

LifeCORE

Sport Trainer

Hand Book



LC-ST

**GENERAL INFORMATION ~ CHECK LIST ~ MEDICAL and SAFETY ~ WARRANTY
CARE and MAINTENANCE ~ ASSEMBLY and LUBRICATION INSTRUCTIONS
USER GUIDE ~ SETUP INSTRUCTIONS ~ PARTS LIST ~ EXPLODED DRAWINGS
COMPUTER and SPEED TRANSMITTER INSTRUCTIONS**

GENERAL INFORMATION

The LifeCORE Sport Trainer can be used in a home, light commercial or full commercial setting.

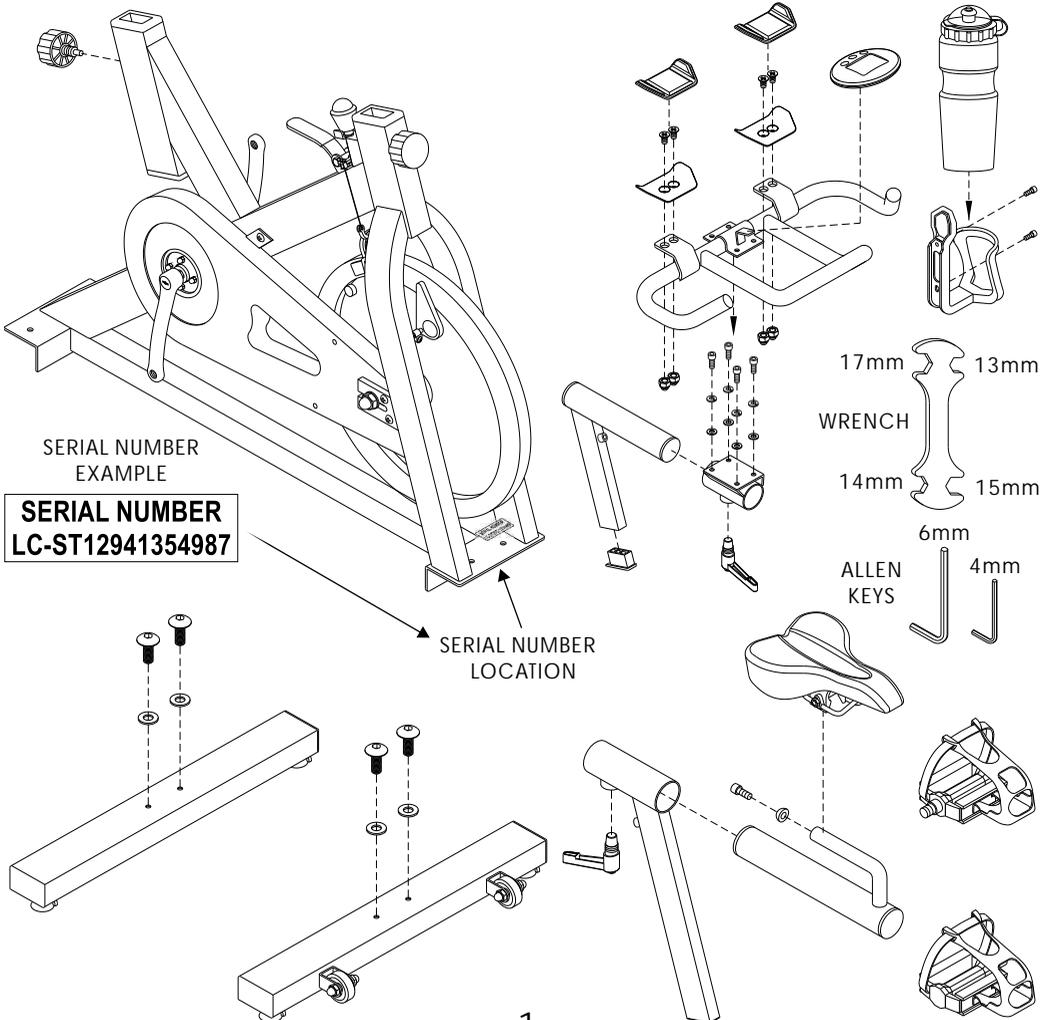
The official maximum load is 400 lbs.

In the unlikely event your LifeCORE Sport Trainer needs servicing, repairs or parts, contact your local dealer as soon as possible. They should be able to help you immediately with any problem you may have. If for any reason you are unsatisfied with the level of service, then you can contact LifeCORE directly by referring to the details on the back page of this hand book.

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CHECK LIST IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER



MEDICAL & SAFETY

Read this Hand Book thoroughly to familiarize yourself with the LifeCORE Sport Trainer before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the LifeCORE Sport Trainer. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your LifeCORE Sport Trainer we advise that a precautionary safety check is wise. All equipment should be safety checked for wear and damage. If you find any damage or defective components stop using the LifeCORE Sport Trainer immediately and contact your dealer for help. Keep the equipment out of use until repaired by a certified technician.

To avoid injury, care should be taken when getting on or off your LifeCORE Sport Trainer.

Wear comfortable, lightweight, well ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear sports training, cross training, walking, running or cycling shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

WARNING: If you have not warmed up prior to mounting your LifeCORE Sport Trainer, to avoid injury we suggest you pedal slowly for at least five minutes before beginning your exercise program.

WARRANTY

It is important to keep your purchase receipt ! You may be asked to produce it to authenticate your warranty.

The warranty is on the back page of this hand book.

Do not attempt to modify or alter your LifeCORE Sport Trainer as it will be considered tampering and will invalidate your warranty.

CARE AND MAINTENANCE

Your LifeCORE Sport Trainer is made of the highest quality materials. However it is still important that you take care of your LifeCORE Sport Trainer on a regular basis.

Your LifeCORE Sport Trainer is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your LifeCORE Sport Trainer after each use.

For safety, inspect your LifeCORE Sport Trainer on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

MAINTENANCE GUIDE

FELT PADS [part#109]

These parts will wear out and should be checked regularly. If they need replacing then contact your dealer.

