

C&R Series



Life Fitness

LIFECYCLE®
EXERCISE BIKES

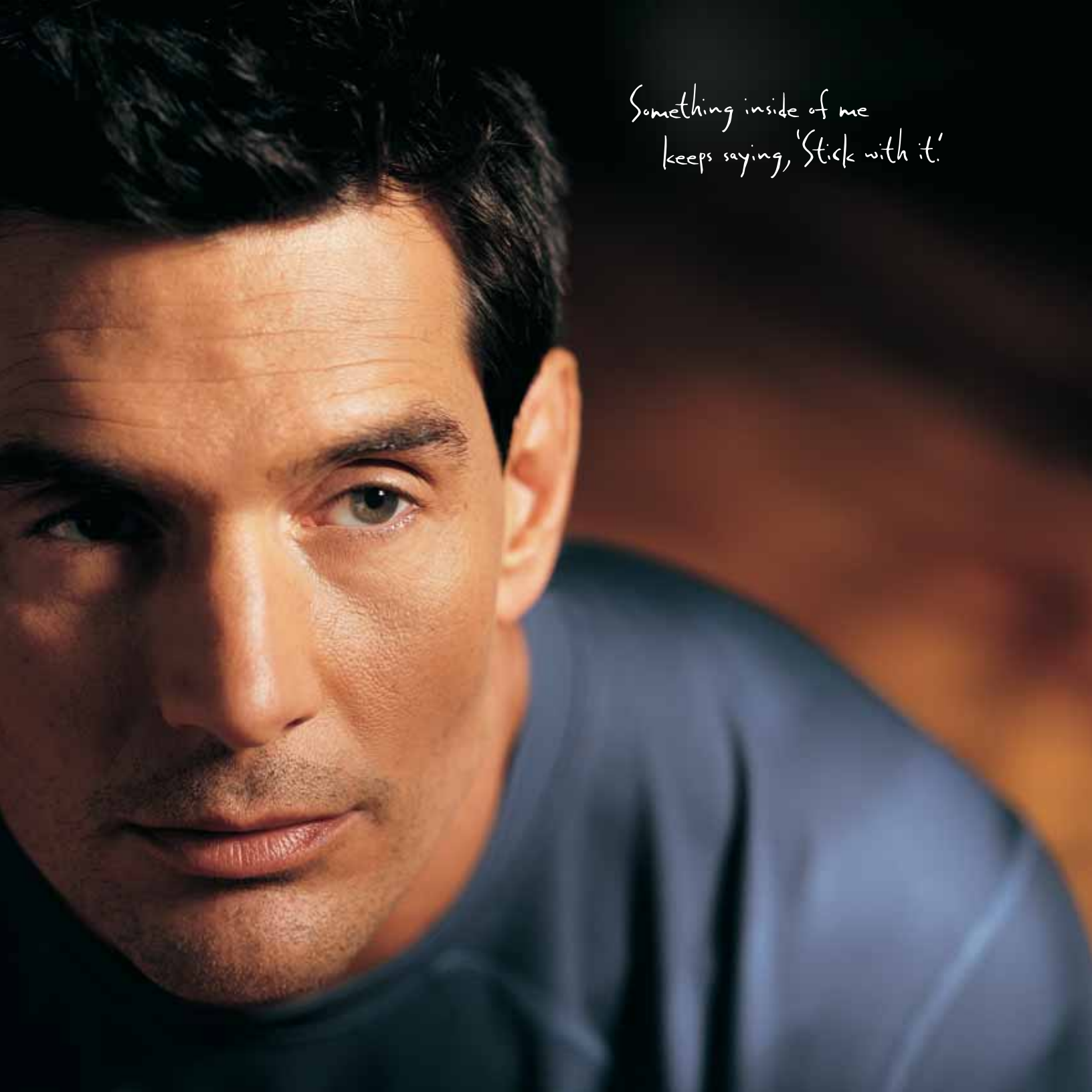


Life Fitness

Everything I overcome makes me stronger.

In today's fast-paced fitness world where exercise products come and go, Lifecycle® exercise bikes remain the sole exception. They've motivated millions since the late 1960s, when the Lifecycle bike was introduced as the world's first computerized exercise bike. Today, our self-powered C-Series upright and R-Series recumbent bikes continue to deliver rewards for every one of your workouts. The finest in health club-quality performance. The most comfortable, world-renowned stationary cycling experience. And plenty of energizing workout programs to keep you focused on whatever lies ahead in your life.

Where does your workout take you?



Something inside of me
keeps saying, 'Stick with it.'

The legend lives on

The C7i and C9i upright Lifecycle exercise bikes take on an instant familiarity. They're the home versions of our popular health club models—exercise bikes that have stood the test of time. The result of endless hours of biomechanical research, these innovative bikes are feature-rich and deliver superb product performance. More than 35 years of ingenuity, comfort, and durability make riding a Lifecycle bike incomparable to other upright exercise bikes.



C7i

C9i

Highlighted Features

The C-Series upright bikes have a look and feel unlike any other. Ergonomically designed handlebars and the knee-over-pedal spindle positioning are both precisely angled for the most natural riding position. The Comfort Curve™ seat makes riding any distance comfortable regardless of your size. And both the self-powered C7i and C9i models don't require cords or outlets so you can place them anywhere in your home.

