

CONSOLE SPECIFICATIONS

DISPLAY TECHNOLOGY

		KEY	● STANDARD	○ OPTIONAL	— UNAVAILABLE
			ENGAGE 15" LCD	INSPIRE 7" LCD	ACHIEVE LED
15" E <sup>3</sup> Integrated LCD™ System with Touch Screen Technology and Built-in TV			●	—	—
7" E <sup>3</sup> Integrated LCD™ System with Touch Screen Technology			—	●	—
LED Console with message center, feedback windows, and a 15" x7" LED workout profile			—	—	●
TV VIEWING OPTIONS					
Integrated 15" Diagonal Viewing Screen	Video content and workout data display		●	—	—
	Three different viewing sizes		●	—	—
DISPLAY READOUT					
Workout Feedback	Speed, Incline, Heart Rate, Pace		●	●	●
	Elapsed Time, Time Remaining, Time in Zone, Time of Day		●	●	●
	Distance, Distance Climbed, Distance Remaining		●	●	●
	Calories, Calories per Hour, Watts, METs		●	●	●
Custom Messaging			●	●	—
Profile Display			●	●	●
Language Choices			13 languages		8 languages
	- English, Spanish, Portuguese, Italian, French, German, Dutch and Russian		●	●	●
	- Chinese (traditional & simplified), Japanese, Turkish and Korean		●	●	—
SPECIAL FEATURES					
Intel® Microprocessor			●	●	●
FM Radio-ready			●	—	—
iPod® Compatibility (iPod, iPod nano, iPod Touch, iPhone)	iPod video capability on LCD screen		●	—	—
	iPod/iPod nano audio playlist management on LCD screen		●	●	—
	iPod/iPod nano power and charging		●	●	—
Virtual Trainer			●	●	—
USB Connectivity			●	●	—
Workout Landscape™ Perspectives			●	●	—
Programmable Go System (Walk-Jog-Run) on Activity Zone (treadmill only)			●	—	—
Go System (Walk-Jog-Run) on Activity Zone (treadmill only)			●	●	●
User Units Selection (mph/kph and lbs/kg)			●	●	●
Zoom Feature			●	●	—
TV Controls: Touch Screen			●	—	—
Channel Memory	180 available channels		●	—	—
Favorite Channels			●	—	—
Previous Channel Viewed			●	—	—
Channel Renumbering			●	—	—
Secondary Audio Programs (SAP) - SAP TV broadcast required			●	—	—
Closed Captioning			●	—	—
Mute Feature			●	—	—
Screen Protection: Protective top layer, internal shock mounts, gasket			●	●	●
TECHNICAL SPECIFICATIONS					
Available Tuner Systems: NTSC, PAL, SECAM			●	—	—
Channel Coverage: VHF 2-13, UHF 14-69, CATV 1-125			●	—	—
Manual Fine Tuning			●	—	—
Headphone Jack: 3.5 mm stereo			●	●	●

Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a Platinum Club Series Treadmill made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at [LIFEFITNESS.COM](http://LIFEFITNESS.COM).



Life Fitness offers a full line of premier fitness equipment for the home.

TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | LIFECYCLE® EXERCISE BIKES | GYM SYSTEMS

Where does your workout take you?



LIFEFITNESS.COM



PLATINUM CLUB SERIES



## THE ULTIMATE EXPERIENCE

Are you ready for a revolutionary cardio experience—where sight, sound and superior performance come together to completely engage the body and the senses? The new Platinum Club Series Treadmill, Upright and Recumbent Lifecycle® Exercise Bikes from Life Fitness deliver a whole new level of mind and body engagement to inspire exercisers at any fitness level.

Become captivated with a completely new level of workout engagement—entertaining, immersive and inspiring. Your satisfaction will increase with health club quality comfort and durability. Enhance your home with the elegant design and sleek sophistication of this revolutionary fitness equipment.



