

R7000i

LifeSpan™

Interactive Recumbent Cycle

Owners Manual

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

v. 1.0

Welcome to LifeSpan

Congratulations on choosing the LifeSpan Pro Series for your fitness facility or exercise area. Performance and durability are at the heart of each Pro series model, which include commercial warranties that cover institutional use up to nine hours per day.

We start with a heavy gauge robotically welded steel frame, then add top of the line components like a heavy-duty single piece crank, quality sealed bearings, and a commercial-grade brake system. The results are bikes that deliver a smooth and consistent workout for every user that will last for years to come.

To make the Pro series easy to use, we include our Intelli-Key™ system that simply and easily steps the user through the program set-up process. For motivation, we include a variety of pre-set programs, including heart rate control programs. This gives your customers the programming variety they appreciate.

Please read this manual thoroughly before assembly and operation of your LifeSpan Pro Series exercise bike. It includes assembly and maintenance information, as well as a detailed operation guide.

To keep your exercise bike in optimal condition, please pay attention to the maintenance and cleaning section of this manual. Remember that some kinds of service should only be performed by a qualified service technician. If service is required, please contact your authorized PCE Health and Fitness dealer. If a question or problem arises that cannot be answered by your dealer, contact us:

*PCE Health and Fitness
PO Box 981316
Park City, Utah 84098-1316
Phone: 801.973.9993 x4
Fax: 801.973.9923
www.lifespanfitness.com*

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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Limited Commercial Use Warranty

The LifeSpan R7000i Interactive Trainer comes with the following warranty.

Frame:	Lifetime
Parts:	5 Years
Labor:	2 Years

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included as outlined above on all parts that are not normally assembled or replaced by the customer. The customer may be responsible to pay for the Service Technician's travel time where travel in excess of 20 miles is required.

If within the time frames specified above, any part fails to operate properly, log on to our web site at www.lifespanfitness.com, click on Customer Support and complete the form to request assistance, or call 877-654-3837 x4 for a customer support agent.

PCE Health and Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Specifications

	R7000i	
<p>Console Readouts</p> <p>Display Programs</p> <p>Program Matrix Levels of Resistance Program Buttons</p> <p>Bluetooth USB Charging Port</p> <p>Heart Rate</p>	<p>Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Workload), Watts</p> <p>Multi-Color LCD Manual, Preset (17), User Set-up (2), Heart Rate Control (2)</p> <p>16 Rows by 20 Columns 16 Levels 4 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, and Weight Loss</p> <p>Yes 2 USB ports automatically save your exercise data and charge your wireless mobile device</p> <p>Hand-Grip Pulse and wireless Receiver (chest strap is not included)</p>	
<p>Mechanics and Performance</p> <p>Seat</p> <p>Seat Adjustment</p> <p>Seat Back</p> <p>Resistance System</p> <p>Pedals</p> <p>Max. User Weight</p> <p>Dimensions</p> <p>Transport Wheels</p>	<p>Molded with chair style armrest 14" Travel, 15 Positions Breathable Hybrid Self Generating Self balancing 400 lbs 73" x 28" x 46" Front Mounted</p>	
<p>Warranty</p> <p>Frame</p> <p>Parts</p> <p>Labor</p>	<p>Residential</p> <p>Lifetime</p> <p>5 Years</p> <p>2 Years</p>	<p>Commercial (up to 9 hrs/day)</p> <p>10 Years</p> <p>2 Years</p> <p>1 Year</p>

Important Safety Precautions

WARNING: READ ALL WARNING LABELS ON EQUIPMENT AS WELL AS THIS MANUAL PRIOR TO USE.

When using exercise equipment, basic precautions should always be followed, including:

- Never drop or insert any object into any opening.
- Never operate your bike if it has been damaged.
- Do not use outdoors, near swimming pools or in areas of high humidity.
- Keep products on a solid, level surface. Do not operate on deeply padded, plush or shag carpet. Damage to the carpeting may result.
- Use the exercise product for its intended use as described in the Owners Manual.
- Do not use attachments that are not recommended by LifeSpan.
- Wear shoes with rubber or high traction soles.
- Do not use shoes with heels, leather soles, cleats or spikes.
- Keep hands and feet away from moving parts.

WARNING: Do not lean on or use the console as a handlebar. Do not use the console to pick up or move the product.

- Only trained personnel should service this equipment.
- Do not place liquids on the unit except where there is a bottle holder or accessory tray.

Children and Pets

- Keep children off the bike at all times, unless they are being properly supervised.
- When in use, children and pets should be kept at least 10 feet away.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

Cleaning

- Clean only with mild soap and a slightly damp cloth. Never use solvents when cleaning.

Note: Read all instructions before beginning use.

Starting an Exercise Program

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations.

Before you begin an exercise program, or substantially increase your level of activity, be sure to consult your primary care physician. In preparation for a visit you may also want to take the PAR-Q Assessment. This Physical Activity Readiness Questionnaire (PAR-Q) will help you determine your suitability for beginning an exercise program and prepare you for discussing your physical activity program with your physician.

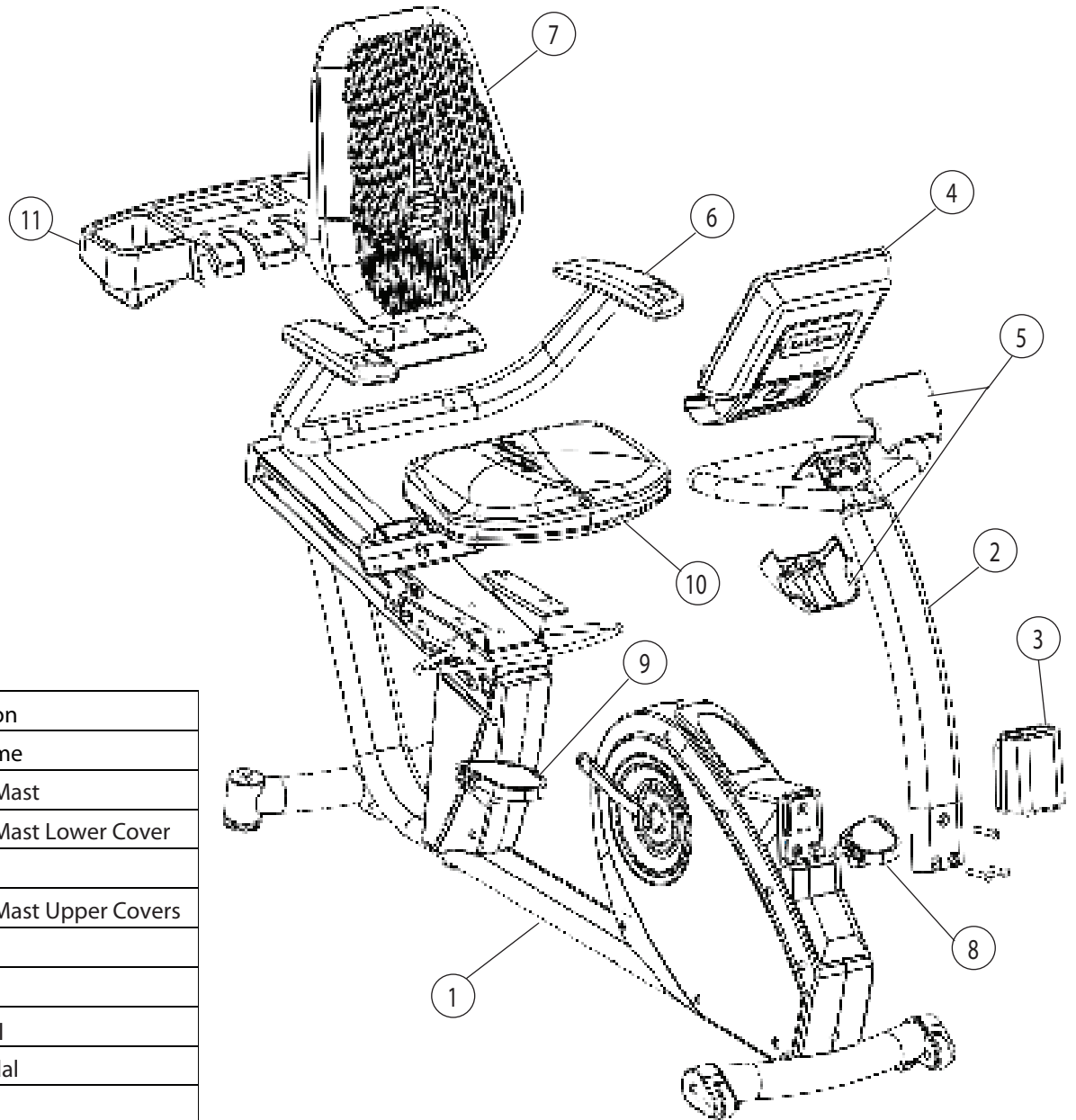
1. Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
2. Do you feel pain in your chest during physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness?
5. Do you ever lose consciousness?
6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
7. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
8. Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more of the questions, if you are over 40 years of age and have been inactive or if you are concerned about your health, consult a physician before beginning an exercise program or substantially increasing your physical activity. If you answered no to each question, then it's likely you can begin an exercise program.

