



Life Fitness C3 Go Ergometer



The C3 Lifecycle seated ergometer combined precise engineering with exceptional attention to detail. Not only does it offer a natural upright seating position for a safe and effective workout, it's also extremely quiet. And thanks to the C3's self-propulsion with Go console, you don't need any cables or power outlets, so you can set it up anywhere you like. All from the number one gym in the world. Combine the C3 with the Go Console and you get an extremely user-friendly interface with the essential programs you need for long-term, effective fitness training.

CHF 2'190.00

Equipment:

- Eddy current resistance system
- LCD window (10.2cm x 15.2cm) with blue background and white font displaying calories, distance, speed (mph/km/h), level, time, heart rate, target heart rate, METs
- Workout Profile window: 9 x 24 segments
- Training feedback window: message field with 16 characters
- Quick Start button for quick training entry
- Programs: Manual, Hill, Random, EZ Resistance, Sport Training, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Calorie Target, Distance Target, Heart Rate Target, Custom Workouts (1 per user profile), Race Mode
- 2 user profiles
- 20 difficulty levels
- Cool down mode
- Warm up mode
- ergonomic grips in racing bike style
- upright seat with comfortable padding
- 14 seat settings
- contact heart rate measurement (hand pulse sensors) on the grips
- extra-large, non-slip and self-balancing standard pedals with snap-in straps



- self-propelled: does not require a power socket
- robust, heavy duty welded steel frame

Use: home use, load capacity: approx. 180kg

Dimensions: L114 x W69 x H142cm, weight 53kg

Accessories: pulse transmitter belt, hand pulse sensors, storage compartment/drink holder

Warranty: 2 years complete warranty (CH Service)

Brake system: Eddy current resistance system

Current-dependent: No

Horizontal seat adjustment: No

Handlebar adjustable: No

Resistance levels: 20

Training computer: LCD display (10.2cm x 15.2cm) with blue background and white font

Displayed values: Calories, distance, speed (mph/km/h), level, time, heart rate, target heart rate, METs

Training programs: 12

Pulse-controlled programs: 3

User-defined programs: 2

Hand pulse sensors: Yes

Pulse receiver: 5khz

Multimedia: Water bottle holder, tablet holder

Accessories: integrated receiver for chest strap transmitter

Options: Transmitter belt, floor protection mat

Dimensions (length / width / height): L 114 x W 69 x H 142 cm

Device weight: 47 kg

Payload: approx. 135 kg

Insert: Home

Warranty: 2 years full warranty (CH service)

Features: Rugged, heavy-duty welded steel frame, extra-large, non-slip and self-balancing standard pedals with snap-in straps, ergonomic road bike style grips, hand pulse sensors on grips.