

LC990 ELLIPTICAL CROSS TRAINER



LC990

owner's manual

INTRODUCTION

Congratulations!

Welcome to the world of the LifeCore Fitness 990 Elliptical Trainer. This machine is one of the finest and most comprehensive pieces of home exercise equipment available. We have enjoyed manufacturing such a wonderful machine and hope you enjoy using it just as much.

By choosing your 990 Elliptical you have made a wise decision that will improve the health of you and your family. Being fit and Healthy will improve your energy levels and your quality of LIFE.

Cardiovascular training is vital for all ages and the 990 Elliptical provides a more effective workout, producing better results, and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes, three times a week, to start seeing the benefits of a regular exercise program on the 990 Elliptical Trainer.

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

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

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Medical / Safety

Read the Owner's Manual and all safety instructions thoroughly and familiarize yourself with the 990 Elliptical Trainer before using it.

1. Before beginning any exercise program, consult your physician. They will help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.
2. If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician before continuing.
3. Adult supervision is required at all times when children are on or near the 990 Elliptical Trainer. Unsupervised children should keep away from the equipment at all times.
4. Keep fingers and limbs, loose clothing and hair away from moving parts.
5. Before each workout on your 990 Elliptical Trainer we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear & damage. If you find any damage or defective components **STOP** using the 990 Elliptical Trainer **IMMEDIATELY**. Keep the equipment out of use until repaired. For repair help - see General Information on this page.
6. Care should be taken when getting on or off this or any exercise equipment. Please follow the Manual Instructions on page 8
7. Use only the accessory attachments recommended by the manufacturer.

Care and Maintenance

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

Your 990 Elliptical Trainer is recommended for indoor use and should NOT be used or stored in damp areas. Wipe all perspiration from your 990 Elliptical Trainer after each great workout.

For **SAFETY** inspect your 990 Elliptical Trainer on a regular basis, we suggest every 2~3 weeks.

Trouble Shooting

Clicking or Knocking Sound

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

No Display No Power to Computer

1. Replace batteries.
2. If using optional AC adaptor, check to make sure it is plugged in.

No Resistance/Resistance too High

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

No Heart Rate reading

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

General Information

990 ELLIPTICAL TRAINER
Maximum Load = 350lb

This 990 Elliptical Trainer has been tested and certified according to the European Norm Standard.

**EN 957 Part 1 & 9
Class H.A.**

The 990 Elliptical Trainer braking system is Speed Independent.

In the unlikely event your 990 Elliptical Trainer needs servicing, repairs or parts, contact your local dealer as soon as possible. They should be able to help you immediately with any and all problems you have. If for any reason you are unsatisfied with the level of service or are unhappy with their cooperation, then you can contact the manufacturer directly at the following contact details.

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

TEL: (760)471-7442
FAX: (760)471-1324

Service@LifeCoreFitness.com

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

It is also important to state which Model you have, the 990 Elliptical Trainer has a sticker located at the front of the machine, which will state the Model Number.

The Warranty is in the back of the Manual.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the 990 Elliptical Trainer before using it.

HOW YOUR 990 ELLIPTICAL TRAINER WORKS

The 990 Elliptical Trainer allows your feet to move in a natural elliptical path, minimizing the impact on your hips, knees and ankles.

The 990 Elliptical Trainer provides smooth, quiet and variable exercise capabilities with:

Dual Action Handles for total body workout.

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

Stationary Handle Bar for stability and glute workout.

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

Height Adjuster Caps allow you to level your 990 Elliptical Trainer with ease.

