



Discover SE Upright Lifecycle Exercise Bike

The New Elevation Series Upright Lifecycle Exercise Bike with Discover™ SE Tablet Console is where your digital life meets your workout experience. The third generation of touch screen consoles redefines the workout experience with the most advanced technology. Featuring an abundance of entertainment options, enhanced interaction, Internet connectivity and much more, you get to choose the way you workout.

FEATURES



> **16" INTEGRATED SURFACE CAPACITIVE LCD TOUCH SCREEN WITH INTEGRATED TV**

With a swipe of a finger, navigate seamlessly between crisp, clear screens to choose the entertainment and workouts you want.



> **APPLE® AND ANDROID™ COMPATIBLE**

Connect, manage playlists, watch videos and power your Android and Apple device, including your iPod®, iPhone® or iPad®



> **INTERNET CONNECTIVITY**

Visit a website or play a game. Easily choose your favorite websites through your LFconnect account, and they will be instantly available when you log in. Available with Ethernet or Wireless connectivity.



> **LIFESCAPE INTERACTIVE COURSES**

Take high-definition hikes, runs and bikes through famous locations around the world. The integrated machine controls speed as the exerciser runs faster and matches the resistance to the varying terrains.



> **LFCONNECT™ / LFCONNECT APP**

Complementary solution that allows exercisers to choose equipment settings and track workout results to meet their goals, while also providing facility owners easy asset management and product customization capabilities. LFconnect is accessible via its website or app.

To create an account, go to LFconnect.com.



FACILITY FEATURES*

Asset Management:

- Product usage statistics
- Software updates

Equipment Customization:

- Custom workouts by facility and trainer
- Attract screen, logo and message customization

Entertainment Customization:

- Internet presets
- TV channel editing

EXERCISER FEATURES*

Product Personalization:

- Display and workout settings
- Internet favorites

Workout Creation:

- Workout calendar
- Workout customization
- Workout Library

Workout Tracking:

- Track and share progress

Social Interaction:

- Create workouts and track progress with peers and personal trainers

All features are Apple and Android compatible.

ELEVATION SERIES WITH DISCOVER™ SE UPRIGHT LIFECYCLE® EXERCISE BIKE

Whether your users are looking for a great workout, training for a race or recovering from surgery, the Elevation Series Upright Lifecycle® Exercise Bike will take them to the fitness level they desire. The Upright Lifecycle Exercise Bike delivers an exceptional fitness experience with its easily adjustable pedal strap and resistance controls at your fingertips. Built with more than 30 years of research, development and user-based tests, the ergonomically-designed exercise bike will motivate your exercisers to keep their workout routines in your facility.

PERFORMANCE FEATURES

> ADVANCED CONSOLE TECHNOLOGY

Engage the senses with Internet connectivity, product personalization through LFconnect, Lifescape Interactive Courses, video-watching capabilities and iPod®, iPhone®, iPad® and Android® Smartphone integration.

> COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS

Convex shape and swept-back seat design provide superior comfort. Ratchet seat adjustment makes it easy for users to adjust the seat height, even while in a seated position.

> SEAT POSITIONING

Precisely angled seat post allows users to adjust the seat height for correct Knee Over Pedal Spindle (KOPS) position to ensure proper lower-body mechanics, which reduces pressure on knees and enhances rider comfort. The Discover SE model has an optional XXL seat post and handlebars to accommodate users up to 7' tall.

> AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Allows users to easily adjust workout intensity on the handlebars.



HIGHLIGHTED FEATURE

PEDAL STRAP

Adjustable ski boot-style pedal strap enable users to easily get on the machine and begin working out.



UPRIGHT LIFECYCLE EXERCISE BIKE DETAILS

Easily adjustable ski boot-style pedal strap

At-your-fingertips resistance controls

Removable cupholders

Motivating workout variety

Patented Lifepulse™ digital heart rate monitoring

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.



