

# C3 UPRIGHT LIFECYCLE EXERCISE BIKE

## CHOOSE YOUR CONSOLE

1



Track Connect 2.0 with Enhanced Bluetooth

Track Connect 2.0 with Enhanced Bluetooth® enables pairing with an Apple Watch® or Samsung Galaxy Watch® as well as Apple® or Android™ smartphones. This lets you connect seamlessly to the bike for extremely accurate workout information. A dual-zone design separates entertainment and workout specific areas.



Go

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

2



## HEART RATE MONITORING

Contact heart rate sensors allow for convenient heart rate monitoring

3



## READY TO RIDE

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

5



## ACCESSORIES IN REACH

Integrated accessory tray for water bottles and other workout necessities

4



## BEST SEAT IN THE HOUSE

The upright seat is enhanced with deluxe cushioning and upholstery

The natural riding position of the popular Lifecycle® exercise bike ensures that workouts are comfortable and effective. Every revolution is remarkably smooth and quiet so you can pedal toward your goals without disturbing others.

Choose between the engaging and interactive Track Connect 2.0 with Enhanced Bluetooth® Console and the intuitive Go Console.



Shown with Track Connect 2.0 with Enhanced Bluetooth®

## 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	●
Warranty 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 CONNECT 2.0	GO
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
<b>Advanced workouts:</b>		
EZ Incline, 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	●	—
<b>Mobile device compatibility:</b>		
Bluetooth® Proximity, NFC, FTMS capability (Enhanced Bluetooth capabilities not compatible with previous models)	●	—
Life Fitness Connect: Extremely accurate workout tracking, Life Fitness™ On Demand classes, adaptive audio coaching, workout creation and more (download from the Apple App Store™ or Google Play™)	●	—
Compatibility with 3rd party apps	●	—
Bluetooth® and NFC connection	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Incline/Level, Time, Speed (mph, km/h, rpm), Distance, Heart Rate, Target Heart Rate, Calories, METS, Animated symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts; *1-year on labor (warranties outside the U.S. may vary.) *3V Batteries excluded	●	●

## CONSOLE OPTIONS



Track Connect 2.0 with Enhanced Bluetooth



Go

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