

Lifestyle Recumbent Cycle

GROUP TRAINING LED CONSOLE

R-LS-GTLED

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.



Make group training smoother and more rewarding with our Group Training LED Console. The interface is easy to navigate, and smart features help participants of all ages and stages stay in sync with instructor cues.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Manual
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
IFIT ON-DEMAND WORKOUTS	No
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
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