



LifeFitness



2022
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 more than 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.

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 55 cm touch screen (41 cm 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. 55 cm touch screen (41 cm on other cardio).



Integrity SL

An intuitive exerciser experience combined with the level of digital connection that users expect. Not available with Elevation Series bases.

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.



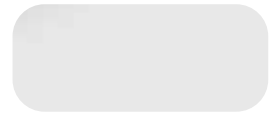
Integrity Simple*

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 Sliver



Integrity Series with SL Consoles in Black Onyx



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. Apps such as Life Fitness Connect complement your investment, allowing for free seamless tracking and makes premium coaching and content available to keep exercisers coming back for more.



Entertainment Hub

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



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.



Engaging Courses

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



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. For treadmill only.

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 SL CONSOLE

Rethink LED with a console that is smart yet simple. The advanced console offers NFC, ANT+, Bluetooth® and Apple Watch® connection.



CONSOLES



	DISCOVER SE3 HD	DISCOVER ST	INTEGRITY SL
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	Bluetooth® and NFC connection, easily accessible speed and incline adjustments, downloadable courses and workouts
Screen Size	<ul style="list-style-type: none"> Treadmills 55 cm Bikes/Cross-Trainers/PowerMill Climber/Arc Trainer 41 cm 	<ul style="list-style-type: none"> Treadmills 55 cm Bikes/Cross-Trainers/PowerMill Climber/Arc Trainer 41 cm 	
Halo Fitness Cloud Compatibility	Standard	Standard	Standard
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®, Samsung Galaxy Watch®	Android™, iPhone®, iPad®	Android™, iPhone®, Apple Watch®
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	Attachable TV is optional
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	26	26	22
Compatible Products	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer	Integrity Series, 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 exercisers and equipment. Halo empowers facilities and their staff to optimize equipment usage 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

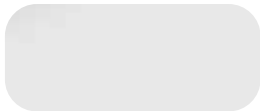


ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE3 HD
CONSOLE



**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 easy service, cleaning and moving around the facility.



TREADMILL
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



ELLIPTICAL CROSS-TRAINER
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



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

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 SL CONSOLE

An intuitive exerciser experience combined with the level of digital connection that users expect in an advanced LED console.



ATTACHABLE TV

Enhance entertainment with attachable TVs available on Integrity Series with SL 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

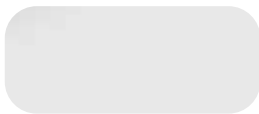
Deluxe Base has added aesthetic touches like stainless steel venting and four color options. Exercisers benefit from slight enhancements to user touchpoints.

SIMPLE BASE

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

See page 28 and 29 for more information.

COLOR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

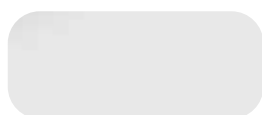
INTEGRITY SERIES S BASE/D BASE	INTEGRITY SL CONSOLE	DISCOVER ST	DISCOVER SE3 HD
Treadmill	INTSSL/INTDSL	INTSST/INTST	INTSSE/INTDSE
Cross-Trainer	INLSSL/INLDSL	INXSST/INXST	INXSSE/INXDSE
Upright	INCSSL/INCDSL	INCSST/INCST	INCSSE/INCDSE
Recumbent	INRSSL/INRDSL	INRSST/INRST	INRSSE/INRDSE

Note: Simple Base is available in Black Onyx and 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 SL CONSOLE	DISCOVER ST	DISCOVER SE3 HD
INPMSL	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.

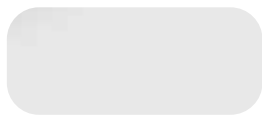
Features:

- 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 SL console.
- Two base versions to choose from: Total-body and lower-body.



Shown with Discover SE3 HD console.

COLOR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

	INTEGRITY SL	DISCOVER ST	DISCOVER SE3 HD
LOWER BODY	INATLSL-ALLXX-01	INATLSS-ALLXX-01	INATLSH-ALLXX-01
TOTAL BODY	INATTSL-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**



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

INTEGRITY CROSS-TRAINER	Simple	Deluxe
FEATURES		
Ergonomic Fixed Stride	51 cm	
Resistance levels	0 - 25	
Multi-grip handles with remote resistance controls	N	Y
Oversized 38 cm pedals	Standard	FlexForm™
Generator Drive System	Y	
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		
Step-up height	24 cm	
Max user weight	181 kg	
Length	218 cm	
Dynamic Length	221 cm	
Width	74 cm	
Height	161 cm	163 cm
Unit weight	135 kg	137 kg

