



LifeFitness

HOME FITNESS

2020 CATALOG

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LIVE
MORE

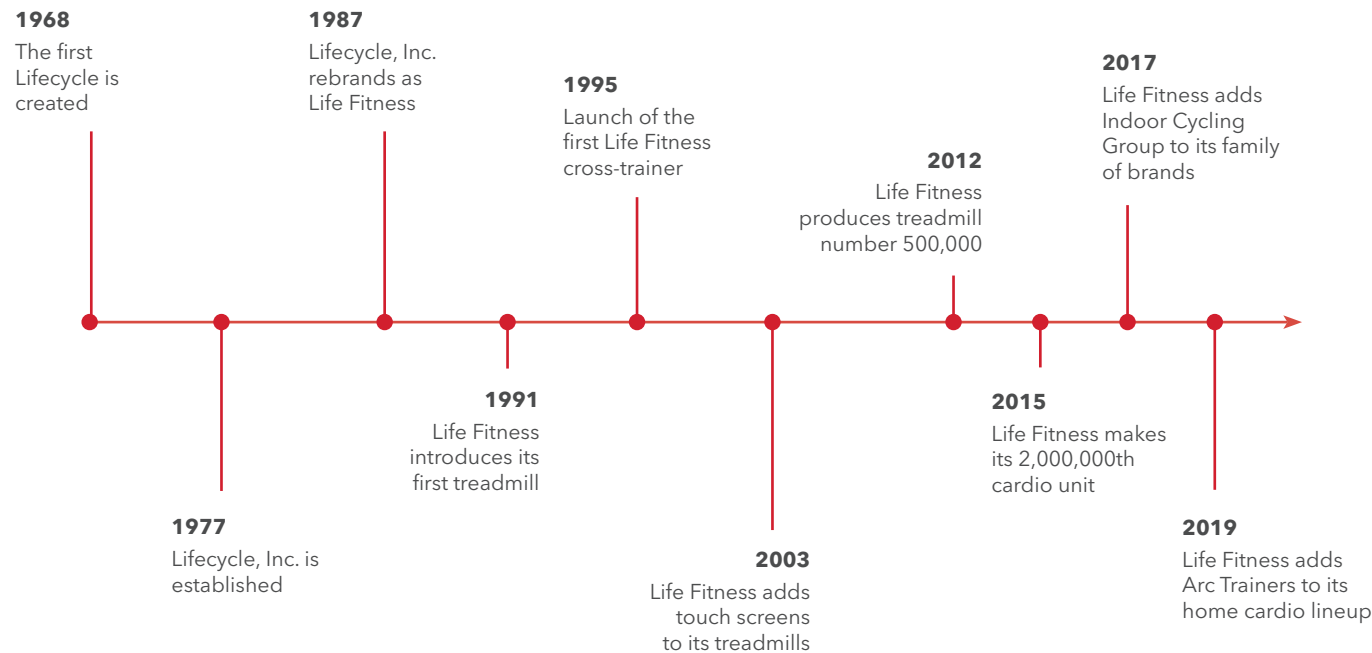
In life we should want more; more good times with family and friends, more time for ourselves, more time to revitalize and make the most of life. Life Fitness equipment for the home helps you discover the vitality that you already have in you. We all want to live more.

WHY CHOOSE LIFE FITNESS

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LIFEFITNESS.COM // LIVE MORE

Every day, millions of exercisers find their inner vitality by using Life Fitness equipment at the gym or at home. Fifty years of innovation have created the ideal home workout experience that helps you get more out of life.



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

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LIFEFITNESS.COM // LIVE MORE

FITNESS FOR YOUR LIFESTYLE

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



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



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.



EXPANDED ENTERTAINMENT

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



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.



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.



