



LifeFitness

PRODUCT CATALOGUE

OUR MISSION

INSPIRE HEALTHIER LIVES



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TRANSFORMATION FOR FACILITIES AND EXERCISERS

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

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

CHOOSE YOUR EXPERIENCE



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

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

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

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

YOUR FACILITY FIRST



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

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

BUILD YOUR EXPERIENCE

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

SELECT YOUR CONSOLE



Discover SE3 HD

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



Discover ST

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



Integrity SL

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

SELECT YOUR BASE



Elevation

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



Integrity Deluxe

Sleek design with added aesthetic touches to enhance any facility.



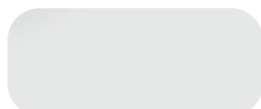
Integrity Simple*

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

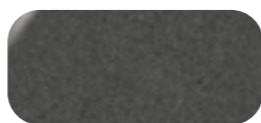
SELECT YOUR COLOUR



Black Onyx



Diamond White



Titanium Storm



Arctic Silver





CONSOLE EXPERIENCES

LIFE FITNESS ON DEMAND

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

DISCOVER SE3 HD CONSOLE

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



Connection

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



Entertainment Hub

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



On Demand Classes & Engaging Courses

On Demand training on SE3HD consoles, as well as Lifescape™ interactive courses let exercisers run through scenic terrains, enhanced by incline or resistance that changes with the terrain.



Smart Watch Compatibility

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



Customisable Home Screen

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



Performance Run

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

DISCOVER ST CONSOLE

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



INTEGRITY SL CONSOLE

The Integrity SL console has get on and go functionality on a large LED display. Includes 17 to 22 workouts, Bluetooth® connection to heart rate straps, headphones and mobile devices. Wi-Fi, ANT+ and NFC compatibility.

*For treadmill only

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

CONSOLES SUMMARY



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



CONSOLE	INTEGRITY SL
Key Features	Get on and go functionality, large LED display, Bluetooth® connection and Apple Watch®
Display	LED with membrane buttons
Halo Fitness Cloud Compatibility	Standard
Device Compatibility	Android™, iPhone®
Entertainment	Attachable TV is optional
Language Available	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Basque, Traditional Chinese, Welsh, Hebrew, Danish, Swedish
Number of Workouts	17 - 22
Compatible Products	Integrity Series D and S Bases, PowerMill Climber, Arc Trainer

HALO FITNESS CLOUD

Easy and efficient facility management.

Meaningful interactions with members.



