



LifeFitness

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TRANSFORMATION FOR FACILITIES AND EXERCISERS

Our calling is to encourage people around the world to reach their full potential, by providing the tools needed to create transformational workout experiences.

For 50 years, Life Fitness has been dedicated to creating exciting and invigorating fitness solutions that allow fitness facilities to succeed and let exercisers reach their goals.

CHOOSE YOUR EXPERIENCE

Life Fitness puts your brand first by offering a wide breadth of products and customization choices.

Transform your facility with cutting-edge digital experiences to keep exercisers entertained and engaged, or small group training solutions to excite and energize members. Aesthetic details like color options, weight stack shrouds and other customization choices set a facility apart.

Both facilities and exercisers benefit from innovation and product development. We know that every facility has unique goals and we provide the tools and choices needed to reach them.

We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility.



YOUR FACILITY FIRST

Life Fitness puts your brand first. We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility.

We're here to help you take the steps needed to transform your business.

BUILD YOUR EXPERIENCE

Create the best cardio combinations for your facility with the most variety and versatility Life Fitness has ever offered. Simply choose your console, your base and your color.

SELECT YOUR CONSOLE



Discover SE3 HD

Premium entertainment on a 21" touch screen (16" on other cardio besides treadmills). Includes HD TV, internet, apps like Netflix™ and Hulu™, interactive courses and more.



Discover ST

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience. Also a 21" touch screen (16" on other cardio).



Integrity X**

A 7" touch screen and engaging workout experience through NFC and Bluetooth® connectivity.



Integrity C**†

An easy-to-use interface with LED screen and workouts for those who just want to get on and go.

SELECT YOUR BASE



Elevation

Premium cardio that combines appealing and sturdy design with innovative features.



Integrity Deluxe

Sleek design with added aesthetic touches to enhance any facility.



Integrity Simple*

Simplified, inviting design for when customization isn't necessary.

SELECT YOUR COLOR



Black Onyx



Diamond White



Titanium Storm



Arctic Silver



Elevation Base with SE3HD Consoles in Arctic Silver



Integrity Deluxe base with X Consoles in Arctic Silver



Integrity Simple Base with C Consoles in Arctic Silver



CONSOLE EXPERIENCES

DISCOVER SE3 HD CONSOLE

A consistently captivating experience. With engaging layouts, simple discoverability and a host of other digital advances including integrated streaming video services.



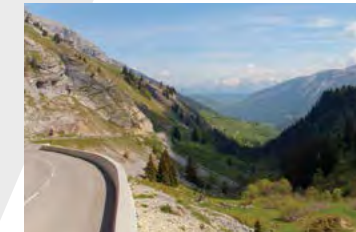
Connection

Apple® and Android™ devices connect through proximity Bluetooth® and NFC, which syncs to music, videos and fitness apps.



Entertainment Hub

Internet connectivity lets exercisers use media like Netflix™, Hulu™, Spotify® and Pandora® during their workouts.



Engaging Courses

Lifescape™ interactive courses let exercisers run through scenic terrains, enhanced by incline or resistance that changes with the terrain.



Apple Watch® Compatibility

Connect your Apple Watch® automatically to Life Fitness equipment and track important metrics like heart rate, speed and calories.



Customizable Home Screen

Customize home screen messaging to promote events and classes, communicate through trainers, open new revenue streams, and build your brand. Requires Halo Fitness Cloud.



Performance Run

Provides exercisers with a unique interval training workout experience. Offers intuitive interaction and large on-screen buttons to easily change the speed and incline, allowing quick and easy interval changes.

DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience for exercisers. Includes up to 21 workouts and is NFC and Bluetooth® compatible.



INTEGRITY X AND C CONSOLES

The X Console offers a 7" touch screen and engaging workout experience through NFC and Bluetooth® connectivity. The C Console offers an easy-to-use interface with LED screen and workouts for those who just want to get on and go.



CONSOLES



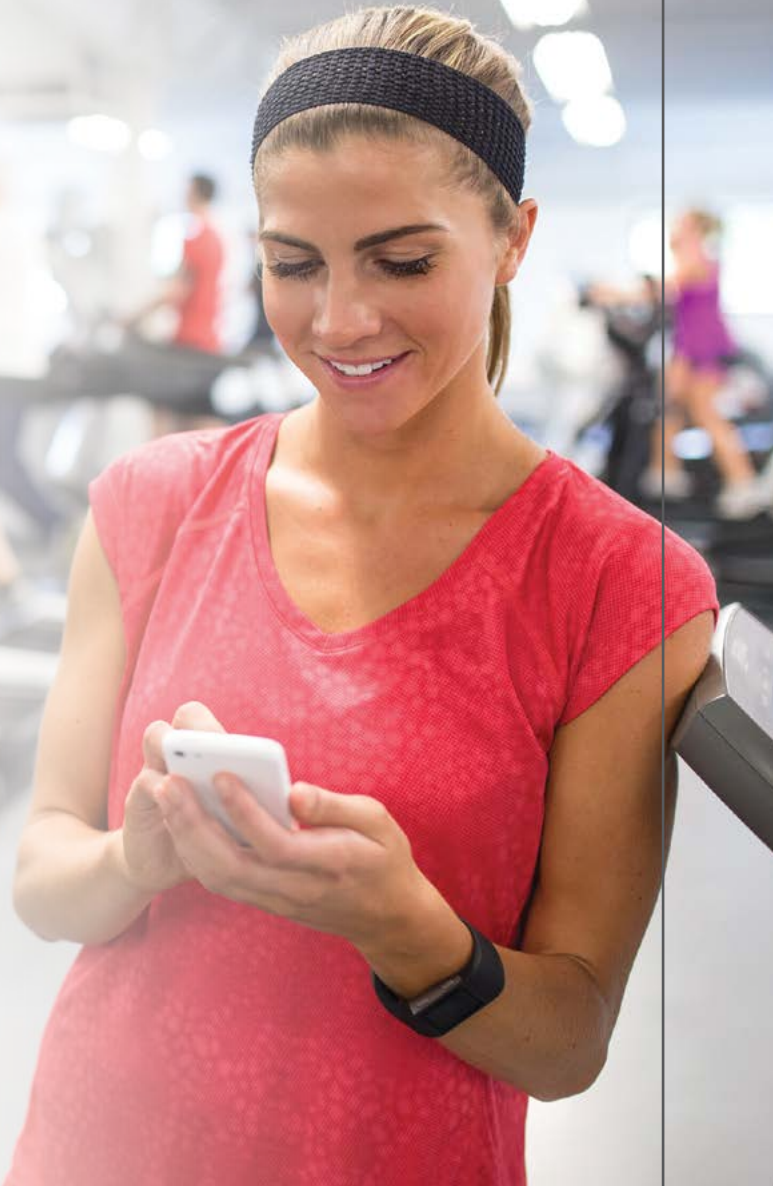
CONSOLE	DISCOVER SE3 HD	DISCOVER ST
Key Features	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Polar® and app compatibility, Lifescape interactive courses, Performance Run View	
Screen Size	<ul style="list-style-type: none">• Treadmills 21" (53 cm)• Bikes/Cross-Trainers/PowerMill Climber/ Arc Trainer 16" (41 cm)	<ul style="list-style-type: none">• Treadmills 21" (53 cm)• Bikes/Cross-Trainers/PowerMill Climber/ Arc Trainer 16" (41 cm)
Halo Fitness Cloud Compatibility	Standard	Standard
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®	Android™, iPhone®, iPad®
Entertainment	Integrated TV, Internet Browsing, Bluetooth®, Interactive Courses, Integrated Apps (Netflix™, Hulu™, Spotify®, Pandora®, ESPN®, BBC News®, Newsy®, Flipboard®, YouTube™, The Economist™, Sudoku, Chess, Solitaire)	Integrated TV
Languages Available	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Basque, Traditional Chinese, Welsh, Hebrew, Danish, Swedish	
Number of Workouts	Up to 25 + Quick Start	Up to 25 + Quick Start
Compatible Products	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer



CONSOLE	INTEGRITY X	INTEGRITY C
Key Features	Touch screen, Bluetooth® and NFC connection, easily accessible speed and incline adjustments, downloadable workouts	Simple controls for get-on-and-go functionality
Screen Size	7" LCD (18 cm)	N/A
Halo Fitness Cloud Compatibility	Standard	Standard
Device Compatibility	Android™, iPhone®	Android™, iPhone®
Entertainment	Attachable TV is optional	Attachable TV is optional
Language Available	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Basque, Traditional Chinese, Welsh, Hebrew, Danish, Swedish	Universal
Number of Workouts	21 + Quick Start	3 + Quick Start
Compatible Products	Integrity Series D and S Bases, PowerMill Climber, Arc Trainer	Integrity Series S Base, PowerMill Climber, Arc Trainer

HALO FITNESS CLOUD

Easy and efficient facility management.
Meaningful interactions with members.
Valuable revenue building.