PARTS IDENTIFICATION

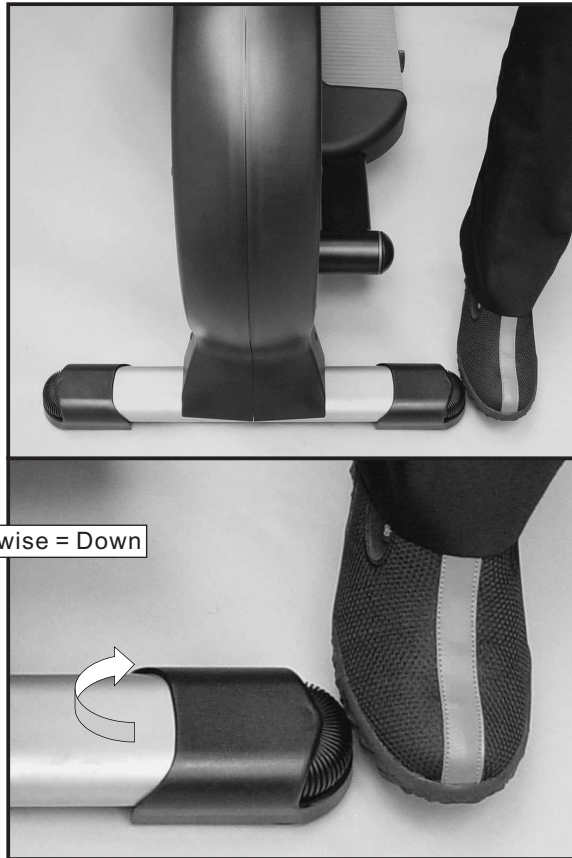


SETTING UP YOUR LIFECORE FITNESS 990 ELLIPTICAL TRAINER

Height Adjuster Cap

IMPORTANT:

Clear a workout area 3 x 4 foot before setting-up your 990 Elliptical Trainer. Ensure the floor is solid and level.



1. To stabilize your 990 Elliptical Trainer LifeCore Fitness has designed a very special height adjustment system.
2. Make sure the Left & Right Front Base Tube [6] is touching the ground.
3. Ascertain which side of the Rear Base Tube [5] is off the ground & adjust the appropriate Height Adjuster Cap [53], with the side of your foot, rotate the Wheel in a **Clockwise direction = Down**.

Foot Pedal Adjustment



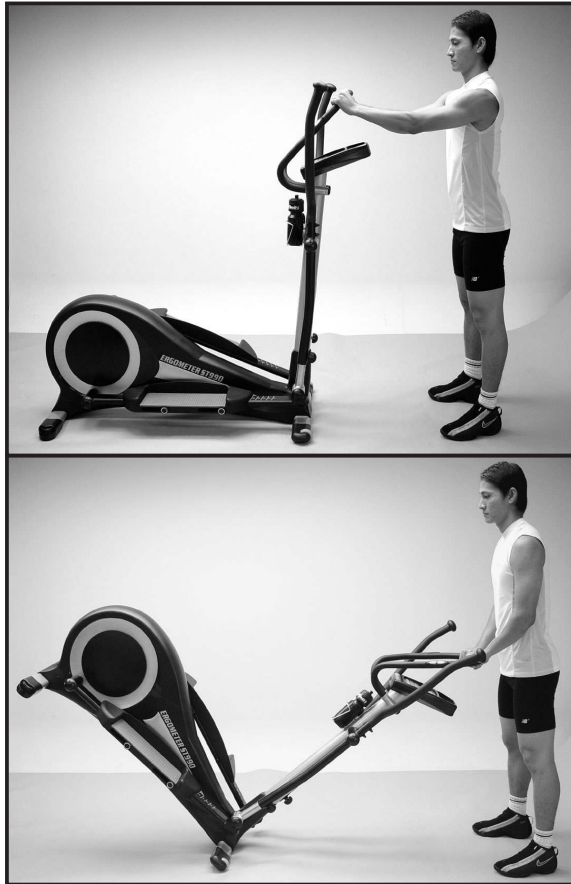
Large Adjustable Foot Pedals for different foot positions and workout intensities.

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

5.

