BRINGING FITNESS HOME

TOP NAME IN HEALTH CLUBS
Over 40 years ago Life Fitness helped define the modern fitness experience with the Lifecycle® Exercise Bike. It brought a new way of working out to the world and helped us become the most recognized name in health clubs. Our full line of equipment has grown to include innovative cardiovascular and strength training machines.

TREADMILLS
Results-oriented workouts
page 8 - 15

ELLiptical CROSS-TRAINERS
Comfortably challenging
page 16 - 21

LIFECYCLE® EXERCISE BIKES
The freedom machines
page 22 - 31

GYM SYSTEMS
Strength solutions to fit your needs
page 32 - 37

CONSOLES
Work out your way with choices
page 38 - 41

BEST FOR YOUR HOME
Our home equipment makes it easy to transcend the ordinary, keep boredom at bay and achieve exercise balance—all of which leaves you better prepared to fully enjoy a well-rounded life.
A great home gym is more than an accumulation of equipment. It should be a well-designed room that is as functional as it is motivating. It doesn’t have to be grand—any space from a spare bedroom to an underused loft can be repurposed as a home gym. Done right, even the basement can become your own fitness sanctuary. This is your chance to create the ideal fitness experience for you and your family.

**SHAPE UP YOUR HOME FOR FITNESS**
Personal Trainers and Interior Designers Approve

**LIGHT IT UP**
Natural light through the windows is wonderful, but a coat of attractive light-colored paint and adequate soft lighting can create an elegant and inspiring space.

**REFLECTED GLORY**
Mirrors are a great option for amplifying light in your gym and making it feel larger. They also help you keep an eye on your form—and your results.

**PERSONAL TOUCHES**
Whether it is your college logo painted on the wall, a favorite painting or artful photographs of someone whose physique you admire, add elements that motivate you.
MAKE IT YOUR OWN
Designed for great results

SPACE IT OUT
According to the American Council on Exercise (ACE), treadmills require 2.8 square meters and a multi-station gym requires between 4.7 and 18.6 square meters. Keep your space limitations (including ceiling height) in mind as you choose your equipment.

TREADMILL
- 2.8 m²
- 1.8 m

CROSS-TRAINER
- 2.4 m²
- 1.8 m
- 2.4 m minimum

LIFECYCLE®
- 4.6 m
- 4.6 m

GYM SYSTEM
- 8.0 m
- 1.8 m

SAFELY ENTERTAINING
To keep your workout space clutter- and hazard-free, consider mounting any stereos and televisions on a swiveling wall or ceiling mount, or on a TV stand. Be sure to position the TV at a height that will be comfortable for viewing while you are on the equipment.

BUILD THE BEST
Discerning consumers are discovering what health club owners have known for years—not all fitness equipment is alike. There is a broad spectrum of products on the market ranging from quality equipment with programs and features that virtually guarantee great results to inferior products sold in discount stores and on television infomercials. Life Fitness equipment brings the quality that health clubs count on to your home.

FROM VIRTUAL PLANNING
www.lifefitness.com/roomplanner

Build the ultimate home gym with the Life Fitness online Room Planner. Select from pre-built rooms or create one of your own by inputting the dimensions, then choose Life Fitness equipment and design elements, including furniture, doors, windows and accessories. Try as many configurations as you like, then save and print or email your favorites as you design the best possible space.

HOME GYM
- Bedroom
- Office

BUY THE BEST
Discerning consumers are discovering what health club owners have known for years—not all fitness equipment is alike. There is a broad spectrum of products on the market ranging from quality equipment with programs and features that virtually guarantee great results to inferior products sold in discount stores and on television infomercials. Life Fitness equipment brings the quality that health clubs count on to your home.
PUSH THE LIMITS

Life Fitness Treadmills bring the joy of running to every home. The comfort is built right in so anyone—from those who have completed multiple marathons to those who haven't done much more than jog—can experience the cardiovascular and calorie-burning benefits of running.

Walking is also a wonderful life-long fitness activity that can help keep both stress levels and the numbers on the scale in balance. With a Life Fitness treadmill, inconveniences like inclement weather or travel time to the gym are no longer an issue, so you'll never miss a workout again.

Life Fitness treadmills provide instant feedback on heart rate, elapsed time, distance and calories burned, offering insight into how effective each workout is and goals achieved over time. Motivating programs take people far beyond Quick Start as they progress.

The patented FlexDeck® Shock Absorption System reduces stress on joints for a more comfortable workout.
The most exclusive health clubs and hotels in the world choose our premium, entertainment-enhanced equipment for their discerning clientele. Now you can choose the same for your home.

- Polar® wireless and Lifepulse™ digital contact heart rate monitoring system (wireless chest strap included)
- The patented FlexDeck™ shock absorption system reduces the impact to joints by nearly 30% when compared to running on non-cushioned surfaces
- Features the same controls found on our popular health club model. And the Go System™ Quick Start feature remembers your preferred walk, jog and run speeds, so you can get started with the push of a button.
- Customize your treadmill by selecting the console that best fits your needs. Choose from the Engage™ 15” LCD, Inspire™ 7” LCD or Achieve™ LED consoles
- Customization options are determinant upon console selection. The Engage 15” console features iPod compatibility, integrated entertainment console, virtual trainer, USB connectivity, Workout Landscape™ Perspectives and more.

- Built-in reading rack plus dual cupholders and accessory tray to hold cell phone, iPod, or TV remote
- Create and track your workouts online with the Life Fitness Virtual Trainer at www.VirtualTrainer.LifeFitness.com (only available with Engage and Inspire consoles)
- Large 153 x 56 centimeters running surface
THE ULTIMATE HOME VERSION OF OUR HIGH-END COMMERCIAL MODEL

For the devoted exerciser, the performance of the popular health club version in a powerful home model

- Lifepulse™ contact heart rate sensors
- Polar® wireless heart rate monitoring (wireless chest strap included)
- 4.0 HP AC motor with a lifetime warranty
- Overmolded Ergo™ front handlebar with flared sidebars
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 153 x 51 centimeters running surface
- iPod® connectivity with on console control and charging

Advanced electronics and an expanded array of workout programs enhance your performance

- TouchSensor™ buttons
- Polar® wireless heart rate monitoring systems (wireless chest strap included)
- Ergonomically-placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 153 x 56 centimeters running surface which is the largest available on Life Fitness treadmills
- Dishwasher safe cup holders
- 4 user profiles store personal settings and workouts
- 4 custom workouts per user

Designated specifically for the home with sophisticated details, clean lines and a larger running area

- Ergonomically-placed control pad puts key controls easily within reach
- Oversized incline and speed buttons for easy adjustment while exercising
- Polar® wireless heart rate monitoring systems (wireless chest strap included)
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 153 x 56 centimeters running surface which is the largest available on Life Fitness treadmills
- Dishwasher safe cup holders
- 2 user profiles store personal settings and workouts
- 1 custom workout per user

Personalize your workout with the ability to adjust the firmness of the running surface to mimic various terrain

- TouchSensor™ buttons
- Adjustable FlexDeck® Select shock absorption system
- Lifepulse™ contact and Polar® wireless heart rate monitoring systems (wireless chest strap included)
- Deluxe console with touch-sensitive controls and interactive lighting
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 153 x 56 centimeters running surface which is the largest available on Life Fitness treadmills
- Dishwasher safe cup holders
- 4 user profiles store personal settings and workouts
- 7 custom workouts per user

T5-0 EASY, UNCOMPLICATED CONTROLS MAKE EVERYTHING SO SIMPLE

T7-0 DELIVERS A WORKOUT THAT IS JUST WHAT YOU WANT IT TO BE
T3

SPECIFICALLY DESIGNED FOR THE HOME ENVIRONMENT

Featuring the essentials and beyond for a great workout, this is our affordable workhorse

- Customize your T3 by choosing either the Go or Track console
- Energy Saver feature reduces power draw when not in use
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Unlimited Virtual Trainer custom workouts (Track console only)

F3

A TREADMILL SO STURDY AND SLEEK, YOU’LL BE AMAZED THAT IT FOLDS

The first of its kind—a folding treadmill that doesn’t sacrifice quality, this space-efficient marvel makes quality portable

- Customize your F3 by choosing either the Go or Track console
- Energy Saver feature reduces power draw when not in use
- User can easily fold the treadmill, safely lock it into place and effortlessly roll it away
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Child-proof release lever

F1 SMART

THE F1 SMART IS A DURABILITY DYNAMO

Reliable, affordable and fun with motivating entertainment features

- Energy Saver feature reduces power draw when not in use
- Unlimited workout variety through the Virtual Trainer Website
- iPod® control and charging
- Soft drop system gently lowers the deck to the floor when the child safety latch is released

ADVANTAGE

FLEXDECK® SHOCK ABSORPTION SYSTEM

Our patented system reduces knee and joint stress by up to 30% when compared to running outside, decreasing the chance for injury. Plus, our virtually indestructible LifeSpring™ shock absorbers ensure every workout for years to come is as comfortable as the first time you use your treadmill. LifeSprings are located throughout the deck and provide consistent cushioning wherever you run.

