

WHAT WE
LIVE FOR

LifeFitness
WHAT WE LIVE FOR

HAMMER
STRENGTH

LifeFitness

2013 PRODUCT CATALOG



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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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.

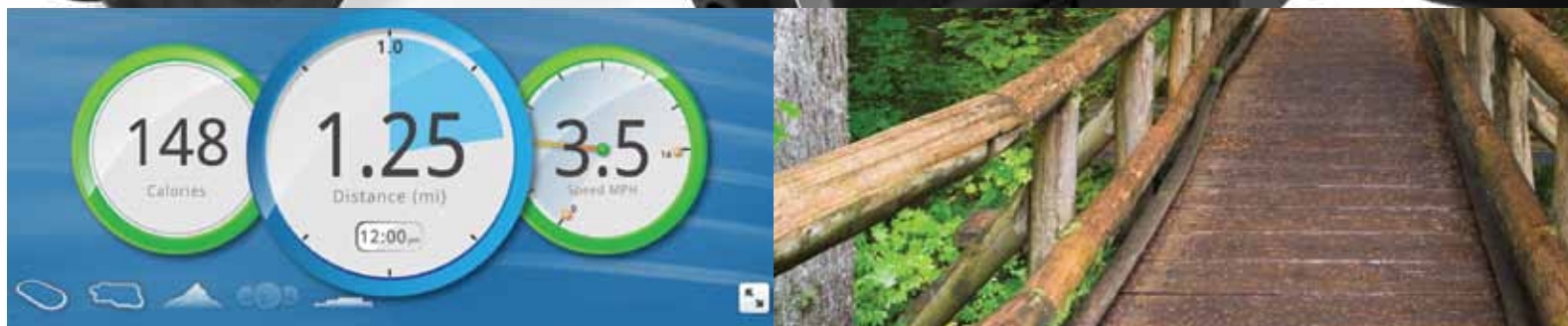
Technology your way. This is the future of fitness.



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.



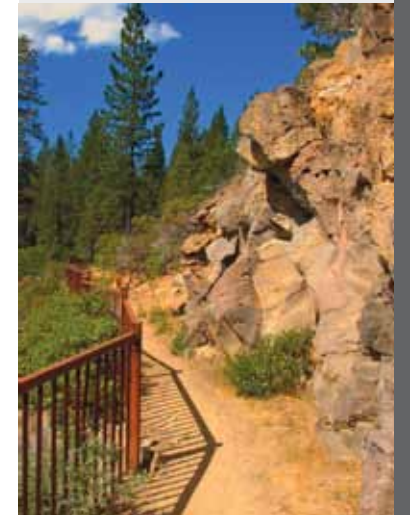
SURF THE WEB

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.

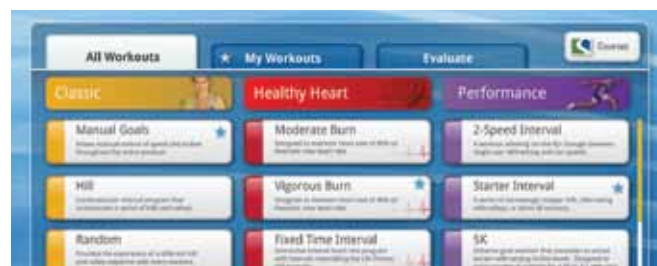


CUSTOMIZE YOUR EQUIPMENT

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.



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.

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.



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 LFconnect 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 LFconnect account preferences with a smartphone, PIN, USB drive or RFID.*



THE LFconnect APP

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

Tracking:

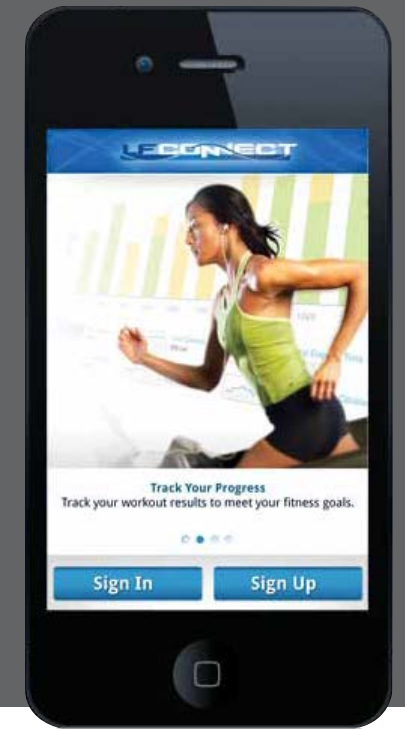
Users can automatically log cardio and strength workouts inside and outside of the facility, and include details like time, distance and reps. Outdoor workout mileage is tracked using the GPS on your Apple or Android device.

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 LFconnect.com to stay on track with training goals.

Results:

Results motivate your users. LFconnect 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 LFconnect 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

LFconnect 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.

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Calendar

Exercisers can assign and schedule workouts from their Workout Library to the LFconnect 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

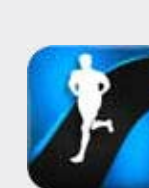
Tens of millions of exercisers use fitness apps, and the number is growing every day. LFOpen gives users the freedom to easily access the massive amount of choices. Apps keep exercisers engaged and help them meet their specific workout goals.

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 lifecyclefitness.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 LFconnect website, LFconnect 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, iPad, 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
COLOR OPTIONS

