



Lifestyle Upright Cycle

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.



Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests
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
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
†Some of these programs may not be available on this frame.	

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