



95Le



90 SERIES

CARDIO | LIFECYCLES

The Lifecycle® bike keeps getting better

The 90 Series Lifecycle exercise bikes are the flagship products of Life Fitness. Loaded with breakthrough technology, durable components, and ergonomic design features, these bikes continue our legacy of fitness expertise. As the most recognized cardio product in fitness facilities around the world, the Lifecycle exercise bike is a must have for every facility.

Performance features

➤ **COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS**

The convex shape and swept back seat design on our upright bikes provide maximum comfort. Ratchet seat adjustment makes it easy for users to adjust the seat height, even while in a seated position.

➤ **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.

(See specifications on page 40 for heart rate monitoring system availability.)

➤ **MOTIVATING WORKOUT VARIETY**

Zone Training+™ workouts automatically adjust the resistance level to keep users in their target heart rate zone. Also includes goal-based workouts, Fitness Test protocols, and the machine-prompting Aerobics Trainer program to keep users motivated.

➤ **SELF-POWERED CONVENIENCE**

Cordless, so you can place your bikes anywhere you want.

(Models with integrated and attachable LCD screens require external power source.)

➤ **RELIABLE BELT-DRIVE SYSTEM**

Quiet and virtually maintenance free.

➤ **PLUG-IN OPTION**

Provides a lower operating resistance, which appeals to novice and deconditioned users.

(See specifications on page 40 for plug-in option availability)

HIGHLIGHTED FEATURE

➤ **UNPRECEDENTED EASE OF USE**



No need to move reading material – the multiview console lets users program their workouts and read all at the same time. Plus, Lifepulse hand sensors are located on the recumbent bike sidebars and both the upright and racing position on the upright bike for comfort and convenience.



□ **95Ce**

- Comfort Curve Plus™ ergonomic seat with 27 seat height adjustments
- 11 Wide Ride™ pedal adjustments
- Ergonomically correct handlebars
- E³ Integrated LCD™ System with Touch Screen Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 13 different languages
- Integrated reading rack and accessory tray
- E³ Integrated LCD™ System
 - FM radio-ready
 - Up to 180 available channels



□ **95Ci**

- Comfort Curve Plus™ ergonomic seat with 27 seat height adjustments
- 11 Wide Ride™ pedal adjustments
- Ergonomically correct handlebars
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD with E-Z TV™ Console (95CEZ) or Attachable LCD Entertainment System



□ **95Ci XXL**

The 95Ci XXL model incorporates everything the 95Ci features plus these special accommodations:

- Designed for users up to 7' (213 cm) tall and 400 lbs (181 kg)



□ 93C

- Comfort Curve™ ergonomic seat with 27 seat height adjustments
- 11 Wide Ride™ pedal adjustments
- Ergonomically correct handlebars
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 20 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered
- Available with Attachable LCD Entertainment System



□ 90C

- Comfort Curve™ ergonomic seat with 27 seat height adjustments
- 11 Wide Ride™ pedal adjustments
- Ergonomically correct handlebars
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 7 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- User can select from up to 9 different languages
- Integrated reading rack and optional accessory tray
- Self-powered
- Available with Attachable LCD Entertainment System



□ 95Re

- Deluxe back support and seat
- 11 Wide Ride™ pedal adjustments
- Side and front handlebars
- E³ Integrated LCD™ System with Touch Screen Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 13 different languages
- Integrated reading rack and accessory tray
- E³ Integrated LCD™ System
 - FM radio-ready
 - Up to 180 available channels



□ 95Ri

- Deluxe back support and seat
- 11 Wide Ride™ pedal adjustments
- Side and front handlebars
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD with E-Z™ TV Console (95REZ) or Attachable LCD Entertainment System

*Actual product colors may differ from printed images shown. See page 41 for complete specifications.



□ 93R

- Back support and seat
- 11 Wide Ride™ pedal adjustments
- Side and front handlebars
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 20 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered
- Available with Attachable LCD Entertainment System



□ 90R

- Back support and seat
- 11 Wide Ride™ pedal adjustments
- Side and front handlebars
- Alphanumeric LED console
- Heart Rate Monitoring: Polar® telemetry
- 7 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- User can select from up to 9 different languages
- Integrated reading rack and optional accessory tray
- Self-powered
- Available with Attachable LCD Entertainment System

Upright Lifecycle® Bikes

KEY:

