# RS1 LIFECYCLE RECUMBENT EXERCISE BIKE





Track Connect 2.0 with Enhanced Bluetooth



#### **CHOOSE YOUR CONSOLE**

Track Connect 2.0 with Enhanced Bluetooth\*:

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 recumbent bike for extremely accurate workout information. A dual-zone design separates entertainment and workout specific areas.

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

## **EASY TO USE**

Step-through design with a front assist handle allows for easy entry and exit. Multiple seat adjustments mean comfort and a natural feel for exercisers of all fitness levels.

#### **HEALTH CLUB QUALITY**

The bike frame is based upon the proven design of Lifecycle® bikes in the best health clubs and gyms. The RS1 combines an effective workout with extreme durability.





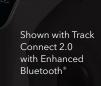
#### **EASY MOBILITY**

Two front wheels make it easy to move the RS1 from room to room and find the perfect spot for your home workouts



A sleek, ergonomic design provides easy exit and entry, stability and a relaxed body position ideal for exercisers of all fitness levels.

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



#### **BASE SPECIFICATIONS**

SPECIAL FEATURES	RS1
Heart Rate Monitoring: Heart rate hand sensors on handlebars	•
Telemetry heart rate monitoring (Wireless chest strap included with console)	•
Seat: Adjustable recumbent seat with back pad	•
Handlebars: Side-mounted handlebars and a single front assist handle	•
Pedals: Non-slip self-balancing pedals with ratcheting straps	•
Accessory: Rear water bottle holder	•
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	13
Maximum user weight	<b>300 lbs</b> 135 kg
Unit length	<b>66.5"</b> 168.9 cm
Unit width	<b>25.5"</b> 64.8 cm
Unit height	<b>51.5</b> " 130.8 cm
Unit weight	<b>133 lbs</b> 60.4 kg
Safety: CE, CSA, FCC, TUV, UL	•
Warranty: Limited lifetime warranty on frame; 5-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	•

#### **CONSOLE OPTIONS**



Track Connect 2.0 with Enhanced Bluetooth



Go

### **CONSOLE SPECIFICATIONS**

DISPLAY	TRACK CONNECT 2.0	GO
Instructional message center	•	•
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	•	•
Advanced workouts:		
EZ Resistance, Sport Training	•	•
Fit Test	•	_
Heart Sync™ 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	•	-
Mobile device compatibility: 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	•	•
LANGUAGES		
Languages: English, Russian, Spanish and German, French	•	-
WORKOUT FEEDBACK		
Incline/Level, Time, Speed (mph, km/h, rpm), Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	•	•
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	•	•

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