

The Dedicated Fitness Partner For Fitness Facilities



# BEYOND

THE RESULTS YOU WANT

*LifeFitness*

## PARTNER WITH A PROVEN LEADER

You do everything possible to keep your users happy. They walk through your doors with many expectations. So when it comes to making the best decisions for your fitness facility, find a partner that can assist you every step of the way. By selecting an industry leader, your decisions will be made easy giving you the freedom to stay focused on other daily demands that you face.

At Life Fitness, we have a 30-year track record with the most expertise in the industry. As your convenient one-stop fitness source, we offer a full line of the best cardiovascular and strength-training equipment along with dedicated service and support. It's what makes us the #1 brand of fitness equipment in health clubs worldwide and the best choice for lighter traffic facilities.



## EVERY DETAIL COUNTS WHEN YOU DEMAND THE BEST

We look at our business exactly the way you look at yours. We understand that providing all the extras is what sets you apart from the rest. Life Fitness offers you a full-line of advanced cardiovascular and strength-training products so you can provide a fitness facility that separates you from the competition. Our over-and-above services give you all the tools you need.

### Facility Layouts

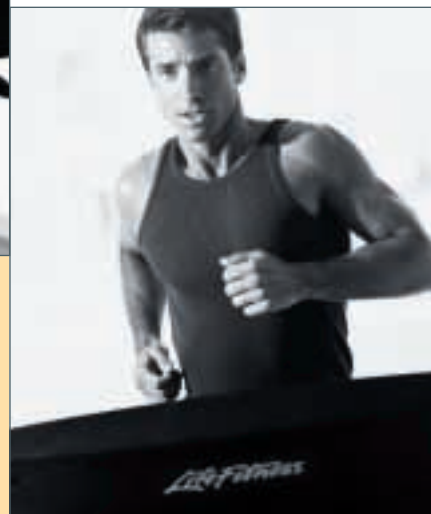
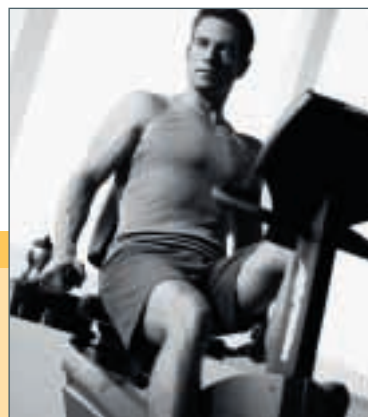
We will recommend the optimal mix of equipment and position your new and existing machines based on the dimensions of your facility, so you can maximise the efficiency of the space you dedicate to fitness.

### Local Service Technicians

We have a worldwide network of responsive professionals dedicated to delivering prompt service and expertise to keep your equipment running smoothly.

## TRUST THE NAME THEY ALREADY TRUST

Your exercisers will be familiar with our equipment since it's the most popular in health clubs around the globe. They'll appreciate the investment you've made in Life Fitness quality. You'll appreciate our equipment because it's safe, easy to use, and easy to maintain. And the attractive design of our equipment will complement the sophistication of your facility.



## BRINGING YOU THE BEST IN CARDIOVASCULAR

Our easy-to-use cardio machines offer unique features such as interactive consoles to deliver constant, personalised feedback.

### C-Series Upright Lifecycle® Exercise Bikes

- > Lifecycle exercise bikes are recognised worldwide by name
- > Place this self-powered bike anywhere in your facility
- > Our robotically welded steel frame is so well built, it arrives with a lifetime warranty

### R-Series Recumbent Lifecycle Exercise Bikes

- > Place this self-powered bike anywhere in your facility
- > Our custom-designed, belt-drive system ensures a smooth, quiet workout
- > Our robotically welded steel frame is so well built, it arrives with a lifetime warranty

### Life Fitness® X9i Cross-Trainers

- > Total-body elliptical exercise is today's fastest-growing category
- > Our double offset crank design provides fluid, gliding motion and unmatched durability
- > The ultra-reliable alternator resistance system delivers 20 intensity levels

### Life Fitness S9i Stairclimbers

- > Features smooth, popular independent stepping action
- > Our workout feedback display prompts, coaches, and displays personal exercise feedback
- > The superior, durable, belt-drive system requires virtually no maintenance