WHAT IT IS

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

GET CONNECTED

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

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



ELEVATION SERIES

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

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

ELEVATION SERIES PRODUCTS



TREADMILL
WITH DISCOVER SE3 HD
CONSOLE



ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE3 HD
CONSOLE

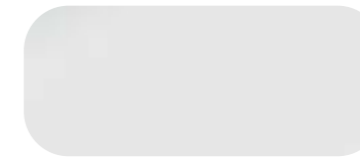


**RECUMBENT LIFECYCLE
EXERCISE BIKE**
WITH DISCOVER SE3 HD
CONSOLE



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

COLOUR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

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

AVAILABLE WITH THESE CONSOLES



**DISCOVER SE3 HD
CONSOLE**

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



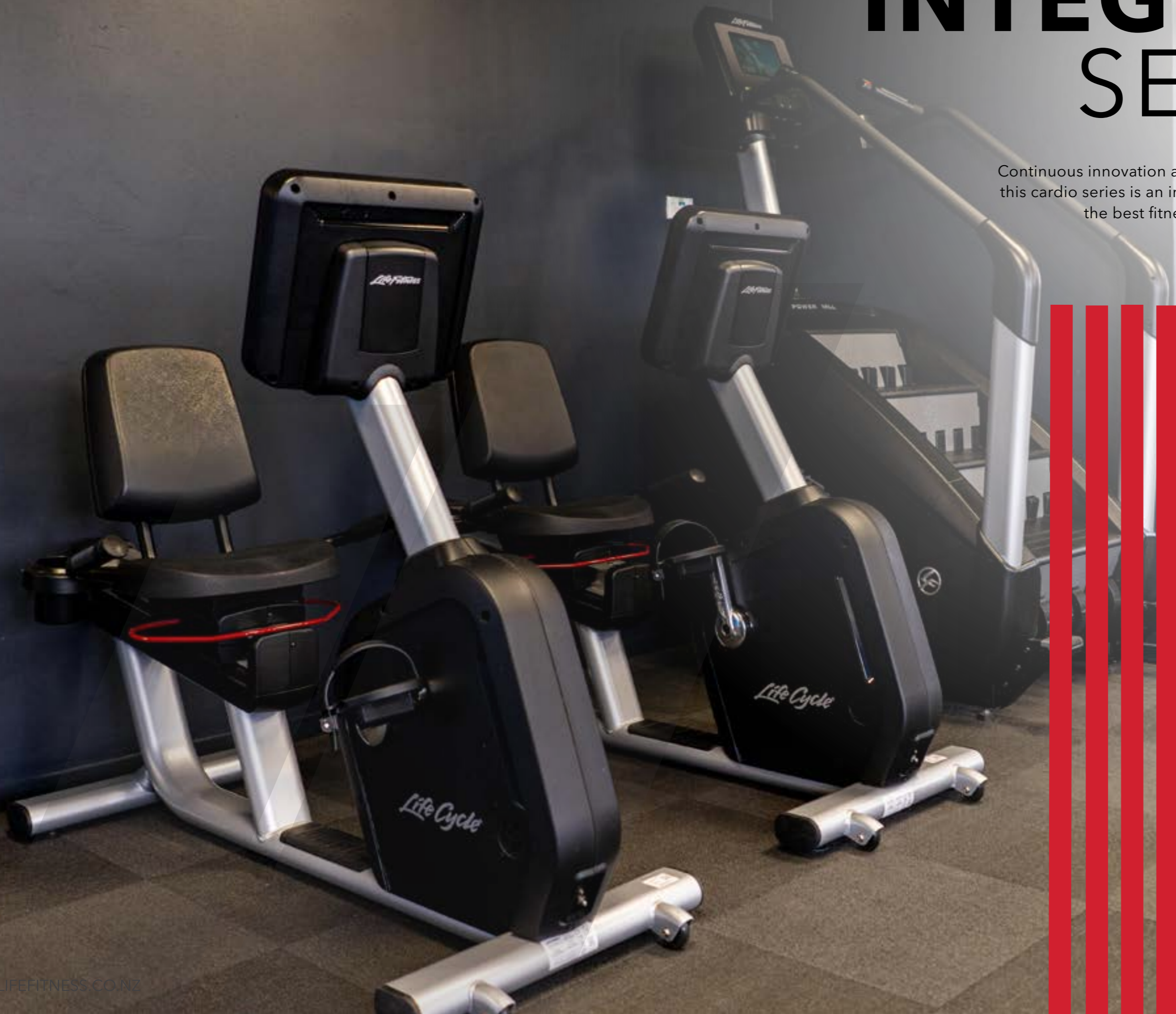
**DISCOVER ST
CONSOLE**

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



INTEGRITY SERIES

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



INTEGRITY SERIES PRODUCTS



Optional service wheel for quicker and easier servicing and cleaning



TREADMILL
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



ELLIPTICAL CROSS-TRAINER
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



RECUMBENT LIFECYCLE EXERCISE BIKE
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE



UPRIGHT LIFECYCLE EXERCISE BIKE
DELUXE BASE WITH
DISCOVER SE3 HD CONSOLE

AVAILABLE WITH THESE CONSOLES



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



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



INTEGRITY SL CONSOLE
Simple to use console that gives you the ability to get on and go. 17 - 22 workouts. Bluetooth® and Apple Watch connectivity.



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

SELECT FROM TWO BASE OPTIONS

DELUXE BASE

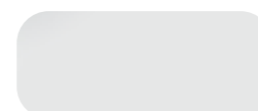
Deluxe Base has added aesthetic touches like stainless steel venting and four colour options. Exercisers benefit from slight enhancements to user touchpoints.

SIMPLE BASE

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

See page 28 and 29 for more information.

COLOUR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



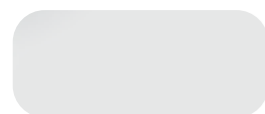
Black Onyx

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

POWERMILL CLIMBER

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

COLOUR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

INTEGRITY SL CONSOLE

DISCOVER ST

DISCOVER SE3 HD



ARC TRAINER

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

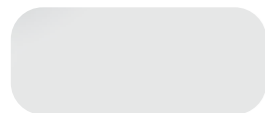
It's effective for everyone from rehabilitation clients and deconditioned members, to professional athletes.

