



Shown with Go Console

C1

UPRIGHT LIFECYCLE® EXERCISE BIKE

Experience a traditional biking workout in your home whenever you're ready. Remarkably quiet, you can read, listen to music, or watch television without distraction while you pedal the miles away on a C1 Upright Lifecycle® Exercise Bike. And this Bike is precisely engineered to deliver the most natural upright riding position, ensuring a comfortable, effective workout.

PERFORMANCE FEATURES

READY TO RIDE

Standard self-balancing pedals with ratcheting straps

AUTHENTIC STYLING

Ergonomically-designed, racing style handlebars

ACCESSORIES IN REACH

Front mounted water bottle holder and built-in reading rack

LIFETIME GUARANTEE

Durable, heavy-duty welded frame is guaranteed for life

HIGHLIGHTED FEATURE

HEART RATE MONITORING



Contact heart rate sensors allow for convenient heart rate monitoring

LIFECYCLE® EXERCISE BIKE DETAILS

- > Resistance levels: 20
- > Maximum User weight: 300 lbs. (135 kg)
- > Seat adjustments: 14 positions
- > Warranty: Limited lifetime on frame, 3-year on electrical and mechanical parts, 1-year on labor



Track Console



Go Console

BASE SPECIFICATIONS

SPECIAL FEATURES	C1
Heart Rate Monitoring: Contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Standard upright seat	●
Handlebars: Ergonomically-designed racing-style handlebars	●
Pedals: Standard self-balancing pedals with ratcheting straps	●
Accessories: Front-mounted water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	14
Maximum user weight	300 lbs 135 kg
Unit length	41" 104 cm
Unit width	24" 60 cm
Unit height	56" 142 cm
Unit weight	116 lbs 53 kg
Power Requirements: Plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, TUV, UL	●
Warranties: Limited lifetime warranty on frame; 3-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUT PROGRAMS		
Number of workouts	14	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)	●	●
Custom workouts per user Profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Virtual Trainer accessibility: at www.virtualtrainer.lifefitness.com		
Unlimited Customization	●	—
Workout Tracking	●	—
USB Connectivity	●	—
Virtual Trainer App (Download from the iTunes® App Store)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated Controls (play/pause/track changes/volume)	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Level	●	●
Time	●	●
Speed	mph, km/h	●
	rpm	●
Distance	●	●
Heart rate	●	●
Target heart rate	●	●
Calories	●	●
METS	●	●
Animated symbols	●	●
Warranties: 3-year on electrical and mechanical parts;* 1-year on labor (warranties outside the U.S. may vary.) *3V Batteries excluded	●	●