### Life Fitness T-Series Treadmills

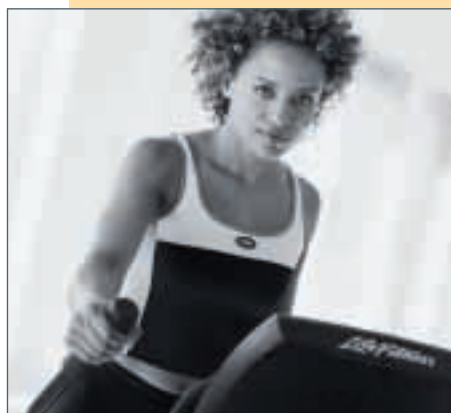
- > Enjoy amazingly quiet workouts with the MagnaDrive™ motor system
- > FlexDeck® shock absorption system lowers impact to muscles and joints nearly 30% more than other treadmills
- > Lifetime warranty on our heavy-gauge steel frames

### Life Fitness TR 8500 Treadmills

- > 30-minute belt and deck changes can be easily made without moving the machine
- > Auto Alert™ service diagnostic system gives you feedback on the status of your treadmill
- > FlexDeck shock absorption system lowers impact to muscles and joints nearly 30% compared to uncushioned decks

### Life Fitness TR 9000HR Treadmills

- > Everwax™ automatic wax lubrication system ensures the belt and deck are waxed at regular intervals
- > Automatic current measurements warn the service technician when to replace the belt and deck
- > Lifepulse™ digital heart rate monitoring system features the only digital heart rate sensors in the industry (Polar® chest strap also available)



## DURABLE SOLUTIONS FOR STRENGTH TRAINING

Our Fit Series™ selectorised weight stack machines feature clearly marked instructional placards that show how to use each machine and depict the muscle groups worked. So your users can perform their workouts with ease. Our preferred strength-training choices also address a variety of your budget and space requirements.

### Fit 1 Multi-Gym FSF1

- > Space efficient, single stack design
- > Durable commercial components for solid feel, low maintenance, and long life
- > Intuitive exercises requiring minimal adjustments for increased time efficiency

### Fit 3 Multi-Gym FSF3

- > Our top of the line multi-gym features three weight stacks for use by up to three exercisers simultaneously
- > Space optimising corner unit design for maximum floor utilisation
- > Multiple exercises for a complete total-body workout

### Lat Pulldown/Low Row 8210

- > Provides two superior back exercises incorporating upper body pulling movements
- > Exercisers can easily move from one exercise to another without making adjustments

### Leg Extension/Leg Curl 8235

- > One pull pin adjustment changes the exercise from leg extension to leg curl
- > Roller pads easily adjust to accommodate users of all sizes

### Multi-Press 8215

- > Incorporates three basic upper body pressing movements through easily adjustable bench positions
- > Press arm easily folds out of the way to make room for traditional dumbbell exercises

### Leg Press/Calf Extension 8245

- > Unique foot platform allows users to vary foot position and work different muscle groups
- > Adjustable back pad easily accommodates different user size and desired range of motion

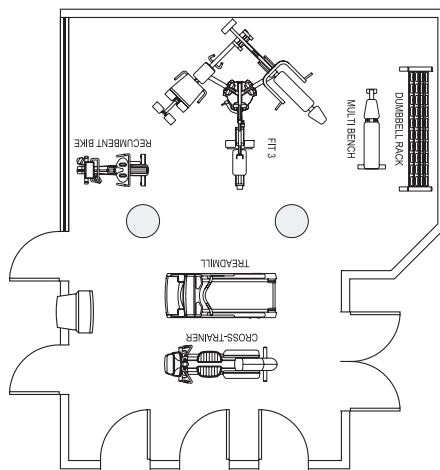


## YOUR FITNESS FACILITY

### LAYOUT GUIDE

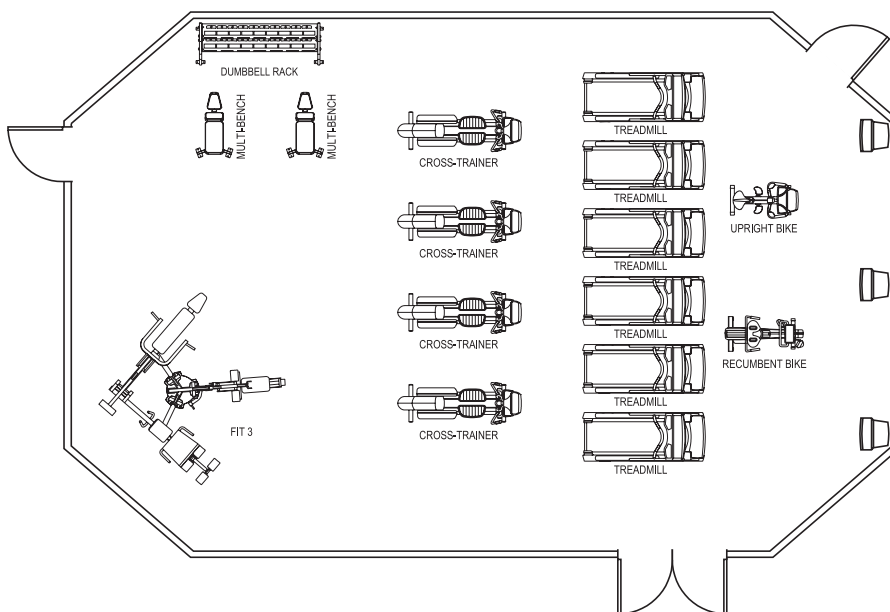
At Life Fitness, we manufacture and offer the most comprehensive list of equipment to meet your facility's specific needs. Below, you will find two different equipment layout samples. These are just a few of the many customised ways we can configure your equipment based on your specific facility dimensions. We can also incorporate any of your existing equipment.