RESISTANCE SYSTEM & EMERGENCY BRAKE ASSEMBLY [part#013,014,18,204,205]

The resistance system and emergency brake assembly has a lot of moving parts and should be checked regularly for wear-and-tear. If any parts need replacing then contact your dealer.

ALL CONSUMER ASSEMBLED PARTS

Refer to the assemble instructions and re-tighten all components referred to in every assembly step regularly to ensure that they remain tight at all times.

PEDALS [part#202,203]

These parts are assembled by the consumer so we can not guarantee that they where assembled correctly. To avoid injury we suggest before starting your workout on the LifeCORE Sport Trainer that you visually inspect the both pedals to ensure they are securely attached to the pedal cranks according to the assembly instructions.

All FASTENERS [Nuts, Bolts, and Screws]

Due to vibration, over time some of the fasteners may become loose. We strongly suggest the owner periodically check all visible fasteners at least once a year to ensure that they remain tight.

BELT TENSION [part#102,407]

The BELT [102] only needs tensioning if belt slip occurs whilst exercising. The belt can be tensioned by loosening 2 x NUTS [306]. Then adjust 2 x BOLT [407] evenly to ensure the FLYWHEEL [206] remains central to the FELT PAD [109]. Then re-tighten the same 2 x NUTS [306].

NOTE: Over tensioning the belt will destroy the belt. Make small adjustments only.

WARNING: Do not apply oil to any moving parts as this will wash the grease away damaging your LifeCORE Sport Trainer.

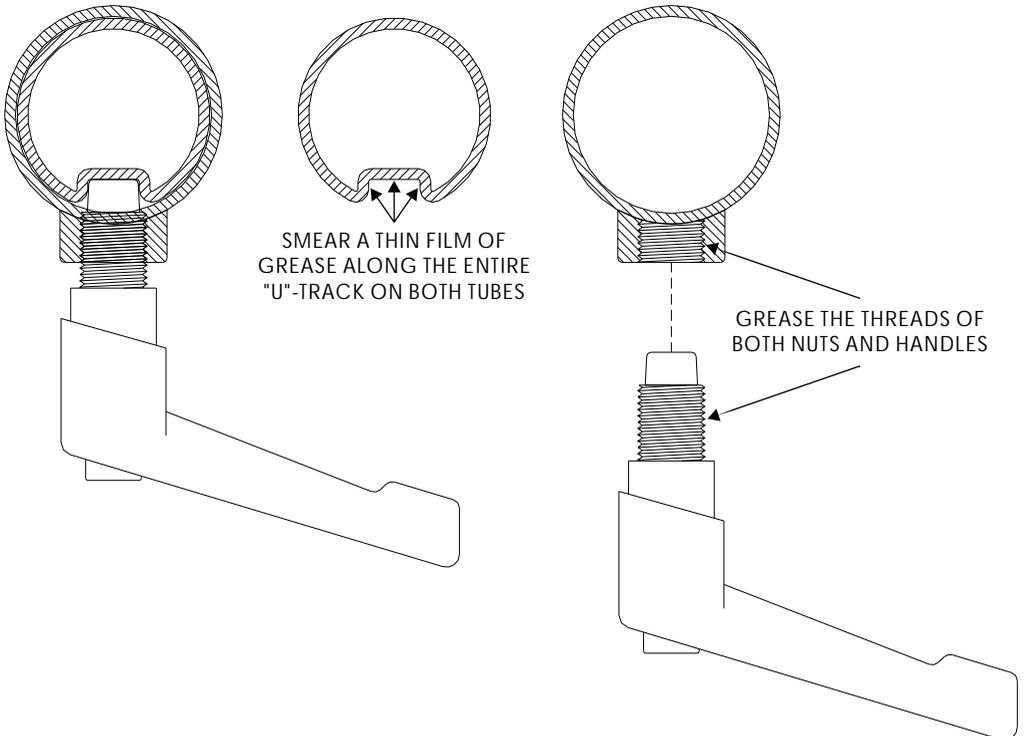
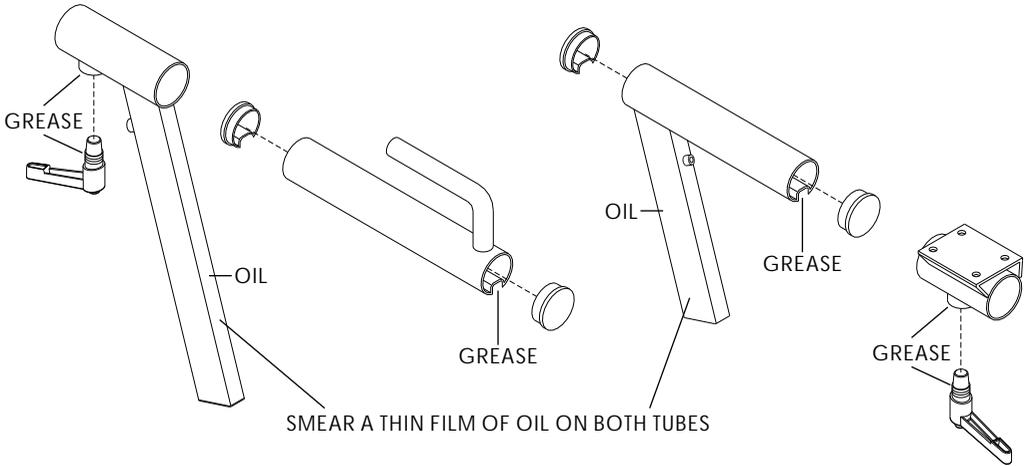
WARNING: Use only the accessory attachments recommended by the manufacturer. Do not attempt to modify or alter your LifeCORE Sport Trainer as injury may result.

LUBRICATION INSTRUCTIONS

We strongly suggest that you follow these optional lubrication instructions to improve the ease of making seat and handlebar adjustments and the stability of the seat and handlebar when locked.

During the assembly process lubricate the appropriate parts either with the OIL or GREASE provided as illustrated in the diagrams below.