WHAT IT IS

The Halo Fitness Cloud is the platform that connects fitness facilities to their staff, exercisers and equipment. It allows facilities and their staff to easily communicate between themselves and their exercises. It also allows for added services to help optimize equipment usage. Customize your solution to fit your facility brand, exercisers, environment and experience.

GET CONNECTED

- Equipment usage insights streamline preventive maintenance and service plans
- Plan and set up preventive maintenance tasks and reminders
- Ensure that your cardio mix includes popular equipment and is ideally placed in your facility
- Rotate equipment to extend the life of your cardio



ELEVATION SERIES

The Elevation™ Series is a premium line of cardio equipment that includes treadmills, cross-trainers, Lifecycle® upright and recumbent exercise bikes and the FlexStrider™ Variable-Stride Trainer.

The series combines superior biomechanics, thoughtful, user-friendly design, and a high level of connection and engagement for both the facility and the exerciser. The result is a truly memorable experience for the exerciser that sets your facility apart.

ELEVATION SERIES PRODUCTS



TREADMILL
WITH DISCOVER SE3 HD
CONSOLE



ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE3 HD
CONSOLE



**FLEXSTRIDER VARIABLE-
STRIDE TRAINER**
WITH DISCOVER SE3 HD
CONSOLE



**RECUMBENT LIFECYCLE
EXERCISE BIKE**
WITH DISCOVER SE3 HD
CONSOLE



**UPRIGHT LIFECYCLE
EXERCISE BIKE**
WITH DISCOVER SE3 HD
CONSOLE

The Life Fitness PowerMill Climber
and Arc Trainer are good additions
to the Elevation Series.

COLOR OPTIONS



DIAMOND
WHITE



ARCTIC
SILVER



TITANIUM
STORM



BLACK
ONYX

ELEVATION SERIES	DISCOVER ST	DISCOVER SE3 HD
Treadmill	95TST	95TSE
Cross-Trainer	95XST	95XSE
Upright	95CST	95CSE
Upright XXL	97CST	97CSE
Recumbent	95RST	95RSE
FlexStrider	95FST	95FSE

AVAILABLE WITH THESE CONSOLES



**DISCOVER SE3 HD
CONSOLE**

Premium entertainment
includes HD TV, internet,
apps like Netflix™ and Hulu™,
interactive courses and more.



**DISCOVER ST
CONSOLE**

Integrated HD TV and
an intuitive touch screen
offer a straight-forward
entertainment experience.



INTEGRITY SERIES

Continuous innovation and improvement ensure that this cardio series is an inviting option for exercisers in the best fitness facilities around the world.



INTEGRITY SERIES PRODUCTS



TREADMILL
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



ELLIPTICAL CROSS-TRAINER
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



**RECUMBENT LIFECYCLE
EXERCISE BIKE**
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



**UPRIGHT LIFECYCLE
EXERCISE BIKE**
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE

The Life Fitness
PowerMill Climber
and Arc Trainer are
good additions to the
Integrity Series.

AVAILABLE WITH THESE CONSOLES



DISCOVER SE3 HD CONSOLE
Premium entertainment includes HD
TV, internet, apps like Netflix™ and
Hulu™, interactive courses and more.



DISCOVER ST CONSOLE
Integrated HD TV and an intuitive
touch screen offer a straight-forward
entertainment experience.



INTEGRITY X CONSOLE
The X Console offers a 7" touch
screen and engaging workout
experience through NFC and
Bluetooth® connectivity.



INTEGRITY C CONSOLE*
The C Console offers an easy-to-
use interface with LED screen and
workouts for those who just want
to get on and go.



ATTACHABLE TV
Enhance entertainment
with attachable TVs available on
Integrity Series with
X & C Consoles.

SELECT
FROM TWO BASE OPTIONS

DELUXE BASE
Deluxe Base has added aesthetic touches like
stainless steel venting and four color options.
Exercisers benefit from slight enhancements to
user touchpoints.

SIMPLE BASE
Simple Base has a sleek and inviting design. It is
available in Arctic Silver.

See page 28 and 29 for more information.

COLOR OPTIONS



DIAMOND
WHITE



ARCTIC
SILVER**



TITANIUM
STORM



BLACK
ONYX

INTEGRITY SERIES S BASE/D BASE	INTEGRITY C CONSOLE*	INTEGRITY X CONSOLE	DISCOVER ST	DISCOVER SE3 HD
Treadmill	INTSC	INTSX/INTDX	INTSST/INTST	INTSSE/INTDSE
Cross-Trainer	INXCS	INXSX/INXDX	INXSST/INXST	INXSSE/INXDSE
Upright	INCSC	INCSX/INCDX	INCSST/INCST	INCSSE/INCDSE
Recumbent	INRSC	INRSX/INRDX	INRSST/INRST	INRSSE/INRDSE

POWERMILL CLIMBER

The PowerMill™ Climber provides a challenging workout for anyone from older adults to seasoned athletes. Exercisers can always rise to the occasion with 25 different speeds, the largest step space among similar products and an anti-toe-pinch design. Stepping on the PowerMill offers everything from low/moderate to high-intensity workouts.

COLOR OPTIONS



DIAMOND
WHITE



ARCTIC
SILVER



TITANIUM
STORM



BLACK
ONYX

INTEGRITY C CONSOLE	INTEGRITY X CONSOLE	DISCOVER ST	DISCOVER SE3 HD
INPMSC	INPMDX	INPMDST	INPMHD




ARC TRAINER

Alternative-motion cross-trainer that adds workout variety and cardio versatility for a wide range of exercisers. The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking. It's effective for everyone from rehabilitation clients and deconditioned members, up to professional athletes.

- Features:**
- 21 levels of incline adjustment allowing workouts to target glutes, quads and hamstrings.
 - 100 levels delivering more than 1,000 Watts of resistance.
 - Back-entry keeps the footprint small.
 - Available with Discover SE3 HD and ST consoles, and Integrity X and C consoles
 - Two base versions to choose from: Total-body and lower-body



COLOR OPTIONS

 DIAMOND WHITE

 ARCTIC SILVER

 TITANIUM STORM

 BLACK ONYX

	INTEGRITY C	INTEGRITY X	DISCOVER ST	DISCOVER SE3 HD
LOWER BODY	INATLSC-ALLXX-01	INATLSX-ALLXX-01	INATLSS-ALLXX-01	INATLSH-ALLXX-01
TOTAL BODY	INATTSC-ALLXX-01	INATTSX-ALLXX-01	INATTSS-ALLXX-01	INATTSH-ALLXX-01