ENVIRONMENT SPECIFIC DESIGN

Life Fitness treadmills are uniquely designed for the home setting with features including electronic child safety lockouts and quiet motor systems.
MOVEMENT FOR LIFE

This enjoyable low-impact workout with the natural motion of running grows in popularity every year. Our pedals are closely spaced to minimize hip sway, while our natural-feeling ellipse produces the most effective workout.

Elliptical cross-trainers provide excellent exercise variety. Achieve a low-impact total-body workout by using the arms and pedals together, or focus on your lower body with the pedals only.

Enjoy an intense cardiovascular workout without punishing your body. The smooth, total-body motion burns more calories with less perceived exertion.

An elliptical cross-trainer is a low-impact way to maintain lifelong fitness.
The ultimate in power and performance provides a truly smooth and quiet workout experience.

- Smooth elliptical motion is identical to our award-winning health club model
- Lifepulse™ contact heart rate hand sensors on the moving arms for convenient heart rate monitoring
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Total-body workout allows you to burn more calories with less perceived exertion
- Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups
- iPod® connectivity with on console control and charging so you can listen to your favorite music while you workout

BIOMECHANICS
We monitor and measure people of all shapes and sizes on our cross-trainers to make sure the elliptical motion is comfortable and natural. We’ve also analyzed the pedal spacing—for a correct ellipse that is more like running.
X8

SEVEN STRIDE LENGTHS FOR TARGETED TRAINING

Electronically adjustable Whisper eStride™ to change the stride length mid-workout for focused muscle training

- Customize your X8 by choosing the Go or Track console
- Whisper eStride™ technology allows for quiet, on-the-fly electronic stride adjustments from 46 to 61 centimeters in 3 centimeter increments
- LegSculptor™ Mode automatically adjusts your stride length every two minutes to target different leg muscles
- FlexPedal™ Shock Absorption System provides more cushioning for an even lower impact workout
- Contact heart rate hand sensors on the stationary handlebar provide convenient heart rate monitoring
- Link6 elliptical drive system delivers a natural, comfortable stride

Also available with Track Console
see page 38 for details

X3

TARGETED WORKOUT ENHANCEMENTS

Innovative CoachZone™ for workouts that target your arms and glutes, plus cushioned pedals for added comfort

- Customize your X3 by choosing the Go or Track console
- The CoachZone™ offers GluteToner™ and ArmToner™ Workout enhancements to train different muscle groups
- Cushioned pedals
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Link6 elliptical drive system delivers a natural, comfortable stride

Also available with Go Console
see page 38 for details

X5

SLEEK STYLE AND ADJUSTABLE STRIDE LENGTHS

Everyone in the house can start their workout by selecting the stride length that best suits them

- Customize your X5 by choosing the Go or Track console
- SelectStride™ allows you to manually adjust the stride length from 46 to 61 centimeters
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- The CoachZone™ offers GluteToner™ and ArmToner™ Workout enhancements to train different muscle groups
- FlexPedal™ Shock Absorption System provides more cushioning for an even lower impact workout
- Link6 elliptical drive system delivers a natural, comfortable stride

Also available with Track Console
see page 38 for details

X1

YOUR FIRST STRIDE TOWARD FITNESS

Low step-up height for easy off and on—fits the benefits of a cross-trainer into rooms with lower ceilings

- Customize your X1 by choosing the Go or Track console
- A low step-up height (1.7 centimeters) makes it easy to get onto your X1
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Link6 elliptical drive system delivers a natural, comfortable stride

Also available with Track Console
see page 38 for details
THE ORIGINAL AND BEST

Life Fitness introduced Lifecycle®, the very first computerized exercise bike before the word “cardio” was widely known.

The company founders envisioned people who had never exercised before being intrigued by the world’s first electronic fitness machine—the Lifecycle® Exercise Bike. They also envisioned giving devoted fitness fans a better way to achieve an effective workout.