Features:

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



COLOUR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Black Onyx

INTEGRITY SL CONSOLE

DISCOVER ST

DISCOVER SE3 HD





ACTIVATE SERIES

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



ACTIVATE SERIES



TREADMILL / OST



ELLIPTICAL CROSS-TRAINER / OSX



UPRIGHT LIFECYCLE EXERCISE BIKE / OSC



RECUMBENT LIFECYCLE EXERCISE BIKE WITH ATTACHABLE TV / OSR

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

BASE COMPARISON

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

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

INTEGRITY UPRIGHT BIKE	Simple	Deluxe
Deluxe racing handlebars with elbow support	N	Y
Standard racing handlebars	Y	N
Remote resistance controls	N	Y
Self-leveling Wide Ride™ pedals	N	Y
Standard Wide Ride™ pedals	Y	N
Seat with lumbar support	-	
Fine-tuned seat adjustment positions	38	
Resistance levels	0 - 25	
Maximum resistance (Watts)	900+	
FRAME		
Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y
TECHNICAL SPECIFICATIONS		
Max user weight	181 kg	
Length	105 cm	
Width	62 cm	
Height	138 cm	
Unit weight	77 kg	

INTEGRITY RECUMBENT BIKE	Simple	Deluxe
Front assist handle for easy entry and exit	N	Y
Self-leveling Wide Ride™ pedals	N	Y
Standard Wide Ride™ pedals	Y	N
Remote resistance controls	N	Y
Improved Comfort Curve Plus™ Seat with lumbar support"	N	Y
Seat with lumbar support	Y	N
Fine-tuned seat adjustment positions	40	
Resistance levels	25	
Maximum resistance (Watts)	900+	
FRAME		
Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Y	Y
Titanium Storm frame	N	Y
Diamond White frame	N	Y
Black Onyx frame	N	Y
TECHNICAL SPECIFICATIONS		
Max user weight	181 kg	
Length	170 cm	
Width	66 cm	
Height	131 cm	
Unit weight	96 kg	98 kg

ELEVATION SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	211 cm x 94 cm x 161 cm	202 kg
Elliptical Cross-Trainer	213 cm x 77 cm x 165 cm	205 kg
Upright Lifecycle Exercise Bike	111 cm x 54 cm x 151 cm	80 kg
Recumbent Lifecycle Exercise Bike	165 cm x 69 cm x 135 cm	97 kg

ACTIVATE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	206 cm x 81 cm x 145 cm	148 kg
Elliptical Cross-Trainer	206 cm x 69 cm x 153 cm	109 kg
Upright Lifecycle Exercise Bike	112 cm x 58 cm x 137 cm	59 kg
Recumbent Lifecycle Exercise Bike	163 cm x 69 cm x 114 cm	91 kg

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	142 cm x 84 cm x 209 cm	215 kg
Total-Body Arc Trainer	194 cm x 93 cm x 159 cm	232 kg
Lower-Body Arc Trainer	194 cm x 84 cm x 159 cm	222 kg



GROUP TRAINING

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

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



HEAT ROW

Turn up the intensity in your facility with the Heat Performance Row. The powerful, modern design is tailored to match elite exercisers in any setting. We pushed the envelope to create a streamlined performance rower that helps exercisers push past their limits. The TFT2.0 console offers high-tech digital feedback and motivational programs to enhance the rowing experience.



