided to assist with assembly.

Assembly Assistance

In each CD450 assembly pack, there is a tube of grease for assembly purposes. This tube of grease must be applied to the pivot points during assembly. At no 🚫 time should this grease be applied on to the rubber wheels parts #2CUB Shaft Wheel w/ball bearing.

Figure 3 – Green Arrows

During Step 3 assembly, apply grease to the console tube pivot points ➜ on each side. Once the arms are secure, apply some additional grease to the bearings, then secure arm with Figure 3 hardware.

Figure 5 – Green Arrows

During Step 5 assembly, apply grease to the pedal tube and handrail assembly tube pivot point ➜ on each side. In addition, apply grease to the M10 * 81.5 Hex Bolt.

NOTE: DO NOT USE WD-40 OR SILICONE SPRAY – This will increase squeaking noise.

Getting Started

Unpack the box in a clear location, remove all packaged parts from the box and lay each part out on the floor. Double check all packaging material for missing pieces, do not dispose of any packing material until assembly is complete and unit is working properly. The final location of the machine should be placed on a clean level surface near an electrical outlet.

Hardware Bags - Locate all hardware bags for assembly. Bags will be labeled **Figure 1** through **Figure 11**. Tools have been provided to assist with product assembly.
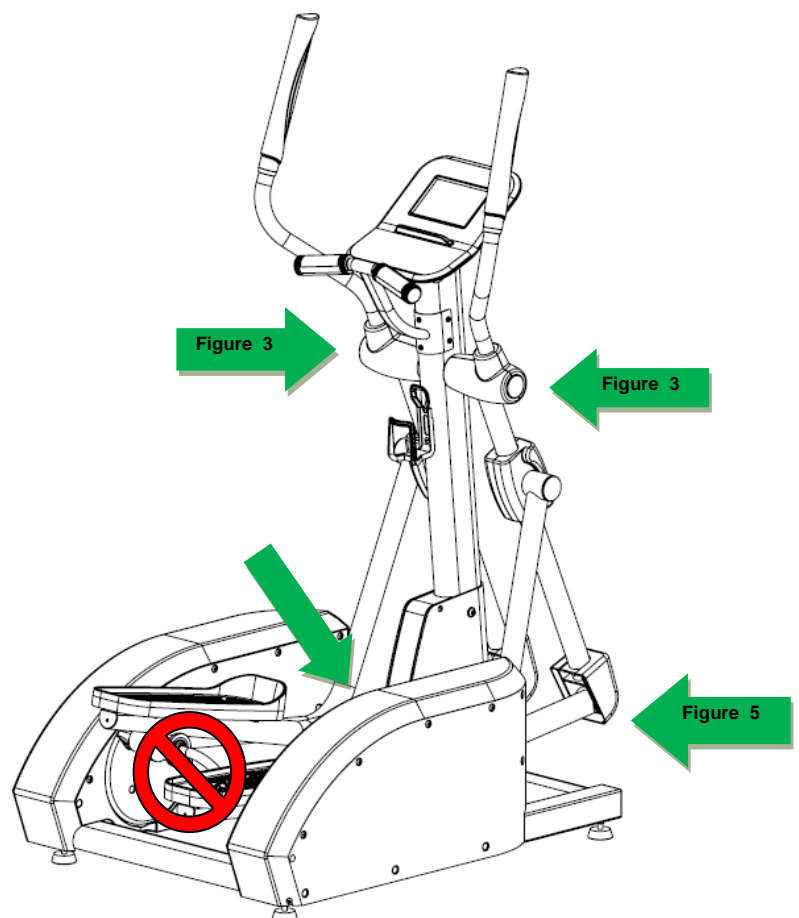
If you are missing any parts, assembly bags or need assistance with assembly please call LifeCORE Fitness at 1-888-815-5559.

Tools Required:

17 mm socket wrench: 2JAX
17 mm wrench: 2JAW
Philips screw driver: 2JAY
6mm Allen wrench: 2JC7
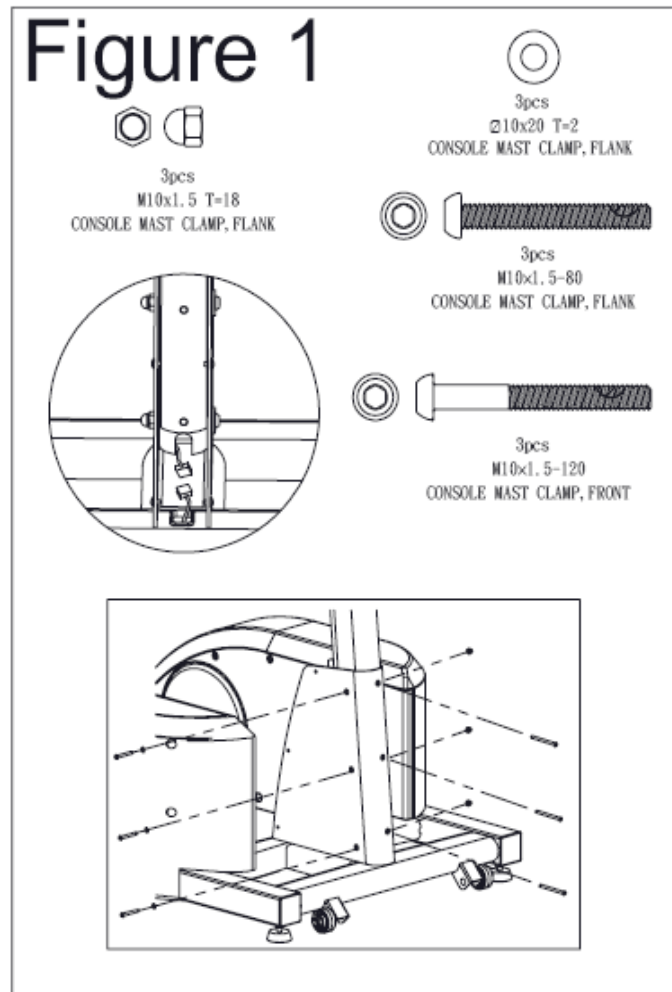4mm Allen wrench: 0J3P
Tube of grease: 2K81
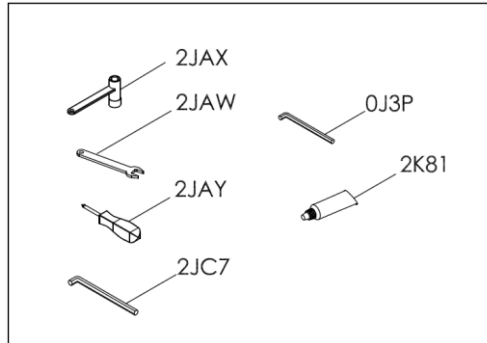
Step 1:

