

UPPERCYCLE GX ERGOMETER



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Adds variety to group training and HIIT with a full upper-body, ground-based solution. It also provides variety for traditional cardio workout circuits and can be used as a warm up prior to strength training.

The UpperCycle GX joins the family of Life Fitness rowers and indoor cycles, creating the ideal portfolio of performance cardio and group training products.



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UPPER-BODY ACTIVATION

Cardio products typically target lower body activation. The UpperCycle targets upper-body and core activation, providing an integral component of a well-balanced circuit training regimen.





GROUNDING BY DESIGN

The UpperCycle GX is ground-based and specifically designed without a seat.

- Standing position engages core and stabilization muscles and increases metabolic expenditure.
- 200mm crank length provides a large range of motion for activation of the shoulders, chest, back and core.
- Adjustable height ensures an appropriate fit for a wide variety of exercisers.



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FLUID DYNAMICS

Variable Fluid Resistance and belt-drive mechanism provide smooth and consistent resistance with the ability to crank forward or backwards without adjustment. 10 resistance options accommodate a wide range of fitness levels.

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ROLL OUT

The UpperCycle can be easily moved out of the way when not in use.

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