LUXURY FEATURES

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



HIGH PERFORMANCE

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



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)	60x22" (153 x 56 cm)
Motor Size	4.0 HP AC
Speed	0.5-12 mph
Dimensions (LxWxH)	80 x 37 x 62.25" (203 x 94 x 158 cm)
Unit Weight	444 lbs (201 kg)
Max User Weight	400 lbs (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	Discover SE3 HD (shown), Discover ST, X Console
Running Area (LxW)	60x22" (153 x 55 cm)
Motor Size	4.0 HP AC
Speed	0.5-12 mph
Step Up Height	8" (20 cm)
Dimensions (LxWxH)	82 x 36 x 56" (209 x 92 x 142 cm)
Unit Weight	434 lbs (197 kg)
Max User Weight	400 lbs (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 (shown) Go Console
Running Area (LxW)	60x22" (152 x 55 cm)
Motor Size	3.0 HP CD
Speed	0.5-12 mph
Dimensions (LxWxH)	79.5 x 32 x 61" (202 x 82 x 155 cm)
Unit Weight	341 lbs (155 kg)
Max User Weight	400 lbs (181 kg)
Warranty	Frame: Lifetime, Parts: 7 yrs, Labor: 1 yr, Motor: 10 yrs



T3 TREADMILL

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

Console Compatibility	Track Connect (shown) Go Console
Running Area (LxW)	60x20" (153 x 51 cm)
Motor Size	3.0 HP CD
Speed	0.5-12 mph
Dimensions (LxWxH)	79.5 x 34.5 x 57.5" (202 x 87 x 146 cm)
Unit Weight	243 lbs (110 kg)
Max User Weight	350 lbs (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 set up and instant incline and speed adjustments. Designed to make it easy and inviting to start your workout.



F3 TREADMILL

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

Console Compatibility	Track Connect (shown) Go Console
Running Area (LxW)	55x20" (140 x 51 cm)
Motor Size	3.0 HP CD
Speed	0.5-10 mph
Dimensions (LxWxH)	78.5 x 34.5 x 58.5" (199 x 87 x 148 cm)
Folded Dimensions (LxWxH)	34.5 x 34.5 x 75" (87.5 x 87.5 x 190.5 cm)
Unit Weight	264 lbs (120 kg)
Max User Weight	350 lbs (159 kg)
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr, Motor: 10 yrs



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.



F1 TREADMILL

Compact, foldable and ideal for use in any space.The FlexDeck Shock Absorption System enhances comfort and helps reduce knee and joint stress.

Console Compatibility	Console Built in
Running Area (LxW)	55x20" (147 x 50 cm)
Motor Size	2.5 HP AC
Speed	0.5-10 mph
Dimensions (LxWxH)	77 x 34 x 59" (196 x 86 x 150 cm)
Folded Dimensions (LxWxH)	35 x 34 x 75" (89 x 86 x 190.5 cm)
Unit Weight	259 lbs (117 kg)
Max User Weight	300 lbs (136 kg)
Warranty	Frame: Lifetime, Motor: 10 yr, Parts: 5 yr, Labor: 1 yr



ROOM TO RUN

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

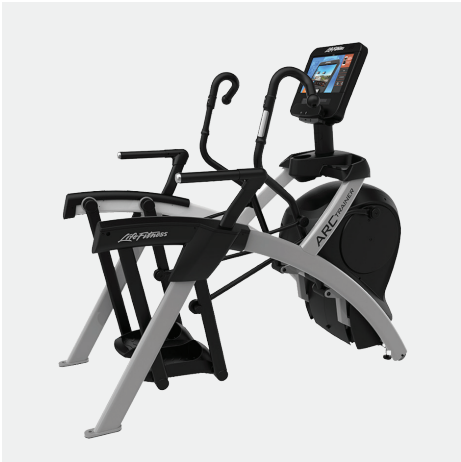




The Arc Trainer is a 3-in-1 home cardio machine that allows you to choose low-impact workouts where you glide, stride or climb.

