

Every Workout Matters



SOLE+ DATA EXPORTS TO



AND MORE!

SOLE LCB Upright Bike – Built to Last, Designed to Perform

Engineered for multi-user environments, the SOLE LCB Upright Bike is a powerhouse in the light commercial category. Ideal for clinics, corporate fitness, or high-demand home use. Its robust frame, advanced connectivity, and user-centric features make it a top-tier solution for performance and durability.

At the heart of the LCB is a heavy-duty 31 lb (14 kg) flywheel paired with a whisper-quiet magnetic resistance system offering 40 smooth levels of intensity. Whether you're a beginner or a seasoned athlete, the 1 custom, 9 pre-set, and 12 template programs provide workout variety tailored to every fitness goal.

A crisp 10.1" LCD touchscreen delivers clear performance data and integrates screen mirroring, pre-loaded entertainment and training apps, and Bluetooth FTMS compatibility for seamless third-party app connections including SOLE+, Zwift, Kinomap, and Garmin. The angle-adjustable tablet holder, Bluetooth speakers, and wireless charging dock round out the connected workout experience.

Rider comfort is fully customizable with a 12-position vertically adjustable oversized gel seat that also adjusts fore and aft. The articulating, self-balancing pedals feature a 2° inward slope and adjustable straps to optimize alignment and reduce joint stress for longer, more comfortable sessions.

Stay on top of your training metrics with built-in hand pulse sensors or pair with Bluetooth or 5 kHz-compatible chest straps for advanced heart rate monitoring. Backed by SOLE's industry-leading lifetime frame warranty, the LCB is a premium upright solution built for consistent performance.

LCB UPRIGHT BIKE

- 10.1" touchscreen console with pre-loaded fitness apps, fitness videos & screen mirroring
- 31 lb (14 kg) flywheel plus 40 levels of magnetic resistance and for adjustable training intensity
- Hand pulse sensors, Bluetooth and 5 kHz HR monitor compatible (chest belt sold separately)
- 22 built-in workouts including 1 custom, 12 templates, and 9 pre-set programs
- Bluetooth connectivity to SOLE+ and compatible third-party fitness apps
- Oversized adjustable padded seat (up/down/fore/aft)
- Wireless charging dock for smart devices
- Garmin wearable compatibility for enhanced performance metrics

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UPRIGHT BIKE

LCB

Item #
16208360790



LCB EQUIPMENT SPECIFICATIONS

Console	10.1" LCD touchscreen console, wireless charging, built-in tablet holder
Programs	Manual, hill, fat burn, cardio, strength, HIIT, custom, fit test, heart rate control 1- 2, template 1-12
Heart Rate	Dual contact heart rate grips, Bluetooth and 5kHz chest belt compatible (chest belt not included)
Power	Plug-in
Resistance Levels	40 levels magnetic, single way
Flywheel	31 lb (14 kg)
Seat	Cushioned gel seat
Seat Adjustment	Up/Down - 12 positions, fore/aft
Pedals	Oversized, articulating, self-balancing, 2° inward slope, adjustable straps
Remote Devices	Bluetooth speaker, SOLE+ app, 3rdparty fitness apps
Dimensions	48"L x 25"W x 60"H, 112 lb (123L x 64W x 152H cm, 51 kg)
Packaging	46"L x 18"W x 33"H, 130 lb (118L x 46W x 85H cm, 59 kg)
Max User Weight	350 lb (158 kg)

WARRANTY INFORMATION

Residential Warranty: Frame: Lifetime, Parts: 5 Years, Labour: 2 Years

Light Commercial Warranty (Non-Dues Paying Facility)*: Frame: Lifetime, Parts: 3 Years, Labour: 1 Year

*Equipment Intended For Non-Pay-For-Membership Facilities Where Usage Is Less Than 5 Hours/Day. Condominium Or Apartment Complexes With Less Than 50 Units.

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