

*LifeFitness*

HOME FITNESS

2022 CATALOG



# TABLE OF CONTENTS

About Life Fitness . . . . . 4

Fitness for Your Lifestyle . . . . . 6

Treadmills . . . . . 8

Arc Trainer and SPARC Trainer . . . . . 12

Cross-Trainers . . . . . 14

Recumbent Bikes . . . . . 18

Upright Bikes . . . . . 22

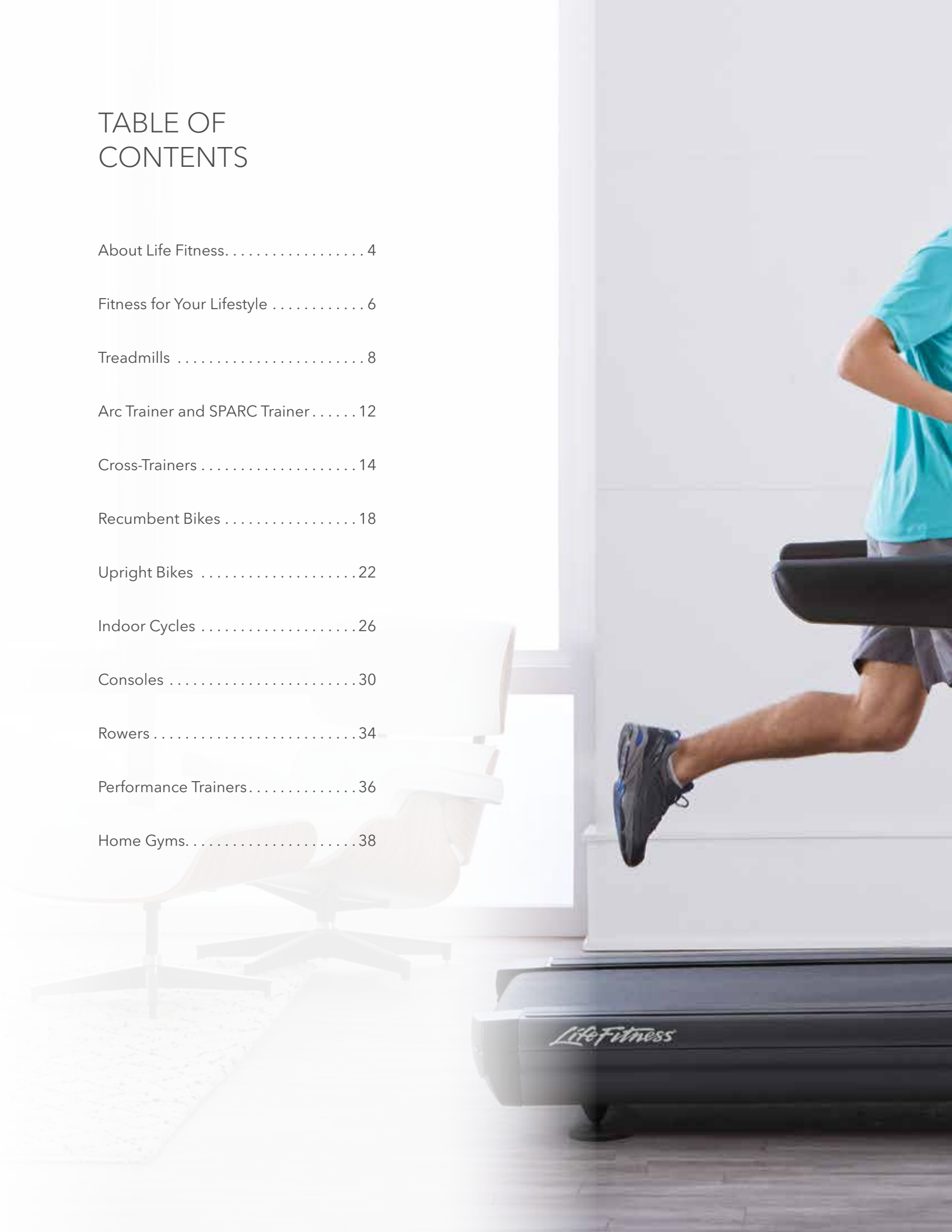
Indoor Cycles . . . . . 26

Consoles . . . . . 30

Rowers . . . . . 34

Performance Trainers . . . . . 36

Home Gyms . . . . . 38







# LIVE MORE

In life we should want more; more good times with family and friends, more time for ourselves, more time to revitalize and make the most of life.

Life Fitness equipment for the home helps you discover the vitality that you already have in you.

We all want to live more.

# WHY CHOOSE

4

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Every day, millions of exercisers find their inner vitality by using Life Fitness equipment at the gym or at home.

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.

More than 50 years of history, experience, innovation, connection and evolution have created the ideal home workout experience that helps you get more out of life. We empower all people to be their best self, no matter where they work out.

Trusted by more than **100,000** of the best fitness facilities around the world.



# LIFE FITNESS



## **WIDEST SELECTION**

Several lines of equipment for all different exercise goals



## **UNPARALLELED BIOMECHANICS**

Decades of research and testing keep our products unrivaled in quality



## **TRUSTED HISTORY**

Built on trusted heritage and known quality



## **CLUB-INSPIRED HOME FITNESS**

Our home fitness products are just like those you'd see at the club



## **PROFESSIONAL PREFERRED**

Preferred in the fitness industry by trainers and athletes



## **EXPERT INSTALLATION**

Extensive experience in making purchasing and installation easy

# FITNESS FOR YOU

We all exercise for different reasons. No matter your goals, our extensive portfolio of products and brands provides the variety needed for every exerciser, from beginners to elite athletes, Life Fitness has the right products for you.