Tools Needed:
6mm Allen wrench: 2JC7
17 mm socket wrench: 2JAX

*Note: Ensure that all wires are properly connected inside console tube. Be careful to not **pinch wires**. Additional help maybe needed to help line up holes to frame.*

Note: Do not tighten screws until you have fully completed Step 2.

1) Locate bag labeled **Figure 1**.
2) Locate console tube.
3) Slide console tube into main frame.

4) **(See Figure 1)** Connect upper console wire to lead wire assembly coming from frame.

5) Secure console tube to frame using Qty. three 10x20 washers and three M10x80mm short hex head bolts and extend them through the holes on the right side of the frame and console tube. Use Qty. three M10x1.5 crown nuts to lock M10x80mm hex head screws on left side.

6) Use Qty. three M10x120 long hex bolts to secure console tube to the main frame.

Figure 1

3pcs
M10x1.5 T=18
CONSOLE MAST CLAMP, FLANK

3pcs
Ø10x20 T=2
CONSOLE MAST CLAMP, FLANK

3pcs
M10x1.5-80
CONSOLE MAST CLAMP, FLANK

3pcs
M10x1.5-120
CONSOLE MAST CLAMP, FRONT

Step 2:

Tools Needed:
Philips Screw driver: 2JAY

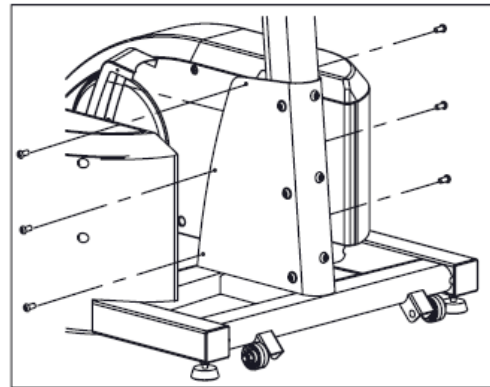1) Locate bag labeled **Figure 2**.

2) Locate black metal cover.

Note: First fasten screws at the bottom of the cover, next top and finally the middle.

3) (**See Figure 2**) Secure cover to main frame by using Qty. six M5x0.8-12 screws. Screw two at the bottom of the cover, next screw two on top and finally two in the middle. Using a Philips screw driver, tighten screws.

4) Tighten all hardware from **Step 1.**

Figure 2

6pcs
M5X0.8-12
CONSOLE MAST COVER SCREW

Step 3:

Tools Needed:
17 mm socket wrench: 2JAX
Tube of grease: 2K81

Note: Arms are labeled Right and Left.

Note: Apply about a finger tips worth of assembly grease on each pivot point shaft and bearings prior to connecting arms.

1) Locate bag labeled **Figure 3**.

2) Locate the left and right handrail assemblies.

3) **(See Figure 3)** Apply and spread grease on console tube shafts. Mount the left and right handrail assemblies to console tube using one washer first, one spring washer second and one M10*20 hex bolt last on each side. Using a 17 mm socket wrench, tighten hex bolts.
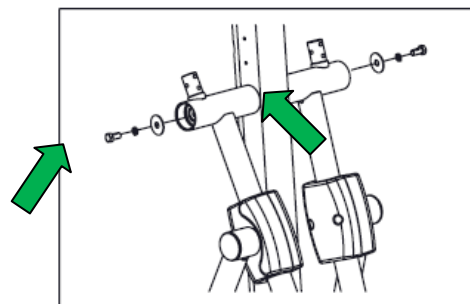

Figure 3

2pcs
Ø10
HANDRAL LINKAGE ASS'Y

2pcs
Ø10.2x35 T=2
HANDRAL LINKAGE ASS'Y

2pcs
M10X1.5-20
HANDRAL LINKAGE ASS'Y

Step 4:

Tools Needed:
6mm Allen wrench: 2JC7

1) Locate bag labeled Figure 4.

Note: Additional help may be needed to help align holes on top and bottom.

2) (See Figure 4) Lift and place left linkage handrail assembly onto shaft sleeve. Make sure all four bolts line up. Screw Qty. two M8x12mm hex bolts to the top and bottom holes. Using a 6mm Allen wrench, tighten the bolts.

3) Repeat same steps for right side.

Step 5:

Tools Needed:
17 mm socket wrench: 2JAX
17 mm wrench: 2JAW
Tube of grease: 2K81

Note: It is recommended that two adults help align and secure the pedal tube assemblies to the handrail assemblies.

