



# PLATINUM CLUB SERIES INSPIRE UPRIGHT LIFECYCLE® EXERCISE BIKE

Designed with easily adjustable pedal straps, simple seat adjustment and at-your fingertip controls, the Platinum Club Series Upright Lifecycle Bike delivers an exceptional fitness experience. Built with the most advanced biomechanics research in the fitness industry, the Platinum Club Series Upright Lifecycle Bike ensures an effective workout.



## PERFORMANCE FEATURES

### AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Allows you to easily adjust the workout intensity.

### HANDY HEART RATE

Lifepulse digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide precise heart rate monitoring and Polar telemetry provides accurate readings "hands-free".

### ON-TRACK FOR RESULTS

Zone Training+™ workouts automatically adjust the resistance level to keep exercisers in their target heart rate zone.

### SELF-POWERED CONVENIENCE\*

With no cords to worry about, owners can place the bike anywhere in their home.

### HIGHLIGHTED FEATURE COMFORT CURVE SEAT



Makes it easy for people of many body types to get on the bike for their workout and step right off when they're done.

## UPRIGHT LIFECYCLE® EXERCISE BIKE DETAILS

- Easily adjustable ski boot-style pedal strap
- At-your-fingertips resistance controls
- Removable cupholders
- Patented Lifepulse™ digital heart rate monitoring
- Motivating workout variety

## THE INSPIRE™ CONSOLE

Get touch screen access to iPod and iPhone music, plus create and track workouts with the Virtual Trainer Website and USB port.

## FEATURES



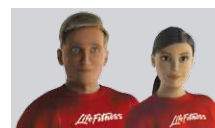
**INTEGRATED 7" LCD WITH TOUCH SCREEN TECHNOLOGY**



**iPod AND iPhone COMPATIBILITY** | View music/video lists and make selections directly on the LCD screen



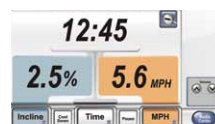
**USB CONNECTIVITY** | Create and save workouts and personal settings; use data to track performance and workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)



**VIRTUAL TRAINER** | Helps exercisers meet their goals and provide motivating encouragement and feedback on progress



**WORKOUT LANDSCAPE™ PERSPECTIVES** | Watch progress in real time on three workout landscapes including Mountain, 400 Meter Track, and 5K Nature Trail



**ZOOM FEATURE** | Enlarge resistance level, time and speed displays for larger workout data viewing

## CONSOLE DETAILS

- Integrated 7" LCD with Touch Screen Technology
- Integrated connector allows exercisers to view iPod and iPhone music/ video lists and make selections directly on the 7" LCD screen
- Charge iPod and iPhone
- Users can create and save workouts and personal settings, and track workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)

- Virtual Trainer provides motivating encouragement, tips and feedback on progress
- Workout Landscape™ Perspectives
- Zoom feature enlarges resistance level, time and speed displays

## SPECIFICATIONS

### 95C INSPIRE

HEART RATE MONITORING		
Polar® Telemetry (chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Quick Start		●
Classic Workouts	Manual, Random, Hill, Aerobics	●
Heart Rate+ Workouts	Cardio, Fat Burn	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	●
Advanced Workouts	Fit Tests: Army PFT, Air Force PRT	●
	Fit Test	●
	Create Your Own: 8 Customized Workouts, 2 Create Your Own™ Workouts	●
	Watts, METs	●
	Interval Training, Speed Training	●
Goal Workouts	Time, Calories, Distance, Distanced Climbed, Time in Zone, Pace	●
Modes	Aerobics Trainer and Constant Calorie Per Hour	●
Customized Cool Down		●
PRODUCT FEATURES		
Comfort Curve™ Seat		●
Wide Ride™ Pedals		●
Easy Adjust Pedal Strap		●
XXL Seat Post and Handlebars**		○
Deluxe Racing Handlebars		●
On-the-fly Programming		●
Resistance Levels		25
At-Your-Fingertips Resistance Controls: Located in center of handlebars		●
Integrated Reading Rack		●
Integrated iPod®/Accessory Tray		●
2 Removable Cup Holders		●
Front Wheels for Easy Mobility		●
SERVICE ENHANCEMENTS		
Flash Programmable via USB Stick		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements:	Self-Powered	●
	Auto Start: brings power to console when user begins pedaling	●
Length		43.5" (110.5 cm)
Width		21" (53.5 cm)
Height		59.5" (151.1 cm)
Unit Weight		176 lbs (79.8 kg)
Warranty†	3-year limited warranty on all mechanical and electrical components	●
	1-year labor	●

## DISPLAY TECHNOLOGY

### 95C INSPIRE

		KEY	● STANDARD	○ OPTIONAL*
CONSOLE OPTIONS				
7" Integrated LCD Screen with Touch Screen Technology		●		
DISPLAY READOUT				
Workout Feedback	Speed, Resistance, Heart Rate, Pace	●		
	Elapsed Time, Time Remaining, Time in Zone, Time of Day	●		
	Distance, Distance Climbed, Distance Remaining	●		
	Calories, Calories per Hour, Watts, METs, RPM	●		
Custom Messaging		●		
Profile Display		●		
Language Choices:		13 languages		
-English, Spanish, Portuguese, Italian, French, German, Dutch and Turkish		●		
-Chinese (traditional and simplified), Japanese, Korean and Russian		●		
SPECIAL FEATURES				
Intel® Microprocessor		●		
iPod and iPhone Compatibility	iPod playlist management on LCD screen	●		
	iPod Charging	●		
Virtual Trainer		●		
Workout Tracking: USB connectivity and Virtual Trainer Web Site		●		
Workout Landscape™ Perspectives		●		
Marathon Mode (unlimited workout time)		●		
User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●		
		●		
User Units Selection (rpm/mph/kph and lbs/kg)		●		
Zoom Feature		●		
Screen Protection: Protective top layer, internal shock mounts, gasket		●		
TECHNICAL SPECIFICATIONS				
Headphone Jack: 3.5 mm Stereo		●		
Easy-to-Remove Headphone Jack		●		

\* Optional features are available at an additional charge.

\*\* 97C Upright Lifecycle Bike base model available.

† Warranties outside the U.S. may vary.

Specifications subject to change.

© 2010 Life Fitness, a division of Brunswick Corporation. All rights reserved. Life Fitness and Lifecycle are registered trademarks of Brunswick Corporation. Engage, Ergo, Lifepulse, Workout Landscape, and Zone Training+ are trademarks of Brunswick Corporation. FitLinxx is a trademark of Integrated Fitness Corp. Polar is a registered trademark of Polar Electro, Inc. iPod is a trademark of Apple Inc., registered in the U.S. and other countries. iPhone is a trademark of Apple Inc. CO-005-10 (11.10)