



95C INSPIRE™ UPRIGHT LIFECYCLE® EXERCISE BIKE

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

PERFORMANCE FEATURES

ADVANCED CONSOLE TECHNOLOGY

Inspire the senses with seamless iPod® integration, USB compatibility, Virtual Trainer and Workout Landscape™ Perspectives. Sight, sound and performance come together in the Inspire™ console, built on the most advanced technology in the fitness industry.

COMFORT CURVE® SEAT WITH EASY ADJUSTMENTS

Newly designed seat provides maximum 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. Optional XXL seat post and handlebars accommodate users up to 7' tall.

PERFORMANCE KIT

Optional racing seat and racing pedals gives your cyclists the comfort of their road bike with the features and benefits of the new consoles.

AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Allows users to easily adjust workout intensity on the handlebars.

SELF-POWERED CONVENIENCE*

Cordless, so you can place your bikes anywhere you want.

HIGHLIGHTED FEATURE

PEDAL STRAP



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

* Models with Attachable TV require external power source.

UPRIGHT LIFECYCLE® EXERCISE BIKE DETAILS

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

**ELEVATION™
SERIES**

LifeFitness

THE INSPIRE™ CONSOLE

ARE YOU READY FOR INSPIRATION
TO GO ABOVE AND BEYOND?

Reach a new level of engagement with the Inspire™ Console. Get touch screen access to iPod® music, utilize the USB connectivity to create, customize and track workouts, get motivated by the built-in Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Whatever their fitness levels, whatever their goals, the Inspire™ Console captivates your users throughout their workout and keeps them coming back to your facility. Are you ready for inspiration to go above and beyond?



FEATURES



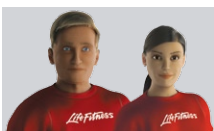
INTEGRATED 7" LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN TV



iPod® COMPATIBILITY | Seamless iPod integration allows users to view music/video lists and make selections directly on the LCD screen



USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results

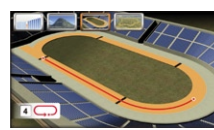


VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



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 speed, resistance and time displays for larger workout data viewing

CONSOLE DETAILS

- ✔ Integrated 7" LCD with Touch Screen Technology
- ✔ Integrated connector allows exercisers to view iPod® music/ video lists and make selections directly on the 7" LCD screen
- ✔ Users can create and save workouts and personal settings, as well as track workout results on any USB stick
- ✔ Charge iPod
- ✔ Built-in Virtual Trainer provides motivating encouragement, tips and feedback on progress
- ✔ Workout Landscape™ Perspectives
- ✔ Zoom feature enlarges speed, resistance and time displays

**ELEVATION™
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KEY

● STANDARD

○ OPTIONAL*

— UNAVAILABLE

SPECIFICATIONS

95C INSPIRE

HEART RATE MONITORING		
Polar® Telemetry (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	Random, Hill	●
	Around the World, Cascades, Foothills, Kilimanjaro	●
	5k, 10k, Speed Interval Training, Speed Training	●
Aerobic, Bike and Constant Calorie Modes		●
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	●
Custom Workouts	8 Customized Workouts	●
	2 Create Your Own™ Workouts	●
Fitness Test Protocols	Navy PRT, Air Force PRT	●
	Fit Test	●
Watts, METs		●
Customized Cool Down		●
SPECIAL FEATURES		
Comfort Curve Plus™ Seat		●
Wide Ride™ Pedals		●
Easy Adjust Pedal Strap		●
Racing Seat and Pedals		○
XXL Seat Post and Handlebars		○
Deluxe Racing Handlebars		●
On-the-fly Programming		●
Resistance Levels		25
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		●
Attachable TV Personal Entertainment Solutions		○
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.)	○
	Self-Powered**	●
	Auto Start: brings power to console when user begins pedaling	●
Length		48" (122 cm)
Width		25" (64 cm)
Height		65" (165 cm)
Unit Weight		161 lbs (73 kg)
Warranty†	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●
	Optional Attachable TV: 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.

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DISPLAY TECHNOLOGY

95C INSPIRE

CONSOLE OPTIONS		
7" Integrated LCD with Touch Screen Technology		●
TV VIEWING OPTIONS		
Attachable 17" Diagonal TV (wide screen format)		○
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		●
iPod® Compatibility	iPod video capability on Attachable TV	○
	iPod playlist management on LCD screen	●
	iPod charging	●
Virtual Trainer		●
USB Connectivity		●
Workout Landscape™ Perspectives		●
Manager-Defined Marathon Mode (unlimited workout time)		●
Manager-Defined/User-Selected Languages		●
User Units Selection (rpm/mpg/kph and lbs/kg)		●
Zoom Feature		●
TV Controls: Touch Screen		○
Channel Memory	1000 Available Channels	○
Previous Channel Viewed		○
Channel Renumbering		○
Secondary Audio Programs (SAP) - SAP TV broadcast required		○
Closed Captioning		○
Mute Feature		○
Asset Management and Advanced Diagnostics		●
Screen Protection: Protective top layer, internal shock mounts, gasket		●
TECHNICAL SPECIFICATIONS		
Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB		○
Headphone Jack: 3.5 mm Stereo		●
Easy-to-Remove Headphone Jack		●

* Optional features are available with the purchase of an Attachable TV at an additional charge. Specifications subject to change.

