

PRODUCT CATALOG



LifeFitness



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WHY LIFE FITNESS?



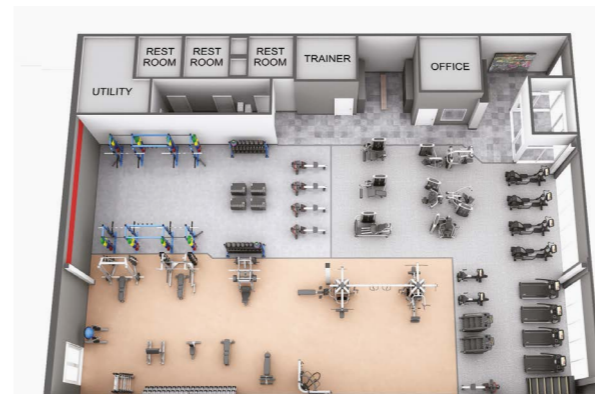
In 1968, we created the first Lifecycle.

Our first treadmill was built in 1991, and we've crafted more than 2 million pieces of cardio equipment since. Today, Life Fitness equipment is trusted in thousands of fitness facilities around the world.

Our reach doesn't stop at our global footprint. Our comprehensive product portfolio allows fitness facilities and exercisers to create the experiences ideal for them. Breadth gives us the power to be inclusive and provide the tools that inspire healthier lives.

55 YEARS OF RELATIONSHIPS, EXPERIENCES AND INNOVATIONS

We recognize the value of five decades of learning and growth. We also know that rapid innovation is essential. We're not here to follow the fitness industry. We're here to lead it.



COLLABORATION

We work with our partners from concept to application, guiding and consulting throughout the entire process of realizing their dream facility. We succeed when you do.



TRUSTED DURABILITY

Extensive testing in our \$4 million reliability lab ensures our products are built to last in any environment.



UNPARALLELED BIOMECHANICS

We've had an in-house biomechanics team for more than two decades. Their research helps create equipment that's effective, inviting and comfortable.



QUALITY MANUFACTURING IN THE U.S.A.

We maintain ISO 9001 certification and manufacture equipment under the highest quality standards to ensure it's the best in the industry.

HALO FACILITY

EMPOWER YOUR FACILITY

Halo Facility is a free software solution that makes it easy to manage your Life Fitness equipment and make smart business decisions.



WHY HALO FACILITY?

ACCESS TO EXCITING LIFE FITNESS ON DEMAND+ WORKOUTS.

500+ fitness experiences, including instructor-led and interactive terrain workouts, are available on treadmills, ellipticals, bikes, PowerMills and Arc Trainers. Life Fitness On Demand+ also gives you the freedom to create your own on-console content.

CUSTOMIZE YOUR UNIQUE BRAND EXPERIENCE.

From branded home screen images to custom videos and workouts—explore a variety of features that differentiate your facility. Stay connected to your exercisers with health tips, motivational messages, facility announcements, and more.

IMPROVE YOUR BOTTOM LINE WITH DATA.

Get insights on which days of the week, what time of day, and which machines are most popular. Halo Facility empowers you and your staff with data that allows you to better maintain equipment and make educated decisions with equipment purchases.

KEEP YOUR EQUIPMENT FOR THE LONG RUN.

Halo Facility helps improve the lifespan of your equipment with features like preventive maintenance reminders. Halo Facility is also the gateway for console safety and security updates, as well as your ticket to early access of new equipment features.

www.halo.fitness

INTEGRITY+ **CARDIO**

Eye-catching design paired with state-of-the-art console technology options.



ASPIRE **CARDIO**

Streamlined cardio for outstanding operational efficiency.



INTEGRITY+	ASPIRE
DESIGN	
Elevated Design Accents	Simple Plastics
Color Options: Arctic Silver, Smooth Charcoal, Black Onyx, Diamond White, Titanium Storm	Color Options: Arctic Silver, Smooth Charcoal
CONSOLE OPTIONS	
Discover SE4: 24" and 16" on all base types SL Console	Discover SE4: 16" on all base types (24" available on treadmill only) SL Console
BASE FEATURES	
TREADMILL	
Flat Oval Uprights, Swing-Through Bullhorns with Remote Speed and Incline Controls, Low-Profile Motor Cover, Aluminum Side Rails/End Caps	Rectangular Uprights, Straight Ergo Bar, Plastic Side Rails/End Caps
ELLIPTICAL	
Multi-grip Moving Handles with Resistance Controls, 20" Stride Length	Performance Grip Moving Handles, 18" Stride Length
UPRIGHT BIKE	
Deluxe Racing Handlebars with Elbow Supports, Remote Resistance Controls, Self-Leveling Wide Ride Pedals	Racing Handlebars, Wide Ride Pedals
RECUMBENT BIKE	
20" Seat Back with Lumbar Support, Remote Resistance Controls on Side Handles, Self-Leveling Wide Ride Pedals	15.5" Seat Back with Lumbar Support, Remote Resistance Controls on Side Handles, Wide Ride Pedals

CARDIO

IMMERSIVE EXPERIENCES



DISCOVER SE4 CONSOLE

MORE FOR YOUR EXERCISERS

Inspire your exercisers with cutting-edge technology including an intuitive UI, seamless wearable connectivity, personalized app integrations and sleek console design packed full of Life Fitness On Demand+ content.

Stylish edge-to-edge glass screens with 500+ workouts and interactive terrains deliver an incredibly immersive experience.

MORE FOR YOUR BRAND

Empower your facility with the premium branded digital experiences. Create customized content and brand personalization through Life Fitness On Demand+, and access the powerful analytical features of Halo Fitness.

With expansive 24" and 16" console options available on several different cardio units, you have ample opportunities to build your brand, your way.



ELEVATING THE CARDIO EXPERIENCE WITH FREE CONTENT AND CUSTOMIZATION

Life Fitness™ On Demand+ is designed to help you win, by providing engaging cardio content that keeps exercisers coming back. It provides customers access to over 500 on-demand fitness experiences, along with the tools to create customized content.

CARDIO

YOUR ON-DEMAND WORKOUTS ARE WAITING

More than 400 instructor-led workouts are available on treadmills, ellipticals, bikes, PowerMills and Arc Trainers.



RUN THE WORLD WITH INTERACTIVE TERRAINS

More than 100 runs and rides through stunning scenery around the world. Incline and resistance adjust to the terrain for an exciting immersive experience.



FREEDOM TO CREATE YOUR OWN VIDEO CONTENT

Your brand and your staff are the stars of the show when you display your own videos on your cardio equipment. Create workout videos, exercise and healthy living tips, highlight amenities within your facility, and more.



INTEGRITY+

CARDIO



EXPERIENCE PREMIUM CARDIO

Eye-catching aesthetics combined with enhanced functionality and uncompromised durability.

CARDIO

INTEGRITY+ CARDIO PRODUCTS



TREADMILL
Remote speed and incline controls, and Flex Deck® Shock Absorption Technology to reduce impact.



ELLIPTICAL
Remote resistance controls on multi-grip handles, rounded FlexForm pedals.



POWERMILL CLIMBER
A smooth motion and 26 speeds are ideal for both exercisers who prefer slow climbs and those looking for one of the most challenging workouts in the gym.



UPRIGHT BIKE
Remote resistance controls on the handlebars, comfortable handlebar elbow pads, self-leveling pedals.



RECUMBENT BIKE
Deluxe comfort seat, remote resistance controls on side handles, exerciser-assist handles, self-leveling pedals.



ARC TRAINER
A 3-in-1 cardio machine. The wide incline range gives exercisers the ability to glide (lower inclines), stride (medium inclines), or climb (higher inclines).