## CARDIO NOVICE

Transformation starts when you lace up the new sporty sneakers you promised yourself that you'd use. See how those shoes can take you off of the couch and lead you to realizing your inner potential. Take the first step.

RECOMMENDED FOCUS



## GYM ENTHUSIAST

You spend hours at the gym, but sometimes life gets in the way of your workout routine. Bring the gym home by outfitting your space with the same equipment found in the best health clubs.

RECOMMENDED FOCUS



## GLOSSARY OF ICONS



### ADDED COMFORT

Equipment that features added comfort options like additional padding and ergonomic handles.



### DIGITAL CONNECTIVITY

These products/consoles can be connected with mobile devices and interface with third party apps.



### COMPACT STORAGE

Equipment that takes up limited space when not in use.



### GET ON AND GO

A world class workout that's intuitive and requires a minimal learning curve.



### TOTAL-BODY WORKOUT

Products in this grouping have functions that work both the upper and lower body.



### POWER REQUIRED

These products require access to an electrical outlet.

**Note: self-powered are not included in this grouping.**

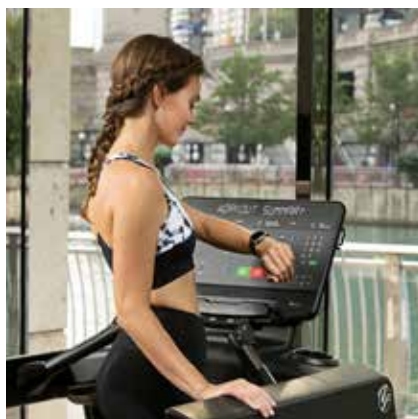
# OUR LIFESTYLE



## URBAN ATHLETE

Grassy parks are nice, but you're not picky – city streets make for fine running paths. When weather doesn't cooperate, you need indoor exercise options. You have the drive to work out, but what you don't have is space.

RECOMMENDED FOCUS



## DIGITAL FITNESS GURU

You have apps to track every move. When you think your workout is over, your Fitbit® tells you that you've got 10 minutes left and your Apple® Watch agrees. You need cardio equipment that syncs with your technology.

RECOMMENDED FOCUS



## STRENGTH SEEKER

Strength training is a great way to improve overall health, and you understand that. But you'd rather not do it while surrounded by grunting, sweaty behemoths. Let your muscles work out in private.

RECOMMENDED FOCUS



### EXPANDED ENTERTAINMENT

Products with consoles that offer premium entertainment options like streaming video services or immersive programming options.



### LUXURY FEATURES

Design considerations that don't directly impact the workout like additional cup holders, noise reducing WhisperStride and added comfort.



### COMMERCIAL GRADE

All Life Fitness products are built to last, but commercial grade products are rigorously tested for continuous use and feature the same materials and construction as equipment in the best clubs.



### HIGH PERFORMANCE

Products recommended for serious exercisers that stand up to high use and include the extras to help elevate your training.



# TREADMILLS

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8

Crafted for those who want more out of their runs. Life Fitness treadmills include the FlexDeck® Shock Absorption System, which provides a comfortable cushioning that makes it easier to put in the extra miles.

PLATINUM CLUB SERIES TREADMILL



CLUB SERIES+ TREADMILL



T5 TREADMILL



T3 TREADMILL



F3 TREADMILL






# TREADMILLS

PICK YOUR PERFECT RUNNING PARTNER



## PLATINUM CLUB SERIES TREADMILL

Premium treadmill with high definition console that connects to fitness and entertainment apps, interactive courses and TV.

Console Compatibility	Discover SE3 HD
Running Area (LxW)	153 x 56 cm
Motor Size	4.0 HP AC
Speed	0.8-19 kph
Dimensions (LxWxH)	203 x 94 x 158 cm
Unit Weight	201 kg
Max User Weight	181 kg
Color Options	  
Warranty	Frame: Lifetime, Parts: 10 yrs, Labor: 1 yr



## CLUB SERIES+ TREADMILL

Ensured durability with reinforced upright design, aluminum kick-resistant endcaps and FlexDeck™ Shock Absorption System.

Console Compatibility	SL Console (shown)
Running Area (LxW)	153 x 55 cm
Motor Size	4.0 HP AC
Speed	0.8-19 kph
Step Up Height	20 cm
Dimensions (LxWxH)	209 x 92 x 142 cm
Unit Weight	197 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 10 yr, Labor: 1 yr



## T5 TREADMILL

Choice of three running surface firmness selections to simulate different running terrains.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Running Area (LxW)	152 x 55 cm
Motor Size	3.0 HP CD
Speed	0.8-19 kph
Dimensions (LxWxH)	202 x 82 x 155 cm
Unit Weight	155 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 7 yrs, Labor: 1 yr, Motor: 10 yrs



Note: Product availability and warranties may vary by region.