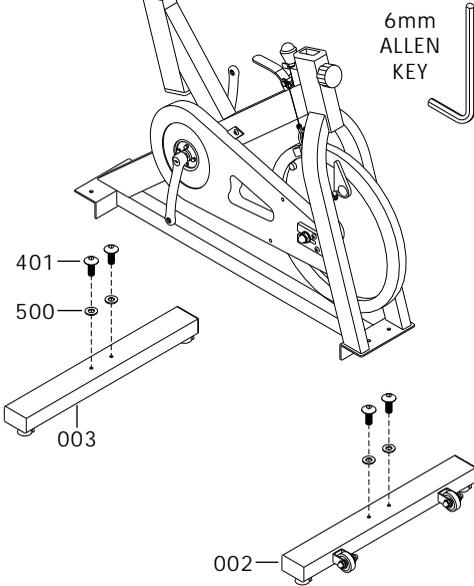
After assembly is complete we suggest you keep all LITERATURE for future reference and the TOOLS + OIL + GREASE provided for maintenance.



ASSEMBLY INSTRUCTIONS

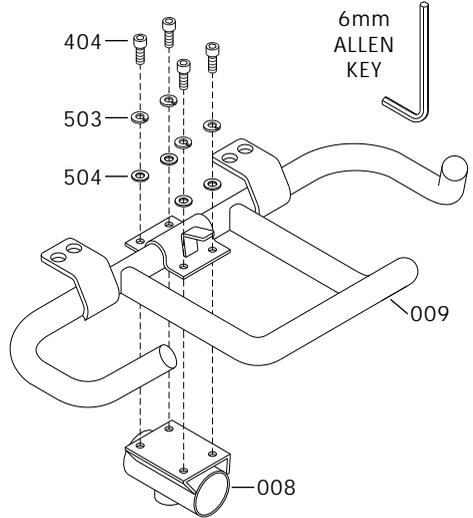
STEP 1

Secure both **STABILIZER [002,003]** with 4x **BOLT [401] + WASHER [500]** and tighten firmly.



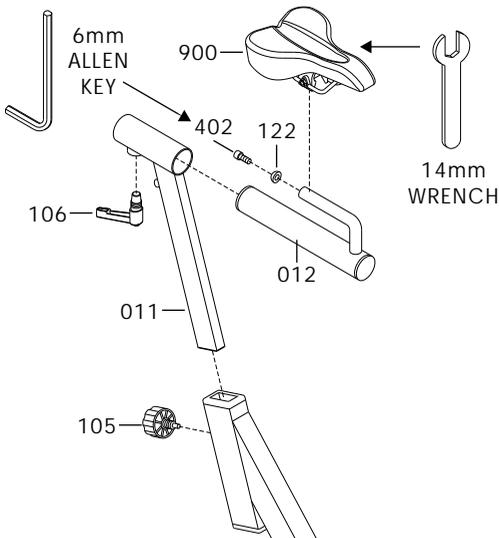
STEP 3

Secure **HANDLEBAR [009]** to **HANDLEBAR SLIDER [008]** with 4 x **BOLT [404] + WASHER [503 & 504]** and tighten firmly.



STEP 2

- a) Assemble **SEAT POST [011]** and secure with **KNOB [105]**.
- b) Assemble **SEAT SLIDER [012]** and secure with **HANDLE [106]**. Tighten firmly.
- c) Assemble **SEAT [900]** and secure with **SPACER [122]** and **BOLT [402]**.

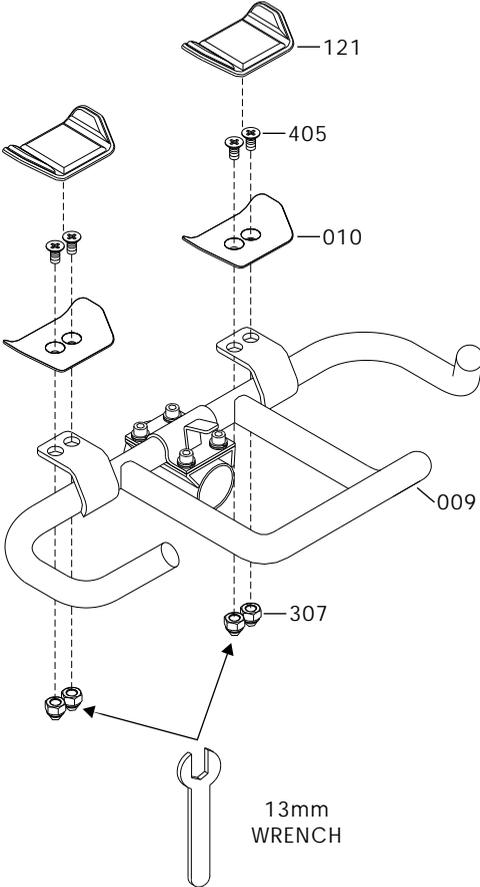


ASSEMBLY INSTRUCTIONS

STEP 4

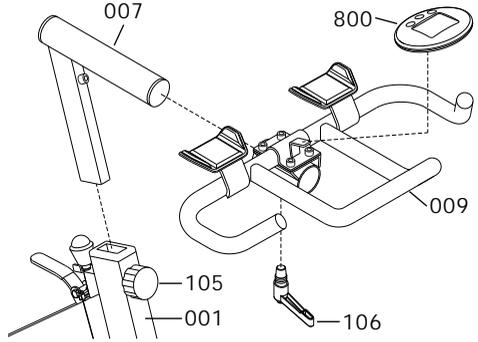
- Assemble the COMFORT PADS [121] on HANDLEBAR [009] by securing 2 x COMFORT PAD PLATE with VELCRO [010] to HANDLEBAR [009] with 4 x BOLT [405] + NUT [307].
- Assemble the COMFORT PADS [121] on 2 x COMFORT PAD PLATE with VELCRO [010].

NOTE: The COMFORT PADS [121] are held in place with velcro, which means they can be easily removed and repositioned if desired.