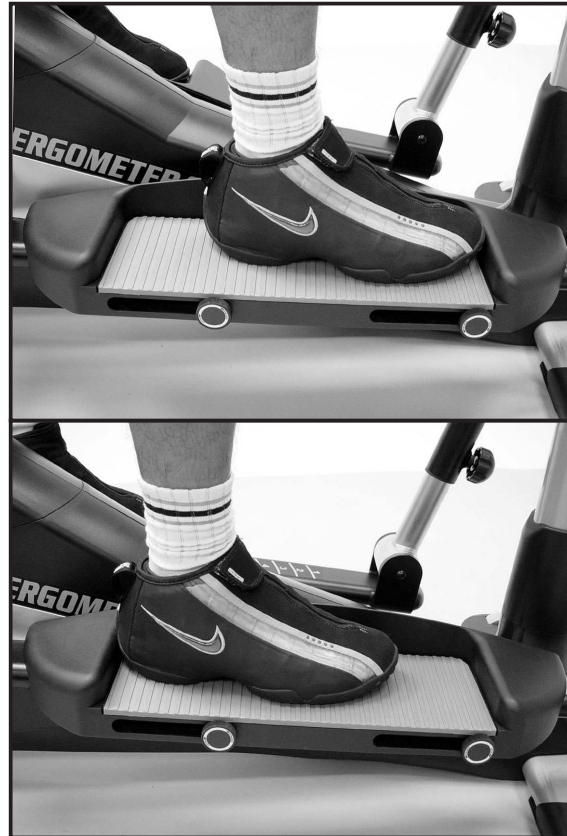
SETTING UP YOUR LIFECORE FITNESS 990 ELLIPTICAL TRAINER

Wheeling & Storage



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

Feet Position



The 990 Elliptical Trainer Foot Pedals are extra long allowing variable foot positions depending on your preference.

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

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

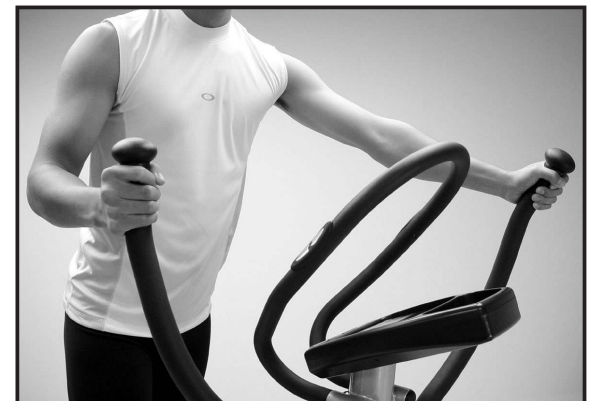
Handle Bars



The 990 Elliptical Trainer comes with two Dual Action Handles and a Stationary Handlebar.

IMPORTANT: Always hold the Stationary Handlebar when getting on and off the 990 Elliptical Trainer. First time users should familiarize themselves with using the 990 Elliptical Trainer by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

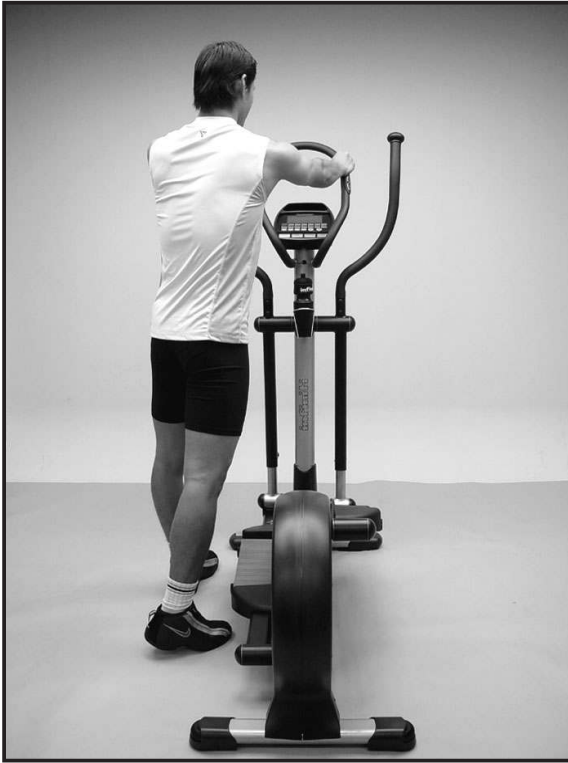
Once you have familiarized yourself with using the



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

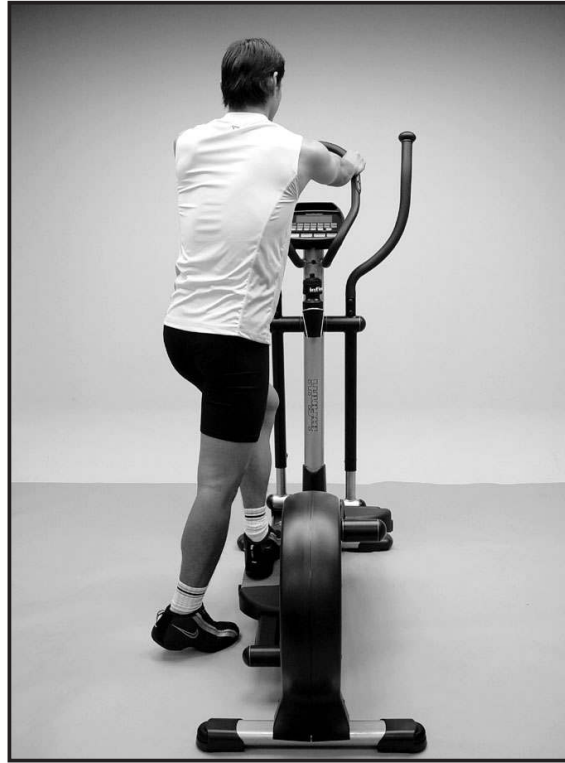
Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

