

UPPERCYCLE GX ERGOMETER

The UpperCycle™ GX is an upper body ergometer ideal for Group Training. It combines full upper-body and core activation to provide the ideal complement for a well-balanced circuit training regimen.



FULL UPPER-BODY ACTIVATION

It targets the upper torso, arms, shoulders and core, and complements cardio equipment, like indoor cycling bikes and rowers which focus more on the lower body.



GROUND BASED

By being in a standing position, the exerciser engages the core and stabilization muscles. Its adjustable height ensures an appropriate fit for a wide variety of exercisers.



LARGER RANGE OF MOTION

The UpperCycle GX has been engineered to provide a larger range of motion. Its crank length has been optimized to offer broader activation of the core, shoulders, chest and back.



FLUID RESISTANCE

The Variable Fluid Resistance provides smooth, consistent resistance and the ability to crank forward or backward without any adjustment. Ten resistance levels accommodate all exercisers.



FEATURES



EASY TO MOVE

Designed to be easily moved around a fitness facility and in and out of group training areas.



COMPLEMENTS LIFE FITNESS GROUP TRAINING OFFERING

The UpperCycle GX joins the family of Life Fitness rowers and indoor cycling bikes, creating the ideal collection of performance cardio and group training products. Enhance your programming and engage your members with a unique and diverse group training experience.

BASE SPECIFICATIONS	
Product size (l x w)	58.7 x 32.3 in. (149 x 82 cm)
Product height	The product height is measured as the distance between the crank axis of rotation and the ground. Ranges between 44.7 and 57.1 in. (113.5 - 145 cm)
Product weight (with water)	172.2 lbs. (78.12 kg)
Max user weight	330 lbs. (150 kg)
Variable Fluid Resistance	Yes
Resistance levels	10 levels for varied workouts
TECHNICAL SPECIFICATIONS	
Heart rate monitoring	Optional heart rate receiver
Readouts	Resistance level, Calories burned, Calories per hour, Time, Speed, RPM, Optional heart rate monitoring, Watts
Transport wheels	Two in the front
Power requirements	2 x AA Batteries (included for the console)
WARRANTY*	
Frame	5 Years
Mechanical parts (including tank, seals, etc.)	3 Years
Other parts (including the console)	1 Year
Labor	90 Days

* Warranty may vary outside of the U.S.