



Activate SERIES

UPRIGHT LIFECYCLE® EXERCISE BIKE

Essentially Life Fitness, Activate Series is everything people need for a great workout. This highly durable, reliability-tested cardio equipment makes the most of any space and helps exercisers do the same.

The genius of our legacy product, the Lifecycle® Exercise Bike, can be seen in every aspect of this design, from the durable frame to the intuitive console.

PERFORMANCE FEATURES

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide accurate heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring when used with an optional chest strap

SELF-POWERED CONVENIENCE

Powered by human movement, these energy efficient bikes can be placed anywhere in a facility, with no electrical cords or outlets to consider (Models with optional 17" TV on stand require power)

RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance-free

COMFORT ADJUSTMENTS

Easily adjustable ski-boot style pedal straps and 38 seat adjustment positions ensure that each person can find their most comfortable riding position

INTUITIVE CONSOLE

Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback



Activate Console

Details on back.

HIGHLIGHTED FEATURE

BIOMECHANICALLY- EFFICIENT DESIGN



Activate upright bike follows our tradition of biomechanically-efficient body positioning with just a simple seat adjustment through a combination of crank, handlebar and seat position geometry.

UPRIGHT BIKE DETAILS

- > 8 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- > 38 seat adjustments
- > Ergonomic racing-style handlebars
- > 25 resistance levels
- > Max User Weight 400 lbs. (181 kg)
- > 13 languages
- > Integrated reading rack and accessory tray
- > Optional 17" diagonal TV (wide screen format) on TV stand

Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at lifel FITNESS.com/green

LifeFitness
WHAT WE LIVE FOR

KEY

● STANDARD

○ OPTIONAL

SPECIFICATIONS

PRODUCT FEATURES	UPRIGHT BIKE
Polar® Telemetry Heart Rate Monitoring (optional chest strap required)	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	●
Resistance Levels	25
Seat Adjustments	38
TV Viewing	Optional 17" Diagonal TV (wide screen format) on TV stand
Easy Adjust Pedal Strap	●
On-the-fly Programming	●
Plug-in Accessory	○
Ratcheting Seat Adjustment	●
Racing Handlebars	●
Integrated Reading Rack	●
Integrated Accessory Tray	●
Front Wheels for Easy Mobility	●
Service Enhancements: Manager's Optional Settings	●
Networking Capability	CSAFE-Ready, FitLinxx™ Certified
TECHNICAL SPECIFICATIONS	
Maximum User Weight	400 lbs (181 kg)
Power Requirements	Self Powered*
Auto Start: brings power to console when user begins pedaling	●
Length	44" (112 cm)
Width	23" (59 cm)
Height	54" (137 cm)
Unit Weight	130 lbs (59 kg)
Warranty	2-year limited warranty on all mechanical and electrical components, 1-year labor
WORKOUTS	
Quick Start	●
Manual	●
Random	●
Hill	●
Cardio	●
Fat Burn	●
Fit Test	●
Watts	●
Customized Cool-Down	●
DISPLAY TYPE	
Amber LED	●
16 character, 14-segment LED alphanumeric message center	●

ACTIVATE UPRIGHT BIKE

DISPLAY READOUT	
Speed	●
Resistance Level	●
Heart Rate	●
Elapsed Time	●
Distance	●
Calories	●
Calories Per Hour	●
Watts	●
METS	●
RPM	●
Language Options	13
Standard Console: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish	
Complex Characters Console: English, Japanese, Russian, Chinese (traditional and simplified), Korean	
Workout Profile	●
SPECIAL FEATURES	
iPod® video capability on TV on stand via S-video input (cord required)**	○
TV Controls: External Numeric Remote	○
Channel Memory: 1000 Available Channels	○
Previous Channel Viewed	○
Channel Renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Closed Captioning	○
Mute Feature	○
Asset Management and Advanced Diagnostics	●
Screen Protection: Protective top layer, internal shock mounts, gasket	○
TECHNICAL SPECIFICATIONS	
Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB	○
Headphone Jack: 3.5 mm Stereo	○
Easy-to-remove Headphone Jack	○

*Optional TV on stand requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

**Life Fitness does not supply external cord required for iPod® video capability with TV on stand