



**Discover SE Recumbent Lifecycle Exercise Bike**

The New Elevation Series Recumbent Lifecycle Exercise Bike with Discover™ SE Tablet Console is where your digital life meets your workout experience. The third generation of touch screen consoles redefines the workout experience with the most advanced technology. The 16" integrated touch screen features an abundance of entertainment options, enhanced interaction, Internet connectivity and much more.

**FEATURES**



> **16" INTEGRATED SURFACE CAPACITIVE LCD TOUCH SCREEN WITH INTEGRATED TV**

With a swipe of a finger, navigate seamlessly between crisp, clear screens to choose the entertainment and workouts you want.



> **APPLE® AND ANDROID™ COMPATIBLE**

Connect, manage playlists, watch videos and power your Android and Apple device, including your iPod®, iPhone® or iPad®



> **INTERNET CONNECTIVITY**

Visit a website or play a game. Easily choose your favorite websites through your LFCONNECT account, and they will be instantly available when you log in. Available with Ethernet or Wireless connectivity.



> **LIFESCAPE INTERACTIVE COURSES**

Take high-definition hikes, runs and bikes through famous locations around the world. The integrated machine controls speed as the exerciser runs faster and matches the resistance to the varying terrains.



> **LFCONNECT™ / LFCONNECT APP**

Complementary solution that allows exercisers to choose equipment settings and track workout results to meet their goals, while also providing facility owners easy asset management and product customization capabilities. LFCONNECT is accessible via its website or app.

To create an account, go to [LFCONNECT.com](http://LFCONNECT.com).



**FACILITY FEATURES\***

**Asset Management:**

- Product usage statistics
- Software updates

**Equipment Customization:**

- Custom workouts by facility and trainer
- Attract screen, logo and message customization

**Entertainment Customization:**

- Internet presets
- TV channel editing

**EXERCISER FEATURES\***

**Product Personalization:**

- Display and workout settings
- Internet favorites

**Workout Creation:**

- Workout calendar
- Workout customization
- Workout Library

**Workout Tracking:**

- Track and share progress

**Social Interaction:**

- Create workouts and track progress with peers and personal trainers

All features are Apple and Android compatible.

# ELEVATION SERIES WITH DISCOVER™ SE RECUMBENT LIFECYCLE® EXERCISE BIKE

Through continuing biomechanical research and testing, Life Fitness has created the Elevation Series Recumbent Lifecycle® Exercise Bike, an award winner for its innovative design. The Recumbent Lifecycle Exercise Bike features the Comfort Curve Plus™ Seat with deluxe back support and optional deluxe armrests for a more relaxed riding position. The recumbent bike's step-through design has greater clearance to accommodate all body types and users.



Shown with side handlebars

## PERFORMANCE FEATURES

### > ADVANCED CONSOLE TECHNOLOGY

Engage the senses with Internet connectivity, product personalization through LFconnect, Lifescape Interactive Courses, video-watching capabilities and iPod®, iPhone®, iPad® and Android® Smartphone integration.

### > COMFORT CURVE PLUS™ SEAT WITH EASY ADJUSTMENTS

Newly designed seat with deluxe back support provides exceptional comfort, while the new seat adjustment makes it easy for users to adjust, even while in a seated position.

### > AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Located on the deluxe armrests and side handlebars to allow users to easily adjust workout intensity.

### > HEART RATE MONITORING

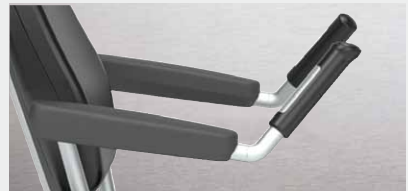
Lifepulse™ digital heart-rate monitoring hand sensors are conveniently placed on the ergonomically-designed handlebars and bullhorns to provide precise heart rate monitoring. Polar® telemetry\* also provides accurate, hands-free heart rate monitoring.

\* Requires optional chest strap.

## HIGHLIGHTED FEATURE

### DELUXE ARMRESTS

Deluxe armrests adjust so exercisers can easily get on and off the bike. Armrests also feature contact heart-rate hand sensors and resistance controls at your fingertips. Also available with side handlebars.



## UPRIGHT LIFECYCLE EXERCISE BIKE DETAILS

Easily adjustable ski boot-style pedal strap

At-your-fingertips resistance controls

Removable cupholders

Motivating workout variety

Patented Lifepulse™ digital heart rate monitoring

### Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.