ELEVATION SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	211 cm x 94 cm x 161 cm	202 kg
Elliptical Cross-Trainer	224 x 78 x 165 cm	208 kg
Upright Lifecycle Exercise Bike	111 cm x 54 cm x 151 cm	80 kg
Recumbent Lifecycle Exercise Bike	165 cm x 69 cm x 135 cm	97 kg

ACTIVATE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	206 cm x 81 cm x 145 cm	148 kg
Elliptical Cross-Trainer	212 cm x 71 cm x 153 cm	109 kg
Upright Lifecycle Exercise Bike	112 cm x 58 cm x 137 cm	59 kg
Recumbent Lifecycle Exercise Bike	163 cm x 69 cm x 114 cm	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	Simple	Deluxe
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	Simple	Deluxe
Max user weight	181 kg	
Length	05 cm	
Width	62 cm	
Height	138 cm	
Unit weight	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	Simple	Deluxe
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	Simple	Deluxe
Max user weight	181 kg	
Length	170 cm	
Width	66 cm	
Height	131 cm	
Unit weight	96 kg	98 kg

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	142 cm x 84 cm x 209 cm	215 kg
Total-Body Arc Trainer	194 cm x 93 cm x 159 cm	187 kg
Lower-Body Arc Trainer	194 cm x 84 cm x 159 cm	187 kg

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

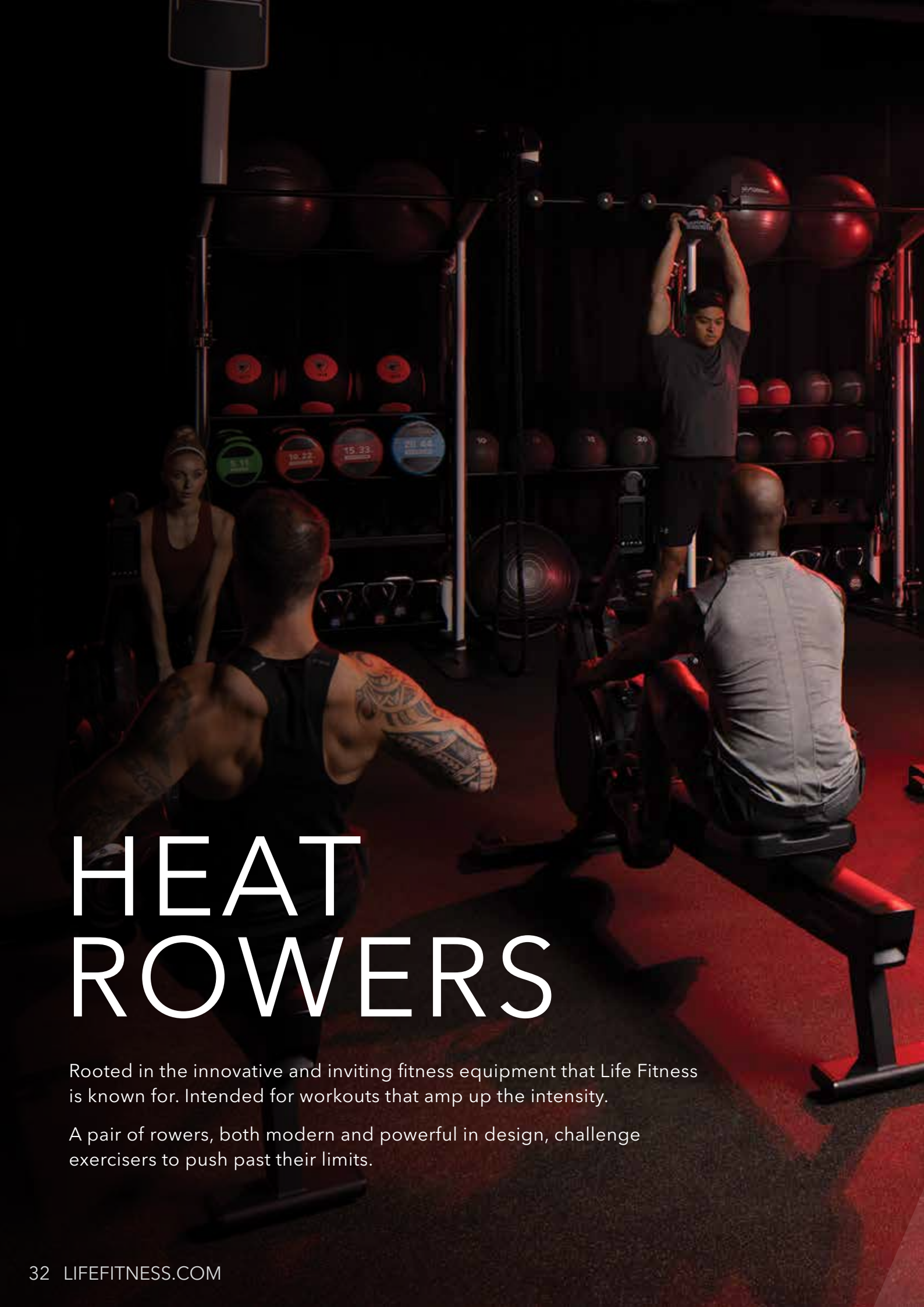
GROUP TRAINING

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

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







HEAT ROWERS

Rooted in the innovative and inviting fitness equipment that Life Fitness is known for. Intended for workouts that amp up the intensity.