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

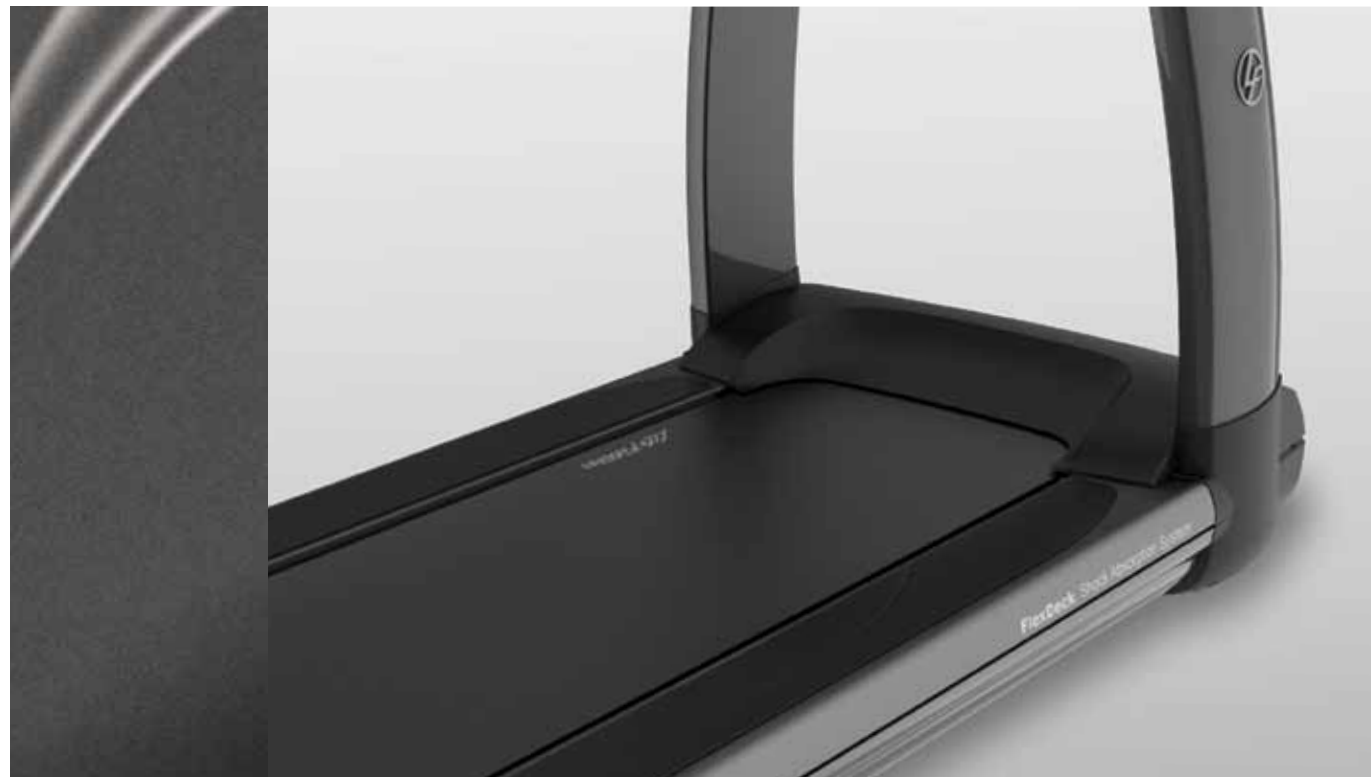
ARCTIC SILVER



DIAMOND WHITE



TITANIUM STORM



BLACK ONYX



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.



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.

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



Discover SI 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

*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
**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

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



FlexDeck® Shock Absorption System

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.



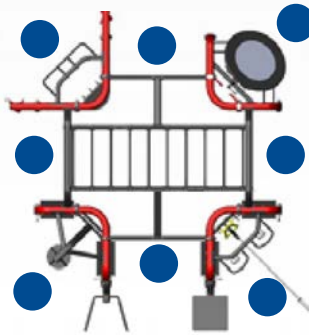
SYNRGY360 XL



Synrgy 360 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

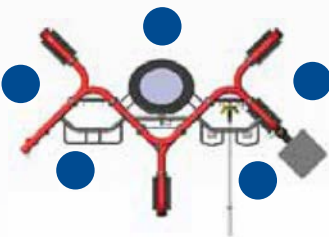


Synrgy 360 S Mix Package

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

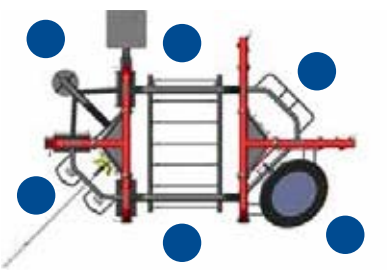
Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.



Synrgy 360 XM Mix Package

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

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)



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

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

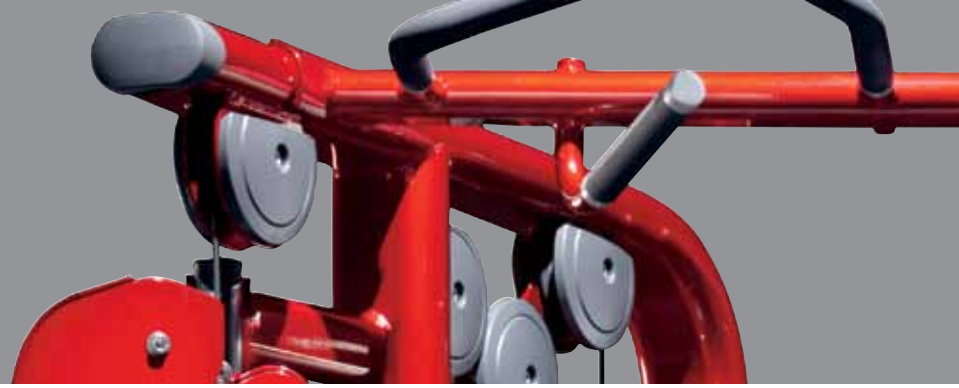
- Back pad, tibia pad, and range-of-motion adjustments are easily accessible from a seated position
- Handles are positioned on top of the adjustable thigh pad to provide stabilization during exercise



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

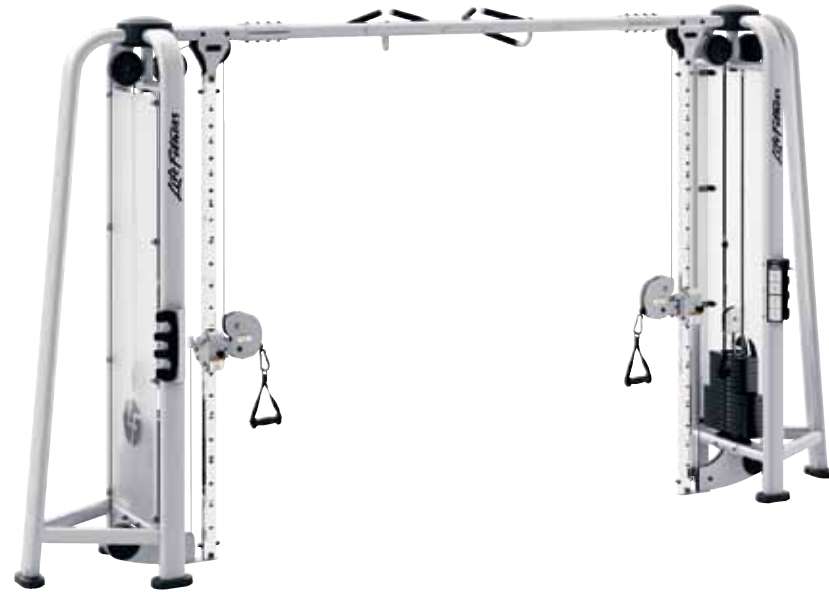
SIGNATURE SERIES
CABLE MOTION™



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
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



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.



