



# CPO 95R RECUMBENT BIKE

Designed with the same technology and durable components as the Upright Bike, the CPO 95R Recumbent Lifecycle® Exercise Bike brings our legacy of fitness to those who prefer a seated position. Even remanufactured, Life Fitness Certified Recumbent Bikes are a better value than other companies' brand new equipment.

## PERFORMANCE FEATURES

### HEART RATE MONITORING

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

(Telemetry requires optional chest strap.)

### MOTIVATING WORKOUT VARIETY

Zone Training+™ Workouts automatically adjust the resistance level to keep users in their target heart rate zone. Also includes goal-based workouts, Fitness Test protocols, and the machine-prompting Aerobics Trainer Workout to keep users motivated.

### SELF-POWERED CONVENIENCE

Cordless, so you can place your bikes anywhere in your facility.

(Models with optional Attachable TV System require external power.)

### RELIABLE BELT-DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance free.

### COMFORT AND CONVENIENCE

Ergonomic contour-molded back support and seat with built in grooves keep exercisers cool and dry, and proper left-right weight distribution helps prevent muscle fatigue.

### PLUG-IN OPTION

Provides a lower operating resistance, which appeals to novice and deconditioned users.

## HIGHLIGHT FEATURE

### COMFORT AND CONVENIENCE



The dual-level console lets users manage their workouts and read at the same time. Plus the accessory tray is conveniently placed at the user's side.

## RECUMBENT BIKE DETAILS

- > Deluxe back support and seat
- > Wide Ride™ pedals
- > Side and front handlebars
- > Dual-level alphanumeric LED console
- > Heart rate monitoring
- > 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- > 9 languages
- > Integrated reading rack and accessory tray
- > Self-powered; optional plug-in accessory
- > Available with Attachable TV System






# CPO 95R RECUMBENT LIFECYCLE® EXERCISE BIKE

## CHECKLIST

### OUR 24-POINT INSPECTION

Our certified technicians carefully disassemble and diagnose every Lifecycle bike using a meticulous 24-point quality checklist. Next, we either Clean, Detail, Inspect, Paint, Rebuild, Repair, or Replace every specific part or perform a combination of these steps. We deliver fully-assembled, refurbished Lifecycle bikes ready for your immediate use.

### KEY

Repair – 	Inspect – 
Rebuild – 	Replace – 
Details – 	

All of our Certified Pre-Owned Lifecycle Bikes must meet our sophisticated quality standards.

1. Enter Start-Up Mode			13. Free Wheel Gear		
2. Electronic Function			14. Frame		
3. Keypad Evaluation			15. Stabilizer Bar		
4. Overlay Inspection			16. Levelers		
5. Handlebar			17. End Caps		
6. Shroud Cover (Body)			18. Alternator		
7. Seat Integrity			19. Alternator Brushes		
8. Seat Lock			20. Drive Belt		
9. Pedals			21. Misc. Hardware		
10. Pedal Straps			22. Control Cable		
11. Cranks			23. Panel Lights		
12. Crank Bearings			24. Battery		

## SPECIFICATIONS

<b>Heart Rate Monitoring</b>	Patented Lifepulse™ Digital Heart Rate Monitoring System and Polar® Telemetry Heart Rate Monitoring
<b>Workouts</b>	29 Workouts Including: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training
<b>Display Readouts</b>	Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, RPM
<b>Display Type</b>	Alphanumeric message center, workout profile and lower level time/level display
<b>Handlebar Style</b>	Side and Front
<b>Standard Features</b>	Quick Start feature, 25 resistance levels
<b>Dimensions</b>	54" L x 26" W x 51" H (137 cmL x 66 cmW x 130 cmH)
<b>Weight</b>	134 lb (61 kg)
<b>Power Requirements</b>	Self-powered (no external power source required)
<b>Warranty</b>	One-year warranty on electrical and mechanical parts; 6 months on console overlay (face plate). Ask your Certified Pre-Owned Representative for details.†

† Warranties outside the U.S. may vary.

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