They achieved both goals with the #1 selling exercise bike in the world, the Lifecycle® Exercise Bike.
The Comfort Curve seat™ was designed for maximum comfort and thigh clearance. Easily adjustable pedal straps and simple seat adjustment make it easy to find the perfect seat height while on the bike.

At-Your-Fingertips Resistance Controls are found on our most engaging club version, letting you easily adjust your workout intensity throughout your exercise.

Customize your Upright Bike by selecting the console that best fits your needs. Choose from the Engage 15” LCD, Inspire 7” LCD, or Achieve LED consoles.

Built-in reading rack plus dual cup holders and accessory tray to hold cell phone, iPod®, or TV remote. Removeable cup holders make cleaning a snap.

Get recommended workouts, upload results and track your progress for free with the Life Fitness Virtual Trainer at www.VirtualTrainer.LifeFitness.com (only available with Engage and Inspire consoles).

Polar® wireless and Lifepulse™ digital contact heart rate monitoring system (wireless chest strap included).

A university professor and chemist, Keene Dimick, created the first Lifecycle® Exercise Bike in 1968 in order to be challenged by programs and learn more about his workouts through feedback. This bike offers unlimited programs and unparalleled feedback through the Virtual Trainer.
THE HOME VERSION OF OUR POPULAR HEALTH CLUB MODEL

The home version of our world renowned self-powered health club Lifecycle Exercise Bike.

- Lifepulse contact heart rate hand sensors in 2 positions on the handlebars
- Polar wireless chest strap provides accurate, hands-free heart rate monitoring
- iPod® control and charging

C3 ENGINEERED TO DELIVER THE MOST NATURAL UPRIGHT RIDING POSITION

Natural riding position increases efficiency and comfort of this essential Lifecycle.

- Customize your C3 by choosing the Go or Track console
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Unlimited Virtual Trainer custom workouts (Track console only)

C1 GET GOING ON YOUR RIDE TO FITNESS

Workout variety in a small footprint.

- Customize your C1 by choosing the Go or Track console
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Unlimited Virtual Trainer custom workouts (Track console only)

DURABILITY

Our on-site functional laboratories include mechanical, electrical, software, biomechanics and reliability labs representing a multi-million dollar investment.

This exemplifies our commitment to developing the best equipment for use in facilities and homes worldwide. Ideas are explored and solutions discovered faster because of the investment we make in these resources.
This dynamic design brings the best of everything to your home gym: an award-winning design, enhanced entertainment features and the comfort of a recumbent bike.

- Step-through design allows you to easily get on and off the seat. The Comfort Curve® seat with Deluxe Back Support provides exceptional comfort.
- At-Your-Fingertips Resistance Controls are located on the sidebars to let you easily adjust your workout intensity throughout your exercise.
- Customize your Recumbent Bike by selecting the console that best fits your needs. Choose from the Engage 15” LCD, Inspire 7” LCD or Achieve LED consoles.
- Built-in reading rack plus dual cup holders and accessory tray to hold cell phone, iPod®, or TV remote.
- Get recommended workouts, upload your results and track your progress for free with the Life Fitness Virtual Trainer at www.VirtualTrainer.LifeFitness.com (only available with Engage and Inspire consoles).
- Polar® wireless and Lifepulse™ digital contact heart rate monitoring system (wireless chest strap included).
The home version of our incredibly comfortable and self-powered health club recumbent model.

- Lifepulse™ contact heart rate hand sensors on side-mounted handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn’t require cords or outlets
- Contoured high-back support seat
- Side-mounted accessory tray and built-in reading rack
- iPod® control and charging

The reclining seat makes this accommodating bike extra comfortable.

- Customize your R3 by choosing the Go or Track console
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Breathable mesh seat with gas-assist recline feature allows 20° range of motion
- Unlimited Virtual Trainer custom workouts (track console only)
- Side-mounted accessory tray
- Self-powered with Go console

Quiet and comfortable for everyone, this is an elemental way to exercise at home.

- Customize your R1 by choosing the Go or Track console
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Standard recumbent seat
- Unlimited Virtual Trainer custom workouts (track console only)
- Front-mounted water bottle holder

We focus on innovation and comfort with all Life Fitness products, but bikes in particular are a passion for us. More than 40 years of ingenuity and durability make riding a Lifecycle an unparalleled experience.

Each Lifecycle is precisely engineered to deliver the most natural riding position, ensuring a safe, effective workout with lifelong benefits.
THE STRENGTH YOU NEED

Whether your goal is to tone up, build strength or train for a specific activity, we offer a home gym to empower you in seeking success.