ACTIVATE SERIES

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



ACTIVATE SERIES



TREADMILL / OST



**ELLIPTICAL
CROSS-TRAINER / OSX**



**UPRIGHT LIFECYCLE
EXERCISE BIKE / OSC**



**RECUMBENT LIFECYCLE
EXERCISE BIKE WITH
ATTACHABLE TV / OSR**

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

INTEGRITY BASE COMPARISON

TREADMILL	Simple		Deluxe	
FEATURES				
Speed Range	0.5 - 14 mph (0.8 - 23 kph)			
Incline	0-15%			
Side handrails	16" (41 cm)		24" (61 cm)	
Remote speed and incline controls	N		Y	
Motor System: 4-HP AC Continuous Duty (8-HP Peak Duty) Motor. Motor efficiency rated IE2 at 2-HP	Y			
FRAME				
Brushed stainless steel vent detail	N		Y	
Cast aluminum lower side rails and end caps	N		Y	
Plastic lower side rails and end caps	Y		N	
Arctic Silver frame	Y		Y	
Titanium Storm frame	N		Y	
Diamond White frame	N		Y	
Black Onyx frame	N		Y	
TECHNICAL SPECIFICATIONS				
Running surface	22 x 60" (56 x 152 cm)			
Step-up height	8" (20 cm)			
Max user weight	400 lbs (181 kg)			
Length	82" (208 cm)			
Dynamic Length	-			
Width	36" (91 cm)			
Height	56" (142 cm)			
Unit Weight	425 lbs (193 kg)		434 lbs (197 kg)	

CROSS-TRAINER	Simple		Deluxe	
FEATURES				
Ergonomic Fixed Stride	20" (51 cm)			
Resistance Levels	0 - 25			
Multi-grip handles with remote resistance controls	N		Y	
Oversized 15" (38 cm) pedals	Standard		FlexForm™	
Generator Drive System	Y			
FRAME				
Brushed stainless steel vent detail	N		Y	
Cast aluminum lower side rails and end caps	-		-	
Plastic lower side rails and end caps	-		-	
Arctic Silver frame	Y		Y	
Titanium Storm frame	N		Y	
Diamond White frame	N		Y	
Black Onyx frame	N		Y	
TECHNICAL SPECIFICATIONS				
Running surface	-			
Step-up height	-			
Max user weight	400 lbs (181 kg)			
Length	86" (218 cm)			
Dynamic Length	87" (221 cm)			
Width	29" (74 cm)			
Height	63.5" (161 cm)		64" (163 cm)	
Unit Weight	298 lbs (135 kg)		301 lbs (137 kg)	

UPRIGHT BIKE	Simple	Deluxe
Deluxe racing handlebars with elbow support	N	Y
Standard racing handlebars	Y	N
Remote resistance controls	N	
Self-leveling Wide Ride™ pedals	N	
Standard Wide Ride™ pedals	Y	N
Seat with lumbar support	-	
Fine-tuned seat adjustment positions	38	
Resistance Levels	0 - 25	
Maximum resistance (Watts)		
FRAME		
Brushed stainless steel vent detail	N	Y
Cast aluminum lower side rails and end caps	-	-
Plastic lower side rails and end caps	-	-
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y
TECHNICAL SPECIFICATIONS		
Running surface	-	
Step-up height	-	
Max user weight	400 lbs (181 kg)	
Length	41.5" (105 cm)	
Dynamic Length	-	
Width	24.5" (62 cm)	
Height	54.5" (138 cm)	
Unit Weight	169 lbs (77 kg)	

RECUMBENT BIKE	Simple	Deluxe
Front assist handle for easy entry and exit	N	Y
Self-leveling Wide Ride™ pedals	N	Y
Standard Wide Ride™ pedals	Y	N
Remote resistance controls	N	Y
Improved Comfort Curve Plus™ Seat with lumbar support"	N	Y
Seat with lumbar support	Y	N
Fine-tuned seat adjustment positions	40	
Resistance Levels	25	
Maximum resistance (Watts)	900+	
FRAME		
Brushed stainless steel vent detail	N	Y
Cast aluminum lower side rails and end caps	-	-
Plastic lower side rails and end caps	-	-
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y
TECHNICAL SPECIFICATIONS		
Running surface	-	
Step-up height	-	
Max user weight	400 lbs (181 kg)	
Length	67" (170 cm)	
Dynamic Length	-	
Width	26" (66 cm)	
Height	51.5" (131 cm)	
Unit Weight	211 lbs (96 kg)	215 lbs (98 kg)

ELEVATION SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	83" x 37" x 63.5" (211 cm x 94 cm x 161 cm)	444 lb (202 kg)
Elliptical Cross-Trainer	84" x 30.5" x 65" (213 cm x 77 cm x 165 cm)	452 lb (205 kg)
Upright Lifecycle Exercise Bike	43.5" x 21" x 59.5" (111 cm x 54 cm x 151 cm)	176 lb (80 kg)
Recumbent Lifecycle Exercise Bike	65" x 27" x 53" (165 cm x 69 cm x 135 cm)	214 lb (97 kg)
FlexStrider Variable-Stride Trainer	102.5" x 34" x 67.5" (260 cm x 86 cm x 171 cm)	564 lb (256 kg)

ACTIVATE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	81" x 32" x 57" (206 cm x 81 cm x 145 cm)	325 lb (148 kg)
Elliptical Cross-Trainer	81" x 27" x 60" (206 cm x 69 cm x 153 cm)	240 lb (109 kg)
Upright Lifecycle Exercise Bike	44" x 23" x 54" (112 cm x 58 cm x 137 cm)	130 lb (59 kg)
Recumbent Lifecycle Exercise Bike	64" x 27" x 45" (163 cm x 69 cm x 114 cm)	200 lb (91 kg)

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	55.92" x 32.81" x 82.3" (142 cm x 84 cm x 209 cm)	473 lb (215 kg)
Total Body Arc Trainer	76.5" x 36.5" x 62.5" (194 cm x 93 cm x 159 cm)	510 lbs (232 kg)
Lower Body Arc Trainer	76.5" x 33" x 62.5" (194 cm x 84 cm x 159 cm)	490 lbs (222 kg)

* Dimensions and weight might vary based on console and base combination. For more information go to Lifefitness.com

GROUP TRAINING

When done right, small group training adds energy and excitement to any fitness center. Create memorable experiences for exercisers with a well-planned and well-executed group training offering.

Successful small group training is a perfect mix of space, products and application.

TURNKEY SOLUTIONS

Two pre-configured plug-and-play solutions make it easy to engage with exercisers, while designing flexible, scalable and profitable group training spaces in less time.

MODULES

Four categories of SGT modules (cardio, accessory, SYNRGY and Hammer Strength), three levels of difficulty, and one proven training method to make designing small group training spaces simple and easy.





THE ARENA

Functional training combined with high-intensity cardio. Maximum exercise variety in a complete cross-training session that incorporates HIIT.

