

X
Series
Cross-Trainers

T
Series
Treadmills

C&R
Series
Bikes

G
Series
Gym Systems


Series
Platinum Club

Life Fitness

LIFEFITNESS.COM

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HOME EQUIPMENT

Life Fitness
WHAT WE LIVE FOR



Life Fitness offers a full line of premier fitness equipment for the home.
TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | TREADMILLS | LIFECYCLE® EXERCISE BIKES | GYM SYSTEMS

X Series

Elliptical
Cross-Trainers

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T Series

Treadmills

Pages 18 - 35



C•R Series

Lifecycle®
Exercise Bikes

Pages 36 - 45



G Series

Gym Systems

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CS Series

Bikes and
Treadmills

Pages 62 - 77



Where does your workout take you?



Performing to the highest standards

You don't have to punish your body in order to enjoy the benefits of an intense cardiovascular workout. Life Fitness X-Series Elliptical Cross-Trainers provide a smooth, natural total-body motion that burns more calories with less perceived exertion. Reach your goals with confidence, comfort, and style.



Innovative and advanced

Bring home the health club experience with the Club Series Elliptical Cross-Trainer — the home version of our popular commercial model.



Customize your cross-trainer

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—the X8, X5, X3 or X1—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.



CS

World-class workout

The Club Series Elliptical Cross-Trainer is the award-winning home version of our popular health club model. It's an icon in elliptical technology. The result of extensive research and testing, the Club Series Elliptical Cross-Trainer delivers a remarkably pure, natural elliptical motion. Try it for yourself and you'll see why people who use it often forget they are exercising so intensely.



Club Series Elliptical Cross-Trainer

Club Series Special Features

- Smooth elliptical motion is identical to our popular 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
- 18 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Total-Body and Lower-Body Trainer workout modes coach you to train different muscle groups
- Deluxe 16-character LED message center provides workout feedback
- ErgoGrip™ stationary front handlebar provides stability during lower-body-only workouts



Create your ultimate fitness machine

STEP
1

Choose your Life Fitness elliptical cross-trainer model.



STEP
2

Add the console that best suits your personal fitness needs.

Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout (*not available on the X1*)



Basic

Available on the X7, X5, X3, X1 models

Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

- 10 workout programs
- Polar® wireless chest strap
- HeartSync® heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Advanced

Available on the X7, X5, X3, X1 models

or



Polar® Chest Strap
Provides accurate, hands-free heart rate monitoring.



HeartSync Workouts
5 workouts that adjust incline to keep you at your target heart rate, ensuring a safe, effective workout.



Goal Workouts
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



Two User Profiles
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



Race Mode
Challenge yourself against a computer-simulated pacer.

X8

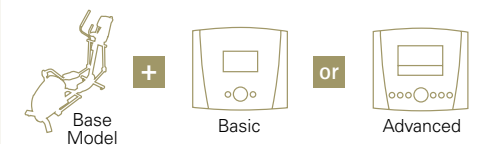
Triumph of technology

The next generation of cross-trainers has arrived. The **X8** has all the latest technology packed into one ground-breaking model for the home. It's loaded with must-have features to customize your workout including electronic adjustment to seven different stride lengths, a full lineup of challenging programs, and design features that make your most intense workouts more comfortable than ever before. Choose the **X8** for workouts and results that exceed your expectations time and time again.

X8 Special Features

- Customize your **X8** by choosing either the Basic or Advanced Workouts Console
- Whisper eStride™ technology allows for quiet, on-the-fly electronic stride adjustments from 18" to 24" in 1" increments
- LegSculptor™ Mode automatically adjusts your stride length every two minutes to target different leg muscles
- Total-Body Trainer coaches you on the main console to target different muscle groups throughout your workout
- FlexPedal™ Shock Absorption System provides more cushioning for an even lower impact workout
- Close pedal spacing (1.75" apart) gives you natural feeling movement
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- Patented Link6™ elliptical drive system provides a smooth, natural stride

Choose either the Basic or Advanced Workouts Console with the **X8**:



See page 7 for details



X8

X5

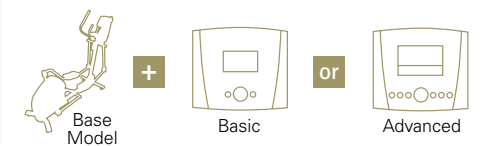
Sleek design and versatility

The X5 combines contemporary styling with exceptional workout versatility. Using Life Fitness' SelectStride™ technology, the X5 allows you to adjust the stride length for different-sized users in the household. And by varying the stride, you can also target different muscle groups, such as thighs, calves, and glutes. The sleek style and quiet motion of the X5 make it an attractive addition to any room.

X5 Special Features

- Customize your X5 by choosing either the Basic or Advanced Workouts Console
- SelectStride™ allows you to manually adjust the stride length from 18" to 24" in any increment you choose
- WhisperStride™ technology provides a remarkably quiet, fluid stride
- GluteToner™ and ArmToner™ Workout Enhancements coach you during your workout to train different muscle groups
- FlexPedal™ Shock Absorption System provides more cushioning for an even lower impact workout
- Close pedal spacing (1.75" apart) gives you the most natural feeling movement
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- Patented Link6™ elliptical drive system provides a smooth, natural stride

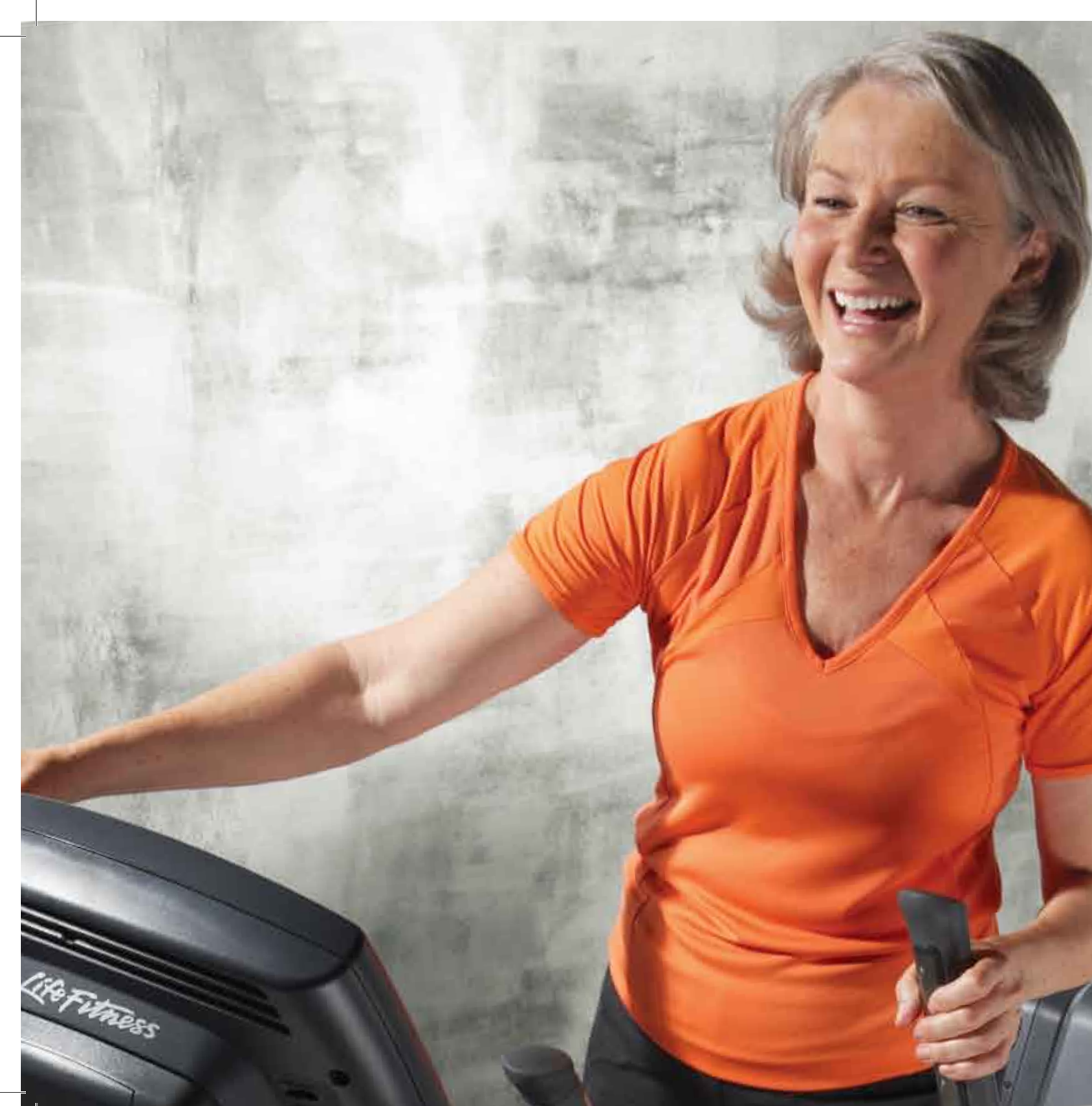
Choose either the Basic or Advanced Workouts Console with the X5:



See page 7 for details



X5



X3

Style and substance

Go ahead, push yourself. The X3 with CoachZone™ will encourage you to do just that with training tips to keep you motivated. As you progress through your workout, GluteToner™ and ArmToner™ Workout Enhancements guide you through training programs targeting those specific muscle groups. We've added cushioned pedals and molded grips for increased comfort during the smooth, fluid motion of your workout, which is also remarkably quiet thanks to WhisperStride™ technology.