Just two strength workouts a week help people experience the bone density-building and metabolism-boosting benefits of strength training. These machines offer incredible exercise variety for endlessly interesting workouts.

The sleek and modern industrial design of our home gyms combined with solid, almost rugged construction initially inspire people to push themselves—after time, the visible results do.

Strength training enables everyone to get the most out of life.
Life Fitness strength equipment utilizes the best innovations of our Hammer Strength brand, the strength equipment trusted by more elite health clubs and professional athletes than any other.

By bringing what we’ve learned from working with these amazing athletes, Life Fitness home gyms deliver the variety, solid feel and biomechanically-correct movements expected from the choice of champions.

Brawn and beauty coexist in these space efficient designs that complement your living space.

The ultimate cable motion home gym experience inspired by our most popular health club model

- Cable Motion™ technology
- ‘G7 Training Center’ houses a water bottle and G7 Exercise Book featuring 60 exercises
- Exercise standing, on a bench or on an exercise ball for ultimate variety
- 2 Adjustable pulley columns allow for 20 different height positions
- Training DVD features a personal trainer that guides you through 2 exercise routines

Accessories Included:
- 1 pair of medium length soft-strap ergonomic handles
- Foot strap
- Thigh strap
- Straight bar
- Two 73 kg weight stacks
- Weight stack shrouds
- Training DVD
- Exercise Book
- Water bottle
- Exercise / Stability ball

Optional:
- Removable, multi-position bench

Shown with Optional Bench

Life Fitness strength equipment utilizes the best innovations of our Hammer Strength brand, the strength equipment trusted by more elite health clubs and professional athletes than any other.

By bringing what we’ve learned from working with these amazing athletes, Life Fitness home gyms deliver the variety, solid feel and biomechanically-correct movements expected from the choice of champions.

Brawn and beauty coexist in these space efficient designs that complement your living space.
This system allows innovative functional strength training in a model sized just right for home use.

- Cable Motion™ technology
- Exercise standing, on a bench or on an exercise ball for ultimate variety
- Optional removable, multi-position bench
- Functional training transfers strength improvements to sport-specific and hobby-related strength training goals
- The three swivel pulley zones are optimally positioned to allow for variety and ease of use for upper body, lower body and core strengthening movements

**Accessories Included:**
- 3 pairs of soft-strap ergonomic handles (short, medium, long)
- Thigh strap
- Traditional handle adapter bar and clips
- Foot strap
- Instructional DVD and wall chart
- 73 kg weight stack

**Optional:**
- Removable, multi-position bench
- Instructional Exercise / Stability ball™

*See specialty fitness retailer for details*
CONSOLE GUIDE

PERSONALIZE YOUR WORKOUT EXPERIENCE

The sleekly designed Track Console adds the best in entertainment and motivation to the most durable equipment available.

VIRTUAL TRAINER WEBSITE
Fun and easy to use online tool where you can get recommended programs, create workouts and track your progress. See page 41 for more details.

• USB Connectivity—Use the USB port to transfer custom workouts from the Virtual Trainer website to your equipment, then save your workout results to track your progress online

• Life Fitness App—Track your progress on your iPhone® or iPod Touch®, plus access and download Life Fitness recommended workouts instantly from your device to the equipment

ENTERTAINING AND MOTIVATIONAL
The iPod®/iPhone® docking station provides seamless controls for song selection and volume while charging the device

ENERGY SAVER
Dramatically lowers energy use when the unit is turned on but not in use

FAMILY FITNESS
Create up to four customized user profiles for quicker set-up, individual workout statistics and save three custom workouts per person

CONSOLES DESIGNED WITH YOUR SUCCESS IN MIND

TRACK CONSOLE

IN TUNE WITH TODAY’S BUSY PACE
The Go Console is a simplified choice for those seeking the fundamentals of great workouts.