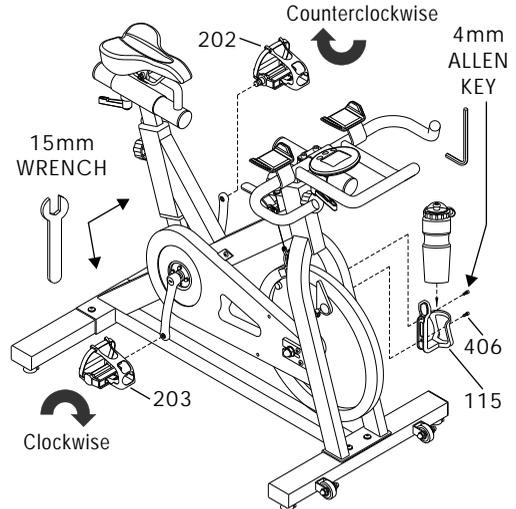
STEP 5

- Insert HANDLEBAR POST [007] into MAIN FRAME [001] and secure by tightening KNOB [105].
- Slide HANDLEBAR [009] onto HANDLEBAR POST [007] and secure by tightening HANDLE [106].
- Slide COMPUTER [800] onto HANDLEBAR [009].



STEP 6

- Assemble PEDALS [202,203]. The right pedal (marked R) is assembled in a clockwise direction. The left pedal (marked L) is assembled in a counter-clockwise direction. Tighten well but avoid excessive force. Recommended torque is 34 Nm (340 kgf/cm).
- NOTE:** The LEFT PEDAL [202] is reverse-threaded.
- Secure WATER BOTTLE HOLDER [115] with 2 x BOLT 406.



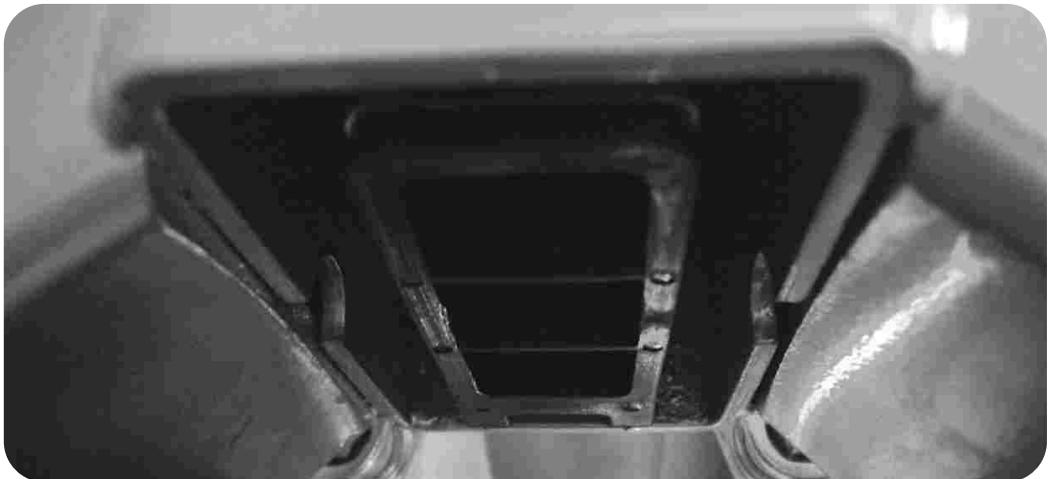
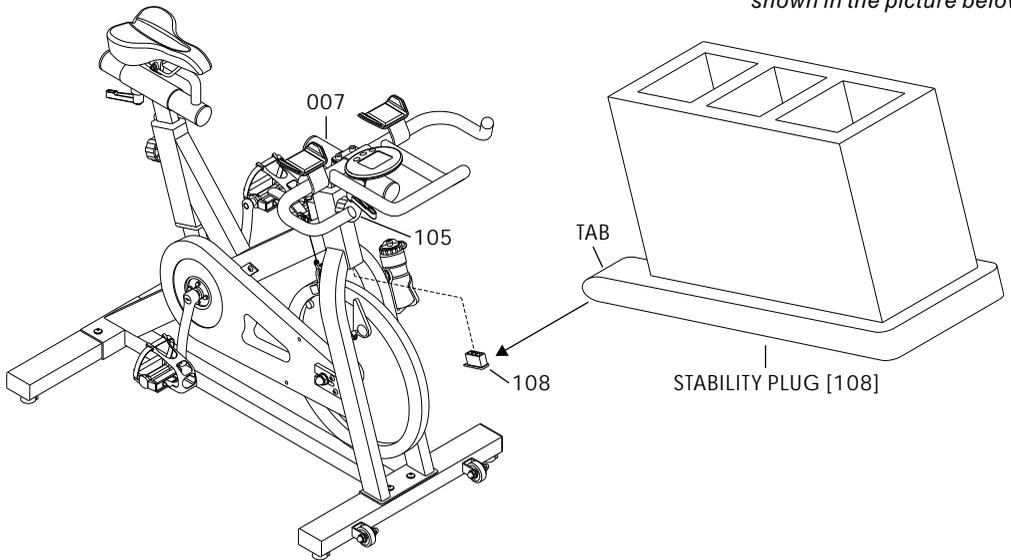
OPTIONAL ASSEMBLY INSTRUCTIONS

The LifeCORE Sport Trainer comes with this optional handlebar post STABILITY PLUG [108].

This STABILITY PLUG [108] can not be assembled by the manufacturer as it would increase the carton size and reduce the container loading which in turn would increase the cost. So in order to keep costs down to our valued customers and still provide the STABILITY PLUG [108] these optional assembly instructions where devised.

The STABILITY PLUG [108] will help stabilize the HANDLEBAR POST [007]. If you feel that the HANDLEBAR POST [007] is already stable enough then you need not bother with this optional assembly. However if when the HANDLEBAR POST [007] is set at maximum and you can feel the HANDLEBAR POST [007] wobble slightly then this optional assembly will eliminate the wobble.