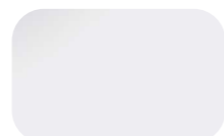
CHOOSE YOUR COLOR



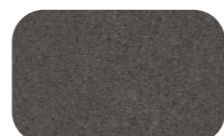
Black Onyx



Smooth Charcoal



Diamond White

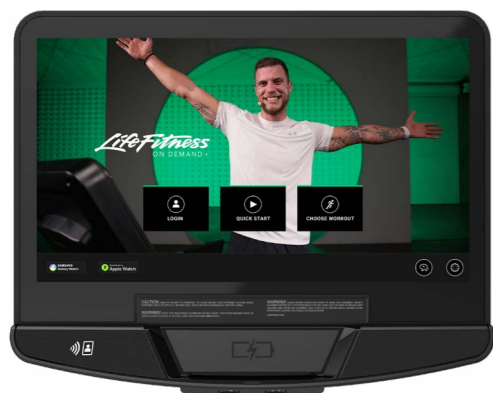


Titanium Storm



Arctic Silver

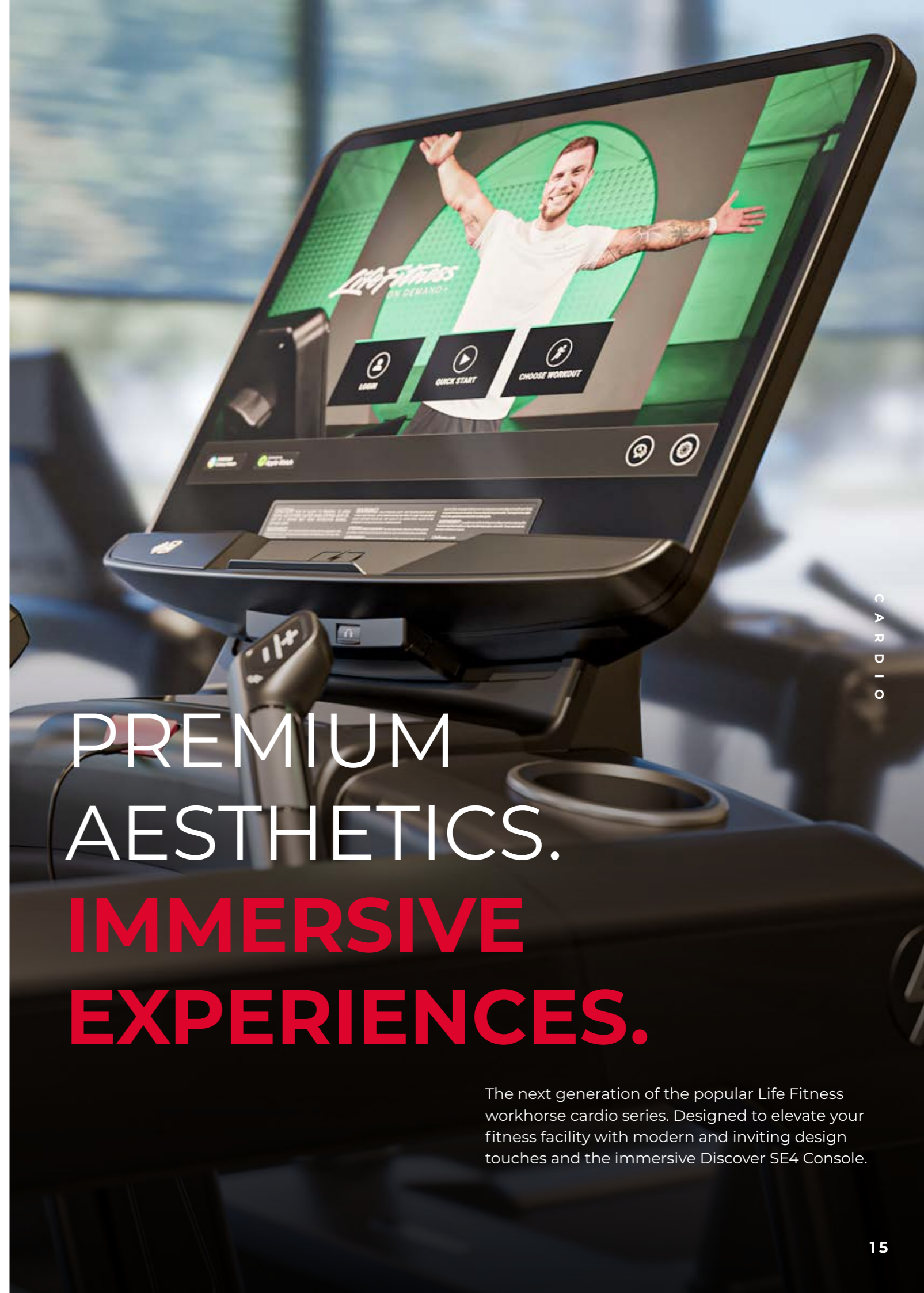
CHOOSE YOUR CONSOLE EXPERIENCE



DISCOVER SE4 CONSOLE
Incredibly immersive workout experiences. Available in 24" or 16" across the entire line.



SL CONSOLE
LED that's intuitive and comprehensive.



PREMIUM
AESTHETICS.
IMMERSIVE
EXPERIENCES.

The next generation of the popular Life Fitness workhorse cardio series. Designed to elevate your fitness facility with modern and inviting design touches and the immersive Discover SE4 Console.

A S P I R E

CARDIO

SIMPLICITY REFINED

Combines modern design with intuitive functionality.
Streamlined cardio that's inviting and easy to own and operate.

ASPIRE CARDIO PRODUCTS



TREADMILL
A streamlined all-purpose treadmill that features a large accessory tray and cross handrail that allows for plenty of running room.



ELLIPTICAL
An elliptical path that feels extremely natural because the motion is similar to an exerciser's actual running stride.



UPRIGHT BIKE
The generator drive system with poly-V belt resistance requires limited maintenance and also offers a smooth, quiet operation.



RECUMBENT BIKE
A backrest, lumbar support and a wrap-around adjustment lever combine for maximum comfort.

CHOOSE YOUR COLOR

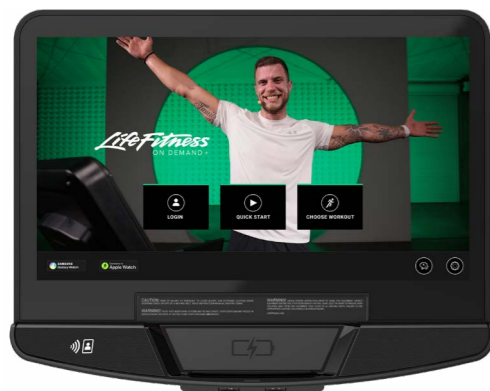


Arctic Silver



Smooth Charcoal

CHOOSE YOUR CONSOLE EXPERIENCE



DISCOVER SE4 CONSOLE

Incredibly immersive workout experiences. Available in 24" on treadmills and 16" on non-treadmills.



SL CONSOLE

LED that's intuitive and comprehensive.



**SMART
BUT
SIMPLE.**

A streamlined all-purpose treadmill that keeps exercisers of all levels coming back. Aspire builds on the Life Fitness heritage of advanced biomechanics and is crafted with the reliability that Life Fitness cardio equipment is known for.

ACTIVATE

SERIES



A great introduction to sleek and durable cardio equipment. Easy console navigation and lasting value make this series a staple for any facility.



ACTIVATE SERIES



TREADMILL



ELLIPTICAL CROSS-TRAINER



UPRIGHT LIFECYCLE EXERCISE BIKE



RECUMBENT LIFECYCLE EXERCISE BIKE WITH ATTACHABLE TV

CARDIO

*Images not to scale. Products subject to change.
Optional attachable TV available with all Activate products.*

ICG INDOOR CYCLES



Indoor Cycling Group (ICG) has been motivating, mentoring, and measuring positive change in the lives and rides of the global fitness and sporting community since 1995.

Striving for excellence in indoor cycling has made ICG a global leader specializing in the design, manufacture and programming of premium indoor cycling equipment.



ATTENTION TO COMFORT

A padded sport saddle, PVC multi-position handlebars and multiple adjustment possibilities ensure that riders are comfortable from the start of the workout to the end.



WATTRATE® TFT

The WattRate® TFT Computer 2.0 has a bright, self-powered, fully integrated TFT screen and a front LED display, which simultaneously display one of five colored zones to match the user's WattRate® (power) reading or heart rate output.



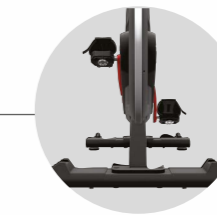
ADVANCED POWER METRICS

The WattRate® Direct Power Meter on IC7 bikes offers the market's most accurate sensor technology with a direct measuring tolerance of +/- 1%.



INVITING DESIGN

A sleek and modern aesthetic combines with rugged features like a steel frame to create durable cycles that exercisers want to use.



OPTIMAL Q FACTOR

Q Factor is the distance between an exerciser's feet when they sit on a bike and pedal. The industry standard Q Factor of 155mm on most ICG bikes results in a ride that feels comfortable and natural.



POLY-V BELT DRIVE

The Poly-V belt drive that powers each ICG bike transfers extreme levels of torque smoothly, requires limited maintenance, and is quieter than other drive systems.

CARDIO



STATE-OF-ART INDOOR CYCLES

This fleet of bikes combines striking, award-winning design with an enhanced digital experience.



IC7 / IC-LFICGIC7-01

- Two-stage drivetrain and a premium digital experience
- Includes a WattRate Direct Power Meter, Coach By Color® intensity guide for user and instructor, and data exchange with devices
- A new, sleek design with black anodized components



IC6 / IC-LFICGIC6-01

- WattRate TFT computer features performance indication in watts, data exchange with external devices
- Coach By Color® intensity guide for both the user and instructor



IC5 / IC-LFICGIC5-01

- WattRate LCD computer, powered by an onboard generator, displays performance and allows for data exchange with devices and the Coach by Color® intensity guide for users



IC3 / IC-LFICGIC3-01

- Classic parallel frame design with Poly V belt and magnetic resistance
- Battery-powered WattRate LCD bike computer displaying performance data (watts, heart rate) with the Coach by Color® intensity guide and connection to the ICG Ecosystem



THE ICG DIGITAL EXPERIENCE

The state-of-the-art engineering of ICG indoor cycles combines with engaging digital technology to create extremely memorable exerciser experiences.