# 95R DISCOVER™ SE RECUMBENT LIFECYCLE® EXERCISE BIKE

key • standard ○ optional\* – unavailable

## SPECIFICATIONS

HEART RATE MONITORING OPTIONS		
Polar® Telemetry (optional chest strap required)		•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		•
WORKOUTS		
Quick Start, Customized Cool Down		
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	•
Healthy Heart	Moderate Burn, Vigorous Burn	•
	Fixed Time Interval, Variable Time Interval	•
Performance	2-Speed Interval, Starter Interval	•
Evaluate	Fit Test, U.S. Navy PRT	•
Goal Workouts	Time, Distance, Calories, Distance Climbed, Time in Zone, Pace	•
Modes	Bike and Constant Calorie Per Hour	•
PRODUCT FEATURES		
Comfort Curve Plus™ Seat and Deluxe Back Support		
Side Handlebars with Contact Heart Rate		
Deluxe Armrests with Contact Heart Rate		
Wide Ride™ Pedals		
Easy Adjust Pedal Strap		
On-the-fly Programming		
Resistance Levels		
At-Your-Fingertips Resistance Controls: Located on deluxe armrests and side handlebars		
Integrated Reading Rack		
Integrated Smartphone Accessory Tray		
Removable Cup Holder		
Front Wheels for Easy Mobility		
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		
SERVICE ENHANCEMENTS		
Manager's Menu Options		
Flash Programmable via USB Stick		
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•
Internet	Via CAT6 or CAT5e (Shielded Recommended)	•
	Wireless Connectivity: IEEE 802.11a/b/g/n*	○
Hybrid	Reduce power to the console	•
Length		65" (165 cm)
Width		27" (69 cm)
Height		53" (135 cm)
Unit Weight		214 lbs (97 kg)
Warranty <sup>†</sup>	2-year limited warranty on all mechanical and electrical components	•
	1-year labor	•

\* Optional features are available at an additional charge.

\*\* LFconnect on-console features are compatible with the Elevation Series Discover SE and SI when connected to the Internet. Internet connectivity is recommended for optimal facility owner and exerciser experience.

† Features not available in all regions. Check with your sales rep for availability and details. Warranties outside the U.S. may vary. Specifications subject to change.

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## DISPLAY TECHNOLOGY

TABLET CONSOLE OPTIONS		
16" Integrated Surface Capacitive LCD Touch Screen		
Swipe™ Technology		
Screen Protection	Protective top layer, internal shock mounts, gasket	•
TV VIEWING OPTIONS		
Integrated TV	Analog and Digital NTSC/ATSC/QAM, PAL/SECAM/DVB-T2, NTSC/ISDB-T with BCAS	•
	IPTV*	○
English/Metric Selection	mph/kph/rpm or lbs/kg	•
DISPLAY READOUT		
Profile Display		
Language Choices	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Euskara	19
SPECIAL FEATURES		
iPod®, iPhone®, iPad® and Android® Smartphone Compatibility	Video capability on LCD Touch Screen	•
	Playlist management on LCD Touch Screen	•
	Charging	•
	iPad® Holder	•
Internet	Via CAT6 or CAT5e (shielded recommended)	•
	Wireless Connectivity: IEEE802.11a/b/g/n*	○
On-Demand Content (Music Videos, TV shows)	Available with purchase of Lifescape Gateway	○
Lifescape Interactive Courses	Video speed and level/incline controlled	•
Bluetooth	Compatible with Bluetooth devices	•
Workout Landscape™ Views	400M Track, 5K Nature Trail, Mountain, Zoom	•
Promo Channel	Default channel to display facility specific content	•
Secure Channel	Monitor child day care center with password protection	•
Solitaire	Play Solitaire on the LCD Touch Screen	•
Secondary Audio Programs (SAP)	SAP TV broadcast required	•
Previous Channel		•
Closed Captioning		•
Life Fitness Reader	Read ePub files on the LCD Touch Screen	•
Mute Feature		•
Manager Defined Marathon Mode	(unlimited workout time)	•
Facility Customization through LFconnect.com**	Attract screen background image and logo, and scrolling message; custom Internet settings and TV channels; custom workouts	•
End-user Personalization through LFconnect.com and LFopen**	Personalized content, workouts creation and tracking, entertainment	•
Asset Management through LFconnect.com	Software Updates and Statistics	•
TECHNICAL SPECIFICATIONS		
Headphone Jack	3.5 mm Stereo	•
Easy-to-Remove Headphone Jack		•