

WHAT WE
LIVE FOR

LifeFitness
WHAT WE LIVE FOR

**HAMMER
STRENGTH**

2013 PRODUCT CATALOG

LifeFitness



As the #1 brand of health club products worldwide, helping people achieve their fitness goals is our passion. For over 40 years, it's been a commitment that has set us apart. Our world-class biomechanically engineered equipment is researched and tested to meet every exercise need regardless of fitness level, from beginner to professional athlete. And through cutting edge technology and software, we ensure that today's users stay connected—to each other and to the workout equipment they use every day. Life Fitness—it's more than our name, it's...

WHAT WE LIVE FOR



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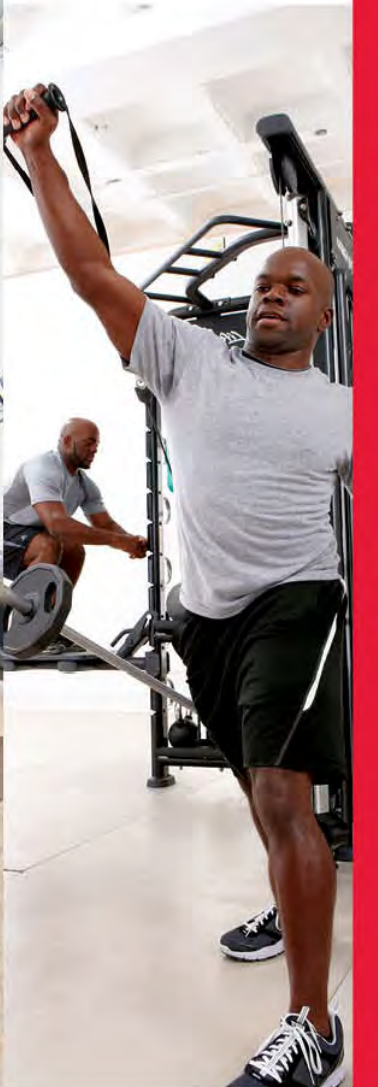
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Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at www.lifefitness.com/2013green



LIFE FITNESS JOURNEY: THE PATH TO SUCCESS

At Life Fitness we believe that member experiences are fundamental to the success of your facility. Over 40 years of leading the fitness industry we have learned that exerciser experiences are driven by the four key factors that make up the Life Fitness Journey:

Social Interaction. When people connect, they keep coming back—and they stay on their exercise Journey.

Variety. Adds to the sense of fun and contributes to return visits.

Progression. New challenges keep exercisers engaged, and the results they see are encouraging.

Environment. An inviting and attractive atmosphere makes people feel welcome and differentiates your facility.

We'll work closely with you to understand your business and goals to help you design a facility experience that will keep your customers engaged and coming back for more.

FITNESS FORWARD

The Evolution of Fitness

Developments in technology are changing our lives in ways we never thought possible. Getting connected is the expectation, and fitness is no exception.

At Life Fitness, we are investing in the future by embedding technology firmly within our products. With our open platform, and a deep understanding of the latest developments in technology, we are able to offer truly limitless possibilities to fitness facilities.

It's all about choice. Facilities can choose the tools to differentiate their brand and manage their business with our connected and customizable products. In return, exercisers are offered a deeply personal experience tailored to the ways in which they connect with the facility, the outside world, each other and with themselves.

Technology your way. This is the future of fitness.



DISCOVER

THE NEW ELEVATION SERIES

Music. Movies. TV. Email. All at the swipe of a finger. The new Elevation Series Discover™ Tablet Console cardio products redefine the workout experience with the most advanced console technology, featuring an abundance of entertainment options, enhanced interaction, Internet connectivity and much more.



EASY-TO-USE INTERFACE

Go ahead, swipe it. Discover's Swipe™ Technology and high-definition screen displays content and controls with vibrant images and graphics. With a swipe of a finger, navigate seamlessly between crisp, clear screens to choose the entertainment and workouts you want.

DISCOVER



CONNECTION TO MOBILE DEVICES

The new Discover Tablet Console connects and syncs to Android smartphones and Apple devices, and uses Bluetooth to connect to headphones. It lets exercisers access their personal libraries of music, videos, apps, books and more. Users can maintain and monitor workout results directly from machine to device with Life Fitness compatible apps. And with integrated charging capability, low battery life is never a concern.

PERSONAL IDENTIFICATION TECHNOLOGY

Users can find their favorites simply by logging into their Lfconnect settings on Discover. Preferred workouts, websites and display settings instantly load so that exercisers can get on and go. All that a user needs is a smartphone with the Lfconnect app, PIN, RFID or USB drive to access personalized content.



ENTERTAINMENT ON DEMAND

Exercisers can watch on-demand videos,*† tune into a favorite sitcom, watch the hottest music videos or play solitaire. There are thousands of entertainment options to engage any interest.



SURF THE WEB

Thanks to Discover's Internet connectivity capabilities, users can visit a website or play a game.* Exercisers can choose their favorite websites through an Lfconnect account and they will be instantly available at login.



CUSTOMIZE

Personalize Discover's home screen with facility branding and custom messages through Lfconnect. Promote incentive programs and facility news through a customized scrolling message and recommend websites, television channels and customized workouts for simple selection by users.*



TRAVEL THE WORLD

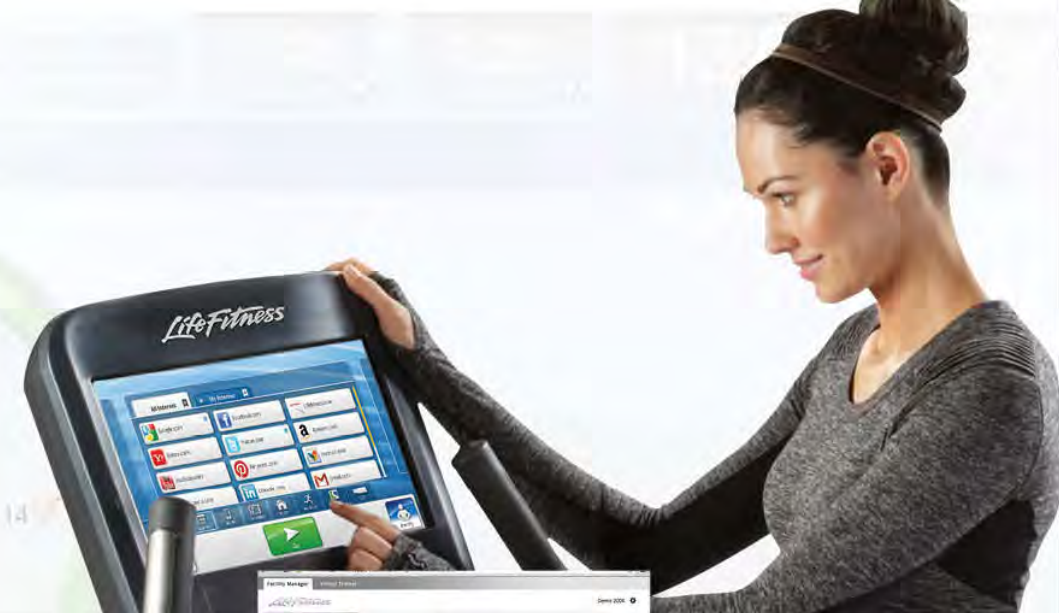
Users can run, hike or bike through **Lifescape's** interactive outdoor courses. They can tour California, France and Germany, to name a few dream destinations. The machine's incline or resistance change with the terrain as exercisers trek through pristine nature and gorgeous scenery. Discover lets users set the pace on the way to a fun fitness experience.

* Requires internet access. Ethernet or Wireless Connectivity options. Check with your sales rep for availability and details.

† Features not available in all regions. Check with your sales rep for availability and details.

LFCONNECT

LFconnect™ is a complementary cloud solution for facility owners and exercisers that opens up a world of resources and choices to create the ultimate product experience. Facility owners can enjoy easy asset management and customization in one convenient platform. Exercisers can choose equipment settings and track workout results to meet their goals. LFconnect is accessible via a website or apps, so it's easy to connect at home, at the facility or on the go.

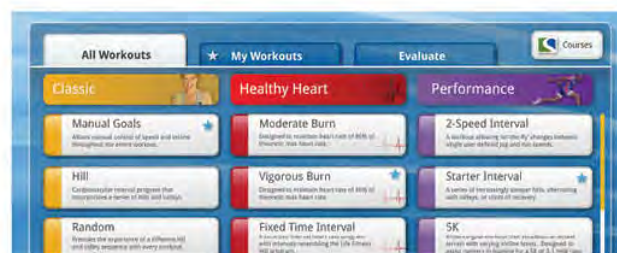


CUSTOMIZE YOUR EQUIPMENT

As a facility owner, speak to exercisers on your terms. LFconnect gives you the tools to build your brand and personalize the workout experience in your facility on Elevation Series Discover™ Tablet Console treadmills, cross-trainers and bikes.

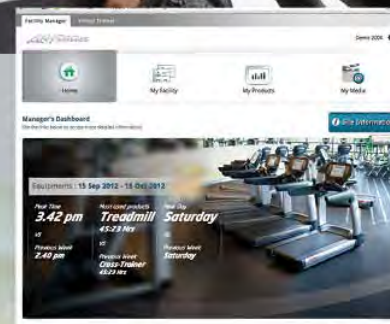
HOME SCREENS

Add branding and messaging to Discover Consoles. Create a custom greeting to promote facility news, events, classes or even incentives to your members. Add your own background image and logo. Send marathon news to treadmill users or promote a new class to bike enthusiasts.



WORKOUTS

Create and highlight custom workouts for exercisers to choose from. Leverage your personal trainers to create exclusive workouts that are only available on your facility's equipment. You can add up to nine custom workouts including hills, intervals and fat burn challenges.



EASILY UPDATE SOFTWARE

There's no need to manually upgrade with USB drives when you use LFconnect with Discover Consoles. Instead, update the equipment you want when you want with the click of a button. Choose to update your equipment automatically or at your convenience, such as during facility downtimes.

PRODUCT SETTINGS

Easily manage the workout equipment in your facility. Configure each unit to limit workout duration at peak times, or have the units automatically power down at closing time to save energy. You can even alter the sounds your equipment makes. Control General, Workout Options, Power Saving and Entertainment categories. Manage your facility remotely, too, so you can run operations from your desk, home or as you walk through the facility.

STREAMLINE ASSET MANAGEMENT

Monitor equipment usage in one place. View peak exercise times or the most popular machines in your facility. Filter reports by time of day, day of week, equipment type or facility location. You can also opt to receive equipment status alerts. Use this data to help better manage your facility, such as aiding in equipment layout choices or target messaging to exercisers.



ENTERTAINMENT

Share your favorite TV channels and websites for simple selection by exercisers. You can also restrict channels and set up your own secure channels.

All LFconnect customization features require internet connection

LET USERS EXERCISE THEIR WAY

Let your exercisers have control over the workout experience. With an LConnect account, they can preset equipment entertainment preferences, customize workouts, and track fitness results from a personal device or computer. At the facility, they can access their LConnect account preferences with a smartphone, PIN, USB drive or RFID.*



THE LConnect APP

When your members are on the go, their workout comes with them. The Life Fitness LConnect app can be downloaded on any Apple or Android device and offers exercisers easy access to workout results and preferred workout routine. LConnect features include:

Tracking:

Users can automatically log cardio and strength workouts inside and outside of the facility, and include details like time, distance and reps. Outdoor workout mileage is tracked using the GPS on your Apple or Android device.

Life Fitness Workouts:

Exercisers can access their Workout Library easily at the gym or at home. Simply plug into the Life Fitness equipment and access custom workouts created on LConnect.com to stay on track with training goals.

Results:

Results motivate your users. LConnect lets exercisers view their workout programs at a glance. Exercisers can view total time, distance, workout results, calories burned or weight lifted during a week, month, year or custom-set length of time. They can also set weekly calories goals and track their progress.