Note: Apply about a finger tips worth of assembly grease on each pivot point bolt shaft and bearings prior to connecting arms.

1) Locate bag labeled Figure 5.

Note: Please ensure that pedal arm is aligned in the center of roller wheel while tightening all hardware. Repeat for the left side.
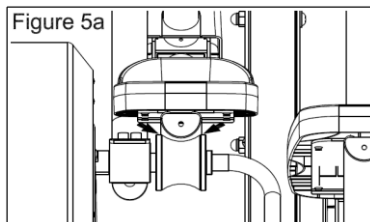
Figure 5a

2) (See Figure 5) Locate right pedal tube assembly and secure to the handrail assembly with Qty. one M10x81.5 hex bolt and Qty. one M10x1.5 hex nut. Using a 17 mm socket wrench & 17 mm wrench, tighten the bolts.

Figure 4
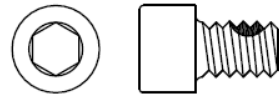
8pcs
M8x1.25-12
LINKAGE ASS'Y

Figure 5

2pcs
M10X1.5 ,T=8
PEDAL ASS'Y
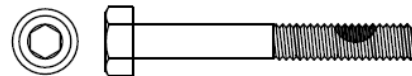
2pcs
M10X1.5-81.5
PEDAL ASS'Y
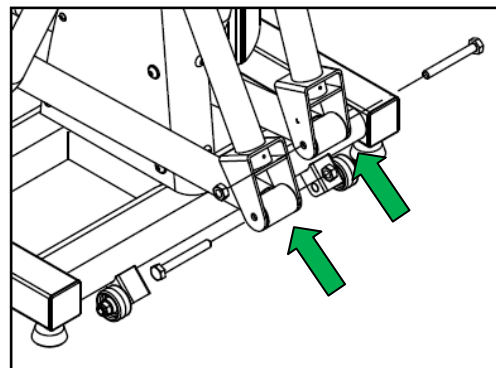
Step 6:

Tools Needed:
Philips screw driver: 2JAY

Note: Do not over tighten M5X0.8-12 screw, this will damage bracket cover.
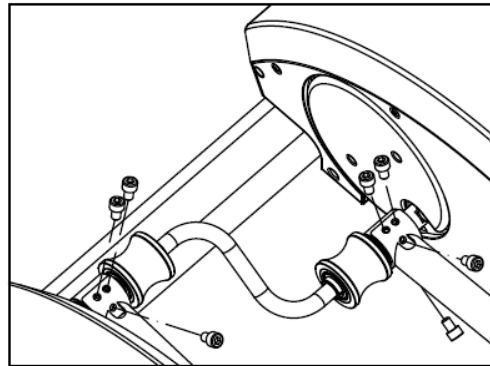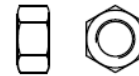
1) Locate bag labeled **Figure 6**.

2) Locate bracket covers.

3) (**See Figure 6**) Attach bracket cover to the handrail assembly by lining up the hole and using a Philips screw driver to tighten Qty. one M5X0.8-12 screw into handrail assembly. Repeat for other side.

Figure 6

2pcs
M5×0.8-12
BRACKET COVER SCREW
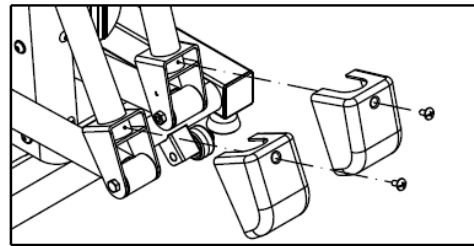
Step 7:

Tools Needed:
6mm Allen wrench: 2JC7

1) Locate bag labeled **Figure 7**.

2) Locate left and right handle bars.

3) (**See Figure 7**) Attach left handlebar to handlebar assembly using Qty. three M8X16mm hex bolts. Using a 6mm Allen wrench, tighten hex bolts tight.

4) Repeat for other handlebar.

Figure 7

6pcs
M8×1.25-16
HANDRAIL
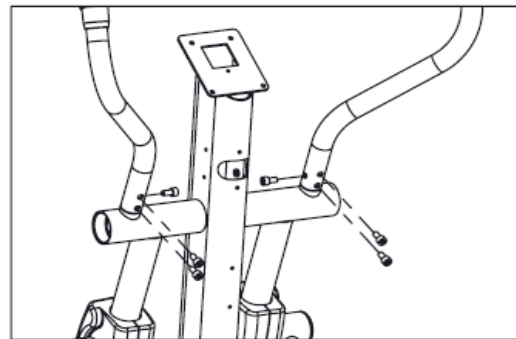
Step 8:

Tools Needed:
Philips screw driver: 2JAY

Note: Ensure that all wires are properly connected inside the console. Be careful not to pinch the wires. Wires only connect one way.

1) Locate bag labeled **Figure 8.**

2) Locate computer console.

3) Connect the computer cable wire into the connector on the board.

4) Place the computer console on the console mast. Make sure the wires fit inside the computer and computer console sits flat on the console mast.

5) (**See Figure 8**) Secure four screws to the back of the console using a Philips screw driver. Tighten screws.