Getting on Safely

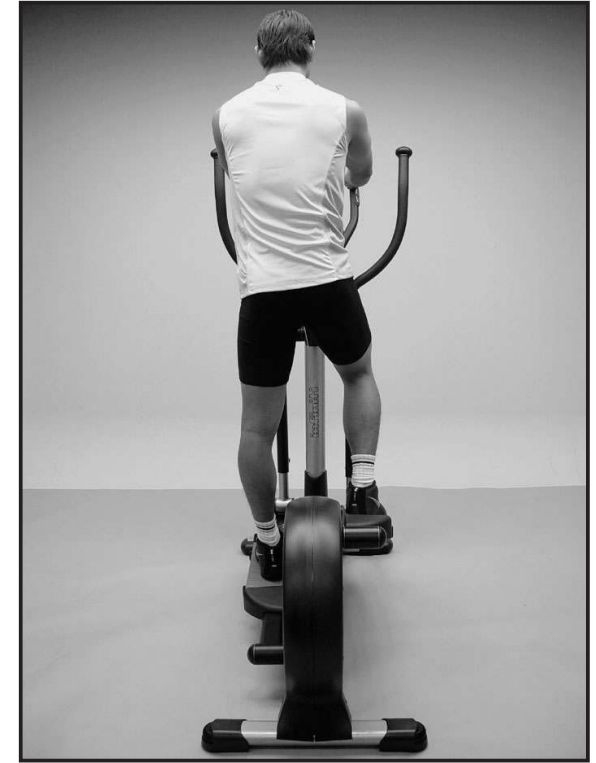


IMPORTANT: Caution should always be taken when getting on and off any exercise machine. Please follow the correct procedure below.

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



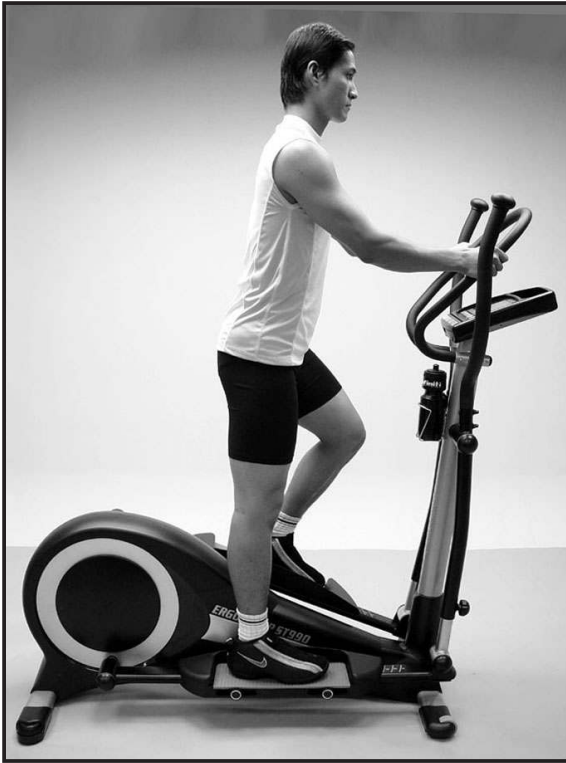
1. Place your left foot on the left Foot Pedal and get secured.



