



# Activate SERIES

## UPRIGHT 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 genius of our legacy product, the Lifecycle® Exercise Bike, can be seen in every aspect of this design, from the durable frame to the intuitive console.

### 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 38 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

#### BIOMECHANICALLY- EFFICIENT DESIGN



Activate upright bike follows our tradition of biomechanically-efficient body positioning with just a simple seat adjustment through a combination of crank, handlebar and seat position geometry.

### UPRIGHT BIKE DETAILS

- > 8 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- > 38 seat adjustments
- > Ergonomic racing-style 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 [lifel FITNESS.com/green](http://lifel FITNESS.com/green)

**LifeFitness**  
WHAT WE LIVE FOR

KEY

● STANDARD

○ OPTIONAL

## SPECIFICATIONS

PRODUCT FEATURES	UPRIGHT 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	38
TV Viewing	Optional 17" Diagonal TV (wide screen format) on TV stand
Easy Adjust Pedal Strap	●
On-the-fly Programming	●
Plug-in Accessory	○
Ratcheting Seat Adjustment	●
Racing Handlebars	●
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	44" (112 cm)
Width	23" (59 cm)
Height	54" (137 cm)
Unit Weight	130 lbs (59 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 UPRIGHT BIKE

DISPLAY READOUT	
Speed	●
Resistance Level	●
Heart Rate	●
Elapsed Time	●
Distance	●
Calories	●
Calories Per Hour	●
Watts	●
METS	●
RPM	●
Language Options	13
Standard Console: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish	
Complex Characters Console: 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