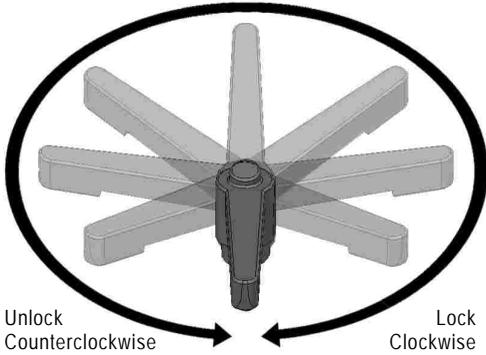
- a) *With the LifeCORE Sport Trainer fully assembled, lower the HANDLEBAR POST [007] to level 1, the lowest level and do not tighten KNOB [105].*
- b) *Insert the STABILITY PLUG [108] with the tabs pointing to the rear of the machine as illustrated in the diagram below, into the bottom of the HANDLEBAR POST [007].*
- c) *Ensure the STABILITY PLUG [108] is completely inserted into the HANDLEBAR POST [007] as shown in the picture below.*



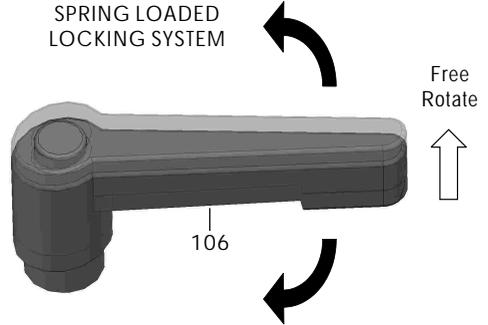
USER GUIDE

HANDLES

There are 2 x HANDLES [106] on your LifeCORE Sport Trainer that adjust the handlebar and seat horizontally. To operate the handles rotate clockwise to lock and counterclockwise to unlock. The spring loaded locking system allows you to free rotate the handle without locking or unlocking. To use the spring loaded locking system simply pull the handle, then rotate. This is necessary when the handle is too close and cannot be rotated

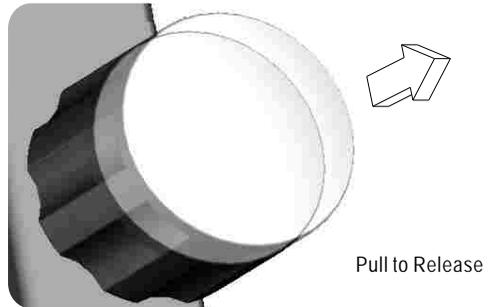
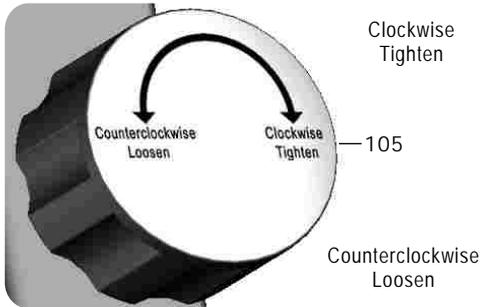


SPRING LOADED
LOCKING SYSTEM



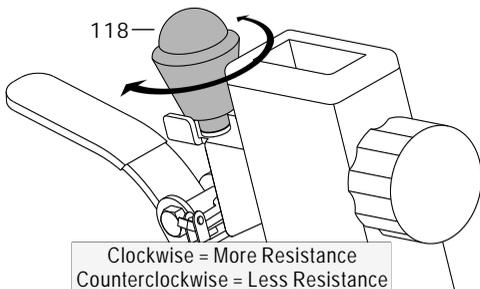
SNAP PIN KNOB

There are 2 x SNAP PIN KNOB [105] on your LifeCORE Sport Trainer that adjust the handlebar and seat vertically. The seat post has 11 x vertical settings, and the handlebar post has 5 x vertical settings. To operate the snap pin knobs turn counterclockwise to loosen the knob then pull to release the snap pin to adjust the seat post or handlebar post up or down. After vertical adjustment is complete ensure that the snap pin snaps into the adjustment holes, then turn clockwise and tighten firmly



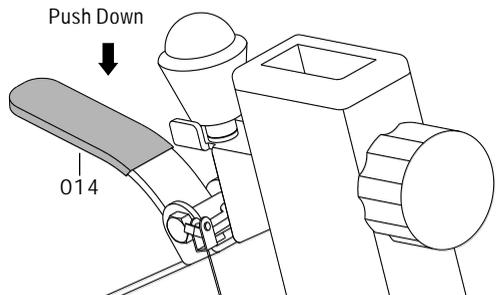
RESISTANCE KNOB

The resistance system has been designed with micro resistance which allows you to adjust the resistance in minute fractions. Rotate the RESISTANCE KNOB [118] clockwise for more resistance and counterclockwise for less resistance.



EMERGENCY BRAKE

Pushing down on the EMERGENCY BRAKE LEVER [014] will instantly stop the flywheel and pedals. This is extremely important to avoid injury as the flywheel and pedals are permanently linked.



USER GUIDE

PEDAL INSTRUCTIONS

The LifeCORE Sport Trainer pedals have been specifically designed for use on stationary fitness equipment.

Attaching Cleats to Shoes

These pedals are designed to be used with the supplied VP-C01 cleats. It is recommended that you consult a bicycle dealer for assistance and refer to your shoe manufacturers instructions.

When fixing the cleat the lateral center line should be under the center of the ball of the feet. Adjust forwards and backwards via the slots in the shoe sole. Adjust laterally via play between the cleat washer and cleat. Tighten cleats very firmly. As it may take time to find your optimum cleat set-up the cleat position can be fine-tuned according to personal preference after trial use.

Toe Clips

All standard toe clips can be attached to the pedals. Use the fixing hardware and installation instructions supplied with the toe clips and ensure the attachment screws are firmly tightened before use.

Using the Pedals

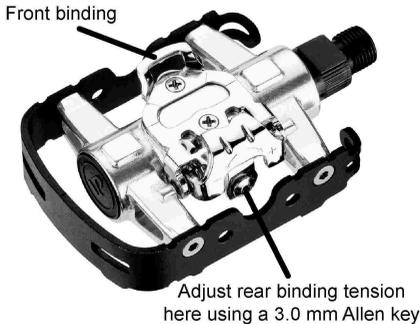
Engage cleated shoes in pedals by placing cleat between bindings while pushing down.

Disengage by twisting heel outwards away from your IC-70 Exercycle.

Binding tension is adjustable and should be set so that the cleat and shoe does not disengage while exercising. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, anti-clockwise to reduce it.

