

ELEVATION SERIES TREADMILL WITH DISCOVER SE TABLET CONSOLE

Discover Tablet Console

- > 19" Integrated Surface Capacitive LCD Touch Screen
- > Swipe™ Technology allows users to seamlessly navigate between screen with the swipe of a finger
- > High-Definition screen displays vibrant video, images and graphics
- > Screen Protection – protective top layer, internal shock mounts and gasket work together to effectively safeguard the console

Special Features

- > iPod, iPhone, iPad and Android Smartphone Compatibility
 - Integrated connector allows exercisers to view video and manage music playlists directly on the screen
 - Users can charge their devices while they workout
 - iPad holder allows secure placement of iPad while working out
- > Exercisers can self-identify and access personalized content via smartphone, PIN, USB or optional RFID*
- > Internet Ready via shielded CAT6 or CAT5e; optional Wifi*
- > Lifescape Interactive Courses provide immersive outdoor adventures where the scenery keeps pace with the exerciser and the equipment incline and resistance change with the terrain
- > On Demand Content like music, videos and TV Shows available with the purchase of a Lifescape Gateway
- > Workout Landscape™ Perspectives provides workout visualization
- > Life Fitness Reader allows exercisers to read ePub books and documents right on the console screen
- > Solitaire – exercisers can pass time with our on-console version
- > Compatible with Bluetooth Devices

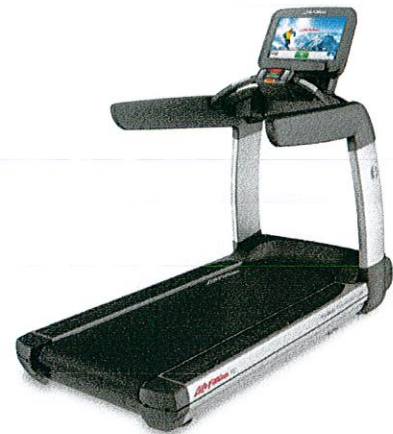
LFconnect.com Compatibility**

- > LFconnect.com enables facility customization, end-user personalization and facility management. Contact your sales representative for more detail or visit lifefitness.com/connect

Additional Standard Features

- > Watch TV on 19" integrated LCD screen
- > IPTV option
- > User can select from up to 19 language choices
- > Activity Zone places most-often used controls on Ergo™ bar
- > Limitless workout personalization options with LFconnect
- > Lifepulse™ Digital Heart Rate Monitoring
- > Powerful 4-HP AC motor with MagnaDrive™ motor controller
- > 0.5 – 14 mph; 0 – 15% incline
- > 3.5" precision crowned front and back steel rollers
- > Large 22" x 60" running surface with low 10" step-up height and small 37" x 80" footprint
- > 400 lbs maximum user weight
- > DX3™ Belt and Deck System featuring FlexDeck™ Shock Absorption System with 8 large Lifespring™ shock absorbers
- > Stride Sensor automatic belt stop protection system

*Contact your sales rep for availability and more info. **Available with Internet connection.



ELEVATION SERIES RECUMBENT BIKE WITH DISCOVER SE TABLET CONSOLE

Discover Tablet Console

- > 16" Integrated Surface Capacitive LCD Touch Screen
- > Swipe™ Technology allows users to seamlessly navigate between screen with the swipe of a finger
- > High-Definition screen displays vibrant video, images and graphics
- > Screen Protection – protective top layer, internal shock mounts and gasket work together to effectively safeguard the console

Special Features

- > iPod, iPhone, iPad and Android Smartphone Compatibility
 - Integrated connector allows exercisers to view video and manage music playlists directly on the screen
 - Users can charge their devices while they workout
 - iPad holder allows secure placement of iPad while working out
- > Exercisers can self-identify and access personalized content via smartphone, PIN, USB or optional RFID*
- > Internet Ready via shielded CAT6 or CAT5e; optional Wifi*
- > Lifescape Interactive Courses provide immersive outdoor adventures where the scenery keeps pace with the exerciser and the equipment resistance changes with the terrain
- > On Demand Content like music, videos and TV Shows available with the purchase of a Lifescape Gateway
- > Workout Landscape™ Perspectives provides workout visualization
- > Life Fitness Reader allows exercisers to read ePub books and documents right on the console screen
- > Solitaire – exercisers can pass time with our on-console version
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Additional Standard Features