BARBELL RACK /SBBR

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



**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.

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 /TCCP

- 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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Your Gateway to Fitness Resources

With more than 40 years of experience in the fitness industry, we know what you need when you need it. LifeFitness.com contains the most up-to-date product resources, the latest business support, plus extras to spark imagination and keep your business growing.



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International Distributors

INTERNATIONAL DISTRIBUTORS

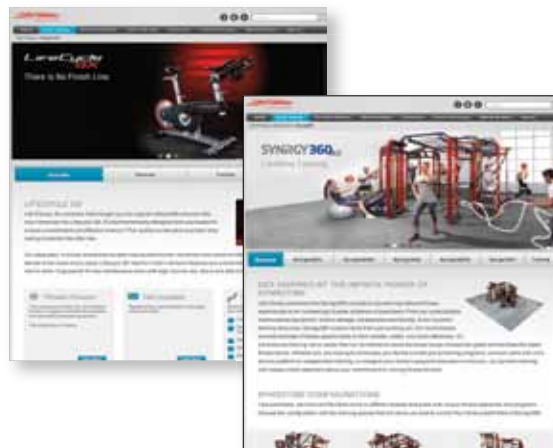
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NEW NAVIGATION

Cardio ▾ Group Training ▾ Life Fitness Strength ▾ Hammer Strength ▾ Accessories ▾ Product Technology ▾ Markets We Serve ▾ Support

GROUP TRAINING

Life Fitness has a number of group training options that make workouts more fun. A session with Synergy360 or a class on a Lifecycle GX Exercise Bike can turn exercise into a social event. Learn more about our offerings.



BUILD IT YOUR WAY

Build your equipment the way you want it. Explore our library of products to visualize what features, layouts, accessories and colors work best for your business.

For more information visit:
www.lifefitness.com/2013buildyourproduct



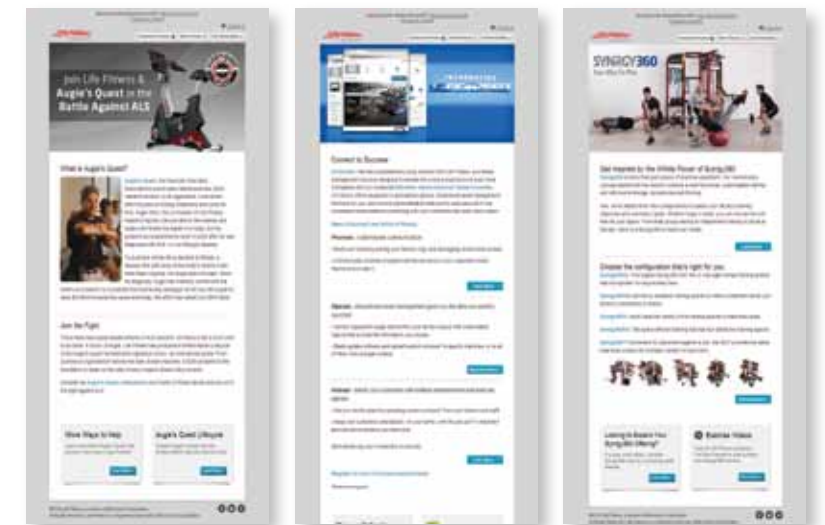
PRODUCT TECHNOLOGY

Life Fitness is on the leading edge of fitness technology. Check out our latest product offerings, updates, upgrades and technological advances.



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WORKING OUT JUST GOT A LOT EASIER



LFCONNECT FOR APPLE AND ANDROID™ DEVICES

simplifies workouts so exercisers can focus less on the details and more on achieving their goals. The mobile tool lets users track and share results, quickly identify personal settings on workout equipment and access customized and scheduled workouts to stay on track with training goals.

LFconnect lets exercisers "get on and go."

LIFE FITNESS PARTS WEBSITE

ORDER LIFE FITNESS PARTS QUICKLY

THE RIGHT PART

The site increases the probability that the part you order is the part you need

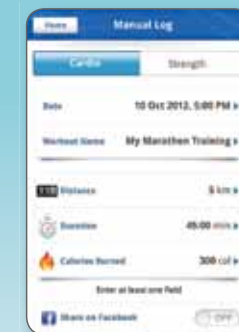
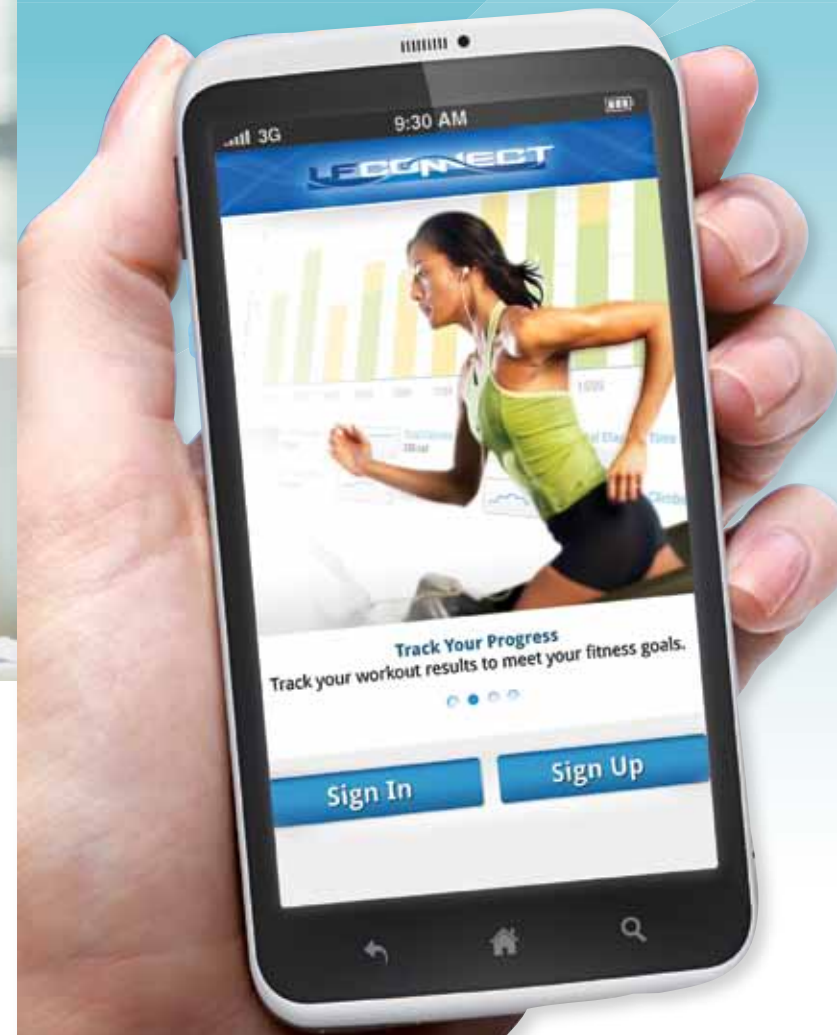
ORDER AND SERVICE HISTORY