C7i

- Comfort Curve™ seat
- 20 levels of resistance
- Smooth poly V belt-drive system
- Polar® heart rate monitoring
- Racing-style handlebars
- 10 pre-programmed workouts
- Workout Profile™ display

C9i

- Comfort Curve Plus™ seat with Relief Groove™ seat channel
- 20 levels of resistance
- Smooth poly V belt-drive system
- Lifepulse™ digital heart rate monitoring system
- Polar® heart rate monitoring
- Racing-style handlebars with deluxe forearm supports
- 19 pre-programmed workouts; 7 custom workouts
- Workout Profile™ display with On-the-Fly programming

Proven performance meets amazing comfort

Our R-Series recumbent bikes have mastered the combination of motivating workouts with incredible comfort. On one side of this equation is the world-renowned appeal of the Lifecycle bike's quality, reliability, and durability. The other side of the equation consists of the ergonomics, biomechanics, and comfort that go into creating the best in recumbent cycling. With an R7i or R9i, top-quality workouts and comfort unite in the most remarkable ways.



R7i

R9i

Highlighted Features

Once you lean back in the seat on a Lifecycle recumbent bike, you'll notice how it accommodates your size, your abilities, and your preferences. Move the contoured high-back support seat using 34 adjustable settings. Choose from 20 different levels of resistance. Select from a number of unique workout programs on a self-powered Lifecycle recumbent bike—the machine that requires no cords or outlets.

R7i

- 20 levels of resistance
- Smooth poly V belt-drive system
- 34 locking slide seat adjustments
- Polar® heart rate monitoring
- 10 pre-programmed workouts
- Workout Profile™ display

R9i

- 20 levels of resistance
- Smooth poly V belt-drive system
- 34 locking slide seat adjustments
- Lifepulse™ digital heart rate monitoring system
- Polar® heart rate monitoring
- 19 pre-programmed workouts; 7 custom workouts
- Workout Profile™ display with On-the-Fly programming




C9i

Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a C-Series or R-Series Lifecycle exercise bike made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at LIFEFITNESS.COM.



*Before, I had a hard time
getting motivated to exercise.
Now it's a daily ritual.*

Specifications

C-Series AND R-Series LIFECYCLE EXERCISE BIKES

● Standard ○ Optional – Unavailable

	C9i	C7i	R9i	R7i
HEART RATE MONITORING				
Lifepulse™ digital heart rate monitoring system with DSP (Digital Signal Processing)	●	–	●	–
Polar® telemetry heart rate monitoring (wireless chest strap included)	●	●	●	●
WORKOUTS				
Number of workouts	19	10	19	10
Classic workouts: Hill, Random, Manual	●	●	●	●
Sport Training™ workout and EZ Resistance™ workout	●	●	●	●
Heart Rate Zone Training+™ workouts: Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	●	●	●	●
Workouts Plus™ workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, METs, and Watts	●	–	●	–
Aerobics Trainer	●	–	●	–
My Workouts™ programs	7	–	7	–
DISPLAY READOUT				
Time, Distance, RPM (speed), Level, Calories, Heart Rate, Calories Per Hour, and Watts	●	●	●	●
DISPLAY TYPE				
Workout Profile™ display: 7 x 15 LED segments	●	●	●	●
Workout feedback display: Deluxe 16-character scrolling message center	●	●	●	●
SPECIAL FEATURES				
Frame: 2" x 4" (5 cm x 10 cm) robotically welded steel frame	●	●	●	●
Pedals: Wide Ride™ self-leveling pedals with straps	●	●	●	●
Handlebars:				
- Ergonomic racing-style with deluxe forearm support	●	–	–	–
- Ergonomic racing-style	–	●	–	–
- Bullhorn and side	–	–	●	●
Seat:				
- Comfort Curve Plus™ seat with Relief Groove™ seat channel	●	–	–	–
- Comfort Curve™ seat	–	●	–	–
- Contoured high-back support seat	–	–	●	●
Seat adjustment:				
- Locking pin adjustment (13 positions)	●	●	–	–
- Locking slide adjustment (34 positions)	–	–	●	●
Resistance levels: 20 levels	●	●	●	●
Resistance system: Self-contained alternator system	●	●	●	●
Drive system: Poly V belt-drive system	●	●	●	●
Crank: Multi-piece crank	●	●	●	●
Auto Start	●	–	●	–
Quick Start	●	●	●	●
On-the-Fly programming	●	–	●	–
Cool Down Mode	●	●	●	●
ACCESSORIES				
Accessory tray	●	○	●	○
Reading rack	●	●	●	●
TECHNICAL SPECIFICATIONS				
Maximum user weight	400 lbs 181 kg	400 lbs 181 kg	400 lbs 181 kg	400 lbs 181 kg
Unit length	48" 122 cm	48" 122 cm	54" 137 cm	54" 137 cm
Unit width	24" 61 cm	24" 61 cm	26" 66 cm	26" 66 cm
Unit height	54" 137 cm	53" 135 cm	51" 130 cm	51" 130 cm
Unit weight	88 lbs 40 kg	87 lbs 39 kg	134 lbs 61 kg	134 lbs 61 kg
Power requirements: Self-powered	●	●	●	●
Safety: CE, CEN, CSA, TUV, UL certified	●	●	●	●
Warranties: Lifetime warranty on frame; 5-year on alternator; 3-year on parts; 1-year on labor (Warranties outside the U.S. may vary)	●	●	●	●

Specifications subject to change.

Life Fitness

Life Fitness offers a full line of premier fitness equipment for the home.

LIFECYCLE EXERCISE BIKES | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | STAIRCLIMBERS | GYM SYSTEMS

Where does your workout take you?

