



# User's Product Manual

***1050RBs***

LifeCore LC-1050RBs Recumbent Bike

## **Introduction**

Congratulations on your purchase of the 1050RBs Upright Bike. This product has been designed and manufactured to meet the needs and requirements of domestic use.

By choosing your 1050RBs Upright Bike, you have made a wise decision that will improve your health as well as your families. Being fit and healthy will improve your energy level and your quality of life.

Cardiovascular training is vital for all ages and the 1050RBs Upright Bike 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.

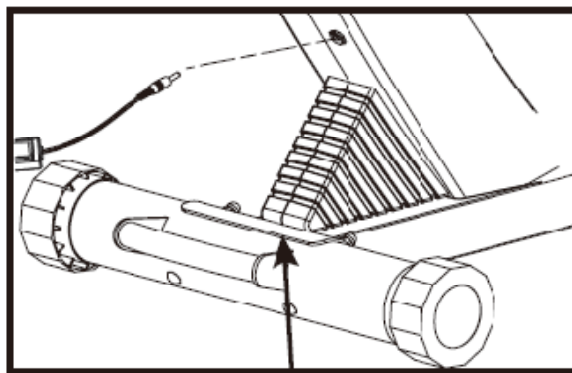
We also offer a complete line of fitness equipment; please take a moment to review our other excellent products at [www.lifecorefitness.com](http://www.lifecorefitness.com). Should you have any questions, please contact us. Your feedback and ideas about your experience with LifeCORE are also very important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



**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](http://www.lifecorefitness.com) within (10) days of purchase to register your product with LifeCore Fitness.

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*“We Fit Your Life”*

## **Safety Instructions & Warnings**

The 1050RBs Upright Bike 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:**

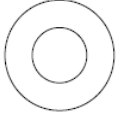
1. Start your exercise program gradually. Exercise only for a few minutes the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase 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. Do not place machine in an area of high voltage or electromagnetic fields.
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. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
8. 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.
9. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
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.

**PARTS LIST**

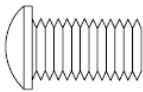
(A23) Screw M8X8X2PC



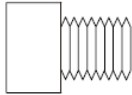
(A33) Washer M8X16X4PC



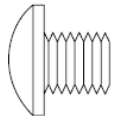
(A34) Screw M8X16X3PC



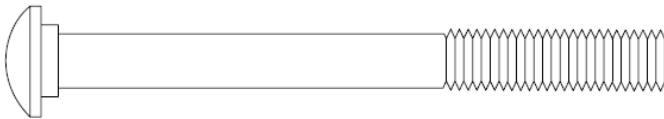
(A59) Screw M8X10X4PC



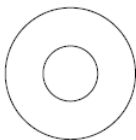
(A60) Screw M8X10X4PC



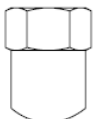
(B3) Screw M8X90X2PC



(B4) Washer M8X19X1.3TX2PC



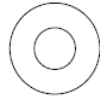
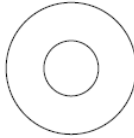
(B5) Nut M8X2PC



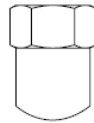
(C3) Screw M8X90X2PC



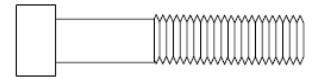
(C4) Washer M8X19X1.3TX2PC (J2) Washer 13X6X4PC



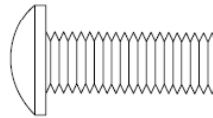
(C5) Nut M8X2PC



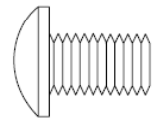
(J3) Screw 1/4X1 1/2X4PC



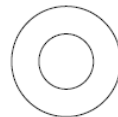
(E6) Screw M8X25X2PC



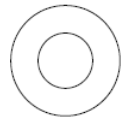
(J6) Screw M8X15X4PC



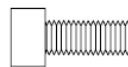
(E7) Washer M8X16X2PC



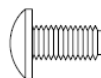
(J7) Washer M8X16X8PC



(H6) Screw M5X12X2PC



(J1) Screw M5X10X4PC



## **Assembly Instructions**

### **Assembly Tips**

The LifeCORE1050RBs 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. Read the assembly instructions first before unpacking the box in a clear work area to allow for 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. If you are missing any parts, assembly bags or need assistance with assembly please call LifeCORE Fitness at 1-888-815-5559.

*NOTE: Please follow all directions very carefully for proper installation.*

**Below are step by step assembly instructions:**

#### **Tools Required:**

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

*Note: Use page 4 as a reference to help distinguish correct bolts for assembly, also add the supplied blue loctite in the owner's manual bag to the threads of each user installed hardware for added support, additional assistance may be needed.*

## **Step 1: Rear Stabilizer Assembly**

### **Tool Needed:**

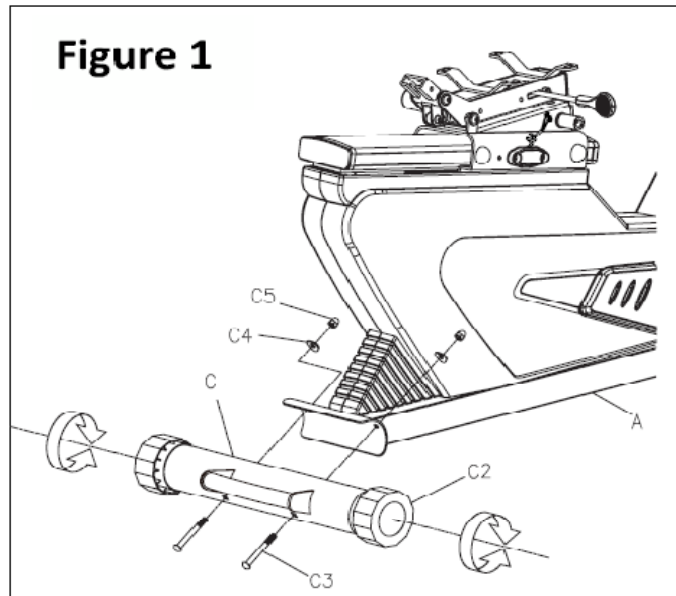
13mm wrench

- A. As shown in Figure 1) Remove the pre-assembled bolts (C3), washers (C4) and nuts (C5) from the rear stabilizer (B).

*Note: Use page 4 as a reference to help distinguish correct bolts for assembly, also add the supplied blue loctite in the owner's manual bag to the threads of each user installed hardware for added support.*

- B. Attach the rear stabilizer (B) to the main frame with bolts (C3), washers (C4) and nuts (C5).

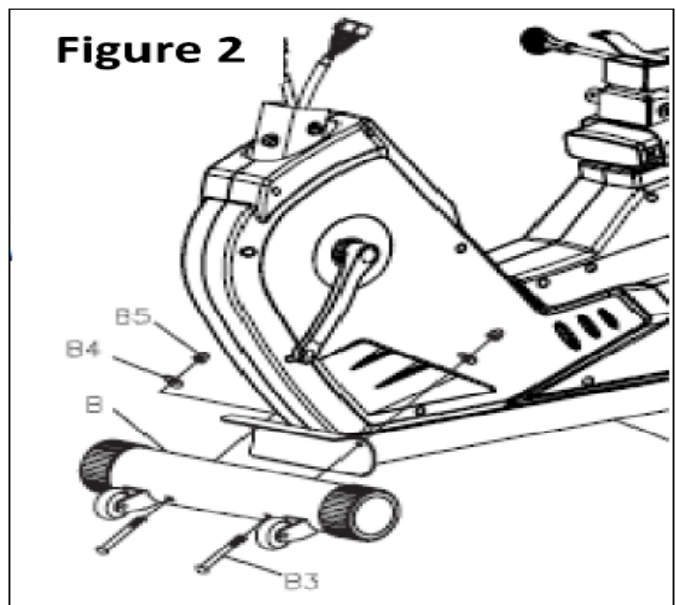
- C. Use a 13mm wrench to fasten nuts firm.



## **Step 2: Front Stabilizer Assembly**

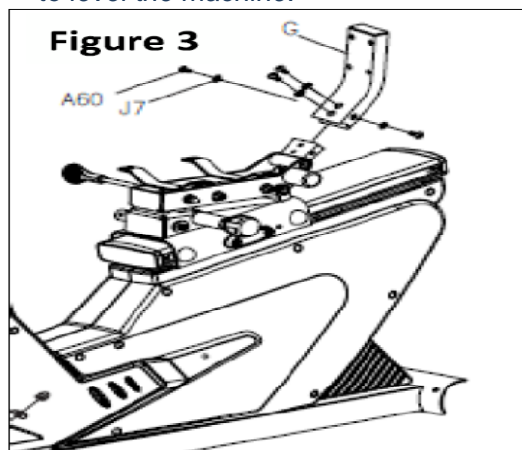
*Note: Apply blue loctite to the threads of each bolt.*

- D. As shown in figure 2) Attach the front stabilizer (B) to the main frame with bolts (B3), washers (B4) and nuts (B5).