See a complete list of the parts available for your serial number

Only available in the USA



www.LifeFitness.com/parts



Log all cardio and strength workouts. Automatically track GPS-enabled outdoor workouts.



Automatically syncs results to website for tracking. Keep tabs on your workout goals.



Access personalized workout programs. Share results via Facebook.

WEB SITE FEATURES



Be social

Join the Life Fitness and Hammer Strength conversations on Facebook.



DOWNLOAD TODAY at www.lfconnect.com/app

All products are not available in all colors. See charts below for full color specifications.

STRENGTH FRAME COLOR CHART

Key • Standard ○ Optional – Unavailable † Custom †† Premium

Color	Signature Series								
	Single Stations and Cable Motion	Benches and Racks	Plate-Loaded*	Synrgy360	Pro2 SE Series	Pro2 Series	Circuit Series	Optima Series	Fit Series
Platinum	•	•	•	•	•	•	•	•	•
White	•	•	•	•	•	•	•	○	–
Black	•	–	•	•	•	○	•	○	–
Ice Blue Metallic	•	–	•	•	•	○	•	○	–
Midnight Metallic	•	–	•	•	•	○	•	○	–
Nickel	•	–	•	•	•	○	•	○	–
Blue	•	–	•	•	•	○	•	○	–
Red	•	–	•	•	•	○	•	○	–
Yellow	•	–	•	•	•	○	•	○	–
Shadow Gray*	–	–	•	–	–	–	–	–	–
Candy Apple Red	††	–	††	††	††	–	††	††	–
Electric Blue	††	–	††	††	–	–	–	–	–
Custom	†	–	†	†	†	–	–	–	–

*Signature Series Plate-Loaded Shadow Gray only available for workarm

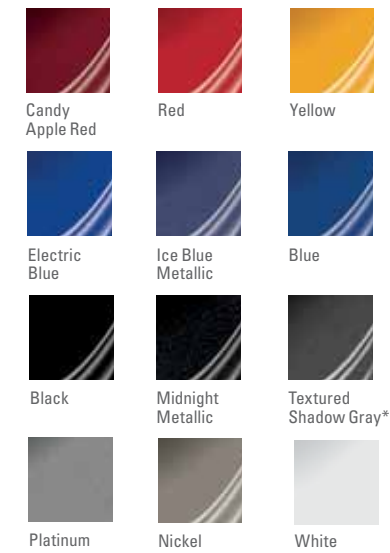
STRENGTH UPHOLSTERY COLOR CHART

Color	Signature Series								
	Single Stations and Cable Motion	Benches and Racks	Plate-Loaded	Synrgy360*	Pro2 SE Series	Pro2 Series	Circuit Series	Optima Series	Fit Series
Black	•	•	•	•	•	•	•	•	•
Am. Beauty Red	•	•	•	•	•	○	•	○	–
Azure	•	•	•	•	•	○	•	○	–
Burgundy	•	•	•	•	•	○	•	○	–
Cranberry	•	•	•	•	•	○	•	○	–
Candy Apple Red	•	•	•	•	•	○	•	○	–
Chestnut	•	•	•	•	•	○	•	○	–
Concord	•	•	•	•	•	○	•	○	–
Crocus	•	•	•	•	•	○	•	○	–
Graphite	•	•	•	•	•	○	•	○	–
Dove Gray	•	•	•	•	•	○	•	○	–
Emerald	•	•	•	•	•	○	•	○	–
Grotto	•	•	•	•	•	○	•	○	–
Gun Metal	•	•	•	•	•	○	•	○	–
Hunter Green	•	•	•	•	•	○	•	○	–
Imperial Blue	•	•	•	•	•	○	•	○	–
Jade	•	•	•	•	•	○	•	○	–
Navy	•	•	•	•	•	○	•	○	–
Northwoods Green	•	•	•	•	•	○	•	○	–
Paprika	•	•	•	•	•	○	•	○	–
Plum	•	•	•	•	•	○	•	○	–
Royal Blue	•	•	•	•	•	○	•	○	–
Putty	•	•	•	•	•	○	•	○	–
Regimental Blue	•	•	•	•	•	○	•	○	–
Slate	•	•	•	•	•	○	•	○	–
Space Blue	•	•	•	•	•	○	•	○	–
Suede	•	•	•	•	•	○	•	○	–
Terra Cotta	•	•	•	•	•	○	•	○	–
Turquoise	•	•	•	•	•	○	•	○	–
Wheat	•	•	•	•	•	○	•	○	–
Custom	†	†	†	†	†	†	†	–	–

Custom Colors In addition to standard colors, we offer custom colors. Contact your sales representative for more information.

*Synrgy360 upholstery only available for Rebounder
Premium and Custom frame and upholstery are available for an additional charge.

