



Shown with Track Console

C3 UPRIGHT LIFECYCLE® EXERCISE BIKE

The natural riding position of this popular bike ensures that workouts are comfortable and effective. Every revolution is remarkably smooth and quiet so the exerciser can pedal toward their goals without disturbing others.

When configured with the Track Console, the C3 offers upgraded entertainment and motivational features. The Go Console can enable self-powered convenience with no need for cords or outlets.

PERFORMANCE FEATURES

READY TO RIDE

Enhanced non-slip self-balancing pedals with ratcheting straps for more balanced muscle use

ACCESSORIES IN REACH

Integrated accessory tray for water bottles and other workout necessities

BEST SEAT IN THE HOUSE

The upright seat is enhanced with deluxe cushioning and upholstery

LIFETIME GUARANTEE

Durable, heavy-duty welded frame is guaranteed for life

HIGHLIGHTED FEATURE

HEART RATE MONITORING



Contact heart rate hand sensors provide convenient heart rate monitoring

LIFECYCLE® EXERCISE BIKE DETAILS

- > Resistance levels: 20
- > Maximum User weight: 400 lbs. (181 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	C3
Heart Rate Monitoring: Contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Upright seat with deluxe upholstery	●
Handlebars: Ergonomically-designed racing-style handlebars	●
Pedals: Enhanced, non-slip, self-balancing pedals with ratcheting straps	●
Accessories: Integrated accessory tray/water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	14
Maximum user weight	400 lbs 181 kg
Unit length	45" 114 cm
Unit width	27" 69 cm
Unit height	56" 142 cm
Unit weight	113 lbs 51 kg
Power Requirements: * Plug-in (all major voltage configurations) * Self-powered option with Go Console	●
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	●	●