

C&R Series
LIFECYCLE®
EXERCISE BIKES



Making the commitment to fitness is easy when you own a Lifecycle® exercise bike. Life Fitness introduced the world's first computerized exercise bike more than 35 years ago and knows what it takes to build bikes that deliver great results. Refined over time, our C-Series upright and R-Series recumbent bikes deliver a smooth, comfortable exercise experience that fits into your life. Exercise on your own schedule, at your own pace. Achieve goals you never thought possible with the name you know and trust.

Where does your workout take you?

LifeFitness

Enjoy a traditional biking experience

Life Fitness is the #1 brand of exercise bikes in health clubs – and there's a good reason why. Lifecycle® bikes deliver comfort, durability and an engaging exercise experience. Our C-Series upright bikes provide a traditional biking workout in the comfort of your own home. The thoughtful design of the bike properly aligns the seat and pedals to ensure correct knee-over-pedal positioning, which eases the pressure on your knees and reduces the risk of injury. Plus, these bikes are remarkably quiet so you can hear your music or your television while working out. The C1-5 and the C3-5 will provide a smooth ride with the variety you need to stay motivated.



C1-5



C3-5

C1₅

LIFECYCLE EXERCISE BIKE

Seat and pedals are aligned to ensure biomechanically correct positioning
Contact heart rate hand sensors enable you to monitor workout intensity
6 workout programs
Easy-to-use console display includes built-in reading rack
16 resistance levels
Durable, heavy-duty welded steel frame is guaranteed for life

C3₅

LIFECYCLE EXERCISE BIKE

Seat and pedals are aligned to ensure biomechanically correct positioning
Self-powered, so there's no need for outlets or cords
Contact heart rate hand sensors and wireless heart rate monitoring system
10 workout programs, including 5 HeartSync™ heart rate controlled workouts
Integrated reading rack and accessory tray
20 resistance levels
Durable, heavy-duty welded steel frame is guaranteed for life

Exercise in incredible comfort

At Life Fitness, we are the experts when it comes to fitness equipment. More than 35 years of biomechanical research and innovation are built into every Lifecycle® bike we make. Our R-Series recumbent bikes let you exercise from a reclined position with excellent lumbar support. Go ahead and lean back in the seat – you'll get a comfortable, efficient workout that accommodates your abilities and your preferences. The innovative design provides such a smooth, quiet ride that you can easily listen to music or watch television while exercising. Achieve your fitness goals and experience maximum comfort with the R1-5 and the R3-5.



R1-5



R3-5

R1₅

LIFECYCLE EXERCISE BIKE

Contact heart rate hand sensors enable you to monitor workout intensity
6 workout programs

Easy-to-use console display includes built-in reading rack

16 resistance levels

Durable, heavy-duty welded steel frame is guaranteed for life

R3₅

LIFECYCLE EXERCISE BIKE

Contoured seat with adjustable lumbar support

Self-powered, so there's no need for outlets or cords

Contact heart rate hand sensors and wireless heart rate monitoring system

10 workout programs, including 5 HeartSync™ heart rate controlled workouts

Integrated reading rack and accessory tray

20 resistance levels

Durable, heavy-duty welded steel frame is guaranteed for life