Strength Frame Colors



Upholstery Colors



* Only available for workarms on Signature Plate-Loaded



SPECIFICATIONS INDEX

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ELEVATION SERIES
TREADMILLS



Key	• Standard	◦ Optional	– Unavailable
-----	------------	------------	---------------

		95T Discover SE	95T Discover SI	95T Achieve
Heart Rate Monitoring				
Polar® Telemetry	(optional chest strap required)	•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP	(Digital Signal Processing)	•	•	•
Workouts				
Quick Start, Customized Cool Down				
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	•	•	–
Healthy Heart	Moderate Burn, Vigorous Burn	•	•	–
	Fixed Time Interval, Variable Time Interval	•	•	–
Performance	2-Speed Interval, Multi-Speed Interval, Starter Interval, 5K, 10K	•	•	–
Evaluate	Fit Test, U.S. Army PFT, U.S. Navy PRT, U.S. Marines PRT, U.S. Air Force PRT, WFI Submax Protocol, Physical Efficiency Battery (PEB), British Army PRT	•	•	–
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	•	•	–
Manual, Random, Hill, Cardio, Fat Burn, Fit Test				
Product Features				
DX3™ Belt and Deck System				
FlexDeck® Shock Absorption System:	8 Lifespring™ shock absorbers	•	•	•
Speed Range:	0.5–14 mph (0.8–23 kph)	•	•	•
Rollers:	3.5" (9 cm) precision crowned steel rollers, front and back	•	•	•
Elevation			0%–15%	
Motor System:	4.0 HP AC Continuous Duty (8-HP Peak Duty) motor with MagnaDrive™ motor controller	•	•	•
Ergo™ Bar		•	•	•
Side Handrails		26" x 5" (66 cm x 13 cm) flared		
Activity Zone:	Most often used buttons located on Ergo bar	•	•	•
Walk, Jog, Run		•	•	•
Stride Sensor		•	•	•
Integrated Reading Rack		•	•	•
Integrated iPod/iPhone Accessory Tray		•	•	•
2 Removable Cup Holders		•	•	•
Welded Steel Frame, Front Roller Lift Wheels and Rear Levelers				
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	•	•	•
Attachable TV Personal Entertainment Solutions*		–	◦	◦
Service Enhancements				
Manager's Menu Options		•	•	•
Flash Programmable via USB Stick		•	•	–
Proactive Belt Wear Notification		•	•	•
Technical Specifications				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)	•	•	•
Internet	Via Cat5e or Cat 6 (Shielded Recommended) and Wireless*	•	•	–
	Wireless Connectivity: IEEE 802.11a/b/g/n*	◦	◦	–
Running Surface:		22" x 60" (55 cm x 152 cm)		
Length		80" (203 cm)		
Width		37" (94 cm)		
Height		62.25" (158 cm)		
Unit Weight		444 lbs (201 kg)	442 lbs (200 kg)	442 lbs (200 kg)
Step-up Height		10" (25 cm)		
Warranty†	7-year limited warranty on Lifespring shock absorbers; 2-year on all electrical components; 1-year limited warranty on all mechanical components and labor	•	•	•
	7-year limited warranty on motor and frame	•	•	•
	Optional Attachable TV: 2-year limited warranty/electrical and mechanical parts; 90 days / labor	–	•	•

* Optional features available at an additional charge.
† Warranties outside the U.S. may vary.
Specifications subject to change.

ELEVATION SERIES
ELLIPTICAL CROSS-TRAINERS



Key	• Standard	◦ Optional	– Unavailable
-----	------------	------------	---------------

		95X Discover SE	95X Discover SI	95X Achieve
Heart Rate Monitoring				
Polar® Telemetry	(optional chest strap required)	•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP	(Digital Signal Processing)	•	•	•
Workouts				
Quick Start, Customized Cool Down				
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	•	•	–
Healthy Heart	Moderate Burn, Vigorous Burn	•	•	–
	Fixed Time Interval, Variable Time Interval	•	•	–
Performance	2-Speed Interval, Multi-Speed Interval, Starter Interval	•	•	–
Evaluate	Fit Test, U.S. Navy PRT	•	•	–
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	•	•	–
Cross-Train Aerobics and Cross-Train Reverse Workout Modes				
Manual, Random, Hill, Cardio, Fat Burn, Fit Test				
Product Features				
20" (50.8 cm) Stride Length				
Integrated Reading Rack				
Integrated iPod/iPhone Accessory Tray				
Oversized Non-slip Pedals				
On-the-fly Programming				
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls:	Located on moving handlebars	•	•	•
Removable Cup Holder		•	•	•
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	•	•	•
Attachable TV Personal Entertainment Solutions*		–	◦	◦
Service Enhancements				
Manager's Menu Options		•	•	•
Flash Programmable via USB Stick		•	•	–
Technical Specifications				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	•	◦
	Self-Powered*	–	–	•
Internet	Via Cat5e or Cat 6 (Shielded Recommended) and Wireless*	•	•	–
	Wireless Connectivity: IEEE 802.11a/b/g/n*	◦	◦	–
Hybrid	Reduces power to the console	•	•	–
Length		88.1" (224 cm)		
Width		30.7" (78 cm)		
Height		65" (165 cm)		
Unit Weight		452 lbs (195 kg)		
Warranty†	2-year limited warranty on all mechanical and electrical components	•	•	•
	1-year labor	•	•	•
	Optional Attachable TV: 2-year limited warranty / electrical and mechanical parts; 90 days / labor	–	•	•

* Optional features available at an additional charge, Attachable TV requires external power source for Achieve only.
† Warranties outside the U.S. may vary.
Specifications subject to change.