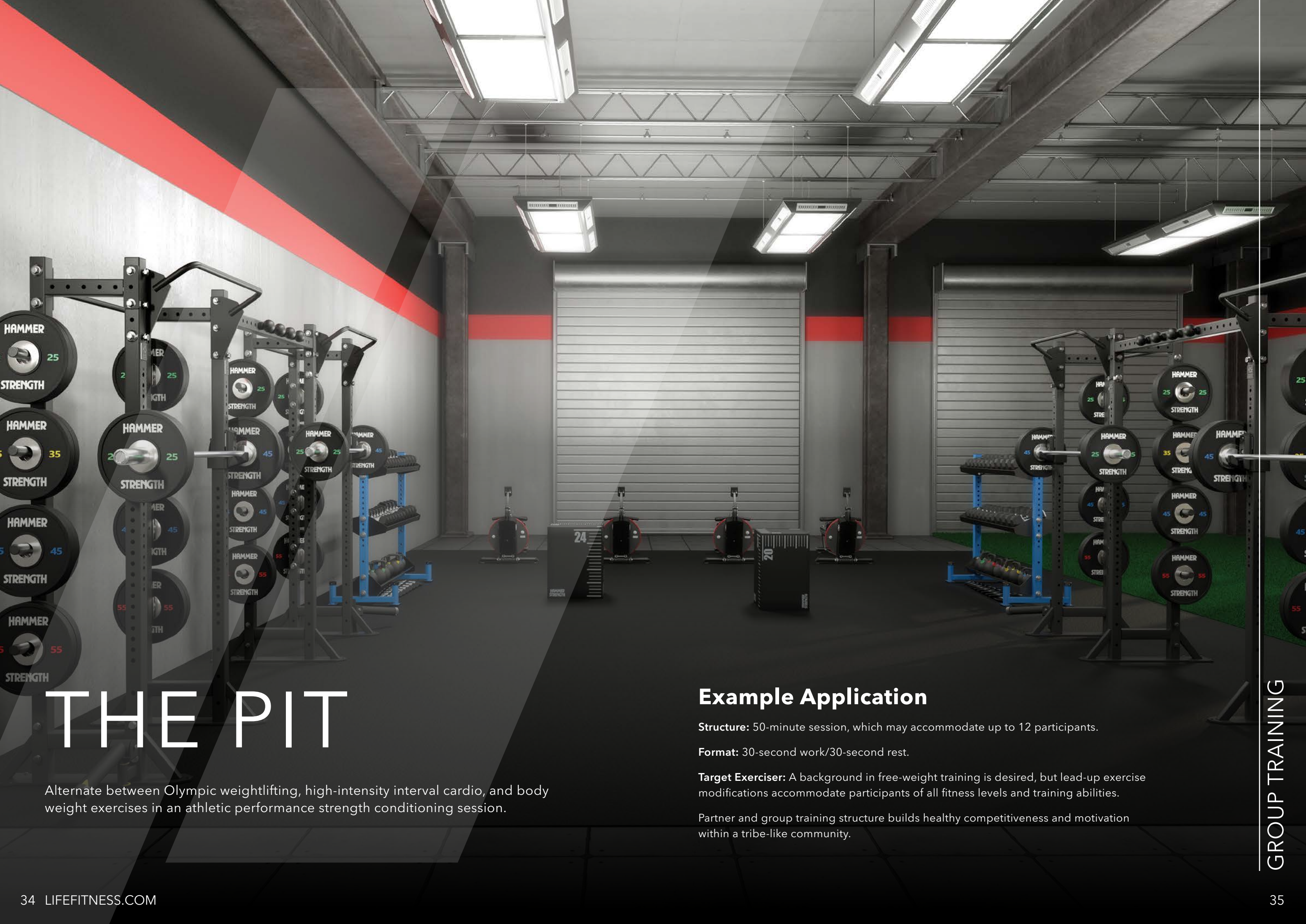
Example Application

Structure: 30-minute session, which may be scaled to accommodate 8, 12 or 16 participants.

Format: 40-second work/20-second rest.

Target Exerciser: Built-in exercise modifications accommodate participants of all fitness levels of training backgrounds.

Partner and group training structure builds confidence, competence and community for both coach and participant.



THE PIT

Alternate between Olympic weightlifting, high-intensity interval cardio, and body weight exercises in an athletic performance strength conditioning session.

Example Application

Structure: 50-minute session, which may accommodate up to 12 participants.

Format: 30-second work/30-second rest.

Target Exerciser: A background in free-weight training is desired, but lead-up exercise modifications accommodate participants of all fitness levels and training abilities.

Partner and group training structure builds healthy competitiveness and motivation within a tribe-like community.



UPPERCYCLE GX

Ideal for group training. The UpperCycle GX™ Ergometer targets the upper torso, arms, shoulders and core, providing the essential complement for a well-balanced circuit training regimen.

Ground-based functionality allows exercisers to fully engage the core and stabilization muscles, providing a more effective workout.



UPPERCYCLE GX ERGOMETER
GROUP-UC-01



Console Displays: Measures Output, Level, Calories Burned, Calories/Hour, Time, Speed, Pulse, RPM



ROW GX TRAINER

An effective low-impact, total-body workout that is ideal for individual cardio training, as an exciting addition to small group training, or for the creation of a dynamic high-intensity interval training (HIIT) space.

Variable fluid resistance technology uses water to deliver a smooth and natural rowing motion. Sixteen resistance levels are accessible with just the turn of dial and accommodate a wide range of exercisers.



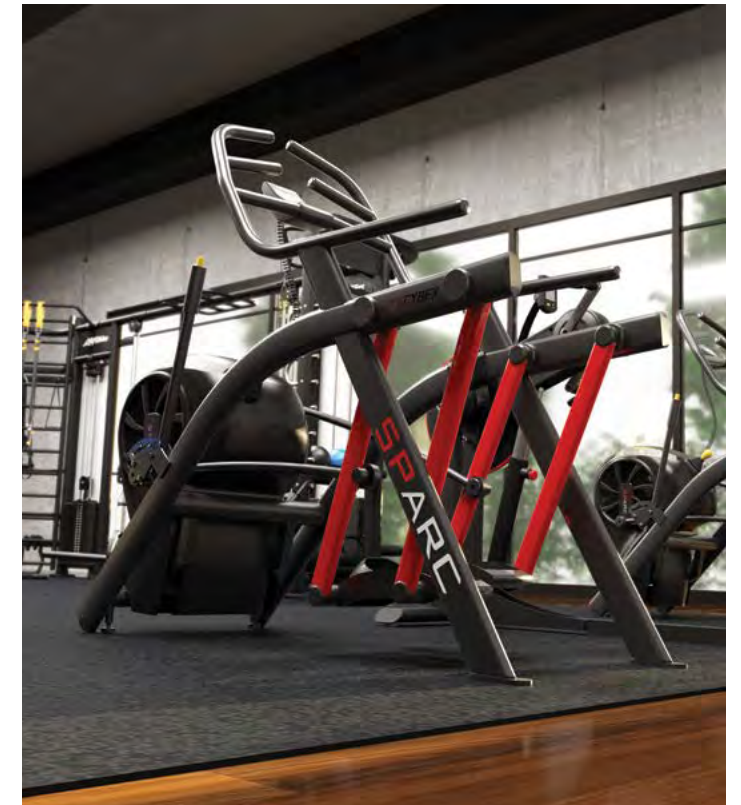
ROW GX TRAINER
GROUP-ROW-02



Console Displays: Time, Distance, Strokes/Minute, 500-Meter Split Time, Calories/Hour, Watts

SPARC TRAINER

Run farther. Train harder. Achieve more goals. SPARC does it all because it's biomechanically refined—providing exceptional results with low impact. SPARC's intuitive “get on and go” design invites all users to simply choose incline and intensity levels, then reach their fitness goals in record time.



SPARC TRAINER
50A1-12

LIFE FITNESS INDOOR CYCLES

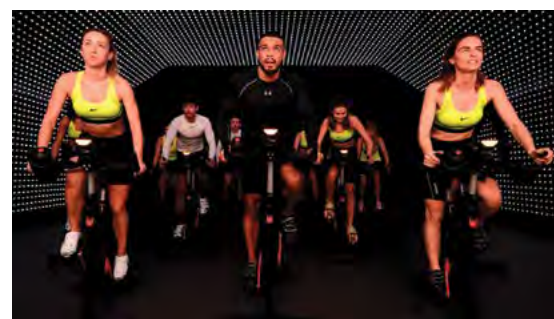
POWERED BY ICG

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

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



IC7 INDOOR CYCLE /
IC-LFIC7B2-01



Robust Digital Experience

Connection available on IC5, IC6 and IC7 bikes allows exercisers and instructors to benefit from the combination of state-of-the-art bikes and cutting edge digital experiences.



Advanced Power Metrics

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



Inviting Design

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



Optimal Q Factor

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



Poly-V Belt Drive

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



Attention to Comfort

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

STATE-OF-THE-ART INDOOR CYCLES

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



IC7 / IC-LFIC7B2-01

Award-winning design, a two-stage drivetrain and a premium digital experience. A WattRate Direct Power Meter, Coach By Color® intensity guide for user and instructor, data exchange with devices, and outstanding comfort make the IC7 a one-of-a-kind indoor cycle.



