

# Life Fitness C1 Bike (Track Connect) Ex- Display

£747.00

## Product Images



## Short Description

This is an ex-display LifeCycle is the C1 Upright exercise bike with the more advanced Track Connect console. Popular time and time again you can immerse yourself in the improved, advanced console that the track program has to offer and enjoy a range of varying simulations that will have you maximising your workout potential each time.

# Why Choose this Bike?

Revel not only in the sleek look and feel of the Life C1 Exercise Bike, but in its ergonomic design too. Renowned for its smooth, quiet and comfortable ride, the Life C1 exercise bike with track console will be a great companion for years to come. The Track Connect console has enhanced customisation and tracking possibilities for more effective workouts. It also has increased entertainment options to help you better reach your fitness goals.

If you want to tone muscle, build strength in your legs or just get a good cardio workout, choosing the Life Fitness C1 bike is a great choice for the home or for a small studio. With a high quality build and finish, you also get great ride quality and with the Track Connect console some great features and connectivity to your Apple or Android devices.

Exercise bikes are still hugely popular for home users and of course are a staple of any gym or exercise studio. The LifeCycle C1 is a good solid performer that comes at a great price. The Track Connect console provides more connectivity and therefore features, including access to the LF Connect portal that allows you to create and manage bespoke programs or prepared ones.

A lightweight design, good build quality and all the experience from Life Fitness' 40+ years in the industry says this is a good buy whatever your goals.

## Track Connect Features

- Incorporates Contact Heart Rate Sensors in handles
- Ergonomically designed racing style handlebars
- LF Connect compatible to create custom workouts and track your progress
- Water bottle holder and reading rack easy to use

## The Track Connect Console

An LCD touchscreen at the front of the treadmill that provides the technology for your workouts. With the repositioned iPad/iPhone holder and Bluetooth compatibility, you also have the addition of HIIT workouts. Their technology allows for four user-defined, customised workout programs giving you more choice and more versatility for a running program.

Other key features include :

- Integrated iPhone/iPod Controls - for playlists
- Bluetooth for proximity login on the LFconnect app
- USB for Android Connectivity - Track Connect interacts with Android apps
- Fit Test Advanced Workout challenges and monitors fitness improvement



- ① Bluetooth sync to Sync to Apple® Health, Jawbone®, Fitbit®, Google Fit®, MyFitnessPal®
- ② USB for Android Connectivity - Track Connect Interacts with Android fitness apps PLUS updating software
- ③ Fit Test Advanced Workout challenges and monitors fitness improvement
- ④ Entertainment Rack for a tablet, smartphone or reading materials
- ⑤ Integrated iPhone/iPod Controls - for playlists for entertainment during a workout.

The software used by the console is built on the LFOpen for 3rd party apps to interact directly with the Track Connect console.



## Additional Information

SKU	C1-XX04-0104HC-000X-0105-MO
Weight	54.000000
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. Bluetooth connectivity.
Display Monitor	4 x 6" LCD with blue background and white characters; 4 user profiles
Console Functions	Track+ console: 4 user profiles, 14 workouts, 3 custom workouts per user profile, interactive iPod/iPhone controls
Program Types	14 (Manual, Random, Hill, EZ Resistance, Sport Training, Fit Test, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, Calorie, Distance, Target Heart Rate) with Quick Start, Cool Down and Warm Up
Heart Rate Monitoring	Hand sensors on handlebars and wireless chest strap
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