MOTIVATING VARIETY
13 workouts including three Classic, two Advanced, three Goal-based and five HeartSync heart rate controlled workouts

ENERGY SAVER
Dramatically lowers energy use when the unit is turned on but not in use

HANDS ON OR OFF
Contact and wireless telemetry heart rate monitors

DUAL FITNESS
Create two customized user profiles for quicker set-up

STREAMLINED EFFICIENCY

GO CONSOLE
**ENGAGE™**
- 15” LCD Touch Screen
- LCD TV with up to 180 channels
- FM radio ready
- View iPod® music lists on screen
- Watch iPod® delivered video content on screen
- Power and charge iPod®
- Built-in Virtual Trainer

**FEATURES AVAILABLE ON ENGAGE™ AND INSPIRE™ CONSOLES**
- iPod® Compatibility
- Integrated Entertainment Console (Engage™ only)
- Virtual Trainer
- USB Connectivity
- Workout Landscape™ Perspectives

**INSPIRE™**
- 7” LCD Touch Screen
- View iPod® music lists on screen
- Power and charge iPod®
- Built-in Virtual Trainer
- Workout Landscape™ Perspectives

**ACHIEVE™**
- LED Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 6 Workout programs

**VIRTUAL TRAINER**
**WEBSITE**
www.VirtualTrainer.LifeFitness.com

**ENHANCE YOUR EXERCISE EXPERIENCE**
The Life Fitness® Virtual Trainer Website, a free online tool, is the ultimate fitness experience.

- Create and share workouts, plus track progress
- Schedule workouts
- Track progress

**VIRTUAL TRAINER**
**IPHONE / IPOD APP**
**COMPATIBLE WITH TRACK & ENGAGE™ CONSOLES**
- Download from the iTunes® App Store
- Log all cardio and strength workouts
- Sync results automatically to website for tracking
- Instant results sharing via Facebook

**ENHANCE YOUR EXERCISE EXPERIENCE**
Create and share workouts

**VIRTUAL TRAINER**
**WEBSITE**
www.VirtualTrainer.LifeFitness.com

**VIRTUAL TRAINER**
**IPHONE / IPOD APP**
**COMPATIBLE WITH TRACK & ENGAGE™ CONSOLES**
- Download from the iTunes® App Store
- Log all cardio and strength workouts
- Sync results automatically to website for tracking
- Instant results sharing via Facebook

**VIRTUAL TRAINER**
### Go and Track console warranty: 3-year on mechanical and electrical parts, 1-year on labor

<table>
<thead>
<tr>
<th>Unit Dimensions (L x W x H)</th>
<th>196 x 89 x 150 cm</th>
<th>196 x 87 x 140 cm</th>
<th>202 x 87 x 140 cm</th>
<th>204 x 81 x 150 cm</th>
<th>204 x 81 x 150 cm</th>
<th>204 x 81 x 150 cm</th>
<th>211 x 94 x 161 cm</th>
<th>209 x 94 x 150 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Weight</td>
<td>117 kg</td>
<td>120 kg</td>
<td>110 kg</td>
<td>145 kg</td>
<td>145 kg</td>
<td>154 kg</td>
<td>195 kg</td>
<td>204 kg</td>
</tr>
<tr>
<td>Maximum User Weight</td>
<td>136 kg</td>
<td>158 kg</td>
<td>150 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>180 kg</td>
</tr>
<tr>
<td>Speed</td>
<td>0.8 – 18 km/h</td>
<td>0.8 – 18 km/h</td>
<td>0.8 – 15.2 km/h</td>
<td>0.8 – 15.3 km/h</td>
<td>0.8 – 15.3 km/h</td>
<td>0.8 – 15.3 km/h</td>
<td>0.8 – 15.3 km/h</td>
<td>0.8 – 15.3 km/h</td>
</tr>
<tr>
<td>Motor Size</td>
<td>3.5 HP CD</td>
<td>3.5 HP CD</td>
<td>3.5 HP CD</td>
<td>3.0 HP CD</td>
<td>3.0 HP CD</td>
<td>3.0 HP CD</td>
<td>3.0 HP CD</td>
<td>3.0 HP AC</td>
</tr>
<tr>
<td>Running Area (L x W)</td>
<td>140 x 51 cm</td>
<td>140 x 51 cm</td>
<td>150 x 51 cm</td>
<td>153 x 51 cm</td>
<td>153 x 51 cm</td>
<td>153 x 51 cm</td>
<td>153 x 51 cm</td>
<td>153 x 51 cm</td>
</tr>
<tr>
<td>Incline</td>
<td>0 - 12%</td>
<td>0 - 12%</td>
<td>0 - 15%</td>
<td>0 - 15%</td>
<td>0 - 15%</td>
<td>0 - 15%</td>
<td>0 - 15%</td>
<td>0 - 15%</td>
</tr>
<tr>
<td>Heart Rate Monitoring</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Number of Workouts</td>
<td>6</td>
<td>14 g 13</td>
<td>14 g 13</td>
<td>12</td>
<td>15</td>
<td>20</td>
<td>16</td>
<td>up to 42</td>
</tr>
<tr>
<td>Custom Workouts</td>
<td>–</td>
<td>12 g 2</td>
<td>12 g 2</td>
<td>1</td>
<td>4</td>
<td>7</td>
<td>6</td>
<td>up to 8</td>
</tr>
<tr>
<td>User Profiles</td>
<td>–</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>–</td>
</tr>
</tbody>
</table>