### DESIGN

Sophisticated, sculptural curves, ergonomic features and a small footprint represent the perfect fusion of function and form.



### ENGAGEMENT

The Platinum Club Series Treadmill and Lifecycle® Exercise Bikes provide the ultimate fitness experience that will take you to a new level of workout motivation. With the most advanced technology, intuitive, user-centered design and an array of entertainment and training options, the Platinum Club Series revolutionizes the home fitness experience.



### HERITAGE

At Life Fitness, we understand what it takes to build fitness equipment that delivers results. As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness has helped millions of people reach their fitness goals. The innovative Platinum Club Series products are backed by our unmatched 30-year history of delivering quality, comfort and durability.





# THE PLATINUM CLUB SERIES— A MIND AND BODY FITNESS REVOLUTION



## iPod® COMPATIBILITY

*Seamless iPod Integration for Home Exercise Equipment*

**CONNECT** | Simply plug the integrated connector into your iPod Touch, Classic, nano or iPhone, and place it in the convenient iPod holding tray.

**MANAGE PLAYLISTS** | View iPod music/video lists and make selections directly on the Engage™ 15" LCD or Inspire™ 7" LCD Consoles.

**WATCH VIDEOS** | Watch iPod-delivered video content on the Engage™ 15" LCD Console (requires video-capable iPod).

**POWER YOUR IPOD** | Power and charge your iPod while working out.



## INTEGRATED ENTERTAINMENT CONSOLE

*Combine Advanced Exercise Program Control with Premium Personal Entertainment*

**WATCH TV OR MOVIES** | Choose your favorite TV show or watch an iPod powered video.

**ADVANCED TOUCH SCREEN TECHNOLOGY** | Select your entertainment options and set your workout preferences by simply touching the screen.



## VIRTUAL TRAINER

*Motivation and Education at Your Fingertips*

**BUILT-IN VIRTUAL TRAINER** | Helps you pick the best workout to meet your particular goals and provides motivating encouragement, tips and feedback on progress.

**TWO TRAINER OPTIONS** | Select either a male or female trainer.

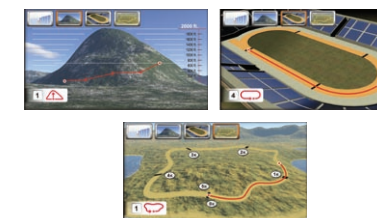


## USB CONNECTIVITY

*Create, Customize and Track Workouts*

**GET ON AND GO** | Create and save workouts and personal settings on any USB stick for future workouts.

**TRACK WORKOUTS** | Data stored on the USB stick enables you to track performance and workout results.



## WORKOUT LANDSCAPE™ PERSPECTIVES

*Motivating Workout Visualization*

**VISUAL INSPIRATION** | Offers you program variety and motivation with the ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track and 5K Nature Trail.



## NEW DESIGN

Complement your home with the inviting appearance and sophisticated design of the Platinum Club Series Treadmill. The refined profile includes a low step-up height and large running surface in a small footprint.



## INNOVATIONS THAT REDEFINE THE EXERCISE EXPERIENCE

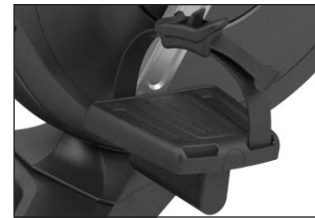
At Life Fitness, we stand at the forefront of innovation, constantly striving to improve, enhance and elevate your experience. The Platinum Club Series Treadmill is where style meets substance, with a full set of features to keep you motivated. It embodies our total commitment to creating exceptional exercise equipment that excites and inspires you.