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, X Console, C Console
Stride Length	24" (61 cm)
Incline Levels	0-2
Dimensions (LxWxH)	76.5 x 36.5 x 62.5" (194 x 93 x 159 cm)
Unit Weight	510 lbs (231 kg)
Max User Weight	400 lbs (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	24" (61 cm)
Dimensions (LxWxH)	71 x 34.7 x 60.6" (180 x 88 x 154 cm)
Unit Weight	350 lbs (159 kg)
Max User Weight	400 lbs (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**

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



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	20" (51 cm)
Dimensions (LxWxH)	88.1 x 30.7 x 65" (224 x 78 x 165 cm)
Unit Weight	452 lbs (195 kg)
Max User Weight	400 lbs (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	Discover SE3 HD (shown), Discover ST, X Console
Stride Length	20" (51 cm)
Dimensions (LxWxH)	86 x 29 x 64" (218 x 73 x 163 cm)
Unit Weight	301 lbs (137 kg)
Max User Weight	400 lbs (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 (shown) Go Console
Stride Length	18-24" (46-61 cm)
Dimensions (LxWxH)	84 x 34 x 66" (208 x 87 x 168 cm)
Unit Weight	251 lbs (114 kg)
Max User Weight	400 lbs (181 kg)
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



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 (shown) Go Console
Stride Length	20" (51 cm)
Dimensions (LxWxH)	82 x 34 x 61" (208 x 86 x 155 cm)
Unit Weight	222 lbs (101 kg)
Max User Weight	400 lbs (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 (shown) Go Console
Stride Length	20" (51 cm)
Dimensions (LxWxH)	82 x 30 x 59" (208 x 76 x 150 cm)
Unit Weight	211 lbs (96 kg)
Max User Weight	400 lbs (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.





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



CLUB SERIES+ RECUMBENT BIKE



RS3 RECUMBENT BIKE



RS1 RECUMBENT BIKE





RECUMBENT BIKES

RIDE WITH COMFORT



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)	65 x 27 x 53" (165 x 69 x 135 cm)
Resistance Levels	26
Unit Weight	214 lbs (97 kg)
Max User Weight	400 lbs (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	Discover SE3 HD (shown), Discover ST, X Console
Seat	ComfortCurve™ Plus, 41 Adjustments
Dimensions (LxWxH)	67 x 26 x 51.5" (179 x 66 x 131 cm)
Resistance Levels	25
Unit Weight	215 lbs (98 kg)
Max User Weight	400 lbs (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 Go Console (shown)
Seat	Deluxe Mesh, 13 Adjustments, 20° Recline
Dimensions (LxWxH)	64 x 27 x 52" (164 x 68 x 131 cm)
Resistance Levels	20
Unit Weight	154 lbs (70 kg)
Max User Weight	400 lbs (181 kg)
Warranty	Frame: Lifetime, Parts: 5 yrs, Labor: 1 yr



RS1 RECUMBENT BIKE

Intuitive functionality and comfortable, adjustable recumbent seat.

Console Compatibility	Track Connect Go Console (shown)
Seat	Standard, 13 Adjustments
Dimensions (LxWxH)	67 x 26 x 52" (169 x 65 x 131 cm)
Resistance Levels	20
Unit Weight	133 lbs (60 kg)
Max User Weight	300 lbs (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

HERITAGE MEETS INNOVATION



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)	44 x 21 x 60" (112 x 53 x 152 cm)
Resistance Levels	26
Unit Weight	176 lbs (80 kg)
Max User Weight	400 lbs (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	Discover SE3 HD (shown), Discover ST, X Console
Seat	ComfortCurve™, 42 Adjustments
Dimensions (LxWxH)	41.5 x 24.5 x 54.5" (105 x 62 x 138 cm)
Resistance Levels	25
Unit Weight	169 lbs (76.5 kg)
Max User Weight	400 lbs (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 (shown) Go Console
Seat	Deluxe Cushioning, 14 Adjustments
Dimensions (LxWxH)	45 x 27 x 56" (114 x 69 x 142 cm)
Resistance Levels	20
Unit Weight	118 lbs (54 kg)
Max User Weight	400 lbs (181 kg)
Warranty	Frame: Lifetime, Parts: 3 yrs, Labor: 1 yr



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 Go Console (shown)
Seat	Standard, 14 Adjustments
Dimensions (LxWxH)	45 x 27 x 56" (114 x 69x 142 cm)
Resistance Levels	20
Unit Weight	105 lbs (48 kg)
Max User Weight	300 lbs (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.

INDOOR CYCLING



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.

IC8 POWER TRAINER



IC7 INDOOR CYCLE



IC6 INDOOR CYCLE



INDOOR CYCLES

COLORFUL. POWERFUL. CONNECTED.