Go and Track console warranty: 3-year on mechanical and electrical parts, 1-year on labor

### LIFECYCLES

#### TREADMILLS

<table>
<thead>
<tr>
<th>Unit Dimensions (L x W x H)</th>
<th>114 x 69 x 142 cm</th>
<th>114 x 69 x 142 cm</th>
<th>118 x 61 x 144 cm</th>
<th>117 x 51 x 152 cm</th>
<th>145 x 68 x 137 cm</th>
<th>145 x 68 x 137 cm</th>
<th>134 x 66 x 140 cm</th>
<th>165 x 68 x 132 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Weight</td>
<td>47 kg</td>
<td>53 kg</td>
<td>54 kg</td>
<td>80 kg</td>
<td>59 kg</td>
<td>67 kg</td>
<td>64 kg</td>
<td>86 kg</td>
</tr>
<tr>
<td>Maximum User Weight</td>
<td>135 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>135 kg</td>
<td>180 kg</td>
<td>180 kg</td>
<td>180 kg</td>
</tr>
<tr>
<td>Resistance Levels</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Heart Rate Monitoring</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Power Requirement</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Seat Adjustments</td>
<td>14</td>
<td>14</td>
<td>20</td>
<td>20</td>
<td>13</td>
<td>13</td>
<td>34</td>
<td>38</td>
</tr>
<tr>
<td>Number of Workouts</td>
<td>t 14 g 13</td>
<td>t 14 g 13</td>
<td>19</td>
<td>up to 42</td>
<td>t 14 g 13</td>
<td>t 14 g 13</td>
<td>19</td>
<td>up to 42</td>
</tr>
<tr>
<td>Custom Workouts</td>
<td>t 12 g 2</td>
<td>t 12 g 2</td>
<td>7</td>
<td>up to 8</td>
<td>t 12 g 2</td>
<td>t 12 g 2</td>
<td>7</td>
<td>up to 8</td>
</tr>
<tr>
<td>User Profiles</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>–</td>
<td>–</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>–</td>
<td>–</td>
</tr>
</tbody>
</table>

Go and Track console warranty: 3-year on mechanical and electrical parts, 1-year on labor

### ELLIPTICAL CROSS-TRAINERS

<table>
<thead>
<tr>
<th>Unit Dimensions (L x W x H)</th>
<th>206 x 76 x 150 cm</th>
<th>206 x 76 x 150 cm</th>
<th>211 x 68 x 180 cm</th>
<th>211 x 68 x 160 cm</th>
<th>208 x 71 x 165 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Weight</td>
<td>98 kg</td>
<td>98 kg</td>
<td>113 kg</td>
<td>113 kg</td>
<td>106 kg</td>
</tr>
<tr>
<td>Maximum User Weight</td>
<td>158 kg</td>
<td>158 kg</td>
<td>158 kg</td>
<td>182 kg</td>
<td>158 kg</td>
</tr>
<tr>
<td>Stride Length</td>
<td>51 cm</td>
<td>51 cm</td>
<td>40-61 cm Manual</td>
<td>40-61 cm Manual</td>
<td>45 cm</td>
</tr>
<tr>
<td>Resistance Levels</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>Heart Rate Monitoring</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Number of Workouts</td>
<td>t 14 g 13</td>
<td>t 14 g 13</td>
<td>t 14 g 13</td>
<td>t 14 g 13</td>
<td>18</td>
</tr>
<tr>
<td>Custom Workouts</td>
<td>t 12 g 2</td>
<td>t 12 g 2</td>
<td>t 12 g 2</td>
<td>t 12 g 2</td>
<td>7</td>
</tr>
<tr>
<td>User Profiles</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>t 4 g 2</td>
<td>–</td>
</tr>
</tbody>
</table>

Go and Track console warranty: 3-year on mechanical and electrical parts, 1-year on labor

---

**Warranties outside the U.S. may vary.**