## T3 TREADMILL

Contact heart rate hand sensors and wireless telemetry heart rate monitoring system.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Running Area (LxW)	153 x 51 cm
Motor Size	3.0 HP CD
Speed	0.8-19 kph
Dimensions (LxWxH)	202 x 87 x 146 cm
Unit Weight	110 kg
Max User Weight	159 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr, Motor: 10 yrs



## F3 TREADMILL

Folds, locks into place and can easily be rolled to a convenient storage area.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Running Area (LxW)	140 x 51 cm
Motor Size	3.0 HP CD
Speed	0.8-19 kph
Dimensions (LxWxH)	199 x 87 x 148 cm
Folded Dimensions (LxWxH)	87.5 x 87.5 x 190.5 cm
Unit Weight	120 kg
Max User Weight	159 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr, Motor: 10 yrs



## HIGHLIGHTS

### EASY TO USE

All Life Fitness treadmills include the convenient GoSystem™ Quick Start for simple workout setup and instant incline and speed adjustments. Designed to make it easy and inviting to start your workout.

### ROOM TO RUN

A generous running surface area lets you pay attention to your miles instead of your footing.

### CUSHIONED FOR COMFORT

The Life Fitness FlexDeck® Shock Absorption System reduces knee and joint stress and features durable LifeSpring™ shock absorbers that ensure years of comfortable runs.

## GLOSSARY OF ICONS



**LUXURY FEATURES**



**HIGH PERFORMANCE**



**COMMERCIAL GRADE**



**EXPANDED ENTERTAINMENT**



**DIGITAL CONNECTIVITY**



**ADDED COMFORT**



**GET ON AND GO**



**POWER REQUIRED**



**COMPACT STORAGE**

# ARC TRAINER & SPARC TRAINER

The Arc Trainer is a 3-in-1 home cardio machine that allows you to choose low-impact workouts where you glide, stride or climb.

# ARC TRAINER AND SPARC TRAINER

PICK YOUR PERFECT TRAINING PARTNER



## ARC TRAINER

An alternative-motion cross-trainer that offers a wide range of effective, low-impact workouts. The 21 incline adjustments create motions that mimic gliding, striding and climbing—making the Arc Trainer a 3-in-1 home cardio option.

Console Compatibility	Discover SE3 HD, Discover ST, SL Console
Stride Length	61 cm
Incline Levels	0-2
Dimensions (LxWxH)	194 x 93 x 159 cm
Unit Weight	231 kg
Max User Weight	182 kg
Warranty	Frame: Lifetime; Parts: 3 yrs; Labor: 1 yr



## SPARC TRAINER

Add intense interval training to your home workout routine. The SPARC isn't made for long cardio sessions, but for short bursts that get the heart pumping.

Console Compatibility	SPARC-specific LCD
Stride Length	61 cm
Dimensions (LxWxH)	180 x 88 x 154 cm
Unit Weight	159 kg
Max User Weight	182 kg
Warranty	Frame: 7 yrs; Parts: 3 yrs; Labor: 1 yr



## HIGHLIGHTS

### ARC TRAINER

#### BIG RESULTS, LOW IMPACT

The Arc Trainer produces less stress on the knees than walking, but offers the option of everything from moderately-paced workouts to high-intensity exercise.

#### 3-IN-1 CARDIO

21 incline adjustments offer three distinctly different motions—glide like a runner (0-7 incline), stride like on an elliptical (8-14) or climb like you're on a stair climber (15-20).

#### CALORIE BURNER

The Arc Trainer burns more calories than a traditional cross-trainer, with less perceived exertion.

### SPARC TRAINER

#### TWO WAYS TO TRAIN

Choose from Circuit Mode for single, quick high-power movements or Interval Mode for longer duration workouts that combine high intensity with rest.

#### MANUAL INCLINE ADJUSTMENTS

Three incline adjustments allow you to work different muscle groups.

GLOSSARY OF ICONS

COMMERCIAL GRADE

TOTAL-BODY WORKOUT

EXPANDED ENTERTAINMENT

DIGITAL CONNECTIVITY

POWER REQUIRED

GET ON AND GO

HIGH PERFORMANCE

Note: Product availability and warranties may vary by region.



# CROSS TRAINERS



Opt for a total-body workout during your hard-to-find free time. Let your arms and legs do the work while the smooth and comfortable motion makes your mind forget about the workout.

PLATINUM CLUB SERIES CROSS-TRAINER



E5 CROSS-TRAINER



E3 CROSS-TRAINER



E1 CROSS-TRAINER






# CROSS-TRAINERS

LOW IMPACT. BIG RESULTS.



## PLATINUM CLUB SERIES CROSS-TRAINER

Premium cross-trainer with high definition console that connects to fitness and entertainment apps, interactive courses and TV.

Console Compatibility	Discover SE3 HD
Stride Length	51 cm
Dimensions (LxWxH)	224 x 78 x 165 cm
Unit Weight	195 kg
Max User Weight	181 kg
Color Options	  

Warranty      Frame: Lifetime,  
Parts: 3 yrs, Labor: 1 yr



## CLUB SERIES+ CROSS-TRAINER

Offers advanced exercise features like the oversized Flexform™ Pedals and multi-grip moving handles with integrated resistance control.

Console Compatibility	SL Console
Stride Length	51 cm
Dimensions (LxWxH)	218 x 73 x 163 cm
Unit Weight	137 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



## E5 CROSS-TRAINER

With adjustable stride length, cushioned pedals and multi-grip handles, exercisers can keep workouts fresh with ActivityZone™, LegSculptor™ and Total-Body Trainer challenges.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Stride Length	46–61 cm
Dimensions (LxWxH)	208 x 87 x 168 cm
Unit Weight	114 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



Note: Product availability and warranties may vary by region.