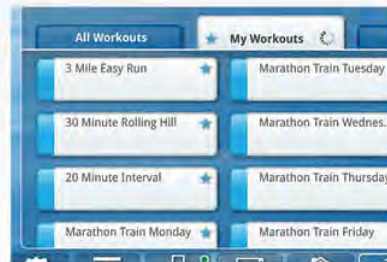
EQUIPMENT PERSONALIZATION

Users can select content before they exercise so their favorites instantaneously load when they access their LConnect account at your facility.



Display Settings**

Select from 17 statistics to see on the equipment display, such as calories, pace, time remaining or heart rate.



Workouts

Preset level, incline, speed and duration. Select heart rate targets or interval levels. Personal trainers can also share workouts and track exercisers' progress.



Internet*

Create a personalized web experience. Users can bookmark their most visited websites so they can read the latest news or check email while working out.

MANAGING WORKOUTS

LConnect has several features that help exercisers monitor and maintain their workout progress.



Be Social

Exercisers can grow their fitness support systems through My Community. By engaging with Buddies, personal trainers and friends, they can share workouts, send personal messages of encouragement or coordinate workout groups to stay motivated.



Track Results

Users can keep overall workout results in one centralized location, with the ability to input and view data for indoor and outdoor workouts, including average heart rate, average speed, distance climbed and total calories.



Calendar

Exercisers can assign and schedule workouts from their Workout Library to the LConnect calendar or export appointments to an external calendar, such as Google, iCalendar, Outlook or Yahoo, so they never miss a workout.

*Internet connectivity required to use this feature
** Discover Tablet Console only

LFOPEN

LFopen™ changes fitness forever. Life Fitness is the first fitness manufacturer to allow third-party developers and customers the freedom to create engaging workout solutions that interface directly with our Life Fitness open platform products.

As the first in the fitness industry to provide open platform access, Life Fitness invites you to take advantage of the infinite ways to build an engaging and interactive exercise experience.



Workout tracking tools, rewards programs, nutrition guidance... or other innovative fitness solutions. The possibilities are endless.

THE BENEFITS OF LFOpen

Attract Exercisers with Choices

With LFOpen, any health and fitness app has the potential to interact with Life Fitness equipment. Users have the freedom to connect their favorite Apple or Android apps from their mobile device to your facility's cardio equipment for an enhanced exercise experience.

Keep Users Engaged

Exercisers want a personalized workout experience and LFOpen lets that happen. Fresh content creates loyalty and LFOpen ensures that the possibilities for new content, like exciting new workout programs and enticing incentives, are limitless.

Better Management and Branding Solutions

Utilize LFOpen to provide seamless integration between facility systems and equipment. Take advantage of Life Fitness open platform products by providing a branded fitness solution that empowers exercisers and builds your brand reputation. Develop your own solution or partner with a developer to integrate LFconnect into your website or develop apps for items like rewards programs or tracking that are specific to your facility.



Flexibility and Adaptability

Open platform products are a sound investment because they easily adapt to rapidly changing technology. As new mobile technology emerges, the experience can be translated directly to users. LFOpen gives workout equipment the power to keep up with the brisk pace of the world's best innovators and app developers.

LFopen Developer Portal

Create apps for iOS and Android, or leverage the LFconnect website API and reach exercisers worldwide. A developer account provides access to Life Fitness equipment API documentation. See more at www.lifefitness.com/2013lfopen



COUNTLESS APPS, INFINITE POSSIBILITIES

Tens of millions of exercisers use fitness apps, and the number is growing every day. LFOpen gives users the freedom to easily access the massive amount of choices. Apps keep exercisers engaged and help them meet their specific workout goals.

FEATURED COMPATIBLE APPS



NUTRITION

Lose It! is a connected, personal weight loss program that tracks calories and workouts, empowering users to achieve weight loss goals on their terms.



TRACKING

Runtastic provides total mobile fitness package to over 15 million users worldwide by automatically syncing distance, calories burned, and speed from Life Fitness open platform products.



The Wahoo Fitness app connects to heart rate monitors, cycling speed/cadence sensors, and exercise equipment. It collects workout data and uploads easily to online training platforms, Dropbox, or email.



REWARDS

SoFit launches fitness into the social media realm. Users can compete against others and earn virtual medals and points can be redeemed for real offers and charitable donations.

To learn more about apps compatible with Life Fitness open platform products, go to www.lifefitness.com/2013lfopen



CARDIOVASCULAR REVOLUTION

Our cardio equipment makes reaching fitness goals easier than ever. Each line is ergonomically designed for comfort and maximum efficiency. They include features designed to intensify every workout. Users are able to maintain individual levels of engagement, entertainment and most importantly, motivation. From our easy-to-use Activate™ Series, to our traditional Integrity™ Series and feature-enhanced Elevation™ Series, every piece of equipment incorporates the Life Fitness legacy of unparalleled quality and extraordinary performance.

Tap into the Life Fitness world-class advantage:

- Treadmills
- Elliptical Cross-Trainers
- Lifecycle® Exercise Bikes
- Summit Trainers
- Stairclimbers



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at lifefitness.com/2012greentogo



ELEVATION™ SERIES

THE ULTIMATE EXERCISE EXPERIENCE

Sophisticated design, rigorous testing, superior biomechanics and our most advanced features make Elevation Series our premier commercial cardio equipment. Add our Discover Tablet Console to create an immersive workout that not only motivates but entertains. The console's intuitive features include compatibility with the LFCconnect website, LFCconnect app, Android™ smartphones and Apple devices. As the ultimate cardio experience, Elevation is the choice of the finest fitness facilities worldwide.



Made for
iPod iPhone iPad



ELEVATION
SERIES

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. iPod, iPhone, iPad, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. Made for: iPad (3rd generation), iPad 2, iPhone 4S, iPhone 4, iPhone 3GS, iPod touch (3rd and 4th generation), and iPod nano (5th and 6th generation).

ELEVATION™ SERIES
TREADMILL

When your facility demands unparalleled quality, durability and innovation the 95T Elevation Treadmill is the only choice. Our FlexDeck™ Shock Absorption System reduces knee and joint stress by up to 30% more than running on non-cushioned surfaces. Exercisers can set their own workout pace with a 2, 4 or 6 mph (3, 6, or 9 kph) start for a walk, jog or run. Add our exclusive Discover™ console with its intuitive features and your exercisers will go farther than they thought possible without missing a beat.



Features that make the difference:

Generous 22" x 60" (56 cm x 152 cm) running surface
with small 37" x 80" (94 cm x 203 cm) footprint that conserves floor space

DX3™ lubricant-infused belt system
with Advanced Belt Tracking System

Lifespring™ shock absorbers
deliver smooth cushioning throughout the deck

Stride Sensor
stops the belt when user leaves the treadmill

Activity Zone™
places most used controls within easy reach

Powerful 4-HP motor (8-HP Peak)
features low decibel level for quiet operation

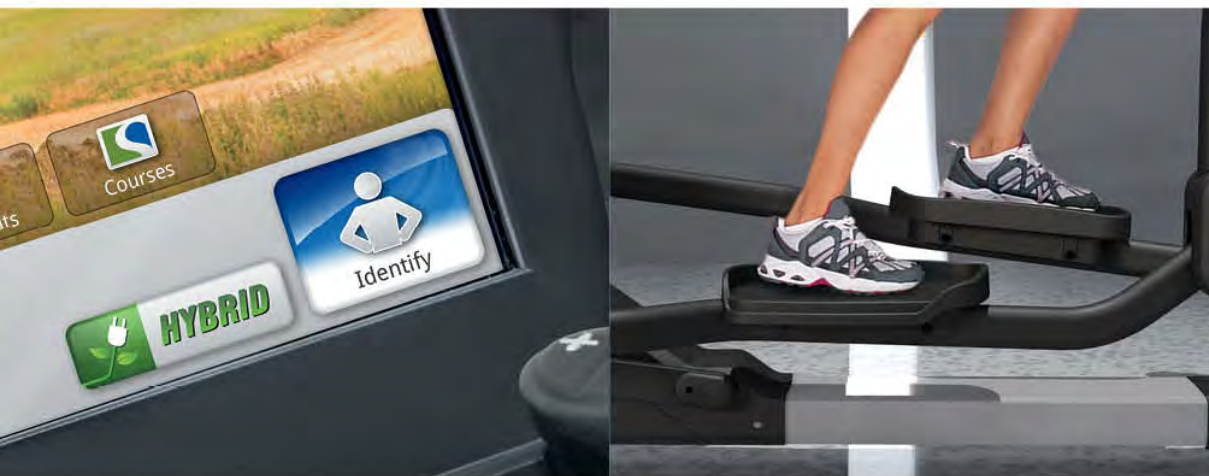


ELEVATION™ SERIES

ELLIPTICAL CROSS-TRAINER

Extensive biomechanical research for the Elevation Series Elliptical Cross-Trainer creates a natural fluid motion that closely replicates running or walking. It's a comfortable and effective total-body workout that helps users achieve their fitness goals. Quiet Drive™ technology ensures a relaxing workout environment.

The unique Hybrid feature reduces energy consumption from the console when a high enough intensity level is achieved. A green hybrid icon alerts users they are helping power the equipment. Energy generated and saved is displayed with results at the end of each workout. From high-performance athletes to those looking for a low-impact workout, this cross-trainer really motivates.



Features that make the difference:

Over-sized pedals with narrow spacing

allow comfortable use with minimal lateral hip shifting, reducing lower back stress

Easy-to-reach resistance control

conveniently adjusts workout intensity

Lifepulse™ digital heart rate monitor

hand sensors located on ergonomically designed handlebars

Low decibel level

ensures a quiet workout environment even during the busiest times



ELEVATION™ SERIES

UPRIGHT LIFECYCLE® EXERCISE BIKE

The Elevation Series Upright Lifecycle Exercise Bike is the most advanced version of our original model—the Lifecycle Exercise Bike. Our Knee Over Pedal Spindle (KOPS) is a biomechanically correct leg position that is standard on all Lifecycle Upright Exercise Bikes. It closely simulates the feel of a road bike and reduces pressure on the knees.

The unique Hybrid feature reduces energy consumption from the console when a high enough intensity level is achieved. A green hybrid icon alerts the users they are helping power the equipment. Energy generated and saved is displayed with results at the end of each workout.



Features that make the difference:

Easy adjust Comfort Curve seat
adjusts even from the seated position

Easy-to-reach resistance control
conveniently adjusts workout intensity

Lifepulse™ digital heart rate monitor
hand sensors located on handlebars for upright and racing positions

Optional XXL Upright Lifecycle Bike
accommodates users up to 7' (2.13 m) tall

Easily adjustable Pedal Strap
ensures proper foot positioning

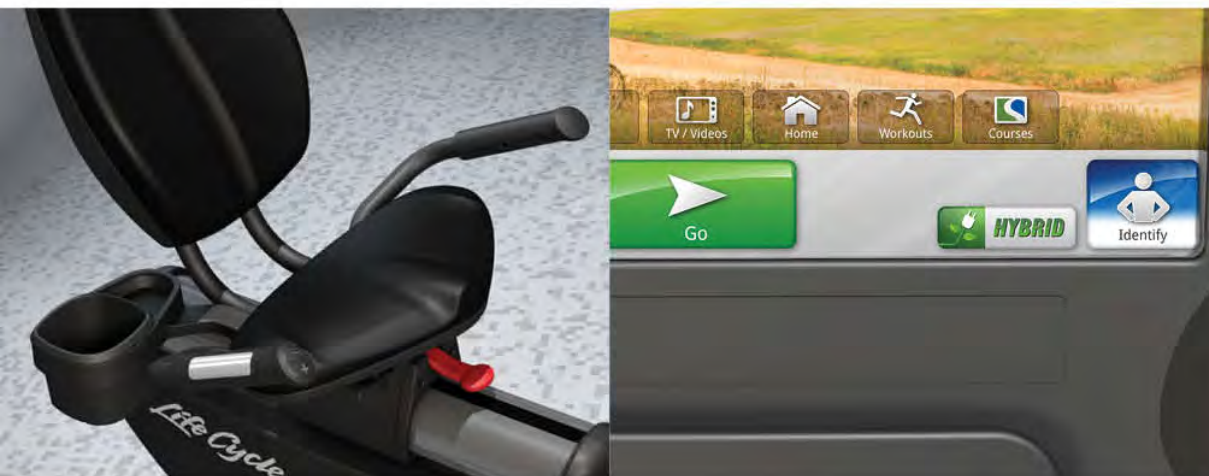


ELEVATION™ SERIES

RECUMBENT LIFECYCLE® EXERCISE BIKE

Through continuing biomechanical research and testing, we've created our Recumbent Lifecycle Exercise Bike, an award-winner for its innovative design. It features the Comfort Curve Plus™ Seat with deluxe back support and optional deluxe armrests for a more relaxed riding position. The equipment's step-through design has greater clearance to accommodate all body types or those rehabilitating from injury.

