

# Products to move you in your workplace, *wherever that may be!*



# Life's Short. Live Longer.

Many people dream of a home gym. Why not an office gym? Lifespan's standing desk treadmills and under desk bikes are here with a solution that makes your life easier, less stressful, and most importantly, more productive.

Stay in shape and stay healthy while collaborating with friends, family members or coworkers. At Lifespan Fitness, we don't think you should have to wait until after work to improve your health with fitness- you should be able to feel the physical and mental health benefits throughout the work day.







## Benefits of Adding LifeSpan Fitness into Your Corporate or Home Office

1

Increase efficiency by providing a way to exercise and work at the same time

2

Improve people's lives by relieving pain and increasing overall health and vitality

3

Encourage healthy living

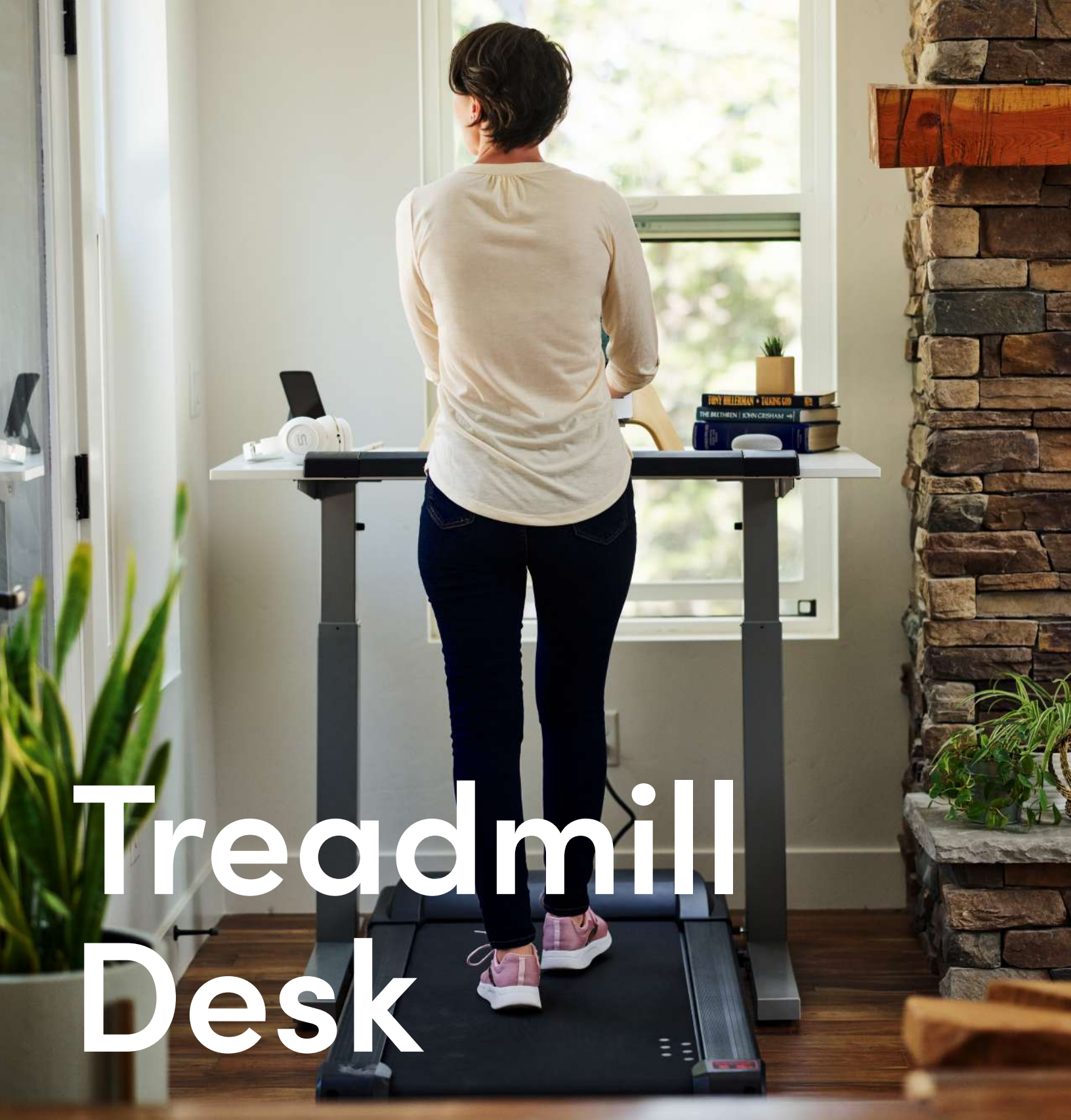
4

Helps people lose weight and get in shape

5

More energy, time, focus, creativity, memory, health, and more money saved from not having to visit the doctor.





