



95Ci Lifecycle® Bike

The 90 Series Lifecycle exercise bikes are the flagship products of Life Fitness and still set the standard for the unparalleled cycling performance. Loaded with breakthrough technology, durable components, and features like ergonomically correct handlebars, Lifepulse™ heart rate hand sensors, and 11 Wide Ride™ pedal adjustments, the 95Ci continues our legacy of fitness expertise. As the most recognized cardio product in fitness facilities around the world, the Lifecycle exercise bike is a must have for every facility.

Performance Features

COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS

The convex shape and swept back seat design on our upright bikes provide maximum comfort. Ratchet seat adjustment with 27 positions makes it easy for users to adjust the seat height, even while in a seated position.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the 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 program to keep users motivated.

SELF-POWERED CONVENIENCE

Cordless, so you can place your bikes anywhere in your facility. (Models with attachable LCD screens require power.)

RELIABLE BELT-DRIVE SYSTEM

Quiet and virtually maintenance free.

PLUG-IN OPTION

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

HIGHLIGHTED FEATURE

UNPRECEDENTED EASE OF USE



No need to move reading material – the multiview console lets users program their workouts and read all at the same time. Plus, Lifepulse hand sensors are located in two positions – upright and racing – for comfort and convenience.

Product Details

- Comfort Curve Plus™ ergonomic seat with 27 seat height adjustments
- 11 Wide Ride™ pedal adjustments
- Ergonomically correct handlebars
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 29 workouts, including 5 Zone Training+™ workouts and Air Force PRT and Fit Test protocols
- User can select from up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- Available with Attachable LCD with E-Z TV™ Console (95CEZ) or Attachable LCD Entertainment System

95Ci Lifecycle® Bike Specifications

KEY:

• Standard ◦ Optional

HEART RATE MONITORING	
Polar® Telemetry (optional chest strap required)	•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•
WORKOUTS	
Classic Workouts: Hill, Random, Manual, Quick Start	•
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training	•
Goal Workouts: Watts, METs, Calories, Distance, Time in Zone	•
Personal Trainer Workouts: 6 Customizable Workouts	•
Fitness Test Protocols: Fit Test, Air Force PRT	•
Aerobics Trainer	•
Customized Cool Down	•
DISPLAY READOUT	
Elapsed Time, Total Calories Burned, Calories Burned Per Hour, Watts, METs, Workout Profile, Resistance Level, RPM, and Distance	•
Heart Rate	•
Language Choices*	9
DISPLAY TYPE	
LED: Alphanumeric message center, workout profile and lower level time/level display	•
SPECIAL FEATURES	
Integrated Reading Rack	•
Integrated Accessory Tray	•
Deluxe Racing Handlebars	•
Wide Ride™ Pedals	•
Ratcheting Seat Adjustment	•
Comfort Curve Plus™ Seat	•
Front Wheels for Easy Mobility	•
Stationary Programming	•
On-the-Fly Programming	•
Resistance Levels	25
Plug-in Accessory	◦
Service Enhancements: Manager's Optional Settings	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Attachable LCD Entertainment Solutions	◦
TECHNICAL SPECIFICATIONS	
Resistance (Watts)	500
Maximum User Weight	400 lbs (181 kg)
Power Requirements	
- AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)	◦
- Self-Powered	•
- Auto Start: brings power to console when user begins pedaling	•
Length	48" (122 cm)
Width	24" (61 cm)
Height	54" (137 cm)
Unit Weight	107 lbs (49 kg)
Warranty**	
- 2-year limited warranty on all mechanical and electrical components	•
- Attachable LCD Entertainment Solutions option: 2-years electrical and mechanical parts; 90 days labor	•

*Japanese available with Complex Character Display (CCD) console. **Warranties outside the U.S. may vary. Specifications subject to change.