IC6 / IC-LFIC6B1-01

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



IC5 / IC-LFIC5B2-01

Innovative design and high-quality components. The WattRate LCD computer displays performance and the IC5 allows for data exchange with devices and the Coach By Color® intensity guide for users.



IC4 / IC-LFIC4B1-01

The belt drivetrain and magnetic brake system are virtually maintenance free and work together to provide a superior ride.



IC3 / IC-LFIC3B1-01

Incredible ride, incredible value. The ergonomic handlebar, advanced geometry and 155mm Q Factor combine for extreme comfort.



IC2 / IC-LFIC2B1-01

An entry-level cycle that offers a simplified feature set without compromising quality engineering and style.

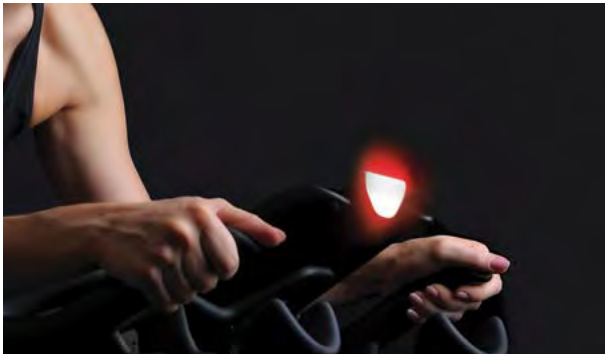


The state-of-the-art engineering of ICG indoor cycles combines with engaging digital technology to create extremely memorable exerciser experiences.



ICG CONNECT

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



COACH BY COLOR®

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



ICG TRAINING APP

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



MYRIDE® VX

Virtual training through scenic settings and with the guidance of both live and virtual instructors.

IC8 POWER TRAINER

Inspired by the movement of road and triathlon cycling, the IC8 is a high-performance indoor cycle for serious riders and a challenging power trainer for all athletes.

With greater power accuracy, wattage and performance data than any other indoor cycle, the IC8 delivers results for facilities running cycle-specific coaching, high-intensity interval training and endurance training.



CHAIN-DRIVEN FREEWHEEL

A 13.75 to 1 ratio chain-driven freewheel provides complete control of accelerations and allows for coasting to recover. The design allows the IC8 to feel and perform like a high-performance outdoor cycle.



0 TO 3800 WATT MAGNETIC RESISTANCE

300-degree dial offers 100 clicked increments and displays the resistance level as 0-100 on the WattRate TFT computer. The large range of watts meets the high-performance demands.



WATTRATE® DIRECT POWER METER

The most accurate power meter in the industry offers a direct measuring tolerance of +/- 1%. Photocells directly measure the torsion of the spindle, and never require recalibration.



Q FACTOR

A 155mm Q Factor provides the feel of a real road bike. The result is added comfort and improved pedal stroke efficiency.





SYNRGY360

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

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

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



SYNRGY360 T

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

2

MAX. FOOTPRINT:
5.8' x 7.6'
(1.75 m x 2.31 m)

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



SYNRGY360 XS

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

4

MAX. FOOTPRINT:
7.7' x 9.0'
(2.34 m x 2.74 m)

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



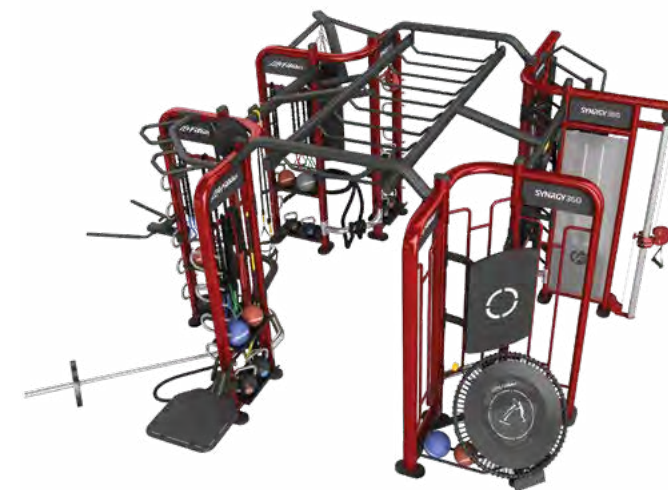
SYNRGY360 XM

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

6

MAX. FOOTPRINT:
9.0' x 14.4'
(2.74 m x 4.39 m)

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



SYNRGY360 XL

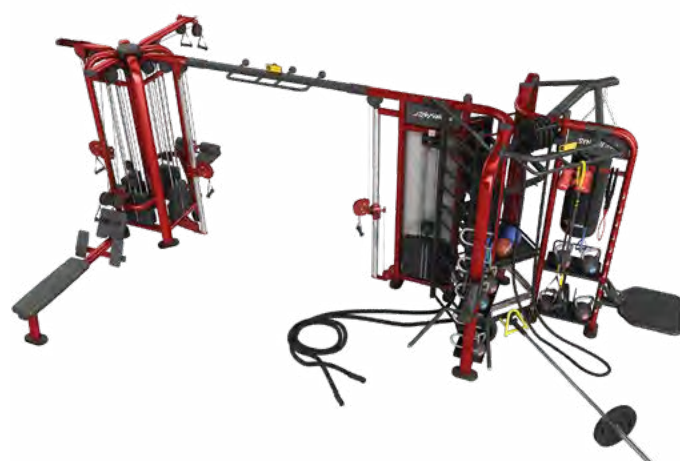
Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.*

8

MAX. FOOTPRINT:
14.4' x 14.4'
(4.39 m x 4.39 m)

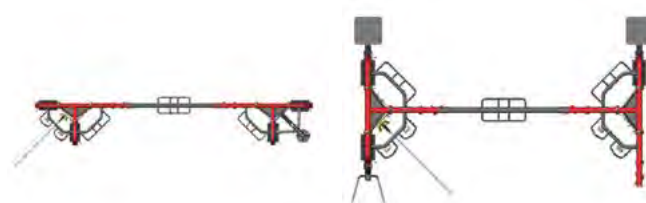
LIVE AREA:
27' x 27'
(8.2 m x 8.2 m)

OPTIONAL CABLE CROSSOVER CONNECTOR



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

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



COMPLETE THE PACKAGE



ACCESSORIES

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



FLOORING

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



EDUCATION

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

[LifeFitness.com/Synrgy360/Training](https://www.lifefitness.com/Synrgy360/Training)

* SYNRGY360 units must be secured to a concrete floor for stabilization and to eliminate rocking or tipping. Contact your sales representative for pricing and additional configurations.



SYNRGY90

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

SYNRGY90



CABLE CABLE
/ SYN90-CC



CABLE VERSA
/ SYN90-CV



VERSA CABLE
/ SYN90-VC



VERSA VERSA
/ SYN90-VV

Images not to scale. Products subject to change.



STUDIO COLLECTION



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

- Features:**
- Each piece in this collection has its own design nuances that make it easier or more practical to use
 - Organizational efficiency allows this collection to fit in any space
 - Colors and design aesthetics make group studio classes more inviting



STEP / LF-STP-1001



RISER / LF-STP-1002



DECK / LF-DK-1000



STEP & RISER SET / LF-STP-1000



BARBELL SET / LF-GBBLB



DUMBBELLS SET / LF-GDBLB



KETTLEBELL RACK* / LF-STKBR

* Kettlebells sold separately.

ACCESSORIES



MED BALLS

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



FOAM ROLLERS

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



JUMP ROPES

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



KETTLEBELLS

Different protective coatings, grip surfaces, and a wide weight range means we have the ideal product for all of your specific kettlebell exercises.



COVERED RESISTANCE TUBES

Designed to provide resistance or give assistance, covered tubes are extremely versatile and can be used in strength training, flexibility or body weight exercises.



SOFT PLYO BOX

Build power with jumps, or strength with high stepping.



MATS

Premium design in both look and feel.



STABILITY BALLS

A core necessity for every facility.



POWERBANDS

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



TIRES

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






















INSIGNIA SERIES

Thoughtfully designed. Distinctively crafted.

