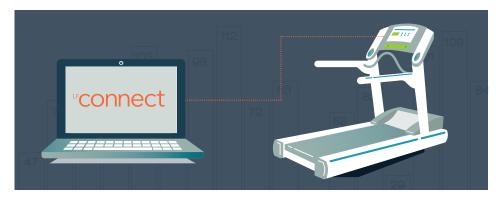
# **INTEGRITY SERIES**

Designed with the same technology and durable components as the Lifecycle® upright bike, the recumbent Lifecycle exercise bike brings our legacy of fitness to those who prefer a seated position.



#### LFCONNECT DIGITAL SOLUTIONS

When Integrity Series is connected to the Internet, LFconnect™ solutions maximize your investment by providing detailed product usage data with valuable insight on exerciser habits, staffing needs and future purchases. LFconnect also enables enhanced technical service to prolong the life of your equipment.



EASY WORKOUT TRACKING
Exercisers can use the free LFconnect app to track their workout results. Requires wireless connection.



APPLE AND ANDROID DEVICE CHARGING Universal USB port and optional Lightning, 30-Pin or Micro USB connectors enable exercisers to charge their Apple\* or Android™ device.



WEIGHT:

134 lbs (61 kg)

MAX USER WEIGHT:

400 lbs (181 kg)

**DIMENSIONS (LXWXH):** 

54 x 26 x 51 in. (137 x 66 x 130 cm)



KEY	•	STANDARD	0	OPTIONAL*
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Delev® Televentus (autional abovititus survivis)	_
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
Fit Test Protocol: Fit Test, Air Force PRT	•
Aerobic Trainer	•
Customized Cool Down	•
DISPLAY READOUTS	
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed	•
Language Choices	7
DISPLAYTYPES	
LED: Alphanumeric message center, workout profile and lower level time/level display	•
Numeric Keypad	•
TECHNICAL SPECIFICATIONS	
Resistance (Watts)	500
Power Requirements: AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)	0
Self-Powered	•
Auto Start: Brings power to console when user begins pedaling	•
Unit Weight	134 lbs (61 kg)
Maximum User Weight	400 lbs (181 kg)
Length	54 in. (137 cm)
Width	26 in. (66 cm)
Height	51 in. (130 cm)

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SPECIAL FEATURES		
Internet: Wireless Connectivity: IEEE802.11a/b/g	g/n o	
LFconnect Digital Solutions	0	
Apple and Android Charging via Universal USB I	Port	
Lightning, 30-Pin, Micro USB Connectors	0	
Integrated TV controls	•	
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	0	
Service Enhancements: Manager's Optional Sett Service Diagnostics	tings and	
Networking Capabilities: CSAFE-Ready, FitLinxx	™ Certified •	
Attachable TV System**	0	
Flash Programmable	•	
Arctic Silver Frame	0	
WARRANTY <sup>†</sup>		
2-year limited warranty on all mechanical and elecomponents	ectrical	
1-year labor	•	
Attachable TV System Option: 2-years electrical mechanical parts; 90 days labor	and	



<sup>\*\*</sup> Optional attachable TV requires external power source.

## LifeFitness.com/IntegritySeries

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### **COMFORT AND CONVENIENCE**

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.



## INTEGRITY SERIES: HIGH PERFORMANCE, OUTSTANDING DURABILITY

The workhorse of Life Fitness cardio equipment holds up to constant use at the busiest health clubs and athletic facilities. Integrity Series treadmills, cross-trainers, recumbent and upright Lifecycle® exercise bikes, stairclimbers, summit trainers and PowerMill™ Climbers are built to be reliable and effective.



<sup>&</sup>lt;sup>†</sup>Warranties outside the U.S. may vary. Specifications subject to change.