## E3 CROSS-TRAINER

Multi-grip handles include thumb resistance controls for easy workout adjustments on the fly. Coach Zone™ guides the exerciser through training different muscle groups. Cushioned pedals for comfort.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Stride Length	51 cm
Dimensions (LxWxH)	208 x 86 x 155 cm
Unit Weight	101 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



## E1 CROSS-TRAINER

Standard hand grips and low step-up height makes it easy to start an effective workout.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Stride Length	51 cm
Dimensions (LxWxH)	208 x 76 x 150 cm
Unit Weight	96 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



## HIGHLIGHTS

### CALORIE BURN

The total-body workout burns calories without putting pressure on the knees and other joints.

### DO NOT DISTURB

Extremely quiet operation means that no one else in the house, condo or apartment has to hear your workouts.

### SMOOTH MOVES

Years of research has helped Life Fitness develop an ellipse path that feels comfortable and mimics natural movement.

### WHISPERSTRIDE TECHNOLOGY

Maintenance-free ball bearings reduce friction and ensure nearly silent operation, ideal for home use.

## GLOSSARY OF ICONS



**LUXURY FEATURES**



**HIGH PERFORMANCE**



**COMMERCIAL GRADE**



**EXPANDED ENTERTAINMENT**



**TOTAL-BODY WORKOUT**



**DIGITAL CONNECTIVITY**



**ADDED COMFORT**



**GET ON AND GO**



**POWER REQUIRED**

\* Not applicable with Go console.


Note: Product availability and warranties may vary by region.

*LifeFitness*

# RECUMBENT BIKES

18

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The relaxed position and engaging features of Life Fitness recumbent bikes combine to create the ideal workout experience. With this high level of comfort, you may forget that you're pedaling.



PLATINUM CLUB SERIES RECUMBENT BIKE



RS3 RECUMBENT BIKE



RS1 RECUMBENT BIKE





# RECUMBENT BIKES

RIDE WITH COMFORT




20

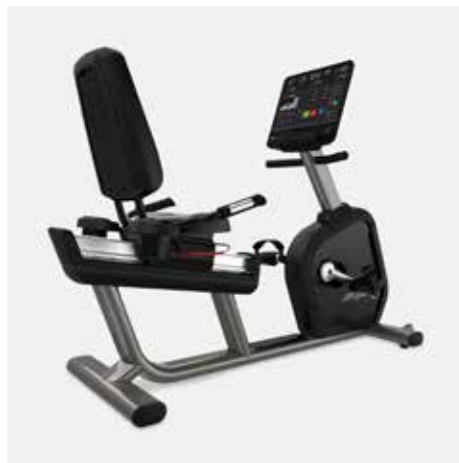
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## PLATINUM CLUB SERIES RECUMBENT BIKE

ComfortCurve™ Plus seat and a deluxe back support with multiple adjustments. Premium console.

Console Compatibility	Discover SE3 HD
Seat	ComfortCurve™ Plus, 38 Adjustments
Dimensions (LxWxH)	165 x 69 x 135 cm
Resistance Levels	26
Unit Weight	97 kg
Max User Weight	181 kg
Color Options	  
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



## CLUB SERIES+ RECUMBENT BIKE

The home version of our durable and reliable commercial cardio series, offering features that enable maximum comfort as you exercise, like self-leveling Wide Ride™ pedals and the deluxe ComfortCurve™ Plus seat for back and lumbar support.

Console Compatibility	SL Console
Seat	ComfortCurve™ Plus, 41 Adjustments
Dimensions (LxWxH)	179 x 66 x 131 cm
Resistance Levels	25
Unit Weight	98 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



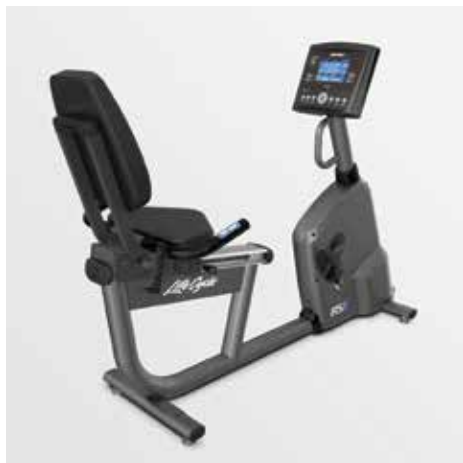
## RS3 RECUMBENT BIKE

Breathable ergonomic mesh seat adjusts horizontally and reclines. A deluxe dual front assist handle makes entry and exit easy.

Console Compatibility	Track Connect 2.0 Go Console (shown)
Seat	Deluxe Mesh, 13 Adjustments, 20° Recline
Dimensions (LxWxH)	164 x 68 x 131 cm
Resistance Levels	20
Unit Weight	70 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



Note: Product availability and warranties may vary by region.



## RS1 RECUMBENT BIKE

Intuitive functionality and comfortable, adjustable recumbent seat.

Console Compatibility	Track Connect 2.0 Go Console (shown)
Seat	Standard, 13 Adjustments
Dimensions (LxWxH)	169 x 65 x 131 cm
Resistance Levels	20
Unit Weight	60 kg
Max User Weight	135 kg
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



## HIGHLIGHTS

### RELAX WHEN YOU RIDE

A relaxed body position makes riding a recumbent bike comfortable and inviting.

### HEART RATE MONITORING AT YOUR SIDE

Each Lifecycle recumbent bike has hand sensors on side-mounted handlebars, making it easy to monitor your heart rate for an effective workout.