The unique Hybrid feature reduces energy consumption from the console when a high enough intensity level is achieved. A green hybrid icon alerts users they are helping power the equipment. Energy generated and saved is displayed with results at the end of each workout.



Features that make the difference:

Easy adjust Comfort Curve Plus™ seat with deluxe back support
adjusts even from the seated position

Easy-reach resistance control
conveniently adjusts workout intensity

Lifepulse™ digital heart rate monitor
hand sensors located on handlebars and deluxe armrests

Heart Rate programs automatically adjust resistance
keeping users in their target heart rate zone

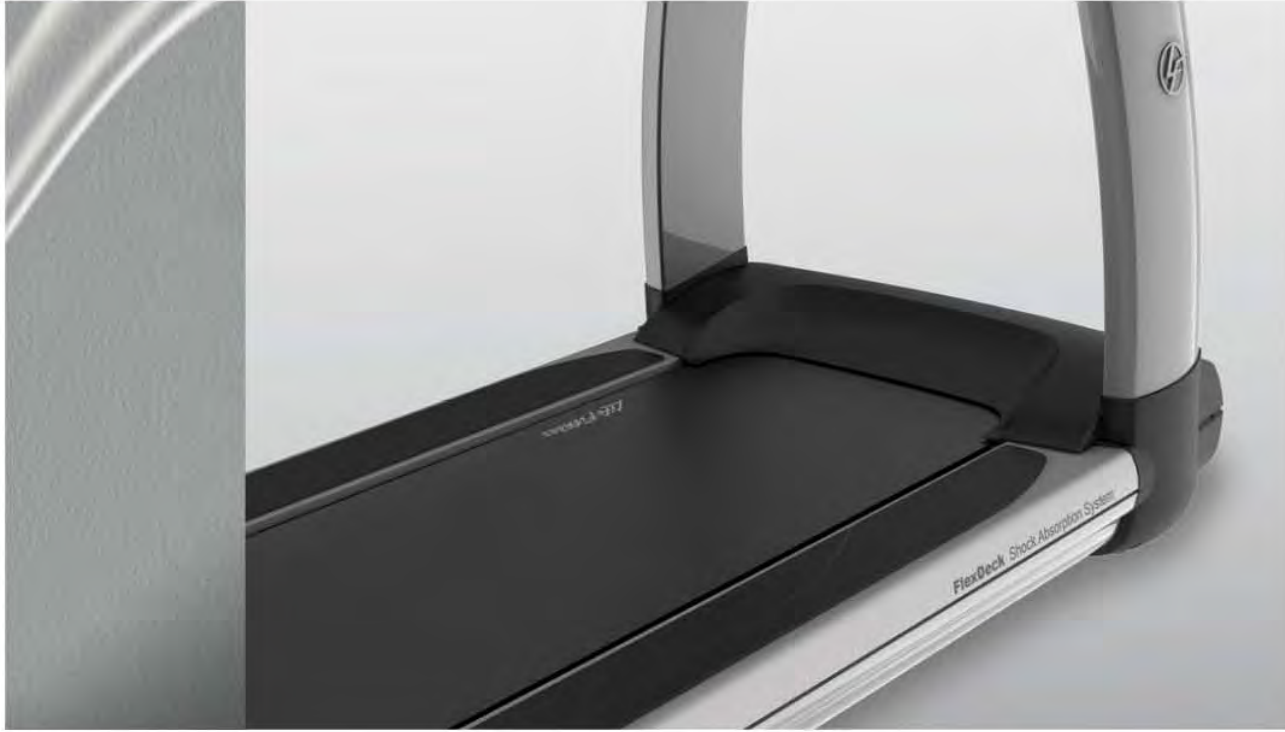
Deluxe armrests (shown below)
for a more relaxed workout; raise for easy on and off



ELEVATION™ SERIES
COLOR OPTIONS

Choose from four color options to complement your facility. An aesthetically pleasing space enhances the workout experience.

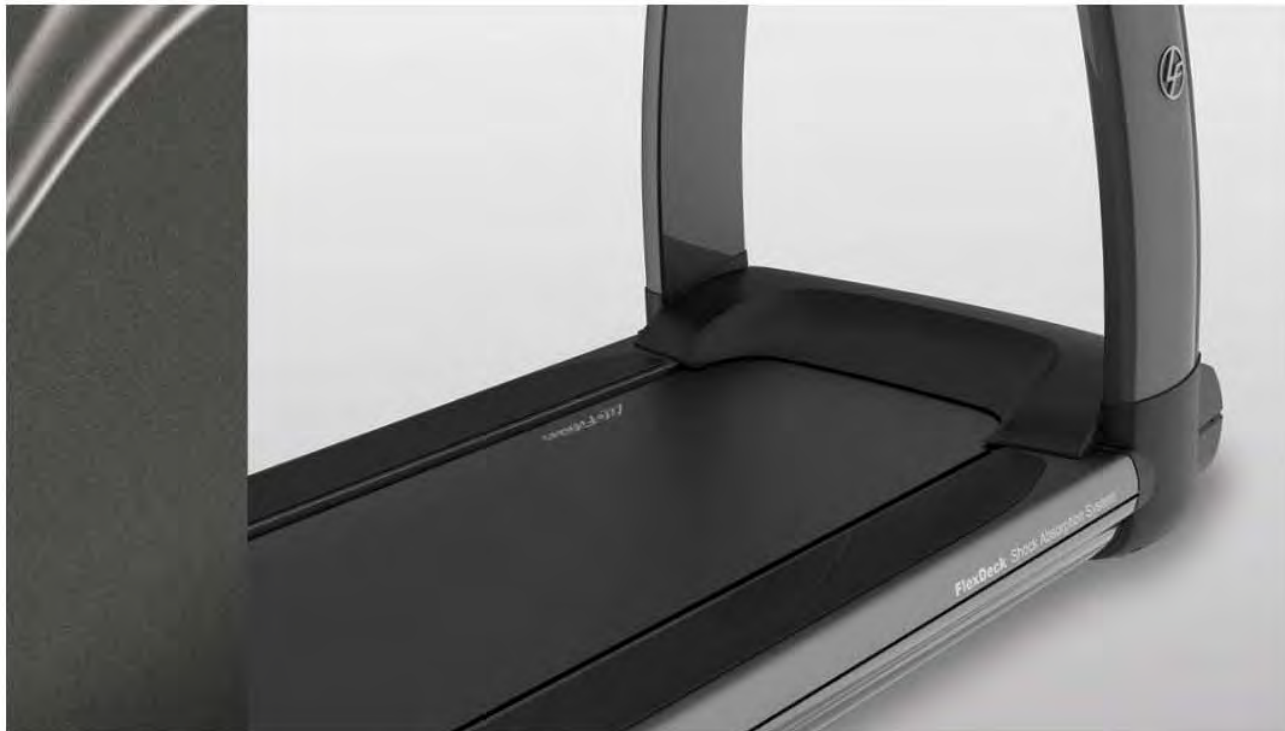
ARCTIC SILVER



DIAMOND WHITE



TITANIUM STORM



BLACK ONYX



DISCOVER_{SE}

Discover how much fun workouts can be when they involve the mind, body and senses.

Discover SE Tablet Console gives exercisers access to music, movies, books and more on a large (19" for treadmills and 16" for bikes and cross-trainers) LCD touch screen controlled at your fingertips with Life Fitness Swipe™ Technology.

Through LFconnect, users can quickly access personalized equipment settings and workout history. A customizable home screen lets you convey your brand message and inform users of events and other news.

DISCOVER_{SI}

Discover a new way for your users to enjoy working out.

Discover SI lets exercisers access music, books and more on a 10" LCD touch screen that's operated with just the swipe of a fingertip thanks to Swipe Technology.

The console syncs with Apple devices and Android smartphones, and offers Internet connectivity. LFconnect lets exercisers quickly access their personal equipment settings and workout history. The home screen can be customized with your branding, and with scrolling messages for your users.



ATTACHABLE TV

Add an HDTV to the Discover SI Console to give your users access to a wide range of video entertainment.



ACHIEVE™ CONSOLE

The simple and intuitive Achieve Console has all of the essential tools to reach all fitness goals including Quick Start, LED technology, six Life Fitness workouts and Lifepulse™ heart-rate monitoring system.



Enhance the workout experience with these specially designed widescreen high-definition TVs. Adding personal screens enables people to watch their favorite television shows or videos via an iPod or iPhone. With these added entertainment options, workouts are more enjoyable than ever.

Vibrant Visual Experience

These high-definition televisions offer exceptional picture clarity, brilliant images and rich, natural color.

Long-lasting Durability

The screens are reinforced with an acrylic protection panel to better withstand the daily demands of fitness facilities.

Optimal Viewing Angle

Ergonomically designed to maximize sightlines and reduce glare for people of various heights.



Discover SE Tablet Console with integrated iPod/TV controls



Achieve™ Console with External Remote



Integrity™ Console with Integrated iPod/TV controls

Attachable TVs work with a wide range of set-ups. Learn more at www.lifefitness.com

Not just another day at the gym, it's a Lifescape.

The touch-screen Lifescape Attachable TV provides a truly personal experience through immersive outdoor adventures, where the scenery keeps pace with the exerciser and the equipment incline or resistance changes with the terrain. Add the Lifescape Attachable TV to Integrity Series or take advantage of the integrated Lifescape features on Discover SE.



Interactive Workouts

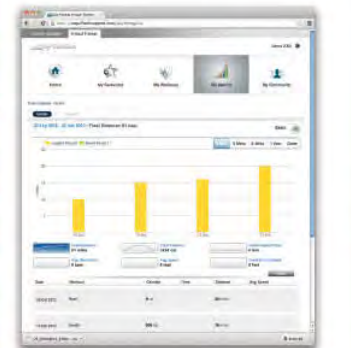
Immersive adventures enable exercisers to experience a realistic run, hike or bike in dream destinations all over the world.

Integrity Console with Lifescape touch screen attachable TV



On-Demand Entertainment

Including TV shows, movie trailers** and thousands of music videos.



Personalized Workout Experience

Create workouts, view progress and share workouts through LFconnect, to help improve results and stay motivated.



Asset Management

Lifescape captures data to improve equipment management and maintenance.

*The Lifescape Attachable TV is compatible only with Integrity Series and its entertainment features are also available in the New Elevation Series Discover™ SE Tablet Consoles.

**On-demand TV shows and movie trailers only available in US.

INTEGRITY™ SERIES

**DURABLE PERFORMANCE
TRUSTED WORLDWIDE**

Our Integrity Series is no-nonsense equipment representing the purest expression of Life Fitness cardio. It creates a compelling and effective exercise experience trusted in world-class facilities across the globe. New design and entertainment features create a more immersive workout, motivating users to stay ahead of their fitness goals. Equipment shown with optional Lifescape™ attachable TV.



INTEGRITY™
SERIES



iPod, iPod classic, iPod nano, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. "Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod may affect wireless performance.