- > Watch TV on 16" integrated LCD screen
- > IPTV option
- > User can select from up to 19 language choices
- > Comfort Curve® Plus Seat with easy adjustments
- > Step-through design allows users to easily get on and off the seat
- > Wide Ride™ pedals with easily adjustable pedal strap
- > Limitless workout personalization options with LFconnect
- > Lifepulse™ Digital Heart Rate Monitoring
- > At-your-fingertip resistance controls on deluxe armrests and side handlebars to allow users to easily adjust workout intensity
- > 26 resistance levels
- > 400 lbs maximum user weight

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ELEVATION SERIES ELLIPTICAL CROSS-TRAINER WITH DISCOVER SE TABLET CONSOLE

Discover Tablet Console

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- > High-Definition screen displays vibrant video, images and graphics
- > Screen Protection – protective top layer, internal shock mounts and gasket work together to effectively safeguard the console

Special Features

- > iPod, iPhone, iPad and Android Smartphone Compatibility
 - Integrated connector allows exercisers to view video and manage music playlists directly on the screen
 - Users can charge their devices while they workout
 - iPad holder allows secure placement of iPad while working out
- > Exercisers can self-identify and access personalized content via smartphone, PIN, USB or optional RFID*
- > Internet Ready via shielded CAT6 or CAT5e; optional Wifi*
- > Lifescape Interactive Courses provide immersive outdoor adventures where the scenery keeps pace with the exerciser and the equipment resistance changes with the terrain
- > On Demand Content like music, videos and TV Shows available with the purchase of a Lifescape Gateway
- > Workout Landscape™ Perspectives provides workout visualization
- > Life Fitness Reader allows exercisers to read ePub books and documents right on the console screen
- > Solitaire – exercisers can pass time with our on-console version
- > Compatible with Bluetooth Devices

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Additional Standard Features

- > Watch TV on 16" integrated LCD screen
- > IPTV option
- > User can select from up to 19 language choices
- > Ergonomic moving arm handles provide total-body workout
- > Limitless workout personalization options with LFconnect
- > At-your-fingertips resistance controls located on the bullhorns
- > Oversized non-slip pedals
- > Lifepulse™ Digital Heart Rate Monitoring
- > 26 resistance levels
- > 20" (50.8 cm) stride length
- > 400 lbs maximum user weight

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ELEVATION SERIES FLEXSTRIDER WITH DISCOVER SE TABLET CONSOLE

Discover Tablet Console

- > 16" Integrated Surface Capacitive LCD Touch Screen
- > Swipe™ Technology allows users to seamlessly navigate between screen with the swipe of a finger
- > High-Definition screen displays vibrant video, images and graphics
- > Screen Protection – protective top layer, internal shock mounts and gasket work together to effectively safeguard the console

Special Features

- > Smooth and easy start up, and a low step-up height, which makes it easy to get on and off.
- > FitPower display highlights the energy output of exercisers
- > Oversized Petals: Exercisers can adjust foot position comfortably. Narrow pedal spacing (2.5" or 6.3 cm) minimizes lateral hip shifting, which reduces lower back stress
- > iPod, iPhone, iPad and Android Smartphone Compatibility
 - Integrated connector allows exercisers to view video and manage music playlists directly on the screen
 - Users can charge their devices while they workout
 - iPad holder allows secure placement of iPad while working out
- > Exercisers can self-identify and access personalized content via smartphone, Bluetooth, PIN, USB or optional RFID*
- > Internet Ready via shielded CAT6 or CAT5e; optional Wifi*
- > Lifescape Interactive Courses provide immersive outdoor adventures where the scenery keeps pace with the exerciser and the equipment resistance changes with the terrain
- > On Demand Content like music, videos and TV Shows available with the purchase of a Lifescape Gateway
- > Workout Landscape™ Perspectives provides workout visualization
- > Life Fitness Reader allows exercisers to read ePub books and documents right on the console screen
- > Solitaire – exercisers can pass time with our on-console version
- > Compatible with Bluetooth Devices