Assembly

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

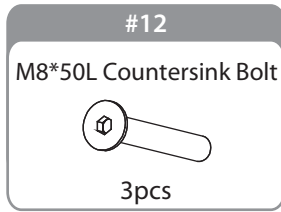
Since your recumbent bike is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



Item#	Description
1	Main Frame
2	Console Mast
3	Console Mast Lower Cover
4	Console
5	Console Mast Upper Covers
6	Armrest
7	Seatback
8	Left Pedal
9	Right Pedal
10	Seat
11	Storage Tray

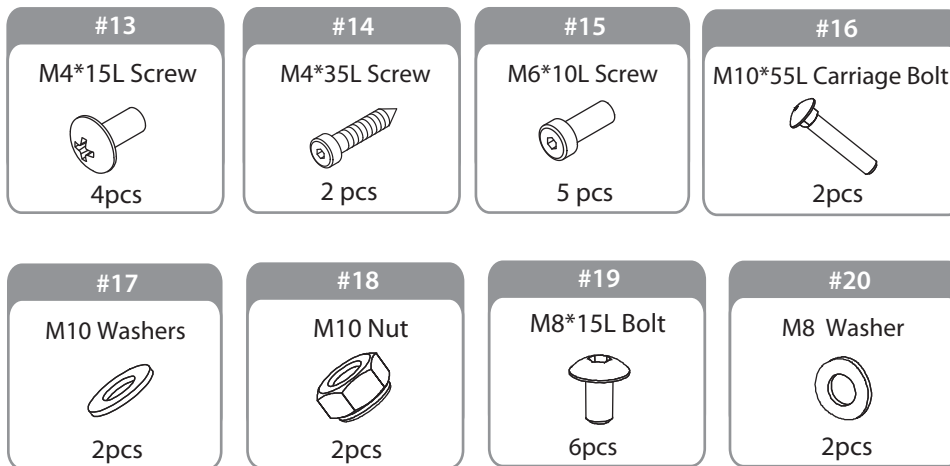
Hardware

Located in hardware bag



Pre-installed hardware

Hardware will need to be removed and re-installed during the installation process



Step 1: Remove Components from Box

- A. Remove plastic bags and lay all parts out on the floor.
- B. Locate the hardware bag.

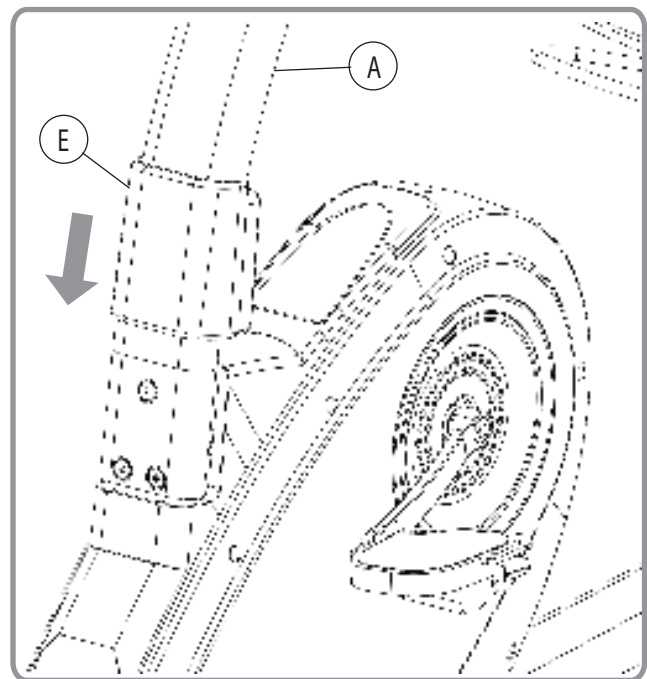
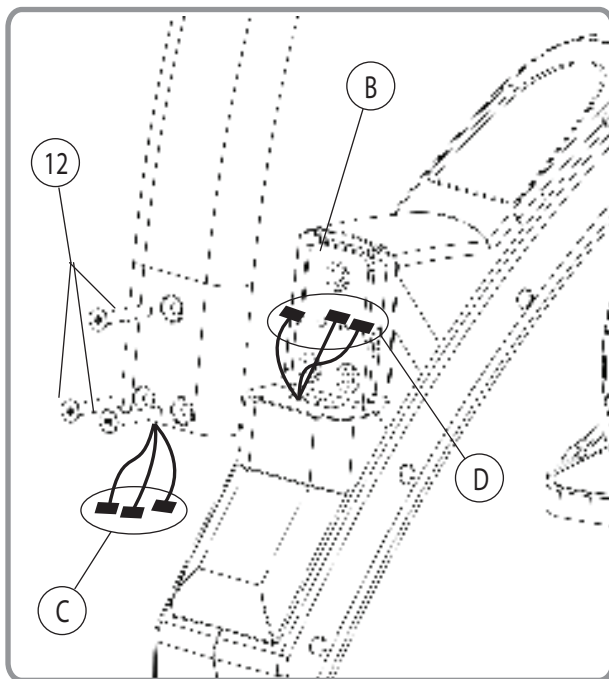
Step 2: Install Console Mast and Lower Mast Cover

Note: Make sure the lower mast cover (E) is on the console mast (A) prior to connecting the 3 connectors in step A.

- A. Hold the console mast (A) close to the main frame mount (B) and connect the three connectors (C) from the bottom of the console mast to the three connectors (D) coming from the main frame.

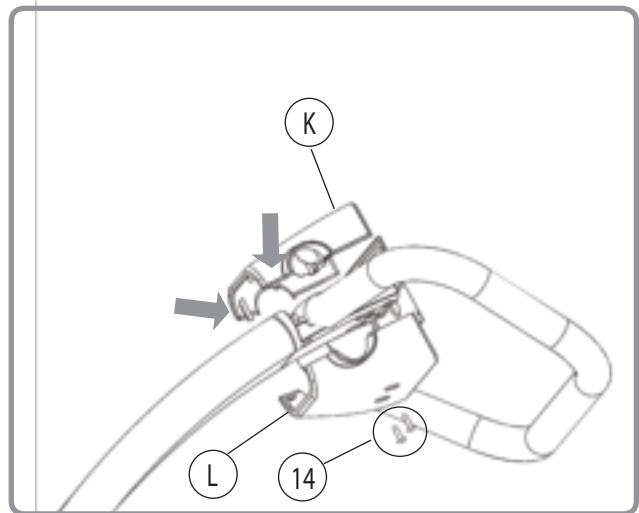
Note: The two-pin connectors coming from the bottom of the console mast can plug into either two-pin connector from the main frame. If color-coded, match colors.

- B. Carefully push all wires into the mast tube or main frame so they are not pinched when mounting the console mast to the main frame.
- C. Line the three mounting holes on the bottom of the console mast (A) to the 3 holes on the main frame mount (B) and install the three counter sink screws (12) provided in the hardware bag.
Note: Do not fully tighten the bolts until all three are installed
- D. Slide the lower mast cover (E) down the mast until it clicks into place at the base of the mast.