## **How to Keep the Machine Stable**

*Note: After the stabilizers are attached in (Step 1 & Step 2), check to see if the machine is stable. If the machine is unstable, adjust the rear end caps (C2) to level the machine.*



## **Step 3: Back Pad Tube Assembly**

### **Tool Needed:**

6mm Allen wrench

*Note: Apply blue loctite to the threads of each bolt.*

- A. Remove the preinstalled bolts (A60) and washers (J7) from the seat frame.
- B. As shown in figure 3) Assemble the back pad support tube (G) to the seat frame with bolts (A60) and washers (J7). Use the 6mm Allen wrench to tighten bolts firm.

#### **Step 4: Central Support Tube Assembly**

**Tool Needed:**

5mm Allen wrench

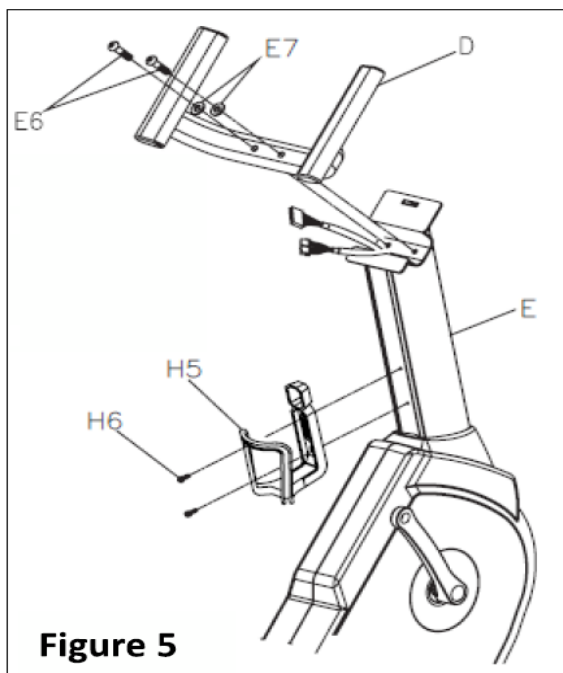
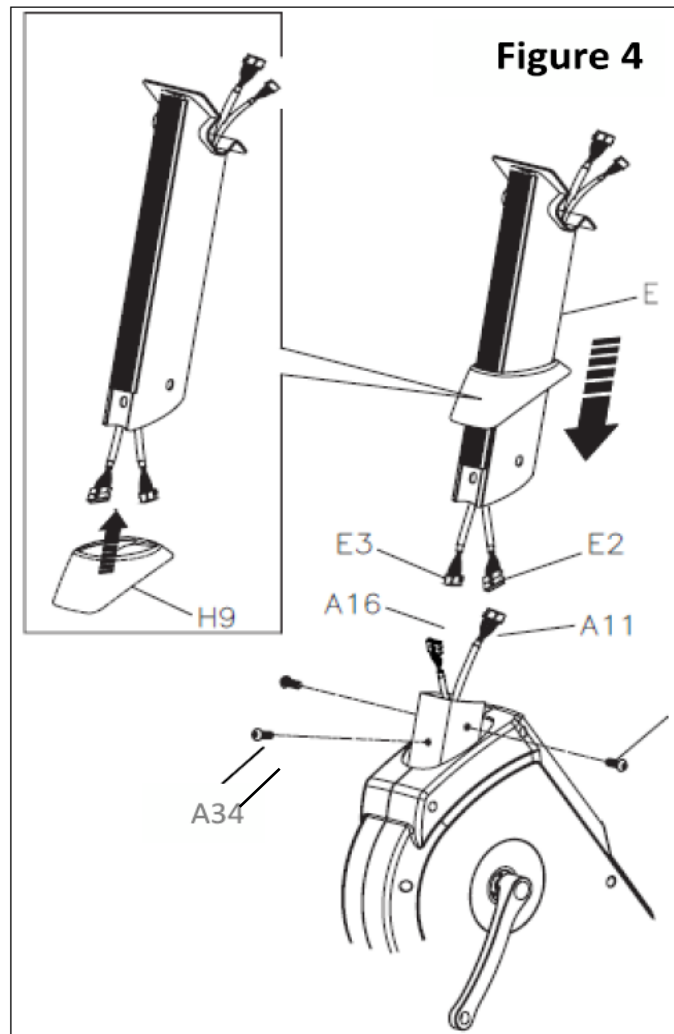
*Note: Apply blue loctite to the threads of each bolt. Additional assistance may be needed to help connect cables and to stabilize central support tube.*

- A. Remove the preinstalled bolts (A34) from the main frame.
- B. Slide the decorative cover (H9) onto the bottom of the central support tube (E).
- C. As shown in Figure 4) Connect heart rate wire (E3) to lower heart rate wire (A16) and connect computer wire (E2) to the servo motor cable (A11).

*Note: Ensure that all wires are properly connected and stored inside the central support tube. Be careful not to pinch the wires.*

*Note: Tighten the front bolt (A34) first to help align central support tube.*

- D. Place the central support tube (E) on the main frame and use a 5mm Allen wrench to tighten bolts (A34) firm to the central support tube.



#### **Step 5: Front Handle Bar Assembly**

**Tools Needed:**

6mm Allen wrench

4mm Allen wrench

*Note: Apply blue loctite to the threads of each bolt.*

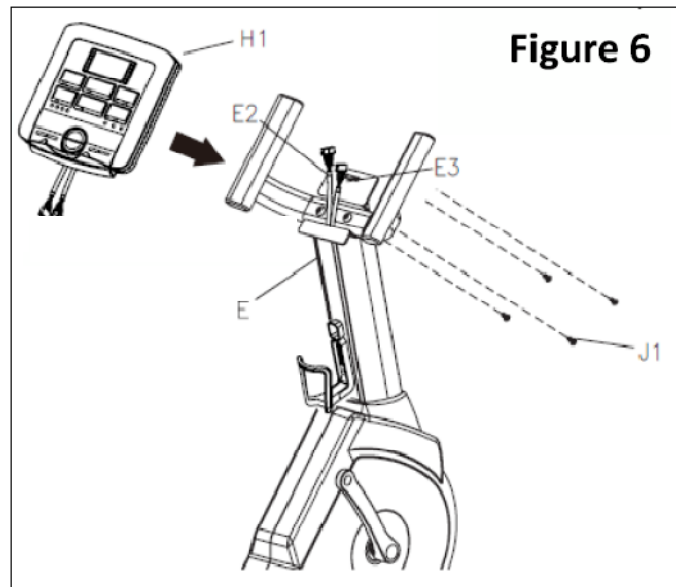
- A. Remove bolts (E6) and washers (E7) from central support tube (E).
- B. As shown in Figure 5) Place front handle bar (D) onto the metal plate of the central support tube and tighten the handle bar using (E6) and washers (E7). Use a 6mm Allen wrench to tighten bolts firm.
- C. Position the water bottle holder (H5) in the middle of the central support tube (E), use a 4mm Allen wrench to tighten two screws (H6).



## Step 6: Console Assembly

**Tool Needed:**  
Screw driver

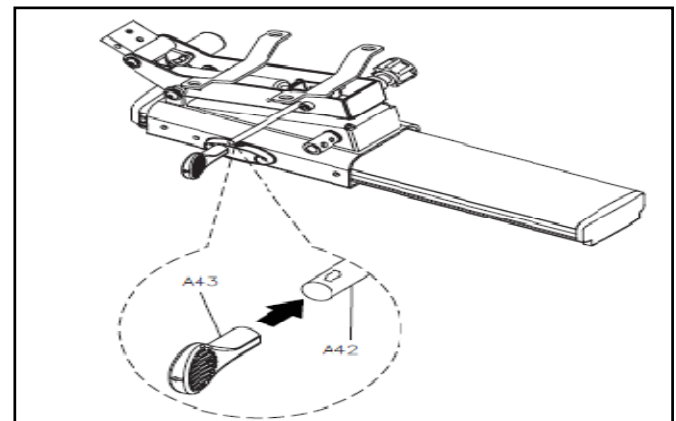
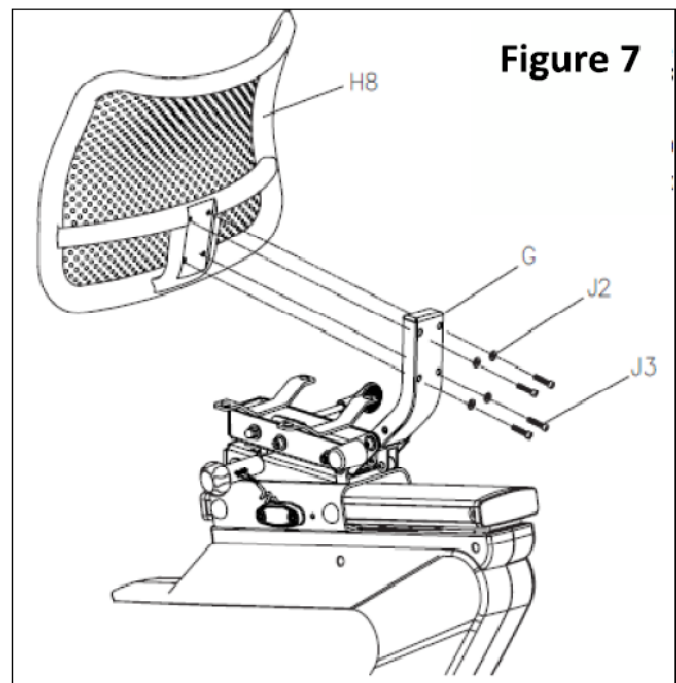
- A. Remove screws (J1) from the back of console housing.
- B. *Note: To prevent wires from being pinched, please make sure the wires are pushed back and stored inside the central support tube before sliding and tightening the console.*
- C. Connect computer wire (E3) and heart rate wire (E2) to console (H1).
- D. As shown in Figure 6) Slide console (H1) onto the central support tube (E). Be aware of the wire location at all times to prevent any pinched wires. Push any extra wires back into housing covers. Slide the console down until it cannot be pushed any further. Use a screw driver to tighten the console onto the central support tube with screws (J1).