INTEGRITY™ SERIES
TREADMILL

Our Integrity Series CLST treadmill and 97T treadmill are powerhouses of engineering, each with a 4-HP (8-HP peak), AC motor...more powerful and more efficient than many treadmill motors. They feature our FlexDeck® Shock Absorption System, which reduces knee and joint stress by up to 30% more than running on non-cushioned surfaces. They also feature the DX3™ Belt and Deck System that combines a lubricant-infused belt with an Advanced Belt Tracking System (ABTS™). This equipment is so durable it's trusted on aircraft carriers to operate 24/7 at tough 30-minute sessions.



Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on easy-grip Ergo™ bar; also works with optional hands-free Polar® telemetry chest strap

iPod compatible with integrated iPod and TV controls

keep users entertained and motivated

97T Stride Sensor

detects when user leave the equipment and stops belt

FlexDeck Lifesprings™

are 10 times more durable than rubber to maintain performance over millions of cycles



INTEGRITY™ SERIES

CLSX ELLIPTICAL CROSS-TRAINER

The durable Integrity Series Elliptical Cross-Trainer with 18" (45.7 cm) stride length is engineered to be ergonomically correct. It features proven Classic Stride technology for familiar, easy-to-use operation. It also has a research-based ellipse path and biomechanically correct arms that offer a variety of low-impact workouts. Those using this cross-trainer will be amazed at how simple it is to take fitness training to a new level.



CLSX Elliptical Cross-Trainer
— Available in the Americas and Asia

Features that make the difference:

Over-sized pedals with narrow spacing

allow comfortable use with minimal lateral hip shifting, reducing lower back stress

iPod compatible with integrated iPod and TV controls

keep users entertained and motivated

Lifepulse™ digital heart rate monitor

hand sensors located on moving handles; also works with optional hands-free Polar® telemetry chest strap

Motivating Workout Variety

includes Cross-Train Reverse and Cross-Train Aerobic Workout



CLSXH Elliptical Cross-Trainer
— Available outside the Americas



INTEGRITY™ SERIES

UPRIGHT LIFECYCLE® EXERCISE BIKE

The Integrity Series Upright Lifecycle® Exercise Bike is designed in the tradition of our Lifecycle legacy. Advanced biomechanical engineering combined with durable components throughout make this exercise bike a staple for any fitness facility. It features our innovative Comfort Curve™ Seat with 27-position easy adjustment. Its convex shape and swept-back design provide superior seating. Plus, ergonomically correct handlebars provide an even more comfortable ride.



Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on handlebars for upright and racing positions; also works with optional hands-free Polar® telemetry chest strap

Reliable Belt Drive System

custom designed for quiet, virtually maintenance-free use

Intuitive Console with integrated iPod and TV controls

keep users motivated and entertained

Wide Ride™ Pedals with strap

help comfortably secure feet



INTEGRITY™ SERIES

RECUMBENT LIFECYCLE® EXERCISE BIKE

Biomechanical research and testing combined with ergonomic design make our Integrity Series Recumbent Lifecycle Exercise Bike the choice for those who prefer exercise from a more reclined position. It provides proper weight distribution between the left and right sides of the body to help prevent workout fatigue. The ergonomic molded contoured back support and seat correctly position the body for a more comfortable workout. For exercise variety, this is the perfect companion to our Upright Bike.



Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on side handles; also works with optional hands-free Polar® telemetry chest strap

Reliable Belt Drive System

custom designed for quiet, virtually maintenance-free use

Intuitive Console with integrated iPod and TV controls

keep users motivated and entertained

Wide Ride™ Pedals with strap

help comfortably secure feet



INTEGRITY™ SERIES **SUMMIT TRAINER**

Our Integrity Series Summit Trainer is engineered to provide a natural climbing motion. It intuitively offers fluid transitions as it alternates between short strides and deep lunges. User-defined stride lengths and five training positions make it easy to control the intensity and target various muscle groups.

Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on bullhorns; also works with optional hands-free Polar® telemetry chest strap

LIFT™ (Linear Incline Fit Training) Technology

delivers a smooth stride with versatile range of motion

Intuitive Console with integrated iPod and TV controls

keep users motivated and entertained

26" (66 cm) maximum stride length

provides a wide user range

Oversized non-slip pedals

provide a comfortably safe climb



INTEGRITY™ SERIES **STAIRCLIMBER**

Add variety to your cardio floor with our sturdy biomechanically designed Integrity Series Stairclimber. The ergonomically angled linear slide mechanism mimics a natural stepping motion as it develops each leg and features the IsoTrack™ climbing system with monoroller and belt-driven design.

Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on bullhorns; also works with optional hands-free Polar® telemetry chest strap

Comfort Grip handlebars provide support and ensure correct posture

Intuitive Console with integrated iPod and TV controls

keeps users motivated and entertained

Over-sized non-slip pedals

provide a comfortably safe climb



**INTEGRITY™
SERIES**

ACTIVATE™ SERIES

TURN ANY SPACE INTO A FIRST-CLASS FACILITY

Our Activate Series is quality, easy-to-use equipment from the most trusted commercial fitness brand worldwide. Durable and reliable, it's easy to outfit your facility with the complete line. Plus, the compact design maximizes floor space regardless of size. This is fitness done right...with the essential features everyone wants.

Activate
SERIES



ACTIVATE™ SERIES
TREADMILL

Our streamlined Activate Series Treadmill is so simple to use, exercisers are sure to enjoy their streamlined workout. Its FlexDeck® Shock Absorption System reduces knee and joint stress by up to 30% more than running on non-cushioned surfaces. It also features the DX3™ Belt and Deck System that combines a lubricant-infused belt with an Advanced Belt Tracking System (ABTS™). The durable fully welded frame has the lowest step-up height of any treadmill we offer.



Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on easy-grip Ergo™ bar; optional hands-free Polar® telemetry chest strap

Powerful 3-HP (6-HP peak) AC motor

features energy-efficient Magna Drive™ motor controller

Versatile speed range

from 0.5–12 mph (0.8–19 km) with 0 to 15% elevation

8" (20 cm) step-up height

makes this our most accessible treadmill



ACTIVATE™ SERIES

ELLIPTICAL CROSS-TRAINER

Our self-powered Activate Series Elliptical Cross-Trainer with 18" (45.7 cm) stride length features proven Classic Stride technology for familiar, easy-to-use operation. It also features a research-based ellipse path and biomechanically correct arms that encourage effective low-impact workouts. Its streamline construction with smaller footprint fits just about any space. Twenty-five resistance levels help provide an effective full-body workout.



Features that make the difference:

Lifepulse™ digital heart rate monitor

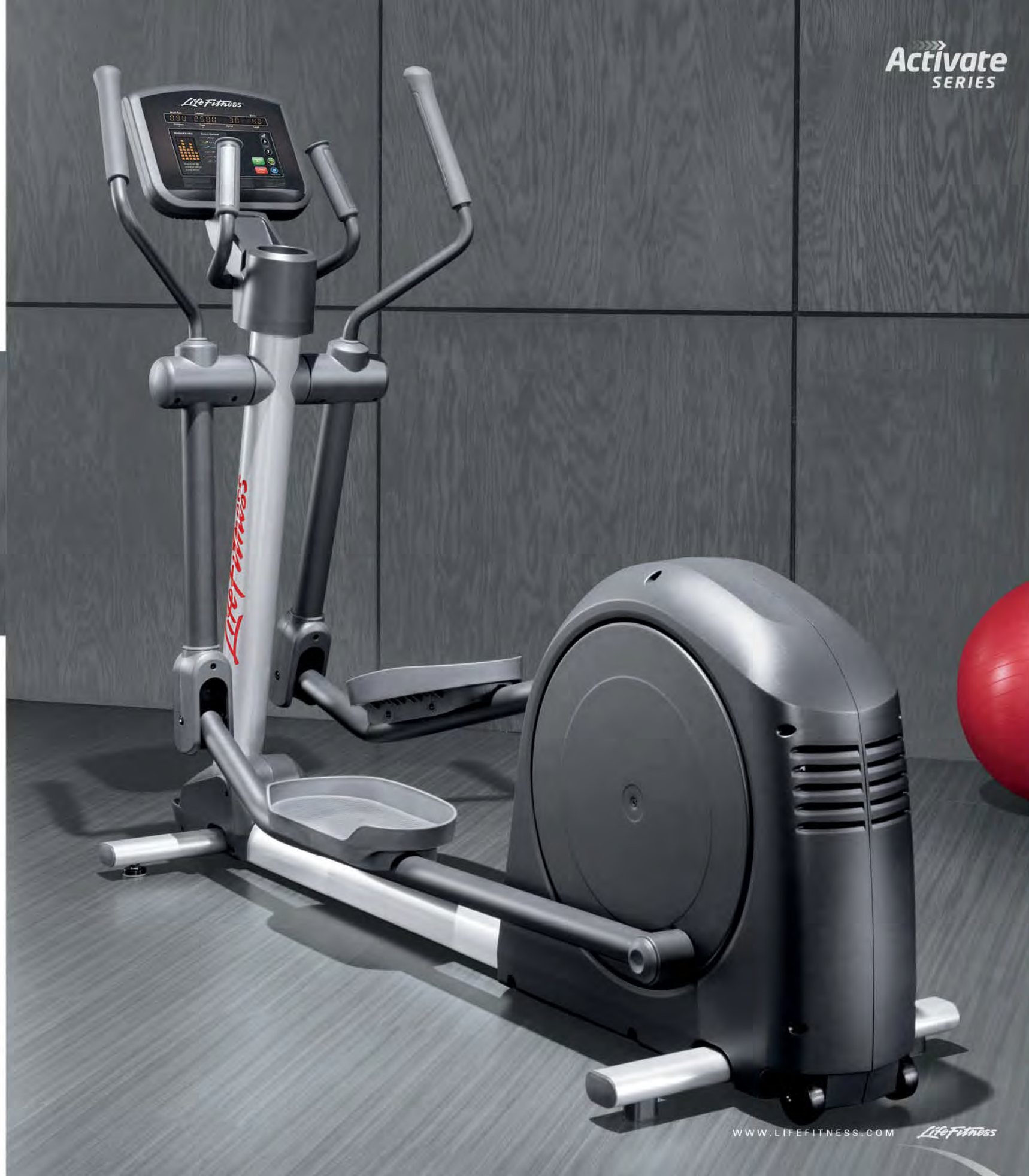
hand sensors located on easy-grip bullhorns; also works with optional hands-free Polar® telemetry chest strap

Auto Power Start

activates console when user begins to pedal

Over-sized pedals with narrow spacing

allow comfortable use with minimal lateral hip shifting, reducing lower back stress



ACTIVATE™ SERIES

UPRIGHT LIFECYCLE® EXERCISE BIKE

Our Activate Series Upright Lifecycle® Exercise Bike has all the features expected from our Lifecycle legacy. It combines biomechanics with a workout simplicity many users welcome. Ergonomically correct handlebars provide a more comfortable ride. This self-powered bike is an easy addition to any facility.

Life Cycle

Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on handlebars; also works with optional hands-free Polar® telemetry chest strap

Auto Power Start

activates console when user begins to pedal

Easy adjust pedal straps

comfortably secure feet



ACTIVATE™ SERIES

RECUMBENT LIFECYCLE EXERCISE BIKE

The compact design of our Activate Series Recumbent Lifecycle Exercise Bike makes the most of any space. Twenty-five resistance levels provide a rigorous workout to match all fitness levels. The comfortable seat back has built-in lumbar support to correctly position the body. Easy-to-use intuitive console has quick start and pre-programmed workouts for exercise variety.