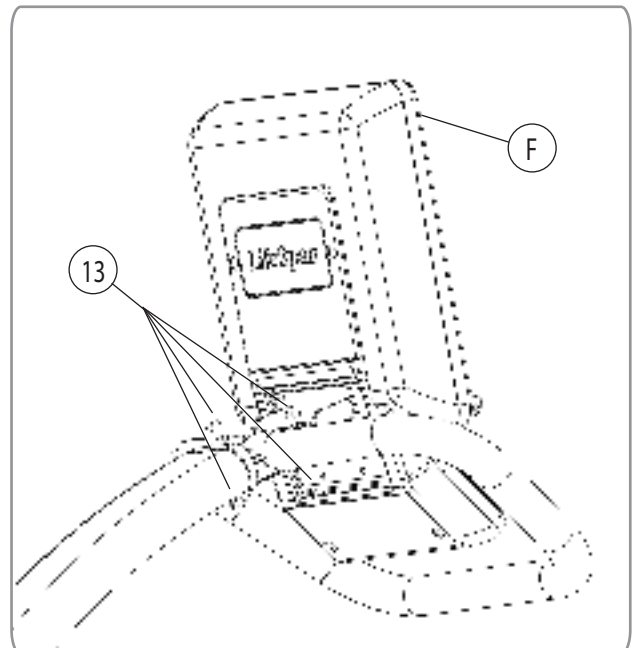
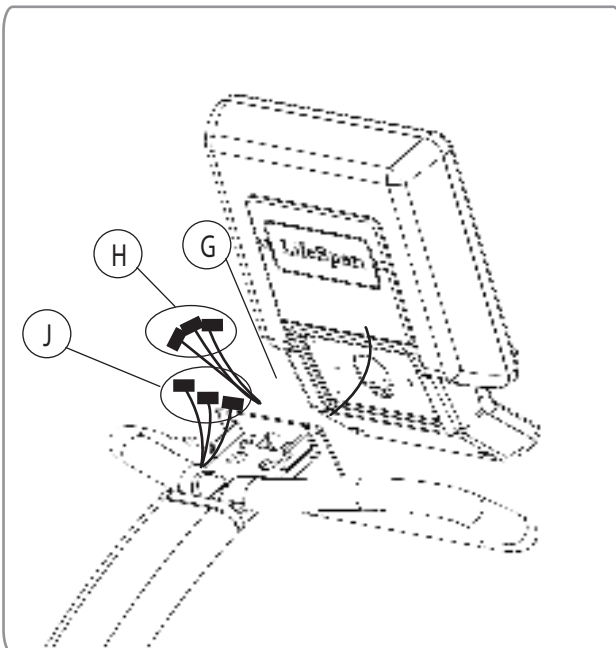


Step 3: Install Console Assembly

- A. Remove the the upper and lower console covers (K & L).
1. Remove the two screws (14) from the bottom cover.
 2. Press in at the locations indicated in the figure on the right to release the snaps and separate the two halves.

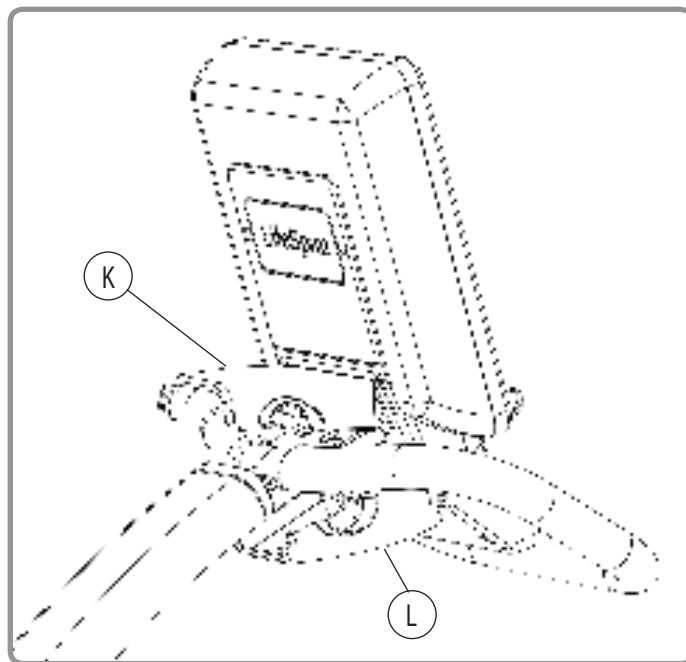


- B. Remove the 4 attachment screws (13) from the back of the console (F).
- C. Slide the 3 connectors coming from the back of the console thru the center hole in the console mount bracket (G).
- D. Line the mounting holes in the back of the console with the holes in the console mount bracket and install the 4 previously removed screws (13).
Note: Do not tighten any screws until all 4 are installed
- E. Connect the 3 connectors coming from the back of the console (H) to the three connectors coming from the top of the console mast (J).
Note: The two-pin connectors coming from the console can plug into either two-pin connector from the console mast. If color-coded, match colors.
- F. Carefully tuck all extra wire into the back of the console or into the console mast tube.



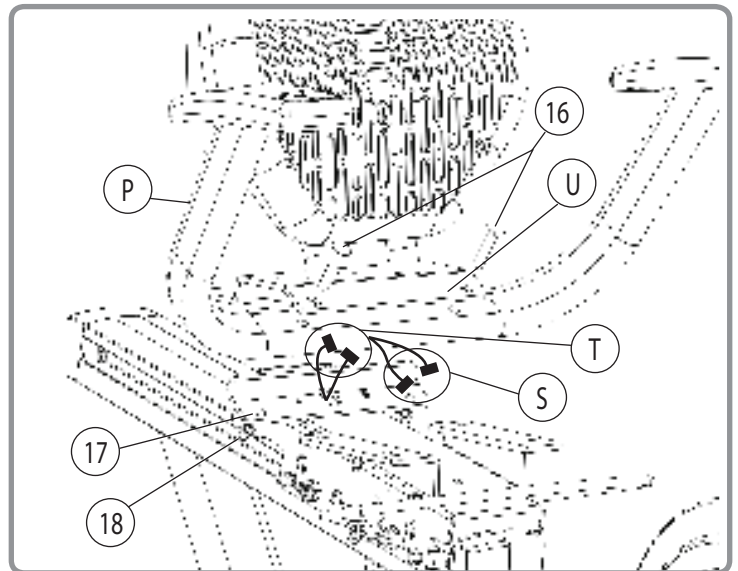
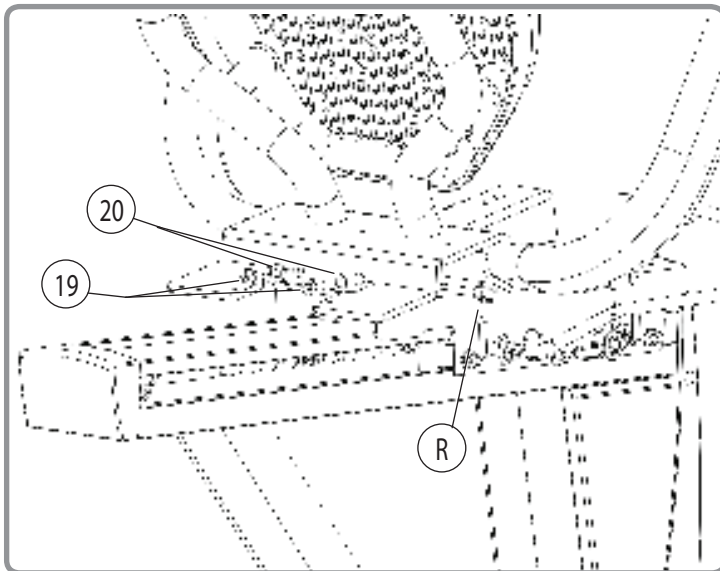
Step 4: Install Upper Console Mast Covers

- A. Being careful not to pinch the wire harnesses from the console, tilt the top portion of the top cover (K) down and into the back of the console. Carefully tilt the bottom of the top cover downward until it fully seats down over the handlebar.
- B. Install the lower cover (L) onto the upper cover and install the 2 screws (14) removed in step 3A.
Note: Do no over-tighten these screws