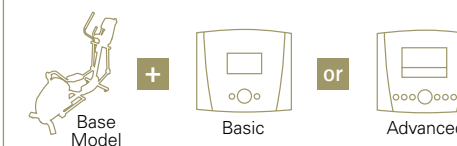


X3

X3 Special Features

- Customize your X3 by choosing either the Basic or Advanced Workouts Console
- WhisperStride™ technology provides a remarkably quiet, fluid stride
- The CoachZone™ offers GluteToner™ and ArmToner™ Workout Enhancements, which coach you during your workout to train different muscle groups
- Cushioned pedals provide added comfort during your workout
- Close pedal spacing (1.8" apart) gives you natural feeling movement
- Contact heart rate hand sensors allow for convenient heart rate monitoring
- Patented Link6™ elliptical drive system provides a smooth, natural stride

Choose either the Basic or Advanced Workouts Console with the X3:



See page 7 for details



X1

Essentially effective

The X1 gives you everything you need for a total-body workout — with everything you expect from a Life Fitness Elliptical Cross-Trainer. The Link6™ elliptical drive system provides an incredibly natural, comfortable stride that's easier on your joints and our exclusive WhisperStride™ technology ensures a smooth and remarkably quiet total-body workout. Choose the Advanced Workouts Console for wireless heart rate monitoring and added workout program variety. Get on, go and achieve your fitness goals with the X1.

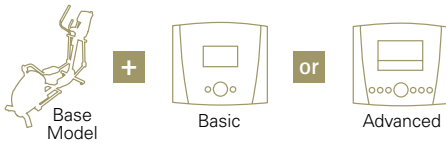
X1 Special Features

- Customize your X1 by choosing either the Basic or Advanced Workouts Console
- WhisperStride™ technology provides a remarkably quiet, fluid stride
- Close pedal spacing (1.8" apart) gives you natural feeling movement
- A low step-up height (6.5") makes it easy to get onto your X1
- ErgoGrip™ stationary front handlebar provides stability during lower-body only workouts
- Patented Link6™ elliptical drive system provides a smooth, natural stride



X1

Choose either the Basic or Advanced Workouts Console with the X1:



See page 7 for details

X-Series TOTAL-BODY ELLIPTICAL CROSS-TRAINERS

16

CS, Advanced, AND Basic WORKOUTS CONSOLES

* Not available on X1 with Basic Workouts Console



T
Series



One step ahead

As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness understands what it takes to build fitness equipment that delivers results. Design. Ergonomics. Research. Testing. For more than 30 years, we have been putting more into our products so you can get more out of yourself.



Health club quality at home

Bring home the health club experience with the [Club Series Treadmill](#) — the home version of our popular commercial model.



Unequaled comfort

Feel the difference with the patented FlexDeck® Shock Absorption System, which reduces impact to the knees, back and joints by nearly 30% compared to non-cushioned treadmills. And our virtually indestructible Lifespring™ shock absorbers ensure every workout is as comfortable as the first.



Home sweet gym.

For some, the words “home” and “workout” don’t naturally go together. If you desire a gym-like experience from the comfort and convenience of home on a piece of machinery that rivals anything found in the world’s finest health clubs, we have a way for you to get there. The [Club Series Treadmill](#) — the ultimate home version of our high-end commercial model. Once you’re on one, it won’t feel like home anymore.



Club Series Treadmill

Highlighted Features

Standard features on the [Club Series Treadmill](#) include the FlexDeck® shock absorption system, which reduces shock to joints by nearly 30% compared to non-cushioned treadmills. The 4.0 HP AC motor has a lifetime warranty and lets you run at speeds of up to 12 mph (20 kph). The console features a deluxe 16-character LED message center for easy readout. And for safe, effective cardiovascular workouts, the Lifepulse® contact heart rate sensors deliver precise heart rate monitoring.

Club Series Treadmill
FlexDeck® shock absorption system
Lifepulse™ contact heart rate sensors
Polar® wireless heart rate monitoring
4.0 HP AC motor with a lifetime warranty
16 workouts; plus 7 personalized and 6 custom workouts
Workout Profile™ display with On-the-Fly programming
Overmolded Ergo™ front handlebar with flared sidebars
GoSystem™ one-touch Quick Start
5 HeartSync™ heart rate-controlled workouts
Spacious 60" x 20" running surface



ESD
Environment Specific Design

Designed with your home in mind.

The Life Fitness T5-0, T5-5 and T7-0 treadmills complement your life as much as they do your fitness goals. That's the guiding principle behind Environment Specific Design (ESD), a new approach to developing Life Fitness products. These machines build on the exceptional performance and durability of our best-selling health club equipment, but are uniquely designed for the home environment. Each incorporates a number of design and mechanical features that make it easier to establish and maintain a personal fitness program.



Engineered for your performance.

There is a reason why Life Fitness is the number one brand of fitness equipment used by health clubs worldwide – unparalleled quality and performance. That same thinking goes into every Life Fitness home treadmill. Optimized with advanced biomechanical engineering, the T5-0, T5-5 and T7-0 treadmills include features that will help you get the most out of each workout.

- FlexDeck® shock absorption system for cushioning and support
- Heart rate monitoring for safe, effective training
- 10,000 Steps* and other pre-programmed and customizable workouts
- My Treadmill feature stores personal settings and custom workouts
- Ergonomically-placed controls that are easy to use
- GoSystem™ Quick Start with 3 personalized speed and incline presets
- Spacious 60" x 22" running surface

*T5-5 and T7-0 only, the 10,000 steps program is based on the ideal amount of steps that should be taken in one day.

T7₀

It's all about you.

Striking design aesthetics combined with unmatched customization and personalization options. The T7-0 is as unique as you are. From the adjustable FlexDeck® *Select* to programs that record and remember your every move, the T7-0 delivers a workout that is just what you want it to be. We designed it to be the perfect treadmill for the home. You design it to be the perfect treadmill for you.



Highlighted Features

In addition to its home-friendly elements, the T7-0's personalization options and training programs will motivate you to accomplish your fitness goals. The adjustable FlexDeck® *Select* shock absorption system allows you to set the firmness to match different outdoor conditions or preferences in your household. In addition to 18 pre-programmed workouts, four different users can create 7 custom workouts each, as well as track progress in existing exercise routines using the My Workouts™ program. Combined with quiet operation, enhanced ergonomics and sturdy construction for stability and durability, the T7-0 delivers the type of performance that will ignite your workout.

T7-0

FlexDeck® <i>Select</i> adjustable shock absorption system
Lifepulse™ contact and Polar® wireless heart rate monitoring systems
Deluxe console with touch-sensitive controls and interactive lighting
18 workouts; plus 7 personalized and 7 custom workouts per user
My Treadmill stores personal settings and custom workouts for 4 users
Ergonomically-placed control pad puts key controls easily within reach
GoSystem™ Quick Start with 3 speed and incline presets
3.0 HP MagnaDrive™ motor system with 10-year warranty
5 HeartSync™ heart rate-controlled workouts
Spacious 60" x 22" running surface

T5₅

Form, meet function.

Admire it, or workout on it? With the T5-5, one has trouble deciding. Certainly it's built for both. The clean lines. The quiet, smooth ride. The console's amber glow and intuitive controls. And an impressive suite of training programs and convenience features. All in all, a treadmill that combines the best of form and function.



Deluxe console and lower control pad



T5-5

Highlighted Features

The T5-5 introduces advanced design enhancements that will change your workout experience. Right away, you'll notice the back-lit TouchSensor® buttons, which are shaped, lit and programmed for easy, intuitive access during workouts. The control pad features digital readouts and speed and incline buttons for easy adjustment and monitoring. A workout profile window and six message areas provide feedback as you work through one of 15 pre-programmed workouts – or a personalized program you create yourself. Thoughtful features like a child-safety lockout, oversized dishwasher-safe cup holders, and sleek contemporary design make the T5-5 a welcome addition to your home.

T5-5

FlexDeck® shock absorption system
Wireless heart rate monitoring
Deluxe console with touch-sensitive controls and interactive lighting
15 workouts; plus 7 personalized and 4 custom workouts per user
My Treadmill stores personal settings and custom workouts for 2 users
Ergonomically-placed control pad puts key controls easily within reach
GoSystem® Quick Start with 3 speed and incline presets
3.0 HP MagnaDrive® motor system with 10-year warranty
5 HeartSync® heart rate-controlled workouts
Spacious 60" x 22" running surface

T5₀

Sound design.