A pair of rowers, both modern and powerful in design, challenge exercisers to push past their limits.



HEAT ROWERS



HEAT PERFORMANCE ROW / PRF-ROW-TFT-01

Powerful, modern design with a TFT 2.0 console that offers digital feedback and motivational programs to enhance the rowing experience and challenge exercisers.



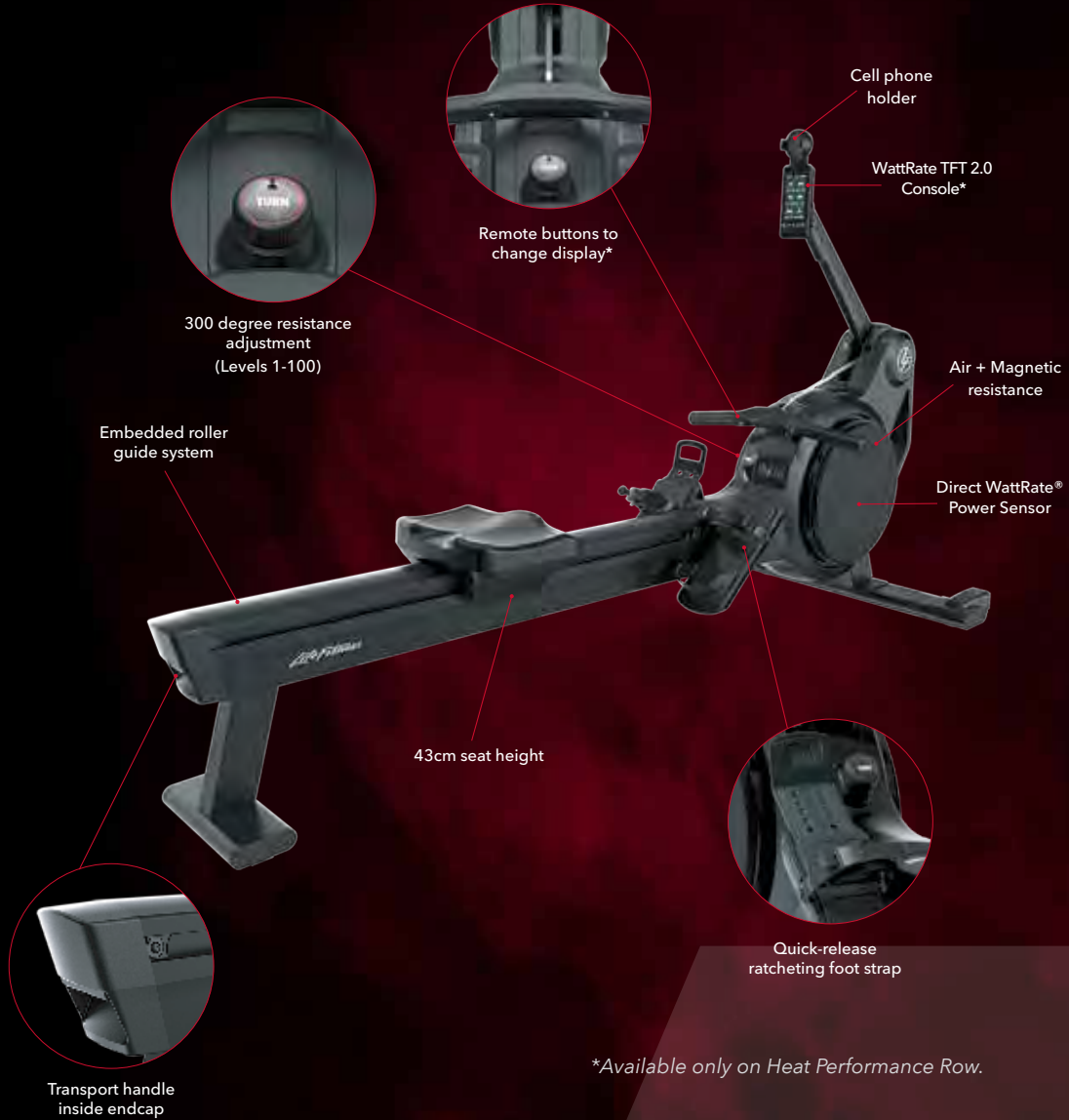
HEAT ROW / PRF-ROW-LCD-01

An intuitive LCD console allows instructors to optimize small group training and enables exercisers to easily train on their own.



