

Lifestyle Recumbent Cycle

GROUP TRAINING LED 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.



Make group training smoother and more rewarding with our Group Training LED Console. The interface is easy to navigate, and smart features help participants of all ages and stages stay in sync with instructor cues.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Manual
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
IPTV	No
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
CONNECTS TO SAMSUNG GALAXY WATCH	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No

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"