Designed specifically for the home, the T5-0 fits perfectly into your active lifestyle. Easy, uncomplicated controls make everything so simple. Push a button and you're off on one of a dozen pre-programmed workouts, or your very own custom fitness routine. What's more, the T5-0 is so quiet others in your household won't notice a thing. Except your improving physique.



T5-0

Highlighted Features

The T5-0 provides a streamlined set of features to accelerate your fitness program. GoSystem® Quick Start remembers your preferred walk, jog and run speeds, as well as three different incline positions. A control pad brings the buttons you use most often closer to you, and features oversized incline and speed buttons for easy adjustment while exercising. Underfoot, the quiet MagnaDrive® motor system and patented FlexDeck® system with Lifespring® shock absorbers provide consistent motion, and the proper support and flexibility to ensure each step is comfortable and well-cushioned.

T5-0

FlexDeck® shock absorption system
Wireless heart rate monitoring
12 workouts; plus 4 personalized and 1 custom workout per user
My Treadmill stores personal settings and custom workouts for 2 users
Ergonomically-placed control pad puts key controls easily within reach
GoSystem® Quick Start with 3 speed and incline presets
3.0 HP MagnaDrive® motor system with 10-year warranty
5 HeartSync® heart rate-controlled workouts
Spacious 60" x 22" running surface



Create your ultimate fitness machine

STEP
1

Choose your Life Fitness Treadmill model.



STEP
2

Add the console that best suits your personal fitness needs.

Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout

or

Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

- 10 workout programs
- Polar® wireless chest strap
- HeartSync® heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Polar® Chest Strap
Provides accurate, hands-free heart rate monitoring.



HeartSync Workouts
5 workouts that adjust incline to keep you at your target heart rate, ensuring a safe, effective workout.



Goal Workouts
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



Two User Profiles
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



Race Mode
Challenge yourself against a computer-simulated pacer.

T3

The sleekly designed workhorse.

The Life Fitness T3 treadmill is designed with form and function in mind.

From its sleek aesthetic curves that complement any home environment, to patented features that provide comfort and control, the T3 Treadmill is everything you expect from Life Fitness.



T3

T3 Special Features

Customize your T3 by choosing either the Basic or Advanced Workouts Console

Patented FlexDeck® shock absorption system reduces impact to user's joints by nearly 30% compared to non-cushioned surfaces

Contact heart rate hand sensors provide convenient heart rate monitoring

Ergonomically-placed lower control pad puts most-used controls easily within reach

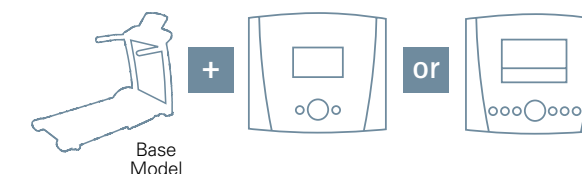
GoSystem™ Quick Start with 3 speed and incline presets enable quick, on-the-fly adjustments

Ultra-quiet, 3.0 HP Magna Drive™ motor system with 10-year warranty

Oversized, dual accessory trays and built-in reading rack

Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the T3:



F3

Breakthrough technology.

Introducing the F3 Foldable Treadmill from Life Fitness. Finally, a treadmill that combines the quality, performance, and great looks you desire with the flexibility of a machine that can be stored in a heartbeat. Specifically designed for the home environment, the F3 incorporates a number of thoughtful features that were developed with you in mind.

Child-proof release lever

Strategically located so small children can't unlock the treadmill and lower it into its unfolded position.



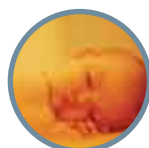
Contemporary design

Superb styling either folded or unfolded. A handsome bottom cover hides all undercarriage components when folded.



Quiet motor

Noise from your treadmill won't disturb others in the house or distract you while you watch TV or listen to music during your workout.



Soft drop

Gas-assisted springs gradually lower the treadmill to the floor.



Easy to move

Four wheels engage when treadmill is folded, giving it easy roll-away mobility.



F3

Quality, durability, and convenience.

The F3 Treadmill is the first of its kind — a space-efficient treadmill that doesn't sacrifice quality.

Customizable speed and incline presets enable quick, on-the-fly changes while our signature FlexDeck® shock absorption system reduces impact to your joints. The highest-quality components ensure years of use on a treadmill so sturdy and sleek, you'll be amazed that it folds.

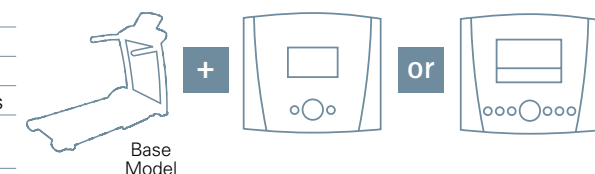


F3

F3 Special Features

- Customize your F3 by choosing either the Basic or Advanced Workouts Console
- User can easily fold the treadmill, safely lock it into place, and effortlessly roll it away
- Patented FlexDeck shock absorption system reduces impact to user's joints by nearly 30% compared to non-cushioned surfaces
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Ergonomically-placed lower control pad puts most-used controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets enable quick, on-the-fly adjustments
- Dual gas-assisted springs slowly lower the treadmill to the open position without user guidance
- Ultra-quiet, 3.0 HP Magna Drive™ motor system with 10-year warranty

Choose either the Basic or Advanced Workouts Console with the F3:



Specifications

T-Series TREADMILLS

	• Standard — Unavailable					
	CS	T7 ₀	T5 ₅	T5 ₀	T3	F3
Polar® telemetry heart rate monitoring (wireless chest strap included)	•	•	•	•	○	○
Lifepulse™ digital heart rate monitoring system with DSP (Digital Signal Processing)	•	•	–	–	–	–
Contact heart rate hand sensors	•	•	–	–	•	•
Commercial-grade rolled steel frame	•	–	–	–	–	–
2" x 5" (5.08 cm x 12.7 cm) robotically welded steel frame	–	•	•	•	–	–
1" x 3.5" (3 cm x 9 cm) steel frame	–	–	–	–	•	•
0.5 - 12 mph (0.8 - 19.3 kph)	•	•	•	•	•	–
0.5 - 10 mph (0.8 - 16.1 kph)	–	–	–	–	–	•
0 - 15%	•	•	•	•	•	–
0 - 12%	–	–	–	–	–	•
4.0 HP AC commercial-grade motor system	•	–	–	–	–	–
3.0 HP Continuous Duty MagnaDrive™ motor system	–	•	•	•	•	•
Commercial-grade controller, Life Fitness-designed microprocessor-based PWM controller	•	–	–	–	–	–
Life Fitness-designed microprocessor-based PWM controller	–	•	•	•	–	–
Microprocessor-based PWM controller	–	–	–	–	•	•
5/8" commercial grade isocyanide	•	–	–	–	–	–
3/4" commerical grade isocyanide	–	•	•	•	–	–
1" medium density fiberboard	–	–	–	–	•	•
Folding deck with gas assist springs for assisted soft drop	–	–	–	–	–	•
Undercarriage cover	–	–	–	–	–	•
FlexDeck® shock absorption system	•	–	•	•	•	•
FlexDeck® Select adjustable shock absorption system with three firmness settings	–	•	–	–	–	–
Commercial-grade handrails and front Ergo™ bar	•	–	–	–	–	–
Side handrails and front Ergo™ bar	–	•	•	•	•	•
60" L x 20" W multi-ply, pre-lubricated (153 cm x 51 cm)	•	–	–	–	•	–
60" L x 22" W multi-ply, pre-lubricated (153 cm x 56 cm)	–	•	•	•	–	–
55" L x 20" W multi-ply, pre-lubricated (140 cm x 51 cm)	–	–	–	–	–	•
3.5" (9 cm) commercial grade precision-crowned	•	–	–	–	–	–
2.5" (6 cm) precision-crowned	–	•	–	–	–	–
2.0" (5 cm) precision-crowned	–	–	•	•	–	–
2.6" (7 cm) front and 2.0" (5 cm) precision-crowned	–	–	–	–	•	•
TouchSensor™ keys with blue LED backlighting	–	•	•	–	–	–
One-touch quick start	•	•	•	•	•	•
Three customizable speed presets	•	•	•	•	•	•
Three customizable incline presets	•	•	•	•	•	•
	•	•	•	•	•	•
	•	•	•	•	•	•
	•	•	•	•	•	•