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Additional Standard Features

- > Watch TV on 16" integrated LCD screen
- > IPTV option
- > User can select from up to 19 language choices
- > Limitless workout personalization options with LFconnect
- > Ergonomically correct moving arm handles provide a total-body workout
- > Lifepulse™ Digital Heart Rate Monitoring
- > Thumb speed controls located on the hand grips to easily adjust intensity without disrupting the workout
- > 26 resistance levels
- > 0-36" (0-91 cm) stride length
- > 400 lbs maximum user weight

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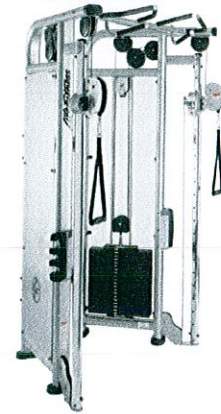
SIGNATURE SERIES CABLE MOTION DUAL ADJUSTABLE PULLEY

Machine Weight: 1265 lbs Weight Stack: 2 x 390 lbs

Size: in. = 44L x 62W x 95H (With pull up handles)

Size: in. = 44L x 62W x 93H (Without pull up handles)

- > 20 adjustment positions per column allow users to perform over 225 exercises for the ultimate in strength training variety
- > 1:4 resistance level for low starting resistance and high speed movements suitable for sport-specific training
- > Low starting resistance for deconditioned or rehab users
- > Dual weight stacks allow unbalanced loading
- > Dual-roller mechanism provides smooth and easy adjustment
- > Includes accessory kit with 10 different handles, and instructional poster and CD

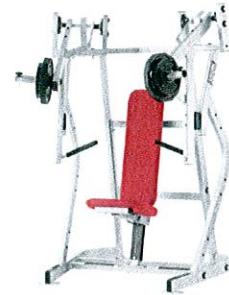


HAMMER STRENGTH ISO-LATERAL BENCH PRESS

Machine Weight: 350 lbs Starting Resistance: 7 lbs

Size: in. = 49L x 52W x 69H

- > Two movement arms move independently around non-breakable ductile iron castings
- > Movement arm path of motion causes adduction of the arms to allow for greater involvement of the pectorals
- > U.S. Patent No. 5,044,631 covers the unique features of this machine
- > Choose either horizontal or vertical hand grip position
- > Starting resistance – 7 lbs
- > Optional counter balance
- > Standard weight horns – 6



HAMMER STRENGTH ISO-LATERAL SHOULDER PRESS**Machine Weight: 350 lbs Starting Resistance: 10 lbs****Size: in. = 51L x 58W x 74H**

- > Enables each arm to work independently with the workarms of the machine extending and adducting simultaneously for optimal deltoid training
- > The seat is angled back to minimize lumbar compression
- > Optional counter balance
- > Standard weight horns – 6

**HAMMER STRENGTH ISO-LATERAL WIDE PULLDOWN****Machine Weight: 320 lbs Starting Resistance: 2 lbs****Size: in. = 71L x 42W x 80H**

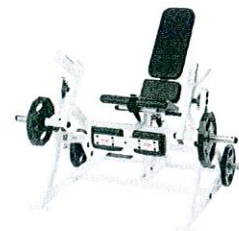
- > *Two movement arms rotate and move independently around non-breakable ductile iron castings*
- > *Movement arms path of motion causes adduction of the arms to allow for greater involvement of the pectorals*
- > *U.S. Patent No. 5,044,631 covers the unique features of this machine*
- > Standard weight horns – 6

**HAMMER STRENGTH LINEAR LEG PRESS****Machine Weight: 630 lbs Starting Resistance: 118 lbs****Size: in. = 95L x 65W x 6H**

