



MATRIX

DF001-U-LS-F

Lifestyle Upright Cycle



A great choice for low-volume facilities, our compact Lifestyle Upright Cycle gives the people you serve comfortable, low-impact cardio. It features an Ergo Form seat, dual-position handlebars, adjustable seat height, step-through design, self-balancing pedals and a three-piece crank with forged arms. Self-powered options offer easy placement in your facility.



Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
IPTV	No
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
CONNECTS TO SAMSUNG GALAXY WATCH	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
	†Some of these programs may not be available on this frame.

FRAME	
ASSEMBLED WEIGHT	70 kg / 154.3 lbs.
SHIPPING WEIGHT	82 kg / 180.8 lbs.
ASSEMBLED DIMENSIONS	129.4 x 61.7 x 147.4 cm / 50.9" x 24.3" x 58"
CONTACT & TELEMETRIC HR	Yes
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
HANDLEBAR DESIGN	Dual-position
ETHERNET CONNECTIVITY	Yes
CRANK DESIGN	Three piece with forged arms and integrated puller
MINIMUM RPM	10 RPM powered or 25 RPM self-powered
POWER REQUIREMENTS	Self-powered or 100-240 V — 50/60 Hz AC
PEDAL SPACING	20.2 cm / 8"
MINIMUM WATTS	2 W powered or 13 W self-powered
RESISTANCE SYSTEM	Brushless generator
SEAT ADJUSTMENT	Turn-and-pull knob
REAR-LIFT HANDLE	No
SEAT MATERIAL	Sewn vinyl over foam
TOP-DOWN LEVELERS	No
RESISTANCE RANGE	2-750 W
RESISTANCE LEVELS	30