

## Lifestyle Upright Cycle

### LED CONSOLE

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Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
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	Optional, included with Asset Management and Workout Tracking Network App
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE®, IPAD®, IPOD®	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
†Some of these programs may not be available on this frame.	

FRAME	
ASSEMBLED DIMENSIONS	129.4 x 61.7 x 147.4 cm / 50.9" x 24.3" x 58"
CONTACT & TELEMETRIC HR	Yes
CRANK DESIGN	Three piece with forged arms and integrated puller
ETHERNET CONNECTIVITY	Yes
HANDLEBAR DESIGN	Dual-position
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
MINIMUM RPM	10 RPM powered or 25 RPM self-powered
MINIMUM WATTS	2 W powered or 13 W self-powered
PEDAL SPACING	20.2 cm / 8"
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
REAR-LIFT HANDLE	No
RESISTANCE SYSTEM	Brushless generator
SEAT ADJUSTMENT	Turn-and-pull knob
SEAT MATERIAL	Sewn vinyl over foam
TOP-DOWN LEVELERS	No
RESISTANCE RANGE	2–750 W
RESISTANCE LEVELS	30
ASSEMBLED WEIGHT	70 kg / 154.3 lbs.
SHIPPING WEIGHT	82 kg / 180.8 lbs.