



95C ENGAGE™ UPRIGHT LIFECYCLE® EXERCISE BIKE

Whether your users are looking for a great workout, training for a race, or recovering from surgery, the 95C Engage will take them to the fitness level they desire. Designed with an easily adjustable pedal strap and at-your-fingertips resistance controls, the 95C Engage delivers an exceptional fitness experience. Built with over 30 years of research and development and the best ergonomic and user-based tests in the industry, the 95C Engage will motivate your exercisers to keep working out at your fitness center.

PERFORMANCE FEATURES

ADVANCED CONSOLE TECHNOLOGY

Engage the senses with seamless iPod® integration, USB connectivity, Virtual Trainer, Workout Landscape™ 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.

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 97C 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.



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.

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

**ELEVATION™
SERIES**

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WHAT WE LIVE FOR

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 an 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 and 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

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KEY

STANDARD

○ OPTIONAL*

— UNAVAILABLE

SPECIFICATIONS

95C 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 Customized Workouts, 2 Create Your Own™ Workouts	
	Watts and METs: Watts, METs	
Sport Training: Interval, Speed Training		
Goals	Time, Calories, Distance, Distanced Climbed, Time in Zone, Pace	
Modes	Bike and Constant Calorie Per Hour	
Customized Cool Down		
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 iPod [†] /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.) Will use 2 amp max.	
	Auto Start: brings power to console when user begins pedaling	
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.

† Warranties outside the U.S. may vary.

Specifications subject to change.

KEY

● STANDARD

○ OPTIONAL

— UNAVAILABLE

DISPLAY TECHNOLOGY

95C ENGAGE

CONSOLE OPTIONS		
15" Integrated LCD Screen with Touch Screen Technology		●
VIDEO VIEWING OPTIONS		
Integrated 15" Diagonal Video Screen	Video viewing content and workout data display	●
	Three different viewing sizes	●
DISPLAY READOUT		
Workout Feedback	Speed, Resistance, 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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