Figure 8

4pcs
M5X0.8-12
CONSOLE
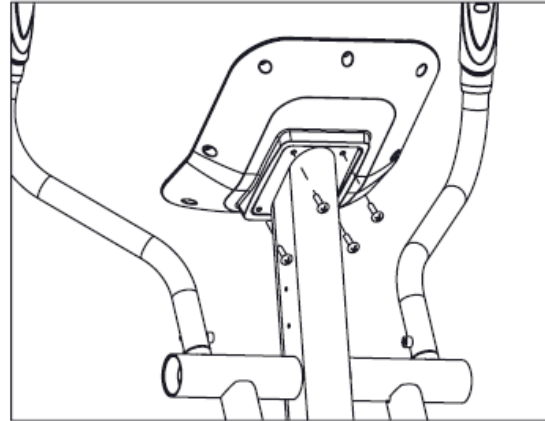
Step 9:

Tools Needed:
4mm Allen wrench: 0J3P

*Note: Ensure that all wires are properly connected inside console tube. Be careful to not **pinch wires**. Addition help maybe needed to help line up holes to frame.*

1) Locate bag labeled **Figure 9**.

2) (See **Figure 9**) Connect the pulse wires coming from the pulse handlebar assembly into the pulse wires from the console tube.

3) Secure the pulse handlebar assembly to the console tube by screwing Qty. six M6x10 hex socket head bolts into frame. Using a 4mm Allen Wrench, tighten bolts.

Figure 9

6pcs
M6×1.0-10
STATIONARY HANDLE BAR
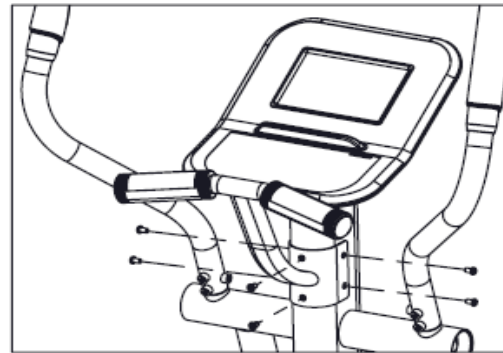
Step 10:

Tools Needed:
Philips screw driver: 2JAY

1) Locate bag labeled **Figure 10.**

2) Locate black pivot covers.

3) (**See Figure 10**) Connect the left side two pivot covers on to the handlebar assembly. Using a Philips screw driver, tighten Qty. two M4x16-10 screws from the front of machine.

4) Connect the right side two pivot covers and tighten screws from the back of machine.

Figure 10

4pcs
M4x16-10
PIVOT COVER
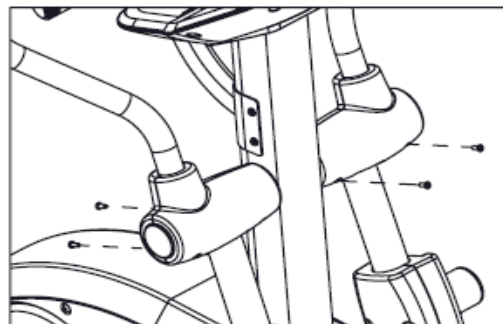
Step 11:

Tools Needed:
Philips screw driver: 2JAY

1) Locate bag labeled **Figure 11.**

2) (**See Figure 11**) Secure bottle holder to console tube using Qty. two M5x0.8-12 screws. Use a Philips screw driver to tighten.

Plug the AC adaptor into a power outlet and into the machine. The AC inlet is located on the user left side of the machine. Only a **DC 9V 1000mA** that comes with the unit should ever be used to power the machine.
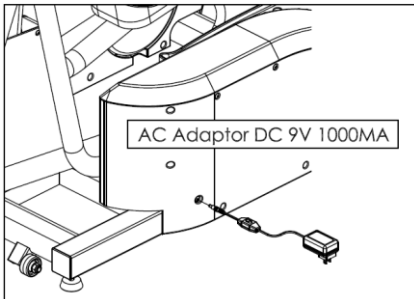
Once assembly is complete; if needed, tighten or loosen the levelers on the bottom with a 17mm wrench: 2JAW to prevent the machine from wobbling and to make the machine stable. Tighten the leveler nut on top of the lever to prevent them from moving.

Figure 11

M5X0.8-12
2 pcs

LEVELER
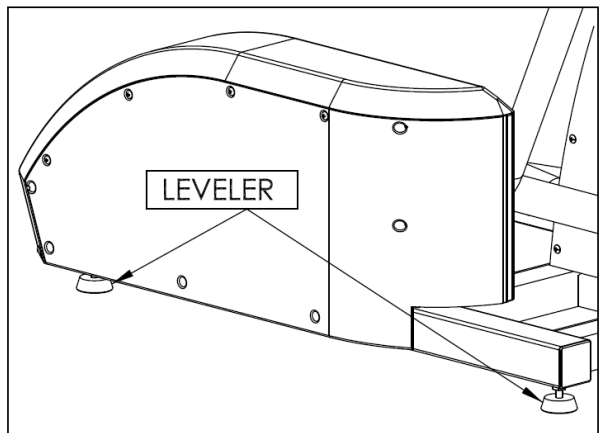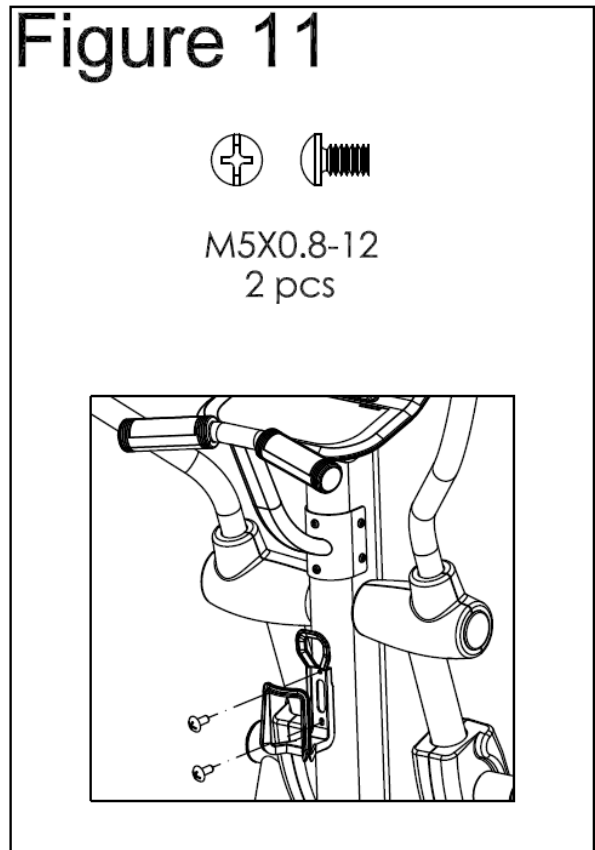
Congratulations!