ELEVATION SERIES

UPRIGHT LIFECYCLE® EXERCISE BIKE



Key	• Standard	◦ Optional	– Unavailable
-----	------------	------------	---------------

		Discover SE	Discover SI	95C Achieve
Heart Rate Monitoring				
Polar® Telemetry	(optional chest strap required)	•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP	(Digital Signal Processing)	•	•	•
Workouts				
Quick Start, Customized Cool Down				
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	•	•	–
Healthy Heart	Moderate Burn, Vigorous Burn	•	•	–
	Fixed Time Interval, Variable Time Interval	•	•	–
Performance	2-Speed Interval, Multi-Speed Interval, Starter Interval	•	•	–
Evaluate	Fit Test, U.S. Navy PRT	•	•	–
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	•	•	–
Manual , Random, Hill, Cardio, Fat Burn, Fit Test		–	–	•
Modes	Bike and Constant Calorie Per Hour	•	•	–
Product Features				
Comfort Curve™ Seat		•	•	•
Wide Ride™ Pedals		•	•	•
Easy Adjust Pedal Strap		•	•	•
XXL Seat Post and Handlebars**		◦	◦	◦
Deluxe Racing Handlebars		•	•	•
On-the-fly Programming		•	•	•
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls:	Located in center of handlebars	•	•	•
Integrated Reading Rack		•	•	•
Integrated iPod/iPhone Accessory Tray		•	•	–
2 Removable Cup Holders		•	•	•
Front Wheels for Easy Mobility		•	•	•
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	•	•	•
Attachable TV Personal Entertainment Solutions*		–	◦	◦
Service Enhancements				
Manager's Menu Options		•	•	•
Flash Programmable via USB Stick		•	•	–
Technical Specifications				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	•	◦
	Self-Powered*	–	–	•
Internet	Via Cat5e or Cat 6 (Shielded Recommended) and Wireless*	•	•	–
	Wireless Connectivity: IEEE 802.11a/b/g/n*	◦	◦	–
Hybrid	Reduce power to the console	•	•	–
Length		43.5" (110.5 cm)		
Width		21" (53.3 cm)		
Height		59.5" (151.1 cm)		
Unit Weight		176 lbs (79.8 kg)		
Warranty†	2-year limited warranty on all mechanical and electrical components	•	•	•
	1-year labor	•	•	•
	Optional Attachable TV: 2-year limited warranty / electrical and mechanical parts; 90 days labor	–	◦	•

* Optional features are available at an additional charge, Attachable TV requires external power source for Achieve only.

** 97C Upright Lifecycle Bike base model available.

† Warranties outside the U.S. may vary.

Specifications subject to change.

ELEVATION SERIES

RECUMBENT LIFECYCLE® EXERCISE BIKE



Key	• Standard	◦ Optional	– Unavailable
-----	------------	------------	---------------

		Discover SE	Discover SI	95R Achieve
Heart Rate Monitoring				
Polar® Telemetry	(optional chest strap required)	•	•	•
Lifepulse™ Digital Heart Rate Monitoring with DSP	(Digital Signal Processing)	•	•	•
Workouts				
Quick Start, Customized Cool Down				
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	•	•	–
Healthy Heart	Moderate Burn, Vigorous Burn	•	•	–
	Fixed Time Interval, Variable Time Interval	•	•	–
Performance	2-Speed Interval, Multi-Speed Interval, Starter Interval	•	•	–
Evaluate	Fit Test, U.S. Navy PRT	•	•	–
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	•	•	–
Manual , Random, Hill, Cardio, Fat Burn, Fit Test		–	–	•
Modes	Bike, Constant Calorie Per Hour	•	•	–
Product Features				
Comfort Curve Plus™ Seat and Deluxe Back Support		•	•	•
Side Handlebars with Contact Heart Rate		◦	◦	◦
Deluxe Armrests with Contact Heart Rate		◦	◦	◦
Wide Ride™ Pedals		•	•	•
Easy Adjust Pedal Strap		•	•	•
On-the-fly Programming		•	•	•
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls:	Located on deluxe armrests and side handlebars	•	•	•
Integrated Reading Rack		•	•	•
Integrated iPod/iPhone Accessory Tray		•	•	–
Removable Cup Holder		•	•	•
Front Wheels for Easy Mobility		•	•	•
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	•	•	•
Attachable TV Personal Entertainment Solutions*		–	◦	◦
Service Enhancements				
Manager's Menu Options		•	•	•
Flash Programmable via USB Stick		•	•	–
Technical Specifications				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	•	•	◦
	Self-Powered*	–	–	•
Internet	Via Cat5e or Cat 6 (Shielded Recommended) and Wireless*	•	•	–
	Wireless Connectivity: IEEE 802.11a/b/g/n*	◦	◦	–
Hybrid	Reduce power to the console	•	•	–
Length		65" (165 cm)		
Width		27" (69 cm)		
Height		53" (135 cm)		
Unit Weight		214 lbs (97 kg)		
Warranty†	2-year limited warranty on all mechanical and electrical components	•	•	•
	1-year labor	•	•	•
	Optional Attachable TV: 2-year limited warranty electrical and mechanical parts; 90 days labor	–	•	•

* Optional features are available at an additional charge, Attachable TV requires external power source for Achieve only.

† Warranties outside the U.S. may vary.

Specifications subject to change.

SYNRGY360

Model	Live Area Recommendation (L x W x H)	Base Unit Dimensions* (L x W x H)		Base Unit Weight*	
		Minimum	Maximum	Minimum	Maximum
Synrgy360XL	27" x 27" x 9.5"	154" x 154" x 101"	192" x 192" x 101"	2205 lb	5743 lb
Synrgy360XM	22" x 27" x 9.5"	89" x 154" x 101"	127" x 192" x 101"	1461 lb	3533 lb
Synrgy360S	23" x 23" x 9.5"	118" x 152" x 96"	118" x 178" x 96"	1110 lb	2025 lb
Synrgy360XS	22" x 22" x 9.5"	89" x 89" x 96"	110" x 108" x 96"	860 lb	1891 lb
Synrgy360T	11" x 22" x 9.5"	50" x 89" x 96"	110" x 69" x 96"	631 lb	1676 lb
Space Options	Changes to Base Unit Dimensions		Changes to Base Unit Weight		
Suspension Chin	NA	NA	Adds 24.4 lb to Weight		
Rock Grip Chin	NA	NA	Adds 31.1 lb to Weight		
Boxing Connector	NA	Increases Max Height to 99"	Adds 41.5 lb to Weight		
Power Pivot	NA	NA	Adds 51.2 lb to Weight		
Accessories	Changes to Base Unit Dimensions		Changes to the Base Unit Weight		
Dip	NA	Adds 31" to the side it is added.	Adds 12" to the side it is added.	Adds 27.2 lb to Weight	
Step Up Platform	NA	Adds 31" to the side it is added.	Adds 12" to the side it is added.	Adds 49.9 lb to Weight	

*Dimensions and Weight vary depending on the Model configuration.

