

Life Fitness C1 LifeCycle (Go Console)

£795.00

Product Images



Short Description

The LifeCycle C1 Exercise Bike with the Go Console is a very popular choice for home users. With a user-friendly console with pre-programme workouts and custom options, you can track your workouts with ease. It's sleek look and quality feel is coupled with it's renowned smooth, quiet and comfortable ride. The C1 is great for toning, leg workouts and general cardio improvement.

Why choose the C1 LifeCycle?

It's still true that the single most popular piece of home gym cardio equipment is the upright exercise bike. The LifeCycle C1 has been around for a few years now, but still provides the quality ride and workout experience it gained its reputation for. Thanks to its lightweight design, superb build quality and initial research and development, this bike will stand the test of time and provide you with a great platform from which you can exercise for cardio fitness or for toning and strength.

Key Features

- Incorporates Contact Heart Rate Sensors in handles
- Racing style, curved handlebars that are adjustable
- Easy to adjust seat height with clear settings
- Water bottle holder and reading rack

Go Console Features



- 13 Workouts and 2 Custom Workouts
- HeartSync™ heart rate controlled workouts
- LCD with blue background
- Profiles for 2 Users
- Feedback includes Calories, Distance, Pace, Time, Calories Per Hour, Distance Remaining, Elapsed Time and Heart Rate
- Energy Saving Console
- 3 Year Warranty

Additional Information

SKU	C1-XX04-0104GC-000X-0105
Weight	48.000000
Equipment Usage	Home Use
Warranty	Lifetime on frame and 3 years on parts and labour.
Additional Features	Entertainment: iPod compatibility, Life Fitness Virtual Trainer, third party app interaction
Display Monitor	4 x 6" LCD with blue background and white characters
Console Functions	Go console: 2 user profiles, 13 workouts, 2 custom workouts
Program Types	13 (Manual, Random, Hill, EZ Resistance, Sport Training, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval, Extreme Heart Rate™, Calorie, Distance, Target Heart Rate)
Heart Rate Monitoring	Hand Sensors & Telemetry (Heart Strap not included)
Max User Weight	135kg (21 stones approx.)
Power Source	All major voltage configurations
Resistance Type	Eddy current system with 20 levels
Resistance Levels	20
Accessories Available	front mounted water bottle holder
Pedal Type	With ratcheting straps for easy adjustments
Seat Adjustment	Adjustable upright seat: 14 positions
Length Dimensions	142cm
Width Dimensions	69cm
Height Dimensions	114cm