COACH BY COLOR



CARDIO

Color-coded biofeedback for exercisers, and a universal method for coaching intensity for instructors.



ICG CONNECT

A digital platform that creates exciting and immersive group exercise experiences through competition, vivid data visualization and instructor encouragement.



ICG TRAINING APP

The Apple® and Android™ app pairs with IC5, IC6, and IC7 bikes to give exercisers the power to view, save and track workouts.

HEAT ROWERS



Rooted in the innovative and inviting fitness equipment that Life Fitness is known for. Intended for workouts that amp up the intensity.

A pair of rowers, both modern and powerful in design, challenge exercisers to push past their limits.

HEAT ROWERS



HEAT PERFORMANCE ROW

Powerful, modern design with a TFT 2.0 console that offers digital feedback and motivational programs to enhance the rowing experience and challenge exercisers.

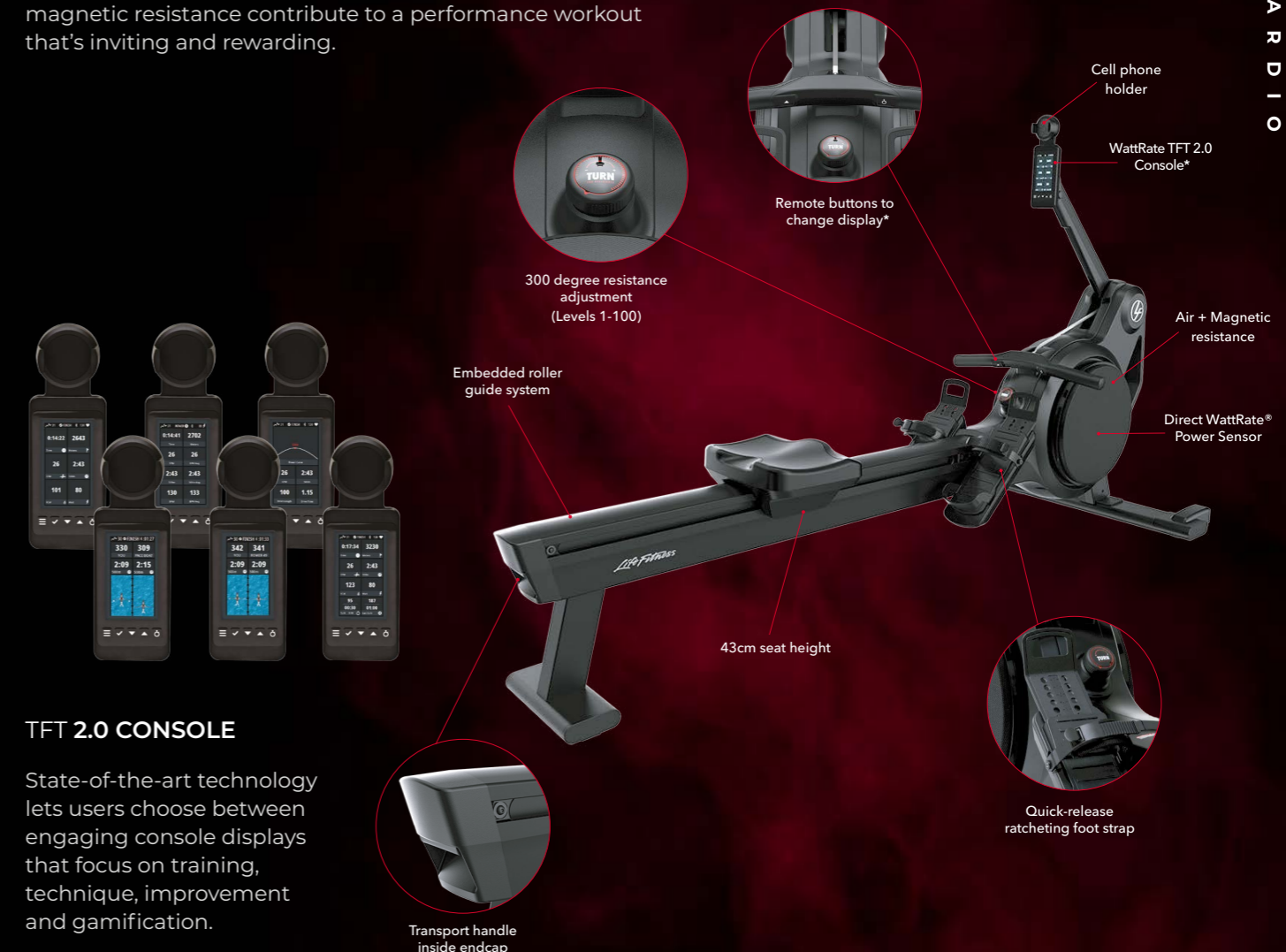


HEAT ROW

An intuitive LCD console allows instructors to optimize small group training and enables exercisers to easily train on their own.

SMART DESIGN TOUCHES

The right product design enhances the exerciser experience. Features like easy-access ratchet foot straps and smooth air/magnetic resistance contribute to a performance workout that's inviting and rewarding.



TFT 2.0 CONSOLE

State-of-the-art technology lets users choose between engaging console displays that focus on training, technique, improvement and gamification.

FITNESS FACILITIES THAT INSPIRE



INSIGNIA

SERIES

THOUGHTFULLY
DESIGNED.
DISTINCTIVELY
CRAFTED.

Intelligent and subtle design elements result in a natural feel and a truly memorable experience. Hundreds of individual parts work together to create a selectorized line that is aesthetically appealing and inviting to exercisers of all fitness levels.

INSIGNIA SERIES



SHOULDER PRESS / SS-SP



CHEST PRESS / SS-CP



CHEST PRESS (DUAL AXIS) / SS-CPX



ROW / SS-RW



PULLDOWN / SS-PD



PULLDOWN (DUAL-AXIS) / SS-PDX



BICEPS CURL / SS-BC



BICEPS CURL DEPENDENT / SS-BCD



LEG EXTENSION / SS-LE



SEATED LEG CURL / SS-SLC



ARC LEG PRESS / SS-SLP



LEG CURL / SS-LC



LATERAL RAISE / SS-LR



TRICEPS PRESS / SS-TP



TRICEPS EXTENSION / SS-TE



GLUTE / SS-GL



CALF EXTENSION / SS-CE



HIP ABDUCTION / SS-HAB



HIP ADDUCTION / SS-HAD



HIP ABDUCTION/ADDUCTION / SS-HAA



ASSIST DIP CHIN / SS-ADC



PECTORAL FLY/REAR DELT / SS-FLY



GLUTE BRIDGE / SS-GLD



ABDOMINAL / SS-AB



ABDOMINAL ADVANCED / SS-ABD



BACK EXTENSION / SS-BE



TORSO ROTATION / SS-TR

INVITING INTERACTIONS

Smart touches like spring-assisted articulating seats, ergonomic grips, intuitive large-diameter adjustment knobs and simple instructional placards make Insignia equipment inviting and easy to use.

STRENGTH

SIGNATURE SERIES



PREMIUM STRENGTH PROGRESSION

Plate-Loaded units provide independent, converging and diverging movements.

Cable Motion™ Technology challenges exercisers with user-defined paths of motion that help build balance and power.



SIGNATURE SERIES



BICEPS CURL / SPLBC



DECLINE CHEST PRESS / SPLDCP



FRONT LAT PULLDOWN / SPLPD



HIGH ROW / SPLHR



INCLINE CHEST PRESS / SPLIP



ROW / SPLROW



SEATED DIP / SPLDIP



SHOULDER PRESS / SPLSP

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SIGNATURE SERIES: PLATE-LOADED



LINEAR LEG PRESS / SPLLLP



KNEELING LEG CURL / SPLKLC



LEG EXTENSION / SPLLE

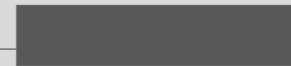


CALF RAISE / SPLCALF

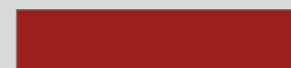
TWO-TONE FRAME AND WORKARM FEATURE

* Workarms available in textured Shadow Gray and other Signature Series standard/premium color options. Shadow Gray only available on workarms. See color chart for all available color options.

Only available on Signature Plate-Loaded.