## Step 7: Back Pad Assembly

**Tool Needed:**  
5mm Allen wrench

- A. As shown in Figure 7) Assemble the back pad (H8) onto back pad tube (G). Use a 5mm Allen wrench to tight washers (J2) and bolts (J3).
- B. Located the adjustment handle (A43) turn the adjustment handle to the left, then push handle onto axle (A42). (**See figure below**)



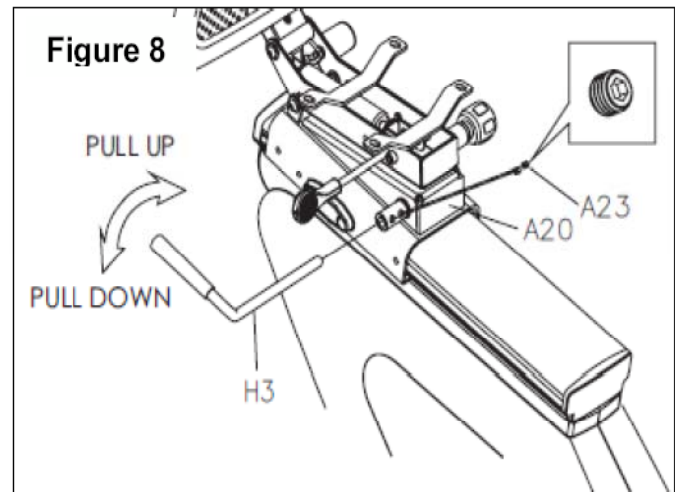
### **Step 8: Stop Bar Assembly**

#### **Tools Needed:**

4mm Allen wrench

*Note: Apply blue loctite to the threads of each bolt.*

- A. As shown in Figure 8) Insert the stop bar (H3) into the receiver on the seat assembly. Position the flat portion of the stop bar towards the screw holes. Use a 4mm Allen wrench to tighten two screws (A23) firm.



### **How to Adjust the Seat Frame Assembly**

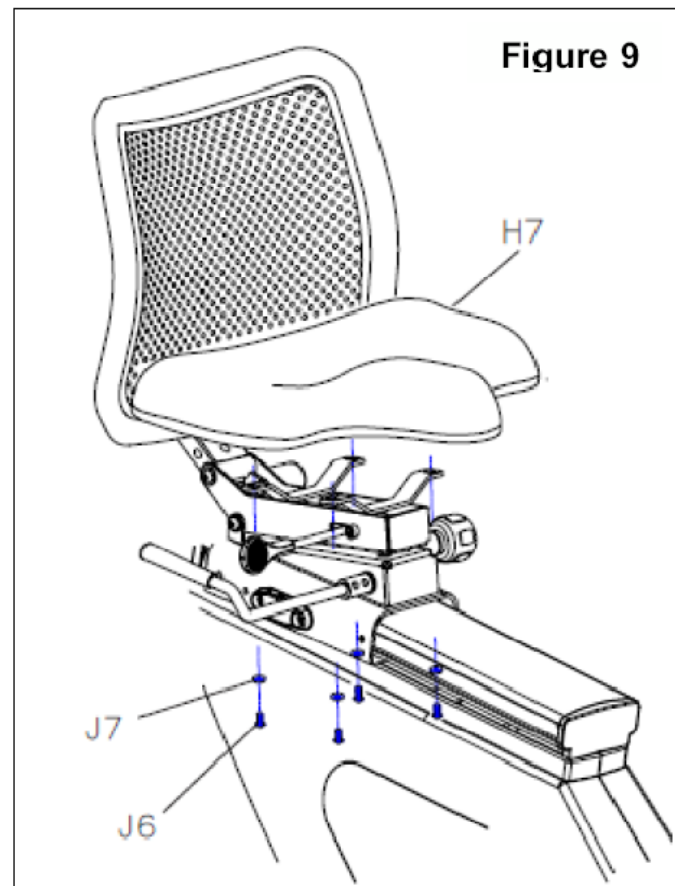
Pull up on the stop bar (H3) to unlock seat frame assembly, slide the seat frame assembly to the desired position. Push down on the stop bar to lock in place.

### **Step 9: Seat Pad Assembly**

#### **Tools Needed:**

6mm Allen wrench

- A. As shown in Figure 9) Locate and secure the seat pad (H7) to the seat frame. Locate and hand tighten Qty. 4 bolts (J6) and washer (J6) to the bottom of the seat frame. Position the seat as straight as possible and then use a 6mm Allen wrench to tight bolts.



## **Step 10: Seat Handle Bar Assembly**

### **Tool needed:**

6mm Allen wrench

*Note: Apply blue loctite to the threads of each bolt.*

- A. Remove the preinstalled bolts (A59) and washers (A33) from the seat frame (A37).

*Additional assistance may be needed to help stabilize handle bar assembly.*

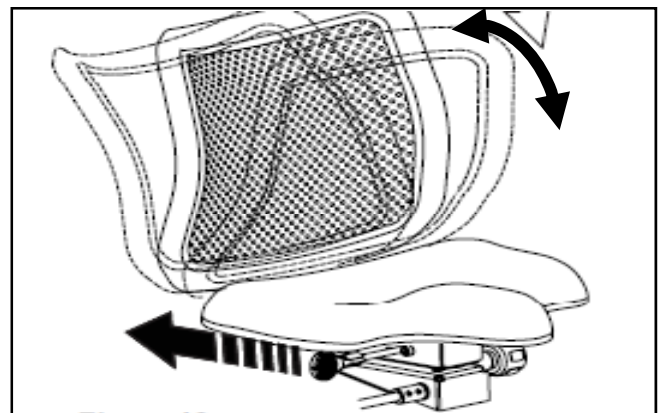
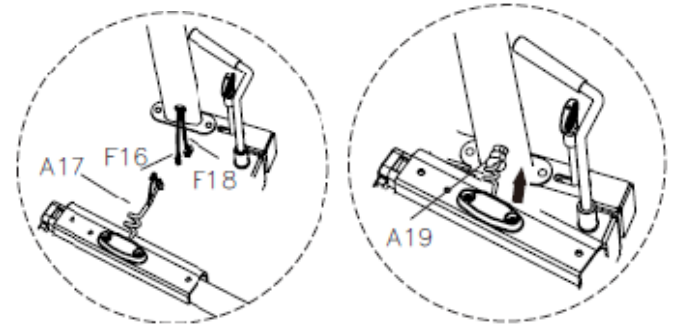
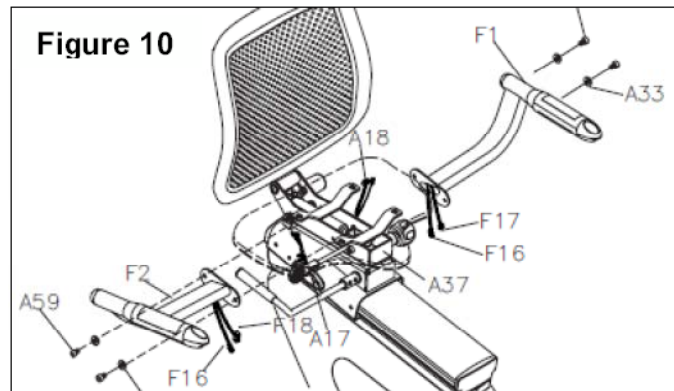
- B. As shown in Figure 10) Assemble right handle bar to the seat frame using bolts (A59) and washers (A33). Using a 6mm Allen wrench, tighten bolts firm.

- C. After the handle bars are assembled, connect the pulse sensor wires (F16) & (F18) to sensor wires (F17). (**See figure to the right**)

- C. Insert & store excess wires back into handle bar. Be careful not to pinch the wires.

- D. Finally, install cap (A19) into the opening in the handle bar to prevent the wires from sliding out.

- E. Repeat the same procedures to the left handle bar assembly.



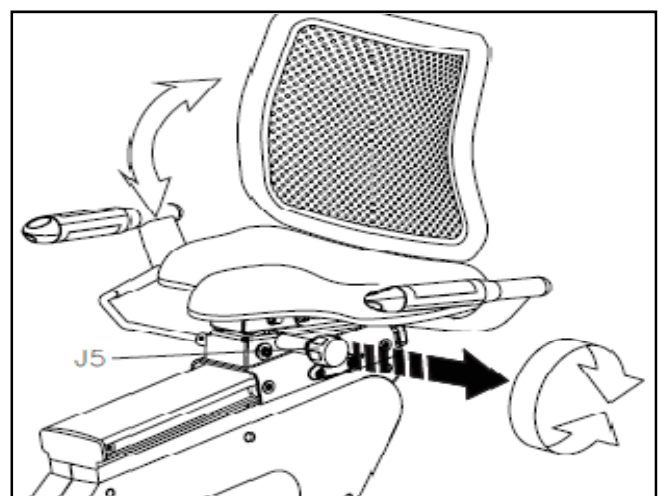
### **How to Adjust the Back Pad Angle**

Pull the orange handle on the right side of the seat assembly back to adjust the back pad angle. Release the handle to lock in place.