# Treadmill Desk

Lifespan makes your daily 10,000 steps simple with our treadmill desks. Stay active all day long without sacrificing time after work. Walking on your treadmill desk while working benefits your mind, body, and saves you time!

## LifeSpan Fitness has been specializing in Treadmill Desk since 2001.

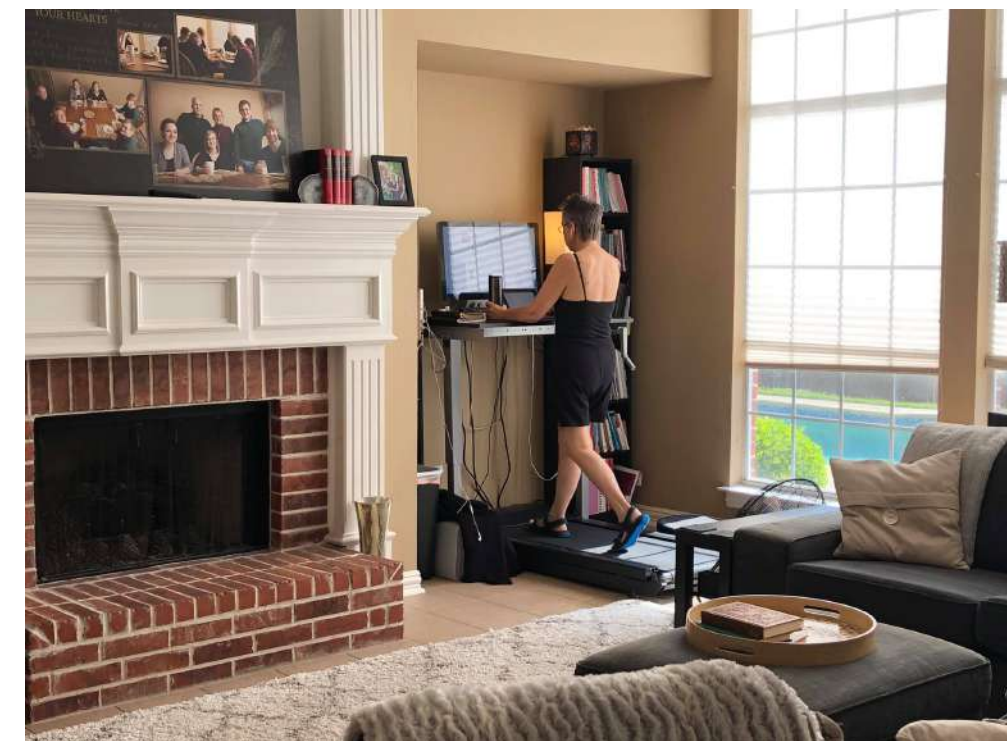
Since then, we have helped hundreds of thousands of people improve their health and extend their LifeSpan.

We set out on a mission and live by **Life's Short, Live Longer.**

Studies have shown that sitting and even standing for multiple hours a day is incredibly detrimental to one's health. Professionals have no time to stay active throughout the day and as a result are becoming increasingly obese and unhealthy.

Throughout the years, many companies have upgraded their traditional desk to height adjustable desks, but still, your body throughout the day is mostly stationary, why not step it up even more?

That is why we provide an innovative solution to sitting or standing all day. Now you work and stay active at one time. **Get in shape, while you get paid.** By combining a treadmill and a standing desk in a way that is quiet, durable, and easy to use, getting 10,000 steps a day is a breeze.

