



RECUMBENT LIFECYCLE® EXERCISE BIKE

Essentially Life Fitness, Activate Series is everything people need for a great workout. This highly durable, reliability-tested cardio equipment makes the most of any space and helps exercisers do the same.

The Activate Series Recumbent Lifecycle® Exercise Bike brings our legacy of great bikes to the accessibility of a recumbent.

PERFORMANCE FEATURES

HEART RATE MONITORING

LifepulseTM digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide accurate heart rate monitoring and Polar[®] telemetry provides hands-free heart rate monitoring when used with an optional chest strap

SELF-POWERED CONVENIENCE

Powered by human movement, these energy efficient bikes can be placed anywhere in a facility, with no electrical cords or outlets to consider (Models with optional 17" TV on stand require power)

RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance-free

COMFORT ADJUSTMENTS

Easily adjustable ski-boot style pedal straps and 34 seat adjustment positions ensure that each person can find their most comfortable riding position

INTUITIVE CONSOLE

Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback



Activate Console

HIGHLIGHTED FEATURE

STEP-THROUGH DESIGN



Provides easy on and off

RECUMBENT BIKE DETAILS

- ➤ 8 workouts, including 2 Zone Training+TM workouts and Fit Test protocol
- > 34 seat adjustments
- > Side and front handlebars
- > 25 resistance levels
- Max User Weight 400 lbs. (181 kg)

- > 13 languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand

Details on back.

Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at lifefitness.com/green



SPECIFICATIONS

ACTIVATE RECUMBENT BIKE

Polar® Telemetry Heart Rate Monitoring (optional chest strap required) Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing) Resistance Levels Seat Adjustments Deluxe Back Support TV Viewing Optional 17" Diagonal TV (wide screen format) on TV stand Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability CSAFE-Ready, FitLinxx™ Certified TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width 2" (67 cm) Height Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED alphanumberic message center	PRODUCT FEATURES	RECUMBENT BIKE
(optional chest strap required) Lifepulse ^{IIII} Digital Heart Rate Monitoring with DSP (Digital Signal Processing) Resistance Levels Seat Adjustments Deluxe Back Support TV Viewing Optional 17" Diagonal TV (wide screen format) on TV stand Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Ooled Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Maximum User Weight Auto Start: brings power to console when user begins pedaling Length Length Length Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Lower Requirements Auto Start: brings power to console when user begins pedaling Length Lower Requirements Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) Self Powered* Auto Start Auto Dis (181 kg) S		
Monitoring with DSP (Digital Signal Processing) Resistance Levels Seat Adjustments Deluxe Back Support TV Viewing Optional 17" Diagonal TV (wide screen format) on TV stand Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability CSAFE-Ready, FitLinxx ^{IIII} Certified TECHNICAL SPECIFICATIONS Maximum User Weight Auto Start: brings power to console when user begins pedaling Length Width 127" (67 cm) Height 145" (115 cm) Unit Weight 22-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	(optional chest strap required)	•
Seat Adjustments Deluxe Back Support TV Viewing Optional 17" Diagonal TV (wide screen format) on TV stand Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory O Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Auto Start: brings power to console when user begins pedaling Length Width 27" (67 cm) Height 45" (115 cm) Unit Weight Varranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 dear (14-segment LED	Monitoring with DSP (Digital Signal	•
Deluxe Back Support TV Viewing Optional 17" Diagonal TV (wide screen format) on TV stand Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability CSAFE-Ready, FitLinxx™ Certified TECHNICAL SPECIFICATIONS Maximum User Weight Auto Start: brings power to console when user begins pedaling Length G4" (163 cm) Width 27" (67 cm) Height 45" (115 cm) Unit Weight Q00 lbs (91 kg) Warranty VORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Unstructed Fit Test Watts Unity Very Petal Amber LED Fit Character, 14-segment LED	Resistance Levels	25
TV Viewing Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Auto Start: brings power to console when user begins pedaling Length Height 45" (115 cm) Unit Weight Workouts Workouts Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Length Auber Start St	Seat Adjustments	34
Step-Through Design Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory OSide Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Height Unit Weight Warranty Aurous Start: Workouts Unit Weight Varranty Candio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED OO OSAFE-Ready, FitLinxx™ Certified CSAFE-Ready, FitLinxx™ Certified CSAFE-Ready, FitLinxx™ Certified CSAFE-Ready, FitLinxx™ Certified CSAFE-Ready, FitLinxx™ Certified Cardio and black (163 cm) VORKOUTS OUIS (163 cm) VORKOUTS OUICK Start ON OUIT WORKOUTS OUIT And OU	Deluxe Back Support	•
Easy Adjust Pedal Strap On-the-fly Programming Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width 22" (67 cm) Height Unit Weight 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	TV Viewing	
On-the-fly Programming Plug-in Accessory O Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Height Unit Weight Varranty WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Step-Through Design	•
Plug-in Accessory Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Height Unit Weight 27" (67 cm) Height 45" (115 cm) Unit Weight 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Easy Adjust Pedal Strap	•
Side Handlebars with Contact Heart Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width 27" (67 cm) Height 45" (115 cm) Unit Weight Varranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	On-the-fly Programming	•
Rate Integrated Reading Rack Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length G4" (163 cm) Width 27" (67 cm) Height Unit Weight Varranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Plug-in Accessory	0
Integrated Accessory Tray Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Height 100 lbs (181 kg) 100 lbs		•
Front Wheels for Easy Mobility Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width 27" (67 cm) Height Unit Weight Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 Character, 14-segment LED	Integrated Reading Rack	•
Service Enhancements: Manager's Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Auto Start: brings power to console when user begins pedaling Length Width 27" (67 cm) Height Unit Weight Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Integrated Accessory Tray	•
Optional Settings Networking Capability TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width Length Height Unit Weight WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 A0 Ibs (181 kg) CSAFE-Ready, FitLinxx TM Certified 400 lbs (181 kg) 804" (163 cm) 805" (164 cm) 805" (165	Front Wheels for Easy Mobility	•
TECHNICAL SPECIFICATIONS Maximum User Weight Power Requirements Auto Start: brings power to console when user begins pedaling Length Width 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 d4" (163 cm) 400 lbs (181 kg) 64" (163 cm) 401 lbs (181 kg) 64" (163 cm) 64" (163	_	•
Maximum User Weight Power Requirements Self Powered* Auto Start: brings power to console when user begins pedaling Length 64" (163 cm) Width 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Networking Capability	CSAFE-Ready, FitLinxx™ Certified
Power Requirements Auto Start: brings power to console when user begins pedaling Length Midth 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	TECHNICAL SPECIFICATIONS	
Auto Start: brings power to console when user begins pedaling Length 64" (163 cm) Width 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Maximum User Weight	400 lbs (181 kg)
when user begins pedaling Length 64" (163 cm) Width 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Power Requirements	Self Powered*
Width 27" (67 cm) Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start • Manual • Random • Hill • Cardio • Fat Burn • Fit Test • Watts Customized Cool-Down • DISPLAY TYPE Amber LED • 16 character, 14-segment LED		•
Height 45" (115 cm) Unit Weight 200 lbs (91 kg) Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start • Manual • Random • Hill • Cardio • Fat Burn • Fit Test • Watts Customized Cool-Down • DISPLAY TYPE Amber LED • 16 character, 14-segment LED	Length	64" (163 cm)
Unit Weight Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 16 character, 14-segment LED	Width	27" (67 cm)
Warranty 2-year limited warranty on all mechanical and electrical components, 1-year labor WORKOUTS Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 16 character, 14-segment LED	Height	45" (115 cm)
workouts Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 6 character, 14-segment LED	Unit Weight	200 lbs (91 kg)
Quick Start Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Warranty	2-year limited warranty on all mechanical
Manual Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	WORKOUTS	
Random Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Quick Start	•
Hill Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Manual	•
Cardio Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Random	•
Fat Burn Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Hill	•
Fit Test Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Cardio	•
Watts Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Fat Burn	•
Customized Cool-Down DISPLAY TYPE Amber LED 16 character, 14-segment LED	Fit Test	•
DISPLAY TYPE Amber LED 16 character, 14-segment LED	Watts	•
Amber LED 16 character, 14-segment LED	Customized Cool-Down	•
16 character, 14-segment LED	DISPLAY TYPE	
	Amber LED	•
		•