FRAME

- 11-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder-coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine frame from slipping

SHROUD

- Full front and back shrouds and pulley covers

WEIGHT PLATES AND GUIDE RODS

- Solid-steel weight plates
- Top weight plate is fitted with self-lubricating bushings
- 7/16" (11 mm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Patented incremental weight system is integrated on top plate. Simple turn of dial allows users to select 5 lbs (2.5 kg), 10 lbs

(5 kg), or 15 lbs (7.5 kg) weight increments for gradual increase in resistance

CABLES AND PULLEYS

- 7 x 19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications
- 4.5" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed ball bearings

STRENGTH FRAME AND UPHOLSTERY COLORS

- See page 134 for frame and upholstery color options.

WARRANTY

- 10-year limited warranty on the structural frame (coatings excluded); 5-year on the pulleys, weight plates, and guide rods; 1-year on the bearings, cables, and grips; and 90-day on the upholstery, springs and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.

OPTIONS



SUSPENSION CHIN

- A dual position 1.25" (3 cm) diameter chin-up bar that is ideal for suspension training in the middle of the space.



ROCK GRIP CHIN

- Combines rock wall climbing grips with ergonomically angled chin up handles for increased comfort.



BOXING BAG CONNECTOR

- Allows for easy attachment of a heavy bag.



POWER PIVOT

- Provides the ability to perform a variety of rotational exercises.
- Custom Synrgy360 Power Pivot Bar that reduces the minimum resistance by half compared to a traditional Olympic bar.
- Integrated weight plate and Synrgy360 Power Pivot Bar storage included.

ACCESSORIES



DIP

- Ergonomic handles adjust vertically in 6" (15 cm) increments.



STEP-UP PLATFORM

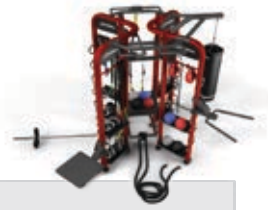
- 7" (18 cm) minimum step up height that adjusts in 6" (15 cm) increments.



SYNRGY360 S

Versa	Combo	Mix
<ul style="list-style-type: none"> • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 10 Accessory Storage Shelves 	<ul style="list-style-type: none"> • 2 U-Link Adjustment Columns • Step-Up Platform • Dip Handle <p>Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar</p>	<ul style="list-style-type: none"> • Cable Station • Suspension Chin-Up Bar • 2 Rock Grip Chin-Up Bars • Power Pivot • 8 Accessory Storage Shelves • U-Link Adjustment Column <ul style="list-style-type: none"> • 2 Battle Rope Attachments • Step-Up Platform <p>Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>
		<ul style="list-style-type: none"> • Cable Station • Rebounder • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Power Pivot • 8 Accessory Storage Shelves • U-Link Adjustment Column <ul style="list-style-type: none"> • 2 Battle Rope Attachments • Step-Up Platform <p>Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>

*Synrgy360S is required to be secured to concrete floor to stabilize and eliminate rocking or tipping



SYNRGY360 XS

Versa	Combo	Mix
<ul style="list-style-type: none"> • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 9 Accessory Storage Shelves • 4 U-Link Adjustment Columns • 4 Battle Rope Attachments • Step-Up Platform • Dip Handle 	<p>Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar</p>	<ul style="list-style-type: none"> • Cable Station • 2 Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Power Pivot • 7 Accessory Storage Shelves • 4 Battle Rope Attachments • Step-Up Platform • Dip Handle
		<ul style="list-style-type: none"> • Cable Station • Rebounder • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 5 Accessory Storage Shelves • 2 U-Link Columns • 3 Battle Rope Attachments • Step-Up Platform • Dip Handle <p>Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>

Versa DAP	Mix DAP
<ul style="list-style-type: none"> • 2 Cable Stations • 2 Suspension Chin-Up Bars • Rock Grip Chin-Up Bar • 5 Accessory Storage Shelves • 2 U-Link Adjustment Columns • 4 Battle Rope Attachments • Step-Up Platform • Dip Handle 	<p>Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt</p> <ul style="list-style-type: none"> • 2 Cable Stations • Rebounder • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 3 Accessory Storage Shelves • U-Link Adjustment Column • 3 Battle Rope Attachments • Step-Up Platform

*Synrgy360XS is required to be secured to concrete floor to stabilize and eliminate rocking or tipping



SYNRGY360 XZ

Versa	Combo	Mix
<ul style="list-style-type: none"> • Cable Station • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 14 Accessory Storage Shelves • 7 U-Link Adjustment Columns 	<ul style="list-style-type: none"> • 4 Battle Rope Attachments • Step-Up Platform • Dip Handle <p>Included Accessories: 2 TRX Suspension Trainers / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>	<ul style="list-style-type: none"> • 2 Cable Stations • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Power Pivot • 12 Accessory Storage Shelves • 6 U-Link Adjustment Columns • 4 Battle Rope Attachments <p>Included Accessories: 2 TRX Suspension Trainers / 2 Short Handles / 2 Long Handles / 2 DAP Training Belts / 1 Synrgy360 Power Pivot Bar</p>
		<ul style="list-style-type: none"> • 2 Battle Rope Attachments • Step-Up Platform • Dip Handle <p>Included Accessories: 2 TRX Suspension Trainers / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>



SYNRGY360 T

Versa	Combo	Mix
<ul style="list-style-type: none"> • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Power Pivot • 7 Accessory Storage Shelves • 3 U-Link Adjustment Columns • 2 Battle Rope Attachments • Step-Up Platform • Dip Handle 	<p>Included Accessories: 1 TRX Suspension Suspension Trainer / 1 Synrgy360 Power Pivot Bar</p>	<ul style="list-style-type: none"> • Cable Station • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Power Pivot • 5 Accessory Storage Shelves • 2 U-Link Adjustment Columns • 2 Battle Rope Attachments • Step-Up Platform • Dip Handle
		<ul style="list-style-type: none"> • Cable Station • Rebounder • Suspension Chin-Up Bar • 3 Accessory Storage Shelves • U-Link Adjustment Column • Battle Rope Attachment • Step-Up Platform <p>Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt</p>

Versa DAP	Rebounder DAP
<ul style="list-style-type: none"> • Cable Station • 2 Cable Stations • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • 3 Accessory Storage Shelves • U-Link Adjustment Column • 2 Battle Rope Attachments • Step-Up Platform 	<p>Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt</p> <ul style="list-style-type: none"> • 2 Cable Stations • Rebounder • Suspension Chin-Up Bar • Accessory Storage Shelf • Battle Rope Attachment