95C DISCOVER™ SE UPRIGHT LIFECYCLE® EXERCISE BIKE

SPECIFICATIONS

HEART RATE MONITORING OPTIONS		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Quick Start, Customized Cool Down		
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	●
Healthy Heart	Moderate Burn, Vigorous Burn	●
	Fixed Time Interval, Variable Time Interval	●
Performance	2-Speed Interval, Starter Interval	●
Evaluate	Fit Test, U.S. Navy PRT	●
Goal Workouts	Time, Distance, Calories, Distance Climbed, Time in Zone, Pace	●
Modes	Bike and Constant Calorie Per Hour	●
PRODUCT FEATURES		
Comfort Curve™ Seat		●
Wide Ride™ Pedals		●
Easy Adjust Pedal Strap		●
XXL Seat Post and Handlebars**		○
Deluxe Racing Handlebars		●
On-the-fly Programming		●
Resistance Levels		26
At-Your-Fingertips Resistance Controls: Located in center of handlebars		
Integrated Reading Rack		●
Integrated Smartphone Accessory Tray		●
2 Removable Cup Holders		●
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.)	●
Internet	Via CAT6 or CAT5e (Shielded Recommended)	●
	Wireless Connectivity: IEEE 802.11a/b/g/n*	○
Hybrid	Reduce power to the console	●
Length		43.5" (110.5 cm)
Width		21" (53.3 cm)
Height		59.5" (151.1 cm)
Unit Weight		176 lbs (79.8 kg)
Warranty [†]	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●

* Optional features are available at an additional charge.

** 97C Upright Lifecycle Bike base model available.

***LFconnect on-console features are compatible with the Elevation Series Discover SE and SI when connected to the Internet. Internet connectivity is recommended for optimal facility owner and exerciser experience.

† Features not available in all regions. Check with your sales rep for availability and details. Warranties outside the U.S. may vary. Specifications subject to change.

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key ● standard ○ optional* – unavailable

DISPLAY TECHNOLOGY

TABLET CONSOLE OPTIONS		
16" Integrated Surface Capacitive LCD Touch Screen		●
Swipe™ Technology		●
Screen Protection	Protective top layer, internal shock mounts, gasket	●
TV VIEWING OPTIONS		
Integrated TV	Analog and Digital NTSC/ATSC/QAM, PAL/SECAM/DVB-T2, NTSC/ISDB-T with BCAS	●
	IPTV*	○
English/Metric Selection	mph/kph/rpm or lbs/kg	●
DISPLAY READOUT		
Profile Display		●
Language Choices	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Euskara	19
SPECIAL FEATURES		
iPod®, iPhone®, iPad® and Android® Smartphone Compatibility	Video capability on LCD Touch Screen	●
	Playlist management on LCD Touch Screen	●
	Charging	●
	iPad® Holder	●
Internet	Via CAT6 or CAT5e (shielded recommended)	●
	Wireless Connectivity: IEEE802.11a/b/g/n*	○
On-Demand Content (Music Videos, TV shows)	Available with purchase of Lifescape Gateway	○
Lifescape Interactive Courses	Video speed and level/incline controlled	●
Bluetooth	Compatible with Bluetooth devices	●
Workout Landscape™ Views	400M Track, 5K Nature Trail, Mountain, Zoom	●
Promo Channel	Default channel to display facility specific content	●
Secure Channel	Monitor child day care center with password protection	●
Solitaire	Play Solitaire on the LCD Touch Screen	●
Secondary Audio Programs (SAP)	SAP TV broadcast required	●
Previous Channel		●
Closed Captioning		●
Life Fitness Reader	Read ePub files on the LCD Touch Screen	●
Mute Feature		●
Manager Defined Marathon Mode	(unlimited workout time)	●
Facility Customization through LFconnect.com***	Attract screen background image and logo, and scrolling message; custom Internet settings and TV channels; custom workouts	●
End-user Personalization through LFconnect.com and LFopen***	Personalized content, workouts creation and tracking, entertainment	●
Asset Management through LFconnect.com	Software Updates and Statistics	●
TECHNICAL SPECIFICATIONS		
Headphone Jack	3.5 mm Stereo	●
Easy-to-Remove Headphone Jack		●