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



INSIGNIA SERIES

							
ASSIST DIP CHIN / SS-ADC	BICEPS CURL / SS-BC	CHEST PRESS / SS-CP	LATERAL RAISE / SS-LR	PECTORAL FLY / SS-PEC	PECTORAL FLY / REAR DELTOID / SS-FLY	PULLDOWN / SS-PD	ROW / SS-RW
							
SHOULDER PRESS / SS-SP	TRICEPS PRESS / SS-TP	CALF EXTENSION / SS-CE	GLUTE / SS-GL	HIP ABDUCTION / S S-HAB	HIP ADDUCTION / SS-HAD	LEG CURL / SS-LC	LEG EXTENSION / SS-LE
							
SEATED LEG CURL / SS-SLC	SEATED LEG PRESS / SS-SLP	ABDOMINAL / SS-AB	BACK EXTENSION / SS-BE	TORSO ROTATION / SS-TR			

INSIGNIA CUSTOMIZATION OPTIONS

TRIM OPTIONS



- L TRIM**
- A** Ergonomic grips
 - B** Aluminum painted tower cap
 - C** Integrated rep counter/timer



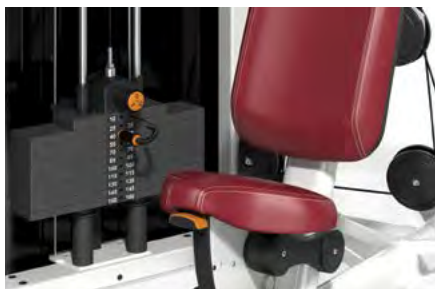
- S TRIM**
- A** Standard grips
 - B** Charcoal gray plastic tower cap

WEIGHT STACK OPTIONS



X: Heavy weight stack* with two, 5-lb (2.5 kg) dial weight increments

**15% more than standard*



C: Standard weight stack with two, 5-lb (2.5 kg) dial weight increments



P: Standard weight stack with one, 7.5-lb (3.75 kg) push/pull weight increments

SHROUD OPTIONS



Full shroud



Rear Shroud Only



Insignia Chest Press featuring L Trim, C Weight Stack option and Full Shroud



SIGNATURE SERIES

Premium options for exercisers looking to expand their strength training progression beyond selectorized machines.

The Signature Series includes plate-loaded machines, benches and racks, and versatile Cable Motion™ machines.

Each unit combines outstanding performance with a striking design aesthetic.

SIGNATURE SERIES: PLATE-LOADED



LINEAR LEG PRESS /
SPLLLP



KNEELING LEG CURL
/ SPLKLC



LEG EXTENSION / SPLLE



CALF RAISE / SPLCALF



TWO-TONE FRAME AND
WORK ARM FEATURE

- Signature Series standard/premium color options
- See color chart for all available color options
- Only available on Signature Plate-Loaded

SIGNATURE SERIES: PLATE-LOADED



BICEPS CURL / SPLBC



DECLINE CHEST PRESS
/ SPLDCP



FRONT PULLDOWN
/ SPLPD



HIGH ROW / SPLHR



INCLINE PRESS
/ SPLIP



ROW / SPLROW



SEATED DIP / SPLDIP



SHOULDER PRESS /
SPLSP

Images not to scale. Products subject to change.

SIGNATURE SERIES: BENCHES AND RACKS



OLYMPIC FLAT BENCH
/ SOFB

OLYMPIC INCLINE
BENCH / SOIB

OLYMPIC DECLINE
BENCH / SODB

OLYMPIC MILITARY
BENCH / SOMB



OLYMPIC BENCH
WEIGHT STORAGE
/ SOBWS

OLYMPIC SQUAT RACK
/ SOSR

ARM CURL BENCH / SAC

BACK EXTENSION / SBE



MULTI-ADJUSTABLE
BENCH / SMAB

FLAT BENCH / SFB

AB CRUNCH BENCH /
SABC

UTILITY BENCH / SUB



ADJUSTABLE DECLINE
/ ABDOMINAL BENCH
/ SADB

CHIN / DIP / LEG RAISE
/ SCDLR

LEG RAISE / SLR

SMITH MACHINE / SSM



SINGLE-TIER
DUMBBELL RACK /
SDR1

TWO-TIER DUMBBELL
RACK / SDR2

BARBELL RACK / SBBR

HANDLE RACK / SHR



OLYMPIC WEIGHT
TREE / SOWT

SAR SS ACCESSORY
STORAGE RACK
/ SAR

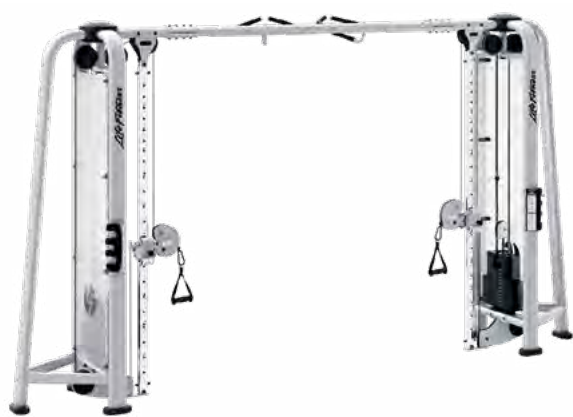
SIGNATURE SERIES: CABLE MOTION



DUAL ADJUSTABLE
PULLEY / CMDAP



CABLE COLUMN / CMCC



ADJUSTABLE CABLE CROSSOVER / CMACO



CHEST PRESS / CMCP



PULLDOWN / CMPD



ROW / CMRW



SHOULDER PRESS /
CMSP



DUAL ADJUSTABLE
PULLEY CONSOLE /
DAPCONSOLE

SIGNATURE SERIES: MULTI-JUNGLE



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



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



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



OPTIMA SERIES

A versatile line of strength equipment that includes selectorized units, benches and racks, and a dual adjustable pulley.

All 26 pieces in the Optima Series have a clean, inviting look and are designed to offer effective strength training solutions in any space.

OPTIMA SERIES



ABDOMINAL / OSAB



BICEPS CURL / OSBC



CHEST PRESS / OSCP



LAT PULLDOWN / OSPD



SHOULDER PRESS /
OSSP



TRICEPS EXTENSION
/ OSTE



BICEPS / TRICEPS /
OSBT



HIP ABDUCTOR /
ADDUCTOR / OSHAA



LEG CURL / OSLC



LEG EXTENSION / OSLE



LEG PRESS / OSLP



SEATED ROW / OSRW



DUAL ADJUSTABLE
PULLEY / OSDAP



ADJUSTABLE BENCH
/ OP-ADJ



3-TIER DUMBBELL
RACK (5-50 HEX)
/ OP-DB3HX



3-TIER DUMBBELL
RACK (5-50 SADDLE)
/ OP-DB3SS



LEG EXTENSION /
CURL / OSLEC



MULTI PRESS / OSMP



PECTORAL FLY /
REAR DELTOID / OSFLY



LAT PULLDOWN /
LOW ROW / OSLR



3-TIER DUMBBELL
RACK (5-75 SADDLE)
/ OP-DB3LS



3-TIER ACCESSORY
RACK (ACCESSORY)
/ OP-AR3



VERTICAL DUMBBELL
RACK / OP-DBV



SMITH MACHINE
/ OP-SM

OPTIMA SERIES



ABDOMINAL BENCH
/ OP-ABB



VERTICAL MEDICINE BALL
STORAGE / OP-MBS



FIT SERIES

Compact but effective. The Fit Series multi-use training solution is an ideal fitness option when space is at a premium.



FIT SERIES



FIT 3 MULTI-GYM / FSF3

Images not to scale. Products subject to change.