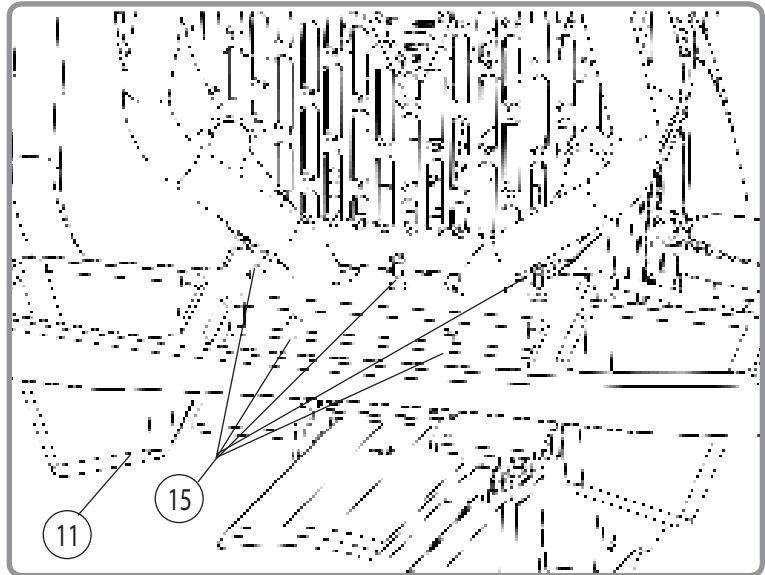
Step 5: Install Armrest and Seat Back Frame Assembly (This step may require 2 people)

- A. Remove the two Carriage bolts (16) with nuts (18) and washers (17) from the Armrest Assembly (P).
- B. Remove the two Allen head bolts (19) and washers (20) from the back of the Seat Slide Frame (R).
- C. While holding the armrest over the two mounting holes in the seat slide frame, attach the two connectors (S) coming from the bottom of the armrest to the two connectors (T) coming from the seat slide frame.
Note: The two-pin connectors coming from the seat slide frame can plug into either two-pin connector from the bottom of the armrest. If color-coded, match colors.
- D. Place the armrest on the seat slide frame and line up the bolt holes. Place the seat back frame (U) over the armrest and install the two carriage bolts (16) through the mounting holes and secure with the washers (17) and nuts (18) removed in step 1. Do not tighten yet.
- E. Install the two Allen bolts (19) and washers (20) removed in step B and tighten.
- F. Tighten the two carriage bolts installed in step D.



Step 6: Install Storage Tray

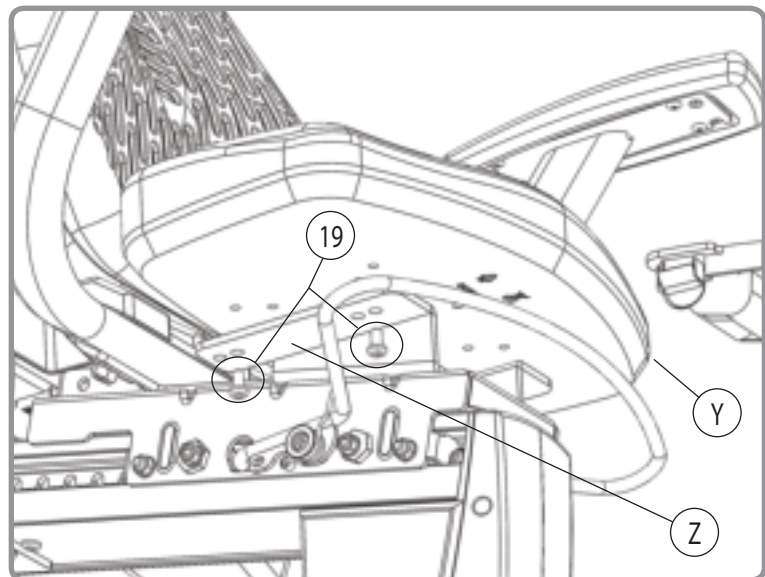
- A. Remove the 5 Allen screws (15) from the seat slide frame.
- B. Install the storage tray (11) onto the seat slide frame.
- C. Line up the mounting holes and re-install the 5 Allen screws removed in step A.



Step 7: Install Seat Bottom

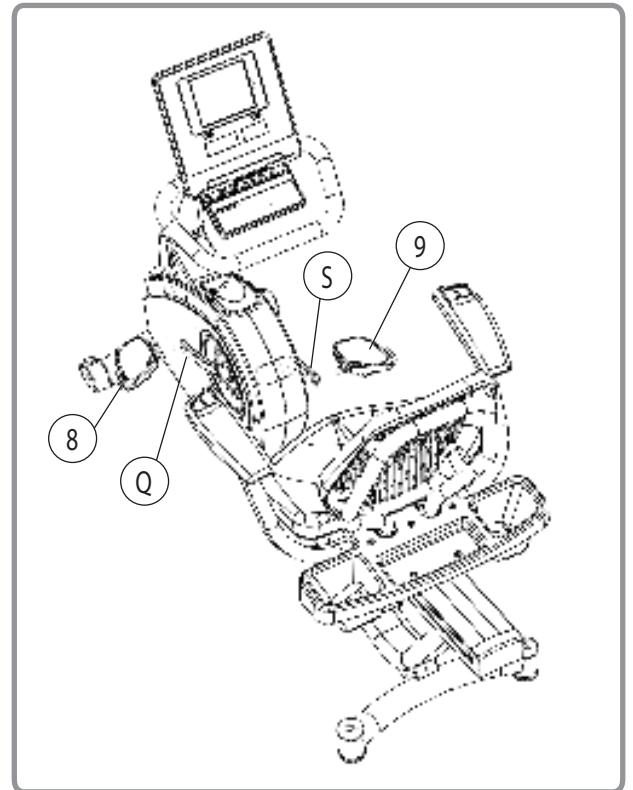
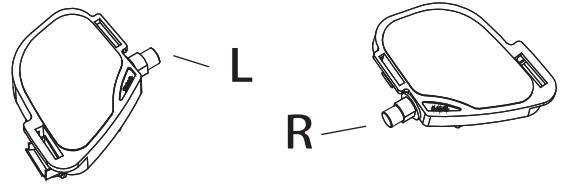
- A. Remove the 4 bolts (19) from the bottom of the seat (Y) noting the holes that they are removed from.
Note: There are two sets of holes in the seat mount (Z). The front set of holes is recommended.

- B. Line the seat bottom up with the preferred set of holes in the seat mount and install the four bolts previously removed in step A. Do not tighten until all four bolts are installed.



Step 8: Right and Left Pedal Assembly

- A. Identify which pedal goes on the right side and which goes on the left side by locating the "R" on the bolt of the right pedal (9) and the "L" on the bolt of the left pedal (8).
- B. Hand tighten the right pedal (9) into the right crank arm (S) by turning **clockwise**.
- C. Hand tighten the left pedal (8) into the left crank arm (Q) by turning **counter clockwise**. Be careful not to cross thread the threads.
- D. Tighten both pedals with a 15mm wrench.



Step 9: Setting Date and Time

To set the date and time of day in your console follow these steps:

1. **Press** any of the program group buttons for 3 seconds to initiate the date and time set up mode. The screen will change to update Calendar. Press ENTER
2. **Press the UP / DOWN** buttons to set the correct YEAR. Press Enter
3. **Press the UP / DOWN** buttons to select the correct MONTH. Press Enter
4. **Press the UP / DOWN** buttons to select the correct DAY. Press ENTER
5. **Press the UP / DOWN** buttons to set the HOUR. Press ENTER
6. **Press the UP / DOWN** buttons to set the MINUTES. Press ENTER

Display Console Overview

Console Buttons

The R7000i comes with our innovative Intelli-Key feature that will prompt you through console operations by using intelligent lights on the buttons that automatically flash when they need to be pressed to continue operations.

Quickstart: Press the START button to begin a Manual workout without having to set any individual information. When the program begins your workout time will start counting up from 00:00 and you can manually adjust the resistance using the UP and DOWN arrows.

Pause: If you need to temporarily stop your workout, press the PAUSE button to PAUSE. To RESTART the workout, press the START button. After 1 minute of no activity the console will turn off.

Note: Because this is a self-generator type bike, if it is not being pedaled, the console will shut off and all workout information on the console will reset.

Reset: To RESET the console, press and hold the PAUSE button for 3 seconds.

Enter: The ENTER button is used to Select each piece of information needed during program setup, including Program, Workout Level, Workout Time, and Your Weight. If you do not enter a Weight, the system will use a default weight of 150lbs.