Features that make the difference:

Lifepulse™ digital heart rate monitor

hand sensors located on handlebars; optional hands-free Polar® telemetry chest strap

Auto Power Start

activates console when user begins to pedal

Comfort grip side and front handlebars

with easy-reach cup holder

Easy step-through design

for convenient on and off



LIFECYCLE GX INDOOR CYCLING

Life Fitness, the company that brought you the original Lifecycle® Exercise Bike, continues to stand at the top of the class with the new high-tech Lifecycle GX. Designed with the user's biomechanics in mind, this indoor cycling bike comes with the most in-demand features and a bold rear flywheel design. This innovative technology is designed to rapidly get the bike to speed. The low-maintenance belt drive system, provides a smooth, quiet ride. The Lifecycle GX is also engineered for low maintenance, even with high volume use, so it will last class after class.

www.lifefitness.com/2013lifecyclegx



Features that make the difference:

Innovative Flywheel

lightweight and integral part of the friction-free magnetic resistance system

Precision resistance brake lever

allows riders and instructors to gauge resistance to enable repeatable rides

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

Micro fore/aft seat and handlebars adjustments

user tested to ensure a comfortable yet effective workout for an array of body types

Touchscreen computer*

displays workout feedback, including resistance level, cadence, calories, distance, speed, heart rate, % of maximum heart rate and time

Instructional programming

comes with a manual and bonus video demonstrating proper bike set

*Optional computer is available at an additional cost.



STRENGTH BUILDING REDEFINED

Life Fitness has developed more choices for strength training than anyone else. Every piece of equipment combines research, biomechanics and ergonomic design. Over 100 professional sports organizations worldwide rely on Life Fitness for their strength training requirements.

Our heavy-duty assortment includes the innovative Synrgy360, which incorporates a variety of unique group training options; advanced cable motion machines, plate-loaded stations, and rugged free weight racks for experienced users; and beginner-approved fixed-motion machines with simple push-button weight selection.

Each piece of Life Fitness equipment has been developed with similar lines and adjustments for complete workout continuity.



LIMITLESS TRAINING

Life Fitness pioneered the Synrgy360 concept to provide inspirational fitness experiences to an increasingly diverse audience of exercisers. From our customizable, multi-purpose equipment, built-in storage, accessories and flooring, to our dynamic training resources, Synrgy360 is about more than just working out. Our revolutionary concept provides limitless opportunities to train smarter, better and more effectively. It's a full-service training center that can be tailored and updated to serve the broad scope of exerciser goals and facilitate the latest fitness trends.

INFINITE POWER OF SYNRGY360**GOALS**

Synrgy360 helps users of any fitness level achieve goals such as cardiovascular endurance, strength, flexibility, speed, power, coordination, balance, agility and more.

APPLICATIONS

Synrgy360 is the ultimate training tool, whether you're looking to showcase your facility's small group training, streamline physical therapy sessions, or connect users with a full-service platform for independent training.

EXERCISES

Synrgy360 training capitalizes on multiple major fitness trends packaged into one solution for unlimited training variety.

END USERS

Synrgy360 allows for an infinite number of workout options, making it appealing for all exercisers regardless of their goals or fitness level.



SYNRGY360 XL



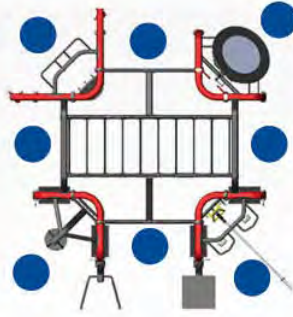
Synrgy360 XL Mix Package

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

8
TRAINING SPACES

Max. Footprint:
14.4' x 14.4' (4.4 m x 4.4 m)

Live Area:
27' x 27' (8.2 m x 8.2 m)



See page 166 for all three of the Pre-Selected Synrgy360 XL packages

SYNRGY360 S



Synrgy360 S Mix Package

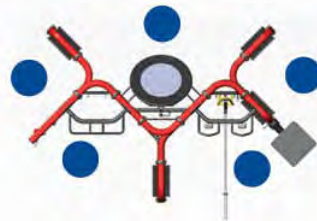
Synrgy360 S is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

Contribute to users' success with the variety afforded by five available training spaces in this streamlined configuration.

5
TRAINING SPACES

Max. Footprint:
9.8' x 13.8' (3.0 m x 4.2 m)

Live Area:
27' x 27' (8.2 m x 8.2 m)



See page 167 for all three of the Pre-Selected Synrgy360 S packages

NEW SYNRGY360 XM

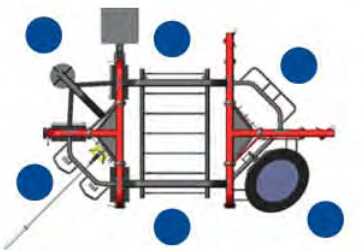
Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.



6
TRAINING SPACES

Max. Footprint:
7.4' x 12.8' (2.3 m x 3.9 m)

Live Area:
22' x 27' (6.7 m x 8.2 m)



Synrgy360 XM Mix Package

Synrgy360 XM is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

See page 166 for all three of the Pre-Selected Synrgy360 XM packages

NEW SYNRGY360XS

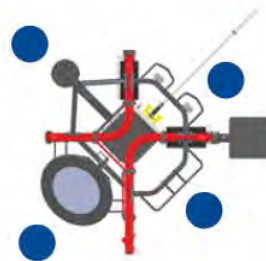
This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.



Synergy360 XS Mix Package

Synergy360 XS is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

4
TRAINING SPACES
Max. Footprint:
7.7' x 9.0' (2.3 m x 2.7 m)
Live Area:
22' x 22' (6.7 m x 6.7 m)



See page 167 for all five of the Pre-Selected Synergy360 XS packages

NEW SYNRGY360T

Designed for convenient placement against a wall. Two unique training spaces provide exercisers with an effective total-body workout.



Synergy360 T Mix Package

Synergy360 T is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

2
TRAINING SPACES
Max. Footprint:
5.8' x 9.0' (1.8 m x 2.8 m)
Live Area:
11' x 22' (3.4 m x 6.7 m)



See page 167 for all five of the Pre-Selected Synergy360T packages

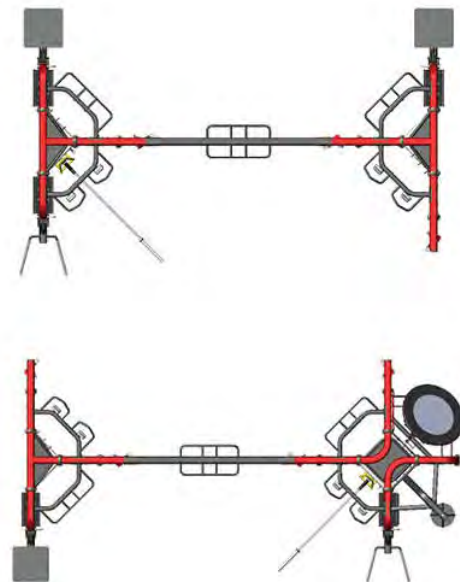
NEW OPTIONAL CABLE CROSSOVER BOOM

Combine Synrgy360 units by connecting cable stations with the optional Cable Crossover Boom, to create a different training environment and added interior space.

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



Shown are three of the many ways the Boom can be used.



SYNRGY360 COMPLETE THE PACKAGE FOR SUCCESS

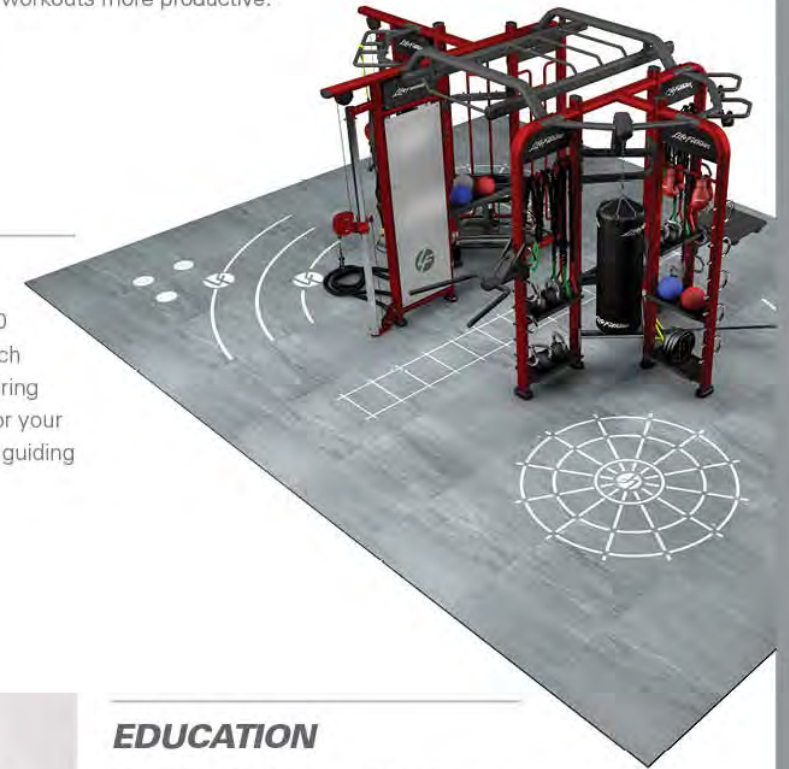


ACCESSORIES

Amp up workout variety with recommended accessory packages for each space. Synrgy360 is 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 Synrgy360.

www.lifefitness.com/synrgy360/training



SIGNATURE SERIES

**CUSTOMIZABLE DESIGN
CREATES A UNIQUE FACILITY**

The perfect combination of form, function and durability creates a total strength solution. Equipment includes Single Stations, Plate Loaded, Cable Motion, Benches and Racks. Natural machine motions provide a comfortably consistent workout. Each piece is easily customized with frame and upholstery choices. Designer StackWrap™ shrouds for Single Stations and Cable Motion machines are also available.

**SIGNATURE
SERIES**



SIGNATURE SERIES



SIGNATURE SERIES
SINGLE STATIONS

Every one of these popular and easy-to-use machines is designed to place individuals of all fitness levels in the ideal exercise position to optimize results. Single Stations form the baseline for strength exercise regardless of experience level or goal type.



CHEST PRESS / FZCP

- Overhead pivot creates natural arc of movement
- Adjustable start lever located on press arm allows user to control range of motion from a seated position
- Converging press arms produce a natural forward pressing movement for a superior feel



PECTORAL FLY / FZPEC

- Range of motion adjusts in 10-degree increments
- Handles automatically adjust to fit all user arm lengths
- Independent arms optimize exercise variety and feel



PECTORAL FLY/REAR DELTOID / FZFRD

- Five Pectoral Fly start positions
- Articulating Arms: Accommodate the varying arm lengths of different size users
- Variable Cam: Replicates the body's natural strength curve throughout the entire range of motion

A CUSTOMIZED ENVIRONMENT

Going beyond frame and upholstery colors, StackWraps take our Single Station and Cable Motion™ machines to a new level of expression. Using technology developed for the automotive industry to withstand harsh conditions, our wraps add an eye-catching look for years to come.