### **How to Adjust the Seat Pad and Back Pad Angle**

Loosen knob (J5) on the left side of seat assembly by turning it counter-clockwise. Pull the knob to release the pop pin holding the seat assembly, this will allow the back pad/seat pad to adjust into one of three positions. Adjust according to what feels right for the user.

After the adjustment has been made, release the knob and turn the knob clockwise to tighten. Tighten knob firm to prevent the assembly from moving.



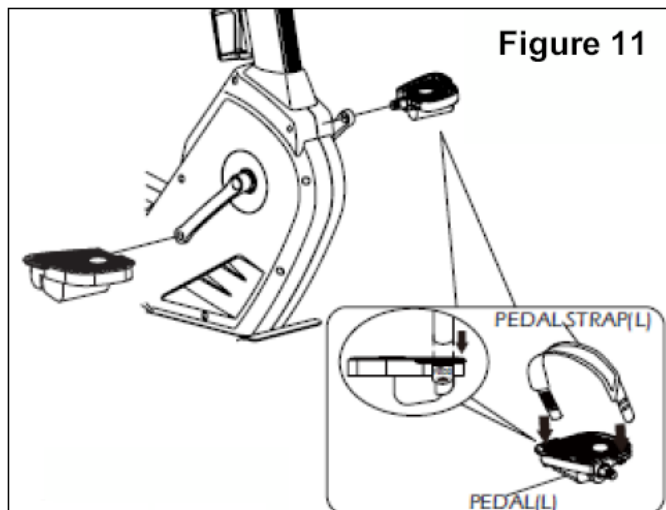
### **Step 11: Pedal Assembly**

**Tool Needed:**  
15mm wrench

*Note: Apply blue loctite to the threads of each bolt.*

*Note: Locate the left & right pedals. There is a Left and Right mark on each pedal to distinguishing them.*

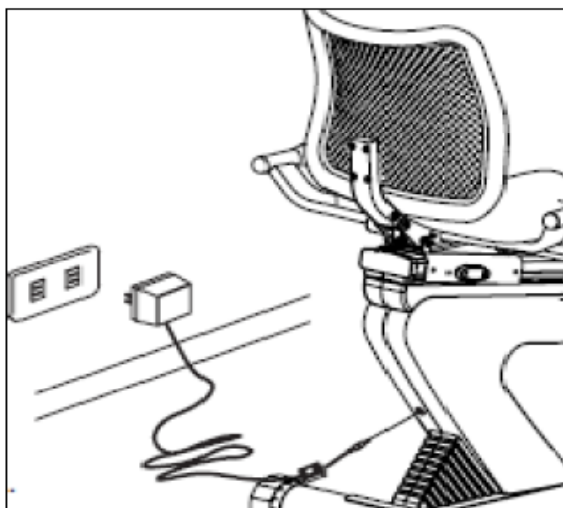
- A. As shown in Figure 11) Tighten right pedal clockwise to right crank arm and left pedal counter-clockwise to left crank arm. Use a 15mm wrench to tighten each pedal as tight as possible.
  
- B. Insert the pedal straps into each pedal. **(Note: there is a left and right side)** Adjust the straps according to the user's shoe size while on the bike.



### **Step 12: AC Adaptor Option**

This product is powered by a generator. An optional AC adaptor is included for additional power in the event that machine is not peddled above the required RPMs it takes to power the console and to assist in computer setup function. The AC adaptor plug in is located at the rear of the machine. Flip the ON/OFF switch on the AC Adaptor to the **ON** position. "0" sign is for **OFF**; "I" sign is for **ON**. Flip the switch on the adaptor to turn off the machine after use.

*NOTE: 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 voiding the warranty. Power Source 6v 1000mA AC Adaptor.*



**Congratulations!**

**Assembly for the 1050RBs Recumbent Bike is complete.**

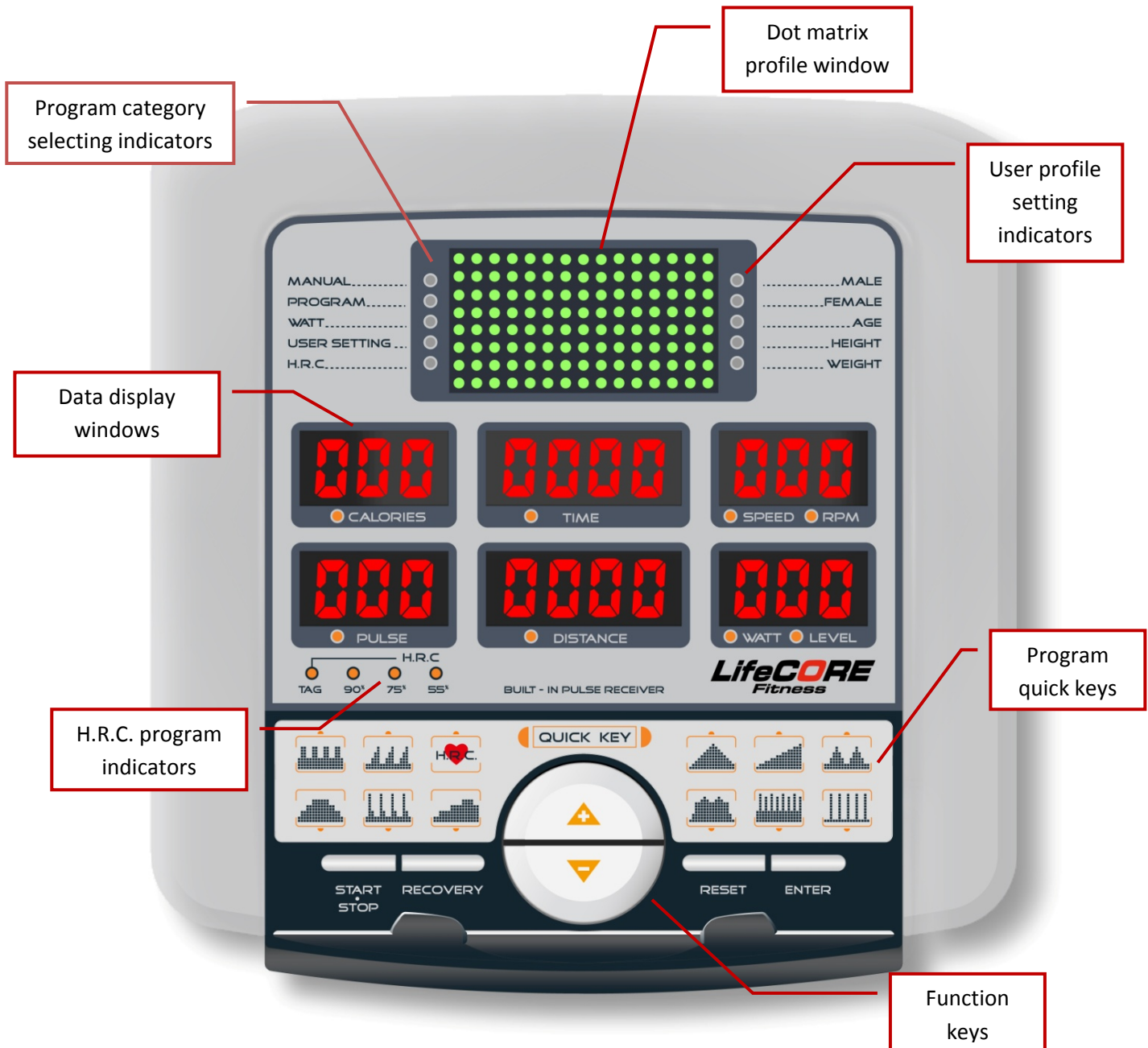


## Console Operation Instructions

Please read the console operation instruction thoroughly and familiarize yourself with the console layout before choosing a workout. Going through the console first will give you ideas to the type of workout possibilities you can choose from. Below is the console layout and detailed operation instructions.

This product is powered by an internal generator; please make sure you pedal above 35 RPM to provide sufficient amount of power to the console. In the event of insufficient power, the 6v 1000mA AC adapter will supply the additional power needed to ensure console operation. Turn the AC power switch to the ON position.

### 1. CONSOLE LAYOUT



## 2. DISPLAYS

### 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.

There are 15 columns of LED representing 15 segments of time; each time segment will represent or equal = total program time divided by 15 columns. During a workout, a column of LED will blink to indicate the time segment you are currently in during that point in time.

There are also 8 rows of LED representing 16 levels of resistance. Each LED row represents 2 levels of resistance and during a workout; a column(s) or LCD will blink to indicate the resistance level you are currently in during that point in time. In the data display “Load” will also indicate level of resistance. The appropriated row of LED will light up when you adjust the resistance level.

### B. **Data Display Windows:**

There are 6 data display windows displaying calories, time, speed/RPM, pulse, distance and watt/level. While setting up a program, the appropriated data window will blink to indicate which data you are currently setting. Press ▲/▼keys to adjust the value and press the ENTER key to confirm the value.