Arrows: These buttons are used to modify the value of each selection entered during the setup process and to change the workout resistance during use.

Program Buttons: The R7000i has Program Group buttons. These are designed to help you add variety to your exercise program while staying consistent with your exercise goals. To quickly select a specific program that matches your workout objective use one of the program buttons. These 4 buttons group the programs into Heart Rate Training, Healthy Living, Sports Training, and Weight Loss. Depending on which button you select, there are multiple programs in each. To look at the next program within each group just press the Program Group button again to scroll to the next option.



Display Console Overview (**Continued**)

Alpha Numeric Window: The R7000i comes with a 16 character alpha window that is used to show the program name and set user functions like date and time.

Workout Feedback: The R7000i display window will simultaneously display the following workout information:

- Speed:** The speed you are traveling in Miles Per Hour (this reading can be changed to Kilometers by using the Engineering Mode.)
- Calories:** Estimated calories burned since the beginning of the workout
- RPM:** Number of Pedal Revolutions per minute
- Pulse:** Your measured heart rate using the hand pulse sensors located on the handlebars
- Distance:** Total distance traveled in miles or kilometers since the beginning of the workout
- Time:** The workout time elapsed or the workout time remaining
- Watts:** Exercise workload using this common unit of measure

Misc. Information Display: The R7000i will also show the following information. This information will be used as part of the USB feature to save your workout information on the date and time of your workout.

- Date:** The date is presented as the year / month / day below the program matrix.
- Time:** The time of day is shown in the bottom center window when the console is not in use.

Custom User Set-up Programs

There are two user programs provided on the LifeSpan R7000i bike. These programs provide you with the ability to establish a customized program profile specific to your workout requirements. For each user set-up program you can select the resistance level for each of the 20 program matrix columns by pressing the up/down buttons to adjust the desired level of resistance and then the enter button to select that specific level.

Once a program is set up, simply scroll to the User program and push the start button. To modify the program after it is established, select the program and then push the Enter button.

My Zone Heart Rate Control Programs

The R7000i has 2 MyZone Heart Rate control programs. In each of these programs you will set your target heart rate and the console will automatically adjust the resistance to maintain your heart rate at either a CONSTANT level or at an alternating LOW and HIGH level.

You will need to use the hand pulse sensor to receive your heart rate throughout the course of the workout. You can also purchase a chest strap for a wireless heart rate readout.

Constant Heart Rate Control (HRC1): The “Constant” program lets you select a single heart rate that you want to maintain throughout your workout. Typically for Weight Loss set the target at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum. After 3 minutes of warm up, the pedaling resistance will automatically be adjusted every 10 seconds to get your heart rate up to the preset level that you selected and then maintain your heart rate during the workout. Refer to the Heart Rate Training section of this manual to determine your optimal training zones based on your age and exercise objectives or visit:

http://www.lifespanfitness.com/article_weight_calc2.asp.

Interval Heart Rate Control (HRC2): The “Interval” program is designed to help you increase your aerobic endurance and improve heart rate recovery. This program lets you select a LOW or recovery target heart rate and a HIGH target. After a 3 minute warm-up the console will adjust the pedaling resistance every 10 seconds to maintain your heart rate at the LOW or recovery target for 2 minutes. Then the console will adjust the resistance to raise your heart rate to the HIGH target that you selected and once again keep it at this level for 2 minutes. After holding your heart rate at this HIGH setting for 2 minutes the resistance will be reduced every 10 seconds until you reach the LOW level and then repeat the process until the end of the workout. It is recommended that you set the workout time to 25 minutes or higher to use this program effectively.

Operating Your R7000i Bike

Setting the Date and Time:

To set the date and time of day in your console follow these steps:

1. **Press** any of the quick program buttons for 3 seconds to initiate the date and time set up mode. The screen will change to Update Calendar. Press ENTER
2. **Press the UP / DOWN** buttons to set the correct YEAR. Press ENTER
3. **Press the UP / DOWN** buttons to select the correct MONTH. Press ENTER
4. **Press the UP / DOWN** buttons to select the correct DAY. Press ENTER
5. **Press the UP / DOWN** buttons to set the HOUR. Press ENTER
6. **Press the UP / DOWN** buttons to set the MINUTES. Press ENTER

Starting in Manual Mode

The quickest way to get started is to press the START button. Pressing the START button will select the Manual program and the TIME will start counting up from 00:00. You can also press ENTER to select the Manual program. Using the ENTER button will allow you to set a specific workout TIME, and set your WEIGHT.

Starting a Preset Program

1. **Select Program** - Use the Program buttons to select your desired Exercise Program. Each program button has multiple programs that you can scroll through. Each time you press the program button you will move to the next program option. Once you find the desired program press enter.
2. **Set Program Level** - There are 2 levels of intensity with each preset program (1 being the easiest and 2 being more difficult).
Use the UP / Down arrows to make the selection then Press Enter.
3. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
4. **Set Weight** - Set your WEIGHT in the console using the UP / DOWN arrow keys. Press Enter
5. Press the **START** button to begin your workout.

Custom User Set-up Programs

User programs need to be set-up before they can be used. To set up a user program:

1. **Select USER1 or USER2 Programs** - Use the UP / DOWN arrow keys to select the USER1 or USER2 programs. Press Enter.
2. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
3. **Set Weight** - Set your WEIGHT in the console using the UP / DOWN arrow keys. Press Enter
4. **Set Level** - Select the level for each segment in the exercise program. Press Enter and repeat until all 20 segments are complete.
5. **START** – press the START button.

Once the program has been set up, simply scroll to the USER1 or USER2 program and press START. If a change to the program needs to be made press Enter and make the necessary changes.

Operating Your R7000i Bike (Continued)

Using Heart Rate Control Programs

The constant Heart Rate Control program requires that you set a heart rate that the display console will maintain throughout the workout and the Interval requires that you set a LOW and a HIGH heart rate.

HRC – Constant:

1. **Select HRC1** - Use the UP / DOWN arrow keys to select the HRC1 program. Press the Enter button to select.
2. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up and 3 minutes of cool down.
3. **Set Weight** – enter your weight using the UP / DOWN arrow keys. Press Enter
4. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
5. **Set Target Heart Rate** - set your target heart rate using the UP / DOWN arrow keys. Press Enter
6. Press the **START** button to begin your workout.

HRC – Interval:

1. **Select HRC2** - Use the UP / DOWN arrow keys to select the HRC 2 program. Press the Enter button to select.
2. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up and 3 minutes of cool down.
3. **Set Weight** – enter your weight using the UP / Down arrow keys. Press Enter
4. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
5. **Set HIGH Target Heart Rate** - Set your HIGH Interval training rate using the UP / DOWN arrow keys. Press Enter.
6. **Set LOW Target Heart Rate** - Set your LOW Interval training rate using the UP / DOWN arrow keys. Press Enter.
7. Press the **START** button to begin your workout.

