

ACTIVATE SERIES

LIFECYCLE UPRIGHT
EXERCISE BIKE

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



A COMFORTABLE RIDE

Dozens of seat adjustment positions and optimal pedal positioning ensure that nearly every exerciser can find an ideal riding position.



EASY TO USE

The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



OPTIONAL ATTACHABLE TV

Keep exercisers entertained by upgrading to a 15" attachable TV.



CONNECTION TO CARDIO

LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



TREADMILL

Product code: OSC

WEIGHT:

130 lbs (59 kg)

MAX USER WEIGHT:

400 lbs (181 kg)

DIMENSIONS (L X W X H):

44 x 23 x 54"
(112 x 59 x 137 cm)

LifeFitness

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL *

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S)	Self powered*
Auto start (Brings power to console when user begins pedaling)	•
Size (L x W x H)	44 x 23 x 54" (112 x 59 x 137 cm)
Unit weight	130 lbs (59 kg)
Maximum user weight	400 lbs (181 kg)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, Watts, Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Resistance Level, Heart Rate, Elapsed Time, Distance, Calories, Calories per Hour, Watts, METS, RPM	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry (optional chest strap required), Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Resistance levels	25
Seat adjustments	38
Easy adjust pedal strap	•
Support handlebars	•
Ratcheting seat adjustment	•
Racing handlebars	•
Integrated reading rack	•
Integrated accessory tray	•
Front wheels for easy mobility	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
Plug-in accessory	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
WARRANTY**	
2 year limited on electrical and mechanical components	•
1 year limited on labor	•
Attachable TV system option: 2-years electrical and mechanical parts; 90 days labor	•



**ACTIVATE SERIES:
SIMPLE RELIABILITY**

Cardio equipment that's suited for both new exercisers and workout veterans. Activate Series treadmills, cross-trainers and Lifecycle® exercise bikes are built to be durable and easy to use so that exercisers can get on and go.

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

** Warranties outside the U.S. may vary. Specifications subject to change

LifeFitness.com/ActivateSeries