SIGNATURE SERIES
SINGLE STATIONS



ROW/REAR DELT /FZRW

- Diverging pattern follows the natural path of movement for a superior feel
- Multiple grips for exercise variety on lats and rear deltoids
- Adjustable chest pad to accommodate users of all sizes



PULLDOWN /FZPD

- Easy-to-use defined path of motion
- Diverging movement creates a natural downward pulling exercise pattern for a superior feel
- Angled thigh pad is fixed for simple operation and thigh stabilization



SHOULDER PRESS /FZSP

- Converging press arms create a natural overhead pressing movement for superior feel
- Neutral and pronated hand grips for exercise variety



ASSIST DIP CHIN /FZADC

- Knee pads fold out of the way for unassisted training
- Multiple Hand Positions: Allow for more exercise variety and accommodates different size users
- Additional steps allow for easy entry/exit



SEATED LEG PRESS /FZSLP

- Upright exercise position is especially applicable for novice or deconditioned users
- Adjustable seat carriage and large foot plate accommodates a variety of user sizes and desired range of motion
- Force is transmitted through hips, minimizing spinal compression



LEG EXTENSION /FZLE

- 100-degree angle between seat and back pad increases comfort and encourages full quadricep contraction without hamstring flexibility limitations
- Handles positioned at side to provide stability
- Back pad, tibia pad, and range-of-motion adjustments are easily accessible from a seated position



LATERAL RAISE /FZLR

- Pad positions are optimized for middle deltoid muscle stimulation
- Pivoting handles accommodate users of all sizes



BICEPS CURL /FZBC

- Upper arm pads are configured to align elbow with the axis of rotation
- Independent arms allow for exercise variety
- Handles pivot automatically to fit all forearm lengths



TRICEPS PRESS /FZTP

- Angled back pad provides stabilization without need for seat belt
- Easy access allows users to comfortably perform exercise
- Oversized pressing handles and traditional dip-style handles rotate in two positions, to provide exercise variety and adapt to different size users



LEG CURL /FZLC

- Variable Cam: Replicates the body's natural strength curve throughout the entire range of motion
- S-M-L-XL Roller Pad Adjustment Positions: Accommodate different size users
- Diverging Hip and Chest Pad Angle: Minimizes lower-back stress and helps to maintain proper body alignment



SEATED LEG CURL /FZSLC

- Back pad, tibia pad, and range-of-motion adjustments are easily accessible from a seated position
- Handles are positioned on top of the adjustable thigh pad to provide stabilization during exercise



GLUTE /FZGL

- Upright body position is comfortable and non-intimidating
- Adjustable torso pad accommodates users of all sizes
- Linear design maximizes full range of motion for muscle stimulation

SIGNATURE SERIES
SINGLE STATIONS



HIP ADDUCTION / FZHAD

- Ratchet mechanism allows users to adjust start position in 10-degree increments
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position



HIP ADDUCTION / FZHAB

- Adjustable start position facilitates easy entry and exit
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position



CALF EXTENSION / FZCE

- Foot plate rotates through a natural arc of motion
- Convenient seat height aids in easy entry and exit from machine
- Molded rubber foot plate ensures balanced foot position without foot slippage



ABDOMINAL / FZAB

- Combination of elbow and back pads with hand grips provides upper body stabilization
- Unique AbCam™ System allows natural crunch-style movement for maximum abdominal contraction



BACK EXTENSION / FZBE

- Adjustable foot plate accommodates users of all sizes and is adjustable from a seated position
- Lumbar pad helps users easily find correct position relative to the axis of rotation
- 5-position adjustable start mechanism for individual range of motion



TORSO ROTATION / FZTR

- Adjustable chest pad accommodates users of all sizes
- Handles and knee supports provide stabilization
- Kneeling position allows easy entry and exit and minimizes lower back stress





SIGNATURE SERIES
PLATE-LOADED

These machines bring the independent, converging and diverging movements of the world's original and best Plate-Loaded equipment—Hammer Strength—to Signature Series. Great for slightly more experienced users, Plate-Loaded provides a logical next step in strength training.



INCLINE PRESS /SPLIP

- Converging movement produces a natural forward pressing motion
- Starting Resistance: 11 lbs (5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 6



DECLINE PRESS /SPLDCP

- Upright body position is comfortable and non-intimidating
- Starting Resistance: 6 lbs (3 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 6



SHOULDER PRESS /SPLSP

- Converging press arms create a natural overhead pressing movement
- Starting Resistance: 10 lbs (5 kg) per workarm
- Plate Capacity: 4/45 lb (3/25 kg) plates per weight rod
- Standard Weight Horns: 2



FRONT PULLDOWN /SPLPD

- Intuitive pull-pin thigh pad adjustment
- Starting Resistance: 1 lb (0.5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 4



HIGH ROW /SPLHR

- Diverging movement creates a natural downward pulling exercise pattern
- Starting Resistance: 3 lbs (1 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 4



ROW /SPLROW

- Diverging movement pattern follows the natural path of motion
- Upright design puts seat height lower to the ground, allowing for easier entry and exit
- Starting Resistance: 12 lbs (5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod

Images not to scale.

SIGNATURE SERIES
PLATE-LOADED



SEATED DIP / SPLDIP

- Front and rear facing seat positions
- Easy access allows users to comfortably perform exercise
- Starting Resistance: 3 lbs (1 kg)
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod



BICEPS CURL / SPLBC

- Handles pivot to fit all forearm lengths and reduce wrist strain
- Arm pad is angled for stability and limits unwanted shoulder movement
- Starting Resistance: 11 lbs (5 kg)
- Plate Capacity: 5/45 lb (4/25 kg) plates



LINEAR LEG PRESS / SPLLLP

- Back support adjusts to three different positions
- Starting Resistance: 103 lbs (47 kg)
- Plate Capacity: 8/45 lb (7/25 kg) plates per weight rod
- Standard Weight Horns: 4



KNEELING LEG CURL / SPLKLC

- Handles and elbow pads positioned for user comfort throughout exercise
- Starting Resistance: 6 lbs (3 kg) per workarm
- Plate Capacity: 5/25 lb (5/10 kg) plates per weight rod



LEG EXTENSION / SPLLE

- Back support adjusts from seated position to get users properly aligned with pivots
- Handles positioned at side to provide stability
- Starting Resistance: 4 lbs (2 kg) per workarm
- Plate Capacity: 4/45 lb (3/25 kg) plates per weight rod



CALF RAISE / SPLCALF

- Angled handles for user comfort during exercise
- Intuitive pull-pin thigh pad adjustment
- Starting Resistance: 95 lbs (43 kg)
- Plate Capacity: 3/45 lb (2/25 kg) plates per weight rod





SIGNATURE SERIES
CABLE MOTION™

With its focus on user-defined paths of motion and stabilization, plus the addition of independent movements, these machines challenge even expert exercisers. Cable Motion™ routines translate well into sports-specific activities and everyday life.



CHEST PRESS / CMCP

- 1:2 resistance (2 x 190 lbs/2 x 95 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



SHOULDER PRESS / CMSP

- 1:2 resistance (2 x 150 lbs/2 x 75 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



ROW / CMRW

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Independent pulleys allow user-defined paths of motion and exercise variety
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and V-Bar handle included



DUAL ADJUSTABLE PULLEY / CMDAP

- 22 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 functional training
- Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope, 1 belt, 1 long bar
- Instructional poster and CD-ROM included



DUAL ADJUSTABLE PULLEY CONSOLE / DAP-CONSOLE-01

- Compatible with Signature Series Cable Motion Dual Adjustable Pulley and Optima Series Dual Adjustable Pulley machines
- Decreases potential intimidation by offering instruction on using the machine
- Offers confidence that the exercises are being performed correctly



PULLDOWN / CMPD

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Adjustable roller pads for lower-body stabilization
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and traditional lat pull-down bar included

Images not to scale.

WWW.LIFEFITNESS.COM



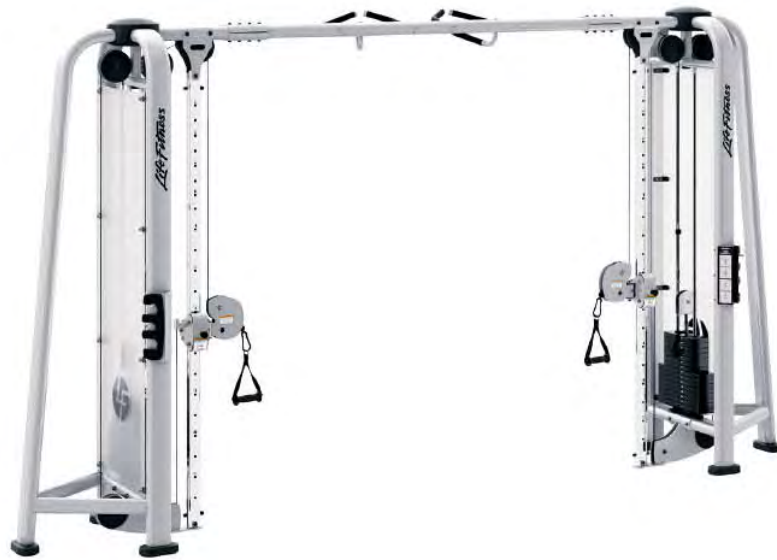
SIGNATURE SERIES
CABLE MOTION™



SIGNATURE SERIES
CABLE MOTION™ MULTI-JUNGLE

SIGNATURE
SERIES

Multi-Jungles allow you to custom configure the placement of four modular tower platforms and up to ten different training stations in a way that meets specific space requirements, facility image and exerciser needs.



CABLE CROSSOVER / CMACO

- Each weight stack provides a 1:2 resistance ratio
- Multiple position chin-up handles offer a choice of exercises
- Two molded handles included
- Unit shown is configured with adjustable pulleys
Also available with fixed pulleys, CMFCO.



CABLE COLUMN / CMCC

- Dual pulleys and nine different handles create extensive training options
- Resistance ratio, 1:4 for each handle and 1:2 when used together, allows less-experienced users to start with lower resistance
- 20 adjustment positions create a wide variety of exercises. Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope



HAMMER STRENGTH TRAINING VEST / HSTV

- Allows for added workout variety when used with the Cable Motion Dual Adjustable Pulley
- Attach color-coded rings to pulleys to add resistance or assistance to workouts
- Constructed of high-grade Neoprene and breathable mesh fabric
- Sizes XS to XXXL (chest size 29" to 52")



SIGNATURE SERIES
CABLE MOTION™ MULTI-JUNGLE



MULTI-JUNGLE (SAMPLE 4-STACK)

- 143.5" L x 74" W x 94" H (364 cm x 188 cm x 239 cm)
- Stations Shown On MJ4 Platform
 - Adjustable Pulley (Includes molded grip handle) MJAP-STA
 - Dual Pulley Row (Includes fixed molded handles) MJRWD-STA
 - Triceps Pushdown (Includes triceps rope) MJTP-STA
 - Dual Pulley Pulldown (Includes fixed molded handles) ... MJLPD-STA
 - Handle/Accessory Rack MJHAR-STA
 - Multi-Jungle Core (Quantity: 1) MJCORE



MULTI-JUNGLE (SAMPLE 5-STACK)

- 196" L x 143.5" W x 94" H (498 cm x 364 cm x 239 cm)
- Stations shown on MJ4 Platform
 - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD-STA
 - Triceps Pushdown (Includes triceps rope) MJTP-STA
 - Dual Pulley Row (Includes fixed molded handles) MJRWD-STA
 - Adjustable Crossover (Includes 2 molded grip handles) MJACO-STA
 - Multi-Jungle Core (Quantity: 1) MJCORE



MULTI-JUNGLE (SAMPLE 12-STACK)

- 370" L x 181" W x 94" H (939 cm x 459 cm x 239 cm)
- Stations shown on MJ12S Platform
 - Triceps Pushdown (Includes triceps rope) MJTP-STA
 - Adjustable Pulley (Includes molded grip handle) MJAP-STA
 - Adjustable Crossover (Includes 2 molded grip handles) (Qty: 2) MJAXO-STA
 - Lat Pulldown (Includes pulldown bar) MJLP-STA
 - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD-STA
 - Low Row (Includes V-bar handle) MJRW-STA
 - Dual Pulley Row (Includes fixed molded handles) MJRWD-STA
 - Multi-Jungle Core (Quantity: 3) MJCORE



HANDLE ACCESSORY RACK / MJHAR

- Provides convenient storage for accessories used with Cable Motion Multi-Jungles
- Mounts to the corner of any Multi-Jungle adjustable pulley station
- Includes six chrome hooks and two storage tubes to hold accessories
- Accessories not included.*



MULTI-JUNGLE (SAMPLE 8-STACK)

- 221" L x 143.5" W x 94" H (561 cm x 364 cm x 239 cm)
- Stations shown on MJ8 Platform
 - Lat Pulldown (Includes pulldown bar) MJLP-STA
 - Adjustable Crossover (Includes 2 molded grip handles) MJAXO-STA
 - Low Row (Includes V-bar handle) MJRW-STA
 - Triceps Pushdown (Includes triceps rope) MJTP-STA
 - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD-STA
 - Dual Pulley Row (Includes fixed molded handles) MJRWD-STA
 - Multi-Jungle Core (Quantity: 2) MJCORE



MULTI-JUNGLE (SAMPLE 12-STACK V-SHAPE)

- 291" L x 224" W x 94" H (739 cm x 569 cm x 239 cm)
- Stations shown on MJ12V Platform
 - Triceps Pushdown (Includes triceps rope) MJTP-STA
 - Dual Pulley Row (Includes fixed molded handles) MJRWD-STA
 - Low Row (Includes V-bar handle) MJRW-STA
 - Adjustable Crossover (Includes 2 molded grip handles) (Qty: 2) MJAXO-STA
 - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD-STA
 - Adjustable Pulley (Includes molded grip handle) MJAP-STA
 - Lat Pulldown (Includes pulldown bar) MJLP-STA
 - Multi-Jungle Core (Quantity: 3) MJCORE



SIGNATURE SERIES
BENCHES AND RACKS

Elevated aesthetics extend to this extensive selection of well-thought-out benches and hardworking racks. Signature Series allows you to create a cohesive environment that is equipped to challenge even the most advanced exercisers.