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



HEAT ROW
PRF-ROW-LCD-01

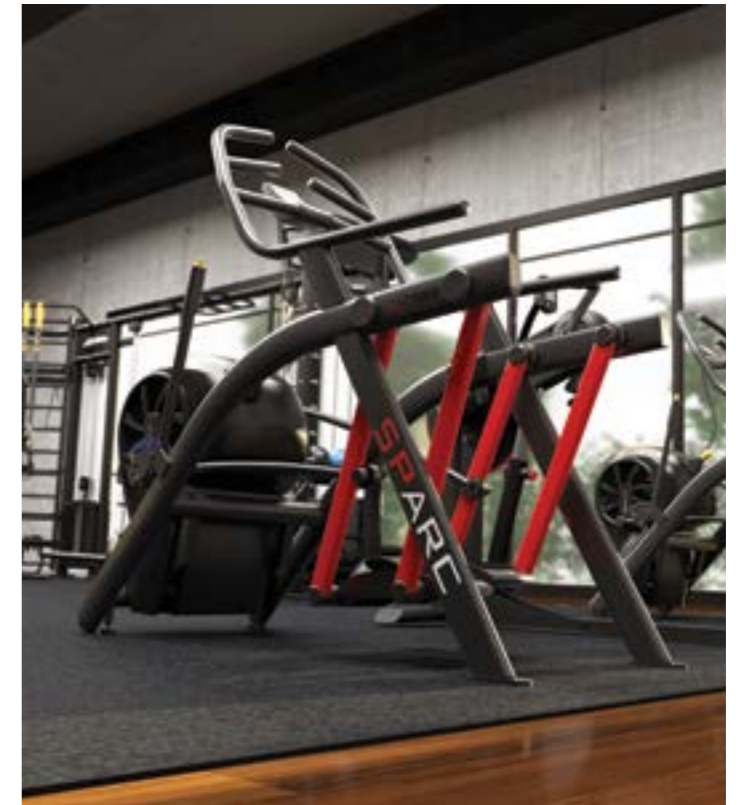


HEAT PERFORMANCE ROW
PRF-ROW-TFT-01



SPARC TRAINER

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



SPARC TRAINER
50A1-12

LIFE FITNESS INDOOR CYCLES

POWERED BY ICG



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

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



IC7 INDOOR CYCLE /
IC-LFIC7B2-02



Robust Digital Experience

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



Advanced Power Metrics

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



Inviting Design

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



Optimal Q Factor

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



Poly-V Belt Drive

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



Attention to Comfort

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

Note: The IC8 Trainer is chain driven.

STATE-OF-THE-ART INDOOR CYCLES

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



IC8 / IC-LFIC8C1-02

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



IC7 / IC-LFIC7B2-02

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



IC6 / IC-LFIC6B1-02

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



IC5 / IC-LFIC5B2-01

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



IC4 / IC-LFIC4B1-01

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

INDOOR CYCLING ACCESSORIES

INDOOR CYCLING STUDIO DUMBBELLS



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

INDOOR CYCLING STUDIO RACK



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

INDOOR CYCLING DUMBBELL HOLDER



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

INDOOR CYCLING IC4-IC7 SMARTPHONE & TABLET MOUNT



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

INDOOR CYCLING IC8 SMARTPHONE & TABLET MOUNT



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

THE ICG DIGITAL EXPERIENCE

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



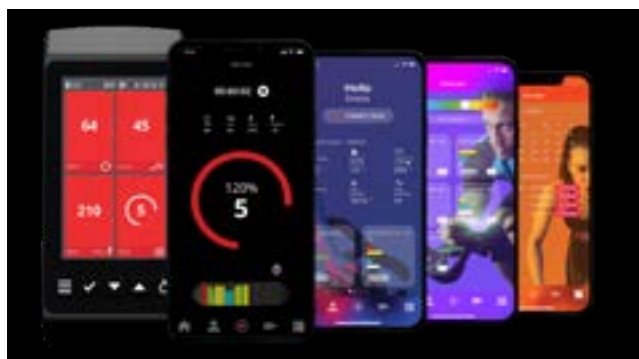
ICG CONNECT

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



COACH BY COLOUR®

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



ICG APP

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



MYRIDE® VX

Virtual training through scenic settings and with the guidance of both live and virtual instructors.