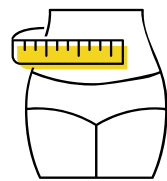




# Get the Best of Both Worlds with a LifeSpan Fitness Treadmill Desk.



100% of customers say that they saw **pain relief in their lower back pain** by walking 3x a week



6% of customers say that they had **reduction in their waist/hip** circumference



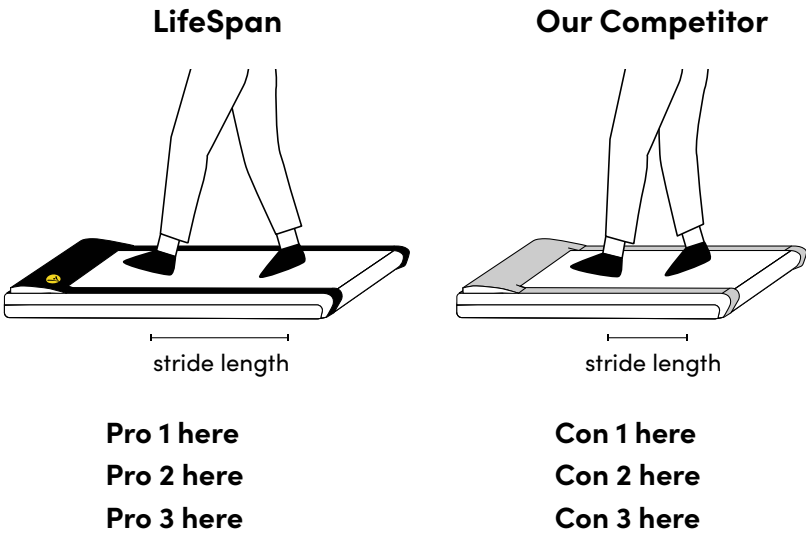
7.5% of our customers say that they **burned additional calories** per hour.

## Safety Features

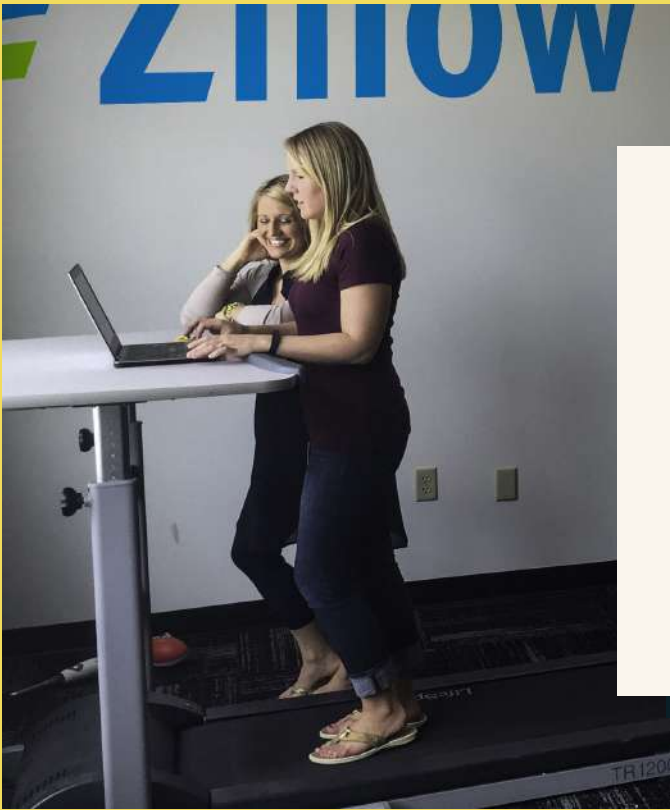
Different from our competitors, the LifeSpan Fitness Treadmill Desk was made for you.

Our under desk treadmills are compact enough to fit under standing desk, making it easy to convert your standing desk into a treadmill desk.

unsafe if surface is too short \* copy



# How Companies Use LifeSpan Fitness Treadmill Desks



### SUCCESS IN REAL ESTATE

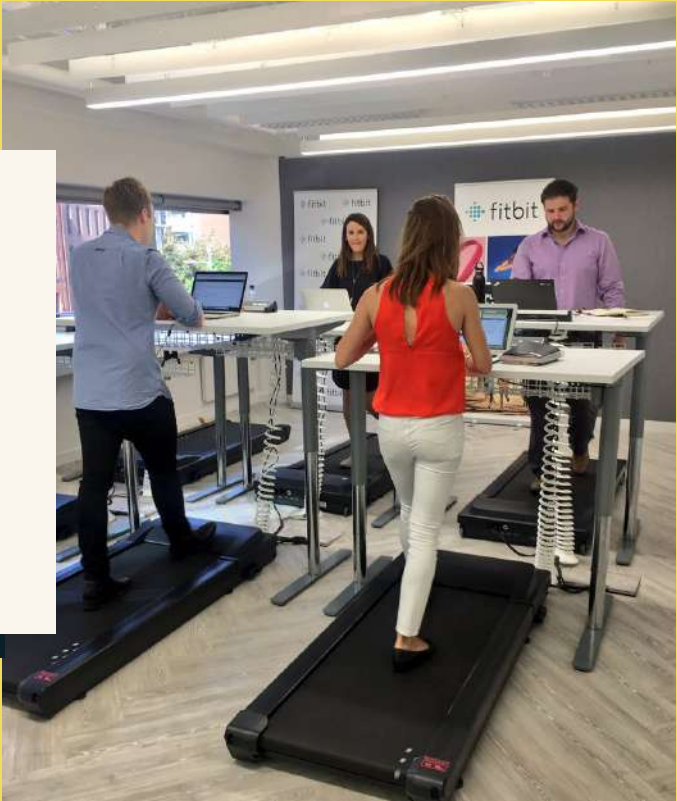
*“It’s a great perk that makes me feel better personally and physically. I love it.”*