*Note:*

- I. Because speed/RPM & watt/level readings share a data display window, each value will be displayed for 5 seconds then alternate during the entire workout.*
- II. The default value setting will be updated to the last setting if it has not been changed. Pressing & holding the RESET key for a couple of seconds will reset the values back to factory default settings.*
- III. Setting a number other than 0 in those display windows will count the number down. If data display setting is set at 0, the reading will count up.*

### C. **User Profile Setting Indicators:**

During user profile setting, the appropriate LED will light up to indicate which setting is selected. Press the ENTER key to confirm selection or ▲/▼ key to change the selection then press ENTER.

### D. **Program Category Selecting Indicators:**

During program category selection, the appropriate LED will light up to indicate which category is selected. Press the ▲/▼key to change the selection and then press the ENTER key to confirm the category selection. There are 5 program categories: manual, program, watt, user setting and H.R.C.

### E. **H.R.C. Program Indicators:**

During H.R.C. program selection, each LED will light up to indicate which H.R.C. program is selected. Press the ENTER key to confirm the program selection or ▲/▼key to change the selection. There are 4 H.R.C. programs: TAG (target), 90%, 75% & 55%.

**Note: Display sleep mode: If there is not a sufficient amount of power to the console, the display will shut down and enter “sleep” mode. Previous activities will be stored for 2 minutes. To resume, simply pedal again. If there is no power for more than 2 minutes, the console will be reset and previous activities will be lost, except for the saved User information.**

### 3. KEYS

**A. Program Quick Keys:** There are 12 preset program quick keys to let you jump into preset programs. Pressing any of the preset program keys will active the program setting and dot matrix profile window will display the program profile. Press the ENTER key to confirm the program selection or START/STOP key to start the program right away.

**B. Function Keys:** There are 6 function keys for program operation.

**1) START/STOP Key:** Pressing the START/STOP key once will start the program and all data will begin to count. Press the START/STOP key again to stop the computer program. To resume, simply press START/STOP one more time to start program.

**2) RESET Key:** When program time is not counting, press the RESET key once to reset the computer back to the beginning of a program selection. All previous recorded value such as: time, distance, calories and pulse will be reset to 0, unless a user specifically entered a data value in the data display window prior to starting a program. To reset the data value in a display window, simply go back into a program and press enter until you reach the display window you want to change. Use the adjustment dial to adjust the value, next press enter then reset to clear. Pressing and holding the RESET key for 2 seconds will activate a total reset returning a user back to user profile selection.

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

**4) ▲/▼ Key:** Press the ▲/▼ keys to go to the next user profile setting; next program selection; adjusting data entry during program setting or level adjusting during a workout.

**5) RECOVERY Key:** This is a function designed to measure how long it takes a user's workout heart rate to recover back down to a resting rate, which will be presented in an evaluated fitness level. *Note: In order for the recovery function to work, there must be a pulse reading before the recovery button is pressed, and a pulse must be maintained during the testing period.*

Press the RECOVERY key after a workout, the time display will start counting down from 60 seconds and pulse display will display your current heart rate. Do not press any keys or pedal during the 60 second period. After 60 seconds, the dot matrix display will show your fitness score: F1 – F6. Below is a chart for the fitness level vs. score.

<b>Score</b>	<b>Fitness Level</b>	<b>Heart rate</b>
F1	Excellent	50+
F2	Good	40 - 49
F3	Fit	30 - 39
F4	Average	20 - 29
F5	Below Average	10 - 19
F6	Challenge	10-

## C. PROGRAMS

When the console is first powered ON, the RESET button is pressed for 2 seconds or the bike is first being peddled, the console will enter an idle mode and the LED display will light up every segment with a 2 second beep sound. It will then display "78.0" and ML on the distance data display, which means it is in English (vs. Metric) setting.

A. **User profile:** Before picking a program, it is recommended to set up your user profile. It will ensure workout data calculations are more accurate and future workouts are more convenient. There are four user spaces U1-U4 to save use information, there is one profile for each user who will be using the machine. User profile information such as sex, age, height, and weight information will be saved permanently in each profile unless a user changes them. U0 is for a guest user which means no user profile will be saved into U0; it will return to default value after reset.

### Setting Up User Profiles:

Step 1: Select User Number: Power up the console or hold the reset button for a few seconds to enter user profiles. In the user profile selection mode (dot matrix window will show U1, etc.), press the ▲/▼ key to pick a desired user number (U1-U4) and press ENTER to confirm.

Step 2: Setup User Gender: Male LED will light up. Press the ▲/▼ key to change selection and press the ENTER key to confirm selected sex.

Step 3: Setup User Age: Default reading of 25 years of age or last entered age will appear on the dot matrix window. Press the ▲/▼ key to adjust the age and press the ENTER key to confirm selected age. The range of age is 10 – 99 years.

Step 4: Setup User Height: Default reading of 60 inches or last entered height will appear on the dot matrix window. Press the ▲/▼ key to adjust the height and press ENTER key to confirm selected height. The range of height is 40 – 80 inches.

Step 5: Setup User Weight: Default 100 lbs or last entered weight will appear on the dot matrix window. Press the ▲/▼ key to adjust the weight and press the ENTER key to confirm selected weight. The range of weight is 40 – 350 lbs.

After weight is selected, the user profile setup is now completed and user information will be saved into selected user number permanently. To change the user information, simply go through the setup process and enter a different number.

**Program Selection:** After user profile is setup, choose a program category that you would like to exercise with. There are 5 LED indicators associated with 5 categories of programs: Manual, Program, Watt, User setting, H.R.C.

After user profile is set, the program category selection indicators will all light up and flash at the same time. Press the ▲/▼ key to select a desired program category and press the ENTER key to confirm. You can also bypass the program category selection and jump to a preset program by pressing any of the 12 program quick keys and press the ENTER key to confirm.

To go back to the program category selection, simply press the RESET key once; the console will reset back to selection mode.



B. **Manual Program:** When the ▲/▼ key is pressed during category selection mode and the manual indicator is lit; press the ENTER key to enter manual program.

I. **Quick Start:** If you press the START/STOP once after you enter the manual program, time and data display windows will start to count and you can exercise immediately. Simply start pedaling and press the ▲/▼ key to adjust resistance level.

II. **Manual Program:** If you press the ENTER key to confirm manual program selection, the next step is to setup level/resistance level.

Dot matrix profile will light up one row and level window will flash a 1; press the ▲/▼ key to adjust the level from 1 to 16 and press ENTER to confirm. You can also adjust the resistance level anytime during a program.

After level entry, time window will flash with 0:00 or last entered time; press the ▲/▼ key to adjust the time and press ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

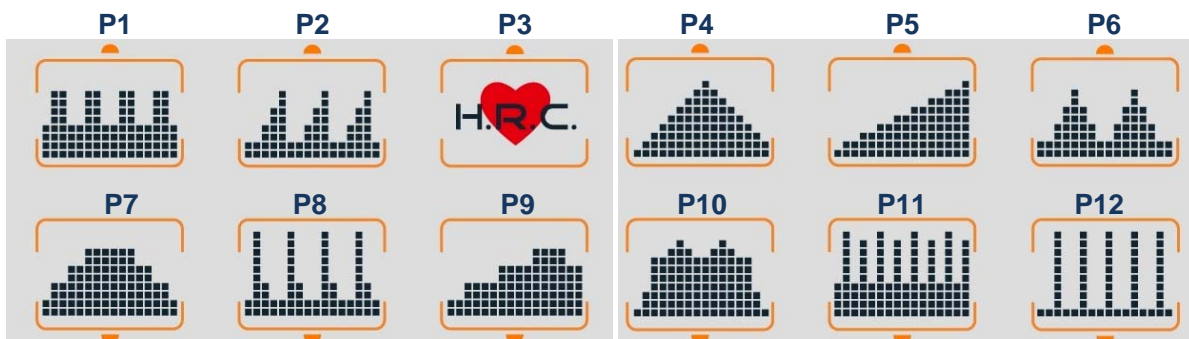
After time entry, the manual program setup is now complete; press the START/STOP to begin this program.

*Note: Manual program can also work as a goal training program for time, distance; calories or pulse. (Pulse goal will work the same as the Target HR program). For the goal training program setup; please make sure to only enter the value for the desired goal you want to achieve and enter 0 for all other values. For example, if you entered in 2.0 miles for distance value you need to enter 0 for time, calories, and pulse. The time will start counting up and the timer will stop when you reach the 2.0 mile goal.*

*Please keep in mind, if you enter multiple values during setup, it will work as a multi goal program and whenever a goal is reached, the timer will stop.*

C. **Program (Preset Profile Program):** During category selection, When the ▲/▼ key is pressed during category selection mode and Program indicator is lit; press the ENTER key to enter preset profile program. Press the ▲/▼ key to toggle through 12 preset programs; Watt/Level window will display program number P1-P12 and dot matrix window will display the preset profile. Press ENTER to confirm the profile.

**Preset Profile Programs:** (Note: P3 is H.R.C. program category).



After you selected a program profile, the next step is to select a profile difficulty level. The Watt/Level window will display the level with L1; press the ▲/▼ key to adjust to desired level (resistance) and then press the ENTER key to confirm.