OLYMPIC FLAT BENCH /SOFB

- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC INCLINE BENCH /SOIB

- 30-degree back pad angle
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC DECLINE BENCH /SODB

- 15-degree back pad angle
- Adjustable knee pad accommodates users of all sizes
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC MILITARY BENCH /SOMB

- Forward and rear racking system offers lifting variety
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise; molded urethane guards protect frame from paint chips and scratches



OLYMPIC BENCH WEIGHT STORAGE /SOBWS

- Eight weight horns: four large external horns and four small internal horns
- Integrated weight horn labels identify plate storage positions

Note: Shown here on the Olympic Flat Bench (SOFB). Also can be attached to SOIB, SODB and SOMB.



OLYMPIC SQUAT RACK / SOSR

- Five racking positions and eight weight horns
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise; molded urethane guards protect frame from paint chips and scratches

SIGNATURE SERIES
BENCHES AND RACKS



ARM CURL BENCH /SAC

- Two arm curl exercises in one machine: standing 45-degree preacher curl and standing 85-degree biceps curl
- Accommodates users of all sizes with no adjustments
- Molded urethane guards protect frame from paint chips and scratches



BACK EXTENSION /SBE

- Angled pad for comfort and support
- Lower roller support provides stabilization and comfort throughout exercise



MULTI-ADJUSTABLE BENCH /SMAB

- Patent-pending single-pin mechanism allows users to simultaneously adjust seat and back pad
- Wheels allow easy mobility
- Bench adjusts in seven different positions (flat to 70°)



LEG RAISE /SLR

- Unique back support provides optimal support throughout range of motion
- Handles and foot platforms ensure easy start position for users of all sizes



SMITH MACHINE /SSM

- 7-degree bar angle follows the natural free-weight path of movement for pressing or squatting
- Fully enclosed linear bearings with unsupported guide rods
- Counterweighted bar allows a low 20 lb (9 kg) start resistance



TWO TIER DUMBBELL RACK /SDR2

- Accommodates 10 pairs of dumbbells
- Integrated labeling system for dumbbell placement



FLAT BENCH /SFB

- Vertical front leg reduces trip hazards
- 16.5" bench height is optimal for dumbbell training



AB CRUNCH BENCH /SABB

- Integrated weight horn allows users to add resistance for a more challenging workout



CHIN/DIP/LEG RAISE /SCDLR

- Three body weight exercises in one space-efficient unit
- Multiple pull-up grip angles offer variety and comfort
- Contoured elbow pads and oversized dip handles provide added comfort
- Molded urethane guards protect frame from paint chips and scratches



UTILITY BENCH /SUB

- Seat positioned low to the ground for maximum stability and comfort
- 80-degree back pad angle



ADJUSTABLE DECLINE/ ABDOMINAL BENCH /SADB

- Bench adjusts in four different positions (-10° to -25°)
- Wheels allow easy mobility



BARBELL RACK /SBBR

- Accommodates 10 barbells
- Molded urethane guards protect frame from paint chips and scratches



HANDLE RACK /SHR

- Six hooks store hanging accessories
- Three bar supports provide small barbell or lat pull storage
- Accessory tray offers storage for other items
- Molded urethane guards protect frame from paint chips and scratches

Accessories not included.



SINGLE TIER DUMBBELL RACK /SDR1

- Accommodates five pairs of dumbbells
- Integrated labeling system for dumbbell placement



OLYMPIC WEIGHT TREE /SOWT

- Six weight horns accommodate up to twenty 45 lb weight plates
- Integrated weight horn labels identify plate storage positions



PRO2 SERIES

This is strength equipment that stands up to pretty much anything while always delivering great results. Pro2 Series, with its traditional paths of motion, supports exercisers as they push themselves to achieve their goals.



CHEST PRESS /PSCPSE

- Pressing arm adjusts in five positions for multiple range-of-motion preferences
- Built-in foot bar enhances user stabilization



PECTORAL FLY /PSPECSE

- Machine arms pivot to accommodate different size users
- Built-in foot bar enhances user stabilization
- 5-position adjustable start mechanism for individual range-of-motion preferences



**PECTORAL FLY/
REAR DELTOID /PSFLYSE**

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



SEATED ROW /PSRWSE

- Overhead pivot creates natural arc of motion
- Multiple hand positions provide variety for mid- or upper-back exercises



LAT PULLDOWN /PSPDSE

- Thigh pads easily adjust to provide stability and comfort
- Straight-bar with angled ends ensures correct arm and wrist position throughout motion



FIXED PULLDOWN /PSFPDSE

- Defined path of motion ideal for circuit training
- Angled seat and hand grips encourage proper exercise position

Images not to scale. SE version shown in image.

PRO2 SERIES



SHOULDER PRESS / PSSPSE

- Choice of grips includes a neutral position for individual preference and anatomical limitations
- Seat position provides range-of-motion adjustment



LATERAL RAISE / PSLRSE

- Pad positions are optimized for middle deltoid muscle stimulation
- Pivoting handles accommodate users of all sizes



BICEPS CURL / PSBCSE

- Arm pad is angled for stability and limits unwanted shoulder movement
- Pivot is positioned for ideal alignment and angled hand grips reduce wrist strain



LEG EXTENSION / PSLESE

- All adjustments are accessible from the seated position
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



LEG CURL / PSLCSE

- Divergent angle between hip and chest pads minimizes lower-back stress
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



SEATED LEG CURL / PSSLCSE

- Back pad adjusts from seated position for correct alignment with clearly marked axis of rotation
- Adjustable thigh pad with handles enhances stabilization
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



TRICEPS EXTENSION / PSTESE

- Angled seat and arm pads enhance stability during exercise
- Handle pivots automatically to accommodate varying forearm lengths



ASSIST DIP CHIN / PSADCSE

- Incorporates two different exercises in one machine
- Knee pad folds down and away from user for unassisted training
- Multi-position handles allow for exercise variety and accommodate different size users



SEATED LEG PRESS / PSSLPSE

- Maintenance-free, chrome steel rails offer an exceptionally smooth motion
- User positioning and pressing angles are biomechanically optimized



HIP & GLUTE / PSHGSE

- Trains glutes, hip flexors, hip abductors and adductors
- Bidirectional cam system has immediate resistance pick-up
- Platform height adjusts to accommodate users of all sizes



HIP ADDUCTION / PSHADSE

- Ratchet mechanism allows users to adjust start position in 10-degree increments
- Knee pads and dual foot positions provide leg support and reduce torque around the knees



HIP ABDUCTION / PSHABSE

- Adjustable start position facilitates easy entry and exit
- Front-mounted stack acts as privacy screen

PRO2 SERIES



STANDING CALF / PSSCSE

- Nine Pad Height Positions: Accommodates different size users
- Contoured Non-Slip Foot Plate: Allows users' ankles a full range of motion



HORIZONTAL CALF / PSHCSE

- Force is transmitted through the hips to minimize spinal compression
- Adjustable back pad accommodates users of all sizes



ABDOMINAL CRUNCH / PSABCSE

- Unique AbCam™ System designed with dual pivot motion replicates natural abdominal-crunch movement
- Counterbalanced workarm provides low start resistance
- Two foot pegs ensure comfort with no adjustments for users of all sizes



BACK EXTENSION / PSBESE

- 5-position adjustable start mechanism caters to individual range of motion or physical limitations
- Two non-slip foot positions appeal to different user sizes
- Lumbar pad helps users easily find correct position relative to axis of rotation

WHAT'S YOUR PRO2 CHOICE?



PRO2*

- 1 Lift-and-lock seat mechanism adjusts in 1/2" increments for precise alignment
- 2 Half-plate (7.5 lbs/3.4 kg) increment weight system
- 3 Powder-coat frame finish, white and platinum standard (SE or custom colors available)
- 4 Molded foam cushions covered with black upholstery standard (SE or custom colors available)
- 5 Easy-to-adjust rotary tibia adjustment
- 6 Optional rear shroud available

*Not available in European countries.

PRO2 SE



- 1 Easy-to-adjust spring-assisted roller seat adjustment
- 2 Integrated increment weight system provides convenient method to increase resistance in 5-lb (2.5 kg) increments, plus 25-lb (11.3 kg) increment weights
- 3 Powder-coat frame finish. Nine colors standard (premium and custom colors available)
- 4 Molded foam cushions covered with your choice of 30 standard upholstery colors (custom colors available)
- 5 Remote actuated tibia adjustment mechanism allows adjustment to be easily made from the seated position
- 6 Full rear weight stack shroud creates a clean and streamlined look throughout your facility (optional full front shroud available)
- 7 Start position is adjustable in five 10-degree increments



OPTIMA SERIES

This line blends reliability and high style into a wide range of compact strength equipment. This versatile equipment, which now also includes multi-exercise machines, delivers more challenges in less space and simplifies strength training so people can meet their goals.



CHEST PRESS / OSCP

- Handle design allows for overhand and neutral hand position targeting specific muscle groups
- Adjustable seat accommodates varying user heights



SEATED ROW / OSRW

- Handle design allows for underhand and neutral hand position targeting specific muscle groups



LAT PULLDOWN / OSPD

- Angled knee pad accommodates varying tibia lengths without the need for an adjustment
- Counterbalanced workarm ensures a low start resistance
- Adjustable seat accommodates varying user heights



SHOULDER PRESS / OSSP

- Counterbalanced workarm ensures a low start resistance
- Adjustable seat accommodates varying user heights



BICEPS CURL / OSBC

- Handle pivots automatically to accommodate varying forearm lengths
- Adjustable seat accommodates varying user heights and ensures correct shoulder and arm position



TRICEPS EXTENSION / OSTE

- Handle pivots automatically to accommodate varying forearm lengths
- Adjustable seat accommodates varying user heights and ensures correct shoulder and arm position
- Built-in foot hold stabilizes body

OPTIMA SERIES



LEG PRESS /OSLP

- Large anti-slip foot platform ensures correct foot position
- Back pad adjusts to 11 positions to accommodate various user sizes



LEG EXTENSION /OSLE

- Adjustable pad accommodates varying tibia lengths
- Adjustable back pad that accommodates various user sizes



LEG CURL /OSLC

- Adjustable pad accommodates varying tibia lengths
- Divergent angle between hip and chest pads minimizes lower back stress



MULTI PRESS /OSMP

- Adjustable press arm keeps the user in a favorable vertical position for all exercises
- Press arm adjusts easily with a single gas-assisted adjustment
- Adjustable seat accommodates varying user heights



PEC FLY/REAR DELT /OSFLY

- Handles rotate to accommodate different user arm lengths
- Accommodates different size users without the need for adjustments between exercises
- Independent arms optimize variety and feel



LAT PULLDOWN/LOW ROW /OSLR

- Provides two traditional back exercise movements, targeting the entire back and rear shoulder muscle groups
- Angled roller pads comfortably accommodate differently sized users without the need for additional adjustments



ABDOMINAL /OSAB

- Built-in foot hold enhances user stabilization
- Flexible handles accommodate varying user sizes



DUAL ADJUSTABLE PULLEY /OSDAP

- User-friendly single-hand carriage adjustment
- Full front and rear transparent shrouds (standard) for safety and a clean design



SMITH/RACK /OSSM

- Rack in front allows for training with an Olympic Bar
- Smith bar travels at 7° angle to replicate the body's natural motion
- Convenient walk-through design



BICEPS/TRICEPS /OSBT

- Easy entry and exit, with no adjustments between exercises
- Cabled at a 1:1 ratio for an effective user resistance that is equal to the weight stack



LEG EXTENSION/CURL /OSLEC

- User can quickly transition between exercises with one easy spring assisted adjustment
- Back and tibia pad adjustment easily adjust for a custom fit for users of all sizes



HIP ABDUCTOR/ADDUCTOR /OSHAA

- Durable dual-resistance mechanism and swivel pads allow user to work both inner and outer thighs
- Simple single adjustment for 10-degree increments allows users a comfortable range-of-motion start position
- Tower is positioned in front to provide privacy for the user

OPTIMA SERIES



ADJUSTABLE BENCH / OSADJ

- Adjust to six different angles from 0–80 degrees
- Wheels allow easy mobility
- Fixed lumbar support adds extra comfort and stability



VERTICAL DUMBBELL RACK / OSDBV

- Vertical space-saving design holds six pairs* of dumbbells (5-30 lb/2-14 kg DBs)



3 TIER DUMBBELL RACK / OSDB3

- Space efficient design holds up to 10 pairs* of dumbbells, (5-50 lbs/2-23 kg DBs)
- Angled for easy loading

Images not to scale.
*Total amount dependent on product brand and dumbbell diameter.