DISDLAY DEADOUT	
DISPLAY READOUT	
Speed	•
Resistance Level	•
Heart Rate	•
Pace	•
Elapsed Time	•
Distance	•
Calories	•
Calories Per Hour	•
Watts	•
METS	•
RPM	•
Language Options	13
Standard Console: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish	
Complex Characters Console: English, Japanese, Russian, Chinese (traditional and simplified), Korean	
Workout Profile	•
CDCCIAL CCATUDGC	
SPECIAL FEATURES	
iPod® video capability on TV on stand via S-video input (cord required)**	0
iPod® video capability on TV on stand	0
iPod® video capability on TV on stand via S-video input (cord required)**	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available	0
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available Channels	0
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available Channels Previous Channel Viewed	0 0
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available Channels Previous Channel Viewed Channel Renumbering Secondary Audio Programs (SAP) - SAP	0 0 0
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available Channels Previous Channel Viewed Channel Renumbering Secondary Audio Programs (SAP) - SAP TV broadcast required	0 0 0 0
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote Channel Memory: 1000 Available Channels Previous Channel Viewed Channel Renumbering Secondary Audio Programs (SAP) - SAP TV broadcast required Closed Captioning	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote 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	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote 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,	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote 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	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote 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,	
iPod® video capability on TV on stand via S-video input (cord required)** TV Controls: External Numeric Remote 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	

 $^{^*\}mbox{Optional TV}$ on stand requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)



^{**}Life Fitness does not supply external cord required for iPod® video capability with TV on stand