Use the reverse side to the clip-in side when using sports training, cross training, walking, running shoes. The regular side can be used with or without toe clips.

CLEAT SIDE CLIP-IN VIEW



REGULAR SIDE VIEW



COMFORT PADS

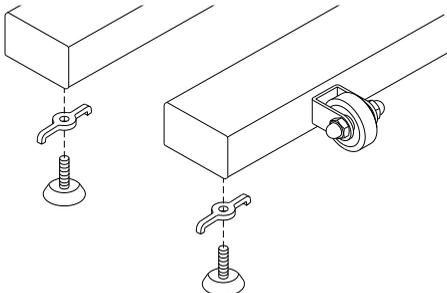
The COMFORT PADS [121] are held in place with velcro for easy removal for washing.

NOTE: Wash by hand only. Do not machine wash.

FEET LEVELING ADJUSTERS

Adjust one of 4 x FEET LEVELING ADJUSTERS [120] to ensure your LifeCORE Sport Trainer is stable and level.

Rotate all 4 x WING NUT [303] counterclockwise to lock the FEET LEVELING ADJUSTERS [120] in place.

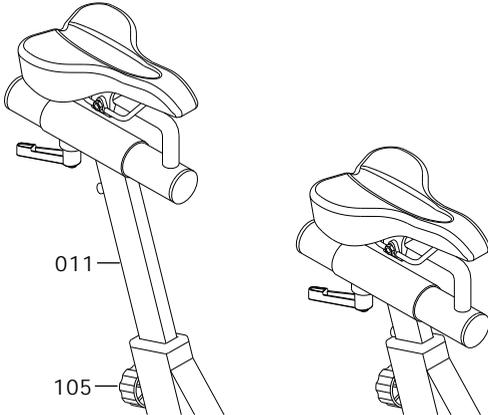


SETUP INSTRUCTIONS

The LifeCORE Sport Trainer has both vertical and horizontal adjustment for the seat and handlebar as it is important to correctly adjust the seat and handlebar to fit your body type. These adjustment systems have been designed to ensure a quick and easy custom fit.

VERTICAL SEAT POST

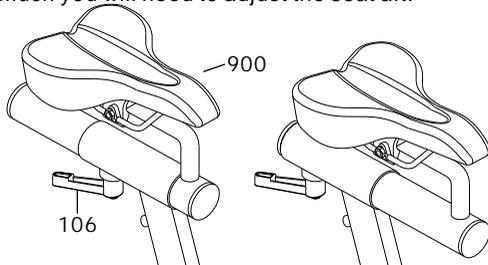
If your legs are too straight or your feet cannot reach the pedals then you will need to lower the seat. If your legs are bent too much you will need to raise the seat.



- To adjust the SEAT POST [011] rotate the KNOB [105] counterclockwise and pull.
- Slide the SEAT POST [011] up or down to suit your body type.
- Lock the SEAT POST [011] by rotating the KNOB [105] clockwise.
- Note the seat post position for future reference.

HORIZONTAL SEAT

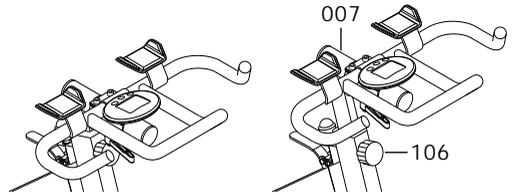
The horizontal seat adjustment is designed for minute seat adjustment for a custom fit workout. If your legs are too vertical you will need to adjust the seat forward. If your legs are bent too much you will need to adjust the seat aft.



- To adjust the SEAT [900] forward or aft, rotate the HANDLE [106] clockwise.
- Slide the SEAT [900] forward or aft to suit your body type.
- Lock the SEAT [900] by rotating the HANDLE [106] counterclockwise.
- Note the seat position for future reference.

VERTICAL HANDLEBAR

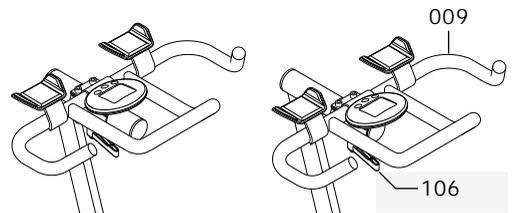
The vertical handlebar adjustment is designed specifically for the crouched position. Move the handlebar to suit your body type.



- To adjust the HANDLEBAR POST [007] rotate the KNOB [106] counterclockwise and pull.
- Slide the HANDLEBAR POST [007] up or down to suit your preference.
- Lock the HANDLEBAR POST [007] by rotating the KNOB [106] clockwise.
- Note the handlebar post position for future reference.

HORIZONTAL HANDLEBAR

The horizontal handlebar adjustment is designed for minute handlebar adjustment for a custom fit workout.



