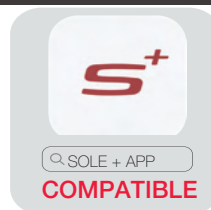


Every Workout Matters



SOLE+ DATA EXPORTS TO



AND MORE!

SOLE LCR LIGHT COMMERCIAL RECUMBENT BIKE

The SOLE LCR Recumbent Bike sets the standard for light commercial-grade performance, designed for everything from clinical rehab settings to high-use corporate gyms and multi-user households. With commercial-level durability and user-focused engineering, it delivers an elite workout experience built to last.

Powered by a heavy-duty 31 lb (14 kg) flywheel and 40 levels of magnetic resistance, the LCR provides ultra-smooth, whisper-quiet performance for all fitness levels. Whether your goal is recovery, weight loss, or endurance training, the 1 custom, 9 pre-set, and 12 template programs deliver personalized workouts to meet any objective.

The 10.1" LCD touchscreen console brings premium digital functionality to every ride. With screen mirroring, pre-loaded apps, and Bluetooth FTMS, users can sync their favourite training platforms like SOLE+, Zwift, or Kinomap. The angle-adjustable tablet holder, Bluetooth speakers, and wireless charging dock create an immersive, connected workout experience.

Ergonomic design is central to the LCR's comfort. It features a 14-position fore/aft seat adjustment, large cushioned backrest, and oversized articulating pedals with a 2-degree inward slope and adjustable straps, supporting proper posture and reducing joint strain for longer, more comfortable rides.

Heart rate monitoring is seamless via integrated hand pulse sensors or Bluetooth/5 kHz-compatible receivers. Backed by a residential lifetime frame warranty, the SOLE LCR offers high-performance reliability in a low-maintenance, tech-forward platform built to support your fitness for years to come.

LCR RECUMBENT 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 seat (fore/aft) with padded vinyl backrest
- Wireless charging dock for smart devices
- Garmin wearable compatibility for enhanced performance metrics

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LCR RECUMBENT BIKE

LCR

Item #
16208380890



LCR EQUIPMENT SPECIFICATIONS

Console	10.1" touchscreen console, wireless charging, built-in tablet holder
Programs	Manual, hill, fat burn, cardio, strength, HIIT, custom, fitness 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	Large cushioned, with padded black vinyl backrest
Seat Adjustment	Fore/aft - 14 positions
Pedals	Oversized, articulating, self-balancing, 2° inward slope, adjustable straps
Remote Devices	Bluetooth speaker, SOLE+ app, 3rd-party fitness apps
Dimensions	56"L x 29"W x 60"H, 152 lb (142 L x 75 W x 152 H cm, 69 kg)
Packaging	57" L x 18"W x 31"H, 173 lb (145 L x 46 W x 78 H cm, 79 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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