Jenny Hoefel,  
Event Manager, Zillow Group

### SUCCESS IN CONSUMER GOODS

*“What makes it impactful is tying it back to the culture of the organization”*

Amy McDonough  
VP, Fitbit Wellness



# Introducing your first step into entering your GlowUp.

The necessity you didn't know you needed. Upgrade your current standing desk with an under desk treadmill. Your work space just got its Glow-Up.

The LifeSpan Fitness GlowUp series has everything a walker needs! We have several options for every type and amount of use.

Continue crushing your work goals while crushing your personal and fitness goals with the LifeSpan GlowUp.

Spice up your standing desk with the compact and space saving GlowUp treadmill today and you'll see 10% efficiency increase, 35% better short term memory, and 10% quality and quantity of professional work, enhancements in quality of interactions with colleagues.

Increase productivity and creativity all while decreasing anxiety during your workday.

# Glow Up

## UNDER-DESK TREADMILL BASE

- ✓ Designed for the Office
- ✓ Whisper Quiet Motors
- ✓ Compact and Space Saving
- ✓ Shareable with Family or Co-Workers
- ✓ 2 Front Wheels
- ✓ Easy to Move



Product	Attributes	Treadmill Dimension
<b>TR800-GLOWUP</b> 	Reduce Footprint 2 Front Mounted Transport Wheels Light Weight, 96 lbs Small, Portable Console	
<b>TR1000-GLOWUP</b> 	Whisper-Quiet Clean, Clutter-Free Presentation Shorter Base 2" Wider Walking Belt	
<b>TR1200-GLOWUP</b> 	Retrohub Console Upgrade option to Omni Hub Durable enough to share with coworkers Easy to Roll under your Desk	
<b>TR5000-GLOWUP</b> 	Retrohub Console * Upgrade option to Omni Hub* 3.0 HP Motor Walking Belt Black Aluminum Side Rails High Mileage Walking Belt	



# Classic




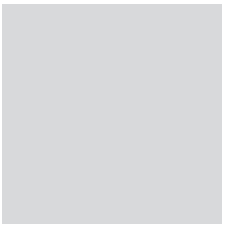

## MANUAL HEIGHT ADJUST TREADMILL DESK

- ✓ Original Standing Desk Combination
- ✓ Manual Height Adjustable
- ✓ Whisper Quiet Motors
- ✓ Compact and Space Saving
- ✓ Multiple Desktop Colors
- ✓ Ideal for Single User




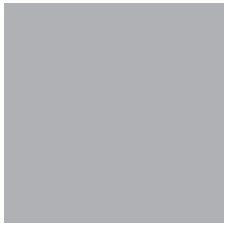
Product	Attributes	Treadmill Dimension
TR1000-CLASSIC	Internal Cable Management System Easy-Access Power Cord Location Stylish Design 6 Impact-Absorbing Shocks	<div>58" L</div> <div>28.5" W</div> <div>7.25" H</div>
TR1200-CLASSIC	Standing Desk Height Adjustment from 33.5" to 52.5" Whisper-Quiet 2.25 HP Motor LifeSpan Club App Integrated Step Counting	<div>63" L</div> <div>28.5" W</div> <div>7.25" H</div>
TR5000-CLASSIC	3.0 HP Motor High Mileage Belt 1 inch thick reversible walking deck Interlocking design secures desk to treadmill without vibration	<div>63" L</div> <div>28.5" W</div> <div>7.25" H</div>