SMART DESIGN TOUCHES

The right product design enhances the exerciser experience. Features like easy-access ratchet foot straps and smooth air/magnetic resistance contribute to a performance workout that's inviting and rewarding.



TFT 2.0 CONSOLE

State-of-the-art technology lets users choose between engaging console displays that focus on training, technique, improvement and gamification.



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



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.



SYNRGY 360

SYNRGY 360

GROUP TRAINING



SYNRGY360 T

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

SYNRGY360 XS

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

2
PLACES TO TRAIN

MAX. FOOTPRINT:

1.76 m x 2.8 m

LIVE AREA:

3.4 m x 6.7 m



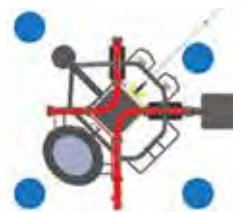
4
PLACES TO TRAIN

MAX. FOOTPRINT:

2.8 m x 2.8 m

LIVE AREA:

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:
1.82 m, 2.13 m, 2.44 m, 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:

3.23 m x 4.87 m

LIVE AREA:

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.

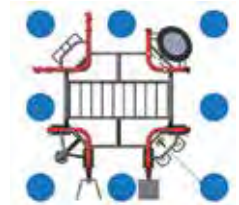
8
PLACES TO TRAIN

MAX. FOOTPRINT:

4.87 m x 4.87 m

LIVE AREA:

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.

* Some 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

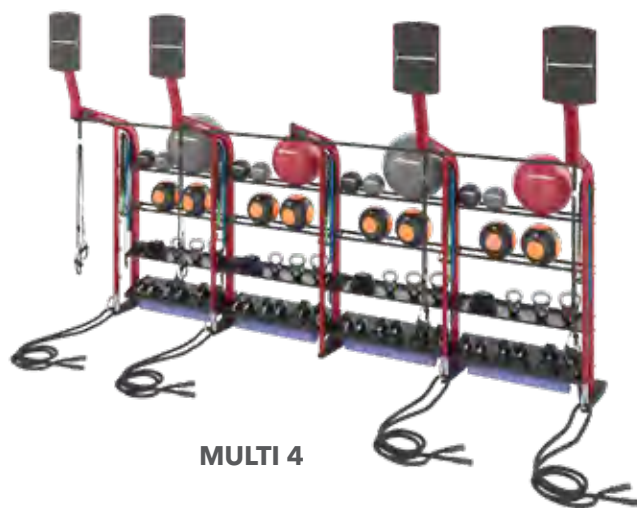
A full functional training system that doesn't take up valuable square footage.

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



FREESTANDING SYSTEM

When bolt-to-floor is not an option, the Freestanding System makes it possible to securely install a SYNRGY180 and benefit from its training versatility.



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-GDBLB



KETTLEBELL PACK /
LF-STKBR



BARBELL PACK /
LF-GBBLB



STEP / LF-STP-1001



RISER / LF-STP-1002



DECK / LF-DK-1000



STEP & RISER SET /
LF-STP-1000

ACCESSORIES



MED BALLS

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



FOAM ROLLERS

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



JUMP ROPES

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



SOFT PLYO BOX

Build power with jumps, or strength with high stepping.



MATS

Premium design in both look and feel.



STABILITY BALLS

A core necessity for every facility.



HEAVY BAG

Heavy bag has a 114cm length for both punching and kicking. Hanging chain is included.



BAG GLOVES

A pro-curved molded design with shock absorbing padding for a comfortable, cushioned palm grip.



STUDIO DUMBBELLS

Designed with user function in mind and made with high-quality urethane that protects the dumbbells, racks and floors from any nicks, scuffs or streaks.



KETTLEBELLS

Protective rubber coating, stainless steel handles, and a wide weight range means we have the ideal product for all of your specific kettlebell exercises.



COVERED RESISTANCE TUBES

The gray nylon sleeve protects the tubing from nicks, cuts, overstretching. The ergonomic plastic handles feature a textured rubber grip.



POWERBANDS

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



TIRES

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



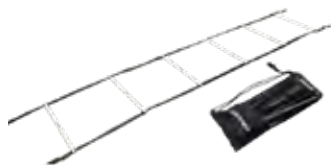
CORE BAGS

Commonly used for front squats, upright rows, clean and press, tricep extensions, Russian twists, as well as lunges, squats, and presses.



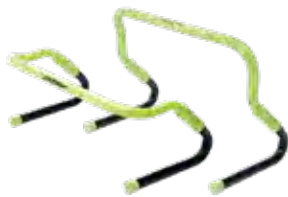
SPEED CONES

Six wide base, stable cones to assist in agility and speed training. Cones easily stack onto each other for storage.



