



Shown with side handlebars

95R ENGAGE™ RECUMBENT LIFECYCLE® EXERCISE BIKE

From beginners to serious athletes rehabilitating from an injury, a wide range of users will enjoy a workout on the new 95R Engage. A comfortable seat with ample thigh clearance, deluxe armrests or side handlebars and at-your-fingertips resistance controls enhance the comfort of every user. And the pedal strap adjustment and step-through design makes it easy to get on and start working out. Also, with the Life Fitness commitment to biomechanics research, the Recumbent Bike easily accommodates a wide range of body types.

PERFORMANCE FEATURES

ADVANCED CONSOLE TECHNOLOGY

Engage the senses with seamless iPod® integration, USB connectivity, VirtualTrainer, WorkoutLandscape™ Perspectives, and the ability to watch video content. Sight, sound and performance come together in the Engage™ console, built on the most advanced technology in the fitness industry.

STEP-THROUGH DESIGN

Allows users to easily get on and off the seat.

COMFORT CURVE PLUS™ SEAT WITH EASY ADJUSTMENTS

Newly designed seat with deluxe back support provides exceptional comfort, while the new seat adjustment makes it easy for users to adjust, even while in a seated position.

AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Located on the deluxe armrests and side handlebars to allow users to easily adjust workout intensity

HIGHLIGHTED FEATURE

DELUXE ARMRESTS

Optional deluxe armrests move up to allow exercisers to easily get on and off the bike. They also feature contact heart rate hand sensors and at-your-fingertips resistance controls. Also available with side handlebars.



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.

RECUMBENT LIFECYCLE® EXERCISE BIKE DETAILS

- ✔ Easily adjustable ski boot-style pedal strap
- ✔ At-your-fingertips resistance controls
- ✔ Removable cupholder
- ✔ Motivating workout variety
- ✔ Patented Lifepulse™ digital heart rate monitoring

THE ENGAGE™ CONSOLE

ARE YOU READY TO ENGAGE YOUR MIND, BODY AND SENSES?

Elevate exercise beyond excellence to the truly exceptional with the Engage™ Console, an integrated 15" touch screen console that motivates your users to take their fitness level to new heights. Watch video content, connect and iPod and iPhone for touch screen access to music and movies and listen to FM radio. Plus, utilize the USB connectivity to create, customize and track workouts with the Virtual Trainer Web Site, get motivated by the Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Get the new standard in fitness that allows you to attract new exercisers and improve retention. Are you ready to engage your mind, body, and senses?



FEATURES



INTEGRATED 15 LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN VIDEO SCREEN



iPod AND iPhone COMPATIBILITY | Seamless iPod/iPhone integration allows users to view music/video selections and watch videos directly on the LCD screen



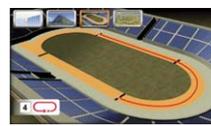
USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results at www.VirtualTrainer.LifeFitness.com



VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



WORKOUT LANDSCAPE™ PERSPECTIVES | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track, and 5K Nature Trail



ZOOM FEATURE | Enlarge resistance level, time and speed displays for larger workout data viewing

CONSOLE DETAILS

- ✔ Integrated 15" LCD with Touch Screen Technology
- ✔ Watch video content on up to 180 available channels on 15" integrated LCD screen; FM-radio ready
- ✔ Integrated connector allows exercisers to view iPod/iPhone music/video lists and make selections directly on the 15" LCD screen
- ✔ Watch iPod and iPhone-delivered video content on 15" LCD screen (requires video-capable iPod)
- ✔ Charge iPod and iPhone
- ✔ Users can create and save workouts and personal settings, and track workout results at www.VirtualTrainer.LifeFitness.com
- ✔ Virtual Trainer provides motivating encouragement, tips and feedback on progress
- ✔ Workout Landscape™ Perspectives
- ✔ Zoom feature enlarges resistance level, time and speed displays