COACH BY COLOUR® TRAINING ZONES



THE SCIENCE BEHIND COACH BY COLOUR®

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

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

TRAINING ZONES

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



GROUP TRAINING



SYNRGY90

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

SYNRGY90



CABLE CABLE
/ SYN90-CC



CABLE VERSA
/ SYN90-CV



VERSA CABLE
/ SYN90-VC



VERSA VERSA
/ SYN90-VV



SYNRGY180

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

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



EFFICIENCY

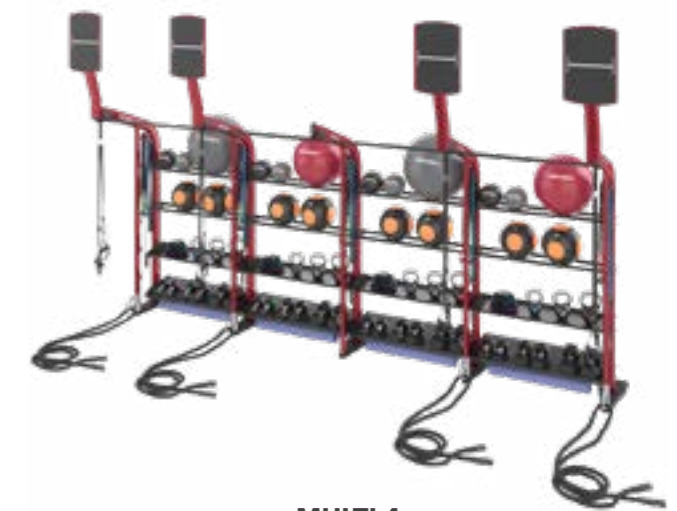
A full functional training system that doesn't take up valuable square footage.

FLEXIBILITY

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

GREAT DESIGN

Premium and inviting design improves the aesthetics of any facility.



MULTI 4



DUO 4



MIX 3

Images not to scale. Products subject to change.



SYNRGY360

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

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

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



SYNRGY360 XS

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

4

PLACES TO TRAIN

MAX. FOOTPRINT:

9.2' x 9.2'
(2.8 m x 2.8 m)

LIVE AREA:

22' x 22'
(6.7 m x 6.7 m)



SYNRGY360 XM

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

6

PLACES TO TRAIN

MAX. FOOTPRINT:

10.6' x 16.0'
(3.23 m x 4.87 m)

LIVE AREA:

22' x 27'
(6.7 m x 8.2 m)





STUDIO COLLECTION



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

Features:

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



DUMBBELL PACK /
LF-GDBLB



KETTLEBELL PACK* /
LF-STKBR



BARBELL PACK /
LF-GBBLB



STEP / LF-STP-1001



RISER / LF-STP-1002



DECK / LF-DK-1000



STEP & RISER SET /
LF-STP-1000

* Kettlebells sold separately.

INSIGNIA SERIES

Thoughtfully designed. Distinctively crafted.

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



INSIGNIA SERIES



ASSIST DIP CHIN /
SS-ADC



BICEPS CURL /
SS-BC



CHEST PRESS /
SS-CP



LATERAL RAISE /
SS-LR



PECTORAL FLY /
SS-PEC



PECTORAL FLY /
REAR DELTOID /
SS-FLY



PULLDOWN /
SS-PD



ROW /
SS-RW



SHOULDER PRESS /
SS-SP



TRICEPS PRESS /
SS-TP



CALF EXTENSION /
SS-CE



GLUTE /
SS-GL



HIP ABDUCTION /
SS-HAB



HIP ADDUCTION /
SS-HAD



LEG CURL /
SS-LC



LEG EXTENSION /
SS-LE



SEATED LEG CURL /
SS-SLC



SEATED LEG PRESS /
SS-SLP



ABDOMINAL /
SS-AB



BACK EXTENSION /
SS-BE



TORSO ROTATION /
SS-TR



BICEPS CURL -
DEPENDENT /
SS-BCD



TRICEPS EXTENSION /
SS-TE

INSIGNIA CUSTOMISATION OPTIONS

TRIM OPTIONS



L TRIM

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



S TRIM

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

WEIGHT STACK OPTIONS



X: Heavy weight stack* with two, 2.5 kg dial weight increments



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



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

*15% more than standard

SHROUD OPTIONS



Full shroud



Rear shroud only



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



SIGNATURE SERIES

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

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

Each unit combines outstanding performance with a striking design aesthetic.

SIGNATURE SERIES: PLATE-LOADED



LINEAR LEG PRESS /
SPLLLP

KNEELING LEG CURL
/ SPLKLC

LEG EXTENSION / SPLLE

CALF RAISE / SPLCALF

TWO-TONE FRAME AND WORK ARM FEATURE

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

SIGNATURE SERIES: PLATE-LOADED



BICEPS CURL / SPLBC

DECLINE CHEST PRESS
/ SPLDCP

FRONT PULLDOWN
/ SPLPD

HIGH ROW / SPLHR



INCLINE PRESS
/ SPLIP

ROW / SPLROW

SEATED DIP / SPLDIP

SHOULDER PRESS /
SPLSP



Images not to scale. Products subject to change.

