

Lifestyle Recumbent Cycle

TOUCH CONSOLE

R-LS-TOUCH

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.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

Note: Products with Touch Console must be connected to a power source.

CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom †Some of these programs may not be available on this frame.
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
IFIT ON-DEMAND WORKOUTS	Optional
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
PRO:IDIOM COMPATIBILITY	Optional; IPTV and coax
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
ANT+	Yes; heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE®, IPAD®, IPOD®	Yes
USB PORT	Yes

CONNECTS TO SAMSUNG GALAXY WATCH	Yes
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	Note: Products with Touch Console must be connected to a power source.

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