



## Life Fitness RS3 Go Recumbent Ergometer



The RS3 Go Lifecycle recumbent ergometer combined precision engineering with exceptional attention to detail. It offers the smooth, quiet ride and durability you expect from the number one gym in the world. Thanks to thoughtful extras like a reclining seat with breathable mesh fabric in the backrest, the RS3 Go provides a comfortable ride.

**CHF 2'690.00**

And thanks to the RS3's self-propelled design with Go Console, you don't need any cables or power outlets, so you can set it up anywhere you like. Combine the RS3 with the Go Console, and you get an extremely user-friendly interface with the essential programs you need for long-term, effective fitness training.

### **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
- 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
- reclining seat with mesh backrest and tilt function
- 13 seat settings
- contact heart rate measurement (hand pulse sensors) on the handles



- 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, payload: approx. 180kg

Equipment dimensions: L145 x W66 x H137cm, weight 66kg

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

Warranty: 2 years complete warranty (CH Service)

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Brake system: Eddy current resistance system

Current-dependent: No

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: 15

Pulse-controlled programs: 2

User-defined programs: 1

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)

Features: Side and front grips, rugged, heavy-duty welded steel frame, extra-large, non-slip, self-balancing standard pedals with snap-in straps, hand pulse sensors on grips.