### ADDITIONAL FEATURES

- **LARGE 22" X 60" RUNNING SURFACE** | Generous surface for maximum comfort.
- **LOW 9.5" STEP-UP HEIGHT** | Step onto the treadmill with ease.
- **SMALL 37" X 80" FOOTPRINT** | Small footprint enables efficient space planning.
- **LARGE 26" X 5" HANDRAILS WITH SOFT GRIPS** | Feel secure during your workout.
- **ACTIVITY ZONE** | Conveniently places the most-used controls right at your fingertips.
- **HEART RATE MONITORING** | The patented Lifepulse™ digital heart rate monitoring system, including contact hand sensors, provides heart rate monitoring with exacting precision; Polar® telemetry (when used with chest strap transmitter) is also available for "hands-free" operation.
- **STRIDE SENSOR** | Detects when you leave the machine and stops the belt after a brief delay.
- **REMOVABLE CUP HOLDERS** | Remove the two large cup holders for easy cleaning.
- **LOW DECIBEL LEVEL** | Ensures a quiet workout environment.
- **E<sup>3</sup> INTEGRATED LCD SYSTEM** (Engage™ 15" LCD Console only) | Go System, Cable and FM-radio ready.
- **EASY LANGUAGE SELECTION** | Select up to 13 languages.
- **SIMPLE WORKOUT SET-UP** | Guides you through your workout set-up with easy-to-understand descriptions and intuitive navigation.
- **ZOOM FEATURE** | Ability to enlarge the speed, incline and time displays enables easier workout data viewing.
- **36 WORKOUT PROGRAMS AND 6 GOAL WORKOUTS** | The ultimate workout variety, including Create Your Own™ Workout and Pace Goal.

## BREAKTHROUGH DESIGN

Breakthrough seat design allows for a more comfortable fitness experience. The adjustable pedal strap enables users to easily get on the machine and begin working out.



## EXPERIENCE 30 YEARS OF EVOLUTION WITH THE PLATINUM CLUB SERIES UPRIGHT LIFECYCLE® EXERCISE BIKE

Designed with a new easily adjustable pedal strap, simple seat adjustment and at-your-fingertip controls, the Platinum Club Series Upright Lifecycle Bike delivers an exceptional fitness experience. Built with 30 years of research and development and the best ergonomic and user-based tests in the industry, the Platinum Club Series Upright Lifecycle Bike will motivate you to keep working out.

### ADDITIONAL FEATURES

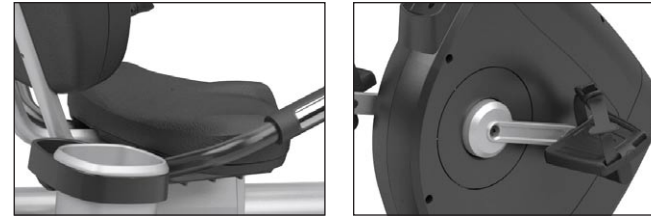
- **COMFORT CURVE® SEAT WITH EASY ADJUSTMENTS** | Newly designed seat provides maximum comfort. Ratchet seat adjustment makes it easy to adjust the seat height, even while in a seated position.
- **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS** | Allows you to easily adjust workout intensity.
- **SEAT POSITIONING** | Precisely angled seat post allows users from 4' 9" to 6' 5" tall to adjust the seat height for correct Knee Over Pedal Spindle (KOPS) position to ensure proper lower-body mechanics, which reduces pressure on knees and enhances rider comfort.
- **FORE/AFT ADJUSTMENT** | To fine tune the seat position and improve performance, you can easily adjust the seat forward and back in a 3/4" range.
- **HEART RATE MONITORING** | Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars, in both the upright and racing positions, to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.
- **MOTIVATING WORKOUT VARIETY** | Zone Training+™ workouts automatically adjust the resistance level to keep you in your target heart rate zone. Engage and Inspire consoles also include goal-based workouts, Fitness Test, and the machine-prompting Aerobics Trainer program to keep you motivated.
- **SELF-POWERED CONVENIENCE\*** | Cordless, so you can place your bike anywhere you want.

\* Models with Inspire™ Console require external power source.