#### 152 SQUARE METERS/500 SQUARE FEET



- 1 Treadmill
- 1 Cross-Trainer
- 1 Lifecycle Recumbent Bike
- 1 Fit 3 Multi-Gym
- 1 Multi-Bench
- 1 Dumbbell Rack

#### 305 SQUARE METERS/1000 SQUARE FEET



- 6 Treadmills
- 4 Cross-Trainers
- 1 Lifecycle Recumbent Bike
- 1 Lifecycle Upright Bike
- 1 Fit 3 Multi-Gym
- 2 Multi-Benches
- 1 Dumbbell Rack

# C&R SERIES LIFECYCLE® EXERCISE BIKES



Lifecycle Bikes	C7i Upright Bike	C9i Upright Bike	R7i Recumbent Bike	R9i Recumbent Bike
<b>POWER AND PERFORMANCE</b>				
Resistance Levels	20 levels			
Resistance System	Self-contained alternator system			
Drive System	Poly V belt-drive system			
Power Requirements	Self-powered			
<b>PRECISION PROGRAMMING</b>				
Number of Workout Programs	10	19	10	19
Heart Rate Monitoring	Wireless Polar® chest strap included	Lifepulse™ hand sensors	Wireless Polar® chest strap included	Lifepulse™ hand sensors
Zone Training+™ Workouts	Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™			
<b>USER-FRIENDLY ELECTRONICS</b>				
Workout Feedback Console	Large 16 character scrolling display			
Workout Feedback	Time, distance (miles or km), RPM, level, calories, heart rate, calories per hour, watts			
Workout Profile™ Display	7 x 15 LED display			
<b>PRODUCT DETAILS</b>				
Frame	Welded steel with black powder-coated paint			
Handlebars	Standard racing-style	Deluxe racing-style with webbed forearm supports	Bullhorn and side	
Seat	Comfort Curve™ seat		Contoured high-back support seat	
Seat Adjustment	Locking pin adjustment (13 seat positions)		Locking slide adjustment (34 seat positions)	
Pedals	Self-leveling with pedal straps			
Maximum User Weight	400 lbs (181 kg)		134 lbs (61 kg)	
Product Weight	87 lbs (39 kg)		134 lbs (61 kg)	
Assembled Dimensions	48" L x 24" W x 53" H (122 cm L x 61 cm W x 135 cm H)	48" L x 24" W x 54" H (122 cm L x 61 cm W x 137 cm H)	54" L x 26" W x 51" H (137 cm L x 66 cm W x 130 cm H)	
Crank	Multi-piece crank			
Accessory Tray	Optional	Standard	Optional	Standard
<b>SAFETY AND WARRANTY</b>				
Safety Certifications	CE, CSA, EN 957-6, TUV safety approved			
Warranty	1000 usage hours or 1 year (whichever comes first)			

## X-SERIES CROSS-TRAINER



X-Series	X9i Cross-Trainer
<b>POWER AND PERFORMANCE</b>	
Resistance Levels	20 levels
Resistance System	Self-contained alternator system
Stride	Fixed
Drive System	Double off-set crank design
<b>PRECISION PROGRAMMING</b>	
Number of Workout Programs	7
Heart Rate Monitoring	Standard wireless Polar® chest strap included
<b>USER-FRIENDLY ELECTRONICS</b>	
Workout Feedback Console	Deluxe 16-character LED message centre
Workout Profile™ Display	7 x 14 LED segments showing workout progress
<b>PRODUCT DETAILS</b>	
Power Requirements	All major voltage configurations
One-Touch Quick Start	Standard
Frame	4" x 4" (10 cm x 10 cm) and 3" (7 cm) round robotically welded steel frame
Pedals	16" x 7" (41 cm x 18 cm) oversized pedals
Stationary Handlebars	Ergonomic T-bar front handlebar
Maximum User Weight	300 lbs (136 kg)
Product Weight	235 lbs (107 kg)
Assembled Dimensions	82" L x 25" W x 64" H (208 cm L x 64 cm W x 163 cm H)
<b>SAFETY AND WARRANTY</b>	
Safety Certifications	CE, CSA, EN 957-6, TUV safety approved
Warranty	1000 usage hours or 1 year (whichever comes first)

