

Lifestyle Upright Cycle

GROUP TRAINING LED 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.



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
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
IPTV	No
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
CONNECTS TO SAMSUNG GALAXY WATCH	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No

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