

# SLIDER COLLECTION



*LifeFitness*

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# THE STUDIO COLLECTION

A boutique experience is an experience in a holistic fitness environment—a mashup between personal and group training.

We made accessories that fit the boutique studio experience.

The Life Fitness Studio Collection is distinctive. The function of each piece is only matched by its contribution to the overall atmosphere of a boutique space. As a whole, the Studio Collection allows facilities to create a well-organized and functional group training studio space.





# COLORING OUTSIDE THE BOX

The Studio Collection's colors have been selected with a nod to color theory. They match exerciser logic, and make your programming inviting and simple to join without detracting from your space.

The Studio Collection is where design aesthetic meets functional utility. Helpful color choices make exercise more efficient and organized. Each accessory has its own fingerprint on the usability of our Studio Collection.

"PEOPLE  
IGNORE  
DESIGN  
THAT  
IGNORES  
PEOPLE."

Frank Chimero  
Author, "The Shape of Design"





# THE THEORY OF RELATIVE EASE

Successful group training studios are about the atmosphere. Our Studio Collection neatly fits into your space in a clear and organized fashion, and helps set the stage for your lighting, flooring, layout, music and programming to work in unison.

The entire collection was designed following unified color direction and builds on the psychology and preference of exercisers.

The simple, organizational benefits and accessibility make the Studio Collection perfect for exercisers and club owners alike. By offering a comprehensive fitness solution, these accessories—along with our other products—are the finishing touch for a complete facility, giving you an edge on the boutique experience.



A group of five people are lying on inclined exercise benches in a gym, performing chest presses with dumbbells. They are arranged in a row, with the person in the foreground being a woman in a purple long-sleeved top and patterned leggings. Behind her are two women, one in a pink top and blue leggings, and another in a blue top and grey leggings. In the background, a man in a red shirt is also on a bench. They are all holding dumbbells with both hands above their heads. The gym has large windows on the right side, showing an outdoor view. The floor is made of dark wood. A large, semi-transparent dark red shape is overlaid on the left side of the image, containing the text.

# STUDIO COLLECTION PACKS

The Studio Collection packs, along with the Step, Risers and Deck, provide a wide variety of group training applications to fit your ideal studio environment.





# STUDIO COLLECTION BARBELL PACK

## PACKAGE\* INCLUDES:

- 40 x 1.25kg plates (yellow)
- 40 x 2.5kg plates (green)
- 40 x 5kg plates (blue)
- 20 x 2.5kg urethane capped steel bars
- 40 x premium Lock-Jaw Collars
- 1 uniquely designed storage rack

\*One pack designed for 20 exercisers



# TOP OF THE LINE BY DESIGN

## PLATE:

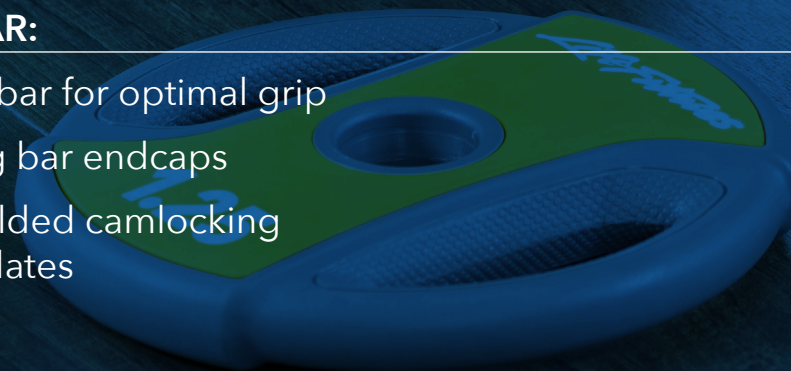
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- Urethane makes plates extremely resilient
- Anti-roll perimeter
- Dual handles
- Textured grip
- Beveled edges for easier pickup and more workout variety

## BAR AND COLLAR:

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- Powder coated bar for optimal grip
- Floor protecting bar endcaps
- Rubber overmolded camlocking collar secures plates





