

RS1 LIFECYCLE RECUMBENT EXERCISE BIKE

1 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.

2 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.

3



Track+

Go

CHOOSE YOUR CONSOLE

Go: Combines ease of use with 13 engaging and motivating workout programs.

Track+: Compatible with Android™ and Apple® devices. Interacts with apps for an entertaining and engaging experience.

4



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 recumbent step-through bike built to rigorous standards by the company that created the first electronic exercise bike. A sleek, ergonomic design provides easy exit and entry, stability, and a relaxed body position ideal for exercisers of all fitness levels.



ENGAGE WITH TRACK+

The Track+ Console interacts with a variety of popular fitness apps that add variety and fun to a workout and make it easier to reach your fitness goals.



LifeFitness.com/Home



Shown with Go Console

LifeFitness

WHAT WE **LIVE** FOR

RS1 LIFECYCLE RECUMBENT EXERCISE BIKE

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	RS1
Heart Rate Monitoring: Deluxe contact 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	300 lbs 135 kg
Unit length	66.5" 168.9 cm
Unit width	25.5" 64.8 cm
Unit height	51.5" 130.8 cm
Unit weight	133 lbs 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 SPECIFICATIONS

DISPLAY	TRACK+	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	16	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
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)	●	●
Marathon Mode (Manual, Heart Rate)	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect (download from the iTunes® App Store or Google Play™)	●	—
LFopen™ compatibility with 3rd party apps (for a list of compatible apps visit lifefitness.com/moreapps)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod® with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated controls (play/pause/track changes/volume)	●	—
Android™ compatibility:		
Devices with Android software version 4 and up	●	—
Charging through USB port	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Incline, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, METS, Animated symbols	●	●
WARRANTIES		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

CONSOLE OPTIONS



Track+



Go