

## 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).

*LifeFitness*

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](http://LIFEFITNESS.COM)



*LifeFitness*

TREADMILLS



## 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 from Life Fitness delivers 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 provides 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 Treadmill 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 Treadmill is backed by our unmatched 30-year history of delivering quality, comfort and durability.



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



## iPod® COMPATIBILITY

Seamless iPod Integration for Home Exercise Equipment

**CONNECT** | Simply plug the integrated connector into your iPod or iPod nano 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.

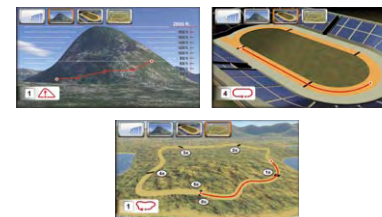


## USB CONNECTIVITY

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.





### 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 on any USB stick

Workout Landscape™ Perspectives

FlexDeck™ Shock Absorption System

Activity Zone conveniently places most-often used controls on the Ergo™ bar

Proactive Belt-Wear Notification

Stride Sensor detects user on belt

0.5-14 mph (0.8-23 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 viewing capability not applicable

Built-in Virtual Trainer provides motivating encouragement, tips and feedback on progress

Create and save workouts and personal settings on any USB stick

Workout Landscape™ Perspectives

FlexDeck™ Shock Absorption System

Activity Zone conveniently places most-often used controls on the Ergo™ bar

Proactive Belt-Wear Notification

Stride Sensor detects user on belt

0.5-14 mph (0.8-23 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

Proactive Belt-Wear Notification

Stride Sensor detects user on belt

0.5-14 mph (0.8-23 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
<b>HEART RATE MONITORING</b>			
Polar® Telemetry (chest strap required)	●	●	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	●	●	●
<b>WORKOUTS</b>			
Manual, Quick Start	●	●	●
Zone Training+™ Heart Rate Workouts	●	●	●
Interval Workouts	●	●	●
Goal Workouts	●	●	-
Custom Workouts	●	●	-
Fitness Test Protocols	●	●	-
Watts, METs	●	●	●
Customized Cool Down	●	●	●
<b>SPECIAL FEATURES</b>			
FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers	●	●	●
Speed Range: 0.5-14 mph (0.8-23 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	●	●	●
<b>SERVICE ENHANCEMENTS</b>			
Flash Programmable via USB Stick	●	●	-
Proactive Belt Wear Notification	●	●	●
<b>TECHNICAL SPECIFICATIONS</b>			
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*	●	●	●

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

# CONSOLE SPECIFICATIONS

## NEW PLATINUM CLUB SERIES TREADMILL

### DISPLAY TECHNOLOGY

	ENGAGE 15" LCD	INSPIRE 7" LCD	ACHIEVE LED
<b>CONSOLE OPTIONS</b>			
15" E <sup>3</sup> Integrated LCD™ System with Touch Screen Technology	●	-	-
7" E <sup>3</sup> Integrated LCD™ System with Touch Screen Technology	-	●	-
LED Console with message center, feedback windows, and a 15" x 7" LED workout profile	-	-	●
<b>TV VIEWING OPTIONS</b>			
Integrated 15" Diagonal TV	●	-	-
Diagonal TV	●	-	-
<b>DISPLAY READOUT</b>			
Workout Feedback	●	●	●
Custom Messaging	●	●	-
Profile Display	●	●	●
Language Choices	13 languages		8 languages
<b>SPECIAL FEATURES</b>			
Intel® Microprocessor	●	●	●
FM Radio-ready	●	-	-
iPod® Compatibility (iPod, iPod nano)	●	-	-
Virtual Trainer	●	●	-
USB Connectivity	●	●	-
Workout Landscape™ Perspectives	●	●	-
Programmable Go System (Walk-Jog-Run) on Activity Zone	●	-	-
Go System (Walk-Jog-Run) on Activity Zone	-	●	●
User-Defined Marathon Mode (unlimited workout time)	●	●	●
13 User-Selected Languages: English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●	●	-
8 User-Selected Languages: English, French, Spanish, Dutch, Italian, German, Portuguese and Turkish	-	-	●
User Units Selection (mph/kph and lbs/kg)	●	●	●
Zoom Feature	●	●	-
TV Controls: Touch Screen	●	-	-
Channel Memory	●	-	-
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	●	●	●
<b>TECHNICAL SPECIFICATIONS</b>			
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	●	●	●