



# CLUB SERIES CSLR RECUMBENT LIFECYCLE® BIKE

Designed with the same technology and durable components that define our tradition of excellence, the Recumbent Lifecycle® Exercise Bike brings our legacy of fitness to those who prefer a seated position. This bike offers a refreshed, non-intimidating console with more options for personalized entertainment, which helps exercisers complete more enjoyable workouts.

## PERFORMANCE FEATURES

### SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music.

### INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume for the iPod right from the console.

### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, “hands-free” heart rate monitoring. (Telemetry requires optional chest strap.)

### SELF-POWERED CONVENIENCE

Cordless, so you can place your bike anywhere in your home.

### RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance free.



### 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.

## HIGHLIGHT FEATURE



The dual-level console lets users manage their workouts and read at the same time. Plus, the accessory tray is conveniently placed at the user's side.

## RECUMBENT BIKE DETAILS

- Deluxe back support and seat
- Wide Ride™ pedals
- Side and front handlebars
- Dual-level alphanumeric LED console
- Heart rate monitoring
- 29 workouts, including 5 Zone Training+™ workouts and Fit Test protocols
- 7 languages
- Integrated reading rack and accessory tray
- Self-powered
- iPod Compatibility
- Integrated iPod controls

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## SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional 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: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training,		●
Goal Workouts: Watts, Mets, Calories, Distance, Time in Zone		●
Custom Workouts		6
Fitness Test Protocols: Fit Test		●
Aerobics Trainer:		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, RPM		●
Language Choices		7
DISPLAY TYPE		
LED: Alphanumeric message center, workout profile and lower level time/level display		●
Numeric Keypad		●
SPECIAL FEATURES		
Integrated Reading Rack		●
Integrated Accessory Tray		●
Side and Front Handlebars		●
Wide Ride™ Pedals		●
Deluxe Back Support and Seat		●
Front Wheels for Easy Mobility		●
On-the-Fly Programming		●
Resistance Levels		25
Plug-in Accessory		○
iPod® Compatibility	On-console playlist management	●
	Charging	●
Integrated iPod controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Resistance (Watts)		500
Maximum User Weight		400 lbs (181 kg)
Self Powered		●
Auto Start: Brings power to console when user begins pedaling		●
Length		54" (137 cm)
Width		26" (66 cm)
Height		51" (130 cm)
Unit Weight		134 lbs (61 kg)
Warranty†	3-year limited warranty on all mechanical and electrical components	●
	1-year labor	●

† Warranties outside the U.S. may vary. Specifications subject to change.

*Life Fitness*  
WHAT WE LIVE FOR