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

Correct Positioning

Correct Position

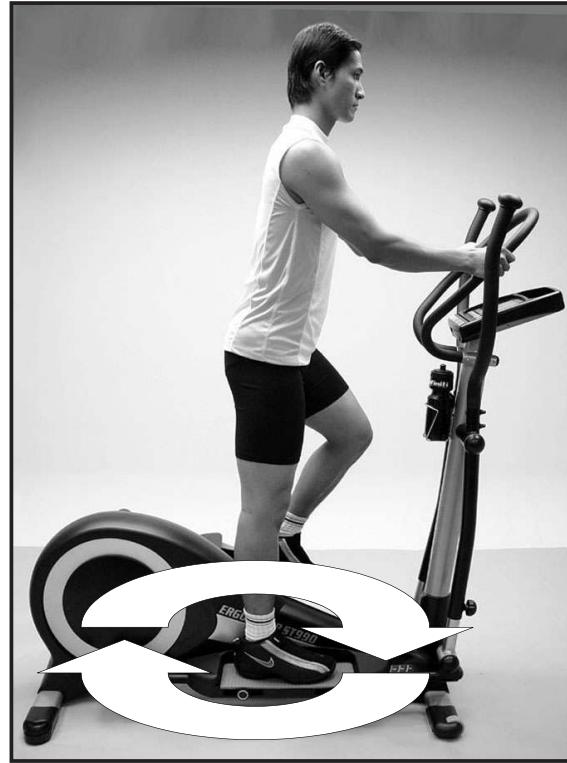


Always try and use the 990 Elliptical Trainer in a rhythmical and smooth motion.

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

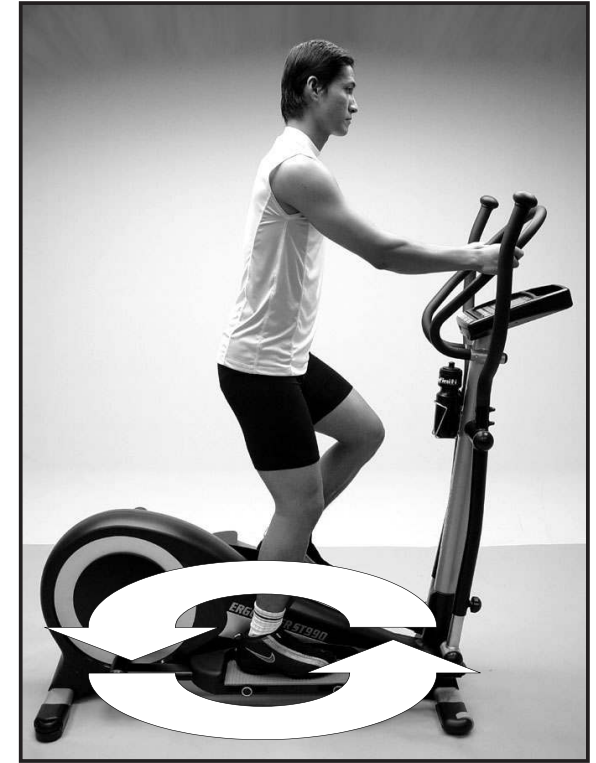
Keep your head up to minimize neck and upper back strain.

Forward



The 990 Elliptical Trainer can be used in a forward or reverse motion.

Reverse



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

990 ELLIPTICAL TRAINER EXERCISES

IMPORTANT: The 990 Elliptical Trainer can be used in a forward or reverse motion.

1 Basic Upright

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

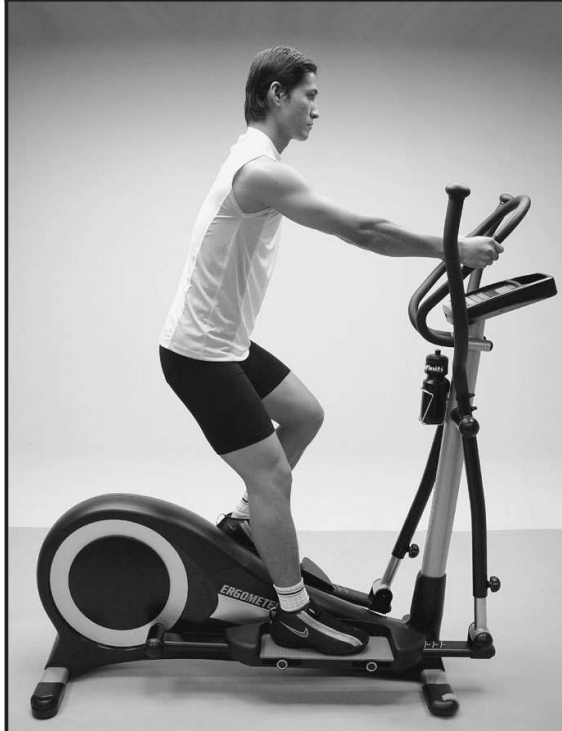


This position utilizes all the major muscle groups.