### GET ON AND GET GOING

Lifecycle recumbent bikes are available in three different step-through models. The open-frame design and the front-assist handlebars make it easy for any exerciser to get on and go.

### GLOSSARY OF ICONS



LUXURY FEATURES



HIGH PERFORMANCE



COMMERCIAL GRADE



EXPANDED ENTERTAINMENT



DIGITAL CONNECTIVITY



ADDED COMFORT



GET ON AND GO



POWER REQUIRED

*\* Not applicable with Go console.*

# UPRIGHT BIKES

22

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Four decades of development have kept the Lifecycle Exercise Bike on the state-of-the-art side of technology. When riding is a pleasure, you get more out of your workouts.



C3 LIFECYCLE EXERCISE BIKE



C1 LIFECYCLE BIKE



# UPRIGHT BIKES

HERITAGE MEETS INNOVATION




24

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## PLATINUM CLUB SERIES UPRIGHT EXERCISE BIKE

Comfort Curve Plus seat ensures comfortable cycling during your journey through interactive courses through the pastoral Champagne region of France or over California's rugged Trinity Mountains.

Console Compatibility	Discover SE3 HD Console
Seat	ComfortCurve™ Plus, 38 Adjustments
Dimensions (LxWxH)	112 x 53 x 152 cm
Resistance Levels	26
Unit Weight	80 kg
Max User Weight	181 kg
Color Options	  
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



## CLUB SERIES+ UPRIGHT EXERCISE BIKE

The home version of our durable and reliable commercial cardio series, offering advanced exercise features like the Comfort Curve™ seat and self-leveling Wide Ride™ pedals.

Console Compatibility	SL Console
Seat	ComfortCurve™, 42 Adjustments
Dimensions (LxWxH)	105 x 62 x 138 cm
Resistance Levels	25
Unit Weight	76.5 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



## C3 UPRIGHT LIFECYCLE EXERCISE BIKE

Complete with large dual accessory tray and deluxe cushioned seat that's ideal for longer rides.

Console Compatibility	Track Connect 2.0 (shown) Go Console
Seat	Deluxe Cushioning, 14 Adjustments
Dimensions (LxWxH)	114 x 69 x 142 cm
Resistance Levels	20
Unit Weight	54 kg
Max User Weight	181 kg
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



Note: Product availability and warranties may vary by region.



### C1 UPRIGHT LIFECYCLE EXERCISE BIKE

The C1 Upright Lifecycle Exercise Bike is lightweight, compact and easy to move, featuring durability and advanced biomechanics.

Console Compatibility	Track Connect 2.0 Go Console (shown)
Seat	Standard, 14 Adjustments
Dimensions (LxWxH)	114 x 69x 142 cm
Resistance Levels	20
Unit Weight	48 kg
Max User Weight	136 kg
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 year



## HIGHLIGHTS

### MEASURE YOUR INTENSITY

Heart rate sensors on the handlebars of each Lifecycle bike show you how hard you are working, and let you know when it's time to coast for a while

### EASY ON THE KNEES

Pedal placement ensures biomechanically correct leg position, which means increased comfort and reduced stress on the knees.

### GLOSSARY OF ICONS

	LUXURY FEATURES		HIGH PERFORMANCE
	COMMERCIAL GRADE		EXPANDED ENTERTAINMENT
	DIGITAL CONNECTIVITY		ADDED COMFORT
	GET ON AND GO		POWER REQUIRED

\* Not applicable with Go console.

Note: Product availability and warranties may vary by region.





# INDOOR CYCLING

26

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Inspired by the movement of road cycling, triathlon and athletic performance training, the IC Series cycles have received multiple awards and combine a modern design with an extended range of top features.



IC7 INDOOR CYCLE



IC7 INDOOR CYCLE



*Screencast ability dependent upon personal device and TV compatibility.*

# INDOOR CYCLES

COLORFUL. POWERFUL. CONNECTED.

28

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## IC8 POWER TRAINER

A high-performance indoor cycle for serious riders. The IC8 hybrid chain and poly-v belt drivetrain feels and sounds like a road bike.

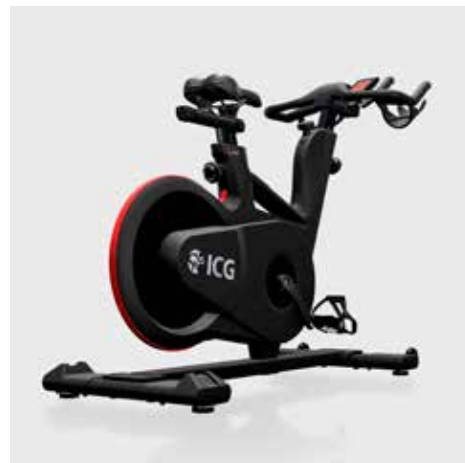
Computer	WattRate® TFT Computer 2.0
Myride® Compatible	Yes
Resistance System	Magnetic
Drivetrain Ratio	1:13.75
Posts & Sliders	Black anodized aluminum
Dimensions (LxWxH)	144 x 52 x 103 cm
Unit Weight	54 kg
Max User Weight	150 kg
Warranty	Frame: 3 years, Parts: 1 year



## IC7 INDOOR CYCLE

The IC7 offers 2-stage Hybrid Poly-V and tooth belt with a self-powered color computer display with Coach by Color®.