FIT SERIES



FIT SERIES

Make the most of what you got.

Fit Series is affordable, attractive strength training equipment that accommodates full-body workouts. For small spaces and tight budgets, choose this durable equipment from the biggest name in fitness.



FIT 1.0 CM / FSFCM1

- Cable Motion™ technology offers virtually unlimited, user-defined exercise variety
- Three integrated pulley zones provide total-body exercise
- Adjustable bench accommodates seated exercises and can be removed for stability ball or standing exercises



FIT 3 MULTI-GYM / FSF3

- Three weight stacks enable use by up to three users at the same time
- Users can efficiently perform a total-body workout with easy adjustments between exercises
- Corner unit design for maximum space optimization

Images not to scale.

CIRCUIT SERIES



CIRCUIT SERIES

A complete line designed to help exercisers—on their own or with a group—enjoy the benefits of strength training. Inviting and easy-to-use, these machines were designed as a great introduction to circuit training, with push-button controls and no set-up adjustments.



CIRCUIT SERIES



CHEST PRESS /TCPP

- 47" L x 39" W x 45" H (119 cm L x 99 cm W x 114 cm H)
- Total Weight: 260 lbs (118 kg)



SHOULDER PRESS /TCSP

- 53" L x 43" W x 45" H (135 cm L x 109 cm W x 114 cm H)
- Total Weight: 264 lbs (120 kg)



SQUAT /TCSL

- 53" L x 42" W x 45" H (135 cm L x 107 cm W x 114 cm H)
- Total Weight: 251 lbs (114 kg)



AB CRUNCH /TCAB

- 47" L x 34" W x 54" H (119 cm L x 86 cm W x 137 cm H)
- Total Weight: 233 lbs (106 kg)



AB CURL BENCH /TCABB

- 62" L x 23" W x 30" H (157 cm L x 58 cm W x 76 cm H)
- Total Weight: 75 lbs (34 kg)



SEATED ROW /TCRW

- 48" L x 36" W x 45" H (122 cm L x 91 cm W x 114 cm H)
- Total Weight: 282 lbs (128 kg)



LAT PULLDOWN /TCPD

- 63" L x 43" W x 71" H (119 cm L x 87 cm W x 136 cm H)
- Total Weight: 279 lbs (127 kg)



BICEPS CURL /TCBC

- 54" L x 35" W x 45" H (137 cm L x 89 cm W x 114 cm H)
- Total Weight: 251 lbs (114 kg)



WHEEL KIT /TCWHL



TRANSITION EXERCISE PLACARD STAND /TCPST



TRANSITION EXERCISE PLACARDS /TCPLRD



TRICEPS PRESS /TCTP

- 62" L x 37" W x 45" H (157 cm L x 94 cm W x 114 cm H)
- Total Weight: 328 lbs (149 kg)



SEATED LEG CURL /TCLC

- 45" L x 36" W x 45" H (114 cm L x 91 cm W x 114 cm H)
- Total Weight: 290 lbs (132 kg)



LEG EXTENSION /TCLE

- 46" L x 37" W x 45" H (117 cm L x 94 cm W x 114 cm H)
- Total Weight: 279 lbs (127 kg)



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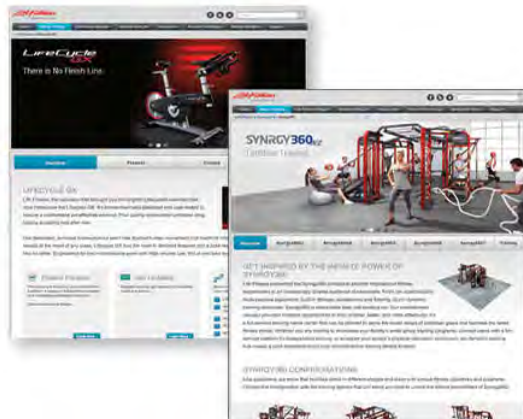
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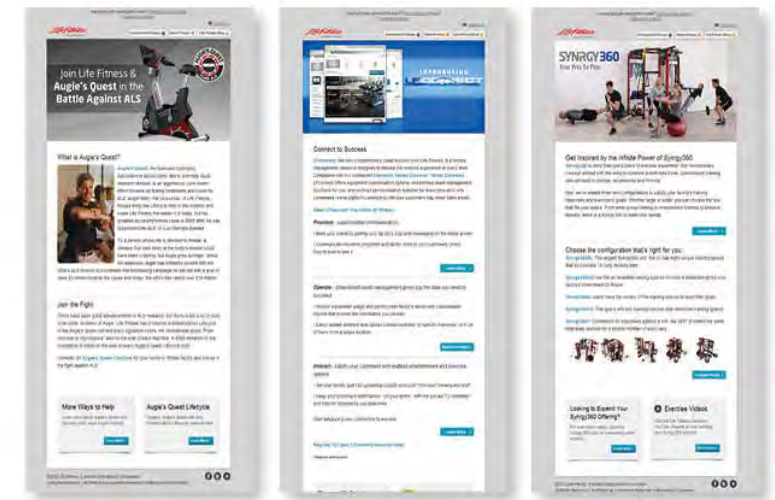
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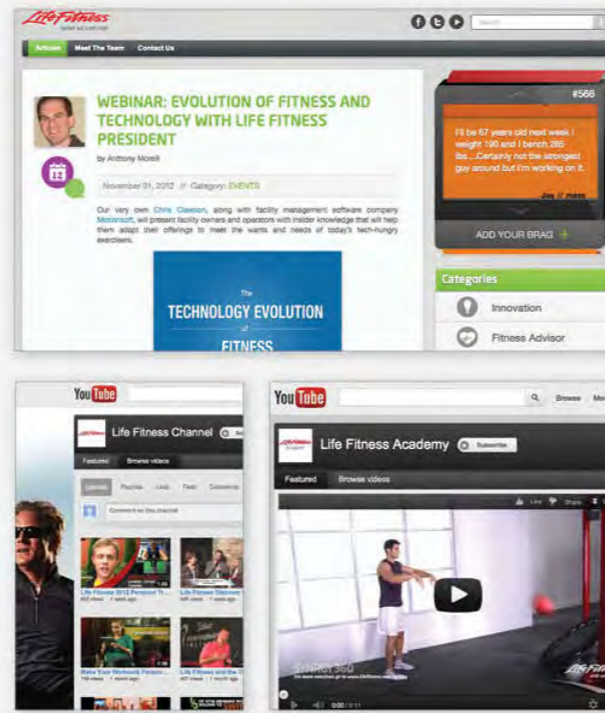
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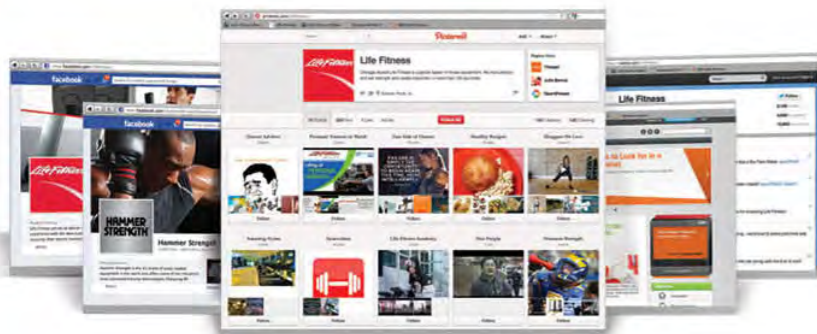


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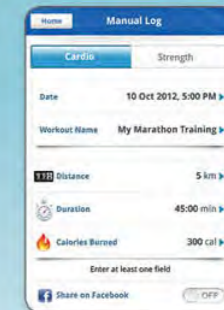
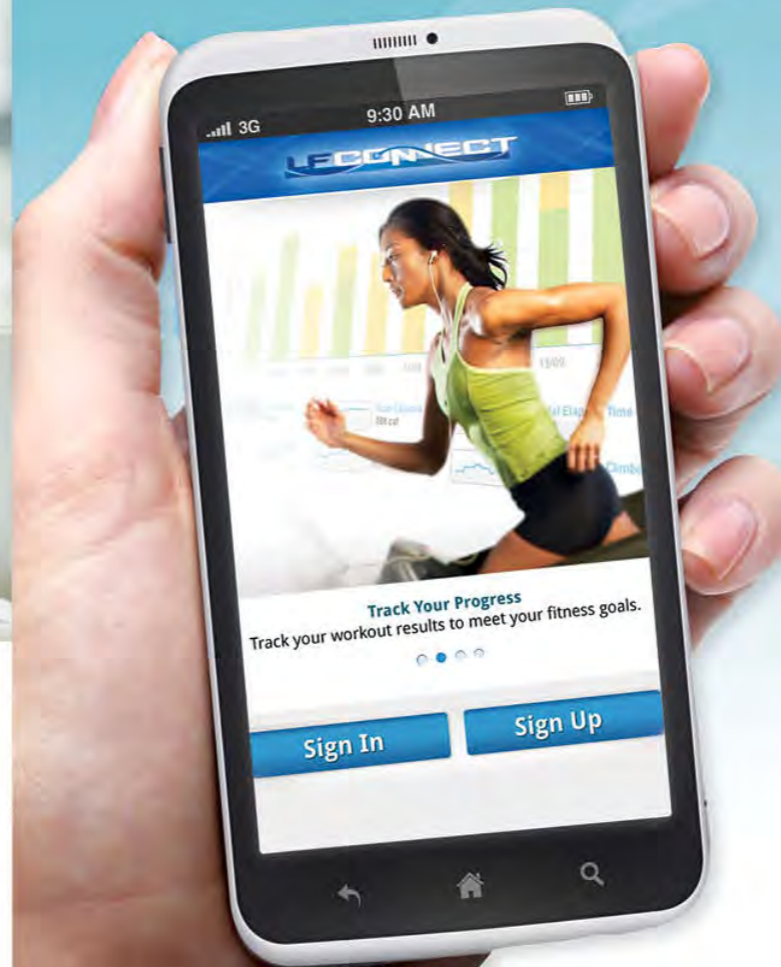
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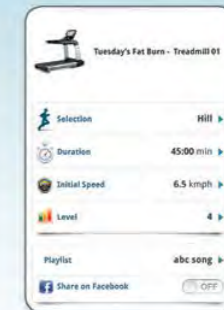
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