You have completed assembly of your CD450 Elliptical

Console Operation Instructions

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.

Make sure the console is powered-up before you start using this console. This product is powered by an AC adapter. Please make sure it is properly plug in.

1.   **CONSOLE LAYOUT**
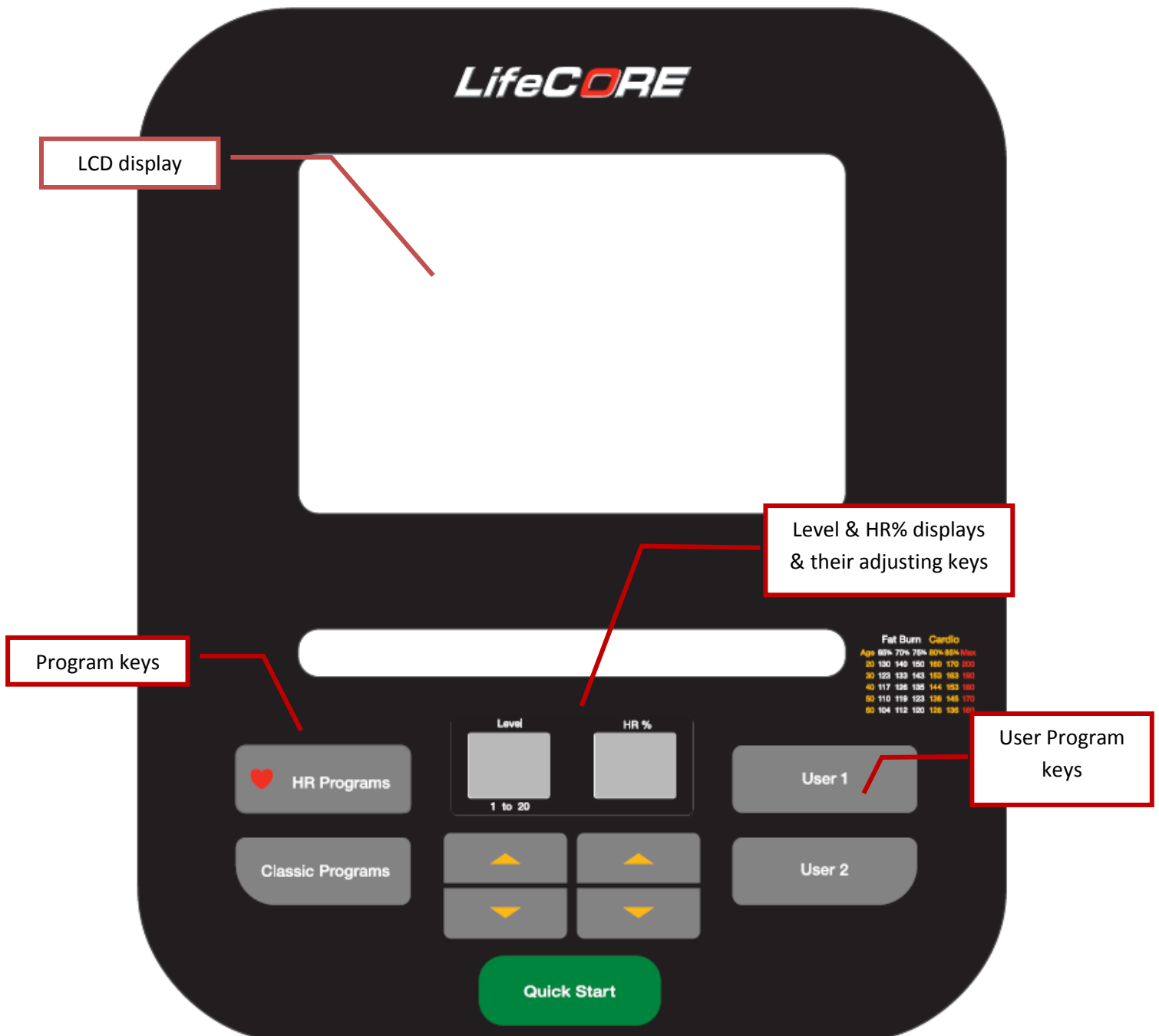
2. **DISPLAYS**

A. **LCD display**
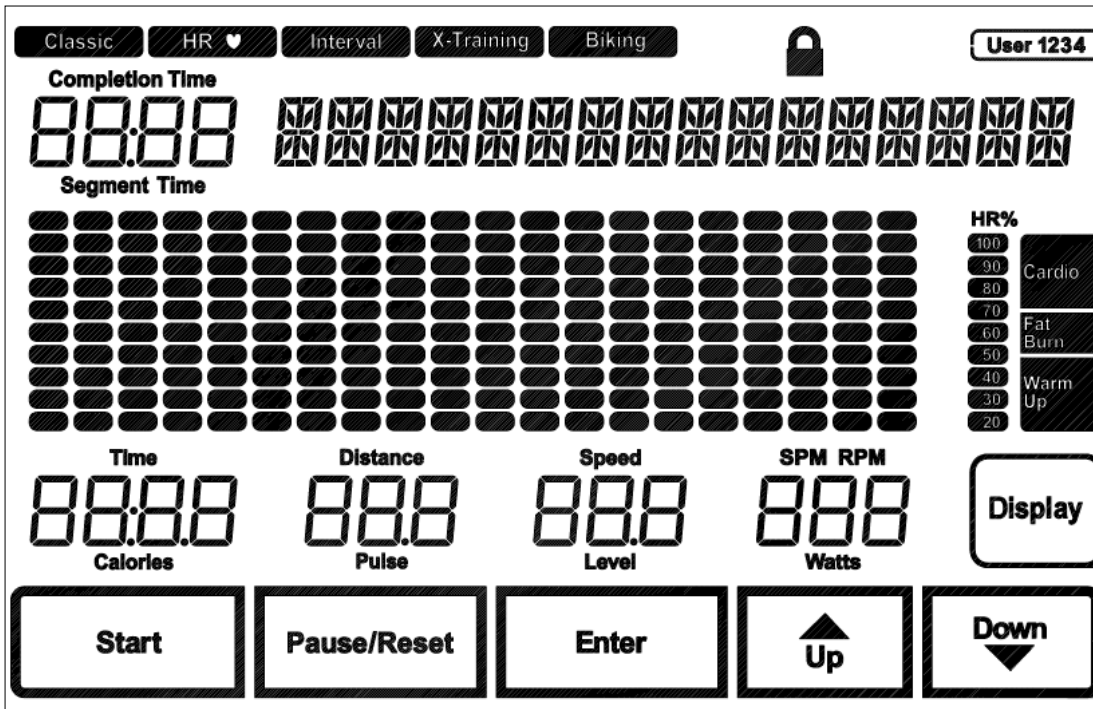
a. **Dot matrix profile window**:

Displays program profile during program setting and executing. The program profile will be different according to which program is selected. For Classic programs, the dot matrix represents a resistance profile. For HR programs, the dot matrix represents a HR% profile.

There are 20 columns representing 20 segments of time; each segment time **=** total program time divided by 20 columns. During exercising, a column will blink to indicate the time segment you are currently in and show your workout progress.

Classic programs: There are also 10 rows representing 20 levels of resistance. Each row represents 2 levels of resistance. The appropriated row will light up when you adjust the resistance level.

HR programs: There are 10 rows representing 100% Max HR. Each row represents 10% of HR%. During program execution, the target HR% row will light up on the right and the actual HR% will light up on the left with blinking current segment to indicate your progress.

b. **Message display window:**

This window will prompt messages throughout the program for instructions. Displays program name during program selection. Displays total workout data information during program ending.

c. **Program category indicators:** [Classic] [HR ♥]

These indicators will light up to indicate which program category you are selecting. There are 2 program categories for this console: Classic programs and HR programs. There are multiple programs under each program category, refer to program section for details.

d. **User program indicators:** [User 12]

A user program number will light up to indicate which user program you are selecting. There are 2 user programs in this console.

e. **HR % indicators:**

HR%
100
90
80
70
60
50
40
30
20

If there is a valid pulse, the console will calculate your max HR % using default age or entered age and light up the appropriated % indicator.

f. **Data display windows**:

Time   Distance   Speed   SPM RPM

8 8 : 8 . 8   8 8 . 8   8 8 . 8   8 8 8   Display

Calories   Pulse   Level   Watts

There are 4 data display windows displaying time, calories, distance, pulse, speed, level, RPM and watts. You can switch the data displays from upper row to lower row or vice versa by pressing the DISPLAY key next to it.

g. **Segment time window:**

8 8 : 8 8
Segment Time

During program executing mode, the Segment time will be calculated and displayed according to the entered program time. It will count down to indicate the remaining segment time.

Note: Display sleep mode: If there is no RPM, the display will shut down and enter "sleep" mode. Previous activities will be stored for 3 minutes. To resume, simply pedal again. If no RPM for more than 3 minutes, the console will be reset and previous activities will be lost, except for the saved User information or at Pause mode. Press Pause/Reset key to pause a program for as long as you desire.

B. Level & HR% display windows

a. Level

Level

1 to 20
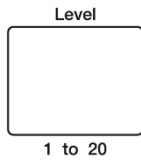
Same as level display on the LCD screen. It will display the actual resistance level. When its adjusting key is pressed, the resistance level will be adjusted accordingly.

b. HR%

HR%
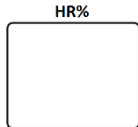
During program execution, the console will take actual heart rate and calculate into HR% using entered age and display here. HR% can be adjusted by pressing the adjusting key during Target HR & HR Interval programs.

3.   KEYS

A.   Quick Start Key:

Quick Start

This key is designed to start your workout without any hassle. Pressing this key will jump start your workout immediately with default resistance level 1.

B.   Program keys:

Classic Programs   ♥ HR Programs

There are 2 program keys to let you select preset programs quickly: Classic and HR programs. There are numerous preset programs under each program category, see program section for details. Press the same program key continuously to toggle thru all programs under its category.

Pressing any of the program keys will enter a preset program selection; the message display will display a program name and dot matrix profile window will display its program profile. Press ENTER key to confirm the program selection or any program key to go to a different program. You can always press START key anytime to start the program right away.

