



# LifeCycle GX

The company that brought you the original Lifecycle® exercise bike now introduces the Lifecycle GX. It's biomechanically designed and user-tested to ensure a comfortable yet effective workout. Plus quality construction provides long-lasting durability ride after ride.

## PERFORMANCE FEATURES

**Large overall adjustment range** provides the most proper bike fit for a wider user range and **Micro fore/aft adjustments** allow users to set seat and handlebar to most optimal position relative to height and body type.

**Multi-ribbed belt drive with magnetic eddy current** for a smoother, quieter ride with less maintenance.

**Precision resistance brake lever** allows riders to gauge and repeat resistance with optional cycling computer.

**E-coated steel and plastic shrouding** protects frame and sensitive mechanisms from dirt, sweat and water.

**Durable urethane stretch platforms** allow riders to properly stretch calf muscles.

**Ergonomic handlebar design** for comfortable upper body positioning; dual water bottle receptacles can be used as digital device holders.

**Dual-sided SPD pedals** provide a hard surface for riders wearing soft sole shoes; features standard SPD pedal clips for those wearing cycling shoes.

**Optional cycling computer** is mounted to remain in an optimal viewing position. **Computer workout feedback** includes speed, distance, cadence, calories, time, heart rate and resistance level. It also displays percent of Heart Rate MAX, allowing instructors to create innovative classes using heart rate zones. Optional Polar Compatible chest strap required.

## HIGHLIGHTED FEATURE

Our extensive program manual, available in 11 languages, provides all the tools you need to teach a captivating cycling class. Bonus video instruction on proper bike set-up, riding technique and sample class exercises make it easy to learn.



## SPECIFICATIONS

Product Features	
Robotically Welded Steel Frame with Rust Prevention E-Coating	
Dual-Magnetic Brake Resistance System	
Multi-ribbed Belt Drive	
Precision Resistance Braking Lever	
Dual-Sided SPD Pedals	
Vertical and Fore/Aft Seat and Handlebar Adjustments	
Dual Water Bottle Holders	
Custom Molded Stretching Platforms	
Console Feedback Display	
<b>Display Screen 1</b> RPM, Resistance Level, Heart Rate, % Heart Rate Maximum, Calories, Distance, Speed, Time	
<b>Display Screen 2</b> RPM Maximum, RPM Average, Speed Maximum, Speed Average, Maximum Heart Rate, % Maximum Heart Rate (Languages: English, Spanish, German, Italian, French, Dutch, Portuguese)	
Backlit Display	
Technical Specifications	
Length	54.6" (139 cm)
Width	23" (58 cm)
Height	39.5" (100 cm)
Weight	111 lbs (50.5 kg)
Warranties (warranties outside of the U.S. may vary)	
5-year structural frame	
3-year mechanical components (cranks, flywheel, handlebar, handlebar post, seat post, bearings, seat and handlebar adjustments mechanisms, drive mechanisms, resistance mechanism)	
1-year (saddle, pedals, console)	
90-day wearable items (upholstery, pedal straps)	
90-day labor	

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