COLOR OPTION: TEXTURED SHADOW GRAY*



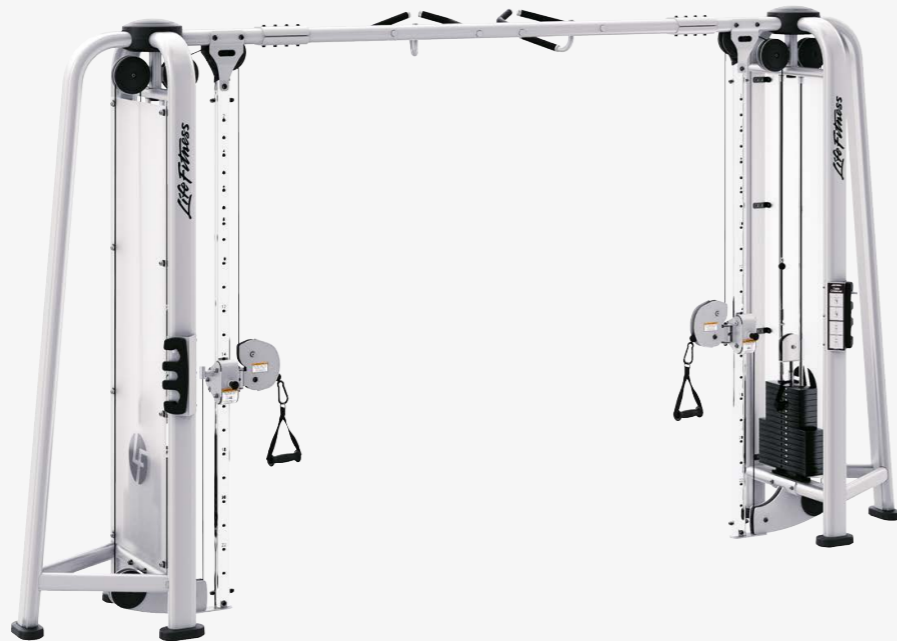
CUSTOM COLOR: CANDY APPLE RED



SIGNATURE SERIES: CABLE MOTION



DUAL ADJUSTABLE PULLEY / CMDAP



ADJUSTABLE CABLE CROSSOVER / CMACO

SIGNATURE SERIES: MULTI-JUNGLE



MULTI-JUNGLE DUAL PULLEY HIGH / MJDPH



MULTI-JUNGLE ASSISTED CHIN DIP LOW / MJADC



MULTI-JUNGLE DUAL PULLEY LOW / MJDPL



MULTI-JUNGLE PLATFORM (SAMPLE 4-STACK) / MJ4*



MULTI-JUNGLE PLATFORM (SAMPLE 5-STACK) / MJ5*



MULTI-JUNGLE PLATFORM (SAMPLE 8-STACK) / MJ8*



MULTI-JUNGLE PLATFORM (SAMPLE 12-STACK) / MJ12S*



MULTI-JUNGLE PLATFORM (SAMPLE (12-STACK V-SHAPE) / MJ12V*

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AXIOM

SERIES

ATTRACTIVE. EFFICIENT. **RELIABLE.**

Versatility meets eye-catching design.

STRENGTH

AXIOM SERIES

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise selectorized units, a dual adjustable pulley, and benches and racks. Inviting design and intuitive exerciser functionality combine to create a strength line ideal for any facility.



AXIOM SERIES: SINGLE-EXERCISE MACHINES



CHEST PRESS



SEATED ROW



SHOULDER PRESS



LAT PULLDOWN



LEG PRESS



BICEPS CURL



TRICEPS EXTENSION



LEG EXTENSION



LEG CURL



ABDOMINAL

AXIOM SERIES



DUAL ADJUSTABLE PULLEY

- 90" (228 cm) of cable accommodates full body movements
- Ergonomic pull-up bar with neutral, chin-up, and pull-up grip positions
- Optimized weight stack position minimizes product width without sacrificing function
- Included: Long adjustable handles, pair (x1), Ankle strap (x1), Triceps rope (x1)

AXIOM SERIES: DUAL-EXERCISE MACHINES



MULTI-PRESS



PULLDOWN/ROW



PECTORAL FLY/REAR DELTOID



BICEPS CURL /TRICEPS EXTENSION



HIP ABDUCTION/ ADDUCTION



LEG CURL/EXTENSION



SEATED LEG CURL/ EXTENSION



ABDOMINAL /BACK EXTENSION

CIRCUIT SERIES



No set-up adjustments and intuitive push-button controls make Circuit Series an easy to use strength training solution. The Lifeband Resistance™ System allows for incremental resistance adjustments, which lets exercisers easily measure their progress.

11 different units are ideal for both individual workouts and community building small group training.

CIRCUIT SERIES



AB CRUNCH / TCAB



AB CURL BENCH / TCABB



BICEPS CURL / TCBC



CHEST PRESS / TCCP



LAT PULLDOWN / TCPD



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



SEATED ROW / TCRW



SHOULDER PRESS / TCSP



SQUAT / TCSL



TRICEPS PRESS / TCTP



Push-button resistance adjustments are intuitive for exercisers of all levels.

BENCHES AND RACKS



TRANSFORM YOUR FREE WEIGHT EXPERIENCE

Found in premium clubs and fitness facilities around the world, Life Fitness benches and racks are renowned for their exceptional look and feel, and are designed to seamlessly combine comfort and style.

BENCHES



MULTI ADJUSTABLE BENCH / LBR-MA



ADJUSTABLE BENCH / LBR-AD



ADJUSTABLE DECLINE BENCH / LBR-DB



FLAT BENCH / LBR-FB



UTILITY BENCH / LBR-UB



ABDOMINAL BENCH / LBR-AB



ABDOMINAL CRUNCH BENCH / LBR-AC



ARM CURL BENCH / LBR-BC

BODYWEIGHT AND FLEXIBILITY TRAINING



BACK EXTENSION / LBR-BE



DIP/LEG RAISE / LBR-LD



LEG RAISE / LBR-LR



CHIN/DIP/LEG/RAISE / LBR-LC



FLEXIBILITY TRAINER / LBR-FS

OLYMPIC BENCHES



OLYMPIC SQUAT RACK / SOSR



OLYMPIC INCLINE BENCH / LBR-OI



OLYMPIC DECLINE BENCH / LBR-OD



OLYMPIC FLAT BENCH / LBR-OF



OLYMPIC MILITARY BENCH / LBR-OM



OLYMPIC BENCH WEIGHT STORAGE / LBR-OW

STORAGE



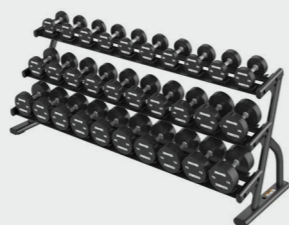
2-TIER DUMBBELL RACK / LBR-D2



3-TIER DUMBBELL RACK HEX / LBR-DF



3-TIER DUMBBELL RACK, SHORT SADDLE / LBR-DS



3-TIER DUMBBELL RACK, LONG SADDLE / LBR-DL



VERTICAL DUMBBELL RACK / LBR-DV



BARBELL RACK 5 / LBR-BB



BARBELL RACK 10 / LBR-BR



3-TIER ACCESSORY RACK / LBR-AR



VERTICAL MEDICINE BALL STORAGE / LBR-MB



OLYMPIC WEIGHT TREE / LBR-OT



STRENGTH

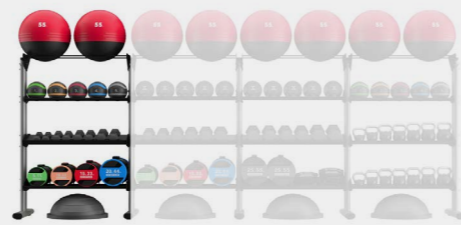
CONFIGURABLE STORAGE



MODULAR ACCESSORY STORAGE SYSTEM / SMSS


Fitness accessory storage made easy. The Modular Accessory Storage System allows for convenient access to training tools like kettlebells, dumbbells, medicine balls, resistance bands, stability balls, foam rollers and much more.

This space efficient system doesn't take up a lot of valuable square footage. It is easily built out to fit your specific space, and it can be configured with a variety of shelving and side storage options to meet the needs of your exercisers.




1 CHOOSE YOUR CORE

Build the CORE of your unit around available space and with the accessory storage you prefer.



2 CHOOSE YOUR EXTENSIONS

Improve and expand your system with additional Accessory shelves.



3 CHOOSE YOUR SIDES

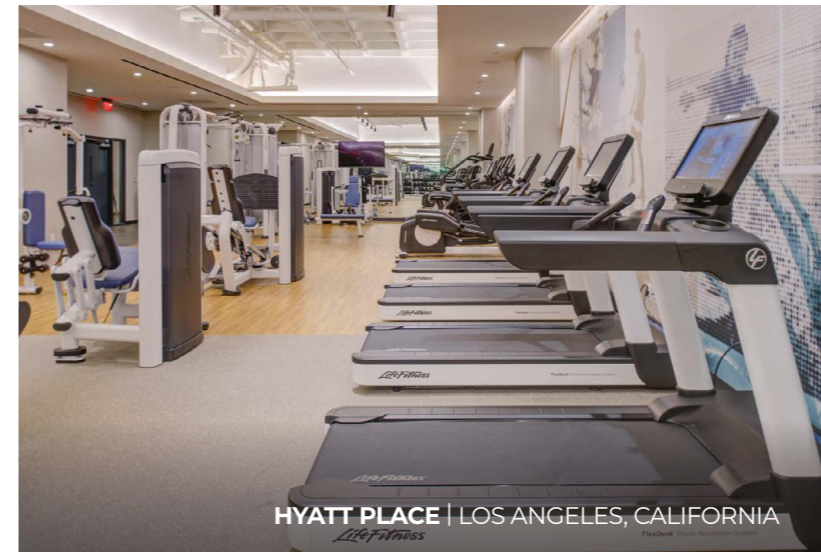
Side storage increases the capacity of your storage options outside of your CORE and ADD sections.