SPEED LADDER

3 m ladder easily connects to a secondary ladder to increase length. Quickly folds and stores in drawstring bag.



HURDLE

Build agility using hurdles at two heights. Simply rotate the lengths to achieve 15 cm or 30 cm.

INSIGNIA SERIES

Thoughtfully designed. Distinctively crafted.



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



INSIGNIA SERIES



ASSIST DIP CHIN /
SS-ADC



BICEPS CURL /
SS-BC



CHEST PRESS /
SS-CP



LATERAL RAISE /
SS-LR



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/
ADDUCTION /
SS-HAA



GLUTE BRIDGE /
SS-GLD



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, 2.5 kg dial weight increments



C: Standard weight stack with two, 2.5 kg dial weight increments



P: Standard weight stack with one, 3.75 kg push/pull weight increments

**15% more than standard*

SHROUD OPTIONS



Full shroud



Rear shroud only
(not available in all markets)



*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 MODULAR
STORAGE SYSTEM**
/ SMSS

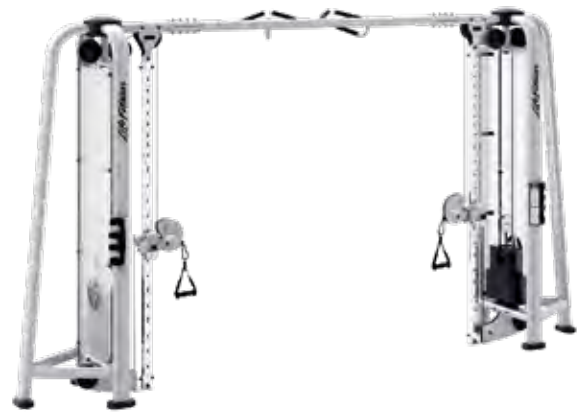
SIGNATURE SERIES: CABLE MOTION



**DUAL ADJUSTABLE
PULLEY / CMDAP**



CABLE COLUMN / CMCC



ADJUSTABLE CABLE CROSSOVER / CMACO



CHEST PRESS / CMCP



PULLDOWN / CMPD



ROW / CMRW



**SHOULDER PRESS /
CMSP**



**DUAL ADJUSTABLE
PULLEY CONSOLE /
DAPCONSOLE**

SIGNATURE SERIES: MULTI-JUNGLE



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



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



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



AXIOM SERIES

ATTRACTIVE. EFFICIENT. RELIABLE.

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise selectorized units, a dual adjustable pulley, and benches and racks.

Inviting design and inviting exerciser functionality combine to create a strength line ideal for any facility.



STRENGTH

AXIOM SERIES

SINGLE-EXERCISE MACHINES



CHEST PRESS

/ OP-CP



SEATED ROW

/ OP-RW



SHOULDER PRESS

/ OP-SP



LAT PULLDOWN

/ OP-PD



BICEPS CURL

/ OP-BC



TRICEPS EXTENSION

/ OP-TE



LEG EXTENSION

/ OP-LE



LEG CURL

/ OP-LC

DUAL-EXERCISE MACHINES



LEG PRESS

/ OP-LP



ABDOMINAL

/ OP-AB



**LEG CURL /
EXTENSION**

/ OP-LCE



**SEATED LEG CURL /
EXTENSION**

/ OP-SLCE



MULTI PRESS

/ OP-MP



**PECTORAL FLY /
REAR DELTOID**

/ OP-FLY



PULLDOWN / ROW

/ OP-LR



**BICEPS CURL / TRICEPS
EXTENSION**

/ OP-BT

MULTI-EXERCISE MACHINE



**HIP ABDUCTOR /
ADDUCTOR / OP-HAA**



**ABDOMINAL / BACK
EXTENSION / OP-ABBA**



**DUAL ADJUSTABLE
PULLEY / OP-DAP**

BENCHES AND RACKS



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



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



**VERTICAL DUMBBELL
RACK / OP-DBV**



**SMITH RACK
/ OP-SM**



**ADJUSTABLE BENCH
/ OP-ADJ**



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



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



**ABDOMINAL BENCH
/ OP-ABB**



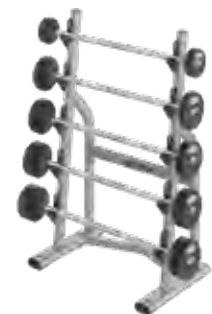
**VERTICAL MEDICINE
BALL STORAGE
/ OP-MBS**



**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



BICEPS CURL / TCBC



CHEST PRESS / TCCP



LAT PULLDOWN / TCPD



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



SEATED ROW / TCRW



SHOULDER PRESS / TCSP



SQUAT / TCSL

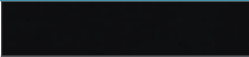





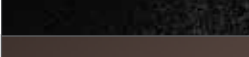


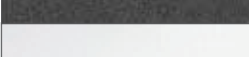
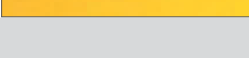