CIRCUIT SERIES

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

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

CIRCUIT SERIES



AB CRUNCH / TCAB



AB CURL BENCH / TCABB



BICEPS CURL / TCBC



CHEST PRESS / TCCP



LAT PULLDOWN / TCPD



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



SEATED ROW / TCRW



SHOULDER PRESS / TCSP



SQUAT / TCSL


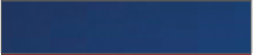



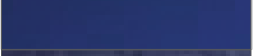
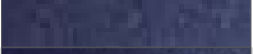



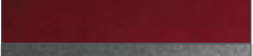

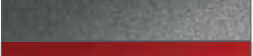







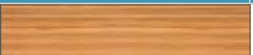
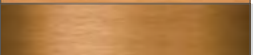
TRICEPS PRESS / TCTP









Images not to scale. Products subject to change.

CUSTOMIZE

YOUR STRENGTH EXPERIENCE

STRENGTH FRAME COLORS		LIFE FITNESS STRENGTH	OPTIMA SERIES	FIT SERIES
Black		Standard	Optional	Not available
Blue		Standard	Optional	Not available
Candy Apple Red		Premium	Premium	Not available
Charcoal		Standard	Optional	Not available
Diamond White Clear		Standard	Optional	Not available
Electric Blue		Premium	Premium	Not available
Ice Blue Metallic		Not available	Not available	Not available
Ice Blue Metallic Clear		Standard	Optional	Not available
Midnight Metallic		Not available	Not available	Not available
Midnight Metallic Clear		Standard	Optional	Not available
Mocha Sand		Standard	Optional	Not available
Platinum		Not available	Not available	Not available
Platinum Clear		Standard	Standard	Standard
Red		Standard	Optional	Not available
Titanium		Not available	Not available	Not available
Titanium Clear		Standard	Optional	Not available
White		Standard	Optional	Not available
Yellow		Standard	Optional	Not available
Custom		Custom*	Not available	Not available

STRENGTH SHROUD INLAYS		INSIGNIA SERIES	SIGNATURE CABLE MOTION	SYNRGY 360 / SYNRGY 90
Bamboo		Optional	Optional	Optional
Bronze		Optional	Optional	Optional
Premium Black Carbon Fiber		Premium	Not available	Not available
Premium Stainless Steel		Premium	Not available	Not available
Rosewood		Optional	Optional	Optional
Sky		Optional	Optional	Optional
Stainless Steel		Optional	Optional	Optional
Stem		Optional	Optional	Optional

STRENGTH UPHOLSTERY COLORS		LIFE FITNESS STRENGTH	OPTIMA SERIES	FIT SERIES
American Beauty Red		Standard	Optional	Not available
Andes		Custom	Not available	Not available
Azure		Standard	Optional	Not available
Black		Standard	Standard	Standard
Black Carbon Fiber		Standard	Optional	Not available
Burgundy		Standard	Optional	Not available
Candy Apple Red		Standard	Optional	Not available
Chestnut		Standard	Optional	Not available
Concord		Standard	Optional	Not available
Cranberry		Standard	Optional	Not available
Dark Walnut		Standard	Optional	Not available
Dove Gray		Standard	Optional	Not available
Emerald Green		Standard	Optional	Not available
Gaucha		Custom	Not available	Not available
Graphite		Standard	Optional	Not available
Grotto		Standard	Optional	Not available
Gaucha - Kona (Two-tone)		Custom	Not available	Not available
Hunter Green		Standard	Optional	Not available
Imperial Blue		Standard	Optional	Not available
Kona		Custom	Not available	Not available
Lava Rock		Custom	Not available	Not available
Lost Coast		Custom	Not available	Not available
Navy		Standard	Optional	Not available
Regimental Blue		Standard	Optional	Not available
Royal Blue		Standard	Optional	Not available
Sequoia		Custom	Not available	Not available
Slate		Standard	Optional	Not available
Suede		Standard	Optional	Not available
Terra Cotta		Standard	Optional	Not available
Wheat		Standard	Optional	Not available

STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (L X W X H)	WEIGHT
Abdominal	SS-AB	200 lb (100 kg)	52.4" x 46.3" x 58.1" (134 cm x 118 cm x 148 cm)	527 lb (240 kg)
Assist Dip Chin	SS-ADC	200 lb (100 kg)	63.9" x 58.5" x 87.4" (163 cm x 149 cm x 222 cm)	732 lb (333 kg)
Biceps Curl	SS-BC	200 lb (100 kg)	47.9" x 62.7" x 58.1" (122 cm x 160 cm x 148 cm)	550 lb (250 kg)
Back Extension	SS-BE	305 lb (152.5 kg)	58.5" x 41.8" x 58.1" (149 cm x 107 cm x 148 cm)	627 lb (285 kg)
Chest Press	SS-CP	305 lb (152.5 kg)	56.3" x 56.6" x 58.1" (144 cm x 144 cm x 148 cm)	725 lb (329 kg)
Pectoral Fly/Rear Deltoid	SS-FLY	305 lb (152.5 kg)	79.9" x 77.6" x 80.1" (203 cm x 198 cm x 204 cm)	657 lb (299 kg)
Glute	SS-GL	200 lb (100 kg)	73" x 38.4" x 58.1" (186 cm x 98 cm x 148 cm)	541 lb (246 kg)
Hip Abduction	SS-HAB	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Hip Adduction	SS-HAD	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Leg Curl	SS-LC	200 lb (100 kg)	62.4" x 41.7" x 58.1" (159 cm x 106 cm x 148 cm)	493 lb (224 kg)
Leg Extension	SS-LE	305 lb (152.5 kg)	65.7" x 41.5" x 58.1" (167 cm x 106 cm x 148 cm)	628 lb (285 kg)
Lateral Raise	SS-LR	200 lb (100 kg)	51.4" x 52.5" x 58.1" (131 cm x 134 cm x 148 cm)	555 lb (252 kg)
Pulldown	SS-PD	305 lb (152.5 kg)	56.9" x 55.6" x 76.2" (145 cm x 142 cm x 194 cm)	689 lb (313 kg)
Pectoral Fly	SS-PEC	305 lb (152.5 kg)	60.5" x 70.4" x 58.1" (154 cm x 179 cm x 148 cm)	648 lb (294 kg)
Row	SS-RW	305 lb (152.5 kg)	48.6" x 55.1" x 58.1" (124 cm x 140 cm x 148 cm)	635 lb (289 kg)
Seated Leg Curl	SS-SLC	305 lb (152.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	741 lb (337 kg)
Shoulder Press	SS-SP	200 lb (100 kg)	64.4" x 56.9" x 72.8" (164 cm x 145 cm x 185 cm)	616 lb (280 kg)
Triceps Press	SS-TP	305 lb (152.5 kg)	53.1" x 43.7" x 58.1" (135 cm x 111 cm x 148 cm)	607 lb (276 kg)
Torso Rotation	SS-TR	200 lb (100 kg)	50" x 42.4" x 61.9" (127 cm x 108 cm x 158 cm)	546 lb (248 kg)
Calf Extension	SS-CE	395 lb (197.5 kg)	70.3" x 41.5" x 58.1" (179 cm x 106 cm x 148 cm)	770 lb (350 kg)
Seated Leg Press	SS-SLP	395 lb (197.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	990 lb (450 kg)