- > Linear bearings create a smooth feel and function
- > Flip-in, flip-out racking mechanism is intuitive and easy to use
- > Molded pads offer higher durability and longer product life
- > Standard weight horns – 8

**HAMMER STRENGTH LEG EXTENSION****Machine Weight: 295 lbs Starting Resistance: 7 lbs****Size: in. = 56L x 54W x 57H**

- > Back pad lumbar support optimizes user positioning
- > Seat belt provides extra stabilization
- > Standard weight horns – 2



HAMMER STRENGTH ISO-LATERAL KNEELING LEG CURL**Machine Weight: 250 lbs Starting Resistance: 8 lbs****Size: in. = 43L x 50W x 47H**

- > Kneeling position optimizes alignment with axis of rotation for users of various sizes
- > Machine design isolates hamstrings while minimizing back strain
- > Pads swivel to support knee while exercising the opposite leg
- > Handles provide stabilization during exercise
- > Standard weight horns - 4

**HAMMER STRENGTH SEATED CALF RAISE****Machine Weight: 200 lbs Starting Resistance: 60 lbs****Size: in. = 50L x 30W x 55H**

- > Seat pivots to allow user to use his/her own bodyweight
- > Foot platform is angled in two planes to allow for natural foot movement
- > Range-of-motion release conveniently located in front of the user

**HAMMER STRENGTH SEATED BICEPS****Machine Weight: 225 lbs Starting Resistance: 4 lbs****Size: in. = 50L x 46W x 53H**

- > Easily adjustable seat pad
- > Utilizes a cam to adjust resistance profile

**HAMMER STRENGTH SELECT PECTORAL FLY/REAR DELTOID****Weight: 580 lbs Size: in. = 49L x 56W x 71H**

- > Incorporates two different exercise choices in one machine
- > Machine arms pivot to accommodate individual forearm length and path of motion
- > Handle positions are optimized to eliminate readjusting the seat between exercises



HAMMER STRENGTH MTS ISO-LATERAL ABDOMINAL CRUNCH**Machine Weight: 530 lbs Weight Stack: 150 lbs****Size: in. = 28L x 39W x 56H**

- > Unique design allows a "clam shell" style crunch, with the upper and lower body moving simultaneously
- > Overhead handgrips and angled back pad allow a crunch from slight spinal extension, which is more effective than traditional "pad across chest" abdominal machines

**HAMMER STRENGTH HD ATHLETIC HALF RACK****Machine Weight: 504 lbs Max Training Weight: 855 lbs****Size: in. = 57L x 67W x 96H**

- > Space efficient, open front design allows for unrestricted movements
- > Walk through design so the users do not have any structural foot obstructions from the front to the rear of the rack
- > ASTM / EN957 Certified to guarantee the ultimate in performance and strength of the product
- > Anvil Bracing™ – Multi-plane bolting configuration increases structural rigidity
- > Spider Gusset™ – 45 degree angle braces with diamond plate to increase lateral stiffness
- > HammerLock™ – Hammer Strength-originated bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look
- > 4"x3" laser cut 7-gauge steel uprights with laser cut numbering system ensures maximum structural integrity and provide efficiency in moving attachments to various positions
- > Rack frame receives an electrostatic powder coat finish to ensure adhesion and durability
- > Bar Supports designed with replaceable 5/16" (8mm) UHMW wear strips protect the Olympic bar from metal on metal contact
- > Bar Catches designed with Solid 1" (2.5cm) diameter stainless steel adjustment shaft
- > Weight horns have 2 degree angle to prevent weight plates from slipping off the horn during heavy use
- > Integrated labeling system for the weight horns keeps weight plates organized
- > Standard band and chain storage helps keep the floor clear and the equipment organized and accessible on every rack
- > Available in 9 standard frame colors. Custom colors also available

**HAMMER STRENGTH OLYMPIC FLAT BENCH (O-FB)****Machine Weight: 145 lbs Starting Resistance: N/A****Size: in. = 52L x 50W x 50H**