ACCESSORY STORAGE RACK / SAR

The Life Fitness Accessory Storage Rack offers storage for a variety of training accessories. It helps keep facilities well organized and is perfect for a small training space that makes use of accessories.

FITNESS FACILITIES THAT INSPIRE



LFX



TRAINING EXPERIENCES
LIKE NO OTHER

Exciting new functional training experiences.



REDEFINE LIMITLESS

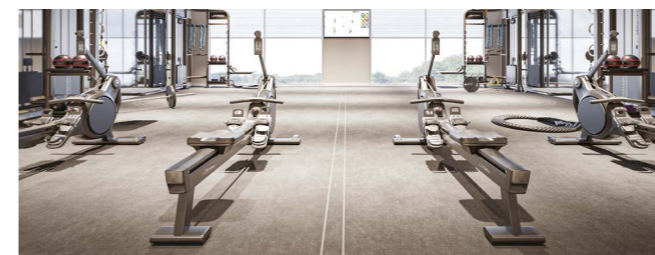
Bringing together best-in-class Life Fitness and Hammer Strength equipment, LFX creates functional training spaces that elevate the fitness experience and help you and your members reach beyond your goals.

Used in small group training, personal training, or individual applications, LFX creates an exciting area that attracts new members, builds loyalty, and optimizes the fitness space in your facility.



EMPOWER POTENTIAL

LFX is a comprehensive combination of fitness products, programming, education, and digital solutions. Choose from 7 packages or build your own energizing training space.



EXCEL



MOTIVATE



INVIGORATE



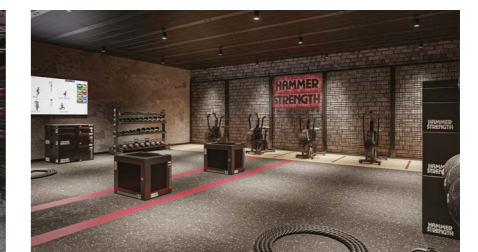
EVOLVE



ATTACK



COMPETE



IGNITE

GROUP TRAINING

SYNRGY360

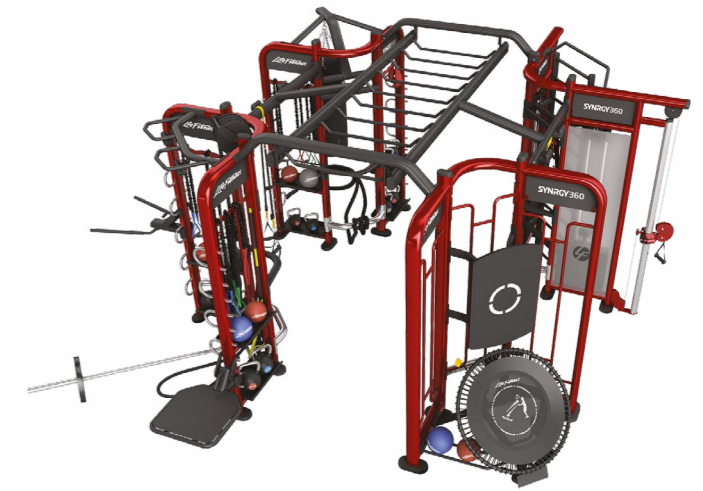
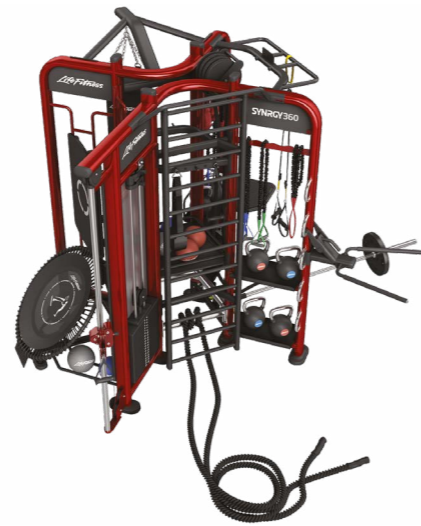


GROUP TRAINING

The groundbreaking SYNRGY360™ system creates a fun, inviting and meaningful workout experience for exercisers of all abilities and fitness levels.

The unit is available in several sizes and different customizable configurations.

The energy created around a SYNRGY360 system makes it the exciting focal point of any facility.



SYNRGY360 T

Contribute to exercisers' success with the variety afforded by two available training spaces in this streamlined configuration.*

SYNRGY360 XS

This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.*

SYNRGY360 XM

Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.*

SYNRGY360 XL

Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.

2 MAX. FOOTPRINT:
5.8' x 9.2'
(1.76 m x 2.8 m)

LIVE AREA:
11' x 22'
(3.4 m x 6.7 m)

4 MAX. FOOTPRINT:
9.2' x 9.2'
(2.8 m x 2.8 m)

LIVE AREA:
22' x 22'
(6.7 m x 6.7 m)

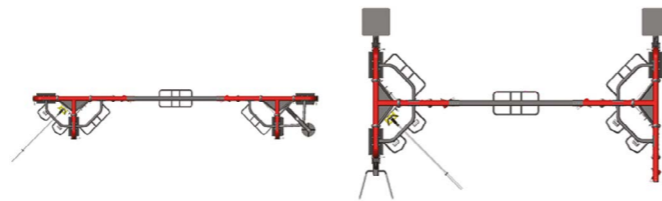
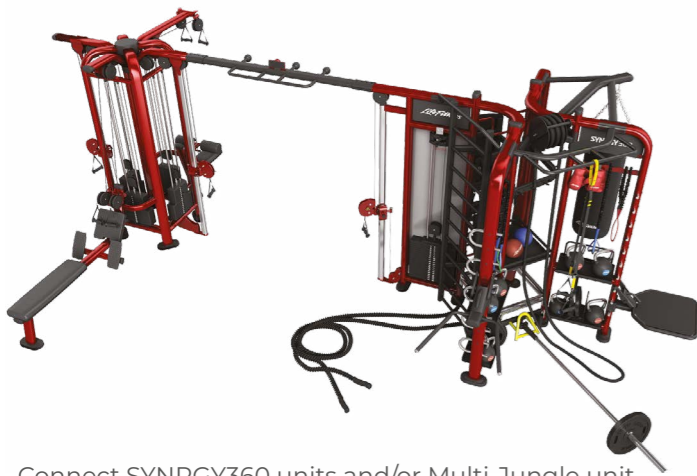
6 MAX. FOOTPRINT:
10.6' x 16.0'
(3.23 m x 4.87 m)

LIVE AREA:
22' x 27'
(6.7 m x 8.2 m)

8 MAX. FOOTPRINT:
16.0' x 16.0'
(4.87 m x 4.87 m)

LIVE AREA:
27' x 27'
(8.2 x 8.2 m)

OPTIONAL CABLE CROSSOVER CONNECTOR



Connect SYNRGY360 units and/or Multi-Jungle unit with the Cable Crossover Connector to create exciting and unique training spaces.*

- Supports multiple suspension trainers
- Additional chin handles
- Available in four lengths: 6' (1.82 m), 7' (2.13 m), 8' (2.44 m), 8' 3" (2.51m)

COMPLETE THE PACKAGE



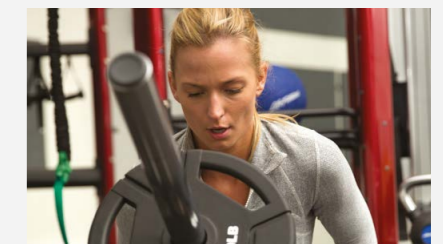
ACCESSORIES

Amp up workout variety with recommended accessory packages for each space. SYNRGY360 units are equipped with integrated storage to keep the accessories organized and make workouts more productive.