OPTIMA SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OSHAA	66" x 66" x 57" (168 cm x 168 cm x 145 cm)	425 lb (193 kg)
Pec Fly/Rear Delt	OSFLY	61" x 60" x 57" (155 cm x 153 cm x 145 cm)	425 lb (193 kg)
Lat Pulldown/Low Row	OSLR	79" x 50" x 87" (201 cm x 127 cm x 221 cm)	440 lb (200 kg)
Leg Extension/Curl	OSLEC	64" x 40" x 57" (163 cm x 102 cm x 145 cm)	437 lb (199 kg)
Multi-Press	OSMP	55" x 68" x 71" (140 cm x 173 cm x 181 cm)	514 lb (234 kg)
Biceps/Triceps	OSBT	60" x 34" x 81" (153 cm x 87 cm x 206 cm)	337 lb (153 kg)
Dual Adjustable Pulley	OSDAP	74" x 48" x 89" (188 cm x 122 cm x 227 cm)	630 lb (286 kg)
Chest Press	OSCP	38" x 50" x 57" (97 cm x 127 cm x 145 cm)	439 lb (200 kg)
Seated Row	OSRW	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	439 lb (200 kg)
Shoulder Press	OSSP	61" x 55" x 57" (155 cm x 140 cm x 145 cm)	493 lb (224 kg)
Lat Pulldown	OSPD	63" x 54" x 73" (161 cm x 138 cm x 186 cm)	489 lb (222 kg)
Biceps Curl	OSBC	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Triceps Extension	OSTE	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Leg Extension	OSLE	59" x 40" x 57" (150 cm x 102 cm x 145 cm)	419 lb (191 kg)
Leg Curl	OSLC	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	385 lb (175 kg)
Leg Press	OSLP	81" x 40" x 69" (206 cm x 102 cm x 176 cm)	566 lb (257 kg)
Abdominal	OSAB	50" x 39" x 57" (127 cm x 100 cm x 145 cm)	350 lb (159 kg)

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

Accessories	Code	Size	Accessories	Code	Size
Kettlebells	LF-KB10-72047	10 lb (4.5 kg)	Covered Resistance Tubes	LF-RTB-1000-01	Extra Light
	LF-KB12-72049	12 lb (5.4 kg)		LF-RTB-1001-01	Light
	LF-KB15-72051	15 lb (6.8 kg)		LF-RTB-1002-01	Medium
	LF-KB18-72053	18 lb (8.2 kg)		LF-RTB-1003-01	Heavy
	LF-KB20-72055	20 lb (9.1 kg)		LF-RTB-1004-01	Extra Heavy
	LF-KB25-72057	25 lb (11.3 kg)	Tires	LF-TR-1000-01	88 lb (40 kg)
	LF-KB30-72059	30 lb (13.6 kg)		LF-TR-1001-01	132 lb (60 kg)
	LF-KB35-72061	35 lb (15.9 kg)		LF-TR-1002-01	176 lb (80 kg)
	LF-KB40-72063	40 lb (18.1 kg)		LF-TR-1003-01	220 lb (100 kg)
	LF-KB45-72065	45 lb (20.4 kg)	Soft Plyo Box	HS-PB-2000-01	45 lb (20.4 kg)
Med Balls	LF-MB4-71005	4 lb (1.8 kg)	Jump Ropes	LF-JR8-72145	8 ft (2.4 m)
	LF-MB6-71007	6 lb (2.7 kg)		LF-JR9-72147	9 ft (2.7 m)
	LF-MB8-71009	8 lb (3.6 kg)		LF-JR10-72149	10 ft (3 m)
	LF-MB10-71011	10 lb (4.5 kg)		LF-JR11-72151	11 ft (3.4 m)
	LF-MB12-71013	12 lb (5.4 kg)	Foam Rollers	LF-FR-71087	6 x 36" (15 x 91 cm)
Fitness Mats	LF-FMB-72215	72 x 24 x 0.5" (182 x 61 x 1.27 cm)	Powerbands	ACC-BD-1000-01	0.25" (0.6 cm) wide
Stretching Mats	LF-SMB-72175	56 x 24 x 0.375" (142 x 61 x 0.95 cm)		ACC-BD-1001-01	0.5" (1.8 cm) wide
Yoga Mats	LF-YMB-72195	68 x 24 x 0.25" (173 x 61 x 0.63 cm)		ACC-BD-1002-01	0.5" (1.8 cm) wide
Stability Balls	LF-SB55-71053	21.6" (55 cm)		ACC-BD-1003-01	1.25" (3.2 cm) wide
	LF-SB65-71055	25.5" (65 cm)		ACC-BD-1004-01	1.75" (4.4 cm) wide
	LF-SB75-71057	29.5" (75 cm)		ACC-BD-1005-01	2.5" (6.3 cm) wide
				ACC-BD-1006-01	4" (10.2 cm) wide

STRENGTH PRODUCTS

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

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

SIGNATURE SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Olympic Flat Bench	SOFB	51" x 49" x 51" (130 cm x 125 cm x 130 cm)	150 lb (69 kg)
Olympic Incline Bench	SOIB	51" x 58" x 57" (130 cm x 148 cm x 145 cm)	185 lb (84 kg)
Olympic Decline Bench	SODB	51" x 68" x 51" (130 cm x 173 cm x 130 cm)	210 lb (96 kg)
Olympic Military Bench	SOMB	51" x 48" x 66" (130 cm x 122 cm x 168 cm)	325 lb (148 kg)
Olympic Bench Weight Storage	SOBWS	17" x 28" x 49" (44 cm x 72 cm x 125 cm)	85 lb (39 kg)
Olympic Squat Rack	SOSR	66" x 77.5" x 75.5" (168 cm x 197 cm x 192 cm)	400 lb (182 kg)
Smith Machine	SSM	49" x 87" x 93" (125 cm x 221 cm x 237 cm)	580 lb (264 kg)
Multi-Adjustable Bench	SMAB	53" x 32" x 17.5" (135 cm x 82 cm x 45 cm)	125 lb (57 kg)
Leg Raise	SLR	46" x 33" x 64" (117 cm x 84 cm x 163 cm)	140 lb (64 kg)
Chin/Dip/Leg Raise	SCDLR	45" x 50" x 91.5" (115 cm x 127 cm x 233 cm)	245 lb (112 kg)
Ab Crunch Bench	SABB	62" x 32" x 38" (158 cm x 82 cm x 97 cm)	141 lb (64 kg)
Decline/Abdominal Bench	SADB	64" x 44" x 32" (163 cm x 112 cm x 82 cm)	135 lb (62 kg)
Arm Curl Bench	SAC	33"x 47" x 46" (84 cm x 120 cm x 117 cm)	210 lb (96 kg)
Utility Bench	SUB	28" x 36" x 36" (72 cm x 92 cm x 92 cm)	50 lb (23 kg)
Flat Bench	SFB	46" x 31" x 16.5" (117 cm x 79 cm x 42 cm)	65 lb (30 kg)
Olympic Weight Tree	SOWT	23" x 27" x 37" (59 cm x 69 cm x 94 cm)	95 lb (44 kg)
Single-Tier Dumbbell Rack	SDR1	90" x 22" x 29" (229 cm x 56 cm x 74 cm)	190 lb (87 kg)
Two-Tier Dumbbell Rack	SDR2	90" x 25" x 33" (229 cm x 64 cm x 84 cm)	275 lb (125 kg)
Barbell Rack	SBBR	38" x 33" x 60" (97 cm x 84 cm x 153 cm)	170 lb (77 kg)
Handle Rack	SHR	30" x 30" x 38" (77 cm x 77 cm x 97 cm)	140 lb (64 kg)
Back Extension	SBE	50" x 37" x 38" (127 cm x 94 cm x 97 cm)	160 lb (73 kg)
Accessory Storage Rack (Base Unit)	SAR	36 x 25 x 67 in. (94 x 66 x 171 cm)	190 lbs (86 kg)
Accessory Storage Rack (with Storage Options)	SAR	up to 60 x 25 x 67 in. (155 x 66 x 171 cm)	217 lbs (98 kg)

OPTIMA SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OSADJ	55" x 25" x 45" (140 cm x 64 cm x 115 cm)	72 lb (33 kg)
Vertical Dumbbell Rack	OSDBV	20" x 20" x 45" (51 cm x 51 cm x 115 cm)	31 lb (15 kg)
Three-Tier Dumbbell Rack	OSDB3	54" x 29" x 38" (138 cm x 74 cm x 97 cm)	167 lb (76 kg)
Smith/Rack	OSSM	51" x 73" x 88" (130 cm x 186 cm x 224 cm)	398 lb (181 kg)

FIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
3 Multi-Gym	FSF3	102" x 102" x 85" (260 cm x 260 cm x 216 cm)	1,255 lb (570 kg)



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