

# LS 6.0R

## SERVICE MANUAL



## **TABLE OF CONTENTS**

### **CHAPTER 1: SERIAL NUMBER LOCATION**

### **CHAPTER 2: CONSOLE OVERLAY AND WORKOUT DESCRIPTION**

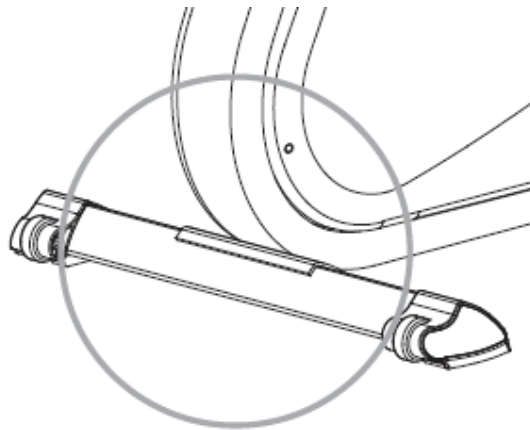
- 2.1 Console Description
- 2.2 Display Windows Description
- 2.3 Getting Started & Selecting a Workout

### **CHAPTER 3: TROUBLESHOOTING**

- 3.1 Troubleshooting - No Power to the Console
- 3.2 Troubleshooting – Speed Do Not Display
- 3.3 Troubleshooting – No Hand Pulse Respond
- 3.4 Troubleshooting – Noise Issues
- 3.5 Troubleshooting – Speakers Issues

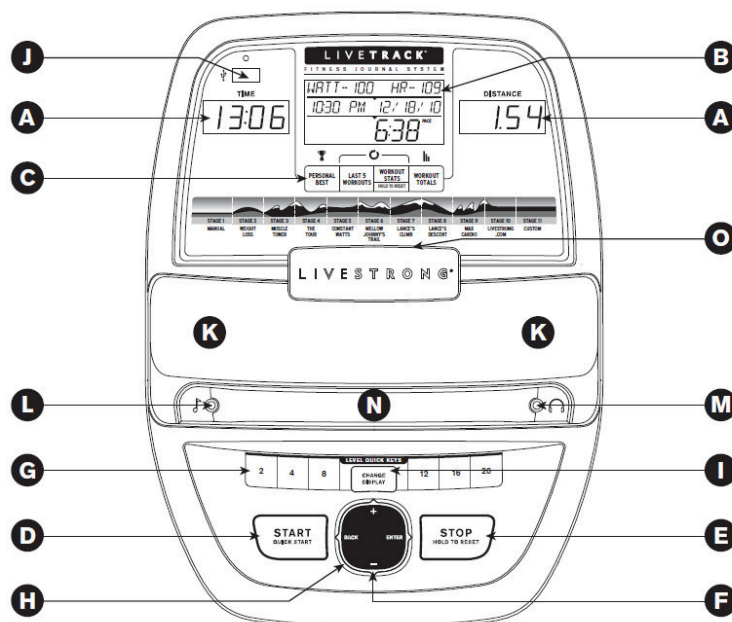
## CHAPTER 1: Serial Number Location

The serial number is located on the front stabilize tube.