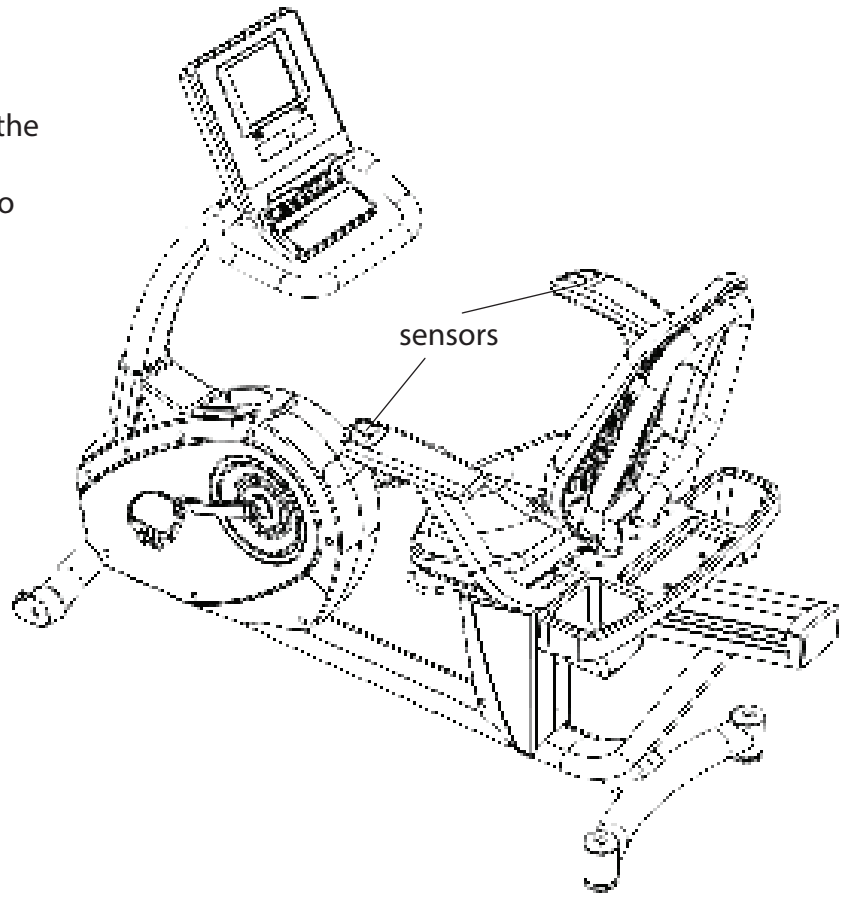
Operations

While exercising you can change the Resistance Level by pressing the UP / DOWN buttons. To pause your exercise program press the START button and to reset your program, press the START button for 3 seconds.

Reading Your Heart Rate

Contact Heart Rate Sensors are built into the stationary hand grips of the R7000i to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands, or you can warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.



Program Overview

The R7000i comes with an assortment of programs that will give you the variety you need to get the maximum results from your exercise program. Each program has 2 preset levels of difficulty that you can select from during the setup process. During operation, levels can also be changed.

Sports Training

Long Slow Distance: (default to 40 minutes)

Long Slow Distance is a great workout for everyone! Beginners can ease into their exercise program with this workout, being sure to do this workout at least a minimum of once a week to maximize overall cardiovascular endurance development. Long Slow Distance workouts are also great for experienced exercisers to do on days following a harder, higher intensity workout.



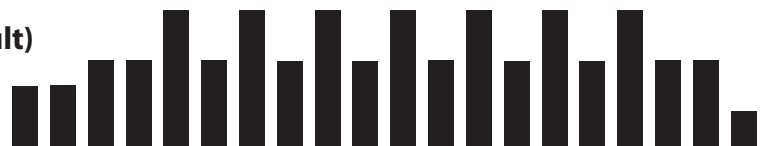
short interval-1 : (20 minute workout default)

Short Intervals are ideal for beginning exercisers that want to start gaining the benefits of interval workouts but aren't quite ready for a harder and longer intensity interval workout. Short Intervals are also ideal for experienced exercisers to develop their speed and anaerobic fitness. Short Interval workouts are fun to do after you have had a few days exercising for a longer duration at a slower pace. Remember, it is important to vary your exercise intensity and exercise durations to maximize your overall fitness development so be sure to include some interval workouts in your exercise program at least once or twice a week.



Moderate Interval: (30 minute workout default)

As you begin to exercise on a regular basis and feel your fitness improving you will be ready to begin doing "Moderate Intensity Interval" workouts. You should begin with an intensity that is easy and then progress to an exercise intensity that is challenging but not too difficult. Remember in this workout you alternate between an easy recovery interval followed by a higher intensity interval. You should feel comfortable to push yourself as you do this workout as you are never too far away from an easier recovery interval. This workout will improve your overall aerobic endurance while also maximizing your anaerobic fitness development.



Program Overview

Long Interval: (40 minute workout default)

Long Interval workouts are great to maximize calorie burn and improve your anaerobic fitness, your ability to exercise harder, at a higher intensity level. As in the Moderate Interval workouts, remember you have a recovery period after each higher intensity interval so you can comfortably push yourself to exercise at a progressively higher level.



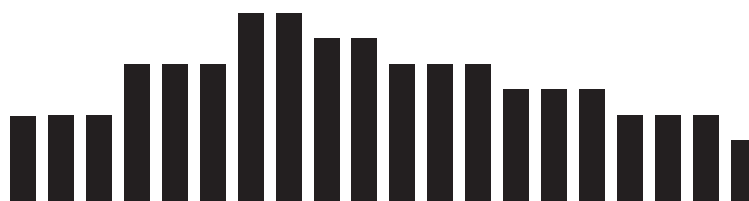
Negative Interval-1: (30 minute default)

The Negative Interval 1 workout will provide you with all the benefits of the steady pace workout but push you to slowly obtain a progressively higher steady state exercise intensity and then allow you to slowly decrease the exercise intensity. As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to a higher peak in your overall exercise intensity in this workout. .



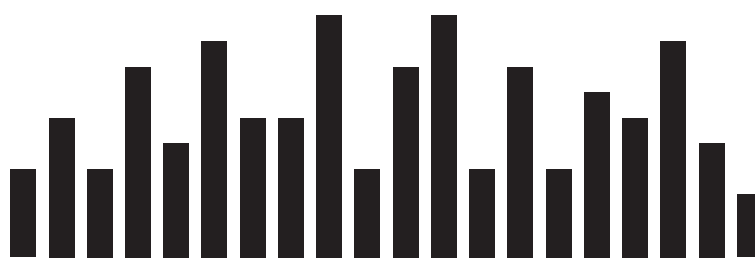
Neg. Interval-2 (30 minute default)

The Negative Interval 2 workout has been designed to provide your body with a workout that begins with a slight increase in exercise intensity, then continues the workout at a set intensity, and ends with a progressive decrease in exercise intensity. A workout with an increase and decrease in exercise intensity at the beginning and end of the workout will most ideally develop your overall aerobic cardiovascular endurance. A workout that decreases in intensity is also ideal for maximizing calorie burn, but most ideally when done for a longer duration, such as 40 or 50 minutes.



Fartlek

Varying your exercise intensity with a constantly changing interval workout that starts out at an easy pace and then increases to a moderate or higher intensity pace will add some great variety into your workouts, make your workouts go by faster than you ever imagined while providing your body and mind with great fitness benefits. Constantly varying intensities in a workout have been found in brain research to have great benefits on improving overall brain fitness. Increasing your exercise intensity at constantly changing intervals and then dropping that intensity to just a slightly lower level, and then returning to the higher level has great anaerobic cardiovascular fitness development on the body. You know you are adequately pushing yourself in the higher intensity intervals if you find you can still talk during the exercise, but if you can “sing” you might consider pushing yourself a bit harder.



Program Overview

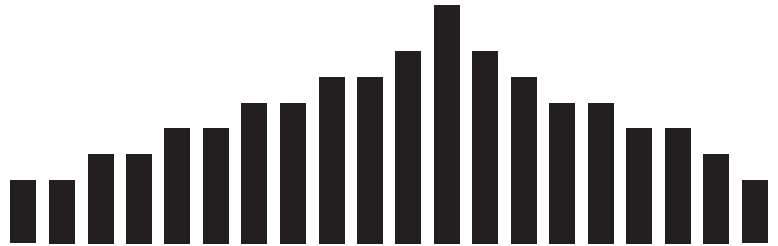
Healthy Living

Uphill Climb

Gradually increase the intensity of your exercise with this fun Uphill Climb workout.

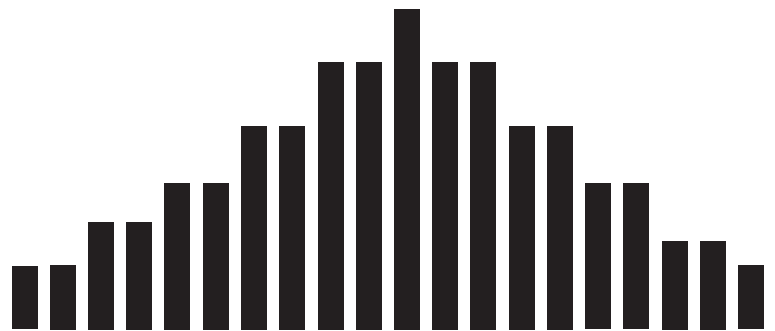
The goal of the Uphill Climb workout is to stimulate your body to improve your overall cardiovascular fitness, while also maximizing muscle cell development in working muscles.

