

# RS3 LIFECYCLE RECUMBENT EXERCISE BIKE

**1 HEALTH CLUB QUALITY**  
The bike frame is based upon the proven design of Lifecycle® bikes in the best health clubs and gyms. The RS3 combines an effective workout with extreme durability.

**2 EASY TO USE**  
Step-through design with a deluxe dual grip handle bar allows for easy entry and exit. Ideal for use by exercisers of all fitness levels.



**3 ENGINEERED FOR COMFORT**  
Ergonomic mesh seat adjusts horizontally and reclines. Comfort makes it easy to stay motivated and reach your fitness goals.



**4 CHOOSE YOUR CONSOLE**  
**Track+:** Compatible with Android™ and Apple® devices. Interacts with apps for an entertaining and engaging experience.

**Go:** Combines ease of use with 13 engaging and motivating workout programs.

A recumbent step-through bike built to rigorous standards by the company that created the first electronic exercise bike. A sleek, ergonomic design provides easy exit and entry, stability, and a relaxed body position ideal for exercisers of all fitness levels.

Added comfort is provided by the deluxe contoured mesh fabric seat.



Shown with Track+ Console



**ENGAGE WITH TRACK+**  
The Track+ Console interacts with a variety of popular fitness apps that add variety and fun to a workout and make it easier to reach your fitness goals.

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KEY ● STANDARD — UNAVAILABLE

## BASE SPECIFICATIONS

SPECIAL FEATURES	RS3
Heart Rate Monitoring: Deluxe contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Recumbent seat with mesh back and recline feature	●
Handlebars: Side-mounted handlebars and deluxe, two-grip front assist handlebars	●
Pedals: Non-slip self-balancing pedals with ratcheting straps	●
Accessories: Rear-mounted accessory tray/water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	13
Maximum user weight	400 lbs 181 kg
Unit length	64.4" 163.6 cm
Unit width	26.8" 68.1 cm
Unit height	51.5" 130.8 cm
Unit weight	154 lbs 69.8 kg
Safety: CE, CSA, FCC, TUV, UL	●
Warranty: Limited lifetime warranty on frame; 5-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

## CONSOLE SPECIFICATIONS

DISPLAY	TRACK+	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	16	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Incline, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
Marathon Mode (Manual, Heart Rate)	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)		
LFconnect (download from the iTunes® App Store or Google Play™)	●	—
LFopen™ compatibility with 3rd party apps (for a list of compatible apps visit lifefitness.com/moreapps)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod® with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated controls (play/pause/track changes/volume)	●	—
Android™ compatibility:		
Devices with Android software version 4 and up	●	—
Charging through USB port	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Incline, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, METS, Animated symbols	●	●
WARRANTIES		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

## CONSOLE OPTIONS



Track+



Go