## CHAPTER 2: Console Overlay and Workout Description

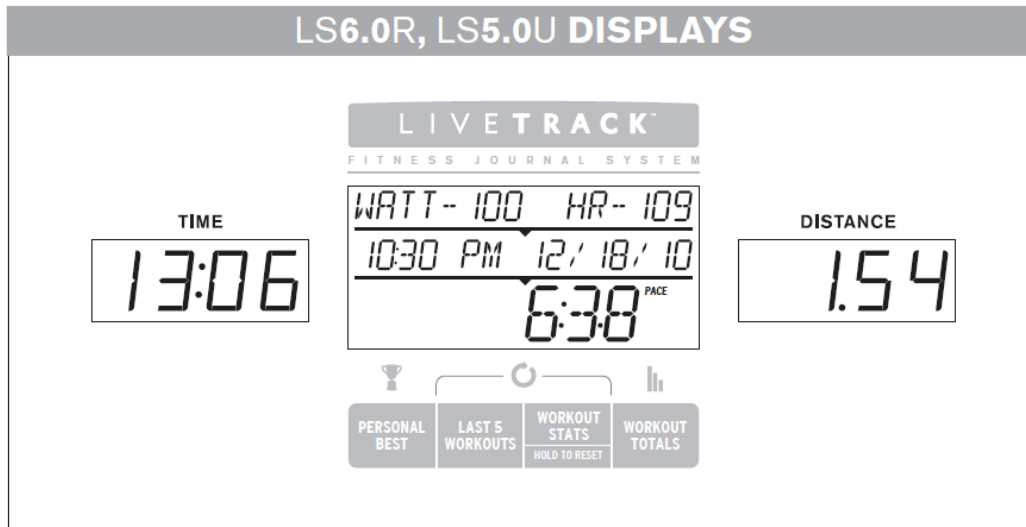
### 2.1 CONSOLE DESCRIPTION



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LED DISPLAY WINDOWS:** display time and distance during workout.
- B) **LIVETRACK™ LCD:** displays LIVETRACK™ fitness journal information. Displays heart rate, calories, pace and resistance level during workout.
- C) **LIVETRACK™ CONTROLS:** used to adjust LIVETRACK™ display settings.
- D) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- E) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- F) **+ / - :** used to adjust resistance level.
- G) **LEVEL QUICK KEYS:** used to reach desired resistance level more quickly.
- H) **PROGRAMMING BUTTON:** used to select stage, level, time and other options.
- I) **CHANGE DISPLAY:** press to change display feedback during workout.
- J) **USB PORT:** insert USB stick here to use LIVESTRONG.COM programming.
- K) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- L) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adapter cable.
- M) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- N) **MP3 PLAYER POCKET:** used to store your MP3 player.
- O) **READING RACK:** holds reading material.

## 2.2 DISPLAY WINDOWS DESCRIPTION



- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED (SPD):** Shown as MPH. Indicates how fast the pedals are moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **LEVEL (L):** Shows the current level of resistance. Will be displayed in the alphanumeric window.
- **WATTS:** Displays current user power output.
- **LIVETRACK™ LCD DISPLAY:** When LIVETRACK™ is activated, the LIVETRACK™ information is displayed in this window. Use the four buttons underneath the display to change display information.

## **2.3 GETTING STARTED & SELECTING A WORKOUT**

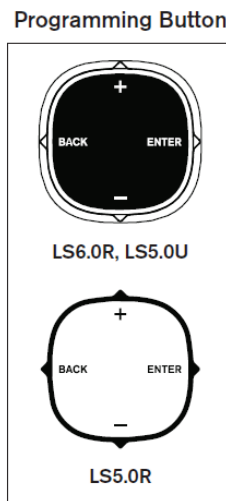
### **GETTING STARTED**

- 1) Check to make sure no objects are nearby that will hinder the movement of the exercise bike.
- 2) Plug in the power cord.
- 3) You have the following options to start your workout:

#### **A) QUICK START UP**

Simply press START to begin working out. Time will count up from 0:00. The resistance level will default to level 1.

#### **B) SELECT A STAGE**



- 1) Use the PROGRAMMING BUTTON to select USER 1, USER 2 or GUEST and press ENTER (LS6.0R, LS5.0U only). NOTE: if you press START before pressing ENTER, the stage will begin and counts up from 0:00 for the Manual (STA1) and Constant Watts (STA5) stages, and count down from 30:00 for all other stages. The level defaults to 1.
- 2) Select a stage using + / - and press ENTER on the PROGRAMMING BUTTON.
- 3) Select weight using + / - and press ENTER. (LS6.0R, LS5.0U ONLY)
- 4) Set time using + / - and press ENTER.
- 5) Select a level using + / - and press ENTER.
- 6) Press START to begin the stage.

