



Shown with side handlebars

## 95R INSPIRE™ 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 Inspire. 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 easier 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

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.

#### STEP-THROUGH DESIGN

Allows users to easily get on and off the seat.

#### COMFORT CURVE® SEAT WITH EASY ADJUSTMENTS

Newly designed seat 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

\*Models with Attachable TV require external power source.

#### SELF-POWERED CONVENIENCE\*

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

#### HIGHLIGHTED FEATURE

##### DELUXE ARMRESTS



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.

### 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 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™  
SERIES**

**LifeFitness**

KEY

● STANDARD

○ OPTIONAL\*

— UNAVAILABLE

## SPECIFICATIONS

## 95R 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+™<br>Heart Rate<br>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                               | ●                |
| Aerobics Trainer 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<br>Protocols   | Navy PRT, Air Force PRT  | ●                |
|   | Fit Test   | ●                |
| Watts, METs   |  | ●                |
| Customized Cool Down  |  | ●                |
| SPECIAL FEATURES  |  |                  |
| Deluxe Back Support and Seat  |  | ●                |
| 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   |  | 25               |
| 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                     |  | ●                |
| 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<br>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  |  | 65.4" (166 cm)   |
| Width   |  | 26" (66 cm)      |
| Height  |  | 51" (130 cm)     |
| Unit Weight   |  | 187 lbs (85 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 feature at no additional charge.

\*\*\* Optional Attachable TV requires external power source.

† Warranties outside the U.S. may vary.

Specifications subject to change.

KEY

● STANDARD

○ OPTIONAL\*

— UNAVAILABLE

## DISPLAY TECHNOLOGY

**95R 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, Incline, 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.