- > Offers an Olympic style flat bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: weight storage (OBWS), floor bumpers (4)



HAMMER STRENGTH OLYMPIC INCLINE BENCH (O-IB)

Machine Weight: 198 lbs Starting Resistance: N/A
Size: in. = 51L x 52W x 58H

- > Offers an Olympic style incline bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: weight storage (OBWS), floor bumpers (3)

**HAMMER STRENGTH ADJUSTABLE BENCH (PRO STYLE) (FWMAB)**

Machine Weight: 115 lbs Starting Resistance: N/A
Size: in. = 55L x 26W x 17H

- > Offers a professional style adjustable bench with the same high-grade durability and quality that comes with Hammer Strength benches and racks

**HAMMER STRENGTH DECLINE/ABDOMINAL BENCH (FW-DB)**

Machine Weight: 100 lbs Starting Resistance: N/A
Size: in. = 63L x 24W x 34H

- > Offers two workout options in one piece of equipment with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: floor bumpers

**HAMMER STRENGTH BACK EXTENSION (BW-BE)**

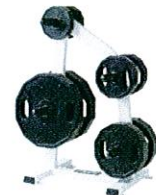
Machine Weight: 135 lbs Starting Resistance: N/A
Size: in. = 59L x 28.3W x 43H

- > Adjustable angled pad for sound support and exceptional comfort
- > Optional: floor bumpers

**HAMMER STRENGTH DELUXE WEIGHT TREE (FW-DWT)**

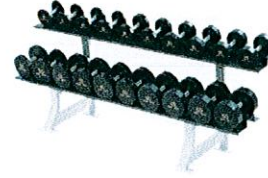
Machine Weight: 73 lbs Starting Resistance: N/A
Size: in. = 20L x 27W x 39H

- > Offers four horns for maximum support and storage for your exercisers.
- > Optional: floor bumpers



HAMMER STRENGTH 2 TIER DUMBBELL RACK (FW-DR2)**Machine Weight: 155 lbs Starting Resistance: N/A****Size: in. = 90L x 24W x 32H**

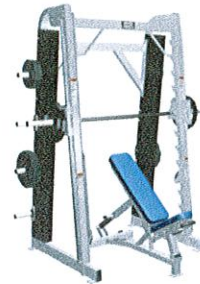
- > The Two Tier Dumbbell Rack gives you convenient storage for 10 pairs of dumbbells
- > Optional: floor bumpers

**HAMMER STRENGTH BARBELL RACK (FW-BAR)****Machine Weight: 142 lbs Starting Resistance: N/A****Size: in. = 31L x 28W x 60H**

- > Gives you convenient storage for 10 barbells
- > Optional: floor bumpers

**HAMMER STRENGTH SMITH MACHINE (HSSM)****Machine Weight: 635 lbs Starting Resistance: 15 lbs****Size: in. = 43L x 86W x 91H**

- > The Smith Machine bar path follows a seven-degree angle, which is the free weight motion of Olympic lifting — to give you the same workout environment as Olympic athletes.
- > Standard weight horns – 8
- > Adjustable bench not included

**LIFECYCLE® GX****Machine Weight: 111 lbs Size: in. = 54.6L x 23W x 39.5H**

- > Precision resistance brake leveler allows riders to gauge and repeat resistance with cycling computer
- > Distinctive rear flywheel with guard provides corrosion resistance to sweat
- > Multi-ribbed belt drive system with magnetic eddy current brake for a smoother ride with less maintenance
- > Touchscreen computer* displays workout feedback , including resistance level, cadence, calories, distance, speed, heart rate, % of maximum heart rate and time
*Optional computer is available at an additional cost.
- > Robotically welded steel frame with rust prevention e-coating
- > Vertical and fore/aft seat and handlebar adjustment
- > Dual-sided SPD pedals
- > Dual water bottle holders
- > Custom molded stretching platforms
- > Instructional programming – bike comes with an extensive manual and bonus video content that includes all the tools needed to teach a captivating class