Specifications

T-Series TREADMILLS

	CS	T7 ₀	T5 ₅	T5 ₀	T3	F3
Power requirements: all major voltage configurations	•	•	•	•	•	•
Maximum user weight	400 lbs 180 kg	400 lbs 180 kg	400 lbs 180 kg	400 lbs 180 kg	350 lbs 158 kg	350 lbs 158 kg
Unit length	83" 211 cm	80.25" 204 cm	80.25" 204 cm	80.25" 204 cm	79.5" 202 cm	78.5" 199 cm
Unit width	37" 94 cm	32" 81 cm	32" 81 cm	32" 81 cm	34.5" 87 cm	34.5" 87 cm
Unit height	63.5" 161 cm	59" 150 cm	59" 150 cm	59" 150 cm	57.5" 146 cm	58.5" 148 cm
Unit weight	431 lbs 233 kg	340 lbs 154 kg	320 lbs 145 kg	320 lbs 145 kg	243 lbs 110 kg	264 lbs 120 kg
Safety: CE, CEN, CSA, TUV, UL certified	•	•	•	•	•	•
Lifetime on frame, LifeSpring™ shock absorbers and motor; 10-year on parts; 1-year labor	•	–	–	–	–	–
Lifetime on frame and LifeSpring™ shock absorbers; 10-year on motor; 7-year on parts; 1-year labor	–	•	•	•	–	–
Lifetime on frame and LifeSpring™ shock absorbers; 10-year on motor; 5-year on parts; 1-year labor	–	–	–	–	•	•
7" x 15" LED display showing workout progress	•	–	–	–	–	–
10" x 24" LED display showing workout progress	–	•	•	•	–	–
4" x 6" blue LCD display showing workout progress	–	–	–	–	•	–
3" x 5" blue LCD display showing workout progress	–	–	–	–	–	•
Time, distance, speed, level, heart rate, calories	•	•	•	•	•	•
Pace	•	–	–	–	•	–
METs, animated symbols	–	–	–	–	•	–
Number of workouts	16	18	15	12	10	5
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	•	•	•	•	•	•
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	•	•	•	•	•	–
Sport Training™ workouts (Time-based, 5K Sport Training, 10K Sport Training)	•	•	•	•	–	–
Distance-based	–	•	–	–	–	–
EZ Incline™ workouts	–	•	•	•	–	–
Daily Training™ workouts (30-minute walk, 45-minute cross-train)	–	•	•	–	–	–
3-mile jog	–	•	–	–	–	–
10,000 steps	–	•	•	–	–	–
Weight loss	–	•	–	–	–	–
My Workouts™ programs: save start-up information and favorite programs	7	7	7	4	–	–
My Treadmill user profiles	–	4	2	2	–	–
My own custom workout	6	7	4	1	–	–
Speed interval training, Pace mode	•	–	–	–	–	–
Goal workouts (Calories, Distance, Target Heart Rate)	•	–	–	–	•	–
2 Custom workouts	–	–	–	–	•	–
10-year electrical parts; 1-year labor	•	–	–	–	–	–
7-year electrical parts; 1-year labor	–	•	•	•	–	–
3-year parts; 1-year labor	–	–	–	–	•	•



C&R
Series



A legacy of excellence

Walk into virtually any health club and you'll find a Lifecycle® Exercise Bike. Millions have been motivated by the Bike since it was introduced as the world's first computerized exercise bike in the late 1960s. Its legendary quality and durability make it the first choice among discerning exercisers and health clubs alike.



Health club quality at home

Bring home the health club experience with the Club Series Upright and Recumbent Bikes—the home versions of our popular commercial models.



Customize your Lifecycle® Exercise Bike

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—the C3, C1, R3 or R1—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.

The legend lives on

The **Club Series** Upright Lifecycle® Exercise Bike takes on an instant familiarity. It's the home version of our popular health club model—a Bike that has stood the test of time. The result of endless hours of biomechanical research, this innovative Bike delivers superb product performance and the most natural, efficient upright riding position. More than 35 years of ingenuity, comfort, and durability make riding a Lifecycle® Exercise Bike incomparable to the competition.



CSLU

Club Series Special Features

- Lifepulse™ contact heart rate hand sensors in 2 positions on the handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn't require cords or outlets
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Ergonomic racing-style handlebars with deluxe forearm support
- ComfortCurve™ Plus seat with Relief Groove™ provides the ultimate in upright riding comfort
- Front mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life

Proven performance meets amazing comfort

Our **Club Series** Recumbent Lifecycle® Exercise Bike has mastered the combination of motivating workouts with unmatched comfort. On one side of this equation is the world-renowned appeal of the Lifecycle® Exercise Bike's quality, reliability, and durability. The other side of the equation consists of the ergonomics, biomechanics, and comfort that add up to the best in recumbent cycling. With the **Club Series**, top-quality workouts and comfort unite in the most remarkable ways.



CSLR

Club Series Special Features

- 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
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Contoured high-back support seat
- Side-mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life



Create your ultimate fitness machine

STEP
1

Choose your
Life Fitness
exercise bike model.

C3



C1



R3



R1



STEP
2

Add the console that best suits your personal fitness needs.

Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout (*not available on the X1*)



Basic

Available on the C3, C1, R3, R1 models

Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

- 10 workout programs
- Polar® wireless chest strap
- HeartSync® heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Advanced

Available on the C3, C1, R3, R1 models

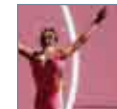
or



Polar® Chest Strap
Provides accurate, hands-free heart rate monitoring.



HeartSync Workouts
5 workouts that adjust incline to keep you at your target heart rate, ensuring a safe, effective workout.



Goal Workouts
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



Two User Profiles
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



Race Mode
Challenge yourself against a computer-simulated pacer.

C

Quiet, superb performance

Experience a traditional biking workout in your home whenever you're ready. Remarkably quiet, you can read, listen to music, or watch television without distraction while you pedal the miles away on a C3 or C1 Upright Lifecycle® Exercise Bike. And each Bike is precisely engineered to deliver the most natural upright riding position, ensuring a safe, effective workout.



C3



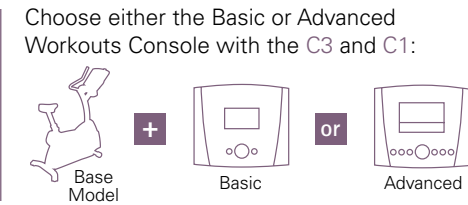
C1

C3 Special Features

- Energy efficient – self-powered machine doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 quick level changes
- Upright seat with deluxe cushioning and upholstery
- Front-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

C1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard upright seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life



See page 45 for details

R

Comfortably accommodating

The R3 and R1 Recumbent Lifecycle® Exercise Bikes combine challenging workouts with incredible comfort. Just lean back in the seat and notice how it accommodates your size, your abilities, and your preferences. Smooth, quiet, durable—on a Recumbent Bike, you can achieve your fitness goals comfortably.



R3



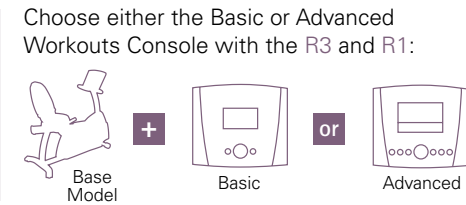
R1

R3 Special Features

- Energy efficient – self-powered machine doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 quick level changes
- Breathable mesh seat with gas-assist recline feature allows 20° range of motion
- Side-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

R1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard recumbent seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life



See page 45 for details

Base Specifications

C-Series AND R-Series LIFECYCLE® EXERCISE BIKES

	• Standard — Unavailable					
	CSLU	C3	C1	CSLR	R3	R1
Heart Rate Monitoring	•	—	—	•	—	—
- Lifepulse™ digital heart rate hand sensors on handlebars	—	•	•	—	•	•
- Contact heart rate hand sensors on handlebars	•	•	—	•	•	—
Power Requirements	—	—	•	—	—	•
- Self-powered. Does not require an electrical outlet.	•	—	—	—	—	—
- Plug-in (all major voltage configurations)	—	—	—	—	—	—
Seat	•	—	—	—	—	—
- Commercial-grade Comfort Curve™ Plus seat	—	•	—	—	—	—
- Upright seat with deluxe upholstery	—	—	•	—	—	—
- Standard upright seat	—	—	—	•	—	—
- Commercial-grade recumbent seat with contoured, high back pad	—	—	—	—	•	—
- Recumbent seat with mesh back and recline feature	—	—	—	—	—	•
- Standard recumbent seat and back pad	•	—	—	—	—	—
Handlebars	—	•	•	—	—	—
- Ergonomically-designed racing style handlebars with deluxe forearm support	—	—	—	•	•	•
- Ergonomically-designed racing style handlebars	•	—	—	•	—	—
- Front and side-mounted handlebars	—	•	—	—	•	—
Pedals	—	—	•	—	—	•
- Wide Ride™ self-leveling pedals with straps	—	—	—	—	—	—
- Enhanced non-slip, self balancing pedals with ratcheting straps	•	—	—	—	—	—
- Standard self-balancing pedals with ratcheting straps	•	—	—	—	—	—
Accessories	•	•	—	•	•	—
- Accessory tray / Water bottle holders	—	—	•	—	—	•
- Front-mounted water bottle holder	20	20	20	20	20	20
Resistance levels	13	14	14	34	13	13
Seat adjustments	400 lbs 180 kg	400 lbs 180 kg	300 lbs 135 kg	400 lbs 180 kg	400 lbs 180 kg	300 lbs 135 kg
Maximum user weight	48" 122 cm	45" 114 cm	45" 114 cm	54" 137 cm	57" 145 cm	57" 145 cm
Unit length	24" 61 cm	27" 69 cm	27" 69 cm	26" 66 cm	26" 66 cm	26" 66 cm
Unit width	54" 137 cm	56" 142 cm	56" 142 cm	51" 130 cm	54" 137 cm	54" 137 cm
Unit height	118 lbs 53 kg	118 lbs 53 kg	105 lbs 47 kg	134 lbs 60 kg	147 lbs 66 kg	130 lbs 59 kg
Unit weight	•	•	•	•	•	•
Safety: CE, CSA, FCC, GS/TUV, UL	•	•	•	•	•	•
Warranties	•	•	•	•	•	•
- Lifetime warranty on frame; 3-year on parts; 1-year on labor (warranties outside the U.S. may vary)						

Console Specifications

C9i, R9i, Advanced, AND Basic WORKOUTS CONSOLES

	CSLC	CSLR	A advanced	B basic
Red LED display	•	•	—	—
Blue and white custom etched LCD	—	—	•	•
Instructional message center	•	•	•	—
LCD display size	—	—	4" x 6" 10cm x 15cm	3" x 5" 8cm x 13cm
Number of workouts	19	19	10	5
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	•	•	•	•
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	•	•	•	—
Special workouts (Around the World, Cascades, Foothills, Kilimanjaro, Speed Training, Interval Training)	•	•	—	—
Goal workouts (Calories, Distance, Target Heart Rate)	—	—	•	—
Custom workouts	—	—	2	—
Quick start	•	•	•	•
On-the-Fly programming	•	•	—	—
Race mode	—	—	•	—
Cool Down Mode	•	•	•	•
Warm Up Mode	—	—	•	•
My Workouts™ personalized programs	7	7	—	—
User profiles	—	—	2	—
Polar® wireless chest strap included	•	•	•	—
Level	•	•	•	•
Time	•	•	•	•
Speed	•	•	•	—
- RPM	—	—	•	•
- (mph / km/h)	•	•	•	•
Distance	•	•	•	•
Heart rate	•	•	•	•
Target heart rate	•	•	•	•
Calories	•	•	•	•
Watts	•	•	•	•
METs	•	•	•	—
Pace	•	—	•	—
Animated symbols	—	—	•	—
3-year on parts; 1-year on labor (warranties outside the U.S. may vary)	—	—	•	•

For detailed descriptions of all workout programs and complete specifications, go to lifelitness.com



G
Series



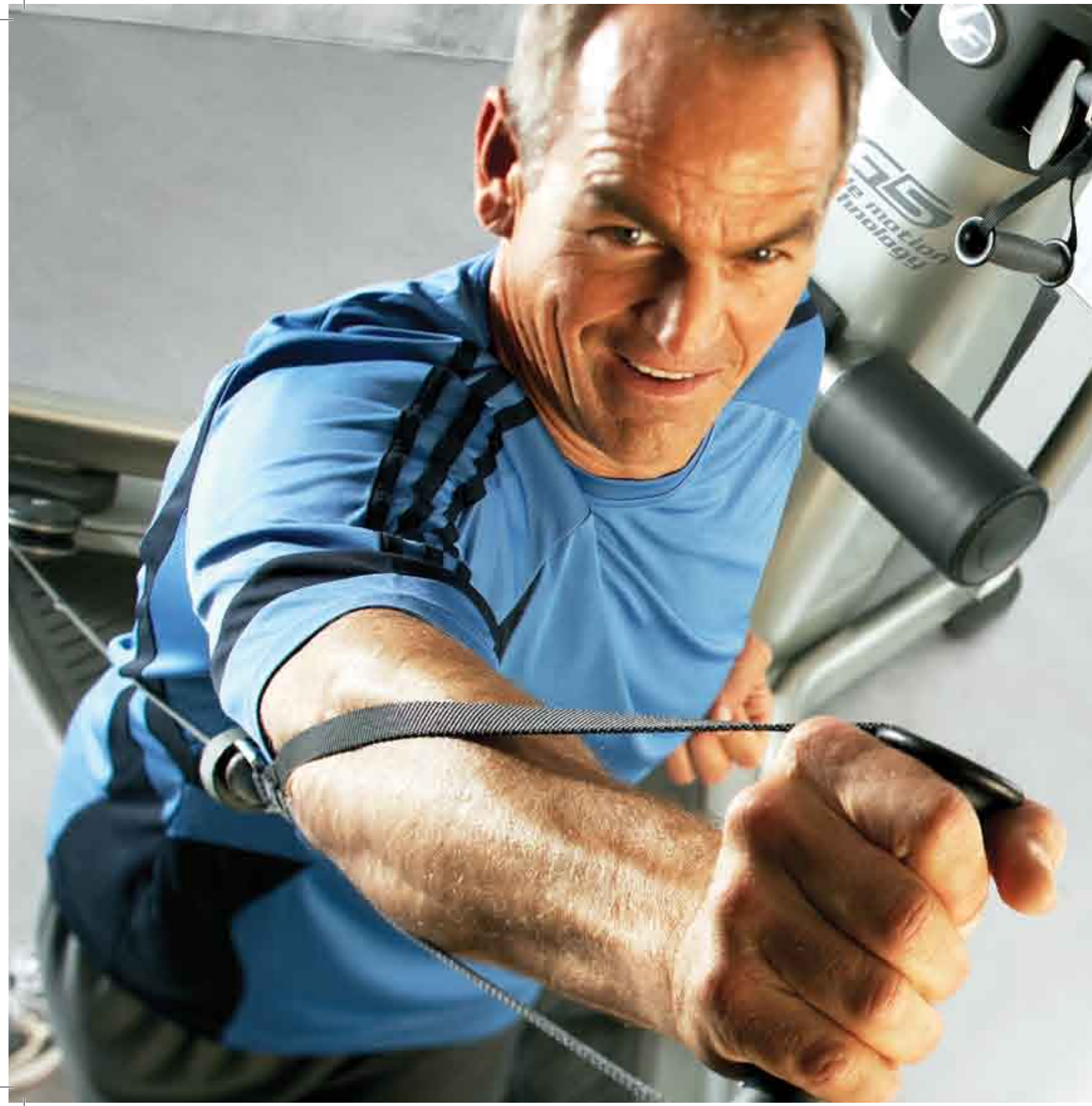
Health club results are right at home

Whatever your fitness goals may be, you need the right tools to accomplish them. As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness understands what it takes to build fitness equipment that delivers results. From world champion athletes to military personnel, Olympic medalists to business travelers, Life Fitness equipment has improved the lives of countless individuals in its 30 year history. Design. Ergonomics. Research. Testing. We put more into our products so you can get more out of yourself.



The ultimate experience

Life Fitness believes a workout isn't a chore, but a gateway into a higher level of wellness. Now you have the power to reach a new level of fitness satisfaction in the comfort and security of your own home. No matter what age, gender, or experience level, Life Fitness offers a strength solution to fit your needs. Whether your goal is to tone up, build strength, or train for a specific activity, we offer a home gym to assist you in reaching that goal. Try one today; it will not only change the way you exercise, but change the way you live.



Life Fitness Gym Systems

Powerful technology to achieve your goals

Life Fitness gym systems empower your workouts with two types of strength-building technology — **Cable Motion**™ technology, and **Fixed motion** technology.

Cable Motion Gym Systems



G7
G5
G3

Freedom of Motion

Cable Motion technology gives you control of every exercise motion. You have the freedom to perform traditional exercises, the functional moves of specific activities, or total-body movements that strengthen your core.



- Train for function. Perform movements that strengthen the muscles used in activities or to achieve specific goals.



- User-defined paths of motion enable virtually unlimited exercise variety — similar to lifting free weights.



- Total-body exercises target multiple muscle groups producing greater results.

Fixed Motion Gym Systems



G4
G2

Defined Motion

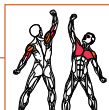
Fixed motion lets you focus on strengthening specific muscles using a traditional, machine-defined path of motion. This simplifies your movements and your workouts.



- Exercise motions are guided by the machine making exercising intuitive and straightforward.



- Utilizes familiar, fixed motion technology typically found on health club equipment.



- Targets specific muscle groups by isolating muscles in a stabilized, controlled environment.



Shown with optional removable, multi-position bench



Shown with locking fold-up bench



Accessories

SAMPLE EXERCISE OPTIONS

G7 EXCLUSIVE

- Assisted pullup
- Assisted pushup
- Hanging leg raise
- Forward walking lunge
- Lateral walking lunge
- Body weight pullup

FUNCTIONAL

- Golf swing
- Tennis swing
- Lift with rotation
- Baseball swing
- External rotation

CHEST

- Chest press
- Decline chest press
- Converging incline chest press
- Close-grip chest press
- Extended-arm pec fly
- Unsupported chest press

SHOULDER/BACK

- Lat pulldown
- Seated row
- Internal rotation
- Front raise
- Shoulder press
- Low row
- Lateral raise
- Rear deltoid
- One-arm fly
- One-arm cable row

BICEPS

- Incline biceps curl
- Standing biceps curl
- Seated biceps curl
- Reverse biceps curl

TRICEPS

- Triceps extension
- One-arm triceps extension
- Overhead triceps extension
- Seated triceps extension
- Triceps kickback

ABDOMINAL

- Abdominal crunch—high pulley
- Seated abdominal crunch
- Kneeling abdominal crunch
- Oblique twist

LOWER BODY

- Standing leg extension
- Standing leg curl
- Hip abduction
- Hip adduction
- Calf raise
- Lunge
- Squat

G7

The ultimate in exercise variety

The **G7** Dual Adjustable Pulley Home Gym is the ultimate Cable Motion™ training experience. Sleek and modern industrial design combined with solid and rugged construction—you can perform a virtually endless amount of exercises on the **G7** that engage stabilizing muscles while targeting major muscle groups—certain to deliver results.