TRICEPS PRESS / TCTP



AB CURL BENCH / TCABB

TAILOR YOUR STRENGTH EXPERIENCE

STRENGTH FRAME COLORS		LIFE FITNESS STRENGTH
Black		Standard
Blue		Optional
Candy Apple Red		Optional
Charcoal		Standard
Diamond White Clear		Optional
Electric Blue		Optional
Midnight Metallic Clear		Optional
Mocha Sand		Optional
Platinum Clear		Standard
Red		Optional
Titanium Clear		Standard
White		Standard
Yellow		Optional
Custom		Custom*

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		Optional	Optional
Azure		Standard	Optional
Black		Standard	Standard
Black Carbon Fiber		Optional	Optional
Burgundy		Optional	Optional
Candy Apple Red		Standard	Optional
Chestnut		Optional	Optional
Cranberry		Standard	Optional
Dark Walnut		Standard	Optional
Dove Gray		Optional	Optional
Emerald Green		Optional	Optional
Graphite		Optional	Optional
Imperial Blue		Optional	Optional
Navy		Optional	Optional
Regimental Blue		Optional	Optional
Royal Blue		Standard	Optional
Slate		Standard	Optional
Suede		Optional	Optional
Terra Cotta		Optional	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	100 kg	134 cm x 118 cm x 148 cm	240 kg
Assist Dip Chin	SS-ADC	100 kg	163 cm x 149 cm x 222 cm	333 kg
Biceps Curl	SS-BC	100 kg	122 cm x 160 cm x 148 cm	250 kg
Back Extension	SS-BE	152.5 kg	149 cm x 107 cm x 148 cm	285 kg
Chest Press	SS-CP	152.5 kg	144 cm x 144 cm x 148 cm	329 kg
Pectoral Fly/Rear Deltoid	SS-FLY	152.5 kg	203 cm x 198 cm x 204 cm	299 kg
Glute	SS-GL	100 kg	186 cm x 98 cm x 148 cm	246 kg
Hip Abduction	SS-HAB	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Hip Adduction	SS-HAD	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Leg Curl	SS-LC	100 kg	159 cm x 106 cm x 148 cm	224 kg
Leg Extension	SS-LE	152.5 kg	167 cm x 106 cm x 148 cm	285 kg
Lateral Raise	SS-LR	100 kg	131 cm x 134 cm x 148 cm	252 kg
Pulldown	SS-PD	152.5 kg	145 cm x 142 cm x 194 cm	313 kg
Pectoral Fly	SS-PEC	152.5 kg	154 cm x 179 cm x 148 cm	294 kg
Row	SS-RW	152.5 kg	124 cm x 140 cm x 148 cm	289 kg
Seated Leg Curl	SS-SLC	152.5 kg	156 cm x 102 cm x 148 cm	337 kg
Shoulder Press	SS-SP	100 kg	164 cm x 145 cm x 185 cm	280 kg
Triceps Press	SS-TP	152.5 kg	135 cm x 111 cm x 148 cm	276 kg
Torso Rotation	SS-TR	100 kg	127 cm x 108 cm x 158 cm	248 kg
Calf Extension	SS-CE	197.5 kg	179 cm x 106 cm x 148 cm	350 kg
Seated Leg Press	SS-SLP	197.5 kg	156 cm x 102 cm x 148 cm	450 kg
Biceps Curl - Dependent	SS-BCD	100 kg	139.8 cm x 100.6 cm x 147.8 cm	245 kg
Triceps Extension	SS-TE	100 kg	136.6 cm x 100.6 cm x 147.8 cm	242 kg
Hip Abductor / Adductor	IS-HAA	118 kg	170 cm x 162 cm x 148 cm	283 kg
Glute Bridge	IS-GLD	82 kg	208 cm x 81 cm x 148 cm	242 kg