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

2 Hamstrings & Glutes

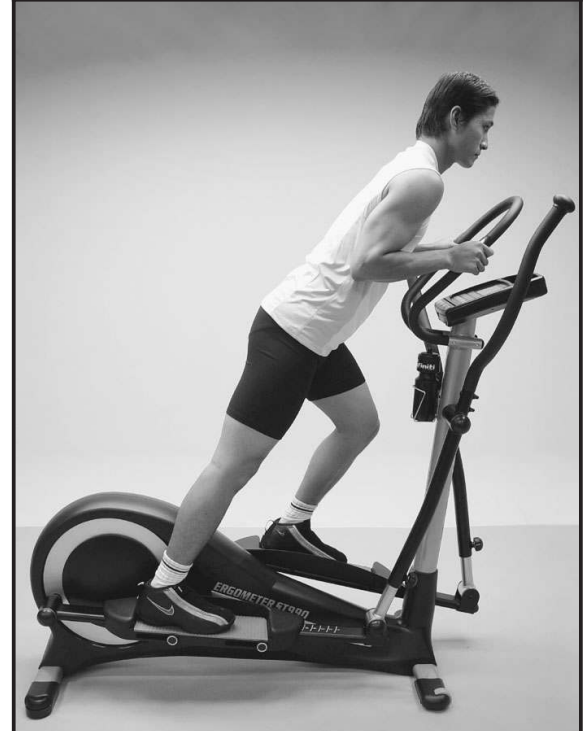
Handle Bar : Stationary or Dual Action
Muscles Used: Thigh, Calf, Hamstring, Glutes



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

3 Thigh & Calf

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



Leaning forward on the 990 Elliptical Trainer concentrates the workout on your thighs (quadriceps) and calves.

Warranty and Registration Information

Warranty

5yrs parts/1yr labor

How to Register your machine

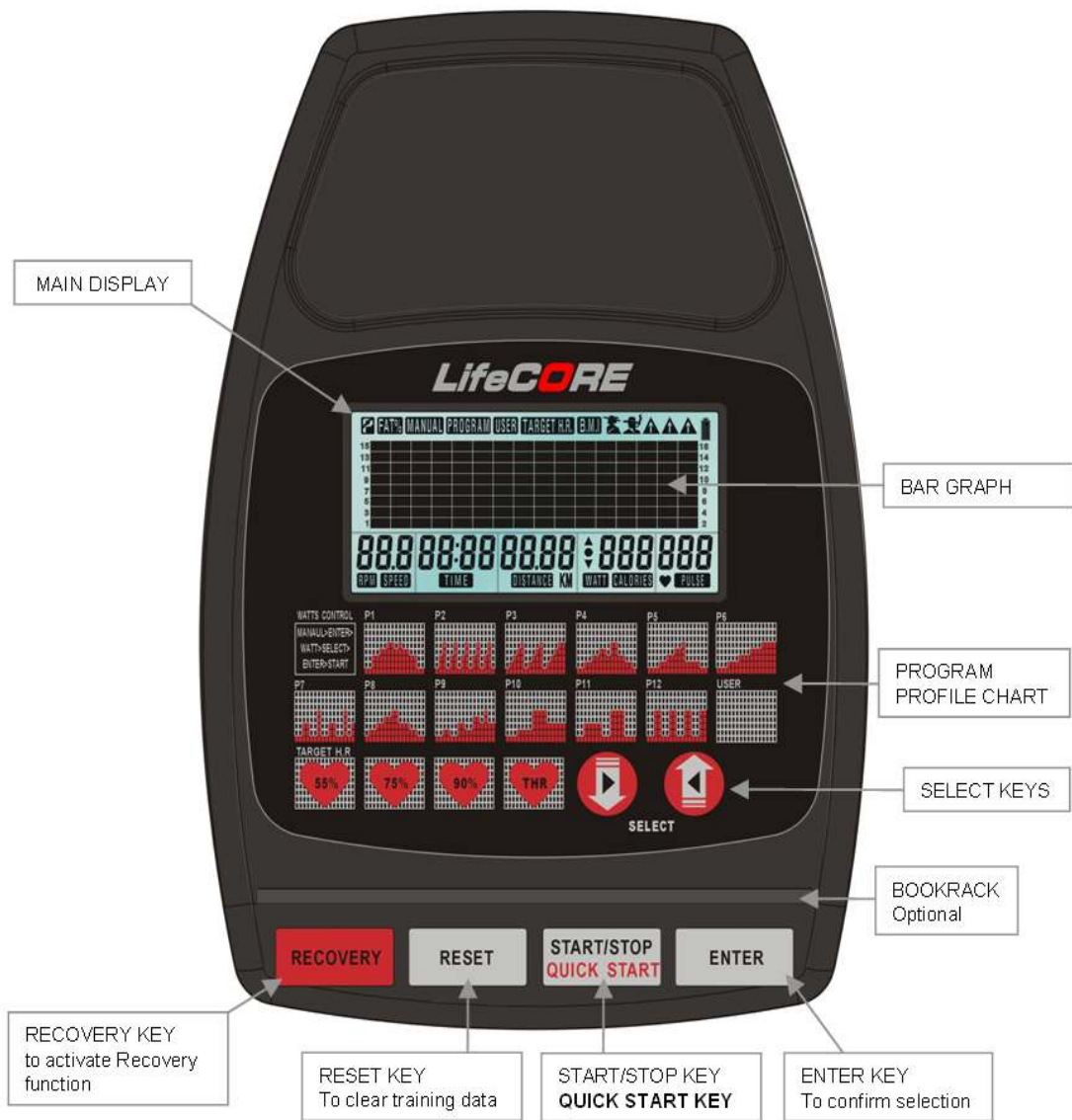
To register your LifeCore Fitness 990 Elliptical Trainer, please fill out registration insert and mail to:

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

or visit our company website at:

www.lifecorefitness.com





POWER FUNCTIONS

BATTERIES Open the battery compartment at the rear of the computer and install 4 x C batteries. If the LCD is not clear and only partial segments are displayed then remove the batteries, wait 15 seconds, and reinstall them. If the problem persists then install new batteries. If new batteries do not fix the problem then consult your retailer. Under normal use the batteries will last 6 months. AC adaptor socket for 6 volt @ 100mA AC adaptor, fitted on back of case, optional.

LOW BATTERY. If the battery symbol with the word “LOW” is flashing then replace the batteries as soon as possible. If the battery power is too low then the computer will not be able to adjust the resistance settings.

POWER ON The power will automatically turn on when the batteries are installed or the any key is pressed or the computer receives a speed signal.

AUTO POWER OFF/ON. As long as you are working out the computer will operate. If there is not input for 1 minute then the computer will automatically turn off. All existing values will be held until the computer is powered up again.

COMPUTER KEY FUNCTIONS

START STOP KEY. By pressing this key the computer will START and STOP. When the computer is in the stop mode STOP will be displayed. If no sensor input is detected for 4 seconds the computer will stop and STOP will be displayed. All functions will resume when the sensor input is reactivated or the START key is pressed.

RESET KEY. Press this key once to revert back to the previous display. Pressing and holding the RESET key for 2 seconds will reset all functions and return you to the personal data entry section.

RECOVERY KEY. Pressing this key at the end of your workout will activate the recovery function and test your fitness level. You must maintain pulse input during the 60 second recovery countdown test.

SELECT KEYS. These keys are used for selecting a variety of data as well as increasing or reducing the resistance level

DISPLAY FUNCTIONS

BAR GRAPH. This display is made up of 128 segments, 16 horizontal column segments and 8 vertical row segments. The vertical segments represent the resistance level and the horizontal segments represent Time. Each vertical segment will represent 2 resistance levels; the exact level will be displayed in the smaller resistance LCD. If Time is not preset (counts up) then each column segment represents 1 minute. If Time is preset to say 20 minutes the Time period is divided equally into the 16 columns. (Each column is 1min 15 sec)

ELAPSED TIME. Time counts up from 00:00 to 99:59.

SPEED. Speed is displayed in mph from 0 to 99. This function is displayed for 4 seconds and then RPM is displayed for 4 seconds.

RPM. Displays the pedal crank speed in revolutions per second from 0 to 999. This function is displayed for 4 seconds and then SPEED is displayed for 4 seconds.

DISTANCE. Distance is displayed in mph from 0 to 99.

CALORIES. Calories are displayed in calories from 0 to 999.

HEART RATE. Heart Rate is displayed in BPM (beats per minute) from 30 to 240. NOTE: When the sensor detects your heart rate the ? symbol will flash on the display in unison.