After level entry, time window will flash 0:00 or last entered time. Press the ▲/▼ key to adjust time then press ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec). After time has been selected, the program setup is complete. Press the START/STOP to begin the program.

D. **WATT Program** (constant power program): Watt (power) is determined by speed & resistance. This program is designed to let you set up your watt goal. The console will automatically adjust the resistance level according to your speed to maintain your watt goal.

When the ▲/▼ key is pressed during category selection mode and WATT program name is displayed, press the ENTER key to confirm WATT program.

If you press the ENTER key to select the WATT program, the next step is setting up your watt goal. The Watt/Level window will flash 100 or last entered value; press the ▲/▼ key to adjust the value and press the ENTER key to confirm. The range of watt is 10 – 350 and can be adjusted in decimals of 5.

After watt entry, time window will flash with 0:00 or last entered time; press the ▲/▼ key to adjust the time and press ENTER to confirm. After time entry, the program setup is now completed, press the START/STOP to begin this program. The range of time is 0:00 – 99:59 (min: sec).

Watt value can be adjusted anytime during a program execution by pressing the ▲/▼.

E. **User Setting Program:** This program is designed for users to build the program profile segment by segment before exercising.

When ▲/▼key is pressed during category selection mode and User setting indicator is lit; pressing the ENTER key will let you enter the User setting program.

Pressing the ENTER key to select User setting program will allow you to set up the program profile. The 1<sup>st</sup> segment LED on the dot matrix window will start blinking and waiting for an entry. Press ▲/▼key to adjust the level. Press the ENTER key to confirm and go to next segment and so on. Press the START/STOP key at anytime to start the program. The remaining segments will start with resistance level 1.

**H.R.C. Program:** H.R.C. programs are based off of user profile information. 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.

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.

*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*

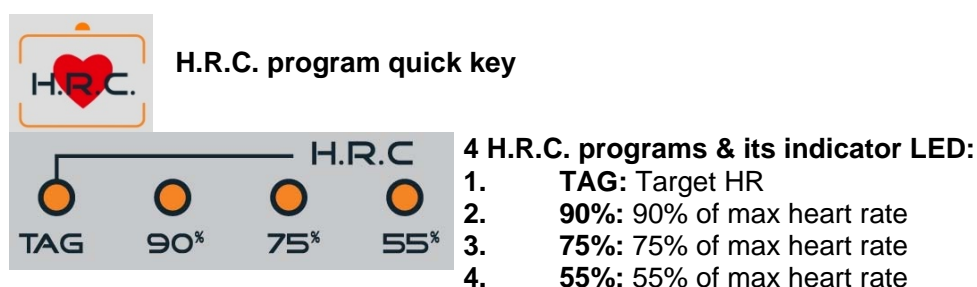
performing any Heart Rate based training program. Note: Only a 122k heart rate transmitter will work with this machine.

When the ▲/▼ key is pressed during category selection mode and H.R.C. indicator is lit or H.R.C. program quick key is pressed; press the ENTER key to enter H.R.C. programs. Press the ▲/▼ key to toggle through the 4 H.R.C. programs. The H.R.C program indicator LED will light up to show the selected heart rate program 55%, 75%, 90% or TAG. Press ENTER to confirm the program.

Note: the heart rate number shown in the pulse window is based off of the user profile information which was selected earlier in the program selection. Check “**Setting Up User Profiles:**” page for more detail.

Example:  $220 - (\text{Age } 45) = 175 \times \text{multiplied by } (55\% \text{ or } 75\% \text{ or } 90\%) \text{ (Percentage } 55\%) = 96 \text{ bpm}$

Check “Monitoring Your Heart Rate page for further assistance



#### I. TAG: Target Heart Rate Program:

Press the ENTER key to select TAG program; then setup your own heart rate goal. The Pulse window will blink with the pulse value. Press the ▲/▼ key to adjust the value and press ENTER to confirm. The range of pulse is 30 – 240 bpm.

After pulse entry, time window will flash with 0:00 or last entered time. Press the ▲/▼ key to adjust the time and press ENTER to confirm. After time entry, the program setup is now completed. Press START/STOP to begin this program. The range of time is 0:00 – 99:59 (min: sec).

#### II. 90%; 75% & 55% Max Heart Rate Program:

As previously mentioned, a users max heart rate is equal to  $= 220 - \text{age}$ ; 90%, 75% and 55% programs are based off of your user profile setting (age), and when you enter into this program the heart rate percentage will automatically be calculated. The calculated heart rate will be displayed in the pulse window.

Press the ENTER key till the desired percentage program is lit. Press the ENTER key to select one of these three programs; next step is setting up program time. Time window will flash with 0:00 or last entered time. Press the ▲/▼ key to adjust the time and press ENTER to confirm. After time entry, the program set up is now complete. Press START/STOP to begin this program. The range of time is 0:00 – 99:59 (min: sec).

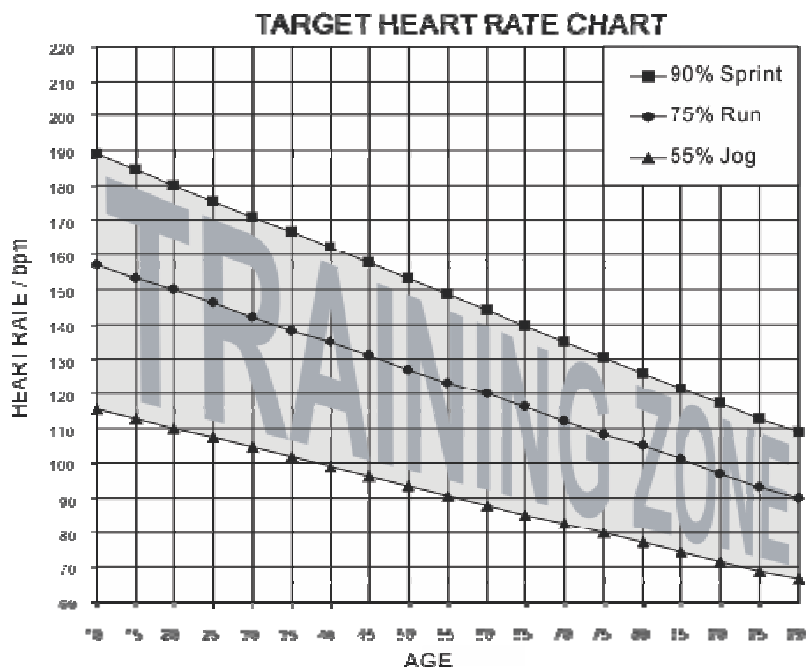
*Note: During a heart rate program, if the actual heart rate exceeds the target heart rate the console will beep and stop the timer. Once the heart rate has been lowered below the target heart rate, press the START/STOP button to resume program.*

**Changing Distance Reading from Miles (ML) to Kilometers (KL)** If you press and hold the RESET and ENTER button at the same time for a few seconds, it will allow you to change distance reading form miles to kilometers.

## 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%-85% 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 85% 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 1050RBs comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading. Hold on to the hand grip for a few seconds until the computer is able to calculate your pulse and get a steady reading. Once you let go of the hand grips the computer will need to recalculate your pulse.

*Note: It is recommended to wear a chest strap for the Heart Rate control programs, as it is more accurate and will constantly transmit a signal to the computer. If you wear a chest strap and use the steel pulse handgrips at the same time, please note the console will take the measurement of the chest strap and not the handgrips.*

### **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.
- In some cases dampening your palms may help the sensors register a more stable heart rate.

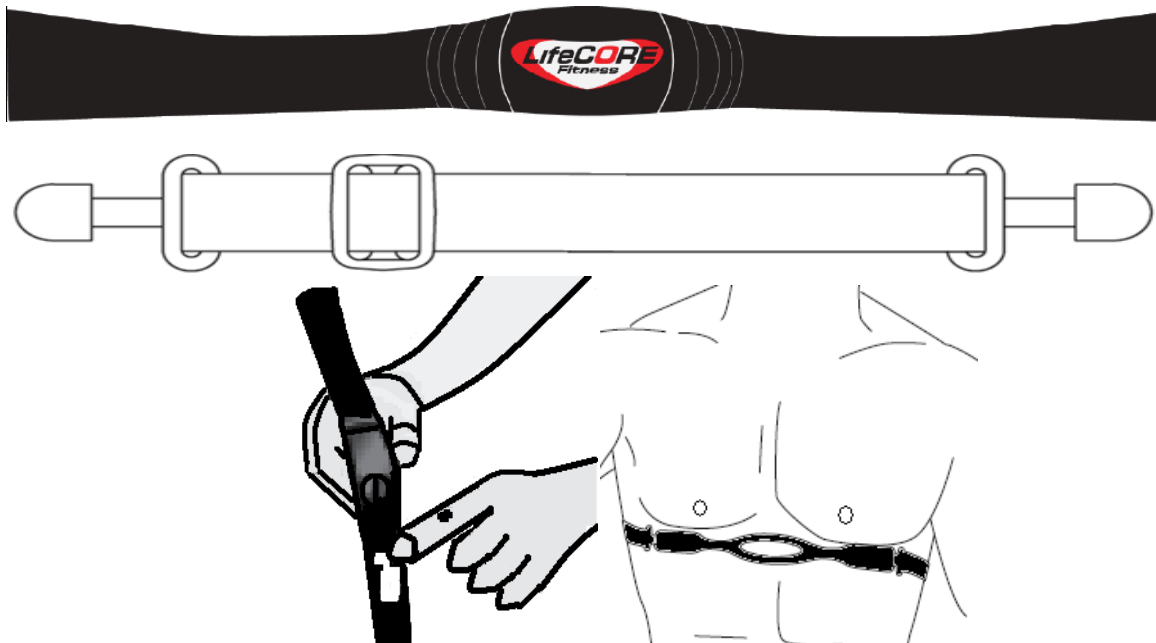
### **Chest Strap (Standard)**

The 1050RBs is equipped with a built-in wireless 122k receiver for your chest strap for your heart rate monitoring transmitter. Please contact your dealer to purchase a compatible 122k chest strap transmitter, if you would like to use more wireless heart rate features.