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IC8 POWER TRAINER

The IC8 is inspired by the movement of road cycling, triathlon and athletic performance training. Made for athletic power training.

Computer	WattRate® TFT Computer with Polar View
Myride® Compatible	Yes
Resistance System	0-3800W Magnetic
Drivetrain Ratio	1:13.75
Posts & Sliders	Black anodized aluminum
Dimensions (LxWxH)	56.7 x 20.5 x 40.5" (144 x 52 x 103 cm)
Unit Weight	119 lbs (54 kg)
Max User Weight	330 lbs (150 kg)
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



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)	52 x 20.5 x 40.3" (132 x 52 x 102 cm)
Unit Weight	119 lbs (54 kg)
Max User Weight	330 lbs (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)	52 x 20.5 x 47.2" (132 x 52 x 120 cm)
Unit Weight	112 lbs (51 kg)
Max User Weight	330 lbs (150 kg)
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



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
Myride® Compatible	Yes
Resistance System	Magnetic
Drivetrain Ratio	1:10
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	52 x 20.5 x 47.2" (132 x 52 x 120 cm)
Unit Weight	112 lbs (51 kg)
Max User Weight	330 lbs (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
Myride® Compatible	No
Resistance System	Magnetic
Drivetrain Ratio	1:10
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	52 x 20.5 x 47.2" (132 x 52 x 120 cm)
Unit Weight	110 lbs (50 kg)
Max User Weight	330 lbs (150 kg)
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



MYRIDE CONSOLE

An optional add-on to IC5, IC6, IC7 indoor cycles and IC8 Power Trainer, the Myride® console offers advanced data accuracy, results-oriented coaching, and stunning footage from around the globe.

Key Features	Video-based instruction, advanced data accuracy, results-oriented coaching
Screen Size	10.2" (25.7 cm)
Device Compatibility	–
Entertainment	Global terrain videos
Number of Workouts	20+ coaching classes



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LIFEFITNESS.COM // LIVE MORE

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.

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.

INDOOR CYCLES

COLORFUL. POWERFUL. CONNECTED.



IC2 INDOOR CYCLE

An incredible ride at an incredible value. The IC2 offers a poly-v belt drivetrain and dual sided pedals.

Computer	ANT+ Computer (optional)
Myride® Compatible	No
Resistance System	Friction
Drivetrain Ratio	1:3
Posts & Sliders	Aluminum, pin-to-lock adjustment
Dimensions (LxWxH)	47 x 21 x 43" (120 x 53 x 110 cm)
Unit Weight	106 lbs (48 kg)
Max User Weight	287 lbs (130 kg)
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



IC1 INDOOR CYCLE

The IC1 offers a simplified feature-set without compromise on premium grade materials, proven engineering, or aesthetics.

Computer	Wired on-board computer
Myride® Compatible	No
Resistance System	Friction
Drivetrain Ratio	1:3
Posts & Sliders	Chrome plated, pin-to-lock adjustment
Dimensions (LxWxH)	45.3 x 21.7 x 43.3" (115 x 55 x 110 cm)
Unit Weight	112 lbs (51 kg)
Max User Weight	287 lbs (130 kg)
Warranty	Frame: 5 years, Parts: 3 yrs, Labor: 1 yr



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





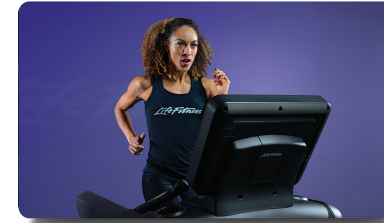
CONSOLE TECHNOLOGY

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.



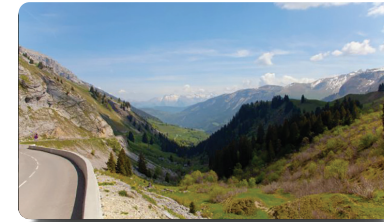
LIFE FITNESS ON DEMAND

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



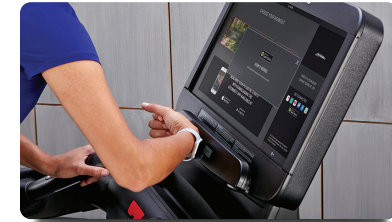
ENTERTAINMENT

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 Life Fitness equipment and track important metrics like heart rate, speed and calories.