## NEW SEAT DESIGN

Newly designed seat allows for a more comfortable workout for any user. The new pedal strap technology provides easy adjustment and usability for every type of exerciser. Sidebars feature contact hand sensors for easy heart rate monitoring.



## ENVISION A NEW LEVEL OF FITNESS WITH THE PLATINUM CLUB SERIES RECUMBENT LIFECYCLE® EXERCISE BIKE

From those starting a new lifestyle, to serious athletes rehabilitating from an injury, a wide range of users will enjoy a workout on the new Platinum Club Series Recumbent Lifecycle Bike. A comfortable seat with improved thigh clearance, your choice of deluxe armrests or sidebars, and at-your-fingertips resistance controls enhance the comfort of every user on every fitness level. And the improved pedal strap adjustment makes it easier to get on and start working out. Also, with the Life Fitness commitment to biomechanics research, the Recumbent Bike easily accommodates a wide range of body types.

### ADDITIONAL FEATURES

- **STEP-THROUGH DESIGN** | Allows you to easily get on and off the seat.
- **COMFORT CURVE® SEAT WITH EASY ADJUSTMENTS** | Newly designed seat provides exceptional comfort, while the new seat adjustment makes it easy to adjust, even while in a seated position.
- **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS** | Located on the armrests and sidebars to allow you to easily adjust workout intensity
- **HEART RATE MONITORING** | Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the arm rests and sidebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.
- **MOTIVATING WORKOUT VARIETY** | Zone Training+™ workouts automatically adjust the resistance level to keep you in your target heart rate zone. Engage and Inspire consoles also include goal-based workouts, Fitness Test, and the machine-prompting Aerobics Trainer program to keep you motivated.
- **SELF-POWERED CONVENIENCE\*** | Cordless, so you can place your bike anywhere you want.

\* Models with Inspire™ Console require external power source.





**Engage™ 15" LCD Console**

- 15" E3 Integrated LCD™ system with Touch Screen Technology
- Watch TV on up to 180 available TV channels on the 15" integrated LCD screen; FM-radio ready
- Integrated connector allows you to view iPod® music/video lists and make selections directly on the 15" LCD screen
- Power and charge iPod
- Watch iPod delivered video content on 15" LCD screen (requires video-capable iPod)
- Built-in Virtual Trainer provides motivating encouragement, tips and feedback on progress
- Create and save workouts and personal settings; use data to track performance and workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)
- Workout Landscape™ Perspectives
- FlexDeck™ Shock Absorption System
- Activity Zone conveniently places most-often used controls on the Ergo™ bar
- 0.5-12 mph (0.8-19 kph); 0-15% incline
- Powerful 4-HP AC motor
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- Military PRT/PFT training, Gerkin and Fit Test protocols
- 36 workout programs and 6 goal workouts



**Inspire™ 7" LCD Console**

- 7" E3 Integrated LCD™ system with Touch Screen Technology
- TV viewing capability not applicable
- Integrated connector allows you to view iPod® music lists and make selections directly on the 7" LCD screen
- Power and charge iPod
- iPod video viewing capability not applicable
- Built-in Virtual Trainer provides motivating encouragement, tips and feedback on progress
- Create and save workouts and personal settings; use data to track performance and workout results at [www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)
- Workout Landscape™ Perspectives
- FlexDeck™ Shock Absorption System
- Activity Zone conveniently places most-often used controls on the Ergo™ bar
- 0.5-12 mph (0.8-19 kph); 0-15% incline
- Powerful 4-HP AC motor
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- Military PRT/PFT training, Gerkin and Fit Test protocols
- 36 workout programs and 6 goal workouts



**Achieve™ LED Console**

- LED Technology
- TV viewing capability not applicable
- FlexDeck™ Shock Absorption System
- Activity Zone conveniently places most-often used controls on the Ergo™ bar
- 0.5-12 mph (0.8-19 kph); 0-15% incline
- Powerful 4-HP AC motor
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 6 workout programs