AXIOM SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OP-HAA	173 cm x 170 cm x 135 cm	196 kg
Abdominal/Back Extension	OP-ABBA	147 cm x 114 cm x 135 cm	235 kg
Pectoral Fly/Rear Deltoid	OP-FLY	155 cm x 191 cm x 206 cm	246 kg
Lat Pulldown/Low Row	OP-PD	152 cm x 104 cm x 185 cm	208 kg
Leg Curl/Extension	OP-LCE	160 cm x 102 cm x 135 cm	204 kg
Seated Leg Curl/Extension	OP-SLCE	178 cm x 117 cm x 135 cm	273 kg
Multi-Press	OP-MP	173 cm x 137 cm x 157 cm	245 kg
Biceps Curl/Triceps Extension	OP-BT	124 cm x 109 cm x 135 cm	211 kg
Dual Adjustable Pulley	OP-DAP	140 cm x 142 cm x 213 cm	326 kg
Chest Press	OP-CP	112 cm x 104 cm x 135 cm	210 kg
Seated Row	OP-RW	165 cm x 102 cm x 135 cm	208 kg
Shoulder Press	OP-SP	155 cm x 140 cm x 135 cm	220 kg
Pulldown/Row	OP-LR	231 cm x 127 cm x 216 cm	205 kg
Biceps Curl	OP-BC	139 cm x 104 cm x 135 cm	183 kg
Triceps Extension	OP-TE	139 cm x 104 cm x 135 cm	172 kg
Leg Extension	OP-LE	139 cm x 104 cm x 135 cm	197 kg
Leg Curl	OP-LC	165 cm x 109 cm x 135 cm	184 kg
Leg Press	OP-LP	218 cm x 102 cm x 135 cm	269 kg
Abdominal	OP-AB	127 cm x 104 cm x 135 cm	174 kg

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	120 cm x 87 cm x 138 cm	106 kg
Biceps Curl	TCBC	138 cm x 89 cm x 115 cm	114 kg
Triceps Press	TCTP	158 cm x 94 cm x 115 cm	149 kg
Seated Leg Curl	TCLC	115 cm x 92 cm x 115 cm	132 kg
Lat Pulldown	TCPD	161 cm x 110 cm x 181 cm	127 kg
Shoulder Press	TCSP	135 cm x 110 cm x 115 cm	120 kg
Squat	TCSL	135 cm x 107 cm x 115 cm	114 kg
Seated Row	TCRW	122 cm x 92 cm x 115 cm	128 kg
Chest Press	TCCP	120 cm x 100 cm x 115 cm	118 kg
Leg Extension	TCLE	117 cm x 94 cm x 115 cm	127 kg
Ab Curl Bench	TCABB	158 cm x 59 cm x 77 cm	35 kg
Wheel Kit	TCWHL	94 cm x 16 cm x 11 cm	8 kg
Placard Stand	TCPST	36 cm x 34 cm x 112 cm	3 kg

STRENGTH PRODUCTS

SIGNATURE SERIES CABLE MOTION	CODE	DIMENSIONS (L X W X H)	WEIGHT
Chest Press	CMCP	125 cm x 117 cm x 163 cm	309 kg
Shoulder Press	CMSP	117 cm x 117 cm x 163 cm	273 kg
Row	CMRW	186 cm x 138 cm x 171 cm	350 kg
Pulldown	CMPD	115 cm x 138 cm x 242 cm	368 kg
Dual Adjustable Pulley (without pull-up handles)	CMDAP	112 cm x 158 cm x 237 cm	574 kg
Dual Adjustable Pulley (with pull-up handles)	CMDAP	112 cm x 158 cm x 242 cm	574 kg
Dual Adjustable Pulley Console	DAPCONSOLE	5 cm x 39 cm x 31 cm	5 kg
Cable Column	CMCC	140 cm x 145 cm x 234 cm	311 kg
Fixed Cable Crossover	CMFCO	73 cm x 361 cm x 239 cm	406 kg
Adjustable Cable Crossover	CMACO	73 cm x 425 cm x 239 cm	445 kg
Multi-Jungle Core Tower	MJ-CORE	83 cm x 83 cm x 239 cm	103 kg
Adjustable Crossover - Connects Core	MJAXO	59 cm x 295 cm x 239 cm	273 kg
Fixed Crossover - Connects Core	MJFXO	59 cm x 233 cm x 239 cm	241 kg
MJ Adjustable Crossover	MJACO	73 cm x 361 cm x 239 cm	327 kg
MJ Fixed Crossover	MJFCO	73 cm x 298 cm x 239 cm	295 kg
MJ Adjustable Pulley	MJAP	37 cm x 47 cm x 234 cm	118 kg
MJ Lat Pulldown	MJLP	68 cm x 95 cm x 234 cm	155 kg
MJ Dual Adjustable Pulley	MJLPD	68 cm x 95 cm x 234 cm	155 kg
MJ Low Row	MJRW	68 cm x 95 cm x 234 cm	164 kg
MJ Dual Pulley Row	MJRWD	68 cm x 95 cm x 234 cm	164 kg
MJ Triceps Pushdown	MJTP	12 cm x 54 cm x 234 cm	103 kg
Accessory Rack	MJHAR	69 cm x 22 cm x 72 cm	15 kg