C.   User keys (User 1, User 2):

User 1   User 2

There are 2 User programs for you to save the favorite workouts. If you wish to save a program, simply press & hold a User # key for a few seconds until you hear a beep. All your program

information such as age, weight, time, program profile… will be saved permanently. If there is saved data before, it will be overwritten the 2nd time the key is pressed & held.

Press User # key once will recall your saved program and ready for you to start your workout immediately. Message display will prompt instructions.

D.   Level and HR% adjusting keys

i.   **Level ▲▼ (UP/DOWN) keys**: Press these keys to adjust the resistance level from 1-20 during program execution.

ii.   **HR% ▲▼ (UP/DOWN) keys**: Press these keys to adjust the target HR% during Target HR & HR Interval programs.

E.   Function keys: There are 5 function keys for program operation.

Start	Pause/Reset	Enter	▲ Up	Down ▼

1)   START key: To start a program, simply press the START key once and all data will start counting. Pressing START key once during Pause will resume the program. Pressing START key at program ending will re-start the same program again and all data will continue accumulating.

2)   PAUSE/RESET key: Pressing PAUSE/RESET key once during program, it will pause the program and all data will stop counting. Pressing PAUSE/RESET key one more time during pause, it will reset program and return back to idle mode.

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

4)   Up▲/▼Down key: Press Up▲/▼Down keys to adjust age, weight, program time entry during program setting.

F.   Display Key:

Display

This key is located next to the data display windows. Press this key to switch the data display from upper row to lower row and back & forth. The data names will appear when they are being displayed.

4. PROGRAMS

During idle mode, the message display will show "SELECT A PROGRAM"; at this time, press Quick Start key to jump start the manual program right away or press a program category key to select a program.

When you press a program key the 1st time, the message display will show its 1st program's name and the dot matrix will display its profile. Press same program key again & again to toggle thru programs under the same category. Or press other program category key to go into different program category. When your desired program appears, press ENTER to confirm the program selection and start program setting.

Follow the instruction messages on the message display to set up the program. There are 3 settings need to be entered to ensure workout calculation accuracy: age, weight and time. For your convenience, the age and weight will be updated and stored as new default value each time you adjust them.

Press START key to start your program once you finish the program set up. Press Level Up▲/▼Down keys to adjust resistance level anytime during Classic & Interval program execution. Press HR% Up▲/▼Down keys **to** adjust HR% anytime during Target HR and HR interval program execution.

When program time is up and the program ends, the message display will scroll thru the workout totals for your review. At this time, if you'd like to start the same program again, simply press START key and your program will restart.

A. Quick Start program:

When you press the "Quick Start" key once, the message display will display "QUICK START" and the console will begin Quick Start program. The time will start counting down from 30:00 (min: sec) and resistance level will start with L1. Simply start pedaling and press Level Up▲/▼Down keys to adjust resistance level.

B. Classic Programs: press "Classic Programs" key to toggle thru 3 classic programs.

Random   Rolling Hills   Strength

Note: Random program: The computer will generate a different profile every time Random program is selected.

C. HR Programs: press "HR Programs" key to toggle thru 5 HR programs.

Target HR   Fatburn 65%   Cardio 80%   HR Hill   HR Interval

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

Heart rate control programs are designed to keep you training at your chosen heart rate level. Console will adjust the resistance level automatically to ensure the target heart rate is achieved and maintained during the entire program.

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

a.   **Target HR program**: The default target heart rate is 70%. To adjust the target HR% setting, press HR% Up▲/▼Down keys anytime during program execution. The adjustment range is 55% - 90%.

b.   **Fatburn 65%; Cardio 80% and HR Hill (65% - 75% - 85%) programs**: These programs are designed with preset heart rate % for specific heart rate training purpose, therefore their heart rate % is not adjustable.

c.   **HR Interval program**: This program is designed to train your heart thru a series of work and rest intervals. It is a great heart conditioning program. The console will adjust the resistance up to bring your heart rate to work interval and reduce the resistance back to L1 for rest interval. The default work interval is 80% and rest interval is 65% and can be adjusted to low at 60% and high at 90% by pressing HR% Up▲/▼Down keys during program.

Note: During program execution, if there is no heart rate detected, the console will display "NO VALID PULSE". Adjust the chest strap to ensure proper heart rate reading. If the actual heart rate exceeds target heart rate and resistance is at level 1; the console will display "SLOW DOWN", please slow down and relax to reduce your heart rate at this time.

D. User Programs: press User # key to enter one of 2 user programs.
These programs are designed for your workout convenience & save you time. Once you saved your workout routine in a User program, you can simply recall this program and start your workout in no time. Of course, if you wish to change your program time or target HR, there is an option after your press ENTER key to confirm your program selection. The age and weight will be skipped during program setting.

If you recall an empty User program, the message display will let you know with a message of "NO SAVED PROGRAM", you can select any other program at this time. If you wish to save a workout program, simply press & hold a User # key until you hear a beep. The console will confirm it with a message of "PROGRAM IS SAVED". If there is a saved program before, it will be overwritten.

5. English and Metric setting

The factory default setting is English units. If you wish to change it to Metric setting, press & hold "USER1" & "USER2" keys at the same time for a couple of seconds during idle mode. The message display will show a message "UNITS = ENGLISH"; press ▲/▼ keys on the LCD screen to change the setting. "UNITS = METRIC" will appear to indicate the switch. Once you change the setting, press ENTER key to confrim and the console will return back to idle mode. The units setting has been changed to new setting permanently.