# STUDIO COLLECTION DUMBBELL PACK

## 45-PAIR PACKAGE\* INCLUDES:

- 1kg x 18 (yellow)
- 2kg x 18 (green)
- 3kg x 18 (orange)
- 4kg x 18 (red)
- 5kg x 9 (blue)
- 6kg x 9 (purple)
- 1 uniquely designed storage rack

\*7KG and 8KG also available

\*One pack designed for 20 exercisers



# SMARTER DUMBBELLS

## DUMBBELL FEATURES:

- Dumbbells stay put when set down, but are still round enough to roll away and clear space
- Molded grip pattern on handle
- Color-coded dumbbells and weight horns for easy identification and organized storage
- Urethane dumbbells can endure any group training classes without marking up your floors



# STUDIO COLLECTION

# KETTLEBELL PACK

HIGHLY CUSTOMIZABLE KETTLEBELL RACK\* INCLUDES A COMBINATION OF 40\*\*:

4kg (pink)	9kg (blue)
5kg (yellow)	10kg (purple)
6kg (green)	12kg (light grey)
7kg (orange)	14kg (dark grey)
8kg (red)	16kg (black)

\*One rack designed for 20 exercisers

\*\*One rack generally holds a range of 40 kettlebells. This may change based on your selection.



# BEAUTY. BRAINS. BRAWN.

## KETTLEBELL FEATURES:

- Patent-pending inverted curvature helps distribute forearm pressure during overhead exercises
- Extra-thick kettlebell coating protects your equipment and flooring
- Smooth, easy-to-grip handle
- Inviting, rounded design and soft curves
- Color coded for easy identification



# RISE TO THE OCCASION

## **STEP AND RISER FEATURES:**

- Brightly colored guides for proper hand and foot placement
- Adjustable heights with step and riser
- Textured surfaces for better grip
- Rubber foot pads eliminate shifting during use and also protect your floors
- Step and risers snap together to create a secure platform



# DECKED OUT

## DECK FEATURES:

- Backrest adjusts for upright sitting positions
- Step height adjusts to either 20.3cm" or 35.5cm"
- Grooved top surfaces for better foot stabilization and grip
- Notches for resistance band training
- Contains storage under movable backrest



"COLOR DOES  
NOT ADD A  
PLEASANT  
QUALITY TO  
DESIGN - IT  
REINFORCES IT."

Pierre Bonnard  
Founding member of the Post-Impressionist group, Les Nabis

# START PLANNING YOUR STUDIO

	STEP	RISER	DECK
<b>DIMENSIONS</b> Length x Width x Height	106.7 x 43.2 x 10.2cm	43.2 x 43.2 x 10.2cm	110 x 33 x 20.3cm (extended legs 35.5cm high)
<b>WEIGHT</b>	6.3kg	1.8kg	12.7kg
<b>SKU</b>	LF-STP-1001	LF-STP-1002	LF-DK-1000

	STEP/RISER SET	BARBELL SET	DUMBBELL SET	KETTLEBELL RACK
<b>DIMENSIONS</b> Width x Depth x Height	106.7 x 43.2 x 15.2cm	175.3 x 71.6 x 163.3cm	91.4 x 71.6 x 163.3cm	162.5 x 71.6 x 163.3cm
<b>WEIGHT</b>	9.9kg	130kg	120kg	139kg
<b>FULLY LOADED RACK WEIGHT</b>	N/A	544kg	399kg	N/A
<b>SKU</b>	LF-STP-1000	LF-GBBKG	LF-GDBKG	LF-STKBR
<b>ACCESSORIES INCLUDED</b>	1 Step and 2 Risers	Weight Plates, Bars, Collars, and Barbell Rack	Dumbbells and Dumbbell Rack	Kettlebell Rack only. Kettlebells sold separately

For more details, visit [LifeFitness.com/Studio](https://LifeFitness.com/Studio)



# INSTRUCTIONS BUILT IN

"Because of human nature, we tend to skip instruction manuals and go straight to using the product. A well-designed object has the instructions on how to use it designed into the form, graphics, interface and colors of the product."

Rad Arceta  
Life Fitness Industrial Designer

