



# Activate SERIES

## RECUMBENT LIFECYCLE® EXERCISE BIKE

Essentially Life Fitness, Activate Series is everything people need for a great workout. This highly durable, reliability-tested cardio equipment makes the most of any space and helps exercisers do the same.

The Activate Series Recumbent Lifecycle® Exercise Bike brings our legacy of great bikes to the accessibility of a recumbent.

### PERFORMANCE FEATURES

#### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide accurate heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring when used with an optional chest strap

#### SELF-POWERED CONVENIENCE

Powered by human movement, these energy efficient bikes can be placed anywhere in a facility, with no electrical cords or outlets to consider (Models with optional 17" TV on stand require power)

#### RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance-free

#### COMFORT ADJUSTMENTS

Easily adjustable ski-boot style pedal straps and 34 seat adjustment positions ensure that each person can find their most comfortable riding position

#### INTUITIVE CONSOLE

Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback



Activate Console

Details on back.

### HIGHLIGHTED FEATURE

#### STEP-THROUGH DESIGN



Provides easy on and off

### RECUMBENT BIKE DETAILS

- > 8 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- > 34 seat adjustments
- > Side and front handlebars
- > 25 resistance levels
- > Max User Weight 400 lbs. (181 kg)
- > 13 languages
- > Integrated reading rack and accessory tray
- > Optional 17" diagonal TV (wide screen format) on TV stand

### Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at [lifelitness.com/green](http://lifelitness.com/green)

**LifeFitness**  
WHAT WE LIVE FOR

KEY

● STANDARD

○ OPTIONAL

## SPECIFICATIONS

| PRODUCT FEATURES  | RECLINING BIKE  |
|---|---|
| Polar® Telemetry Heart Rate Monitoring (optional chest strap required)        | ●   |
| Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing) | ●   |
| Resistance Levels   | 25  |
| Seat Adjustments  | 34  |
| Deluxe Back Support   | ●   |
| TV Viewing  | Optional 17" Diagonal TV (wide screen format) on TV stand                         |
| Step-Through Design   | ●   |
| Easy Adjust Pedal Strap   | ●   |
| On-the-fly Programming  | ●   |
| Plug-in Accessory   | ○   |
| Side Handlebars with Contact Heart Rate                                       | ●   |
| Integrated Reading Rack   | ●   |
| Integrated Accessory Tray   | ●   |
| Front Wheels for Easy Mobility  | ●   |
| Service Enhancements: Manager's Optional Settings                             | ●   |
| Networking Capability   | CSAFE-Ready, FitLinxx™ Certified  |
| TECHNICAL SPECIFICATIONS  |   |
| Maximum User Weight   | 400 lbs (181 kg)  |
| Power Requirements  | Self Powered*   |
| Auto Start: brings power to console when user begins pedaling                 | ●   |
| Length  | 64" (163 cm)  |
| Width   | 27" (67 cm)   |
| Height  | 45" (115 cm)  |
| Unit Weight   | 200 lbs (91 kg)   |
| Warranty  | 2-year limited warranty on all mechanical and electrical components, 1-year labor |
| WORKOUTS  |   |
| Quick Start   | ●   |
| Manual  | ●   |
| Random  | ●   |
| Hill  | ●   |
| Cardio  | ●   |
| Fat Burn  | ●   |
| Fit Test  | ●   |
| Watts   | ●   |
| Customized Cool-Down  | ●   |
| DISPLAY TYPE  |   |
| Amber LED   | ●   |
| 16 character, 14-segment LED alphanumeric message center                      | ●   |

## ACTIVATE RECLINING BIKE

| DISPLAY READOUT   |    |
|---|----|
| Speed   | ●  |
| Resistance Level  | ●  |
| Heart Rate  | ●  |
| Pace  | ●  |
| Elapsed Time  | ●  |
| Distance  | ●  |
| Calories  | ●  |
| Calories Per Hour   | ●  |
| Watts   | ●  |
| METS  | ●  |
| RPM   | ●  |
| Language Options  | 13 |
| Standard Console:<br>English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish              |    |
| Complex Characters Console:<br>English, Japanese, Russian, Chinese (traditional and simplified), Korean |    |
| Workout Profile   | ●  |
| SPECIAL FEATURES  |    |
| iPod® video capability on TV on stand via S-video input (cord required)**                               | ○  |
| TV Controls: External Numeric Remote  | ○  |
| Channel Memory: 1000 Available Channels   | ○  |
| Previous Channel Viewed   | ○  |
| Channel Renumbering   | ○  |
| Secondary Audio Programs (SAP) - SAP TV broadcast required  | ○  |
| Closed Captioning   | ○  |
| Mute Feature  | ○  |
| Asset Management and Advanced Diagnostics   | ●  |
| Screen Protection: Protective top layer, internal shock mounts, gasket                                  | ○  |
| TECHNICAL SPECIFICATIONS  |    |
| Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB   | ○  |
| Headphone Jack: 3.5 mm Stereo   | ○  |
| Easy-to-remove Headphone Jack   | ○  |

\*Optional TV on stand requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

\*\*Life Fitness does not supply external cord required for iPod® video capability with TV on stand