Computer	WattRate® TFT Computer
Myride® Compatible	Yes
Resistance System	Magnetic
Drivetrain Ratio	1:11
Posts & Sliders	Aluminum, stepless adjustment
Dimensions (LxWxH)	132 x 52 x 102 cm
Unit Weight	54 kg
Max User Weight	150 kg
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



## IC6 INDOOR CYCLE

The IC6 offers premium engineering, a self-powered color display computer and Coach by Color® training programs.

Computer	WattRate® TFT Computer
Myride® Compatible	Yes
Resistance System	Magnetic
Drivetrain Ratio	1:10
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	132 x 52 x 120 cm
Unit Weight	51 kg
Max User Weight	150 kg
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



## HIGHLIGHTS

### WATTRATE® DIRECT POWER METER

The market's most accurate power meter that offers a direct measuring tolerance of +/- 1% with a design that never requires recalibration. **(Available on IC7 and IC8)**

### COACH BY COLOR

The user's training zones are displayed in colors to motivate riders and guide the workout. Users are assigned the five colored zones to accurately coach their effort for the best customized results. **(Available on IC5, IC6, IC7 and IC8)**

### POLY-V BELT DRIVETRAIN

The drivetrain equipped with Poly-V belt is capable of transferring extreme levels of torque smoothly and its gear ratio generates an incredibly fast flywheel speed.

### 155MM Q FACTOR

A Q Factor (distance between a users feet when sitting on the bike) of 155mm makes the Indoor Cycle feel more like a real bike with benefits including increased safety, comfort and efficiency.

**Note:** Product availability and warranties may vary by region.





## IC5 INDOOR CYCLE

The IC5 offers premium engineering and a battery powered black and white computer display with Coach by Color® training programs.

Computer	WattRate® LCD Computer
ICG App Compatible	Yes
Resistance System	Magnetic
Drivetrain Ratio	1:10
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	132 x 52 x 120 cm
Unit Weight	51 kg
Max User Weight	150 kg
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



## IC4 INDOOR CYCLE

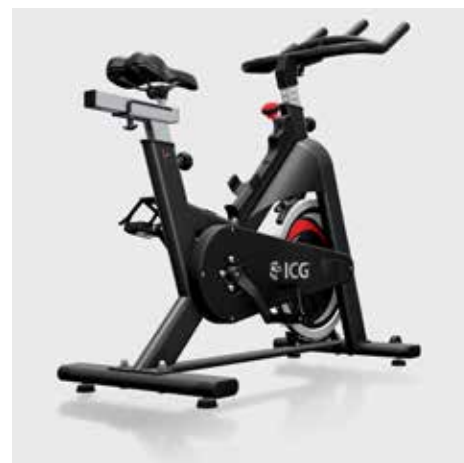
The IC4 offers premium engineering on its base without an onboard computer for those who want to get on and go.

Computer	None
ICG App Compatible	No
Resistance System	Magnetic
Drivetrain Ratio	1:10
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	132 x 52 x 120 cm
Unit Weight	50 kg
Max User Weight	150 kg
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



## IC2 INDOOR CYCLE

An entry-level cycle that provides a smooth ride and intuitive exerciser experience that includes SPD pedal options.



## IC1 INDOOR CYCLE

An entry-level cycle that includes pedals with toe cages.

## DUMBBELL AND TABLET HOLDERS

Amp up your ride with the addition of a Dumbbell Holder and Tablet Holder. Both attach easily to IC Series bikes.



DUMBBELL HOLDER



TABLET HOLDER

Note: Product availability and warranties may vary by region.

LifeFitness

# CONSOLE TECHNOLOGY

## YOUR WORKOUT IS WAITING

Life Fitness™ On Demand offers exciting and motivating instructor-led, on-demand workouts. Dozens of workouts are available at no charge and with no subscription fee on Platinum Club Series home cardio equipment with connected SE3 HD consoles.



## DISCOVER SE3 HD CONSOLE

Immerse yourself in the premium Discover SE3 HD console. Ample entertainment options and engaging workouts take your mind off of the miles. The Discover SE3 HD console is available on Platinum Club Series and Club Series+ cardio equipment.



### LIFE FITNESS ON DEMAND

Exciting and motivating instructor-led classes bring the group training environment into the home.



### ENTERTAINMENT

Integrated 1080p HD TV and apps like Netflix™ and Pandora™ provide plenty of in-workout entertainment options.



### INTERACTIVE COURSES

Lifescape™ interactive courses let you run or ride throughout scenic landscapes, and the RunSocial® app allows you to run with friends around the world.



### APPLE WATCH COMPATIBLE

Connect your Apple Watch® automatically to the Discover SE3 HD Console and track important metrics like heart rate, speed and calories.

## FITNESS APPS

Connect with your home equipment through easy-to-use apps that keep you motivated and help you reach your goals.



### LIFE FITNESS CONNECT APP

Life Fitness Connect seamlessly connects to Life Fitness equipment to track workouts inside, outside or wherever they happen. For a more engaging experience, use Life Fitness Connect Premium to select from a growing library of on-demand content and adaptive audio coaching.



### ICG APP

Kick your training up a level with the ICG App. Get fit and motivated with a wide range of expertly designed free workouts from our world-class ICG Master Trainer team.



# CONSOLE TECHNOLOGY

GET MORE OUT OF YOUR WORKOUT

32

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## DISCOVER SE3 HD CONSOLE

The ultimate in touch screen console technology. It offers TV, internet, Life Fitness On Demand classes, Lifescape interactive courses, fitness app compatibility and more.

