

C&R Series

*Life Fitness*

Life Fitness offers a full line of premier fitness equipment for the home.

LIFECYCLE® EXERCISE BIKES | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | GYM SYSTEMS

Where does your workout take you?

C&R

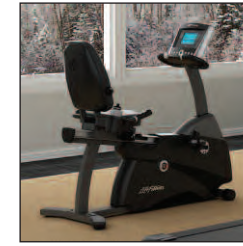
LIFEFITNESS.COM

Download from [www.Somanuals.com](http://www.Somanuals.com). All Manuals Search And Download.



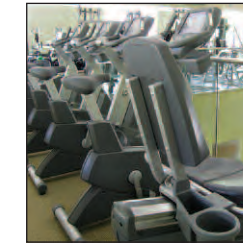
*Life Fitness*

LIFECYCLE®  
EXERCISE BIKES



## A legacy of excellence

Walk into virtually any health club and you'll find a Lifecycle® exercise bike. Millions have been motivated by the Lifecycle bike since it was introduced as the world's first computerized exercise bike in the late 1960s. Its legendary quality and durability make it the first choice among discerning exercisers and health clubs alike.



## Health club quality at home

Bring home the health club experience with the C9i upright and R9i recumbent bikes—the home versions of our popular commercial models.



## Customize your Lifecycle exercise bike

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—the C3, C1 or R3, R1—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.



C9i

## The legend lives on

The C9i upright Lifecycle® exercise bike takes on an instant familiarity. It's the home version of our popular health club model—an exercise bike that has stood the test of time. The result of endless hours of biomechanical research, this innovative bike delivers superb product performance and the most natural, efficient upright riding position. More than 35 years of ingenuity, comfort, and durability make riding a Lifecycle bike incomparable to other upright exercise bikes.



C9i

### C9i Special Features

- Lifepulse™ contact heart rate hand sensors in 2 positions on the handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn't require cords or outlets
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Ergonomic racing-style handlebars with deluxe forearm support
- ComfortCurve™ Plus seat with Relief Groove™ provides the ultimate in upright riding comfort
- Front mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life

R9i

## Proven performance meets amazing comfort

Our R9i recumbent bike has mastered the combination of motivating workouts with unmatched comfort. On one side of this equation is the world-renowned appeal of the Lifecycle® bike's quality, reliability, and durability. The other side of the equation consists of the ergonomics, biomechanics, and comfort that add up to the best in recumbent cycling. With the R9i, top-quality workouts and comfort unite in the most remarkable ways.



R9i

### R9i Special Features

- Lifepulse™ contact heart rate hand sensors on side-mounted handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn't require cords or outlets
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Contoured high-back support seat
- Side-mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life





*Staying fit is a choice I've committed to for life.*

# Create your ultimate fitness machine

## STEP 1

Choose your Life Fitness exercise bike model.



## STEP 2

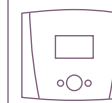
Add the console that best suits your personal fitness needs.

### Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout



Available on the C3, C1, R3, R1 models

Basic

or

### Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

- 10 workout programs
- Polar® wireless chest strap
- HeartSync™ heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Available on the C3, C1, R3, R1 models

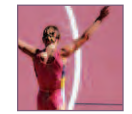
Advanced



**Polar® Chest Strap**  
Provides accurate, hands-free heart rate monitoring.



**HeartSync Workouts**  
5 workouts that adjust resistance to keep you at your target heart rate ensuring a safe, effective workout.



**Goal Workouts**  
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



**Two User Profiles**  
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



**Race Mode**  
Challenge yourself against a computer-simulated pacer.

C

### Quiet, superb performance

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 C3 or C1 Lifecycle® exercise bike. And each bike is precisely engineered to deliver the most natural upright riding position, ensuring a safe, effective workout.



C3



C1

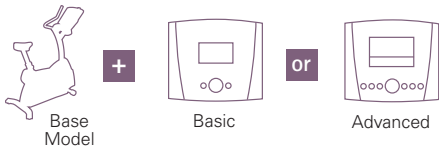
#### C3 Special Features

- Self-powered—doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 quick level changes
- Upright seat with deluxe cushioning and upholstery
- Front-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

#### C1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard upright seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the C3 and C1:



See page 7 for details.

R

### Comfortably accommodating

The R3 and R1 exercise bikes combine challenging workouts with incredible comfort. Just lean back in the seat and notice how it accommodates your size, your abilities, and your preferences. Smooth, quiet, durable—on a Lifecycle® recumbent bike, you can achieve your fitness goals comfortably.



R3



R1

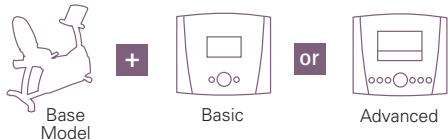
#### R3 Special Features

- Self-powered – doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 quick level changes
- Adjustable lumbar support with 3 settings
- Side-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

#### R1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard recumbent seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the R3 and R1:



See page 7 for details.





## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>