



Lifestyle Recumbent Cycle

PREMIUM LED CONSOLE

R-LS-PLED

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.



Give members the intuitive navigation of an LED with a more engaging look. An 8,000-pixel display fills the screen with color and sharp graphics, providing clear, easy-to-read feedback in large numbers and letters.

CONSOLE	
DISPLAY	8,000-pixel multi-color LED
WORKOUTS	Go, manual, Sprint 8†, Landmarkst†, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, 5k/10k, fitness tests  †Some of these programs may not be available on this frame.
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
IFIT ON-DEMAND WORKOUTS	No
FAN	Yes
ANALOG TV	Optional; attachable add-on TV
DIGITAL TV	Optional; attachable add-on TV
IPTV	No
PRO:IDIOM COMPATIBILITY	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Yes
BLUETOOTH	Yes; heart rate
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	Optional
MADE FOR IPHONE®, IPAD®, IPOD®	No
USB PORT	Yes; device charging, software updates
CONNECTS TO SAMSUNG GALAXY WATCH	No

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