SIGNATURE SERIES: BENCHES AND RACKS



OLYMPIC FLAT BENCH
/ SOFB

OLYMPIC INCLINE BENCH
/ SOIB

OLYMPIC DECLINE BENCH
/ SODB

OLYMPIC MILITARY BENCH
/ SOMB



OLYMPIC BENCH WEIGHT STORAGE
/ SOBWS

OLYMPIC SQUAT RACK
/ SOSR

ARM CURL BENCH / SAC

BACK EXTENSION / SBE



MULTI-ADJUSTABLE BENCH
/ SMAB

FLAT BENCH / SFB

AB CRUNCH BENCH
/ SABC

UTILITY BENCH / SUB



ADJUSTABLE DECLINE / ABDOMINAL BENCH
/ SADB

CHIN / DIP / LEG RAISE
/ SCDLR

LEG RAISE / SLR

SMITH MACHINE / SSM



SINGLE-TIER DUMBBELL RACK
/ SDR1

TWO-TIER DUMBBELL RACK
/ SDR2

BARBELL RACK / SBRR

HANDLE RACK / SHR



OLYMPIC WEIGHT TREE
/ SOWT

SIGNATURE ACCESSORY STORAGE RACK
/ SAR

SIGNATURE SERIES: CABLE MOTION



DUAL ADJUSTABLE PULLEY / CMDAP



CABLE COLUMN / CMCC



ADJUSTABLE CABLE CROSSOVER / CMACO



CHEST PRESS / CMCP



PULLDOWN / CMPD



ROW / CMRW



SHOULDER PRESS / CMSP



DUAL ADJUSTABLE PULLEY CONSOLE / DAPCONSOLE

SIGNATURE SERIES: MULTI-JUNGLE



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



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



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





AXIOM SERIES

ATTRACTIVE. EFFICIENT. RELIABLE

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise pin-loaded units, a dual adjustable pulley, and benches and racks. Inviting design and inviting exerciser functionality combine to create a strength line ideal for any facility.

STRENGTH

AXIOM SERIES

SINGLE-EXERCISE MACHINES



CHEST PRESS
/ OP-CP



SEATED ROW
/ OP-RW



SHOULDER PRESS
/ OP-SP



LAT PULLDOWN
/ OP-PD



BICEPS CURL
/ OP-BC



TRICEPS EXTENSION
/ OP-TE



LEG EXTENSION
/ OP-LE



LEG CURL
/ OP-LC



LEG PRESS
/ OP-LP



ABDOMINAL
/ OP-AB

DUAL-EXERCISE MACHINES



**LEG EXTENSION /
CURL** / OP-LEC



MULTI PRESS / OP-MP



**PECTORAL FLY /
REAR DELTOID** / OP-FLY



**LAT PULLDOWN /
LOW ROW** / OP-LR

MULTI-EXERCISE MACHINE



BICEPS / TRICEPS /
OP-BT



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



**DUAL ADJUSTABLE
PULLEY** / OP-DAP

BENCHES AND RACKS



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



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



**VERTICAL DUMBBELL
RACK** / OP-DBV



SMITH MACHINE
/ OP-SM



ADJUSTABLE BENCH
/ OP-ADJ



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



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



ABDOMINAL BENCH
/ OP-ABB



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



DIP/LEG RAISE
/ OP-DLR



FLEXIBILITY TRAINER
/ OP-FS



BARBELL RACK /
OP-BBR



CIRCUIT SERIES

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

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

CIRCUIT SERIES



AB CRUNCH / TCAB



AB CURL BENCH / TCABB



BICEPS CURL / TCBC



CHEST PRESS / TCCP



LAT PULLDOWN / TCPD



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



SEATED ROW / TCRW



SHOULDER PRESS / TCSP



SQUAT / TCSL



TRICEPS PRESS / TCTP

Images not to scale. Products subject to change.

TAILOR YOUR STRENGTH EXPERIENCE

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

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

*Available at an additional cost.

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

*Available at an additional cost.

STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (L X W X H)	WEIGHT
Abdominal	SS-AB	100 kg	134 cm x 118 cm x 148 cm	240 kg
Assist Dip Chin	SS-ADC	100 kg	163 cm x 149 cm x 222 cm	333 kg
Biceps Curl	SS-BC	100 kg	122 cm x 160 cm x 148 cm	250 kg
Back Extension	SS-BE	152.5 kg	149 cm x 107 cm x 148 cm	285 kg
Chest Press	SS-CP	152.5 kg	144 cm x 144 cm x 148 cm	329 kg
Pectoral Fly/Rear Deltoid	SS-FLY	152.5 kg	203 cm x 198 cm x 204 cm	299 kg
Glute	SS-GL	100 kg	186 cm x 98 cm x 148 cm	246 kg
Hip Abduction	SS-HAB	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Hip Adduction	SS-HAD	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Leg Curl	SS-LC	100 kg	159 cm x 106 cm x 148 cm	224 kg
Leg Extension	SS-LE	152.5 kg	167 cm x 106 cm x 148 cm	285 kg
Lateral Raise	SS-LR	100 kg	131 cm x 134 cm x 148 cm	252 kg
Pulldown	SS-PD	152.5 kg	145 cm x 142 cm x 194 cm	313 kg
Pectoral Fly	SS-PEC	152.5 kg	154 cm x 179 cm x 148 cm	294 kg
Row	SS-RW	152.5 kg	124 cm x 140 cm x 148 cm	289 kg
Seated Leg Curl	SS-SLC	152.5 kg	156 cm x 102 cm x 148 cm	337 kg
Shoulder Press	SS-SP	100 kg	164 cm x 145 cm x 185 cm	280 kg
Triceps Press	SS-TP	152.5 kg	135 cm x 111 cm x 148 cm	276 kg
Torso Rotation	SS-TR	100 kg	127 cm x 108 cm x 158 cm	248 kg
Calf Extension	SS-CE	197.5 kg	179 cm x 106 cm x 148 cm	350 kg
Seated Leg Press	SS-SLP	197.5 kg	156 cm x 102 cm x 148 cm	450 kg
Biceps Curl - Dependent	SS-BCD	100 kg	139.8 cm x 100.6 cm x 147.8 cm	245 kg
Triceps Extension	SS-TE	100 kg	136.6 cm x 100.6 cm x 147.8 cm	242 kg

AXIOM SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OPHAA	168 cm x 168 cm x 145 cm	193 kg
Pec Fly/Rear Delt	OPFLY	155 cm x 153 cm x 145 cm	193 kg
Lat Pulldown/Low Row	OPLR	201 cm x 127 cm x 221 cm	200 kg
Leg Extension/Curl	OPLEC	163 cm x 102 cm x 145 cm	199 kg
Multi-Press	OPMP	140 cm x 173 cm x 181 cm	234 kg
Biceps/Triceps	OPBT	153 cm x 87 cm x 206 cm	153 kg
Dual Adjustable Pulley	OP-DAP	143 cm x 139 cm x 213 cm	318 kg
Chest Press	OPCP	97 cm x 127 cm x 145 cm	200 kg
Seated Row	OPRW	166 cm x 100 cm x 145 cm	200 kg
Shoulder Press	OPSP	155 cm x 140 cm x 145 cm	224 kg
Lat Pulldown	OPPD	161 cm x 138 cm x 186 cm	222 kg
Biceps Curl	OPBC	107 cm x 92 cm x 145 cm	168 kg
Triceps Extension	OPTE	107 cm x 92 cm x 145 cm	168 kg
Leg Extension	OPLE	150 cm x 102 cm x 145 cm	191 kg
Leg Curl	OPLC	166 cm x 100 cm x 145 cm	175 kg
Leg Press	OPLP	206 cm x 102 cm x 176 cm	257 kg
Abdominal	OPAB	127 cm x 100 cm x 145 cm	159 kg

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	120 cm x 87 cm x 138 cm	106 kg
Biceps Curl	TCBC	138 cm x 89 cm x 115 cm	114 kg
Triceps Press	TCTP	158 cm x 94 cm x 115 cm	149 kg
Seated Leg Curl	TCLC	115 cm x 92 cm x 115 cm	132 kg
Lat Pulldown	TCPD	161 cm x 110 cm x 181 cm	127 kg
Shoulder Press	TCSP	135 cm x 110 cm x 115 cm	120 kg
Squat	TCSL	135 cm x 107 cm x 115 cm	114 kg
Seated Row	TCRW	122 cm x 92 cm x 115 cm	128 kg
Chest Press	TCCP	120 cm x 100 cm x 115 cm	118 kg
Leg Extension	TCLE	117 cm x 94 cm x 115 cm	127 kg
Ab Curl Bench	TCABB	158 cm x 59 cm x 77 cm	35 kg
Wheel Kit	TCWHL	94 cm x 16 cm x 11 cm	8 kg
Placard Stand	TCPST	36 cm x 34 cm x 112 cm	4 kg