FLOORING

As part of the complete SYNRGY360 system, flooring is available for each model. This high-performance flooring is marked to provide visual cues for your personal trainers and their clients, guiding them through their workouts



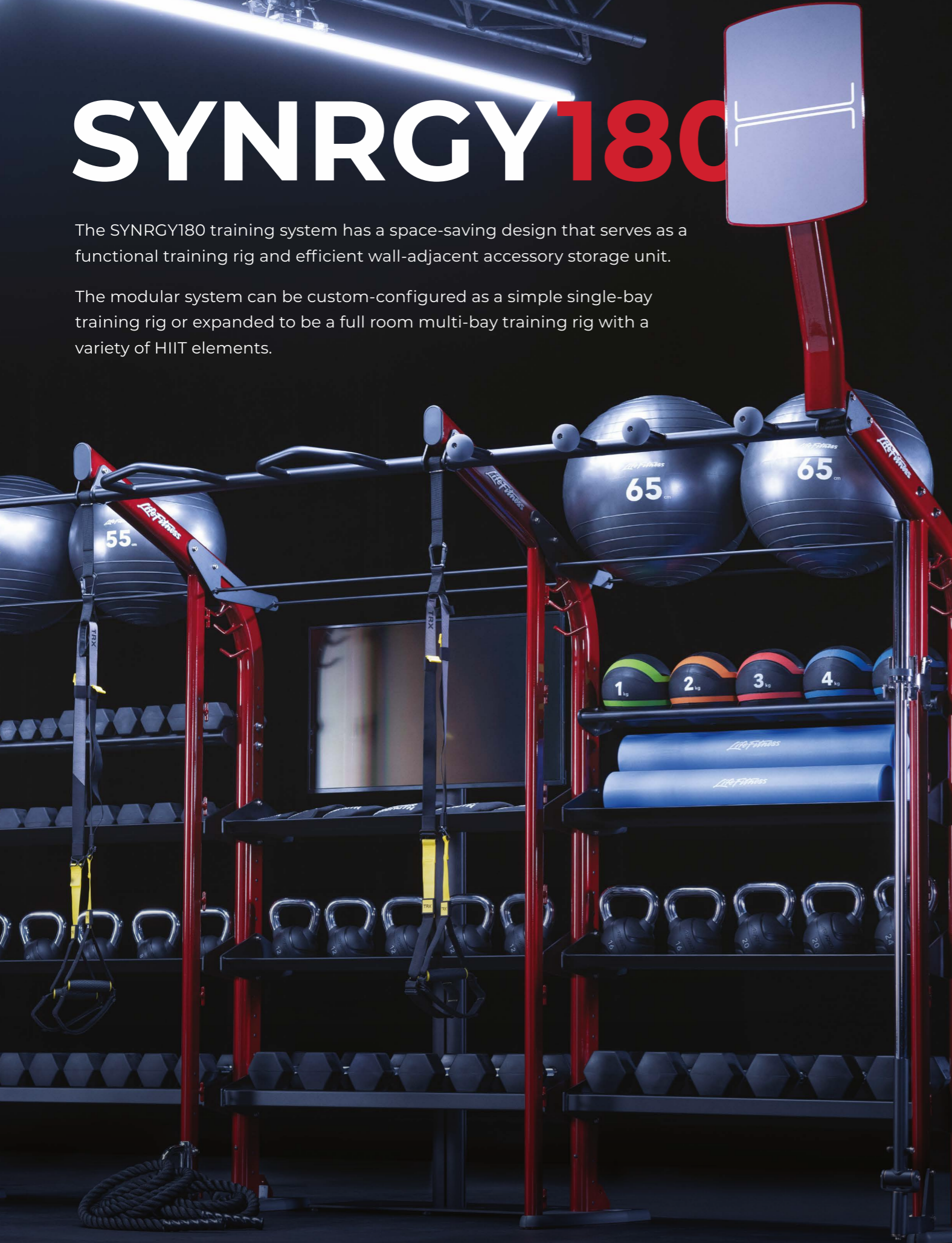
EDUCATION

Life Fitness Academy on-site workshops, training videos and exercise videos help you discover the infinite training potential of the SYNRGY360 concept.

SYNRGY180

The SYNRGY180 training system has a space-saving design that serves as a functional training rig and efficient wall-adjacent accessory storage unit.

The modular system can be custom-configured as a simple single-bay training rig or expanded to be a full room multi-bay training rig with a variety of HIIT elements.



EFFICIENCY

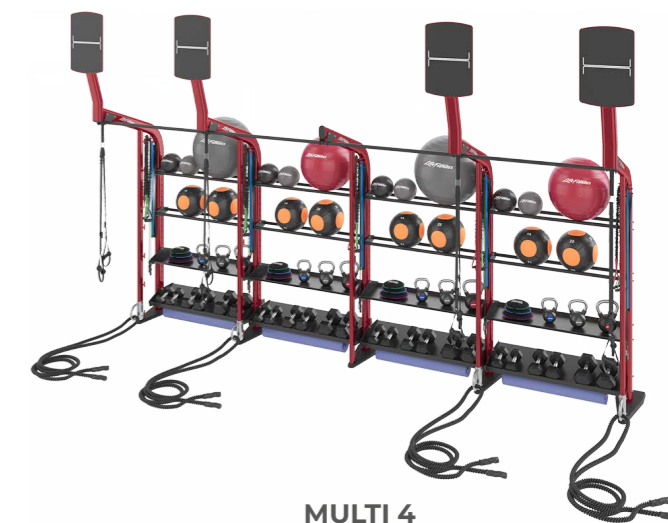
A full functional training system that doesn't take up valuable square footage.

FLEXIBILITY

Scalable size and the ability to add the training modalities your exercisers want.

GREAT DESIGN

Premium and inviting design improves the aesthetics of any facility.



MULTI 4



DUO 4

MIX 3

GROUP TRAINING



SYNRGY90

A nearly limitless variety of exercise options in one space. Rooted in the success of SYNRGY360 small group training, the SYNRGY90 system is a shift in contemporary one-on-one training—it provides the structural space trainers need, offers nearly limitless configurability and fits seamlessly in dedicated spaces.



CABLE CABLE
/ SYN90-CC



CABLE VERSA
/ SYN90-CV



VERSA CABLE
/ SYN90-VC



VERSA VERSA
/ SYN90-VV

Images not to scale. Products subject to change.



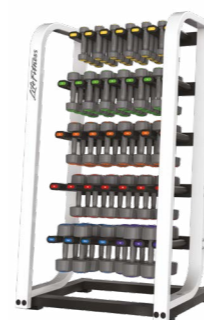
STUDIO COLLECTION



Studio Collection accessories are designed following color theories and common user preferences. The simple, organizational benefits and accessibility make the Studio Collection perfect for exercisers and club owners alike. These accessories—along with our other products—are the finishing touch for a complete facility, saving time and effort for customers.

FEATURES:

- Each rack is the same height and each type of weight utilizes the same color strategy. This gives your studio a collection of products that fit and work together as a family.
- Organizational efficiency allows this collection to fit in any space.
- Colors and design aesthetics make group studio classes more inviting.



DUMBBELL PACK /
LF-GDBLB



KETTLEBELL PACK* /
LF-STKBR



BARBELL PACK /
LF-GBBLB



STEP / LF-STP-1001



RISER / LF-STP-1002



DECK / LF-DK-1000



STEP & RISER SET /
LF-STP-1000

* Kettlebells sold separately.

ACCESSORIES



MED BALLS
Heavy-duty med balls designed to meet all your weighted movement needs.



FOAM ROLLERS
Improve blood flow and speed up recovery after a workout with a Life Fitness roller.



JUMP ROPES
Heavy-duty and perfect for group training and cardio exercises.



KETTLEBELLS
Protective rubber coating, stainless steel handles, and a wide weight range means we have the ideal product for all of your specific kettlebell exercises.



COVERED RESISTANCE TUBES
The gray nylon sleeve protects the tubing from nicks, cuts, overstretching. The ergonomic plastic handles feature a textured rubber grip.



YOGA BLOCK
Provide support and aid in proper form during yoga.



SOFT PLYO BOX
Build power with jumps, or strength with high stepping.



MATS
Premium design in both look and feel.



STABILITY BALLS
A core necessity for every facility.



POWERBANDS
Versatile and durable enough for bodyweight, weightlifting, resistance and assistance exercises.



TIRES
Functional design and high-quality durability for grabbing, lifting, carrying and flipping.



CORE BAGS
Commonly used for front squats, upright rows, clean and press, tricep extensions, Russian twists, as well as lunges, squats, and presses.



HEAVY BAG
Heavy bag has a 45" length for both punching and kicking. Hanging chain is included.



BAG GLOVES
A pro-curved molded design with shock absorbing padding for a comfortable, cushioned palm grip.



STUDIO COLLECTION DUMBBELLS
Designed with user function in mind and made with high-quality urethane that protects the dumbbells, racks and floors from any nicks, scuffs or streaks.



SPEED CONES
Six wide base, stable cones to assist in agility and speed training. Cones easily stack onto each other for storage.