Key Features	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Bluetooth® (Headphones, HR straps) and app compatibility
Screen Size	53 cm – Treadmills 47 cm – Bikes/Cross-Trainers
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®, Samsung Galaxy Watch®
Connection Method	Bluetooth® (FTMS Protocol), ANT+ and NFC
Entertainment	Integrated TV, Internet Browsing, Bluetooth®, Interactive Courses, Integrated Apps
Number of Workouts	Up to 25 + Quick Start



## SL CONSOLE

An intuitive LED console for the Club Series+ that creates a connected and engaging experience Apple Watch® and Bluetooth® compatibility.

Key Features	Get-on-and-go functionality with Apple Watch®, Bluetooth® and NFC compatibility
Device Compatibility	Apple Watch®
Number of Workouts	Up to 22 (depending upon base type)



## TRACK CONNECT 2.0 WITH ENHANCED BLUETOOTH

Enhanced Bluetooth® enables pairing with an Apple Watch® or Samsung Galaxy Watch® as well as Apple® or Android™ smartphones. Connect seamlessly with your equipment, your watch and your favorite workouts.

Key Features	Integrated smart phone/tablet compression rack, user profiles, auto save, quick start, cool down/warm up modes
Screen Size	18.3 cm
Device Compatibility	Apple Watch®, Samsung Galaxy Watch®
Connection Method	Bluetooth (FTMS Protocol) and NFC App Compatibility
Entertainment	–
Number of Workouts	15 (17 on T5 Treadmill)
Compatible with model numbers HCT-000X-0103, HCT-000X-0104, HCT5-000X-0104, HC-000X-0106 and higher.	



Note: Product availability and warranties may vary by region.









GO CONSOLE

Ideal for exercisers looking for an intuitive experience who want to get on and go. The Go Console makes it easy to get your workout started when all you want to do is get moving.

Key Features	Customized user profiles, energy saver, wireless telemetry heart monitoring
Screen Size	18.3 cm
Device Compatibility	-
Entertainment	-
Number of Workouts	13



GLOSSARY OF ICONS

-  **LUXURY FEATURES**
-  **COMMERCIAL GRADE**
-  **EXPANDED ENTERTAINMENT**
-  **DIGITAL CONNECTIVITY**
-  **GET ON AND GO**
-  **POWER REQUIRED**

*Note: Product availability and warranties may vary by region.*

# ROWERS

A man is sitting on a rowing machine in a gym. He is wearing a grey tank top and black shorts. He is looking towards the camera. The gym is dimly lit with red ambient lighting. There are other exercise machines visible in the background. A large, stylized '1' is overlaid on the left side of the image.

34

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## HEAT ROWERS

Performance rowing pushes you to the limit. Powerfully designed Heat Rowers challenge users with a focus on high-intensity athletic training that surpasses standard cardio workouts.



# ROWERS



Low-impact, high-intensity cardio that utilizes smooth air/magnetic resistance to enhance the workout experience. 100 levels of resistance provide an exciting and challenging home workout regardless of your fitness level.

## HEAT PERFORMANCE ROW

A TFT 2.0 console offers accurate feedback specific to each exerciser. Gamified Race A Distance or Race A Friend programs inform exercisers of their output during workouts in a fun and engaging way.

Console	TFT 2.0
Resistance Levels	100
Workouts	Quick Start, Heart Rate Training, Interval Training, Race a Distance, Race a Friend
Seat to Floor Distance	45 cm
Stored Vertical Height	216 cm
Dimensions (LxWxH)	216 x 71 x 120 cm
Unit Weight	61 kg
Max User Weight	150 kg

## HEAT ROW

An intuitive LCD console enables exercisers to easily train on their own.

Console	LCD Console
Resistance Levels	100
Workouts	Quick Start, Interval 30-30, Interval 60-60, Interval Custom, Target Time, Calories, Distance, Heart Rate
Seat to Floor Distance	45 cm
Stored Vertical Height	216 cm
Dimensions (LxWxH)	216 x 71 x 120 cm
Unit Weight	61 kg
Max User Weight	150 kg

## ROW HX TRAINER

Fluid technology resistance delivers a smooth and natural feel, and provides consistent resistance throughout each rowing stroke. Four resistance levels are available at the turn of a dial. Natural wood and tempered steel frame strike a balance between elegance and durability, and create a look that you can be proud to display. Easy to move with a small footprint that fits most spaces.

Resistance Levels	4
Seat to Floor Distance	29 cm
Stored vertical height	213 cm
Dimensions (LxWxH)	213 x 52 x 56 cm
Unit Weight	49 kg with water
Max User Weight	150 kg
Heart Rate Compatibility	Polar Heart Rate receiver/transmitter (optional)
Warranty	Frame: 5 yrs, Parts: 2 yrs, Labor: 1 yr



## HIGHLIGHTS

### SMOOTH MOTION

Heat Rowers use air/magnetic resistance and Row HX employs water resistance. Both provide a smooth, natural and consistent feel.

### ROWERS FIT THE HOME

Compact size and wheels make rowers easy to move around the house and conveniently store when not being used.

### GLOSSARY OF ICONS



HIGH PERFORMANCE



COMMERCIAL GRADE



TOTAL-BODY WORKOUT



GET ON AND GO



COMPACT STORAGE

Note: Product availability and warranties may vary by region.