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 after every use to prolong battery life.*

### **Chest Strap Troubleshooting:**

#### **1. No heart rate reading**

- (i) Check that the elastic strap is tight enough around your body.
- (ii) Check that the electrodes on the transmitter are moistened properly.
- (iii) Check that the transmitter electrodes are clean.
- (iv) While wearing the transmitter, adjust the strap to get a different position.
- (v) If transmitter was just placed on, wait a few minutes while the transmitter gets a good connection with your body. When you start to sweat the connection may improve.
- (vi) Check to see if battery is still working. The estimated average battery life of the transmitter is 15 to 24 months based off of 1hr a day usage. If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above.

#### **2. Heart Rate reading is erratic (heart symbol flashes irregularly)**

Check that the receiver is within the three feet maximum distance from the transmitter. A hairy chest or clothing may also weaken the contact. Try to find the best possible position for the transmitter.

#### **3. Heart Rate is very high (above 200bpm)**

Your wireless transmitter is a sensitive device and may fluctuate erratically because it may temporarily be affected by strong electromagnetic and/or radio signals. This may cause erratic and often elevated heart rate displays. Common sources causing interference include televisions, wireless internet transmitters, cell phones, computers, cars and high voltage power lines. Check your surroundings and move away from the source of interference.

*Note: That static electricity from clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the clothing in the area where the transmitter is.*

*In some cases where the transmission range is at the extremes, for example rowing or biking where the receiver is not attached to the wrist, the receiver may display the same heart rate for a long time. To avoid this, keep the distance within 3 feet.*

## Care and Maintenance

The LifeCore 1050RBs 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 1050RBs is only for indoor use and should not be stored outside or damp, extremely cold or hot areas as this will damage the unit voiding the warranty.

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

Rules:

- **Never** use WD-40 or any type of silicone spray to lubricate any moving parts. Use of this type of lubrication will damage the unit's components voiding the warranty.
- 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, followed by a dry towel. You can also use the light house hold cleaner such as Windex or remove dirt and sweat. 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.
  - 3) To clean pads, use a mild soap and warm water.
- As part of LifeCore's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage voiding the warranty.
- After the first 12 hours of use, check and retighten any bolts, nuts, screws, 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.
- 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 voiding the warranty. Power Source 6v 1000mA AC Adaptor.

In the unlikely event that the 1050RBs experiences a problem, please contact LifeCore fitness for advice toll free at 888-815-5559.



