

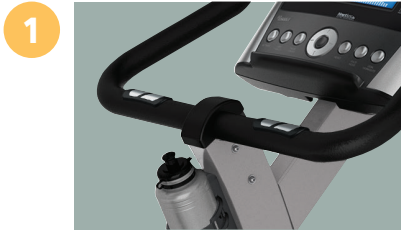


Keeping South Florida Healthy
& Fit for over 25 Years!

LifeFitness

C1 UPRIGHT LIFECYCLE

Experience a traditional biking workout in your home whenever you're ready. Remarkably quiet, you can read, listen to music, or watch television without distraction while you pedal the miles away on a C1 Upright Lifecycle® Exercise Bike. And this bike is precisely engineered to deliver the most natural upright riding position, ensuring a comfortable, effective workout.



1 **HEART RATE MONITORING**
Contact heart rate sensors allow for convenient heart rate monitoring

2 **READY TO RIDE**
Standard self-balancing pedals with ratcheting straps

3 **ACCESSORIES IN REACH**
Front mounted water bottle holder and built-in reading rack

4 **AUTHENTIC STYLING**
Ergonomically-designed, racing style handlebars

5 **LIFETIME GUARANTEE**
Durable, heavy-duty welded frame is guaranteed for life



Track Connect



Go

6 **CHOOSE YOUR CONSOLE**
Track Connect: Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.
Go: Combines ease of use with 13 engaging and motivating workouts.



7 **ENGAGE WITH TRACK CONNECT**
iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.



Shown with Go Console



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

C1 UPRIGHT LIFECYCLE EXERCISE BIKE

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	C1
Heart Rate Monitoring: Contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Standard upright seat	●
Handlebars: Ergonomically-designed racing-style handlebars	●
Pedals: Standard self-balancing pedals with ratcheting straps	●
Accessories: Front-mounted water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	14
Maximum user weight	300 lbs 135 kg
Unit length	41" 104 cm
Unit width	24" 60 cm
Unit height	56" 142 cm
Unit weight	116 lbs 53 kg
Power requirements: Plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, TUV, UL	●
Warranty Limited lifetime warranty on frame; 3-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT	GO
7" (18 cm) white LCD	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, 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)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Bluetooth®	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German	●	—
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

CONSOLE OPTIONS



Track Connect



Go

LifeFitness



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM