



鐘友體育用品社  
泳装の世界

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*LifeFitness*

2020 PRODUCT CATALOG

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# TRANSFORMATION FOR FACILITIES AND EXERCISERS

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

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

# CHOOSE YOUR EXPERIENCE

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

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

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

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





# YOUR FACILITY FIRST

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

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



# BUILD YOUR EXPERIENCE

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

## SELECT YOUR CONSOLE



### Discover SE3 HD

Premium entertainment on a 21.5" touch screen (16" on cardio besides treadmills). Includes Life Fitness™ On Demand, HD TV, internet, apps like Netflix™, interactive courses and more.



### Discover ST

Integrated HD TV, Performance Run view, interactive courses and an intuitive touch screen offer a straight-forward experience. 21.5" touch screen (16" on other cardio).



### Integrity X\*\*

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



### Integrity C\*\*†

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

## SELECT YOUR BASE



### Elevation

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



### Integrity Deluxe

Sleek design with added aesthetic touches to enhance any facility.



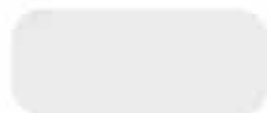
### Integrity Simple\*

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

## SELECT YOUR COLOR



**Black Onyx**



**Diamond White**



**Titanium Storm**



**Arctic Silver**





*Elevation Base with SE3 HD Consoles in Arctic Silver*



*Integrity Deluxe base with X Consoles in Arctic Silver*



*Integrity Simple Base with C Consoles in Arctic Silver*





# CONSOLE EXPERIENCES

## LIFE FITNESS ON DEMAND

Redefine cardio for your exercisers with exciting and motivating instructor-led, on-demand workouts. Dozens of workouts are available on treadmills, ellipticals, bikes, PowerMills and Arc Trainers with connected Discover SE3 HD consoles.



## DISCOVER SE3 HD CONSOLE

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



### Connection

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



### Entertainment Hub

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



### Engaging Courses

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



### Smart Watch Compatibility

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



### Customizable Home Screen

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



### Performance Run

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

## DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straightforward entertainment experience for exercisers. Includes Performance Run, Lifescape courses, up to 21 workouts and is NFC and Bluetooth® compatible.



## INTEGRITY X AND C CONSOLES

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

\*For treadmill only

Apple® and Apple Watch® are registered trademarks of Apple, Inc. Samsung Galaxy Watch® is a registered trademark of Samsung Electronics Co., Ltd.

## CONSOLES



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



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



# HALO FITNESS CLOUD

Easy and efficient facility management.

Meaningful interactions with members.



## HALO

### WHAT IT IS

The Halo Fitness Cloud is the platform that connects fitness facilities to their staff, exercisers and equipment. Halo empowers facilities and their staff to optimize equipment usage, better communicate between themselves and their exercisers, and more easily keep cardio equipment up-to-date with the newest features.

### GET CONNECTED

- View service notifications regarding preventative maintenance and equipment rotation
- Understand traffic patterns and popular equipment by analyzing usage insights
- Offer exciting new features on compatible cardio equipment with streamlined software updates
- Customize your solution to fit your facility brand, exercisers, environment and experience

Visit **Halo.Fitness** for more information.







# ELEVATION SERIES

Premium cardio equipment that includes treadmills, upright and recumbent exercise bikes, and cross-trainers.

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

## ELEVATION SERIES PRODUCTS



**TREADMILL**  
WITH DISCOVER SE3 HD  
CONSOLE

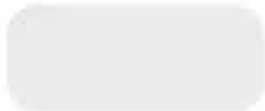


**ELLIPTICAL CROSS-TRAINER**  
WITH DISCOVER SE3 HD  
CONSOLE



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

## COLOR OPTIONS



**Diamond White**



**Arctic Silver**



**Titanium Storm**



**Black Onyx**

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

## AVAILABLE WITH THESE CONSOLES



### DISCOVER SE3 HD CONSOLE

Premium entertainment includes HD TV, internet, apps like Netflix™, instructor-led Life Fitness On Demand workouts, interactive courses and more.



### DISCOVER ST CONSOLE

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







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



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







# INTEGRITY SERIES

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



## INTEGRITY SERIES PRODUCTS



Optional service wheel for quicker and easier pivoting and cleaning



**TREADMILL**  
DELUXE BASE WITH  
DISCOVER SE3 HD CONSOLE



**ELLIPTICAL CROSS-TRAINER**  
DELUXE BASE WITH  
DISCOVER SE3 HD CONSOLE



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

## AVAILABLE WITH THESE CONSOLES



**DISCOVER SE3 HD CONSOLE**  
Premium entertainment includes HD TV, internet, apps like Netflix™, instructor-led Life Fitness On Demand workouts, interactive courses and more.



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



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



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



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





**UPRIGHT LIFECYCLE  
EXERCISE BIKE**

DELUXE BASE WITH  
DISCOVER SE3 HD CONSOLE



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

**SELECT  
FROM TWO BASE OPTIONS**

**DELUXE BASE**

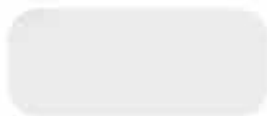
Deluxe Base has added aesthetic touches like stainless steel venting and four color options. Exercisers benefit from slight enhancements to user touchpoints.

**SIMPLE BASE**

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

*See page 28 and 29 for more information.*

**COLOR OPTIONS**



**Diamond White**



**Arctic Silver**



**Titanium Storm**



**Black Onyx**

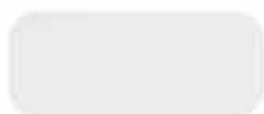
INTEGRITY SERIES S BASE/D BASE	INTEGRITY C CONSOLE*	INTEGRITY X CONSOLE	DISCOVER 5T	DISCOVER SE3 HD
Treadmill	INTSC	INTSX/INTDX	INTSST/INTST	INTSSE/INTDSE
Cross-Trainer	INXCS	INXSX/INXDX	INXSST/INXST	INXSSE/INXDSE
Upright	INCSC	INCSX/INCDX	INCST/INCST	INCSE/INCDSE
Recumbent	INRSC	INRSX/INRDY	INRSST/INRST	INRSSE/INRDSE

\* C Console only available on Simple Base    \*\* Simple Base only available in Arctic Silver

# POWERMILL CLIMBER

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

## COLOR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

INTEGRITY C CONSOLE	INTEGRITY X CONSOLE	DISCOVER 5T	DISCOVER SE3 HD
INPMSC	INPMDX	INPMDST	INPMHD







*PowerMill Climbers with Discover SE3 HD Consoles in Arctic Silver.*

# ARC TRAINER

A 3-in-1 alternative-motion cross-trainer that offers cardio versatility to a wide range of exercisers. The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking.

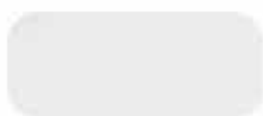
It's effective for everyone from rehabilitation clients and deconditioned members, up to professional athletes.

## Features:

- 21 levels of incline adjustment allowing workouts to target glutes, quads and hamstrings. Different motions can be incorporated into long cardio sessions, short bursts of interval training, or anything in between.
- 100 levels delivering more than 1,000 Watts of resistance.
- Back-entry keeps the footprint small.
- Available with Discover SE3 HD and ST consoles, and Integrity X and C consoles.
- Two base versions to choose from: Total-body and lower-body.



## COLOR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

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





CARDIO





# ACTIVATE SERIES

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





## ACTIVATE SERIES



TREADMILL / OST



ELLIPTICAL  
CROSS-TRAINER / OSX



UPRIGHT LIFECYCLE  
EXERCISE BIKE / OSC



RECURBENT LIFECYCLE  
EXERCISE BIKE WITH  
ATTACHABLE TV / OSR

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

## BASE COMPARISON

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

INTEGRITY CROSS-TRAINER	Simple	Deluxe
<b>FEATURES</b>		
Ergonomic Fixed Stride	20" (51 cm)	
Resistance levels	0-25	
Multi-grip handles with remote resistance controls	N	Y
Oversized 15" (38 cm) pedals	Standard	FlexForm™
Generator Drive System	Y	
<b>FRAME</b>		
Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y
<b>TECHNICAL SPECIFICATIONS</b>		
Step-up height	9.5" (24 cm)	
Max user weight	400 lbs (181 kg)	
Length	86" (218 cm)	
Dynamic Length	87" (221 cm)	
Width	29" (74 cm)	
Height	63.5" (161 cm)	64" (163 cm)
Unit weight	298 lbs (135 kg)	301 lbs (137 kg)

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

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



INTEGRITY UPRIGHT BIKE	Simple	Deluxe
Deluxe racing handlebars with elbow support	N	Y
Standard racing handlebars	Y	N
Remote resistance controls	N	Y
Self-leveling Wide Ride™ pedals	N	Y
Standard Wide Ride™ pedals	Y	N
Seat with lumbar support	-	
Fine-tuned seat adjustment positions	38	
Resistance levels	0-25	
Maximum resistance (Watts)	900+	

#### FRAME

Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y

#### TECHNICAL SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Length	41.5" (105 cm)
Width	24.5" (62 cm)
Height	54.5" (138 cm)
Unit weight	169 lbs (77 kg)

INTEGRITY RECUMBENT BIKE	Simple	Deluxe
Front assist handle for easy entry and exit	N	Y
Self-leveling Wide Ride™ pedals	N	Y
Standard Wide Ride™ pedals	Y	N
Remote resistance controls	N	Y
Improved Comfort Curve Plus™ Seat with lumbar support*	N	Y
Seat with lumbar support	Y	N
Fine-tuned seat adjustment positions	40	
Resistance levels	25	
Maximum resistance (Watts)	900+	

#### FRAME

Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y

#### TECHNICAL SPECIFICATIONS

Max user weight	400 lbs (181 kg)	
Length	67" (170 cm)	
Width	26" (66 cm)	
Height	51.5" (131 cm)	
Unit weight	211 lbs (96 kg)	215 lbs (98 kg)

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

# GROUP TRAINING

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

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









# UPPERCYCLE GX

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

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



**UPPERCYCLE GX ERGOMETER**  
GROUP-UC-01



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





# ROW GX TRAINER

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

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



**ROW GX TRAINER**  
GROUP-ROW-02



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





# SPARC TRAINER

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





**SPARC TRAINER**  
50A1-12

# LIFE FITNESS INDOOR CYCLES

POWERED BY ICG

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

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



IC7 INDOOR CYCLE /  
IC-LFIC7B2-02



## Robust Digital Experience

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



## Optimal Q Factor

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





### Advanced Power Metrics

The WattRate® Direct Power Meter on IC7 and IC8 bikes offers the market's most accurate sensor technology with a direct measuring tolerance of +/- 1%.



### Inviting Design

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



### Poly-V Belt Drive

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



### Attention to Comfort

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

*Note: The IC8 Trainer is chain driven.*

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## STATE-OF-THE-ART INDOOR CYCLES

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



**IC8 / IC-LFIC8C1-02**

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Inspired by the movement of road and triathlon cycling. With greater power accuracy, wattage and performance data than any other indoor cycle, the IC8 is ideal for cycle-specific coaching, high-intensity interval training and endurance training.



**IC7 / IC-LFIC7B2-02**

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



**IC6 / IC-LFIC6B1-02**

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



**IC5 / IC-LFIC5B2-01**

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



**IC4 / IC-LFIC4B1-01**

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



# INDOOR CYCLING ACCESSORIES



## INDOOR CYCLING STUDIO DUMBBELLS

Add a total-body upgrade to your ICG bikes with studio dumbbells. Exercisers can engage their upper body with several different training options while riding.



## INDOOR CYCLING STUDIO RACK

The uniquely designed storage systems match the colors of the ICG® Indoor Cycles, creating a polished and organized studio environment that allows the class to concentrate on their workout.



## INDOOR CYCLING DUMBBELL HOLDER

The dumbbell holder enables exercisers to transition between cycling and weight training seamlessly. A lightweight steel wireframe construction easily attaches to the seat-post stem behind the rider without interfering with the exerciser's pedaling.



## INDOOR CYCLING IC4-IC7 SMARTPHONE & TABLET MOUNT

Compatible with the IC4, IC5, IC6, IC7 Indoor Cycles, this mount includes an elastic drawstring which ensures safe housing for tablets and smartphones up to 12 inches long and 11mm thick. The bracket can be quickly and easily mounted on the front of the handlebar.



## INDOOR CYCLING IC8 SMARTPHONE & TABLET MOUNT

Compatible with the IC8 Indoor Cycle, this mount includes an elastic drawstring which ensures safe housing for tablets and smartphones up to 12 inches long and 11mm thick. The bracket can be quickly and easily mounted on the front of the handlebar.



# THE ICG DIGITAL EXPERIENCE

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



## ICG CONNECT

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



## COACH BY COLOR®

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



## ICG APP

The Apple® and Android™ app pairs with IC5, IC6, IC7 and IC8 bikes to give exercisers the power to view, save and track workouts.



## MYRIDE® VX GROUP

Select, play and control video on a big screen for group or team participation. Instructors can use apps to enhance live training sessions, and facilities can use them to schedule virtual classes online or play on demand.



# COACH BY COLOR® TRAINING ZONES



## THE SCIENCE BEHIND COACH BY COLOR®

Life is not black and white. We live in color. Color is powerful. It can spur action and compel reaction. Color is evocative. It can influence thoughts and emotions. Color is universal. Red means “hot” and blue means “cool” in just about every culture.

To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience. The Coach By Color® power program relies on color's natural stimulating properties to accurately coach a user's effort during a workout. It elicits the right psychological and physiological responses to encourage greater effort. It fosters connections among members and enhances instructor communication, and therefore increases social interaction while maximizing results. Those are the kinds of benefits that boost new member acquisition and retention.

## TRAINING ZONES

Coach By Color® has five colored training zones: white, blue, green, yellow and red. These zones can be linked to WattRate® (power) and Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the five colored zones to accurately coach their effort for the best customized results.





# SYNRGY360

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

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

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





SYNRGY360

SYNRGY360



## SYNRGY360 T

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

**2** **MAX. FOOTPRINT:**  
5.8' x 9.2'  
(1.76 m x 2.8 m)

**PLACES TO TRAIN**

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



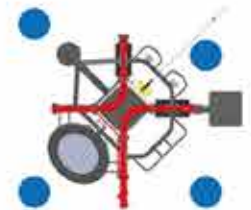
## SYNRGY360 XS

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

**4** **MAX. FOOTPRINT:**  
9.2' x 9.2'  
(2.8 m x 2.8 m)

**PLACES TO TRAIN**

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



## OPTIONAL CABLE CROSSOVER CONNECTOR



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

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







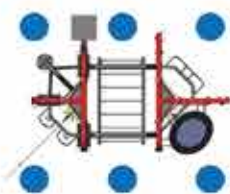
## SYNRGY360 XM

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

**6**  
PLACES TO TRAIN

**MAX. FOOTPRINT:**  
10.6' x 16.0'  
(3.23 m x 4.87 m)

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



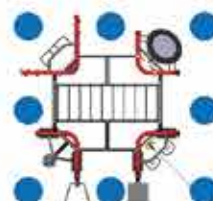
## SYNRGY360 XL

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

**8**  
PLACES TO TRAIN

**MAX. FOOTPRINT:**  
16.0' x 16.0'  
(4.87 m x 4.87 m)

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



# COMPLETE THE PACKAGE



### ACCESSORIES

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



### FLOORING

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



### EDUCATION

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

[LifeFitness.com/Synrgy360/Training](http://LifeFitness.com/Synrgy360/Training)

\* SYNRGY360, SYNRGY180 and SYNRGY90 units must be secured to a concrete floor for stabilization and to eliminate rocking or tipping. Contact your sales representative for pricing and additional configurations.



# SYNRGY180

The SYNRGY180 training system has a space-saving design that serves as a functional training rig and efficient wall-adjacent accessory storage unit.

The modular system can be custom-configured as a simple single-bay training rig or expanded to be a full room multi-bay training rig with a variety of HIIT elements.





**EFFICIENCY**

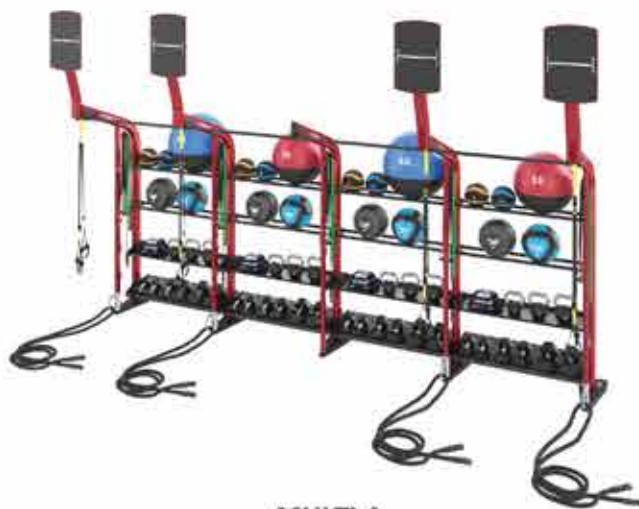
A full functional training system that doesn't take up valuable square footage.

**FLEXIBILITY**

Scalable size and the ability to add the training modalities your exercisers want.

**GREAT DESIGN**

Premium and inviting design improves the aesthetics of any facility.



MULTI 4



DUO 4



MIX 3





# SYNRGY90

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



SYNRGY90



**CABLE CABLE**  
/ SYN90-CC



**CABLE VERSA**  
/ SYN90-CV



**VERSA CABLE**  
/ SYN90-VC



**VERSA VERSA**  
/ SYN90-VV



# STUDIO COLLECTION





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

**Features:**

- Each rack is the same height and each type of weight utilizes the same color strategy. This gives your studio a collection of products that fit and work together as a family.
- Organizational efficiency allows this collection to fit in any space
- Colors and design aesthetics make group studio classes more inviting



**DUMBBELL PACK /**  
LF-GDBKG



**KETTLEBELL PACK\* /**  
LF-STKBR



**BARBELL PACK /**  
LF-GBBKG



**STEP /** LF-STP-1001



**RISER /** LF-STP-1002



**DECK /** LF-DK-1000



**STEP & RISER SET /**  
LF-STP-1000

\* Kettlebells sold separately.





# ACCESSORIES





### RUBBER KETTLEBELLS

- Weight range: 8, 12, 16, 20, 24, 28, 32 kg
- High-grade rubber chemically bonded to cast iron, chrome plated steel handle
- Molded-in grey weight markers
- Handle diameter: 34 mm



### TIRES

- Weights: 40, 60, 80, 100 kg
- Commercial vinyl covered soft foam
- 12 grab-handle locations
- Wear resistant bottom surface for pull, push and drag



### CORE BAGS

- Weights: 5, 10, 15, 20, 25 kg
- Double-stitched, vinyl covered foam
- Three grab handles



### 3-IN-1 SOFT PLYO BOX

- Dimensions (L x W x H): 40 x 50 x 56 cm
- Weight: 20 kg
- Dense foam inner core with soft foam outer core
- Double-stitched vinyl seams with anti-slip surface on all sides
- Soft foam edges and corners



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### SPEED CONES

- Size (W x H): 17 x 23 cm
- Set of six
- Numbered for added training variety



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### SPEED LADDER

- Size (L x W): 314 x 51 cm
- Five cells
- Drawstring carrier bag included



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### HURDLES

- Rotatable legs to achieve two training heights
- Low Height: 15.2 cm
- High Height: 30.4 cm



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### SKIPPING ROPE

- Length: 3 m (between handles)
- Leather



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### SPEED ROPE

- Length: Max 2.9 m (between handles), adjustable
- Steel-braided cable in a vinyl sheath



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### BATTLE ROPE

- Length: 10 m
- Diameter: 32 mm or 50 mm
- Braided nylon with rubber overmolded handles



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### PUNCHING BAG

- Size (W x H): 35 x 115 cm
- Weight: 40 kg
- Dense foam surrounding three vertically spaced sand cores to maintain shape and weight distribution



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### BAG GLOVES

- Weight: 283 g
- Durable polyurethane cover
- Mesh panels for breathability



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### MEDICINE BALLS

- Weights: 1, 2, 3, 4, 5 kg
- Ball diameter: 23 cm
- High-grip, premium rubber





#### PILATES MAT

- Size: 1850 x 580 x 15 mm
- Available in blue only
- Reinforced rings for hanging



#### YOGA MAT

- Size: 1830 x 610 x 4 mm
- Available in black only
- Reinforced rings for hanging



#### CARDIO/STUDIO MAT

- Size: 1000 x 500 x 8 mm
- Available in red only
- Reinforced rings for hanging



#### LONG, SOFT FOAM ROLLER

- 915 x 150 mm
- Low-density EVA foam
- Least aggressive



#### SHORT, HARD FOAM ROLLER

- 460 x 140 mm
- Polyurethane
- Medium aggressive



#### SHORT, RIGID FOAM ROLLER

- 385 x 135 mm
- PVC tube covered by closed-cell foam
- Most aggressive



#### STABILITY BALLS

- Sizes: 55 cm (red or grey), 65 cm (blue or grey), 75 cm (grey)
- Elastic PVC
- Anti-rollaway technology



#### COVERED RESISTANCE TUBES

- Resistance levels: Light (green), medium (red) and heavy (blue)
- Resting length: 173 cm, stretched length: 503 cm



#### POWER BANDS

- Resistance levels: Light (green), medium (blue) and heavy (red)
- Premium quality latex rubber



#### BOSU PRO BALANCE TRAINER, GREY

- Patented nonslip, dually overmolded base material
- Nonskid, nonmarking base

## ACCESSORIES PRODUCTS

KETTLEBELLS	CODE	WEIGHT
Life Fitness Rubber Kettlebells: 8 kg	LF-KB-1101-01	8 kg
Life Fitness Rubber Kettlebells: 12 kg	LF-KB-1102-01	12 kg
Life Fitness Rubber Kettlebells: 16 kg	LF-KB-1103-01	16 kg
Life Fitness Rubber Kettlebells: 20 kg	LF-KB-1104-01	20 kg
Life Fitness Rubber Kettlebells: 24 kg	LF-KB-1105-01	24 kg
Life Fitness Rubber Kettlebells: 28 kg	LF-KB-1106-01	28 kg
Life Fitness Rubber Kettlebells: 32 kg	LF-KB-1107-01	32 kg
Life Fitness Rubber Kettlebells Set: 8-32 kg	PH-LF-KB-1100-01	8-32 kg

TIRES	CODE	WEIGHT
Orange Tire	LF-TR-1000-01	40 kg
Red Tire	LF-TR-1001-01	60 kg
Blue Tire	LF-TR-1002-01	80 kg
Gray Tire	LF-TR-1003-01	100 kg

CORE BAGS	CODE	WEIGHT
Green Core Bag	LF-CB-1000-01	5 kg
Orange Core Bag	LF-CB-1001-01	10 kg
Red Core Bag	LF-CB-1002-01	15 kg
Blue Core Bag	LF-CB-1003-01	20 kg
Gray Core Bag	LF-CB-1004-01	25 kg

3-IN-1 SOFT PLYO BOX	CODE	SIZE
Soft Plyo Box	LF-PB-2000-01	50 x 60 x 76 cm

SPEED CONES	CODE	COLOR
Set of 6	LF-CN-1000-01	Green

SPEED LADDERS	CODE	COLOR
Ladder with Drawstring Carrier Bag	LF-LD-1000-01	Green

HURDLES	CODE	COLORS
Adjustable Hurdles	LF-HD-1000-01	Green

SPEED ROPE	CODE	LENGTH
Red BSH Speed Rope	LF-SR-1001-01	2.95 m
Black Skipping Rope	LF-SR-1000-01	3 m



BATTLE ROPE	CODE	LENGTH
Battle Rope: 32 mm	BR3210	10 m
Battle Rope: 50 mm	BR5010	10 m

PUNCHING BAG	CODE	WEIGHT
Punching Bag	FGPK-LFHBV2	40 kg

PUNCHING GLOVES	CODE	WEIGHT
Pair of Punching Gloves, Red	LF-BG-1100-01	283 g

MEDICINE BALLS	CODE	WEIGHT
Green Medicine Ball	LF-MB-1100-01	1 kg
Orange Medicine Ball	LF-MB-1101-01	2 kg
Red Medicine Ball	LF-MB-1102-01	3 kg
Blue Medicine Ball	LF-MB-1103-01	4 kg
Grey Medicine Ball	LF-MB-1104-01	5 kg

MATS	CODE	COLOR
Yoga Mat	LFMAT300	Black
Pilates Mat	LFMAT400	Blue
Cardio/Studio Mat	LFMAT200	Red

STABILITY BALLS	CODE	SIZE
Red Stability Ball, Small	LF-SB-1000-01	55 cm
Grey Stability Ball, Small	LF-SB-1003-01	55 cm
Blue Stability Ball, Medium	LF-SB-1001-01	65 cm
Grey Stability Ball, Medium	LF-SB-1004-01	65 cm
Grey Stability Ball, Large	LF-SB-1002-01	75 cm

ROLLERS	CODE	COLOR
Long, Soft Roller	LF-FR-1100-01	Blue
Short, Hard Roller	LF-FR-1101-01	Green
Short, Rigid Roller	LF-FR-1102-01	Black

# INSIGNIA SERIES

**Thoughtfully designed. Distinctively crafted.**



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





STRENGTH

## INSIGNIA SERIES



**ASSIST DIP CHIN /**  
SS-ADC



**BICEPS CURL /**  
SS-BC



**CHEST PRESS /**  
SS-CP



**LATERAL RAISE /**  
SS-LR



**SHOULDER PRESS /**  
SS-SP



**TRICEPS PRESS /**  
SS-TP



**CALF EXTENSION /**  
SS-CE



**GLUTE /**  
SS-GL



**SEATED LEG CURL /**  
SS-SLC



**SEATED LEG PRESS /**  
SS-SLP



**ABDOMINAL /**  
SS-AB



**BACK EXTENSION /**  
SS-BE





**PECTORAL FLY /**  
SS-PEC



**PECTORAL FLY /  
REAR DELTOID /**  
SS-FLY



**PULLDOWN /**  
SS-PD



**ROW /**  
SS-RW



**HIP ABDUCTION /**  
SS-HAB



**HIP ADDUCTION /**  
SS-HAD



**LEG CURL /**  
SS-LC



**LEG EXTENSION /**  
SS-LE



**TORSO ROTATION /**  
SS-TR



**BICEPS CURL -  
DEPENDENT /**  
SS-BCD



**TRICEPS EXTENSION /**  
SS-TE

# INSIGNIA CUSTOMIZATION OPTIONS

## TRIM OPTIONS



### L TRIM

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



### S TRIM

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

## WEIGHT STACK OPTIONS



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



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



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

\*15% more than standard

## SHROUD OPTIONS



Full shroud



Rear shroud only





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



# SIGNATURE SERIES

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

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

Each unit combines outstanding performance with a striking design aesthetic.







## SIGNATURE SERIES: PLATE-LOADED



**LINEAR LEG PRESS /**  
SPLLLP



**KNEELING LEG CURL**  
/ SPLKLC



**LEG EXTENSION / SPLLE**



**CALF RAISE / SPLCALF**







## TWO-TONE FRAME AND WORK ARM FEATURE

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

### SIGNATURE SERIES: PLATE-LOADED



**BICEPS CURL / SPLBC**



**DECLINE CHEST PRESS / SPLDCP**



**FRONT PULLDOWN / SPLPD**



**HIGH ROW / SPLHR**



**INCLINE PRESS / SPLIP**



**ROW / SPLROW**



**SEATED DIP / SPLDIP**



**SHOULDER PRESS / SPLSP**

*Images not to scale. Products subject to change.*

## SIGNATURE SERIES: BENCHES AND RACKS



**OLYMPIC FLAT BENCH**  
/ SOFB



**OLYMPIC INCLINE BENCH** / SOIB



**OLYMPIC DECLINE BENCH** / SODB



**OLYMPIC MILITARY BENCH** / SOMB



**MULTI-ADJUSTABLE BENCH** / SMAB



**FLAT BENCH** / SFB



**AB CRUNCH BENCH** / SABC



**UTILITY BENCH** / SUB



**SINGLE-TIER DUMBBELL RACK** / SDR1



**TWO-TIER DUMBBELL RACK** / SDR2



**BARBELL RACK** / SBBR



**HANDLE RACK** / SHR





**OLYMPIC BENCH  
WEIGHT STORAGE**  
/ SOBWS



**OLYMPIC SQUAT RACK**  
/ SOSR



**ARM CURL BENCH / SAC**



**BACK EXTENSION / SBE**



**ADJUSTABLE DECLINE  
/ ABDOMINAL BENCH**  
/ SADB



**CHIN / DIP / LEG RAISE**  
/ SCDLR



**LEG RAISE / SLR**



**SMITH MACHINE / SSM**



**OLYMPIC WEIGHT  
TREE / SOWT**



**SIGNATURE  
ACCESSORY  
STORAGE RACK**  
/ SAR

**SIGNATURE SERIES: CABLE MOTION**



**DUAL ADJUSTABLE  
PULLEY / CMDAP**



**CABLE COLUMN / CMCC**



**ADJUSTABLE CABLE CROSSOVER / CMACO**



**CHEST PRESS / CMCP**



**PULLDOWN / CMPD**



**ROW / CMRW**



**SHOULDER PRESS /  
CMSP**



**DUAL ADJUSTABLE  
PULLEY CONSOLE /  
DAPCONSOLE**



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**SIGNATURE SERIES: MULTI-JUNGLE**



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



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



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



# OPTIMA SERIES

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

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





Life Fitness

Life Fitness

STRENGTH

## OPTIMA SERIES

### SINGLE-EXERCISE MACHINES



**CHEST PRESS**  
/ OSCP



**SEATED ROW**  
/ OSRW



**SHOULDER PRESS**  
/ OSSP



**LAT PULLDOWN**  
/ OSPD



**BICEPS CURL**  
/ OSBC



**TRICEPS EXTENSION**  
/ OSTE



**LEG EXTENSION**  
/ OSLE



**LEG CURL**  
/ OSLC



**LEG PRESS**  
/ OSLP



**ABDOMINAL**  
/ OSAB

### DUAL-EXERCISE MACHINES



**LEG EXTENSION /  
CURL** / OSLEC



**MULTI PRESS** / OSMP



**PECTORAL FLY /  
REAR DELTOID** / OSFLY



**LAT PULLDOWN /  
LOW ROW** / OSLR



## MULTI-EXERCISE MACHINE



**BICEPS / TRICEPS /**  
OSBT



**HIP ABDUCTOR /**  
**ADDUCTOR /** OSHAA



**DUAL ADJUSTABLE**  
**PULLEY /** OP-DAP

## BENCHES AND RACKS



**THREE-TIER SHORT**  
**SADDLE DUMBBELL**  
**RACK**  
/ OP-DB3LS



**THREE-TIER**  
**ACCESSORY RACK**  
/ OP-AR3



**VERTICAL DUMBBELL**  
**RACK /** OP-DBV



**SMITH MACHINE**  
/ OP-SM



**ADJUSTABLE BENCH**  
/ OP-ADJ



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



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



**ABDOMINAL BENCH**  
/ OP-ABB



**VERTICAL MEDICINE**  
**BALL STORAGE**  
/ OP-MB5



**DIP/LEG RAISE**  
/ OP-DLR



**FLEXIBILITY TRAINER**  
/ OP-FS



**BARBELL RACK /**  
OP-BBR



# CIRCUIT SERIES

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

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



## CIRCUIT SERIES



**AB CRUNCH / TCAB**



**AB CURL BENCH / TCABB**



**BICEPS CURL / TCBC**



**CHEST PRESS / TCCP**



**LAT PULLDOWN / TCPD**



**LEG EXTENSION / TGLE**



**SEATED LEG CURL / TLC**



**SEATED ROW / TCRW**



**SHOULDER PRESS / TCSP**



**SQUAT / TCSL**



**TRICEPS PRESS / TCTP**

# TAILOR YOUR STRENGTH EXPERIENCE

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

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

\*Available at an additional cost.



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

\*Available at an additional cost.

## STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (L X W X H)	WEIGHT
Abdominal	SS-AB	200 lb (100 kg)	52.4" x 46.3" x 58.1" (134 cm x 118 cm x 148 cm)	527 lb (240 kg)
Assist Dip Chin	SS-ADC	200 lb (100 kg)	63.9" x 58.5" x 87.4" (163 cm x 149 cm x 222 cm)	732 lb (333 kg)
Biceps Curl	SS-BC	200 lb (100 kg)	47.9" x 62.7" x 58.1" (122 cm x 160 cm x 148 cm)	550 lb (250 kg)
Back Extension	SS-BE	305 lb (152.5 kg)	58.5" x 41.8" x 58.1" (149 cm x 107 cm x 148 cm)	627 lb (285 kg)
Chest Press	SS-CP	305 lb (152.5 kg)	56.3" x 56.6" x 58.1" (144 cm x 144 cm x 148 cm)	725 lb (329 kg)
Pectoral Fly/Rear Deltoid	SS-FLY	305 lb (152.5 kg)	79.9" x 77.6" x 80.1" (203 cm x 198 cm x 204 cm)	657 lb (299 kg)
Glute	SS-GL	200 lb (100 kg)	73" x 38.4" x 58.1" (186 cm x 98 cm x 148 cm)	541 lb (246 kg)
Hip Abduction	SS-HAB	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Hip Adduction	SS-HAD	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Leg Curl	SS-LC	200 lb (100 kg)	62.4" x 41.7" x 58.1" (159 cm x 106 cm x 148 cm)	493 lb (224 kg)
Leg Extension	SS-LE	305 lb (152.5 kg)	65.7" x 41.5" x 58.1" (167 cm x 106 cm x 148 cm)	628 lb (285 kg)
Lateral Raise	SS-LR	200 lb (100 kg)	51.4" x 52.5" x 58.1" (131 cm x 134 cm x 148 cm)	555 lb (252 kg)
Pulldown	SS-PD	305 lb (152.5 kg)	56.9" x 55.6" x 76.2" (145 cm x 142 cm x 194 cm)	689 lb (313 kg)
Pectoral Fly	SS-PEC	305 lb (152.5 kg)	60.5" x 70.4" x 58.1" (154 cm x 179 cm x 148 cm)	648 lb (294 kg)
Row	SS-RW	305 lb (152.5 kg)	48.6" x 55.1" x 58.1" (124 cm x 140 cm x 148 cm)	635 lb (289 kg)
Seated Leg Curl	SS-SLC	305 lb (152.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	741 lb (337 kg)
Shoulder Press	SS-SP	200 lb (100 kg)	64.4" x 56.9" x 72.8" (164 cm x 145 cm x 185 cm)	616 lb (280 kg)
Triceps Press	SS-TP	305 lb (152.5 kg)	53.1" x 43.7" x 58.1" (135 cm x 111 cm x 148 cm)	607 lb (276 kg)
Torso Rotation	SS-TR	200 lb (100 kg)	50" x 42.4" x 61.9" (127 cm x 108 cm x 158 cm)	546 lb (248 kg)
Calf Extension	SS-CE	395 lb (197.5 kg)	70.3" x 41.5" x 58.1" (179 cm x 106 cm x 148 cm)	770 lb (350 kg)
Seated Leg Press	SS-SLP	395 lb (197.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	990 lb (450 kg)
Biceps Curl - Dependent	SS-BCD	200 lb (100 kg)	55" x 39.6" x 58.2" (139.8 cm x 100.6 cm x 147.8 cm)	541 lb (245 kg)
Triceps Extension	SS-TE	200 lb (100 kg)	53.9" x 39.6" x 58.2" (136.6 cm x 100.6 cm x 147.8 cm)	535 lb (242 kg)

OPTIMA SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OSHAA	66" x 66" x 57" (168 cm x 168 cm x 145 cm)	425 lb (193 kg)
Pec Fly/Rear Delt	OSFLY	61" x 60" x 57" (155 cm x 153 cm x 145 cm)	425 lb (193 kg)
Lat Pulldown/Low Row	OSLR	79" x 50" x 87" (201 cm x 127 cm x 221 cm)	440 lb (200 kg)
Leg Extension/Curl	OSLEC	64" x 40" x 57" (163 cm x 102 cm x 145 cm)	437 lb (199 kg)
Multi-Press	OSMP	55" x 68" x 71" (140 cm x 173 cm x 181 cm)	514 lb (234 kg)
Biceps/Triceps	OSBT	60" x 34" x 81" (153 cm x 87 cm x 206 cm)	337 lb (153 kg)
Dual Adjustable Pulley	OP-DAP	56" x 55" x 84" (143 cm x 139 cm x 213 cm)	700 lb (318 kg)
Chest Press	OSCP	38" x 50" x 57" (97 cm x 127 cm x 145 cm)	439 lb (200 kg)
Seated Row	OSRW	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	439 lb (200 kg)
Shoulder Press	OSSP	61" x 55" x 57" (155 cm x 140 cm x 145 cm)	493 lb (224 kg)
Lat Pulldown	OSPD	63" x 54" x 73" (161 cm x 138 cm x 186 cm)	489 lb (222 kg)
Biceps Curl	OSBC	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Triceps Extension	OSTE	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Leg Extension	OSLE	59" x 40" x 57" (150 cm x 102 cm x 145 cm)	419 lb (191 kg)
Leg Curl	OSLC	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	385 lb (175 kg)
Leg Press	OSLP	81" x 40" x 69" (206 cm x 102 cm x 176 cm)	566 lb (257 kg)
Abdominal	OSAB	50" x 39" x 57" (127 cm x 100 cm x 145 cm)	350 lb (159 kg)



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

## STRENGTH PRODUCTS

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

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



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

OPTIMA SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OP-ADJ	55" x 25" x 45" (140 cm x 64 cm x 115 cm)	72 lb (33 kg)
Vertical Dumbbell Rack	OP-DBV	20" x 20" x 45" (51 cm x 51 cm x 115 cm)	31 lb (15 kg)
Three-Tier Dumbbell Rack (5-50 Hex)	OP-DB3HX	54" x 29" x 38" (137 cm x 73 cm x 96 cm)	167 lb (76 kg)
Three-Tier Dumbbell Rack (5-50 Saddle)	OP-DB3SS	61" x 29" x 38" (155 cm x 74 cm x 97 cm)	200 lb (91 kg)
Three-Tier Dumbbell Rack (5-75 Saddle)	OP-DB3LS	96" x 29" x 38" (244 cm x 74 cm x 97 cm)	286 lb (130 kg)
Three-Tier Accessory Rack	OP-AR3	54" x 29" x 38" (138 cm x 74 cm x 97 cm)	167 lb (76 kg)
Smith Machine	OP-SM	56" x 73" x 88" (142 cm x 185 cm x 223 cm)	398 lb (180 kg)
Flexibility Trainer	OP-FS	54" x 23" x 43" (137 cm x 58 cm x 109 cm)	78 lb (35 kg)
Dip/Leg Raise	OP-DLR	41.5" x 29" x 61" (105 cm x 74 cm x 155 cm)	137 lb (62 kg)
Abdominal Bench	OP-ABB	50" x 25" x 21" (127 cm x 64 cm x 53 cm)	45 lb (20 kg)
Barbell Rack	OP-BBR	36" x 24" x 57" (92 cm x 60 cm x 144 cm)	92 lb (42 kg)
Vertical Medicine Ball Storage	OP-MBS	26" x 25" x 56" (65 cm x 64 cm x 142 cm)	37 lb (17 kg)

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