



Keeping South Florida Healthy
& Fit for over 25 Years!

LifeFitness

C3 UPRIGHT LIFECYCLE

The natural riding position of the popular Lifecycle® exercise bike ensures that workouts are comfortable and effective. Every revolution is remarkably smooth and quiet so the exerciser can pedal toward their goals without disturbing others.

1



HEART RATE MONITORING

Contact heart rate sensors allow for convenient heart rate monitoring.

2

READY TO RIDE

Enhanced non-slip self-balancing pedals with ratcheting straps for more balanced muscle use.

3

ACCESSORIES IN REACH

Integrated accessory tray for water bottles and other workout necessities.

4

BEST SEAT IN THE HOUSE

The upright seat is enhanced with deluxe cushioning and upholstery.

5

LIFETIME GUARANTEE

Durable, heavy-duty welded frame is guaranteed for life.

6



Track Connect



Go

CHOOSE YOUR CONSOLE

Track Connect: Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.

Go: Combines ease of use with 13 engaging and motivating workouts.

7



ENGAGE WITH TRACK CONNECT

iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.



Shown with
Track Connect
Console



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

BASE SPECIFICATIONS

SPECIAL FEATURES	C3
Heart Rate Monitoring: Contact heart rate hand sensors on handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Seat: Upright seat with deluxe upholstery	●
Handlebars: Ergonomically-designed racing-style handlebars	●
Pedals: Enhanced, non-slip, self-balancing pedals with ratcheting straps	●
Accessories: Integrated accessory tray/water bottle holder	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Seat adjustments	14
Maximum user weight	400 lbs 181 kg
Unit length	45" 114 cm
Unit width	27" 69 cm
Unit height	56" 142 cm
Unit weight	113 lbs 51 kg
Power requirements: * Plug-in (all major voltage configurations) * Self-powered option with Go Console	●
Safety: CE, CSA, FCC, TUV, UL	●
Warranty: Limited lifetime warranty on frame; 3-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT	GO
7" (18 cm) white LCD	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Bluetooth®	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German	●	—
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

CONSOLE OPTIONS



Track Connect



Go

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