### DESK COLOR OPTIONS



Obsidian Black    Classic Gray    Cool Gray    Bamboo    Birch

### DESK FRAME OPTIONS



Silver    Charcoal

### DESKTOP WIDTH

38"    48"    60"

# Power

## ELECTRIC HEIGHT ADJUST TREADMILL DESK

- ✓ Easy Set Up
- ✓ Electric Height Adjustable
- ✓ Multiple Users
- ✓ Console included to easily control your desk and treadmill
- ✓ Whisper Quiet Motors
- ✓ Compact and Space Saving

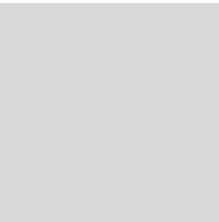


Product	Attributes	Treadmill Dimension
TR1000-POWER	Adjustable height from 27.5" to 50.5"	<div><div>58" L</div><div>28.5" W</div><div>7.25" H</div></div>
	Whisper Quiet 2.25 HP Motor	
	Space Saving Treadmill Dimensions	
	One Touch Height Adjustment	
TR1200-POWER	Supports up to 350 lbs	<div><div>63" L</div><div>28.5" W</div><div>7.25" H</div></div>
	Internal Cable Management	
	20" W x 50" L Belt Size	
	2 Front-Mounted Transport Wheels	
TR5000-POWER	High Mileage Belt	<div><div>63" L</div><div>28.5" W</div><div>7.25" H</div></div>
	Supports up to 400 lbs	
	1" Thick Extended-Life Deck	
	Heavy Use	

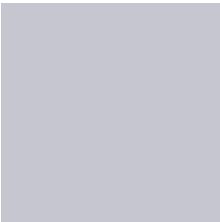
### DESK COLOR OPTIONS



Obsidian Black



Classic Gray



Cool Gray



Bamboo



Birch

### DESK FRAME OPTIONS



Silver

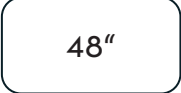


Charcoal

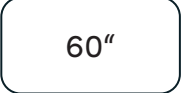
### DESKTOP WIDTH



38"



48"



60"



# Omni Desk



The latest addition in active office equipment. Control your desk height and treadmill base together with a new sleek desktop console.

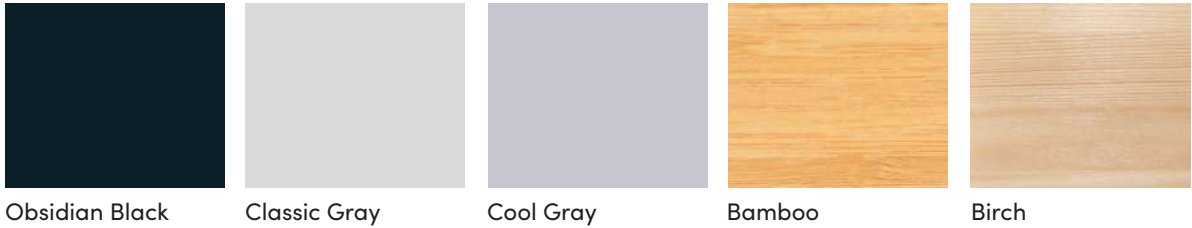
## THE LATEST IN HOME OFFICE INNOVATION

- ✓ Versatile and Smart Console
- ✓ Stop, Start, and Adjust Speed with a touch of a button
- ✓ Track progress through the LifeSpanClub App
- ✓ Multiple Users
- ✓ Whisper Quiet Motors
- ✓ Compact and Space Saving

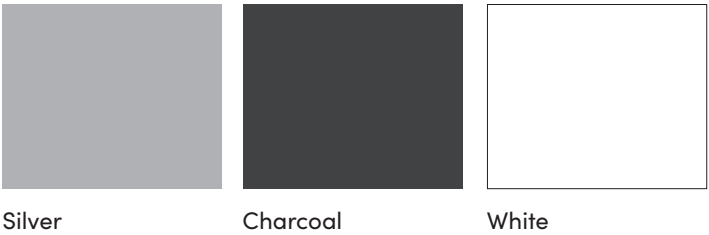


Product	Attributes	Treadmill Dimension
TR1200-OMNI	High mileage belt Powerful 3.0 HP motor Integrated console Adjustable Height	<div><div>63" L</div><div>28.5" W</div><div>7.25" H</div></div>
TR5000-OMNI	Envy of the Office Share with the Team 1 inch walking deck Wear Resistant	<div><div>63" L</div><div>28.5" W</div><div>7.25" H</div></div>