## **DATE AND CLOCK SETUP (LS5.0U/LS6.0R ONLY)**

- 1) Enter Setup mode: Press and hold the 2 and 4 keys for 3 seconds.
- 2) Use + / – on the PROGRAMMING BUTTON to change settings and press ENTER to confirm.
- 3) Settings include: Month, Day, Year, Hour, Minute, and AM/PM.
- 4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.
- 5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

## **TO CLEAR SELECTION/RESET THE CONSOLE**

Hold STOP key for 3 seconds.

## **FINISHING YOUR WORKOUT**

When your workout is complete, the display will flash “WORKOUT COMPLETE” (LS5.0U/LS6.0R only) and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.



## CHAPTER 3: Troubleshooting

### 3.1 TROUBLESHOOTING – NO POWER TO THE CONSOLE

#### NO POWER TO THE CONSOLE

**1) SYMPTOM:**

- a. The power switch is in the on position, but the console will not turn on.

**2) SOLUTION:**

- a. The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- b. The correct power cord is being used. Only use the power cord included or provided by Customer Tech Support.
- c. The power cord is not pinched or damaged and is properly plugged into the outlet and the machine.
- d. Check to see if the connection of adapter is well.
- e. Remove the console and check to see if the console wire has good connected with the console.

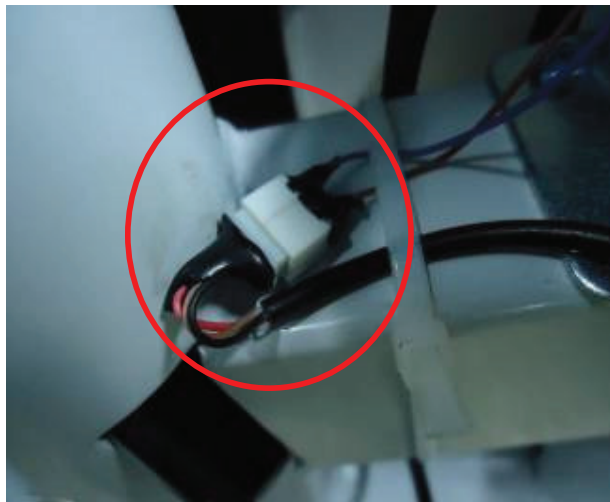


- f. Remove the console mast and check to see if the console upper cable and console lower is connected well.





g. Remove the side cover and check to see if the wires are connected well.



## CHAPTER 3: Troubleshooting

### 3.2 TROUBLESHOOTING –SPEED DO NOT DISPLAY

#### SPEED DO NOT DISPLAY

**1) SYMPTOM:**

- a. The speed value do not display on console

**2) SOLUTION:**

- a. Unplug power cord, remove the console and check that all connections to the console are secure and not damaged or pinched.
- b. Remove the side cover and check to see if the sensor wire is connected well.



- c. Check to see if one corner of the sensor is aligned with the magnet and the distance is 2-4mm.



### 3.3 TROUBLESHOOTING –NO HAND PULSE RESPOND

#### NO HAND PULSE RESPOND

**1) SYMPTOM:**

- a. The console did not display the heart rate during exercise

**2) SOLUTION:**

- a. The user has to hold the sensor with both hands.
- b. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- c. Check to see if the wires connect with sensor is well.



## CHAPTER 3: Troubleshooting

### 3.4 TROUBLESHOOTING –NOISE ISSUES

#### NOISE ISSUES

**1) SYMPTOM:**

- a. Slapping / thunking / squeaking sound with each footstep.

**2) SOLUTION:**

- a. Make sure that the exercise bike is on a level surface.
- b. Make sure that the console mast is tightly attached to the frame.
- c. Make sure that the front stabilize and rear stabilize are tightly attached to the frame.

### 3.5 TROUBLESHOOTING –SPEAKERS ISSUES

#### SPEAKERS ISSUES

**1) SYMPTOM:**

- a. When MP 3 player is connected there is no sound coming from the speakers or the speakers sound fuzzy.

**2) SOLUTION:**

- a. Make sure audio cable is plugged in securely to both the console and MP3 Player jacks.