G7 Special Features

- Cable Motion™ technology allows for virtually unlimited exercise variety, utilizes more muscle fibers, and works more muscle groups simultaneously than traditional fixed motion exercises
- Functional training enlists primary, secondary, and stabilizer muscles which enhances total-body coordination and improves performance in sport-specific and work-related tasks
- “**G7** Training Center” houses a water bottle and **G7** Exercise Book* featuring 60 exercises
- Adjustable pulley columns allow for 20 different height positions and the dual weight stacks let you perform isolateral movements or enable two users to work out at the same time
- Training DVD* features a personal trainer that guides you through 2 exercise routines: Total-Body and High-Energy
- Optional removable, multi-position bench folds and locks into place for convenient storage

Accessories

Included

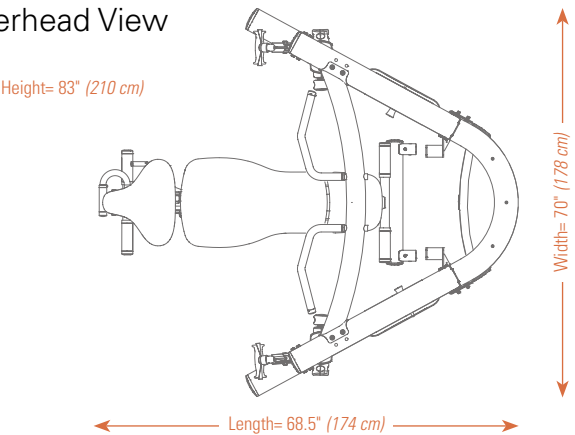
- | | |
|--|----------------------------------|
| 1 pair of medium length soft-strap ergonomic handles | Weight stack shrouds |
| Foot strap | Traditional handle adapter clips |
| Thigh strap | Training DVD* |
| Straight bar | Exercise Book* |
| 2 160-pound (73 kg) weight stacks | Water bottle |
| | Exercise / Stability ball |

Optional

- Removable, multi-position bench

*Exercise Book and Training DVD available in English only.

Overhead View



Shown with optional removable, multi-position bench



SAMPLE EXERCISE OPTIONS

FUNCTIONAL

Golf swing
Tennis swing
Lift with rotation
Baseball swing
External rotation

CHEST

Chest press
Converging chest press
Decline chest press
Converging incline chest press
Close-grip chest press
Extended-arm pec fly
Unsupported chest press

SHOULDER/BACK

Lat pulldown
Narrow grip pulldown
Seated row
Internal rotation
Front raise
Shoulder press
Low row
Lateral raise
Rear deltoid
One-arm fly
One-arm cable row

BICEPS

Incline biceps curl
Standing biceps curl
Seated biceps curl
Reverse biceps curl
One-arm biceps curl

TRICEPS

Triceps extension
One-arm triceps extension
Overhead triceps extension
Seated triceps extension
Standing triceps extension
Triceps kickback

ABDOMINAL

Abdominal crunch—mid pulley
Abdominal crunch—high pulley
Seated abdominal crunch
Kneeling abdominal crunch
Oblique twist

LOWER BODY

Standing leg extension
Standing leg curl
Hip abduction
Hip adduction
Hip extension
Calf raise
Lunge
Squat

G5

Setting the standard

The G5 Cable Motion™ Gym System lets you do it all, from traditional strength training to movement-improvement exercises. Through its Cable Motion™ technology, optimized pulley zones and removable bench, the G5 allows for an endless range of innovative functional strength exercises in a compact design.



G5 Special Features

- Cable Motion™ technology allows for virtually unlimited exercise variety, utilizes more muscle fibers, and works more muscle groups simultaneously than traditional fixed motion exercises
- Functional training transfers strength improvements to sport-specific and hobby-related strength training goals
- Removable bench allows for expanded exercise options
- 3 swivel pulley zones optimally positioned to allow for ultimate variety and ease of use for upper-body, lower-body, and core-strengthening movements
- Quick Connect cable end attachments make switching handles and moving between exercises quick and easy

Accessories

Included

3 pairs of soft-strap ergonomic handles (short, medium, long)
Thigh strap
Traditional handle adapter bar and clips

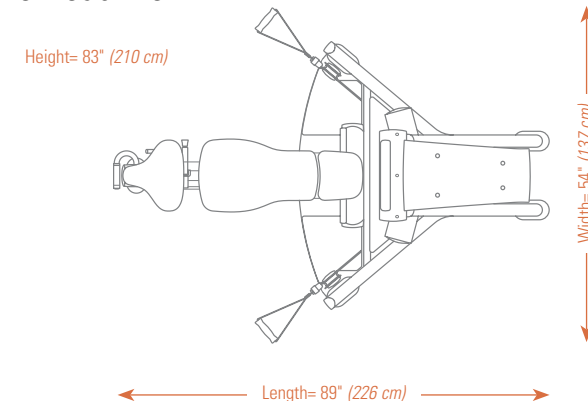
Foot strap
Instructional DVD and wall chart**
160-pound (73 kg) weight stack

Optional

Removable, multi-position bench
Exercise / Stability ball*

*See specialty fitness retailer for details. **Instructional DVD and wall chart available in English only.

Overhead View



Shown with optional removable, multi-position bench



SAMPLE EXERCISE OPTIONS

CHEST
Chest press
Close-grip chest press
Extended-arm pec fly

SHOULDER/BACK
Lat pulldown
Seated row
Internal rotation
Front raise
Shoulder press
Low row
Lateral raise
Rear deltoid
Reverse fly
One-arm cable row

BICEPS
Standing biceps curl
Reverse biceps curl
One-arm biceps curl

TRICEPS
Triceps extension
One-arm triceps extension
Overhead triceps extension
Standing triceps extension

ABDOMINAL
Abdominal crunch—mid pulley
Seated abdominal crunch

LOWER BODY
Seated leg extension
Standing leg curl
Hip abduction
Hip adduction
Hip extension
Leg press (optional)
Calf raise (optional)

G4

A powerhouse of fundamentals

The G4 Gym System promotes a quick and efficient workout in a compact footprint. Its simple adjustments allow a quick transition from exercise to exercise and can be easily adjusted for a variety of users. Unique design elements include ergonomically-angled handles that encourage proper arm positioning and movement for a smooth workout.



G4 Special Features

- Traditional fixed motion system uses familiar strength training technology to target specific muscle groups
- Switching between exercises is quick and simple
- Ergonomically-positioned handles provide comfortable wrist angles during pressing and pulling exercises
- Dual pivot pec/reverse fly arms are self-adjusting to maximize comfort and range of motion during fly exercises
- Magnetic exercise cards** guide you through exercise setup and posture and can be arranged to customize a workout
- Mid pulley provides expanded abdominal, arm, shoulder, and chest exercises
- Adjustable seat angles allow for quick changes from flat bench press to a 30° incline to a 45° incline to a 70° shoulder press with ease
- Seat angle promotes full range of motion on leg extension
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise*

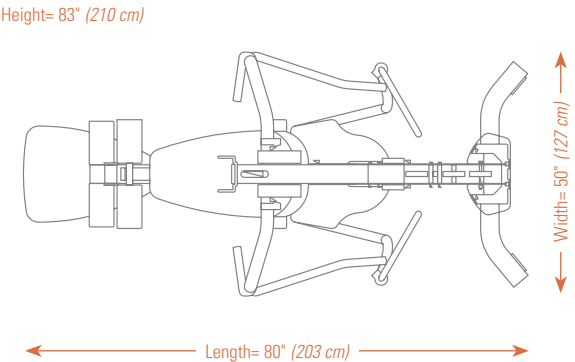
*See details on page 66

Accessories

Included	
Revolving lat bar	160-pound (73 kg) weight stack
Revolving low row bar	Magnetic exercise cards**
Ab / Tricep strap	Weight stack shroud
Ankle strap	
Optional	
50-pound (23 kg) add-on weight stack	
Leg Press / Calf Raise	

**Magnetic exercise cards available in English only.

Overhead View





Shown with optional Leg Press / Calf Raise



Accessories

SAMPLE EXERCISE OPTIONS

FUNCTIONAL

Golf swing
Tennis swing

CHEST

Chest press
Converging chest press
Decline chest press
Converging incline chest press
Close-grip chest press
Extended-arm pec fly
Unsupported chest press

SHOULDER/BACK

Lat pulldown
Narrow grip pulldown
Seated row
Internal rotation
Front raise
Shoulder press
Low row
Lateral raise
Rear deltoid
One-arm fly
One-arm cable row

BICEPS

Standing biceps curl
Seated biceps curl
Reverse biceps curl
One-arm biceps curl

TRICEPS

Triceps extension
One-arm triceps extension
Overhead triceps extension
Standing triceps extension
Triceps kickback

ABDOMINAL

Abdominal crunch—high pulley
Seated abdominal crunch
Oblique twist

LOWER BODY

Seated leg extension
Standing leg curl
Hip abduction
Hip adduction
Hip extension
Leg press (optional)
Calf raise (optional)

G3

A powerful combination

Core strength meets power moves. The G3 Cable Motion™ Gym System combines the variety of functional strength training with the simplicity of a traditional gym. The G3 uses upper-body Cable Motion™ technology and lower-body fixed paths of motion to strengthen core stabilizing muscles for everyday movements.