## DESK COLOR OPTIONS



## DESK FRAME OPTIONS



## DESKTOP WIDTH

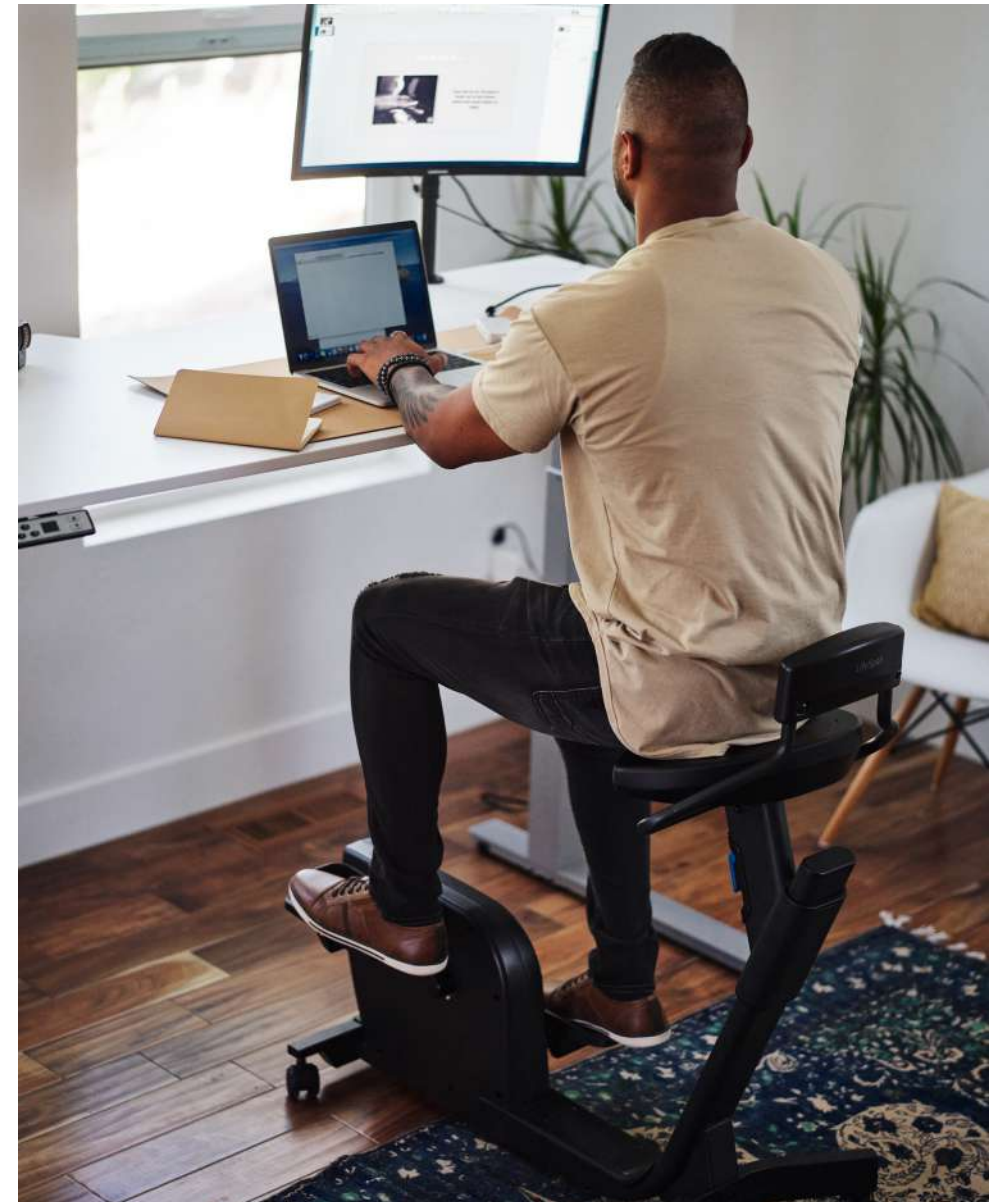


# Bike Desk

When it comes to staying active during your workday, we all want the same thing: a simple way to get our blood pumping while keeping us energized throughout the day. But what if you don't run or you're looking for a low-impact way to stay healthy and still burn calories?

LifeSpan Fitness has got the perfect solution for you. Stay moving at work with our Bike Desks.