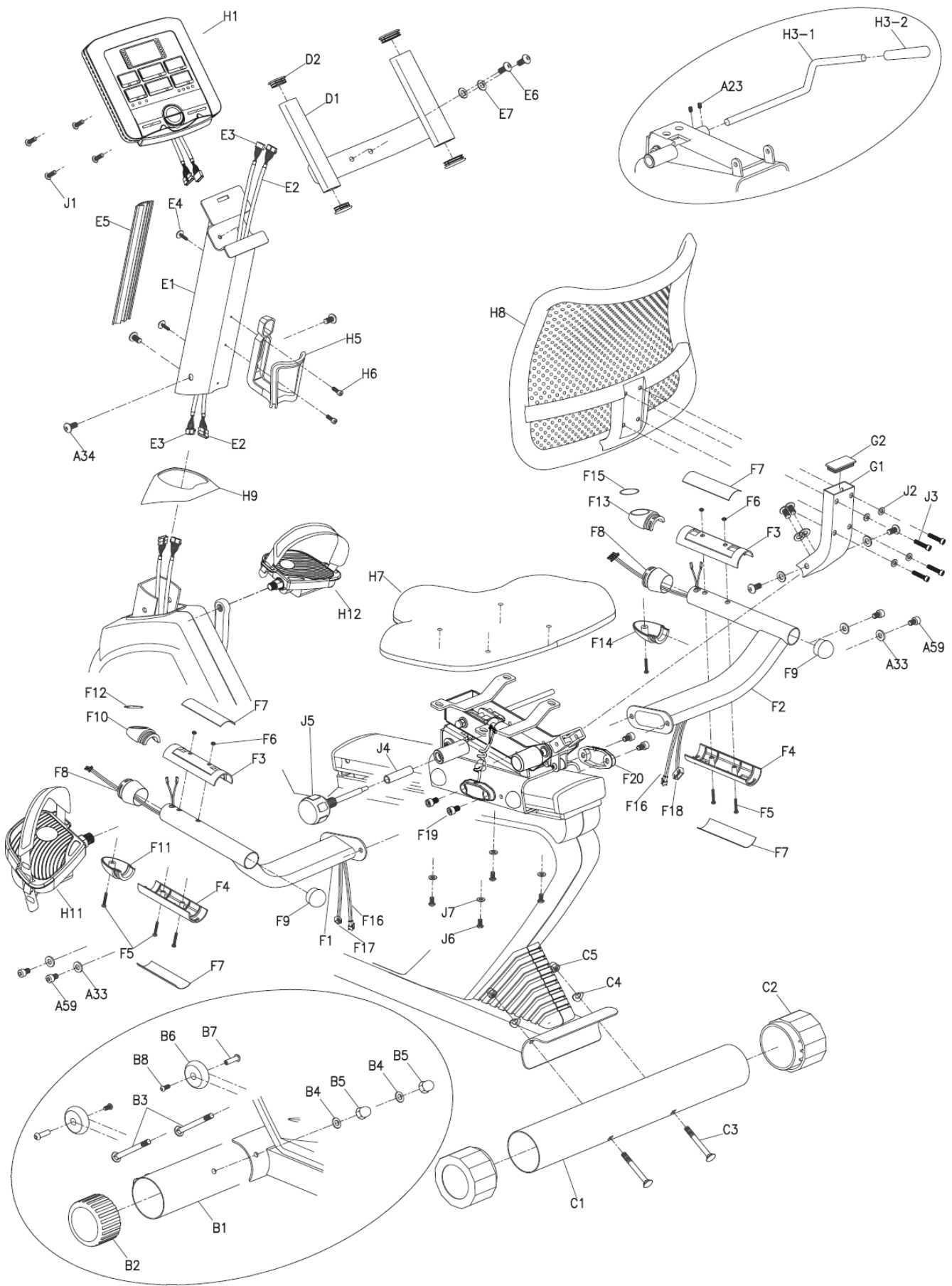
## Parts List & Parts Diagram

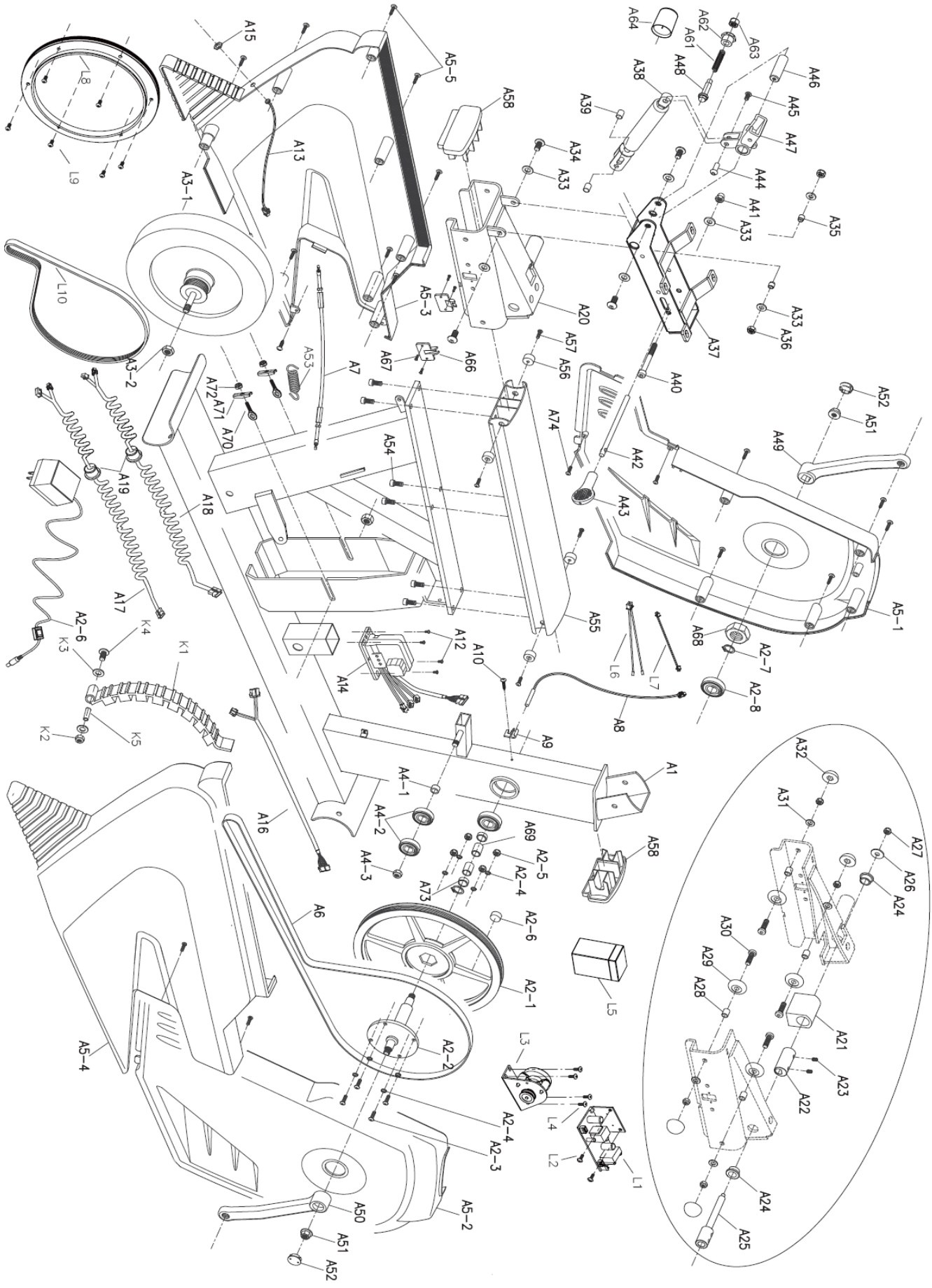
No.	Description	Q'ty
<b>(A) MAIN FRAME SET</b>		
A1	Main frame	1
<b>(A2) DRIVING WHEEL SET</b>		
A2-1	Driving wheel	1
A2-2	Axle	1
A2-3	Screw	4
A2-4	Spring washer	8
A2-5	Nut	4
A2-6	Magnet	1
A2-7	Clip	2
A2-8	Bearing	2
<b>(A3) FLYWHEEL SET</b>		
A3-1	Flywheel	1
A3-2	Nut	2
<b>(A4) PRESSING SET</b>		
A4-1	Spacer sleeve	1
A4-2	Bearing	2
A4-3	Nut	1
<b>(A5) CHAIN COVER SET</b>		
A5-1	Front chain cover(Left)	1
A5-2	Front chain cover(Right)	1
A5-3	Rear chain cover(Left)	1
A5-4	Rear chain cover(Right)	1
A5-5	Screw	15
A6	Driving belt	1
A7	Tension cable	1
A8	Sensor bar(2pinx240mm)	1
A9	Sensor clip	1
A10	Screw M5x10mm	2
A12	Screw	4
A13	DC Line(400mm)	1
A14	Motor	1
A15	Nut	1
A16	Cable (10pinx1500mm)	1
A17	Sensor wire	1
A18	Sensor wire	1
A19	End cap	2
A20	Moving basement	1
A21	Brake	1
A22	Eccentric shaft	1
A23	Tapping screw	4
A24	Bushing	2
A25	Rotate shaft	1
A26	Flat washer	1
A27	Nut	5
A28	Sleeve axle	4
A29	Moving wheel	4
A30	Bolt	4
A31	Flat washer	4
A32	End cap	4
A33	Flat washer	7
A34	Bolt	3
A35	Bushing	2
A36	Nut	2
A37	Saddle basement	1
A38	Gas cylinder	1
A39	Sleeve	2
A40	Bolt	1
A41	Nut	1
A42	Adjust tube	1
A43	Handgrip	1
A44	Bolt	1
A45	Bolt	1
A46	Sleeve axle	1
A47	Rotate reciprocator	1
A48	Adjust knob	1
A49	Left crank	1
A50	Right crank	1
A51	Nut	2
A52	End cap	2
A53	Steel strap	2
A54	Bolt	6
<b>(A5) CHAIN COVER SET</b>		
A55	Aluminum track	1
A56	Bushing	4
A57	Screw	4
A58	End cap	2
A59	Bolt	4
A61	Spring	1

No.	Description	Q'ty
A62	Nut	1
A63	Nut	1
A64	End cap	1
A65	Motor	1
A66	Sensor wire housing	2
A67	Screw	4
A68	Nut	1
A69	Bush	2
A70	Screw	2
A71	Steel shield	2
A72	Nut	2
A73	Bush	2
A74	Screw	4
<b>(B) FRONT STABILIZER SET</b>		
B1	Front stabilizer	1
B2	End cap	2
B3	Bolt	2
B4	Arc washer	2
B5	Nut	2
B6	Moving wheel	2
B7	Screw	2
B8	Screw	2
<b>(C) REAR STABILIZER SET</b>		
C1	Rear stabilizer	1
C2	End cap	2
C3	Bolt	2
C4	Arc washer	2
C5	Nut	2
<b>(D) FRONT HANDLE BAR SET</b>		
D1	Front handle bar	1
D2	End cap	4
<b>(E) CENTRAL SUPPORT TUBE SET</b>		
E1	Central support tube	1
E2	Cable(10 pin)	1
E3	Cable(8 pin)	1
E4	Screw	2
E5	Pvc strap	1
E6	Bolt	2
E7	Flat washer	2
<b>(F) SIDE HANDLE BAR SET</b>		
F1	Left side handle bar	1
F2	Right side handle bar	1
F3	Sensor box(Above)	2
F4	Sensor box (Below)	2
F5	Screw	6
F6	Nut	4
F7	Sensor sheet metal	4
F8	End cap	2
F9	End cap	2
F10	Control box(Above)(Left)	1
F11	Control box(Below)(Left)	1
F12	Mylar button(Left)	1
F13	Control box(Above)(Right)	1
F14	Control box(Below)(Right)	1
F15	Mylar button(Right)	1
F16	Pulse Sensor(2 pin)	2
F17	Control sensor(2 pin)(Left)	1
F18	Control sensor(4 pin)(Right)	1
F19	Screw	4
F20	Cap end	2
<b>(G) BACK PAD SUPPORT TUBE SET</b>		
G1	Back pad support tube	1
G2	End cap	1
<b>(H) SINGLE PART SET</b>		
H1	Monitor	1
H3-1	Stop bar	1
H3-2	End cap	1
H5	Bottle holder	1
H6	Screw	2
H7	Saddle pad	1
H8	Back pad	1
H9	Decoration cover	1
H10	Adaptor	1
H11	Left pedal	1
H12	Right pedal	1
<b>(I) PART SET</b>		
J1	Screw	4
J2	Flat washer M6	4
J3	Bolt 1/2 "x1 1/2 "	4
J4	Sleeve	1
J5	Knob	1
J6	Bolt M8x15mm	4
J7	Flat washer M8	8



No.	Description	Q'ty
K1	Magnetic housing	1
K2	Nut	1
K3	Washer	2
K4	Bolt	1
K5	Bush	1
L1	Panel	1
L2	Screw	2
L3	Generator	1
L4	Screw	4
L5	Acid-lead battery	1
L6	Connect wire tween acid-lead battery and power supply controller	1
L7	Sensor wire	1
L8	Belt wheel	1
L9	Screw	6
L10	Belt	1





## Warranty Card

### Limited Consumer Warranty

**LifeCORE Fitness Inc.  
LC-1050RBs RECUMBENT BIKE**

**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 7 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 Product 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 rights that vary from State to State. LifeCORE does not and has not authorized any person or entity to create for it any other obligation, promise, duty or obligation in connection with this Product.

**Warranty Registration.** PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC, 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760)599-4555, Fax (760) 946-7602 or register online at LifeCOREfitness.com, Customer Service: 888-815-5559. Unless otherwise prohibited by law, in order to validate the warranty this Product must have been registered through LifeCORE Fitness Inc., and/or a copy of the proof of purchase, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCORE Fitness Inc. will not cover any warranty.

**Warranty Claim Processing.** To obtain warranty service, you must contact the original place of purchase. LifeCORE may at its option may repair or replace any defective Product frame or parts with new or serviceable used parts that are equivalent in function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service become the property of LifeCORE. LifeCORE reserves the right to change manufacturers of any parts to cover any existing warranty. 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.

Please see other LifeCORE Fitness Products at [www.LifeCOREfitness.com](http://www.LifeCOREfitness.com).

THANK YOU FOR YOUR BUSINESS!

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**LC-1050RBs Upright Bike      Please Attach a Copy of the Original Receipt**

Full Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

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

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

Email:

\_\_\_\_\_

Dealer Purchased from: \_\_\_\_\_

Model: LC-1050RBs Upright Bike Date Of Purchase: \_\_\_\_\_

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

Environment Placed:     Residential       Light Commercial       Commercial



*“We Fit Your Life”*

Customer Service  
Toll Free (888) 815-5559  
Mon-Friday 7:30 - 5:30 PT  
[Service@lifecorefitness.com](mailto:Service@lifecorefitness.com)

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

Visit our website for assembly videos: [www.lifecorefitness.com](http://www.lifecorefitness.com)