MYRIDE VX CONSOLE

Immersive, video-based instruction and landscape footage adds to the experience while putting in miles on IC5, IC6, IC7 indoor cycles and the IC8 power trainer. The optional Myride® console makes it happen.



MYRIDE STUDIO COACH

Immersive on-screen coach workouts deliver results. You can ride to world-class instruction and motivating music.



MYRIDE TOUR COACH

Terrain-focused footage from all over the world paired with music and world-class voice-over coaching delivers fun, yet fierce workouts. The speed interacting scenery is stunning.



MYRIDE WORLD VIEW

Bike through more than 500 scenic locations around the world, ranging from tough climbs in the Italian Alps to long stretches on California highways.

CONSOLE TECHNOLOGY

GET MORE OUT OF YOUR WORKOUT



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	21" (53 cm) – Treadmills 16" (47 cm) – Bikes/Cross-Trainers
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®
Entertainment	Integrated TV, Internet Browsing, Bluetooth®, Interactive Courses, Integrated Apps
Number of Workouts	Up to 25 + Quick Start



DISCOVER ST CONSOLE

The Discover ST Console offers simplified entertainment provided by an integrated high-definition TV and simple exerciser interaction through an intuitive touch screen.

Key Features	High-definition (1080p) touch screen with integrated TV, Bluetooth (Headphones, HR straps)
Screen Size	21" (53 cm) – Treadmills 16" (47 cm) – Bikes/ Cross-Trainers
Device Compatibility	Android™, iPhone®
Entertainment	Integrated TV
Number of Workouts	18-21 + Quick Start



X CONSOLE

The intuitive touchscreen console for the Club Series+ creates a connected and engaging experience via QR code, Bluetooth® or NFC.

Key Features	Touch screen, Bluetooth® and NFC connection, easily accessible speed and incline adjustments
Screen Size	7" (18 cm) LCD
Device Compatibility	Android™, iPhone®
Number of Workouts	21 + Quick Start



TRACK CONNECT CONSOLE

Engaging interaction with entertainment and workout options that keep you motivated and help you reach your home fitness goals. Proximity login allows for the wireless connection of smartphones, tablets and other devices.

Key Features	Integrated smart phone/ tablet compression rack, user profiles, auto save, quick start, cool down/warm up modes
Screen Size	7.2" (18.3 cm)
Device Compatibility	Bluetooth® Proximity, NFC
Entertainment	–
Number of Workouts	15 (17 on T5 Treadmill)



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	7.2" (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: C Console (available only on Arc Trainer) is not shown.



The patented fluid technology resistance system in the Row GX™ and Row HX™ trainers uses water to provide a smooth, consistent motion during low-impact, total-body training. The result is a natural feel, whether you're on a leisurely row or challenging yourself with a high-intensity workout.

ROWERS

NATURAL FLUID RESISTANCE



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	11.5" (29 cm)
Stored vertical height	83.85" (213 cm)
Dimensions (LxWxH)	83.85 x 20.47 x 22.04" (213 x 52 x 56 cm)
Unit Weight	108 lbs (49 kg) with water
Max User Weight	330 lbs (150 kg)
Heart Rate Compatibility	Polar Heart Rate receiver/transmitter (optional)
Warranty	Frame: 5 yrs, Parts: 2 yrs, Labor: 1 yr



HIGHLIGHTS

SMOOTH MOTION
The unique fluid technology resistance system uses water to deliver a smooth and natural feel, and provide consistent resistance throughout each rowing stroke.

ROWERS FIT THE HOME
Both rowers have a compact size and wheels which makes them easy to move around the house. Both conveniently store upright when not being used.



ROW GX TRAINER

Fluid technology resistance system provides the instinctively smooth motions that Life Fitness products are known for. Resistance adjusts with the simple turn of a dial. Sixteen resistance options makes the Row GX Trainer perfect for exercisers at any fitness level. Compact and easy to move around the house. And when the Row GX isn't being used, it conveniently stores standing up. You can find the exact same model in the best health clubs and athletic facilities.