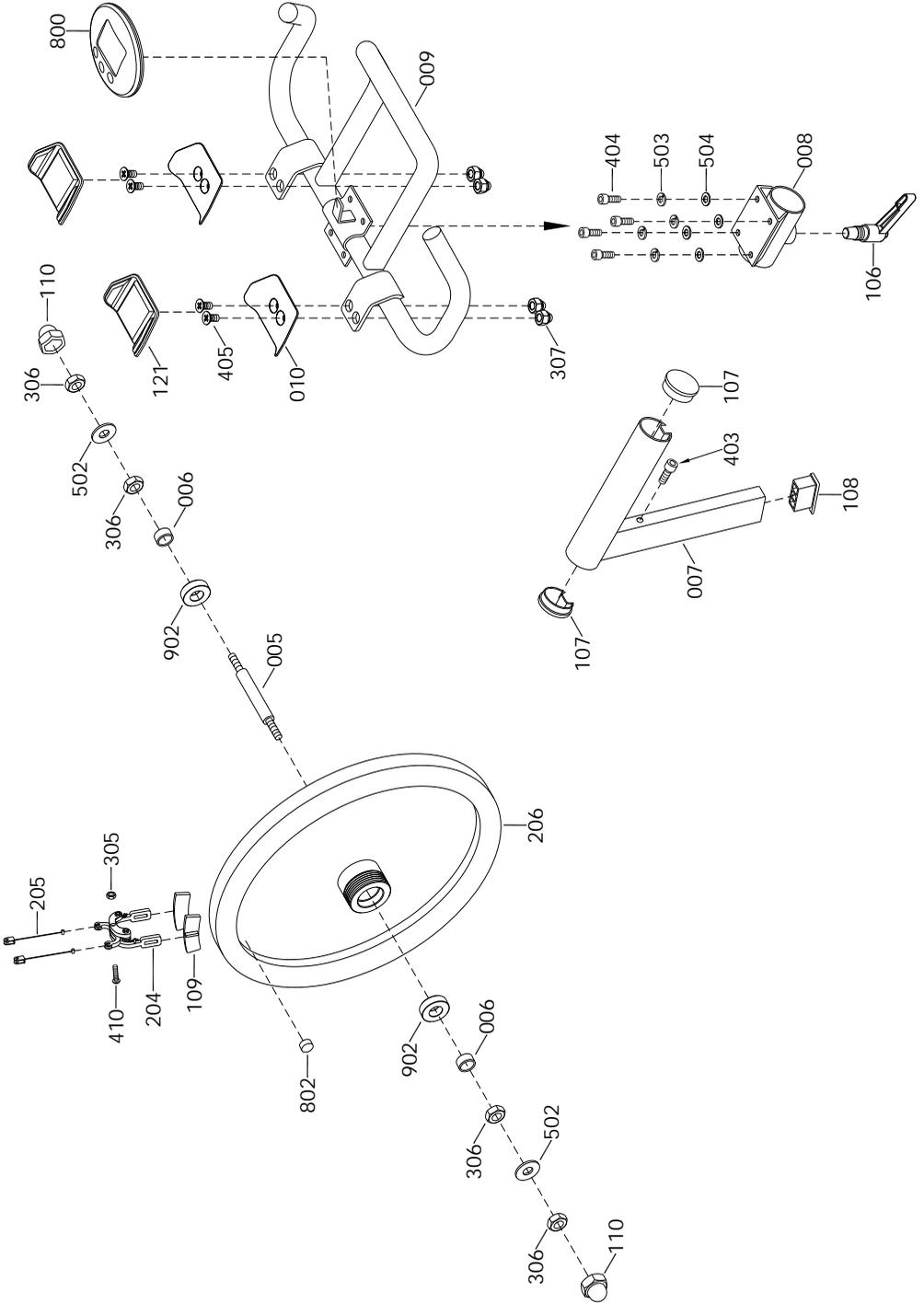
- To adjust the HANDLEBAR [009] forward or aft, rotate the HANDLE [106] clockwise.
- Slide the HANDLEBAR [009] forward or aft to your preference.
- Lock the HANDLEBAR [009] by rotating the HANDLE [106] counterclockwise.
- Note the handlebar position for future reference.

PARTS LIST

PART No.	DESCRIPTION	Q'TY
001	MAIN FRAME	1
002	STABILIZER - FRONT	1
003	STABILIZER - REAR	1
004	ADJUSTMENT BLOCK	2
005	FLYWHEEL SHAFT	1
006	SPACER	2
007	HANDLEBAR POST	1
008	HANDLEBAR SLIDER	1
009	HANDLEBAR	1
010	COMFORT PAD PLATE with VELCRO	2
011	SEAT POST	1
012	SEAT SLIDER	1
013	RESISTANCE WING NUT	1
014	EMERGENCY BRAKE LEVER	1
015	PEDAL CRANK SHAFT	1
016	CHAIN GUARD - COVER PLATE	1
100	CHAIN GUARD - INNER	1
101	K5 BELT PULLEY	1
102	K5 BELT	1
103	CHAIN GUARD - OUTER	1
104	PEDAL CRANK PLUG	2
105	KNOB	2
106	HANDLE	2
107	PLUG	4
108	STABILITY PLUG	1
109	FELT PAD	2
110	NUT COVER	2
111	NUT COVER	4
112	PLUG	4
113	SLIDER PLUG with PLATE	3
114	PLUG	1
115	WATER BOTTLE HOLDER	1
116	WATER BOTTLE	1
117	WHEEL	2
118	KNOB	1
119	EMERGENCY BRAKE LEVER COVER	1
120	FEET LEVELING ADJUSTERS	4
121	COMFORT PAD	2
122	SPACER	1

PART No.	DESCRIPTION	Q'TY
200	CRANK - LEFT	1
201	CRANK - RIGHT	1
202	PEDAL - LEFT	1
203	PEDAL - RIGHT	1
204	RESISTANCE CALIPERS	1
205	RESISTANCE CABLES	2
206	FLYWHEEL	1
300	NUT	1
301	NUT	2
302	NUT	4
303	NUT	2
304	NUT	4
305	NUT	1
306	NUT	4
307	NUT	4
400	BOLT	3
401	BOLT	4
402	BOLT	1
403	BOLT	2
404	BOLT	4
405	BOLT	4
406	BOLT	2
407	BOLT	2
408	BOLT	4
409	BOLT	4
410	BOLT	1
500	WASHER	4
501	WASHER	1
502	WASHER	2
503	WASHER	4
504	WASHER	4
600	SCREW	6
601	SCREW	4
800	COMPUTER	1
801	SPEED TRANSMITTER	1
802	MAGNET	1
900	SEAT	1
901	BEARING 6004	2
901	BEARING 6204	2

EXPLODED VIEW



COMPUTER INSTRUCTIONS

LCD DISPLAY
Liquid Crystal Display

DISTANCE DISPLAY
kilometers (Km) or miles (Mile)

SPEED DISPLAY
kilometers per hour (KPH)
OR
miles per hour (MPH)

HEART RATE DISPLAY
Your heart rate/pulse is displayed in beats per minute (BPM).

NOTE: If the letter "P" is displayed then the computer is not receiving a pulse signal.

NOTE: SPEED and HEART RATE share the same display.
Press the ◀ Key to alternate the display which will also change the CALORIES / RPM Display as they are linked.

◀ KEY
two functions

1 - Decrease Target Value
During target value selection, press the ◀ Key to decrease your target value.