• Standard ◦ Optional – Unavailable

	95Ce	95Ci	95Ci XXL	93C	90C
HEART RATE MONITORING					
Polar® Telemetry (optional chest strap required)	•	•	•	•	◦
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•	•	•	–	–
WORKOUTS					
Classic Workouts: Hill, Random, Manual, Quick Start	•	•	•	•	•
Zone Training+™ Heart Rate Workouts	•	•	•	•	•
- Cardio, Fat Burn	•	•	•	•	•
- Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	•	•	–
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training	•	•	•	•	–
Goal Workouts	•	•	•	•	–
- Watts, METs	•	•	•	•	–
- Calories, Distance, Time in Zone	•	•	•	–	–
Personal Trainer Workouts: 6 Customizable Workouts	•	•	•	–	–
Fitness Test Protocols	•	•	•	•	•
- Fit Test	•	•	•	•	•
- Air Force PRT	•	•	•	•	–
Aerobics Trainer	•	•	•	•	–
Customized Cool Down	•	•	•	•	•
DISPLAY READOUT					
Elapsed Time, Total Calories Burned, Calories Burned Per Hour, Watts, METs, Workout Profile, Resistance Level, RPM, Distance	•	•	•	•	•
Heart Rate	•	•	•	•	•
Language Choices*	13	9	9	9	9
DISPLAY TYPE					
E ³ Integrated LCD™ System: For more information see LCD Solutions on page 43	•	–	–	–	–
LED	•	•	•	•	•
- Alphanumeric message center, workout profile and lower level time/level display	–	•	•	–	–
- Alphanumeric message center and workout profile	–	–	–	•	•
SPECIAL FEATURES					
Integrated Reading Rack	•	•	•	•	•
Integrated Accessory Tray	•	•	•	•	–
Deluxe Racing Handlebars	•	•	•	–	–
Racing Handlebars	–	–	–	•	•
Wide Ride™ Pedals	•	•	•	•	•
Ratcheting Seat Adjustment	•	•	•	•	•
Comfort Curve Plus™ Seat	•	•	•	–	–
Comfort Curve™ Seat	–	–	–	•	•
Front Wheels for Easy Mobility	•	•	•	•	•
Stationary Programming	•	•	•	•	–
On-the-Fly Programming	•	•	•	•	–
Resistance Levels	26	25	25	20	20
Plug-in Accessory	•	◦	◦	–	–
Service Enhancements: Manager's Optional Settings	•	•	•	•	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•	•	•	◦	–
Attachable LCD Entertainment Solutions: For more information see LCD Solutions on page 43	–	◦	◦	◦	◦
TECHNICAL SPECIFICATIONS					
Resistance (Watts)	500	500	500	400	335
Maximum User Weight: 400 lbs (181 kg)	•	•	•	•	•
Power Requirements	•	◦	◦	–	–
- AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)	•	◦	◦	–	–
- Self-Powered	–	•	•	•	•
- Auto Start: brings power to console when user begins pedaling	•	•	•	•	–
Length	48" (122 cm)				
Width	24" (61 cm)				
Height	54" (137 cm)				
Unit Weight	107 lbs (49 kg)				
Warranty**	•	•	•	•	•
- 2-year limited warranty on all mechanical and electrical components	•	•	•	•	•
- Attachable LCD Entertainment Solutions option: 2-years electrical and mechanical parts; 90 days labor	–	•	•	•	•

*Japanese available with CCD console. **Warranties outside the U.S. may vary. Specifications subject to change.

Recumbent Lifecycle® Bikes

KEY:

• Standard ◦ Optional – Unavailable

	95Re	95Ri	93R	90R
HEART RATE MONITORING				
Polar® Telemetry (optional chest strap required)	•	•	•	◦
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•	•	–	–
WORKOUTS				
Classic Workouts: Hill, Random, Manual, Quick Start	•	•	•	•
Zone Training+™ Heart Rate Workouts				
- Cardio, Fat Burn	•	•	•	•
- Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	•	–
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training	•	•	•	–
Goal Workouts				
- Watts, METs	•	•	•	–
- Calories, Distance, Time in Zone	•	•	–	–
Personal Trainer Workouts: 6 Customizable Workouts	•	•	–	–
Fitness Test Protocols				
- Fit Test	•	•	•	•
- Air Force PRT	•	•	•	–
Aerobics Trainer	•	•	•	–
Customized Cool Down	•	•	•	•
DISPLAY READOUT				
Elapsed Time, Total Calories Burned, Calories Burned Per Hour, Watts, METs, Workout Profile, Resistance Level, RPM, Distance	•	•	•	•
Heart Rate	•	•	•	•
Language Choices*	13	9	9	9
DISPLAY TYPE				
E ³ Integrated LCD™ System: For more information see LCD Solutions on page 43	•	–	–	–
LED				
- Alphanumeric message center, workout profile and lower level time/level display	–	•	–	–
- Alphanumeric message center and workout profile	–	–	•	•
SPECIAL FEATURES				
Integrated Reading Rack	•	•	•	•
Integrated Accessory Tray	•	•	•	–
Side & Front Handlebars	•	•	•	•
Wide Ride™ Pedals	•	•	•	•
Deluxe Back Support & Seat	•	•	–	–
Back Support & Seat	–	–	•	•
Front Wheels for Easy Mobility	•	•	•	•
Stationary Programming	•	•	•	–
On-the-Fly Programming	•	•	•	–
Resistance Levels	26	25	20	20
Plug-in Accessory	•	◦	–	–
Service Enhancements: Manager's Optional Settings	•	•	•	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•	•	◦	–
Attachable LCD Entertainment Solutions: For more information see LCD Solutions on page 43	–	◦	◦	◦
TECHNICAL SPECIFICATIONS				
Resistance (Watts)	500	500	400	335
Maximum User Weight: 400 lbs (181 kg)	•	•	•	•
Power Requirements				
- AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)	•	◦	–	–
- 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**				
- 2-year limited warranty on all mechanical and electrical components	•	•	•	•
- Attachable LCD Entertainment Solutions option: 2-years electrical and mechanical parts; 90 days labor	–	•	•	•

*Japanese available with CCD console. **Warranties outside the U.S. may vary. Specifications subject to change.