



INTEGRITY SERIES CLSC UPRIGHT BIKE

The Integrity Series Upright Lifecycle® Exercise Bike is designed with the advanced engineering and durable components that exemplify our legacy of fitness expertise. Built for easy use, riders of all sizes can adjust the bike seat in seconds to ensure an optimum workout. This bike also offers a refreshed, non-intimidating console with more options for personalized entertainment, which helps exercisers complete more enjoyable workouts.

PERFORMANCE FEATURES

SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music and, when, an attachable TV is available, video.

INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume and change television channels right from the console.

COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS

The convex shape and swept back seat design on our Integrity Series Upright Bike provide superior comfort. Ratchet seat adjustment with 27 positions makes it easy for users to adjust the seat height, even while in a seated position.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, “hands-free” heart rate monitoring. (Telemetry requires optional chest strap.)

SELF-POWERED CONVENIENCE

Cordless, so you can place your bikes anywhere in your facility. (Models with optional Attachable TV System require power.)



Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

HIGHLIGHT FEATURE



No need to move reading material – the dual-level console lets users manage workouts and read all at the same time. Plus, Lifepulse heart rate hand sensors are located in two positions—upright and racing—for comfort and convenience.

UPRIGHT BIKE DETAILS

- Comfort Curve Seat™
- Wide Ride™ pedals
- Ergonomic handlebars
- Dual-level alphanumeric LED console
- Heart rate monitoring
- 29 workouts, including 5 Zone Training+™ Workouts and Air Force PRT and Fit Test protocols
- 7 languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- iPod Compatibility
- Integrated iPod/ TV Controls
- Available with optional Attachable TV System

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SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate		●
Interval Workouts: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training,		●
Goal Workouts: Watts, Mets, Calories, Distance, Time in Zone		●
Custom Workouts		6
Fitness Test Protocols: Fit Test, Air Force PRT		●
Aerobics Trainer:		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, RPM		●
Language Choices		7
DISPLAY TYPE		
LED: Alphanumeric message center, workout profile and lower level time/level display		●
Numeric Keypad		●
SPECIAL FEATURES		
Integrated Reading Rack		●
Integrated Accessory Tray		●
Deluxe Racing Handlebars		●
Wide Ride™ Pedals		●
Ratcheting Seat Adjustment		●
Comfort Curve Seat		●
Front Wheels for Easy Mobility		●
On-the-Fly Programming		●
Resistance Levels		25
Plug-in Accessory		○
Service Enhancements: Manger's Optional Settings		●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●
Attachable TV System		○
iPod® Compatibility	Video capability on attachable TV	○
	On-console playlist management	●
	Charging	●
Integrated iPod/TV controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Resistance (Watts)		500
Maximum User Weight		400 lbs (181 kg)
Power Requirements: AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)		○
Self Powered**		●
Auto Start: Brings power to console when user begins pedaling		●
Length		48" (122 cm)
Width		24" (61 cm)
Height		54" (137 cm)
Unit Weight		107 lbs (49 kg)
Warranty†	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●
	Attachable TV System Option: 2-years electrical and mechanical parts; 90 days labor	●

* Optional features are available at an additional charge.

** Optional Attachable TV requires external power source.

† Warranties outside the U.S. may vary. Specifications subject to change.

Life Fitness

WHAT WE LIVE FOR