



Life Fitness RS1 Track Connect 2.0 Recumbent Ergometer



Now with the new Track Connect 2.0 console - 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 Track Connect console with control and entertainment features that keep you motivated, and more customization options to help you reach your fitness goals.

CHF 2'290.00

The Track Connect 2.0 console supports:

- the latest Bluetooth standards
- has the FTMS protocol with the new GEM 3 chips - the FiTness Machine Service Protocol, better known as FTMS, is the latest Bluetooth standard for controlling fitness equipment such as treadmills, bikes and rowing machines. The Track Connect 2.0 console now supports this FTMS protocol
- together with the integrated Apple Gym Kit, it is compatible not only with Samsung & Apple smart watches, but also with numerous apps such as Kinomap, Zwift, LFconnect and many other apps that use the FTMS protocol
- Apple Gym Kit - with the built-in Apple Gym Kit, you can easily and effortlessly connect an Apple Watch to the console. Simply touch the "Connect to Apple Watch" icon in the top right corner with the watch to connect and track workouts

Features:

- 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
- MORE FUN WITH TRACK CONNECT - with iPhone and Android- login from nearby via Bluetooth -when you enable Bluetooth on your mobile device, you can transfer workout data to



an ever-increasing number of partner apps. Sync data with Nike+, Garmin, and MyFitnessPal via Wahoo's RunFit app, or enable Nearby Login on the LFconnect app to sync data with Apple Health, Jawbone, and Fitbit. There's also the option to connect the device with interactive apps like RunSocial to experience rousing workouts.

- Workout Profile Window: 9 x 24 segments.
- Workout feedback window: 16-character message field
- Quick Start button to get your workout started quickly
- 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
- 4 user profiles
- 20 difficulty levels
- Race mode
- Cool down mode
- Warm up mode
- side and front grips
- Standard reclining seat and back cushion
- 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
- iPod compatibility: iPhone 4, iPhone 3GS, iPhone 3G, iPhone: iPod Touch 4th, 3rd, 2nd and 1st generation: iPod Classic, iPod with video: iPod Nano 6th, 5th, 4th and 3rd generation
- Life Fitness virtual access: create your own workout programs and track your results at www.virtualtrainer.lifefitness.com: connect to console via USB or app.

Use: home use, payload: approx. 135kg

Equipment 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: 18 cm white LCD display

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

Training programs: 14

Pulse-controlled programs: 3

User-defined programs: 12

Hand pulse sensors: Yes

Pulse receiver: 5kHz and Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, water bottle holder, tablet holder.

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

**The Shark
Fitness Company**



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