BASE SPECIFICATIONS

PLATINUM CLUB SERIES TREADMILL

		KEY	STANDARD	UNAVAILABLE
		ENGAGE 15" LCD	INSPIRE 7" LCD	ACHIEVE LED
HEART RATE MONITORING				
Polar® Telemetry (chest strap required)		•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		•	•	•
WORKOUTS				
Manual, Quick Start		•	•	•
Zone Training+™ Heart Rate Workouts	Cardio, Fat Burn	•	•	•
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	–
Interval Workouts	Random, Hill	•	•	•
	Around the World, Cascades, Foothills, Kilimanjaro	•	•	–
	5k, 10k, Speed Interval Training, Speed Training	•	•	–
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	•	•	–
Custom Workouts	8 Customized Workouts	•	•	–
	2 Create Your Own™ Workouts	•	•	–
Fitness Test Protocols	Gerkin Protocol	•	•	–
	Navy PRT, Army PFT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	•	•	–
	Fit Test	•	•	•
Watts, METs		•	•	•
Customized Cool Down		•	•	•
SPECIAL FEATURES				
FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers		•	•	•
Speed Range: 0.5–12 mph (0.8–19 kph)		•	•	•
Rollers: 3.5" (9 cm) precision crowned steel rollers, front & back		•	•	•
Elevation: 0%–15%		•	•	•
Motor System: 4.0 HP AC motor with MagnaDrive™ motor controller		•	•	•
Ergo™ Bar		•	•	•
Ergo™ Side Handrails: 26" x 5" (66 cm x 13 cm) flared		•	•	•
Activity Zone: Most often used buttons located on Ergo bar		•	•	•
Stride Sensor		•	•	•
Integrated Reading Rack		•	•	•
Integrated iPod®/Accessory Tray		•	•	•
2 Removable Cup Holders		•	•	•
Steel Frame, Front Roller Lift Wheels and Rear Levelers		•	•	•
SERVICE ENHANCEMENTS				
Flash Programmable via USB Stick		•	•	–
TECHNICAL SPECIFICATIONS				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements: Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)		•	•	•
Running Surface		22" x 60" (55 cm x 152 cm)		
Length		80" (203 cm)		
Width		37" (94 cm)		
Height		62.25" (158 cm)		
Unit Weight		450 lbs (204 kg)		
Step-up Height		9.5" (24 cm)		
Warranty†	Lifetime on frame, LifeSpring™ shock absorbers and motor; 10-year on electrical and mechanical parts; 1-year on labor	•	•	•
CONSOLE OPTIONS				

† Warranties outside the U.S. may vary. Specifications subject to change.

BASE SPECIFICATIONS

PLATINUM CLUB UPRIGHT LIFECYCLE® EXERCISE BIKE

		KEY	STANDARD	OPTIONAL	UNAVAILABLE
		ENGAGE 15" LCD	INSPIRE 7" LCD	ACHIEVE LED	
HEART RATE MONITORING					
Polar® Telemetry (chest strap required)		•	•	•	
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		•	•	•	
WORKOUTS					
Manual, Quick Start		•	•	•	
Zone Training+™ Heart Rate Workouts	Cardio, Fat Burn	•	•	•	
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	–	
Interval Workouts	Random, Hill	•	•	•	
	Around the World, Cascades, Foothills, Kilimanjaro	•	•	–	
	5k, 10k, Speed Interval Training, Speed Training	•	•	–	
Aerobics Trainer and Constant Calorie Modes		•	•	–	
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	•	•	–	
Custom Workouts	8 Customized Workouts	•	•	–	
	2 Create Your Own™ Workouts	•	•	–	
Fitness Test Protocols	Navy PRT	•	•	–	
	Fit Test	•	•	–	
Watts, METs		•	•	•	
Customized Cool Down		•	•	•	
SPECIAL FEATURES					
Comfort Curve Plus™ Seat		•	•	•	
Fore/Aft Seat Adjustment		○	○	○	
Wide Ride™ Pedals		•	•	•	
Easy Adjust Pedal Strap		•	•	•	
Racing Seat and Pedals		○	○	○	
Deluxe Racing Handlebars		•	•	•	
On-the-fly Programming		•	•	•	
Resistance Levels		26	25	25	
Resistance Controls: Located on armrests and handlebars		•	•	•	
Integrated Reading Rack and Accessory Holder		•	•	•	
Integrated iPod®/Accessory Tray		•	•	•	
Removable Cup Holder		•	•	•	
Front Wheels for Easy Mobility		•	•	•	
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		•	•	•	
SERVICE ENHANCEMENTS					
Flash Programmable via USB Stick		•	•	–	
TECHNICAL SPECIFICATIONS					
Maximum User Weight		400 lbs (181 kg)			
Power Requirements	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	•	○	
	Self-Powered	–	•	•	
	Auto Start: brings power to console when user begins pedaling	•	•	•	
Length		46" (117 cm)			
Width		21" (53 cm)			
Height		60" (152 cm)			
Unit Weight		176 lbs (80 kg)			
Warranty†	Lifetime on frame	•	•	•	
	3-year warranty on all mechanical and electrical parts	•	•	•	
	1-year labor	•	•	•	