SIGNATURE SERIES PLATE-LOADED	CODE	DIMENSIONS (L X W X H)	WEIGHT
Incline Press	SPLIP	127 cm x 158 cm x 191 cm	135 kg
Decline Chest Press	SPLDCP	130 cm x 176 cm x 194 cm	155 kg
Shoulder Press	SPLSP	155 cm x 168 cm x 135 cm	159 kg
Front Pulldown	SPLPD	166 cm x 125 cm x 199 cm	147 kg
High Row	SPLHR	186 cm x 168 cm x 194 cm	186 kg
Row	SPLROW	140 cm x 145 cm x 138 cm	134 kg
Seated Dip	SPLDIP	176 cm x 105 cm x 94 cm	126 kg
Biceps Curl	SPLBC	110 cm x 140 cm x 120 cm	125 kg
Linear Leg Press	SPLLLP	249 cm x 155 cm x 155 cm	322 kg
Kneeling Leg Curl	SPLKLC	125 cm x 150 cm x 130 cm	142 kg
Leg Extension	SPLLE	145 cm x 155 cm x 115 cm	126 kg
Calf Raise	SPLCALF	155 cm x 74 cm x 107 cm	83 kg

SIGNATURE SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Olympic Flat Bench	SOFB	130 cm x 125 cm x 130 cm	69 kg
Olympic Incline Bench	SOIB	130 cm x 148 cm x 145 cm	84 kg
Olympic Decline Bench	SODB	130 cm x 173 cm x 130 cm	96 kg
Olympic Military Bench	SOMB	130 cm x 122 cm x 168 cm	148 kg
Olympic Bench Weight Storage	SOBWS	44 cm x 72 cm x 125 cm	39 kg
Olympic Squat Rack	SOSR	168 cm x 197 cm x 192 cm	182 kg
Smith Machine	SSM	125 cm x 221 cm x 237 cm	264 kg
Multi-Adjustable Bench	SMAB	135 cm x 82 cm x 45 cm	57 kg
Leg Raise	SLR	117 cm x 84 cm x 163 cm	64 kg
Chin/Dip/Leg Raise	SCDLR	115 cm x 127 cm x 233 cm	112 kg
Ab Crunch Bench	SABB	158 cm x 82 cm x 97 cm	64 kg
Decline/Abdominal Bench	SADB	163 cm x 112 cm x 82 cm	62 kg
Arm Curl Bench	SAC	84 cm x 120 cm x 117 cm	96 kg
Utility Bench	SUB	72 cm x 92 cm x 92 cm	23 kg
Flat Bench	SFB	117 cm x 79 cm x 42 cm	30 kg
Olympic Weight Tree	SOWT	59 cm x 69 cm x 94 cm	44 kg
Single-Tier Dumbbell Rack	SDR1	229 cm x 56 cm x 74 cm	87 kg
Two-Tier Dumbbell Rack	SDR2	229 cm x 64 cm x 84 cm	125 kg
Barbell Rack	SBBR	97 cm x 84 cm x 153 cm	77 kg
Handle Rack	SHR	77 cm x 77 cm x 97 cm	64 kg
Back Extension	SBE	127 cm x 94 cm x 97 cm	73 kg
Accessory Storage Rack (Base Unit)	SAR	94 x 66 x 171 cm	86 kg
Accessory Storage Rack (with Storage Options)	SAR	155 x 66 x 171 cm	98 kg

AXIOM SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OP-ADJ	140 cm x 64 cm x 115 cm	33 kg
Vertical Dumbbell Rack	OP-DBV	51 cm x 51 cm x 115 cm	15 kg
Three-Tier Dumbbell Rack (5-50 Hex)	OP-DB3HX	137 cm x 73 cm x 96 cm	76 kg
Three-Tier Dumbbell Rack (5-50 Saddle)	OP-DB3SS	155 cm x 74 cm x 97 cm	91 kg
Three-Tier Dumbbell Rack (5-75 Saddle)	OP-DB3LS	244 cm x 74 cm x 97 cm	130 kg
Three-Tier Accessory Rack	OP-AR3	138 cm x 74 cm x 97 cm	76 kg
Smith Machine	OP-SM	142 cm x 185 cm x 223 cm	180 kg
Flexibility Trainer	OP-FS	137 cm x 58 cm x 109 cm	35 kg
Dip/Leg Raise	OP-DLR	105 cm x 74 cm x 155 cm	62 kg
Abdominal Bench	OP-ABB	127 cm x 64 cm x 53 cm	20 kg
Barbell Rack	OP-BBR	92 cm x 60 cm x 144 cm	42 kg
Vertical Medicine Ball Storage	OP-MBS	65 cm x 64 cm x 142 cm	17 kg

LifeFitness

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