The LifeSpan Uphill Climb workout has been designed to start out at a very slow, comfortable pace and gradually increase to a peak intensity then gradually decrease in intensity back down to your starting level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration and still benefit from the higher intensity workout as you gradually slow down towards the end of this workout and return to your starting level.

**Pyramid Climb:**

Gradual increases in intensity during your workouts are ideal to stimulate your body to improve overall cardiovascular fitness, while also maximizing muscle cell development in working muscles. The Pyramid Climb workout

has been designed to start out at a very slow, comfortable pace and gradually increase to a peak intensity then gradually decrease in intensity back down to your starting level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration and still benefit from the higher intensity workout as you gradually slow down in this workout and return to your starting level.

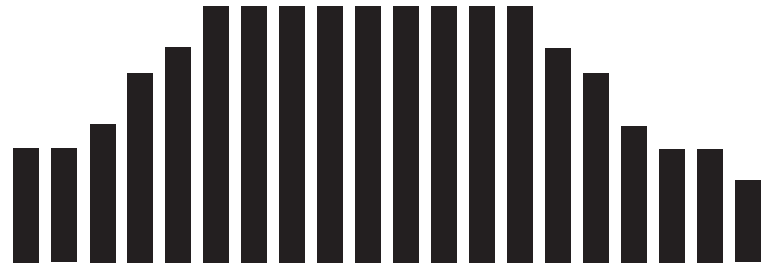


Program Overview

Plateau Climb:

A Plateau Climb workout will provide you with all the benefits of the other steady state workouts, but push you to maintain a higher steady state intensity exercise level.

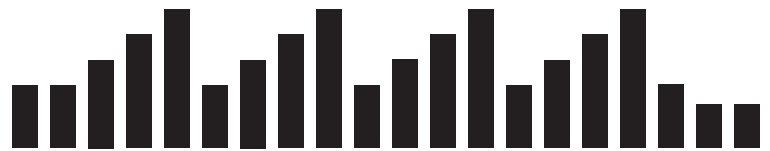
As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to higher overall exercise intensity for longer periods of time. Remember, if you simply get on your bike and go at the same pace, for the same amount of time every day when you workout, your body will only improve to the level of the workouts you are currently pushing yourself to do. In order to improve your overall health and fitness, you need to always “change” your workouts so you don’t do the same workout within one week, while at the same time slowly increase your overall exercise intensity while also increasing your overall exercise time.



Ladder

One of the greatest benefits of exercise are the direct benefits exercise has on the heart and cardiovascular system.

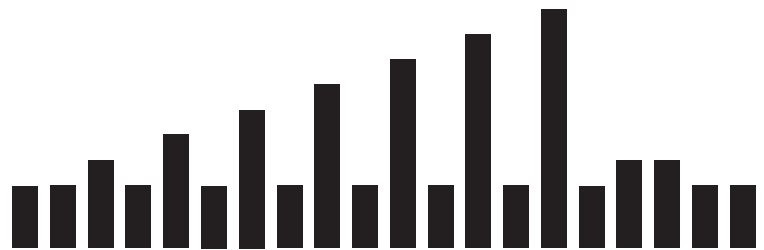
The Heart Health Ladder has been specifically designed to provide your heart and cardiovascular system with a series of progressively harder exercise intensity's that will improve your overall aerobic endurance, while also stimulating your anaerobic endurance. Remember as you go through this workout that it may be challenging for a few minutes, but each progression has been carefully timed to also provide recovery intervals after the highest intensity interval, so you can feel good as you exercise and comfortably push yourself to improve your cardiovascular fitness.



Uphill Interval

Uphill interval workouts are unique in that they provide your body with the benefits of an interval workout, with the added benefit of gradually increasing the overall intensity of the maximum level intervals throughout the workout.

In this workout you should begin at a level that is comfortable, and then you will gradually increase the intensity during each maximum interval, pushing yourself to a slightly higher intensity each time knowing that you have a recovery interval as soon as you complete the maximum intensity interval. During this workout you will also maximize overall calorie burn during each of your higher intensity intervals, while at the same time working on improving your overall anaerobic fitness.



Program Overview

Weight Management

Steady Pace:

Improve your fitness while also stimulating your body to burn more fat with this workout.

Steady Pace workouts are great for helping

you establish an improved overall endurance base. Most “Steady Pace” workouts focus on maintaining one set workload level throughout the entire workout. As you begin the Steady Pace workout your intensity level will start out at a very slow pace, then increase to a moderate pace for the duration of your workout. Your goal is to be sure you are exercising within a low moderate intensity to a high moderate intensity during the workout. The goal of this workout is to maintain a steady pace from within a set minimum and maximum effort range that has been selected to target ideal calorie utilization throughout the workout.



Long Slow Distance-2 : (default to 40 minutes)

Long Slow Distance is a great workout for everyone! Beginners can ease into their exercise program with this workout, being

sure to do this workout at least a minimum of once a week to maximize overall cardiovascular endurance development. Long Slow Distance workouts are also great for experienced exercisers to do on days following a harder, higher intensity workout.



Cardio Ride:

Cardio Ride is a steady pace workout but at a higher intensity than the “Long Slow Distance” workout. Cardio Ride is a more intermediate or advanced workout,

designed to motivate you to achieve a more challenging steady pace and maintain that pace for the full duration of the workout. Cardio Ride is a great workout if you are training for a special event, such as a 5k run or just striving to improve your overall cardiovascular fitness.



Short Interval-2 : (20 minute default)

Short Interval workouts have been found in research studies to be ideal for those striving to increase their weight loss, and improve their overall cardiovascular fitness.

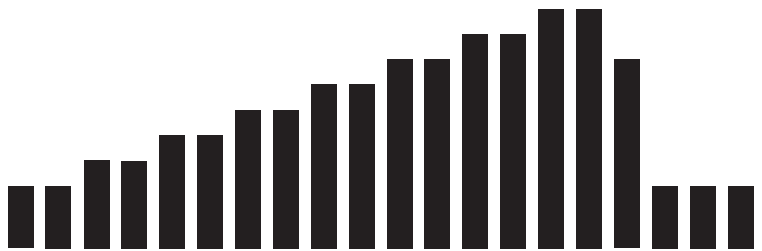
Varying your exercise intensity during a workout from a moderately slow level to a high intensity for a set period of time and repeating that progression for a complete workout will maximize the total number of calories burned during a workout. A second benefit is the individual will not be forced to maintain a high intensity exercise level throughout the entire workout. The short interval recovery periods allows the body to more successfully exercise at a higher intensity than might otherwise be comfortable for the individual for a complete workout duration.



Uphill Climb:

The Uphill Climb gradually increases the intensity of your exercise peaking at a high intensity. The goal of the Uphill Climb workout is to stimulate your body to improve your overall cardiovascular fitness, while also

maximizing muscle cell development in working muscles. The Uphill Climb workout has been designed to start out at a slow, comfortable pace and gradually increase to a peak intensity then with a quick decrease in intensity back down to a recovery level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration.



Leveling

Your R7000i bike comes with two leveling feet (S) in the back and two stationary feet (T) in the front. Gently rock the bike back and forth to see if any of the feet are not sitting on the floor. Adjust the rear feet (S) until all 4 feet are sitting on the floor.