## S-SERIES STAIRCLIMBER



S-Series	S9i Stairclimber
<b>POWER AND PERFORMANCE</b>	
Resistance Levels	20 levels
Resistance System	12-volt alternator system
Stepping Motion	IsoTrack™ climbing system
Drive System	Two-stage poly V belt-drive resistance system; cogged belt-drive pedal system
<b>PRECISION PROGRAMMING</b>	
Number of Workout Programs	18
Heart Rate Monitoring	Standard (wireless Polar® chest strap included)
Cool Down Mode	Standard
<b>USER-FRIENDLY ELECTRONICS</b>	
Workout Feedback	Time, distance, floors climbed, floors per minute, level, calories, heart rate, METs, Watts
Workout Feedback Console	10-character LED message centre
Workout Profile™ Display	7 x 15 segments showing workout progress
<b>PRODUCT DETAILS</b>	
Power Requirements	All major voltage configurations
Auto Start/One-Touch Quick Start	Standard
Side Handrails	Comfortable, ergonomic design
Pedals/Pedal Spacing	6" x 11" (15.25 cm x 28 cm) non-slip oversized pedals; 2.5" (6 cm) pedal spacing
Speed	2-13 floors per minute
Maximum User Weight	350 lbs (131 kg)
Assembled Dimensions/Weight	48" L x 32" W x 64" H (122 cm L x 81 cm W x 163 cm H); 155 lbs (58 kg)
Working Dimensions	48" L x 32" W x 81" H (122 cm L x 81 cm W x 207 cm H)
Maximum Step-up Height	17.25" (44 cm)
<b>SAFETY AND WARRANTY</b>	
Safety Certifications	CE, CSA, EN 957-6, TUV safety approved
Warranty	1000 usage hours or 1 year (whichever comes first)

# T-SERIES TREADMILLS



Treadmills	T7i Treadmill	T9i Treadmill	TR 8500 Treadmill	TR 9000HR Treadmill
<b>POWER AND PERFORMANCE</b>				
<b>Speed</b>	0.5 - 12 mph (0.8 - 20 kph)		0.5-10 mph (0.8-16.1 kph in 0.5 increments)	0.5-10 mph (0.8-16.1 kph in 0.1 increments)
<b>Elevation</b>	0 - 15% (in 0.1 increments)			
<b>Motor System</b>	3.0 HP continuous-duty DC MagnaDrive™ motor system			
<b>Motor Controller</b>	Life Fitness designed microprocessor-based PWM controller			
<b>PRECISION PROGRAMMING</b>				
<b>Number of Program Workouts</b>	16	16	2	7
<b>Heart Rate Monitoring</b>	Standard (Polar wireless chest strap included)	Lifepulse™ digital hand sensors (Polar wireless chest strap included)	Polar telemetry heart rate monitoring system (chest strap sold separately)	Lifepulse™ digital system and Polar telemetry heart rate monitoring system (chest strap sold separately)
<b>USER-FRIENDLY ELECTRONICS</b>				
<b>Workout Feedback</b>	Time, distance, speed, incline, heart rate, calorie per hours, calories, time in heart rate zone, pace		Time, distance, total calories burned, heart rate, incline, speed	Time, distance, total calories burned, calories per hour, heart rate, incline, speed, workout profile, Watts, METs, pace
<b>Workout Feedback Display</b>	16-character LED message centre		10 characters divided into 3 data display windows	18 character message centre and LED workout profile
<b>STRUCTURAL DETAILS</b>				
<b>Power Requirements</b>	All major voltage configurations worldwide			
<b>Quick Start</b>	Standard			
<b>Frame</b>	Robotically welded steel frame			
<b>Handrails</b>	1.5" tubing, Ergo™ crossbar with side handrails		Ergo™ bar and 22" siderails	Ergo™ bar with Lifepulse sensors and 22" siderails
<b>Lubrication System</b>	N/A		Everwax™ automatic wax lubrication system	
<b>Deck</b>	3/4" fibreboard, cushioned, commercial grade		FlexDeck® shock absorption system	
<b>Belt</b>	60" L x 20" W multi-ply commercial grade (153 cm L x 51 cm W)			
<b>Rollers</b>	2.5" precision crowned		2.75" (7 cm)	
<b>Assembled Dimensions/Weight</b>	78.5" L x 33" W x 55.5" H (199 cm L x 84 cm W x 141 cm H); 270 lbs (123 kg)	81" L x 32" W x 58" H (206 cm L x 81 cm W x 147 cm W); 330 lbs (150 kg)	81" L x 32" W x 58" (206cm L x 81 cm W x 147 cm H); 330 lbs (150 kg)	
<b>SAFETY AND WARRANTY</b>				
<b>Safety Certifications</b>	CE, CSA, EN 957-6, TUV Safety Approved			
<b>Warranty</b>	500 usage hours or 1 year (whichever comes first)	1000 usage hours or 1 year (whichever comes first)		