## Under Desk Bikes



The under desk bike is small enough to fit under most standing desks and height-adjustable to fit your comfort level. They can also be incorporated with communal tables where more than one cycle may be placed around the table in a common area. With limited assembly required for each of these portable offices, it's easy enough that you can start exercising while working right away.





### C3-DT3

This under desk bike is the perfect addition if you are looking to add in activity into your workday and hate walking!

This under desk cycle is compact, quiet, and energy-efficient, making it perfect for the home office or workplace.

- ✓ Easy Assembly
- ✓ Small Footprint
- ✓ 2 Rear-Mounted Transport Wheels
- ✓ Up to 300 Watts Resistance
- ✓ No Backrest



### SOLO UNDER DESK BIKE

Transform your standing desk into a comprehensive pedal exerciser by replacing your office chair with the LifeSpan Solo!

Ditch your sedentary office chair and introduce increased productivity and continuous movement in your workday with this under desk peddler.

- ✓ Cordless
- ✓ 4 Transport Wheels
- ✓ Backrest
- ✓ Waterfall-Design Seat with Backrest



### C3-DT5

Burn calories, increase creativity, and enhance productivity with the LifeSpan C3-DT5 Bike Desk.

- ✓ Improve your health everyday
- ✓ Manual-Height Desk
- ✓ Console is integrated directly in the armrest showing read outs of distance, calories, and speed.
- ✓ Energy Efficient
- ✓ Completely Silent, No Distractions
- ✓ Space Saving



### C3-DT7

Pedaling your way to a more active workplace! The C3-DT7 bicycle desk pairs our office bike with an electric height exercise platform.

- ✓ Improve your health everyday
- ✓ Electric Desk Adjustment
- ✓ Build up your stamina with 16 Resistance Levels
- ✓ Comfortable and adjustable seat
- ✓ Track your progress with our Full Tracking Capability
- ✓ Pedal in between or during meetings
- ✓ Completely Silent, No Distractions

# Bike Tables



## Give your team the chance to move and stay fit while they work.

Enhance your employee wellness program while providing an innovative, collaborative work space. This versatile table can be arranged beneath two or three office desk bikes placed underneath it - making it perfectly suited for meetings in conference rooms and conversations in casual public areas. Both models feature silent cycling convenience, cordless operation, and 11 seat height positions to accommodate every employee and office setting.



## BIKE TABLE DUO

The Duo Bike Table is the perfect fit! The Duo table features a large contoured seat designed to distribute your eight over a large surface area, more than your typical office chair.

- ✓ Ideal for 1-on-1 meetings
- ✓ Seat range of 7"
- ✓ 11 positions
- ✓ Height range of 4'8"-6'6"
- ✓ Pedal length of 9"
- ✓ Pedals are placed further to reduce knee movement
- ✓ Comfortable



## BIKE TABLE TRIO

Similar to the Bike Table Duo, the Bike table Trio features an extra seat, which makes it ideal for meetings in conference rooms and conversations in casual public areas.

- ✓ Ideal for group meetings and brainstorming sessions
- ✓ Seat range of 7"
- ✓ 11 positions
- ✓ Height range of 4'8"-6'6"
- ✓ Pedal length of 9"
- ✓ Pedals are placed further to reduce knee movement
- ✓ Comfortable



# All-In-One Bike Desks

The Unity Bike Desk is an easy way for adults and kids to add movement to their day while working from home or learning.

With a built-in desktop and seat height adjustment, you can sit comfortably while getting your work done. The minimal-resistance pedals allow you to move throughout the day so you can be more active and comfortable while sitting at your desk.

- ✓ Easy way to add in movement for both kids and adults
- ✓ Built-in desktop
- ✓ Height adjustable seat
- ✓ Minimal resistance pedals

- ✓ No Electricity
- ✓ Lightweight
- ✓ Small Footprint
- ✓ Collaborative environment



## UNITY BIKE DESK FOR ADULTS

Powered by you! The Unity Bike Desk for Adults has no batteries or cords to stumble over! Getting started couldn't be easier. Simply position the bike anywhere you want, adjust the seat to your height, and start pedaling!

No buttons. No electronics. Just Pedal!



## UNITY BIKE DESK FOR KIDS

The Unity Bike Desk for Kids was made for the classroom! This desk is unlike any other desk in the school!

The Unity Bike Desk will help students stay active while learning! It's intuitive, non-disruptive design is ideal for use in a learn-from-home environment as well as a traditional classroom setting.

Reduce disruptions and fidgeting by channeling nervous energy for focused learning and productivity!