G3 Special Features

- Cable Motion™ technology allows for virtually unlimited variety with an ergonomic design that mimics the body's natural path of motion
- Functional training exercises increase strength in the muscles used in hobby and sport-related activities
- 2 swivel pulley zones remain in the optimal position for each upper-body and core exercise
- Magnetic exercise cards** guide you through exercise setup and posture and can be arranged to customize a workout
- Traditional fixed motion leg extension and leg curl target specific muscles, while the ankle strap allows for free motion leg exercises
- Quick Connect cable end attachments make switching between exercises quick and easy
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise*

*See details on page 66

Accessories

Included

2 pairs of soft-strap handles
(short, medium adjustable)
Revolving low row bar
Ankle strap
160-pound (73 kg) weight stack

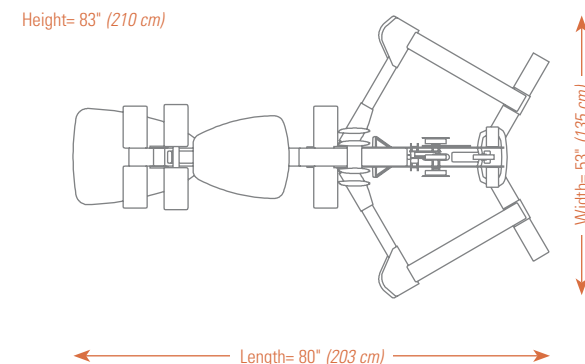
Traditional handle adapter bar
Magnetic exercise cards**
Revolving lat bar
Weight stack shroud

Optional

50-pound (23 kg) add-on weight stack
Leg Press / Calf Raise

**Magnetic exercise cards available in English only.

Overhead View





Leg Press / Calf Raise option available

SAMPLE EXERCISE OPTIONS

CHEST

Chest press
Converging chest press
Close-grip chest press
Extended-arm pec fly

SHOULDER/BACK

Lat pulldown
Seated row
Front raise
Low row
Lateral raise
Rear deltoid
Extended arm pec fly

BICEPS

Standing biceps curl
Reverse biceps curl
One-arm biceps curl

TRICEPS

Triceps extension
One-arm triceps extension
Standing triceps extension

LOWER BODY

Seated leg extension
Standing leg curl
Hip abduction
Hip adduction
Hip extension
Leg press (optional)
Calf raise (optional)



Accessories

G2

Strength from simplicity

The G2 Gym System makes strength training accessible to every level of exerciser. With the Variable Arc™ pressing station, the G2 gives you the freedom to try a variety of movements for better results in less time. And the ergonomic design makes each motion feel smooth and comfortable. Get a great total-body workout in a small space.



G2 Special Features

- Variable Arc™ Press Arm allows for both traditional (chest press), converging (converging chest press), and extended arm (pec fly) paths of motion from the same seated position
- Ergonomically-positioned handles promote proper wrist angles during pressing and pulling exercises
- Magnetic exercise cards** guide you through exercise setup and posture and can be arranged to customize a workout

- Pivot arcs are strategically-positioned to provide the most natural feel during full ranges of motion
- Pec fly path of motion mimics dumbbell fly movement
- Great exercise variety in a small package
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise*

*See details on page 66

Accessories

Included

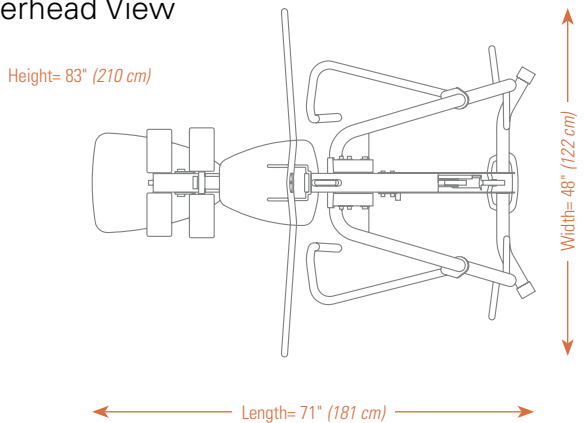
Revolving lat bar	160-pound (73 kg) weight stack
Revolving low row bar	Magnetic exercise cards**
Ankle strap	Weight stack shroud

Optional

50-pound (23 kg) add-on weight stack
Leg Press / Calf Raise

**Magnetic exercise cards available in English only.

Overhead View



	G7	G5	G4	G3	G2
Assisted pullup	●	—	—	—	—
Assisted pushup	●	—	—	—	—
Hanging leg raise	●	—	—	—	—
Forward walking lunge	●	—	—	—	—
Lateral walking lunge	●	—	—	—	—
Body weight pullup	●	—	—	—	—
Golf swing	●	●	—	●	—
Tennis swing	●	●	—	●	—
Lift with rotation	●	●	—	—	—
Baseball swing	●	●	—	—	—
Chest press	●	●	●	●	●
Converging chest press	●	●	—	●	●
Decline chest press	●	●	—	●	—
Converging incline chest press	●	●	—	●	—
Close-grip chest press	●	●	●	●	●
Extended-arm pec fly	●	●	●	●	●
Unsupported chest press	●	●	—	●	—
Lat pulldown	●	●	●	●	●
Narrow grip pulldown	●	●	●	●	●
Seated row	●	●	—	●	—
Internal rotation	●	●	●	●	●
External rotation	●	●	●	●	—
Front raise	●	●	●	●	●
Shoulder press	●	●	●	●	—
Low row	●	●	●	●	●
Lateral raise	●	●	●	●	●
Rear deltoid	●	●	●	●	●
Reverse fly	—	—	●	—	—
One-arm fly	●	●	—	●	—
One-arm cable row	●	●	●	●	—

	● Standard	○ Optional	– Unavailable		
	G7	G5	G4	G3	G2
Incline biceps curl	●	●	–	–	–
Standing biceps curl	●	●	●	●	●
Seated biceps curl	●	●	–	●	–
Reverse biceps curl	●	●	●	●	●
One-arm biceps curl	●	●	●	●	●
Triceps extension	●	●	–	●	–
One-arm triceps extension	●	●	–	●	–
Overhead triceps extension	●	●	–	–	–
Seated triceps extension	●	●	–	–	–
Standing triceps extension	●	●	●	●	●
Triceps kickback	●	●	–	●	●
Abdominal crunch – mid pulley	●	●	●	–	–
Abdominal crunch – high pulley	●	●	–	●	–
Seated abdominal crunch	●	●	●	●	–
Kneeling abdominal crunch	●	●	–	–	–
Oblique twist	●	●	–	●	–
Standing leg extension	●	●	–	–	–
Seated leg extension	–	–	●	●	●
Standing leg curl	●	●	●	●	●
Hip abduction	●	●	●	●	●
Hip adduction	●	●	●	●	●
Hip extension	●	●	●	●	●
Leg press	–	–	○	○	○
Calf raise	●	●	○	○	○
Lunge	●	●	–	–	–
Squat	●	●	–	–	–

Add more variety to your strength training routine, further challenge your lower-body muscles, and see greater results with the Life Fitness Leg Press/Calf Raise attachment.

- Perform challenging leg press and calf raise exercises to strengthen quad, hamstring, glute and calve muscles
- Non-skid foot platform provides a stable, natural foot position
- Flat arc maintains proper angles and alignment throughout the lower-body to minimize stress on knee joints
- Stabilizing handles and cushioned pads provide a safe and comfortable workout
- Warranty: Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables

Length
Length with optional bench
Width
Height
Length with optional Leg Press / Calf Raise
Width with optional Leg Press / Calf Raise
User-defined pressing (cables)
Adjustable angle fixed press arm
Variable arc™ pressing
Dual Adjustable Swivel Pulleys
2 swivel high pulleys, mid and low pulleys
2 swivel high pulleys, 2 swivel mid pulleys and 1 low pulley
V-groove mid pulley
High and low pulley
User-defined pec fly (cables)
Self-adjusting pec fly arms
Adjustable starting position for pressing movements
Removable, multi-position bench
Vertical adjustable seat
2 160-pound (73 kg) weight stacks
160-pound (73 kg) weight stack
50-pound (23 kg) weight stack
3 pairs of soft-strap ergonomic handles (short, medium, long)
2 pairs of soft-strap handles (short, medium adjustable)
1 pair of soft strap handles (medium)
Ab / Tricep strap
Foot strap
Ankle strap
Thigh strap
Revolving lat bar
Revolving low row bar
Traditional handle adapter bar
Traditional handle adapter clips
Instructional DVD**
Exercise cards / Wall chart**
Exercise Book**
Water bottle
Leg Press / Calf Raise
Weight stack shrouds
Straight bar
Removable, multi-position bench
Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables

[illegible]

** Instructional DVD, Exercise cards, wall chart and Exercise Book available in English only. G4, G3 and G2 shown with optional 50-pound (23 kg) add-on weight stack. Specifications, product features and accessories are subject to change.



