

Lifestyle Recumbent Cycle

TOUCH CONSOLE

R-LS-F

Ideal for light-use facilities where space is at a premium, our compact Lifestyle Recumbent Cycle distributes weight comfortably and maximizes support for anyone who wants a low-impact cardio workout. Includes Ergo Form seat and back pad, step-through design, self-balancing pedals and three-piece crank with forged arms. Self-powered options offer easy placement in your facility.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

| CONSOLE | |
|----------------------------------|---|
| DISPLAY | 41 cm / 16" class capacitive touchscreen LCD |
| WORKOUTS | Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom |
| IFIT ON-DEMAND WORKOUTS | Optional |
| LANGUAGES | English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan |
| FAN | Yes |
| ANALOG TV | NTSC, PAL, SECAM |
| DIGITAL TV | ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2 |
| IPTV | Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS |
| WIFI | Yes |
| BLUETOOTH | Yes; smartphones, headphones, heart rate |
| RFID WIRELESS LOGIN | Yes |
| CONNECTS TO APPLE WATCH | Yes |
| MADE FOR IPHONE, IPAD, IPOD | Yes |
| CONNECTS TO SAMSUNG GALAXY WATCH | Yes |
| USB PORT | Yes; device charging, device media, software updates |
| WIRELESS CHARGING (QI) | Yes |
| CSAFE READY | Yes |
| AUTO WAKE-UP | Yes |
| | †Some of these programs may not be available on this frame. |

| FRAME | |
|-------------------------|--|
| ASSEMBLED WEIGHT | 89 kg / 196.2 lbs. |
| SHIPPING WEIGHT | 108 kg / 238.1 lbs. |
| TOP-DOWN LEVELERS | No |
| ASSEMBLED DIMENSIONS | 158.3 x 67.3 x 132.7 cm / 62.3" x 26.5" x 52.2" |
| SEAT MATERIAL | Custom one-piece, molded seat back and bottom |
| RESISTANCE SYSTEM | Brushless generator |
| SEAT ADJUSTMENT | Single-hand lever |
| CONTACT & TELEMETRIC HR | Yes |
| CRANK DESIGN | Three piece with forged arms and integrated puller |
| ETHERNET CONNECTIVITY | Yes |
| MAXIMUM USER WEIGHT | 182 kg / 400 lbs. |
| RESISTANCE LEVELS | 30 |
| MINIMUM RPM | 10 RPM powered or 25 RPM self-powered |
| RESISTANCE RANGE | 2-750 W |
| REAR-LIFT HANDLE | No |
| MINIMUM WATTS | 2 W powered or 13 W self-powered |
| POWER REQUIREMENTS | Self-powered or 100-240 V — 50/60 Hz AC |
| PEDAL SPACING | 20.2 cm / 8" |