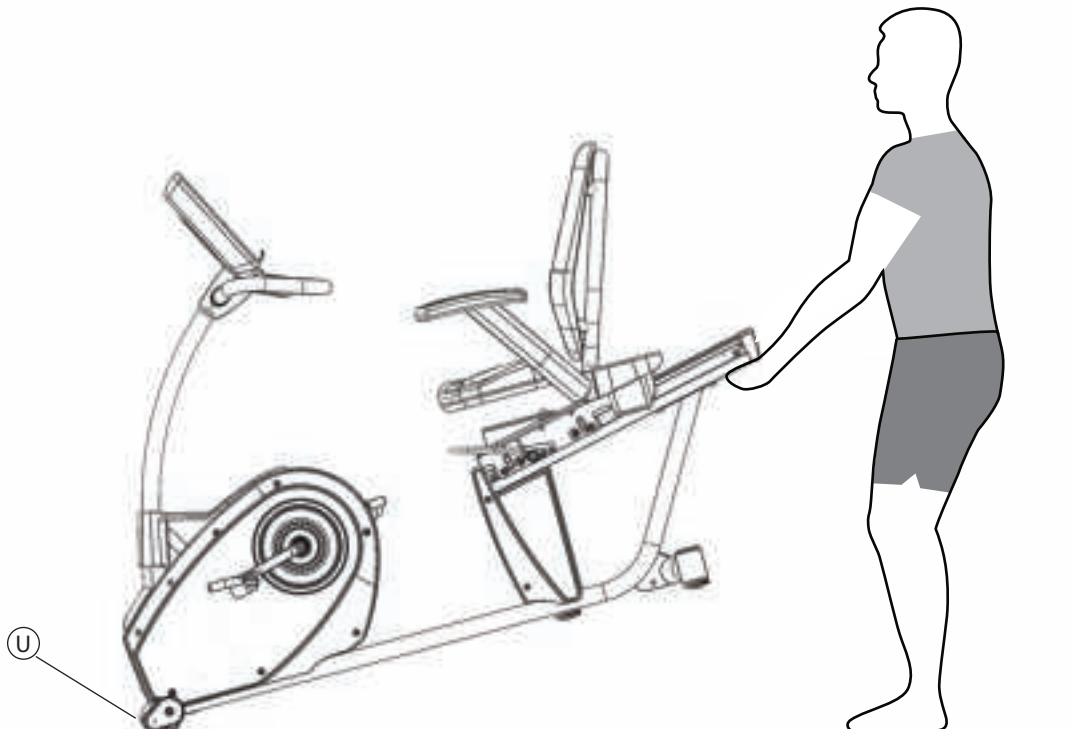
Hint: if the right front foot is not solid on the floor, turn the left rear foot counterclockwise to tilt the right front foot down to the floor.

Once the front and rear feet are sitting on the floor, screw the stabilizer foot (W) down till it contacts the floor.



Moving

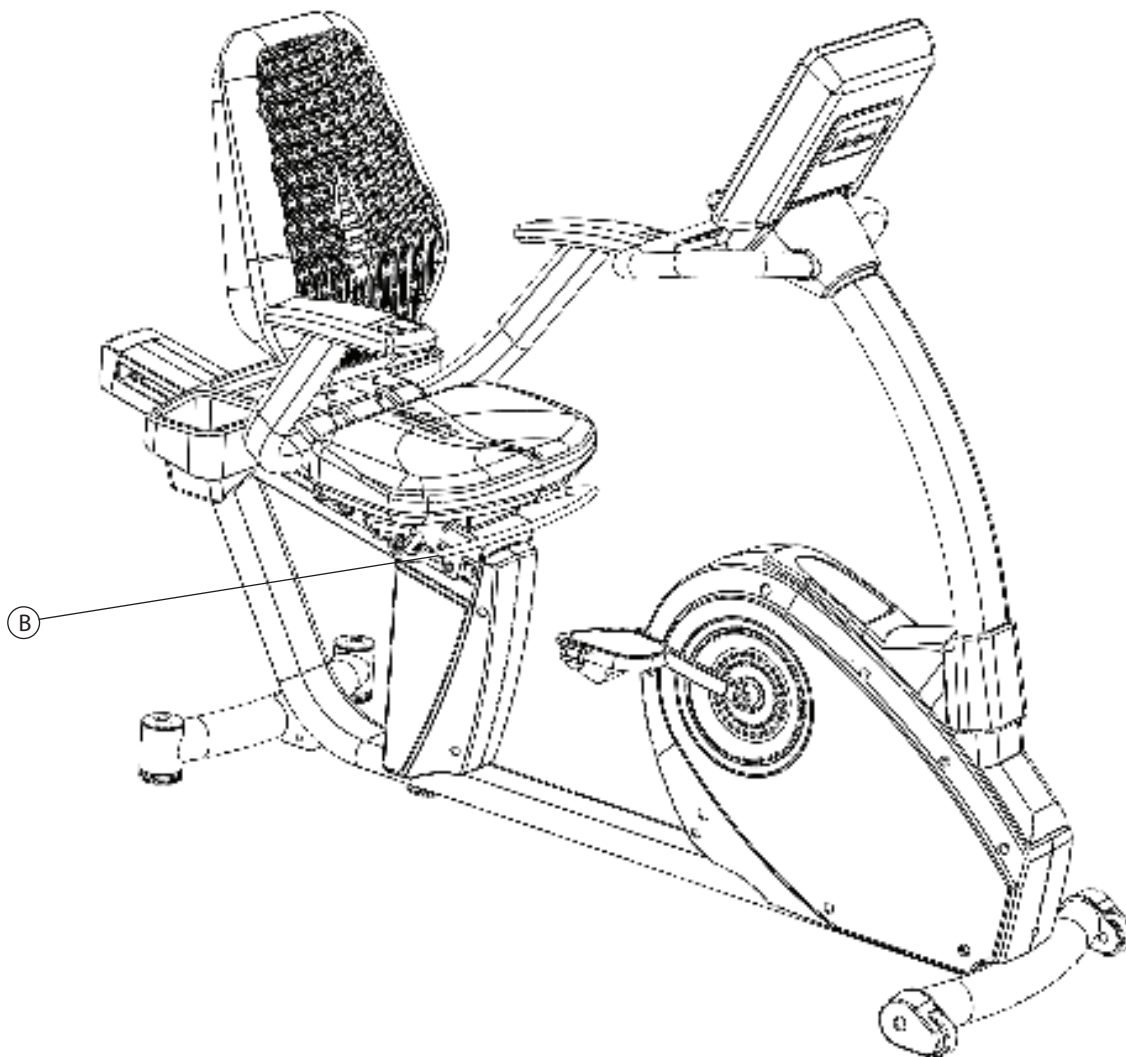
Your R7000i bike is equipped with two transport wheels (U) located on the front support. Carefully lift the back of the bike up until the transport wheels make contact with the floor and roll the bike to the desired location. Be sure to bend your knees and use proper lifting techniques while moving this product. It may be difficult to roll the bike in plush carpeting.



Seat Adjustments

Seat Fore/Aft Adjustment

Your R7000i bike comes with 14" of seat travel. The seat can be moved by pulling up on the seat lock handle (B) and sliding the seat forward or back to the desired location. To lock the seat, simply release the seat lock handle and slide forward or back till the seat locks locks in place.



Engineering Mode

To Enter Engineering Mode, Press and hold the Pause Button and the Up button for 3 seconds. The console will beep and display Engineering Mode.

Function	Display
	Engineering Mode 2012/05/21 v1.0
Press Enter. The display will show Roller. This is something that does not need adjustment	Roller Roller 183
Press Enter. The display will show Select the units. Press the up or down buttons to change between Si (metric) or EN English modes.	Select the Units Si or EN
Press Enter. The display will show Power Saving: On or Off. Use the Up or down buttons to change between on or off.	Power Saving On/Off
Press Enter. The display will show Total Distance. It will show 1 digit on the left and 3 digits on the right for a total of 4 digits. This is the total number of miles or Kilometers accumulated.	Total Distance 0 000
Press Enter. The display will show Total Hours. It will show 1 digit on the left and 3 digits on the right for a total of 4 digits. This is the total number of hours the bike has been used.	Total Hours 0 000
Press Enter	Console goes back to normal operating mode

Troubleshooting

Problem: Unit is unstable or rocks while in use.

Solution: Make sure unit is on a solid, level surface. Adjust the rear adjustment feet until all 4 feet are sitting solid on the floor. Once level, turn the center foot down till it touches the floor.

Problem: No power at console when pedaling.

Solution: Make sure all connections made during assembly are good. Pedal at an RPM of at least 60 for 30 seconds. If no power, contact LifeSpan customer service.

Problem: Rough feeling in pedals when in use.

Solution: If everything is tight, contact LifeSpan Customer Service for replacement pedals

Problem: Excess play in the handlebars or frame components.

Solution: Go over the R7000i to make sure all assembly hardware is tight.

General Maintenance

1. Keep the unit clean and dry. It is a good idea to wipe the unit down after each workout to keep it clean.

LifeSpan™

RECUMBENT MODEL NUMBER ***R7000i***

SERIAL NUMBER :

MADE IN TAIWAN