RESISTANCE LEVEL. 1~16 Resistance Levels are displayed on either side of the Bar Graph.

PROGRAMMING FUNCTIONS

PERSONAL DATA STORAGE. There are 9 separate user personal data storage files listed from U1 to U9. When the computer is powered-up it will first display the wheel size setting of 78.0 for 2 seconds then automatically enter the user data storage section where you will be asked to enter your sex, age, height and weight. The first user number displayed will be the last user number selected. Press the SELECT keys to select the required user number, U1 to U9, press ENTER. The computer will now enter the personal data entry section and the male symbol will flash (along with the STOP indicator). If there is no change to your personal data from the last workout press ENTER quickly 4 times. Press the SELECT key to change to female. Once the correct sex symbol is flashing press ENTER. The computer will now prompt you to enter your correct age. Press the SELECT KEYS until your correct age is flashing then press ENTER. Enter your height in inches and press enter. NOTE By pressing and holding either of the SELECT keys the display will cycle rapidly. Now select and enter your weight in lbs. You will now enter the programming mode. Please note to reset user profile select and hold reset button for 5 seconds. This will clear user profile.

PROGRAMMING MODE: All program selections will be flashing (along with the STOP indicator). Selections are MANUAL, PROGRAM, USER and TARGET H.R. Press the SELECT key until the program you want is flashing, press ENTER.

MANUAL MODE. This mode can be selected at any time by pressing **QUICK START**. This quick start mode will allow users to immediately start exercising without entering any data. When the computer is powered up press the **QUICK START** key and start exercising. If you want the correct value for CALORIES you should enter your correct personal data or select your preprogrammed user number. You have the opportunity to preset one countdown value from TIME, DISTANCE or CALORIES and the value for both WATTS and HEART RATE. The function to be preset will be flashing. Press the SELECT key until the desired value is displayed then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press START and begin exercising. Adjust the resistance level to suit.

WATTS DEPENDANT MODE. Available in MANUAL MODE only. (Also referred to as Speed Independent Mode). The resistance level will automatically adjust to the preset WATTS value regardless of Speed (except for very slow Speeds and higher Watts settings where the resistance can only increase to level 16, maximum).

PROGRAM MODE. You will have the option to choose from 12 program profiles P1 to P12. The program profiles are displayed on the front panel. The display will show the program number for 1 second then the profile will be displayed. Select the profile you want and press ENTER. (If you want to reselect the profile press RESET once). You now have the opportunity to preset one countdown values from TIME, DISTANCE or CALORIES and the value for your HEART RATE. Press the SELECT key until the desired value is displayed then press ENTER. Pressing ENTER again and again will cycle through all presettable functions. Press START and begin exercising. Once the program has started the first segment of the profile will flash, you can adjust the resistance level and the entire profile will be adjusted.

USER PROGRAM MODE. This program has a blank profile that can be preset by any user. Resistance levels from 1 to 16 can be selected across all 16 time segments. Press the SELECT key until the desired level for that segment is selected then press ENTER. Move across all 16 segments until the profile is built. You will also have the opportunity to preset any countdown value available in the PROGRAM MODE. Once you have pressed START you can adjust the resistance level of any segment. The profile as displayed when STOP is pressed will be stored for future use.

TARGET H.R. MODE. There are 4 heart rate programs available. 55%, 75%, 90% and THR. (Formula for percentage heart rate programs is 220bpm minus your age multiplied by the percentage required). Press SELECT and cycle through the programs. Your target heart rate will be displayed for each preset program. Press ENTER for the desired program. If you select the THR program you have the option to preset the heart rate value you wish. For all programs you also have the opportunity to preset countdown values for TIME, DISTANCE and CALORIES. Please note each Heart Rate workout includes a 5 minute warm-up.

RECOVERY. This function evaluates your fitness level by measuring how quickly your heart rate "recovers" over a period of 1 minute. At the end of your workout press the RECOVERY key. The computer will STOP all functions except HEART RATE and TIME, which will start to countdown from 60 seconds. HEART RATE sensor input MUST be maintained during the RECOVERY test. When the timer reaches 00 your recovery score will be displayed from F1 to F6.

F1 -SUPER FIT
F2 VERY FIT

F3 FIT
F4 FAIR

F5 UNFIT
F6 VERY UNFIT

12.

Press the RECOVERY key to return to the main display.