

RS3 LIFECYCLE RECUMBENT EXERCISE BIKE

1 HEALTH CLUB QUALITY

The bike frame is based upon the proven design of Lifecycle® bikes in the best health clubs and gyms. The RS3 combines an effective workout with extreme durability.

2 EASY TO USE

Step-through design with a deluxe dual grip handle bar allows for easy entry and exit. Ideal for use by exercisers of all fitness levels.

3



ENGINEERED FOR COMFORT

Ergonomic mesh seat adjusts horizontally and reclines. Comfort makes it easy to stay motivated and reach your fitness goals.

4



Track Connect

Go

CHOOSE YOUR CONSOLE

Track Connect: Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.

Go: Combines ease of use with 13 engaging and motivating workouts.

5



ENGAGE WITH TRACK CONNECT

iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.

A recumbent step-through bike built to rigorous standards by the company that created the first electronic exercise bike. A sleek, ergonomic design provides easy exit and entry, stability, and a relaxed body position ideal for exercisers of all fitness levels.

Added comfort is provided by the deluxe contoured mesh fabric seat.



Shown with Track Connect Console

LifeFitness

RS3 LIFECYCLE RECUMBENT EXERCISE BIKE

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	RS3
Heart Rate Monitoring: Deluxe contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Recumbent seat with mesh back and recline feature	●
Handlebars: Side-mounted handlebars and deluxe, two-grip front assist handlebars	●
Pedals: Non-slip self-balancing pedals with ratcheting straps	●
Accessories: Rear-mounted accessory tray/water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	13
Maximum user weight	400 lbs 181 kg
Unit length	64.4" 163.6 cm
Unit width	26.8" 68.1 cm
Unit height	51.5" 130.8 cm
Unit weight	154 lbs 69.8 kg
Safety: CE, CSA, FCC, TUV, UL	●
Warranty: Limited lifetime warranty on frame; 5-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT	GO
7" (18 cm) white LCD	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Bluetooth®	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German	●	—
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

CONSOLE OPTIONS



Track Connect



Go