2 - Alternate both Displays
During and after your workout, press the ◀ Key to alternate both displays between:
SPEED and HEART RATE Display PLUS
CALORIES and RPM Display as they are linked.

SELECT KEY
two functions

1 - Activate Target Value Selection
Before your workout, press the SELECT Key once to impute your time target value
OR
Press the SELECT Key twice to impute your distance target value.

2 - Reset the Computer
Press and hold the SELECT Key for **three** seconds to reset the computer.

NOTE: You will lose all data recorded by the computer.



TIME DISPLAY
hours, minutes and seconds

CALORIES DISPLAY
Measured in kilocalories (K/CAL). Also known as large Calories and food Calories.

RPM / CADENCE DISPLAY
revolutions per minute (RPM)

NOTE: CALORIES and RPM share the same display.
Press the ◀ Key to alternate the display which will also change the SPEED / HEART RATE Display as they are linked.

LOW BATTERY DISPLAY
The low battery display will flash when the batteries need replacing.

MAXIMUM & AVERAGE DISPLAY
During your workout press the ▶ Key to alternate between the following:
MAX SPEED / CALORIES
AVG SPEED / CALORIES
SPEED / CALORIES
OR
MAX HEART RATE / MAX RPM
AVG HEART RATE / AVG RPM
HEART RATE / RPM

NOTE: The SPEED / HEART RATE and CALORIES / RPM displays are linked.

After your workout the computer will automatically display your total and maximum and average values for approximately 75 seconds.

▶ KEY
two functions

1 - Increase Target Value
During target value selection, press the ▶ Key to increase your target value.

2 - Alternate both Displays
During your workout, press the ▶ Key to alternate both displays to show the MAXIMUM, AVERAGE and CURRENT display data.

FAST TRACK
Press and hold either the ◀ Key or the ▶ Key to fast track during target value selection.

COMPUTER INSTRUCTIONS

SPEED TRANSMITTER

Note that there is no wire connected to the computer. This allows for more freedom with handlebar adjustment and improves the appearance of the bike. However this also means that the speed signal is sent to the computer via a radio wave by the speed transmitter which runs on a battery. This battery needs replacing after approximately six months of home use.

The speed transmitter must be pointing towards the computer as shown in the diagram in order for the computer to receive the speed signal.

The speed transmitter has a red LED that will flash once every revolution of the flywheel. If the red LED does not flash then replace the battery. If that fails to correct the problem then contact your dealer for a replacement.



BATTERIES

BATTERY INSTALLATION ~ SPEED TRANSMITTER: The speed transmitter is visibly located at the front of the bike. Remove the battery cover and install **one** piece of CR2032 3V battery. Replace the battery cover and insure it is tightly closed.

BATTERY INSTALLATION ~ COMPUTER: Remove the battery cover at the rear of the computer and install **two** pieces of **SIZE "AA" 1.5V** batteries. Insure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace the battery cover and insure it is tightly closed.

BATTERY LIFE: Battery life is approximately six months of home use, depending on frequency of use and the quality of the batteries. To ensure long battery life we suggest using alkaline or lithium batteries.

COMPUTER LOW BATTERY Display: The low battery display will flash when the computer batteries need replacing.

SPEED TRANSMITTER LOW BATTERY: When the computer speed display is irregular or not responding then it is time to replace the speed transmitter battery.

Auto Power Up & Power Down

AUTO POWER UP: The computer will automatically power up when the bike is in use. Note, there is a brief delay. The computer will also power up when any keys are pressed.

AUTO POWER DOWN: The computer will automatically power down when the bike is not in use after approximately 75 seconds.

TARGET VALUES (TIME or DISTANCE)

TIME or DISTANCE target values are optional. You can only choose one target value, either time or distance. If you do not select any of these optional target values then the computer will count from zero upwards. If you select one of these optional target values then the computer will countdown from your selection. The computer will stop and sound an alarm once the target value has been achieved. *Press the SELECT Key to stop the alarm.*

TIME: 1:00~99:55:00 minutes (in 5 minute steps).

DISTANCE: 1.0~999.0 kilometers or miles (in 1.0 steps).

HEART RATE RECEIVER and CHEST BANDS

The computer has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

TROUBLE SHOOTING SOLUTIONS

If for any reason you are having trouble with your computer or speed transmitter then try the following suggestions:

- 1) **SPEED TRANSMITTER FUNCTION:** *With someone pedaling the bike, check to ensure that the speed transmitters red LED is flashing as shown in the diagram above. If not flashing then replace the battery.*
- 2) **SPEED TRANSMITTER DIRECTION:** *Check to ensure that the speed transmitter is pointing towards the computer as shown in the diagram above.*
- 3) **COMPUTER RESET:** *Press and hold the SELECT Key for **three** seconds.*
- 4) **COMPUTER REBOOT:** *Disconnect the power for approximately 15 seconds by removing the batteries. Wait 15 seconds, then reinstall batteries.*
- 5) **REPLACE BATTERIES:** *Discard the old computer and speed transmitter batteries and replace them with fresh new alkaline or lithium batteries.*

LifeCORE

Sport Trainer

Warranty

FULL COMMERCIAL: 1yr parts, 90 days on wearable items.

LIGHT COMMERCIAL: 2yrs parts, 1yr labor, 90 days on wearable items.

RESIDENTIAL: 5yrs parts, 1yr labor, 90 days on wearable items.

WEARABLE ITEMS: Seat, Pedals, Handlebar Grip, Comfort Pads, Felt Pads, Handles, Knobs.

LIFETIME WARRANTY on FRAME

This warranty is valid only in accordance with the following conditions:

- 1) This warranty applies to the Sport Trainer products only while the product remains in the possession of the original purchaser and proof of purchase is demonstrated.
- 2) This warranty excludes misuse, abuse, alteration, improper service, or non Sport Trainer product modifications.
- 3) This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of the Sport Trainer. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the Sport Trainer.

WARRANTY REGISTRATION

Go online and visit our company website at www.lifecorefitness.com

Click "**Product Registration**" and fill-in all the details, then click send.

The Serial Number is located on your Sport Trainer.

See page 1 for the location of the Serial Number.

LIFECORE FITNESS

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