



## Life Fitness RS1 Go Recumbent Ergometer



The RS1 Lifecycle recumbent ergometer is the epitome of the research and innovation that has made Lifecycle ergometers the number one choice in studios around the world. It offers a comfortable, back-friendly riding experience. The perfect introduction to the world of Lifecycle's famous recumbent ergometers. Combine the RS1 with the Go console and you get an extremely user-friendly interface with the most important programs you need for a long-term, effective fitness training.

**CHF 1'790.00**

### 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
- Power Saving Mode
- 2 user profiles
- 20 difficulty levels
- Cool down mode
- Warm up mode
- side and front grips
- Standard reclining seat and back pad
- 13 seat settings
- contact heart rate measurement (hand pulse sensors) on the handles
- self-balancing standard pedals with snap-in straps
- power supply through mains connection



Use: home use, payload: approx. 135kg  
Unit dimensions: L169 x W65 x H131cm, weight 60kg  
Accessories: pulse transmitter belt, hand pulse sensors, cup holder  
Warranty: 2 years complete warranty (CH Service)

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Brake system: Eddy current resistance system  
Current-dependent: Yes  
Backrest 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: Floor protection mat  
Dimensions (length / width / height): L 169 x W 65 x H 131 cm  
Device weight: 60 kg  
Payload: approx. 135 kg  
Insert: Home  
Warranty: 2 years full warranty (CH service)