Not recommended for children under the age of 7





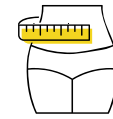


# Standing Desk

Stand up for your health with LifeSpan's Standing Desk! Turn your boring workstation into an active workstation easily.

This Standing Desk is perfect for elevating collaboration, productivity, and comprehensive wellness.

**There are many benefits to using a standing desk at home, the office, or in your new work from home space.**



Lowers your risk of obesity



May lower your risk of heart disease



Helps to improve mood and energy levels



Can boost productivity and focus



May lower blood sugar levels



Reduces chronic back pain



**Isn't it time you found a better way to work?**

Standing desks offer so many benefits over the traditional seated-style desk. Not only can they lower your risk of obesity, cardiovascular disease, and reduce back pain, but using a standing desk can even boost your mood and make you more productive.

With our adjustable height workstation, you can set your standing desk up to perfectly fit your needs. Upgrade your standing desk with an under desk treadmill, bicycle, or balance board to further improve your health and wellness.



# Don't just take our word for it...

”

*The TR1200-DT5 treadmill desk doesn't annoy co-workers, the treadmill is equipped with a superquiet 2.25 horsepower motor and six internal shocks to dampen walking noise.*

**MEN'S JOURNAL**

”

*The Lifespan Unity Bike Desk stays nice and stable when you ride, so I had no trouble using a laptop.*

**Inc.**

”

*The best part about a treadmill desk is noticing the miles fly by. Between the mental and physical stimulation, a day on a treadmill desk is anything but boring.*

**BUSINESS  
INSIDER**

”

*Takes all the stress out of work and adds fun and health benefits instead.*

**HUFFPOST**

”

*The Lifespan Treadmill Desk take the edge off of your exercise panic*

**COSMOPOLITAN**

”

*You just feel more relaxed. Your body is busy walking and your brain can be busy being a brain.*

**FAST  
COMPANY**

”

*The action of walking helps me think better.*

Joanna Coles,  
Chief Content Editor, Hearst



# Product Overview



## GlowUp

A perfect addition to any home or office that already features a standing desk, kitchen table, or bar. Our GlowUp Under Desk Treadmills are recommended for those who want to introduce more movement into their sedentary lifestyle, but are just starting their fitness journey.



## Classic

Our original standing desk and treadmill combination. The Classic is a perfect manually adjustable desk for those who want to set it and forget it. These desks are recommended for single users in a corporate office or home.



## C3-DT3

The C3-DT3 is the GlowUp of bikes. We recommend this easy to move under desk bike to those who already have an adjustable standing desk or want to incorporate movement into communal areas such as break or lunch rooms.



## Solo

The Solo is the perfect under desk peddler featuring a waterfall-design seat with a backrest. We recommend these for energy friendly homes and offices. The Solo under desk bike is the perfect addition to any home or corporate office space, shared office spaces, or coffee shops.



## Standing Desk

The LifeSpan Standing Desk is recommended for those who can't stand to sit any longer! Replace your traditional office desk with these active standing desk in your home or office!



## Power

Our Power Treadmill Desk is the ideal setup for those looking for ease. Share these desks with co-workers in the office or shared workspace. These desks are recommended for multiple users and heavy use.



## Omni

The Omni Desk is perfect for those who love innovation in the workplace and super into fitness. The omni hub allows you to easily view your step count, distance walked and calories burned.



## Bike Duo

Our Duo Bike Tables are the perfect add-on to any break or lunch rooms. Keep your team moving during their breaks to help and encourage movement during the workday!



## Bike Trio

Like the Duo, the Trio would make a great addition to break rooms and lunch rooms to encourage your employees, co-workers, or friends to move during the day. We also recommend the Trio Bike Tables for conference rooms. Take multi-tasking to a whole new level.

Unity?  
for both  
kids and  
adult



# Accessories

## Active Workplace

Bring movement to your static standing desk with accessories that reduce muscle strain and fatigue, and promote continuous dynamic movement.



**AERO BALANCE BOARD**  
Improve balance and stability with micro-movements



**AS3000 AERO BALANCE BOARD RACK**  
Perfect for groups or teams



**STANDING MAT**  
Soothes aches and pains associated with long hours of standing



**CONTOURED STANDING MAT**  
Promotes stretching your leg muscles and massaging pressure points on your feet.



**YOGA BALL CHAIR**  
Take a break from walking on treadmill and engage your core