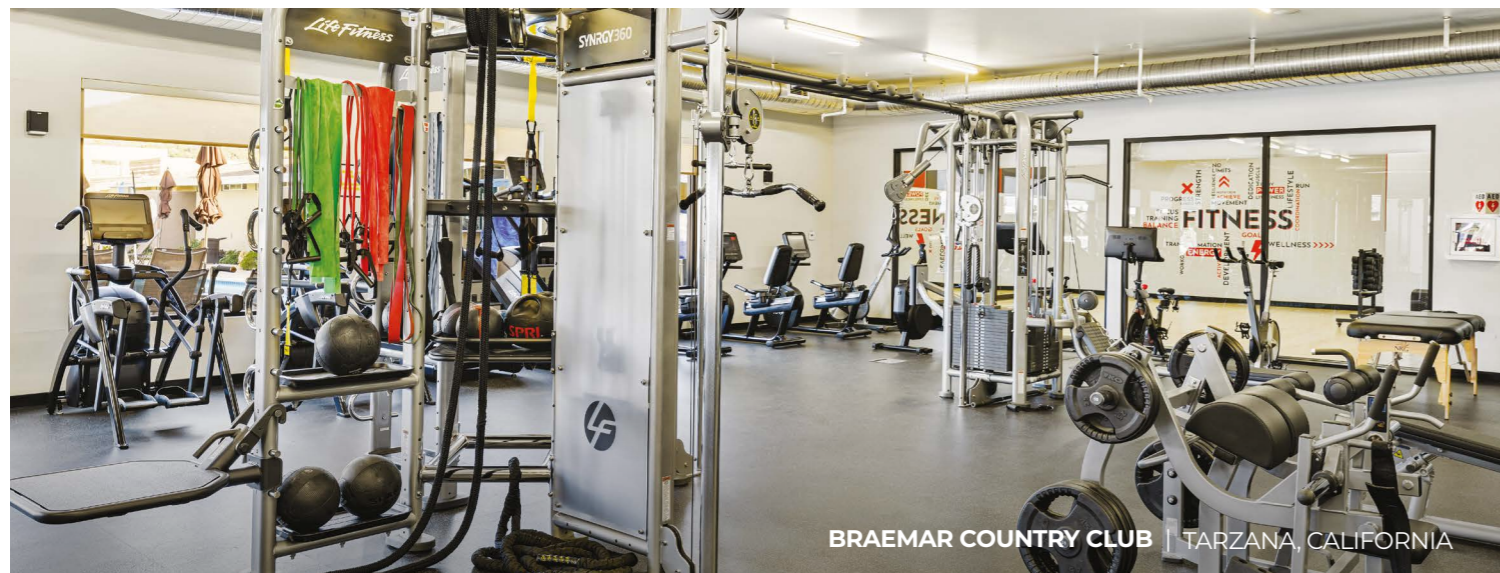
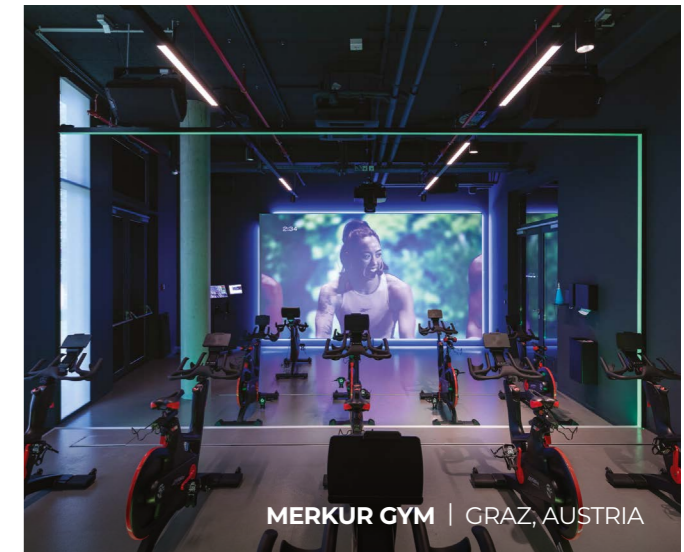
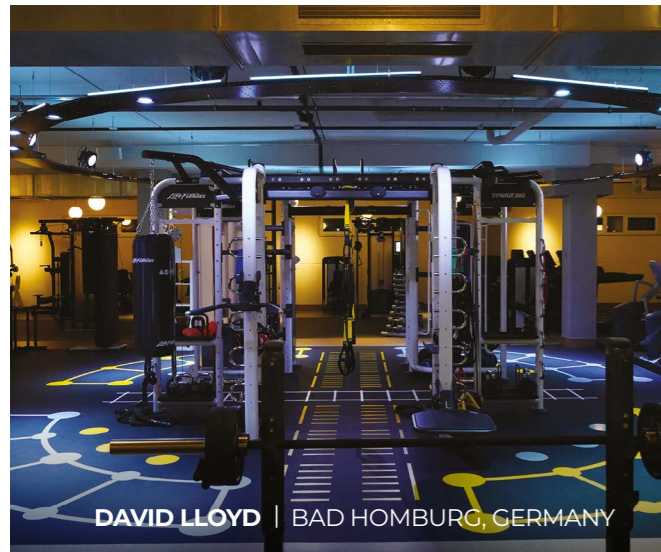


SPEED LADDER
10' ladder easily connects to a secondary ladder to increase length. Quickly folds and stores in drawstring bag.



HURDLE
Build agility using hurdles at two heights. Simply rotate the lengths to achieve 6" or 12".

FITNESS FACILITIES THAT INSPIRE



STRENGTH PRODUCTS

SIGNATURE SERIES CABLE MOTION	CODE	DIMENSIONS (L X W X H)	WEIGHT
Chest Press	CMCP	49" x 46" x 64" (125 cm x 117 cm x 163 cm)	680 lb (309 kg)
Shoulder Press	CMSP	46" x 46" x 64" (117 cm x 117 cm x 163 cm)	680 lb (273 kg)
Row	CMRW	73" x 54" x 67" (186 cm x 138 cm x 171 cm)	770 lb (350 kg)
Pulldown	CMPD	45" x 54" x 95" (115 cm x 138 cm x 242 cm)	810 lb (368 kg)
Dual Adjustable Pulley (without pull-up handles)	CMDAP	44" x 62" x 93" (112 cm x 158 cm x 237 cm)	1,265 lb (574 kg)
Dual Adjustable Pulley (with pull-up handles)	CMDAP	44" x 62" x 95" (112 cm x 158 cm x 242 cm)	1,265 lb (574 kg)
Dual Adjustable Pulley Console	DAPCONSOLE	1.6" x 15" x 12" (5 cm x 39 cm x 31 cm)	11 lb (5 kg)
Cable Column	CMCC	55" x 57" x 92" (140 cm x 145 cm x 234 cm)	685 lb (311 kg)
Fixed Cable Crossover	CMFCO	28.5" x 142" x 94" (73 cm x 361 cm x 239 cm)	895 lb (406 kg)
Adjustable Cable Crossover	CMACO	28.5" x 167" x 94" (73 cm x 425 cm x 239 cm)	980 lb (445 kg)
Multi-Jungle Core Tower	MJ-CORE	32.5" x 32.5" x 94" (83 cm x 83 cm x 239 cm)	225 lb (103 kg)
Adjustable Crossover - Connects Core	MJAXO	23" x 116" x 94" (59 cm x 295 cm x 239 cm)	600 lb (273 kg)
Fixed Crossover - Connects Core	MJFXO	23" x 91.5" x 94" (59 cm x 233 cm x 239 cm)	530 lb (241 kg)
MJ Adjustable Crossover	MJACO	28.5" x 142" x 94" (73 cm x 361 cm x 239 cm)	720 lb (327 kg)
MJ Fixed Crossover	MJFCO	28.5" x 117" x 94" (73 cm x 298 cm x 239 cm)	650 lb (295 kg)
MJ Adjustable Pulley	MJAP	14.5" x 18.5" x 92" (37 cm x 47 cm x 234 cm)	260 lb (118 kg)
MJ Lat Pulldown	MJLP	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	340 lb (155 kg)
MJ Dual Adjustable Pulley	MJLPD	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	340 lb (155 kg)
MJ Low Row	MJRW	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Dual Pulley Row	MJRWD	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Triceps Pushdown	MJTP	4.5" x 21.25" x 92" (12 cm x 54 cm x 234 cm)	225 lb (103 kg)
Accessory Rack	MJHAR	27" x 8.5" x 28" (69 cm x 22 cm x 72 cm)	31 lb (15 kg)

SIGNATURE SERIES PLATE-LOADED	CODE	DIMENSIONS (L X W X H)	WEIGHT
Incline Press	SPLIP	50" x 62" x 75" (127 cm x 158 cm x 191 cm)	297 lb (135 kg)
Decline Chest Press	SPLDCP	51" x 69" x 76" (130 cm x 176 cm x 194 cm)	340 lb (155 kg)
Shoulder Press	SPLSP	61" x 66" x 53" (155 cm x 168 cm x 135 cm)	350 lb (159 kg)
Front Pulldown	SPLPD	65" x 49" x 78" (166 cm x 125 cm x 199 cm)	323 lb (147 kg)
High Row	SPLHR	73" x 66" x 76" (186 cm x 168 cm x 194 cm)	409 lb (186 kg)
Row	SPLROW	55" x 57" x 54" (140 cm x 145 cm x 138 cm)	294 lb (134 kg)
Seated Dip	SPLDIP	69" x 41" x 37" (176 cm x 105 cm x 94 cm)	276 lb (126 kg)
Biceps Curl	SPLBC	43" x 55" x 47" (110 cm x 140 cm x 120 cm)	274 lb (125 kg)
Linear Leg Press	SPLLLP	98" x 61" x 61" (249 cm x 155 cm x 155 cm)	709 lb (322 kg)
Kneeling Leg Curl	SPLKLC	49" x 59" x 51" (125 cm x 150 cm x 130 cm)	311 lb (142 kg)
Leg Extension	SPLLE	57" x 61" x 45" (145 cm x 155 cm x 115 cm)	277 lb (126 kg)
Calf Raise	SPLCALF	61" x 29" x 42" (155 cm x 74 cm x 107 cm)	182 lb (83 kg)