6. Touch Screen Adjusting Steps

To ensure touch screen console perform properly, please follow below steps to adjust the display accuracy.

1) When the console is ON, the message display shows "SELECT A PROGRAM"; at this time, press "QUICK START" & "HR PROGRAM" keys at the same time to start the display adjusting sequences.
2) The LCD will be fully light up and the message display will show "PRESS ICON". At this time, press "START" key to enter console self-adjusting mode.
3) Follow the key order and presses "PAUSE/RESET", "ENTER", "UP", "DOWN" & "DISPLAY" keys. The message display will show corresponded number and key sequence. For example, the display shows "756" and "5" for "DISPLAY" key press; see figure 1 below.
4) After the key presses, press "QUICK START" key, the LCD will be fully lighted up, see figure 2 below.
5) Press "QUICK START" one more time after screen is completely light up to exit the self-adjusting mode and back to idle mode.
6) Your screen is now adjusted properly and ready to use.

Figure 1

Figure 2

Monitoring Your Heart Rate

In order to obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This will vary from one person to another. Use this number to find your approximate effective target zone. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate; referred to as "Training Zone". In order to get the most accurate reading, it is recommended to enter your age before your workout.
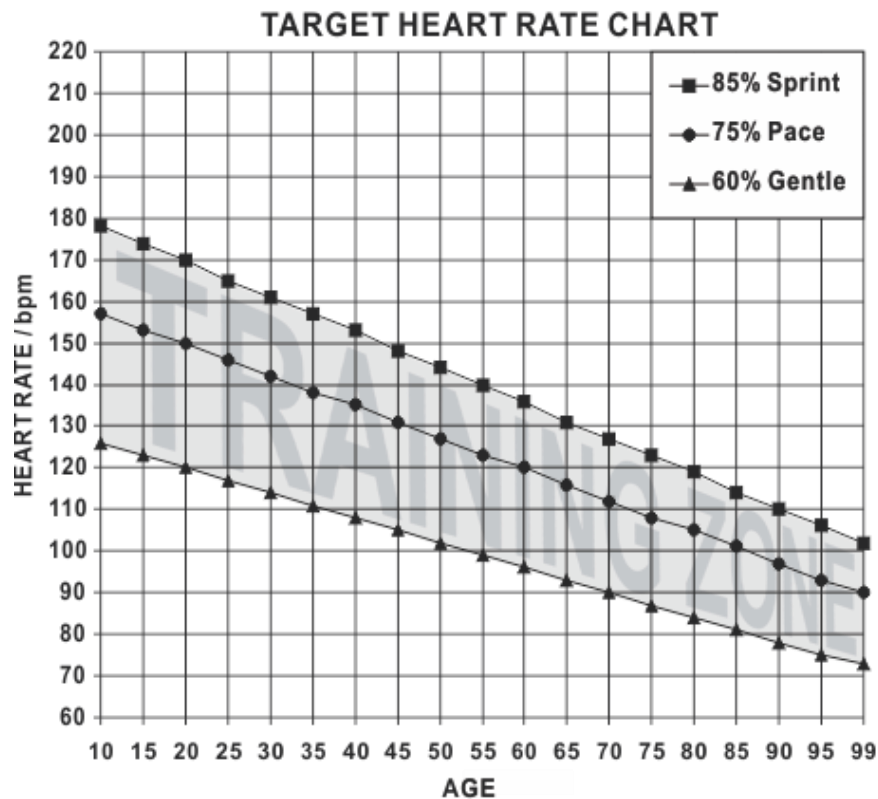
Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your resting pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

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

Fitness Safety: The Heart Rate chart indicates average heart rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Heart Rate Monitoring Devices

Pulse Hand Grips (Standard)

The CD450 comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

Note: It is recommended to wear a chest strap for the Heart Rate control programs, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.

Operating Tips:

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

• Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
• Maintain an even pressure on the grips.
• Do not hold the hand pulse grips too tightly.

Chest Strap (Optional)

The CD450 is equipped with a built-in wireless receiver for your heart rate monitoring. Please contact your dealer for a compatible chest strap transmitter.

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

The receiver of the wireless ECG system is built into the console unit.
How to Wear Your Sensor/ Transmitter:

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

Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.

Care and Maintenance

The LifeCORE CD450 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 CD450 is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit this voiding the warranty.

Rules:

➢ **Never** use WD-40 or any type of silicone spray to lubricate any moving parts. Use appropriate lithium assembly grease as needed to the pivot points if noise occurs.

➢ Always clean the machine after use.

1) Proper cleaning is important for longevity of a machine, clean the unit with a light soap water mixture, follows by a dry towel, or uses a light house hold cleaner such as Windex to remove dirt. 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 and the electronics to stop working.

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

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

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

2) Apply multi-purpose grease onto the bottom of both foot pedal tubes in the area that makes contact with the roller wheel. (Parts # 2CU8 Shaft Wheel w/ball bearing) This allows the wheel to roll smooth on the pedal tube.

➢ Only use the appropriate power source, never use an adapter that is not certified for the unit, a wrong adapter will cause the electronics to overheat and malfunction. AC Adaptor DC 9V 1000MA

In the unlikely event that the CD450 experiences a problem, please contact LifeCORE fitness for advice toll free at 888-815-5559.

Limited Consumer Warranty

LifeCORE Fitness Inc.
LC-CD450 CENTER DRIVE ELLIPTICAL

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

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

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

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

Some states do not allow limitations on how long an implied warranty will last or the exclusion or limitation of incidental or consequential damages. This warranty gives you specific legal rights and you may also have other