

RS3 LIFECYCLE RECUMBENT EXERCISE BIKE

1



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

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

2



ENGINEERED FOR COMFORT

Ergonomic mesh seat adjusts horizontally and reclines. Comfort makes it easy to stay motivated and reach your fitness goals.

3

EASY TO USE

Step-through design with a deluxe dual grip handle bar allows for easy entry and exit. Ideal for use by exercisers of all fitness levels.

4

HEALTH CLUB QUALITY

The bike frame is based upon the proven design of Lifecycle® bikes in the best health clubs and gyms. The RS3 combines an effective workout with extreme durability.

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.



Shown with Track Connect 2.0 with Enhanced Bluetooth®

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KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	RS3
Heart Rate Monitoring: Deluxe contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Recumbent seat with mesh back and recline feature	●
Handlebars: Side-mounted handlebars and deluxe, two-grip front assist handlebars	●
Pedals: Non-slip self-balancing pedals with ratcheting straps	●
Accessories: Rear-mounted accessory tray/water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	13
Maximum user weight	400 lbs 181 kg
Unit length	64.4" 163.6 cm
Unit width	26.8" 68.1 cm
Unit height	51.5" 130.8 cm
Unit weight	154 lbs 69.8 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 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	●	—
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	●	—
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)	●	●

CONSOLE OPTIONS



Track Connect 2.0 with Enhanced Bluetooth



Go

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