

Lifestyle Upright Cycle

TOUCH CONSOLE

U-LS-F

A great choice for low-volume facilities, our compact Lifestyle Upright Cycle gives the people you serve comfortable, low-impact cardio. It features an Ergo Fom seat, dual-position handlebars, adjustable seat height, step-through design, self-balancing pedals and a 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.



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
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
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
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
USB PORT	Yes; device charging, device media, software updates
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	†Some of these programs may not be available on this frame.

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