STRENGTH PRODUCTS

BENCHES	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
Multi-Adjustable Bench	LBR-MA	58" x 29" x 17" (147 x 73 x 43 cm)	110 lbs (50 kg)
Adjustable Bench	LBR-AD	55" x 25" x 45" (140 x 64 x 114 cm)	72 lbs (33 kg)
Adjustable Decline Bench	LBR-DB	73" x 29" x 41" (185 x 73 x 104 cm)	175 lbs (80 kg)
Flat Bench	LBR-FB	46" x 31" x 16.5" (119 x 79 x 42 cm)	65 lbs (30 kg)
Utility Bench	LBR-UB	36" x 28" x 36" (91 x 71 x 91 cm)	50 lbs (23 kg)
Abdominal Bench	LBR-AB	50" x 25" x 21" (127 x 63.5 x 53.3 cm)	45 lbs (20 kg)
Abdominal Crunch Bench	LBR-AC	62" x 32" x 38" (156 x 81 x 97 cm)	141 lbs (64 kg)
Arm Curl Bench	LBR-BC	47" x 33" x 46" (119 x 84 x 117 cm)	210 lbs (96 kg)

OLYMPIC BENCHES	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
Olympic Squat Rack	LBR-OS	77.5" x 66" x 75.5" (197 x 168 x 192 cm)	400 lbs (182 kg)
Olympic Incline Bench	LBR-OI	58" x 51" x 57" (147 x 130 x 145 cm)	185 lbs (84 kg)
Olympic Decline Bench	LBR-OD	68" x 51" x 51" (173 x 130 x 130 cm)	210 lbs (96 kg)
Olympic Flat Bench	LBR-OF	49" x 51" x 51" (125 x 130 x 130 cm)	150 lbs (68 kg)
Olympic Military Bench	LBR-OM	48" x 51" x 66" (122 x 130 x 168 cm)	325 lbs (148 kg)
Olympic Bench Weight Storage	LBR-OW	Adds 28" (71 cm) L and 17" (43 cm) W to Olympic Bench	85 lbs (39 kg)

BODYWEIGHT AND FLEXIBILITY TRAINING	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
Back Extension	LBR-BE	50" x 37" x 38" (127 x 94 x 97 cm)	151 lbs (69 kg)
Dip/Leg Raise	LBR-LD	41.5" x 29" x 61" (105.4 x 73.6 x 155 cm)	137 lbs (62 kg)
Chin/Dip/Leg Raise	LBR-LC	45" x 50" x 91.5" (114 x 127 x 279 cm)	245 lbs (111kg)
Flexibility Trainer	LBR-FS	54" x 23" x 43" (137 x 58 x 109 cm)	78 lbs (35 kg)

STORAGE	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
2-Tier Dumbbell Rack	LBR-D2	90" x 25" x 33" (229 x 64 x 84 cm)	275 lbs (125 kg)
3-Tier Dumbbell Rack (5-50 Hex)	LBR-DF	54" x 29" x 38" (137 x 73 x 96 cm)	167 lbs (76 kg)
3-Tier Dumbbell Rack, Short Saddle	LBR-DS	61" x 29" x 38" (155 cm x 73 cm x 96 cm)	200 lbs (91 kg)
3-Tier Dumbbell Rack, Long Saddle	LBR-DL	96" x 29" x 38" (244 x 73.7 x 96.5 cm)	286 lbs (130 kg)
Vertical Dumbbell Rack	LBR-DV	20" x 19" x 46" (51 x 48 x 117 cm)	57 lbs (26 kg)
Barbell Rack 5	LBR-BB	36" x 23.5" x 56.5" (91.5 x 60 x 143.5 cm)	450 lbs (205 kg)
Barbell Rack 10	LBR-BR	33" x 35" x 57" (145 x 89 x 144.8 cm)	128 lbs (58 kg)
3-Tier Accessory Rack	LBR-AR	54" x 29" x 38" (137 x 73 x 96 cm)	168 lbs (76 kg)
Vertical Medicine Ball Storage	LBR-MB	25.5" x 25" x 56" (65 x 64 x 142 cm)	37 lbs (17kg)
Olympic Weight Tree	LBR-OT	27" x 23" x 37" (69 x 58 x 94 cm)	95 lbs (43 kg)

CONFIGURABLE STORAGE	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
Signature Series Modular Accessory Storage System	SMSS-CORE	27" x 54" x 73" (69 x 137 x 185 cm) BASE UNITY ONLY	80 lbs (36 kg)
Signature Series Accessory Storage Rack	SAR	36" x 25" x 67" (94 x 66 x 171 cm) BASE UNIT ONLY	190 lbs (86 kg)

STRENGTH PRODUCTS

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	47" x 34" x 54" (120 cm x 87 cm x 138 cm)	233 lb (106 kg)
Biceps Curl	TCBC	54" x 35" x 45" (138 cm x 89 cm x 115 cm)	251 lb (114 kg)
Triceps Press	TCTP	62" x 37" x 45" (158 cm x 94 cm x 115 cm)	328 lb (149 kg)
Seated Leg Curl	TCLC	45" x 36" x 45" (115 cm x 92 cm x 115 cm)	290 lb (132 kg)
Lat Pulldown	TCPD	63" x 43" x 71" (161 cm x 110 cm x 181 cm)	279 lb (127 kg)
Shoulder Press	TCSP	53" x 43" x 45" (135 cm x 110 cm x 115 cm)	264 lb (120 kg)
Squat	TCSL	53" x 42" x 45" (135 cm x 107 cm x 115 cm)	251 lb (114 kg)
Seated Row	TCRW	48" x 36" x 45" (122 cm x 92 cm x 115 cm)	282 lb (128 kg)
Chest Press	TCCP	47" x 39" x 45" (120 cm x 100 cm x 115 cm)	260 lb (118 kg)
Leg Extension	TCLE	46" x 37" x 45" (117 cm x 94 cm x 115 cm)	279 lb (127 kg)
Ab Curl Bench	TCABB	62" x 23" x 30" (158 cm x 59 cm x 77 cm)	75 lb (35 kg)
Wheel Kit	TCWHL	37" x 6" x 4" (94 cm x 16 cm x 11 cm)	16 lb (8 kg)
Placard Stand	TCPST	14" x 13" x 44" (36 cm x 34 cm x 112 cm)	7 lb (4 kg)

STRENGTH EQUIPMENT COLOR CHART

STRENGTH FRAME COLORS	LIFE FITNESS
Platinum*	S
Black	S
Charcoal	S
Titanium*#	S
White	S
Blue	O
Red	O
Yellow	O
Midnight Metallic*	O
Mocha Sand	O
Candy Apple Red	O
Diamond White Clear	O
Electric Blue	O
High Wear Charcoal	C**
High Wear Platinum	C**
Matte High Wear Titanium	C**
Matte High Wear White	C**
Matte High Wear Yellow	C**
Matte High Wear Red^	C**
Matte High Wear Blue^	C**
Custom	C**

STRENGTH EQUIPMENT COLOR CHART

STRENGTH SHROUD INLAYS	INSIGNIA SERIES	SIGNATURE CABLE MOTION	SYNRGY 360 / SYNRGY 90
Premium Black Carbon Fiber	Premium	Not available	Not available
Custom	Custom	Custom	Custom

STRENGTH UPHOLSTERY COLORS	LIFE FITNESS STRENGTH	AXIOM SERIES
American Beauty Red	Optional	Optional
Azure	Standard	Optional
Black	Standard	Standard
Black Carbon Fiber	Optional	Optional
Burgundy	Optional	Optional
Candy Apple Red	Standard	Optional
Chestnut	Optional	Optional
Cranberry	Standard	Optional
Dark Walnut	Standard	Optional
Dove Gray	Optional	Optional
Emerald Green	Optional	Optional
Graphite	Optional	Optional
Imperial Blue	Optional	Optional
Navy	Optional	Optional
Regimental Blue	Optional	Optional
Royal Blue	Standard	Optional
Slate	Standard	Optional
Suede	Optional	Optional
Terra Cotta	Optional	Optional
Wheat	Standard	Optional
Custom	Custom*	Not available

Key:
S = Standard
O = Optional
C = Custom
N/A = Not Available

Notes:

* Life Fitness colors have a second clear coat of paint
 ** Custom frame colors not available on Life Fitness Benches and Racks, Axiom or Circuit Series
 ^ Colors do not match original High-Wear Red and High-Wear Blue
 New custom frame colors require a one-time Custom Formulation Set-Up fee

For more detailed specifications visit LifeFitness.com.



LifeFitness

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