The ultimate exercise experience

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 of the [Platinum Club Series](#). Enhance your home with the elegant design and sleek sophistication of this revolutionary fitness equipment.



Innovative and advanced

Bring home the health club experience with the [Platinum Club Series](#), the home version of our popular commercial models.



Customize your equipment

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—Treadmill or Lifecycle Exercise Bike—then select either Achieve, Inspire, or Engage Console to create your very own ultimate workout machine.



Create your ultimate fitness machine

STEP
1

Choose your Life Fitness Platinum Club Series model.



STEP
2

Add the console that best suits your personal fitness needs.

Achieve LED Console



Achieve™ LED Console

- LED Technology
- TV viewing capability not applicable
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 6 Workout programs

or

Inspire 7" LCD Console



Inspire™ 7" LCD Console

- 7" E3 Integrated LCD™ system with Touch Screen Technology
- Video 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 cabability 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
- Workout Landscape™ Perspectives
- 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

or

Engage 15" LCD Console



Engage™ 15" LCD Console

- 15" E3 Integrated LCD™ system with Touch Screen Technology
- watch video on up to 180 available TV channels on the 15" integrated LCD screen; FM-radio ready
- Integrated connector allows you to view iPod® music 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
- Workout Landscape™ Perspectives
- 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



iPod® Compatibility



Integrated Entertainment Console



Vitural Trainer



USB Connectivity



Workout Landscape Perspective



iPod® Compatibility

Seamless iPod Integration for Home Exercise Equipment

- 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 and iPhone music/video lists and make selections directly on the Engage™ 15" LCD or Inspire™ 7" LCD Consoles.
- Watch iPod-delivered video content on the Engage™ 15" LCD Console (requires video-capable 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 and iPod powered video.
- 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.
- Select either a male or female trainer.



USB Connectivity

Create, Customize and Track Workouts

- Create and save workouts and personal settings on any USB stick for future 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.

Experience 30 years of evolution

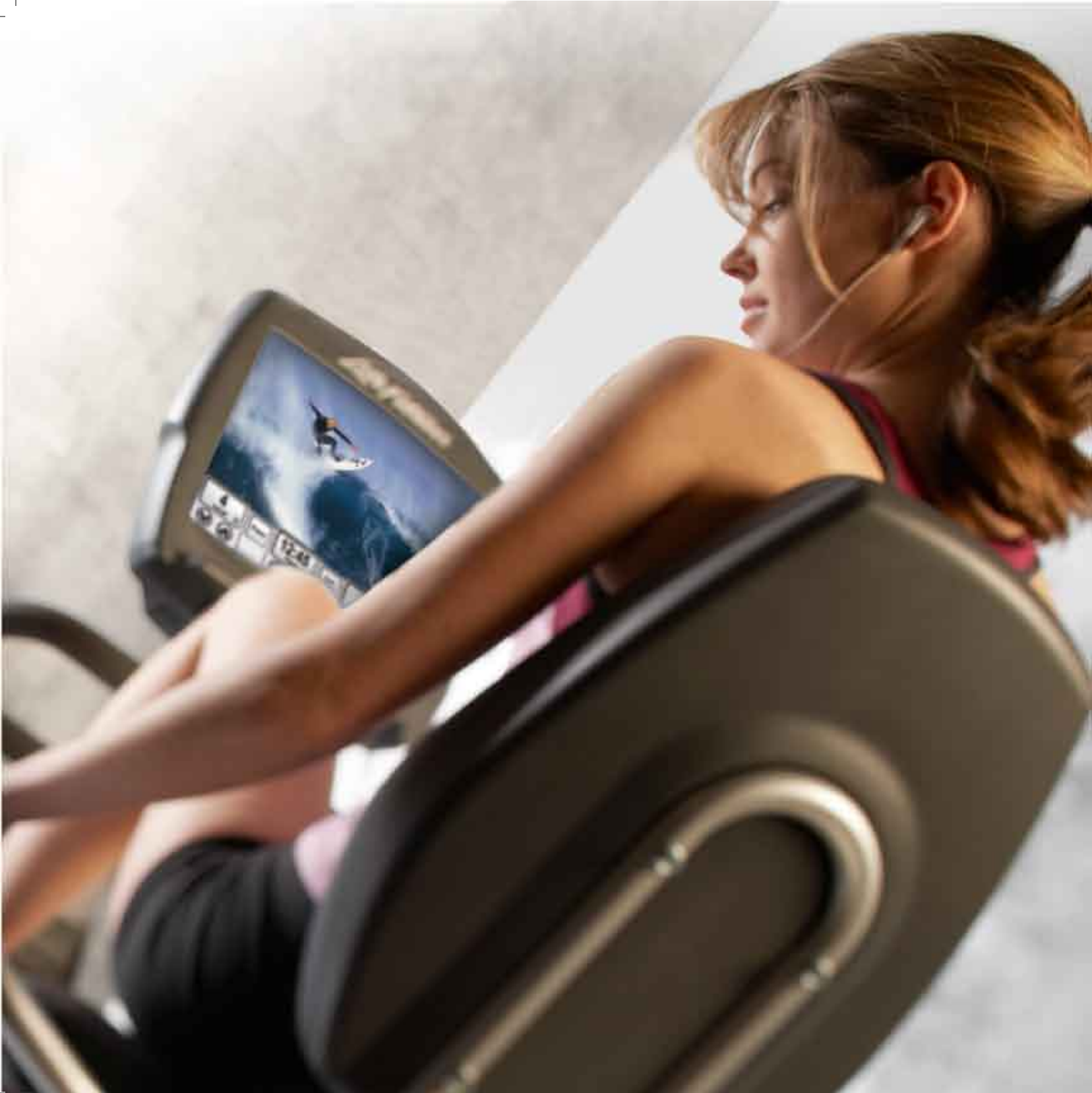
Designed with a new easily adjustable pedal strap, simple seat adjustment and at-your-fingertip controls, the **Platinum Club Series** Upright Lifecycle Bike delivers an exceptional fitness experience. Built with 30 years of research and development and the best ergonomic and user-based tests in the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

Platinum Club Special Features

- Newly designed Comfort Curve® Seat with Easy Adjustments 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.
- 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 finely tunes the seat position and improves performance, you can easily adjust the seat forward and back in a 3/4" range.
- 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.
- 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.
- Cordless, so you can place your bike anywhere you want.

* Models with Engage™ Console require external power source.





PCSR

Envision a new level of fitness

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.

Platinum Club Special Features

- Step-through design Allows you to easily get on and off the seat.
- Newly designed Comfort Curve® Seat with Easy Adjustments 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.
- 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.
- 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.
- Cordless, so you can place your bike anywhere you want.

* Models with Engage™ Console require external power source.



World-class workout

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.

[Platinum Club](#) Special Features

- Large 22x60 Running Surface for maximum comfort.
- Low 9.5 Step-Up Height ease of use.
- Small 37x80 Footprint enables efficient space planning.
- Large 26x5 Handrails with Soft Grips
- Activity Zone Conveniently places the most-used controls right at your fingertips.
- 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 for easy cleaning.
- Low Decibel Level Ensures a quiet workout environment.
- E³ Integrated LCD System (Engage™ 15" LCD Console only) Go System, Cable and FM-radio ready.
- Easy Language Selection 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 enlarges the speed, incline and time displays to enable easier workout data viewing.
- 36 Workout Programs and 6 Goal workouts



BASE Specifications

Platinum Club Series TREADMILL

		Key	Standard	Optional	— Unavailable
Heart Rate Monitoring			Engage 15" LCD	Inspire 7" LCD	Achieve LED
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: 26x 5 (66 cm x 13cm) flared					
Activity Zone: Most often used buttons located on Ergo bar					
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 (204kg)		
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				

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

BASE Specifications

Platinum Club Series UPRIGHT LIFECYCLE® EXERCISE BIKE

		Key	Standard	Optional	— Unavailable
Heart Rate Monitoring			Engage 15" LCD	Inspire 7" LCD	Achieve LED
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 Series RECUMBENT LIFE CYCLE® 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.

CONSOLE Specifications

DISPLAY TECHNOLOGY

		Key	Standard	Optional	– Unavailable
			Engage 15" LCD	Inspire 7" LCD	Achieve LED
Console Options					
15 E³ Integrated LCD™ System with Touch Screen Technology and Built-in Video				–	–
7 E³ 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 audio playlist management on LCD screen				–
	iPod 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					