Resistance Levels	16
Seat to Floor Distance	20.5" (52.1 cm)
Stored vertical height	71" (81 cm)
Dimensions (LxWxH)	76.8 x 31.4 x 39.4" (195 x 80 x 100 cm)
Unit Weight	135 lbs (61.2 kg) with water
Max User Weight	330 lbs (150 kg)
Heart Rate Compatibility	Polar Heart Rate receiver/transmitter (optional)
Warranty	Frame: 5 yrs, Parts: 2 yrs, Labor: 1 yr



GLOSSARY OF ICONS

- HIGH PERFORMANCE**
- COMMERCIAL GRADE**
- TOTAL-BODY WORKOUT**
- GET ON AND GO**
- COMPACT STORAGE**



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)

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) 160 lbs each
Optional Add-on Weight	None
Dimensions (LxWxH)	50 x 70 x 83" (127 x 178 x 211 cm)
Dimensions with Optional Add-on Bench	68.5 x 70 x 83" (174 x 178 x 211 cm)
Warranty	Lifetime on frame, welds, pulleys and parts; 3-year on upholstery pads and cables



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.



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) 160 lbs
Optional Add-on Weight	50 lbs
Dimensions (LxWxH)	80 x 53 x 84" (203 x 135 x 214 cm)
Dimensions with Optional Add-on Leg Press/Calf Raise	94 x 82 x 83" (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) 160 lbs
Optional Add-on Weight	50 lbs
Dimensions (LxWxH)	71 x 48 x 83" (181 x 122 x 211 cm)
Dimensions with Optional Add-on Leg Press/Calf Raise	75 x 82 x 83" (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)



GLOSSARY OF ICONS

- LUXURY FEATURES
- COMMERCIAL GRADE
- ADDED COMFORT
- HIGH PERFORMANCE
- TOTAL-BODY WORKOUT
- GET ON AND GO

OUR FAMILY OF BRANDS



Life Fitness brands provide a wide range of tools needed for people to live active and healthy lives. It's our mission to get the world moving and encourage exercisers to reach their goals.

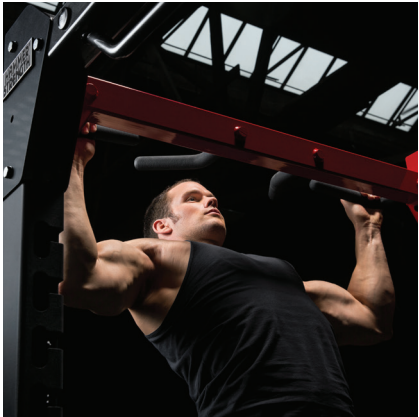
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LIFE FITNESS.COM // LIVE MORE



LIFE FITNESS

For 50 years, Life Fitness has created fitness equipment that is inviting, engaging and easy to use. It is the brand found in the most health clubs around the world.



HAMMER STRENGTH

Rooted in the high-performance training of professional athletes, Hammer Strength is for the elite athlete and those who want to train like one.



ICG

Striving for excellence in indoor cycling has made ICG the world's largest specialist in the design, manufacture and programming of innovative indoor cycling equipment.



CYBEX

Effective, results-driven fitness equipment designed on the foundation of insights gained from exercise science.



SCIFIT

SCIFIT creates equipment that builds people up. Inclusive exercise equipment that's ideal for active aging, rehabilitating or deconditioned users.



BRUNSWICK BILLIARDS

Since 1845, Brunswick Billiards® has been devoted to quality craftsmanship. Today, Brunswick creates premium billiards, foosball and shuffleboard tables, and other active recreation options.

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LIFE FITNESS.COM // LIVE MORE

The logo for Life Fitness, featuring the words "Life Fitness" in a white, italicized, script font. The "L" is large and stylized, with a horizontal line extending from its base. The "F" is also stylized, with a horizontal line extending from its base. The "i" is small and has a dot. The "t" is tall and has a horizontal line extending from its base. The "n" is tall and has a horizontal line extending from its base. The "e" is small and has a horizontal line extending from its base. The "s" is tall and has a horizontal line extending from its base. The "s" is tall and has a horizontal line extending from its base.

LIFEFITNESS.COM

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