† Warranties outside the U.S. may vary. Specifications subject to change.

BASE SPECIFICATIONS

PLATINUM CLUB RECUMBENT LIFECYCLE® EXERCISE BIKE

		KEY	STANDARD	OPTIONAL	UNAVAILABLE
		ENGAGE 15" LCD	INSPIRE 7" LCD	ACHIEVE LED	
HEART RATE MONITORING					
Polar® Telemetry (chest strap required)		•	•	•	
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		•	•	•	
WORKOUTS					
Manual, Quick Start		•	•	•	
Zone Training+™ Heart Rate Workouts	Cardio, Fat Burn	•	•	•	
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	–	
Interval Workouts	Random, Hill	•	•	•	
	Around the World, Cascades, Foothills, Kilimanjaro	•	•	–	
	5k, 10k, Speed Interval Training, Speed Training	•	•	–	
Aerobics Trainer and Constant Calorie Modes		•	•	–	
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	•	•	–	
Custom Workouts	8 Customized Workouts	•	•	–	
	2 Create Your Own™ Workouts	•	•	–	
Fitness Test Protocols	Navy PRT	•	•	–	
	Fit Test	•	•	–	
Watts, METs		•	•	•	
Customized Cool Down		•	•	•	
SPECIAL FEATURES					
Deluxe Back Support and Seat		•	•	•	
Deluxe Armrests with Contact Heart Rate		○	○	○	
Sidebars with Contact Heart Rate		○	○	○	
Wide Ride™ Pedals		•	•	•	
Easy Adjust Pedal Strap		•	•	•	
On-the-fly Programming		•	•	•	
Resistance Levels		26	25	25	
Resistance Controls: Located on armrests and handlebars		•	•	•	
Integrated Reading Rack and Accessory Holder		•	•	•	
Integrated iPod®/Accessory Tray		•	•	•	
Removable Cup Holder		•	•	•	
Front Wheels for Easy Mobility		•	•	•	
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		•	•	•	
SERVICE ENHANCEMENTS					
Flash Programmable via USB Stick		•	•	–	
TECHNICAL SPECIFICATIONS					
Maximum User Weight		400 lbs (181 kg)			
Power Requirements	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	○	○	
	Self-Powered	–	•	•	
	Auto Start: brings power to console when user begins pedaling	•	•	•	
Length		65.4" (166 cm)			
Width		26" (66 cm)			
Height		52" (132 cm)			
Unit Weight		190 lbs (86 kg)			
Warranty†	Lifetime on frame	•	•	•	
	3-year warranty on all mechanical and electrical parts	•	•	•	
	1-year labor	•	•	•	

† Warranties outside the U.S. may vary. Specifications subject to change.