A man with a beard and short hair is running on a Hammer Strength treadmill. He is wearing a grey sleeveless shirt and grey shorts. The treadmill is black with 'HAMMER STRENGTH' written on the side. The background is dark with some gym equipment visible.

# HAMMER STRENGTH®

# PERFORMANCE TRAINERS

Push yourself, using the same equipment elite athletes train with. Hammer Strength is committed to engineering world-class equipment with world-renowned durability. The HD Tread, HD Air Bike and HD SPARC all add intense intervals to your workout routine.

# HAMMER STRENGTH PERFORMANCE TRAINERS



## HD TREAD

The Hammer Strength HD Tread is a durable, self-powered curved treadmill made for performance athletes. Quick, efficient and tough enough to match the standards and expectations of elite champions.

Console	Polar/Analog
Workouts	Interval 15-45, Interval 30-30, Interval Custom, Target Time, Target Calories, Target Distance, Target Heart Rate
Dimensions (LxWxH)	169 x 88 x 161 cm
Color	High-Wear Charcoal Gray
Unit Weight	148 kg
Max User Weight	159 kg
Warranty	Electrical & Mechanical Parts: 3 yrs; Console: 1 yr; Wear Items: 6 mo



## HD AIR BIKE

The rugged bike takes a pounding and endures the intense workouts you put it through. Invest in a performance trainer that's built to last and built to handle the challenges of even the most demanding workouts.

Console	Polar/Analog
Workouts	Interval 20-10, Interval 10-20, Interval Custom, Target Time, Target Calories, Target Distance, Target Heart Rate
Dimensions (LxWxH)	105 x 62 x 138 cm
Color	High-Wear Charcoal Gray
Unit Weight	77 kg
Max User Weight	159 kg
Warranty	Electrical & Mechanical Parts: 3 yrs; Console: 1 yr; Wear Items: 6 mo



## HD SPARC

The ultimate performance trainer for explosiveness and power with no impact stress on the knees or joints. It requires a high-knee and glute driving force which is ideal for developing maximum force and sprint speed.

Console	LCD
Workouts	Circuit, Interval
Resistance Levels	10
Dimensions (LxWxH)	180 x 88 x 154 cm
Color	Casino Black Wrinkle
Unit Weight	118 kg
Max User Weight	159 kg
Warranty	Electrical & Mechanical Parts: 3 yrs; Console: 1 yr; Wear Items: 6 mo



## HIGHLIGHTS

### NO HASSLE, MAXIMUM RESULTS

Instant start up and preprogrammed workouts let exercisers get into their workouts quickly.

### THREE WORKOUT CHOICES

Maximum speed sprinting with the HD Tread, total-body intervals on the HD Air Bike, and non-impact resisted drive on the HD SPARC.

### GLOSSARY OF ICONS



HIGH PERFORMANCE



COMMERCIAL GRADE



TOTAL-BODY WORKOUT



GET ON AND GO

Note: Product availability and warranties may vary by region.



# HOME GYMS

38

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Home gyms let you do more with your home workouts. Add strength training to your routine for a well-rounded approach to a better you.

# HOME GYMS

LIMITLESS TRAINING POSSIBILITIES



## G7 HOME GYM

(Shown with optional bench. Water bottle and towel not included.)

Dual-adjustable pulleys offer customization. Cable motion strength training helps to build balance, stability and power. Adjustable back to ensure correct positions for exercises.

Type of Motion	Cable
Weight Stack	(2) 72.5 kg each
Optional Add-on Weight	None
Dimensions (LxWxH)	127 x 178 x 211 cm
Dimensions with Optional Add-on Bench	174 x 178 x 211 cm
Warranty	Lifetime on frame, welds, pulleys and parts; 3-year on upholstery pads and cables



## G4 HOME GYM

(shown with optional leg press)

Dual pivot pec/reverse fly arms and a mid pulley, lat pulldown and low row bars for a range of abdominal, arm, shoulder, back and chest exercises. Adjustable seat allows for shoulder, flat and five incline presses.

Type of Motion	Fixed
Weight Stack	(1) 72.5 kg
Optional Add-on Weight	23 kg
Dimensions (LxWxH)	203 x 135 x 214 cm
Dimensions with Optional Add-on Leg Press/Calf Raise	239 x 208 x 211 cm
Warranty	Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables (warranties outside the U.S. may vary)



## G2 HOME GYM

Variable Arc™ Press Arm allows for traditional or converging chest press and extended arm (pec fly) paths of motion.

Type of Motion	Fixed
Weight Stack	(1) 72.5 kg
Optional Add-on Weight	23 kg
Dimensions (LxWxH)	181 x 122 x 211 cm
Dimensions with Optional Add-on Leg Press/Calf Raise	191 x 208 x 211 cm
Warranty	Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables (warranties outside the U.S. may vary)



## HIGHLIGHTS

### DEFINED PATHS

Fixed motion machines, such as the G4 and G2 allow you to focus on strengthening specific muscles using machine-defined paths of motion. Extensive biomechanics research means that these paths feel smooth and natural.

### FREEDOM OF MOVEMENT

Cable Motion™ Technology lets you build balance and stability by choosing your own path of motion during strength training. Cable motion machines are extremely versatile and provide a total body workout.

## GLOSSARY OF ICONS



LUXURY FEATURES



COMMERCIAL GRADE



ADDED COMFORT



HIGH PERFORMANCE



TOTAL-BODY WORKOUT



GET ON AND GO

**Note:** Product availability and warranties may vary by region.



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