ACCESSORIES

ACCESSORIES	CODE	SIZE	ACCESSORIES	CODE	SIZE
Kettlebells	LF-KB10-72047	4.5 kg	Covered Resistance Tubes	LF-RTB-1000-01	Extra Light
	LF-KB12-72049	5.4 kg		LF-RTB-1001-01	Light
	LF-KB15-72051	6.8 kg		LF-RTB-1002-01	Medium
	LF-KB18-72053	8.2 kg		LF-RTB-1003-01	Heavy
	LF-KB20-72055	9.1 kg		LF-RTB-1004-01	Extra Heavy
	LF-KB25-72057	11.3 kg	Tires	LF-TR-1000-01	40 kg
	LF-KB30-72059	13.6 kg		LF-TR-1001-01	60 kg
	LF-KB35-72061	15.9 kg		LF-TR-1002-01	80 kg
	LF-KB40-72063	18.1 kg		LF-TR-1003-01	100 kg
	LF-KB45-72065	20.4 kg	Soft Plyo Box	HS-PB-2000-01	20.4 kg
Med Balls	LF-MB4-71005	1.8 kg		LF-JR8-72145	2.4 m
	LF-MB6-71007	2.7 kg	Jump Ropes	LF-JR9-72147	2.7 m
	LF-MB8-71009	3.6 kg		LF-JR10-72149	3 m
	LF-MB10-71011	4.5 kg		LF-JR11-72151	3.4 m
LF-MB12-71013	5.4 kg	Foam Roller	LF-FR-1000-01	15 x 91 cm	
Fitness Mats	LF-FMB-72215		182 x 61 x 1.27 cm		ACC-BD-1000-01
	Stretching Mats	LF-SMB-72175	142 x 61 x 0.95 cm		ACC-BD-1001-01
Yoga Mats		LF-YMB-72195	173 x 61 x 0.63 cm	Powerbands	ACC-BD-1002-01
	Yoga Block	LF-YB-1000-01	23 x 15 x 10 cm		ACC-BD-1003-01
Stability Balls		LF-SB55-71053	55 cm		ACC-BD-1004-01
	LF-SB65-71055	65 cm	ACC-BD-1005-01		6.3 cm wide
	LF-SB75-71057	75 cm	ACC-BD-1006-01		10.2 cm wide
ACCESSORIES	CODE	WEIGHT	ACCESSORIES		CODE
Studio Dumbbells	LF-GDB-SIN-2001-01	1kg	Core Bags	LF-CB-1000-01	5 kg
	LF-GDB-SIN-2002-01	2kg		LF-CB-1001-01	10 kg
	LF-GDB-SIN-2003-01	3kg		LF-CB-1002-01	15 kg
	LF-GDB-SIN-2004-01	4kg		LF-CB-1003-01	20 kg
				LF-CB-1004-01	25 kg

STRENGTH PRODUCTS

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

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

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

OPTIMA SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OP-ADJ	140 cm x 64 cm x 115 cm	3 kg
Vertical Dumbbell Rack	OP-DBV	51 cm x 51 cm x 115 cm	15 kg
Three-Tier Dumbbell Rack (5-50 Hex)	OP-DB3HX	137 cm x 73 cm x 96 cm	76 kg
Three-Tier Dumbbell Rack (5-50 Saddle)	OP-DB3SS	155 cm x 74 cm x 97 cm	91 kg
Three-Tier Dumbbell Rack (5-75 Saddle)	OP-DB3LS	244 cm x 74 cm x 97 cm	130 kg
Three-Tier Accessory Rack	OP-AR3	138 cm x 74 cm x 97 cm	76 kg
Smith Machine	OP-SM	142 cm x 185 cm x 223 cm	180 kg
Flexibility Trainer	OP-FS	137 cm x 58 cm x 109 cm	35 kg
Dip/Leg Raise	OP-DLR	105 cm x 74 cm x 155 cm	62 kg
Abdominal Bench	OP-ABB	127 cm x 64 cm x 53 cm	20 kg
Barbell Rack	OP-BBR	92 cm x 60 cm x 144 cm	42 kg
Vertical Medicine Ball Storage	OP-MBS	65 cm x 64 cm x 142 cm	17 kg

LifeFitness

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