# FIT SERIES™ STRENGTH



Fit 1 Multi-Gym



Fit 3 Multi-Gym



Lat Pulldown/Low Row



Leg Extension/Leg Curl



Multi-Press



Leg Press/Calf Extension

Station	Product Code	Weight Stack		Total Weight		Dimensions	
		Lbs	Kgs	Lbs	Kgs	Inches (LxWxH)	Centimetres (LxWxH)
Fit 1 Multi-Gym	FSF1	210	95	550	250	120 x 48 x 87	305 x 122 x 221
Fit 3 Multi-Gym	FSF3	3 x 210	3 x 95	1,255	570	102 x 102 x 85	229 x 229 x 216
Lat Pulldown/Low Row	8210	210	95	463	210	77 x 25 x 84	196 x 64 x 213
Leg Extension/Leg Curl	8235	160	73	381	173	66 x 25.5 x 80	168 x 65 x 203
Multi-Press	8215	210	95	512	233	89 x 50 x 72	226 x 127 x 183
Leg Press/Calf Extension	8245	210	95	534	245	61 x 44 x 83	155 x 122 x 221

## General Specifications

**GRAPHIC INSTRUCTION** – Placard images and wall charts (on Fit 1 and Fit 3 only) graphically demonstrate how to perform exercises, as well as indicate specific muscle groups targeted, so users can proceed correctly with a simple glance.

**HEAVY-DUTY FRAME** – Heavy-duty 2" x 3" steel frame with a combination of other sized durable structural tubular steel, ensures maximum strength and an attractive appearance.

**POWDER COAT FINISH** – Electrostatic powder coat finish offers a durable and low-maintenance machine.

**COLOURS** – Fit Series duals feature standard white frames with black upholstery. Fit 1 and Fit 3 multi-gyms offer standard white frames, platinum frames, and black upholstery.

**CABLES** – A tensile strength of 2,000 pounds and a 1/8" Mil Spec lubricated steel aircraft cable nylon coated to 3/16", delivers smooth performance and a long life of ownership.

**EASY CABLE ADJUSTMENT** – One tool threaded cable adjustment on the top weight allows for easy adjustments and keeps cables tensioned correctly.

**PULLEYS** – Glass-reinforced, 4 1/2" diameter nylon pulleys feature sealed ball bearings, and a custom groove design maximises the life of the nylon coated aircraft cable.

**WEIGHT PLATES** – 1" thick cast iron plates with free-floating bushings in each weight plate eliminate guide rod wear and ensure smooth travel.

**SELECTOR SHAFT** – Cold rolled, precision machined, steel selector shaft provides smooth, quiet function and maintains correct alignment in the weight stack during exercise movement.

**GUIDE RODS** – Chrome-plated guide rods enable free floating movement of weight plates for ultra-smooth motion.

**STANDARD WEIGHT STACK GUARDS** – Each weight stack is protected with standard guards to improve facility safety.

**PADS** – Commercial-grade vinyl pads surround urethane foam over high-grade plywood. All bolt connections utilise steel-threaded inserts for durability.

**ROLLER CUSHIONS** – Duals use closed-cell, cast urethane roller cushions that keep moisture out and rotate on 1 3/8" bushings for smooth, comfortable workout movements. Fit 1 and Fit 3 multi-gyms use commercial grade vinyl covers over a closed cell foam.

**WARRANTY** – 10 years on frame and welds (coating excluded); 1 year on parts and hardware; 90 days on upholstery and cables.

## Life Fitness UK Limited

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