**ELEVATION™
SERIES**

LifeFitness
WHAT WE LIVE FOR

KEY

STANDARD

○ OPTIONAL

— UNAVAILABLE

SPECIFICATIONS

95R ENGAGE

HEART RATE MONITORING		
Polar® Telemetry (chest strap required)		
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		
WORKOUTS		
Quick Start		
Classic Workouts	Manual, Random, Hill, Aerobics	
Heart Rate+ Workouts	Cardio, Fat Burn	
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	
Advanced Workouts	Fit Tests: Navy PRT, Air Force PRT	
	Fit Test	
	Create Your Own: 8 Custom Workouts, 2 Create Your Own™ Workouts	
	Watts and METs: Watts, METs	
Sport Training: Interval, Speed Training		
Goals Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	
Modes	Bike, Constant Calorie Per Hour	
Customized Cool Down		
PRODUCT FEATURES		
Comfort Curve Plus™ Seat and Deluxe Back Support		
Side Handlebars with Contact Heart Rate *		○
Deluxe Armrests with Contact Heart Rate *		○
Wide Ride™ Pedals		
Easy Adjust Pedal Strap		
On-the-fly Programming		
Resistance Levels		26
At-Your-Fingertips Resistance Controls: Located on deluxe armrests and side handlebars		
Integrated Reading Rack		
Integrated iPod® /Accessory Tray		
Removable Cup Holder		
Front Wheels for Easy Mobility		
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		
SERVICE ENHANCEMENTS		
Manager's Menu Options		
Flash Programmable via USB Stick		
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.) Will use 2 amp max.	
	Auto Start: brings power to console when user begins pedaling	
Length		67" (170.2 cm)
Width		27" (68.5 cm)
Height		53" (134.6 cm)
Unit Weight		176 lbs (74.8 kg)
Warranty †	2-year limited warranty on all mechanical and electrical components	
	1-year labor	

* Optional feature for base only. Choose side handlebars or deluxe armrests. Deluxe armrests are available at an additional charge.

† Warranties outside the U.S. may vary.

Specifications subject to change.

KEY

● STANDARD

○ OPTIONAL

— UNAVAILABLE

DISPLAY TECHNOLOGY

95R ENGAGE

CONSOLE OPTIONS		
15" Integrated LCD Screen with Touch Screen Technology		●
VIDEO VIEWING OPTIONS		
Integrated 15" Diagonal Video Screen	Video viewing options data display	●
	Three different viewing sizes	●
DISPLAY READOUT		
Workout Feedback	Speed, Resistance Levels, Heart Rate, Pace	●
	Elapsed Time, Time Remaining, Time in Zone, Time of Day	●
	Distance, Distance Climbed, Distance Remaining	●
	Calories, Calories per Hour, Watts, METs, RPM	●
Custom Messaging		●
Profile Display		●
Language Choices:		13 languages
-English, Spanish, Portuguese, Italian, French, German, Dutch and Turkish		●
-Chinese (traditional and simplified), Japanese, Korean and Russian		●
SPECIAL FEATURES		
Intel® Microprocessor		●
FM Radio-ready		●
iPod and iPhone Compatibility	Video capability on LCD screen	●
	Playlist management on LCD screen	●
	Charging	●
Virtual Trainer		●
Workout Tracking: USB connectivity and Virtual Trainer Web Site		●
Workout Landscape™ Perspectives		●
Manager-Defined Marathon Mode (unlimited workout time)		●
Manager-Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●
User Units Selection (rpm/mpg/kph and lbs/kg)		●
Zoom Feature		●
Video Controls: Touch Screen		●
Channel Memory	180 available channels	●
Favorite Channels		●
Previous Channel Viewed		●
Channel Renumbering		●
Secondary Audio Programs (SAP) - SAP TV broadcast required		●
Closed Captioning		●
Promo Channel		●
Secure Channel		●
Mute Feature		●
Asset Management and Advanced Diagnostics		●
Screen Protection: Protective top layer, internal shock mounts, gasket		●
TECHNICAL SPECIFICATIONS		
Available Tuner Systems: NTSC/ATSC/QAM, NTSC, PAL/SECAM		●
Channel Coverage: VHF 2-13, UHF 14-69, CATV 1-125		●
Manual Fine Tuning		●
Headphone Jack: 3.5 mm Stereo		●
Easy-to-Remove Headphone Jack		●

Specifications subject to change.

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WHAT WE LIVE FOR