*Synrgy360T is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

SYNRGY360 XM

Versa	Combo	Mix
<ul style="list-style-type: none"> • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 14 Accessory Storage Shelves • 6 U-Link Adjustment Columns 	<ul style="list-style-type: none"> • 4 Battle Rope Attachments • Step-Up Platform • Dip Handle <p>Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar</p>	<ul style="list-style-type: none"> • 2 Cable Stations • 2 Suspension Chin-Up Bars • Rock Grip Chin-Up Bar • Power Pivot • 10 Accessory Storage Shelves • 4 U-Link Adjustment Columns <p>Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>
		<ul style="list-style-type: none"> • 2 Cable Stations • Rebounder • Suspension Chin-Up Bar • Rock Grip Chin-Up Bar • Boxing Bag Connector • Power Pivot • 8 Accessory Storage Shelves <p>Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar</p>

*Synrgy360XM is required to be secured to concrete floor to stabilize and eliminate rocking or tipping



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www.lifefitness.com/international



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YOUR GOALS

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BUILDING CHAMPIONS

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BUILDING A WINNING FORMULA A GAME PLAN FOR ATHLETIC SUCCESS

Building a champion takes hard work, sacrifice and sweat. The country's best college and high school coaches provide athletes with strength-training fundamentals and instill a sense of dedication. Both are at the core of sports success.

Coaches construct stronger and faster athletes using cutting-edge training techniques learned at Hammer Strength Clinics. They discover how to combine tough, state-of-the-art Hammer Strength equipment with the insatiable drive every successful athlete has toward extreme physical development. The result is a strength-training program that challenges even the toughest athletes and creates a team that gets the job done on the field, court or track.

A select few use this superior training and an intense dedication to their sport to develop into world-class athletes and earn the rare opportunity to compete on the professional level.





STRENGTH IN NUMBERS

Most every serious athletic team, as well as hundreds of fitness facilities worldwide, make Hammer Strength their #1 strength-training choice.

100%

of NFL and MLB teams train with Hammer Strength

24/30

of NHL teams get the Hammer Strength advantage



29 out of 30
NBA teams use
Hammer Strength





THE MTS DIFFERENCE

MOTION. TECHNOLOGY. SELECTORIZED.

Hammer Strength extends the same Motion Technology of its revolutionary plate-loaded machines to its Motion Technology Selectorized™ (MTS) equipment. Only Hammer Strength MTS incorporates the biomechanical integrity of patented Iso-Lateral® technology with the ease and convenience of selectorized weight stacks.



ISO-LATERAL CHEST PRESS /MTSCP

- 40" L x 68" W x 77" H (102 cm x 173 cm x 196 cm)
- 50 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL DECLINE PRESS /MTSDP

- 39" L x 64" W x 66" H (99 cm x 163 cm x 168 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 755 lbs (342 kg)



ISO-LATERAL INCLINE PRESS /MTSIP

- 40" L x 68" W x 77" H (102 cm x 173 cm x 196 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL SHOULDER PRESS /MTSSP

- 45" L x 62" W x 54" H (114 cm x 158 cm x 137 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 746 lbs (338 kg)

Images not to scale.

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ISO-LATERAL ROW / MTSRW

- 51" L x 62" W x 82" H (130 cm x 158 cm x 208 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 765 lbs (347 kg)



ISO-LATERAL HIGH ROW / MTSHR

- 47" L x 72" W x 77" H (119 cm x 183 cm x 196 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 780 lbs (354 kg)



ISO-LATERAL LEG EXTENSION / MTSLE

- 48" L x 57" W x 55" H (122 cm x 145 cm x 140 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 750 lbs (341 kg)



ISO-LATERAL KNEELING LEG CURL / MTSKC

- 52" L x 56" W x 54" H (132 cm x 142 cm x 137 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 730 lbs (331 kg)



ISO-LATERAL FRONT PULLDOWN / MTSFP

- 48" L x 58" W x 80" H (122 cm x 147 cm x 203 cm)
- 150 lbs (75 kg) per stack
- Total Weight: 793 lbs (360 kg)



ISO-LATERAL BICEPS CURL / MTSBC

- 38" L x 58" W x 59" H (97 cm x 147 cm x 150 cm)
- 100 lbs (50 kg) per stack
- Total Weight: 520 lbs (236 kg)



ISO-LATERAL TRICEPS EXTENSION / MTSTE

- 36" L x 52" W x 60" H (91 cm x 132 cm x 152 cm)
- 100 lbs (50 kg) per stack
- Total Weight: 580 lbs (267 kg)



V-SQUAT / MTSVS

- 96" L x 31" W x 79" H (244 cm x 79 cm x 201 cm)
- 390 lbs (195 kg) stack
- Total Weight: 750 lbs (341 kg)



ABDOMINAL CRUNCH / MTSAB

- 44" L x 39" W x 56" H (111 cm x 99 cm x 142 cm)
- 150 lbs (75 kg) stack
- Total Weight: 530 lbs (241 kg)



PLATE-LOADED BUILDING CHAMPIONS

Hammer Strength is the #1 brand of plate-loaded equipment in the world and offers some of the industry's most advanced strength-training technologies. With the revolutionary vision and guidance of founder Gary Jones, Hammer Strength became the first to explore the ergonomic advantages of utilizing converging and diverging arcs of motion. With over 40 plate-loaded products—including the revolutionary Ground Base® machines—Hammer Strength gives you the power to build champions at any level.



ISO-LATERAL BENCH PRESS /ILBP

- Starting resistance – 7 lbs (3.2 kg)
- Standard weight horns – 6 (not shown)
- 49" L x 52" W x 69" H – 350 lbs
(125 cm L x 132 cm W x 175 cm H – 159 kg)
- Handle options:
Horizontal (shown), Vertical (ILBP-V)



ISO-LATERAL HORIZONTAL PRESS /ILHBP

- Starting resistance – 18 lbs (8.2 kg)
- Standard weight horns – 4
- 66" L x 61" W x 42" H – 240 lbs
(168 cm L x 155 cm W x 107 cm H – 109 kg)



ISO-LATERAL SUPER INCLINE PRESS /ILFMP

- Starting resistance – 11 lbs (5 kg)
- Standard weight horns – 6
- 50" L x 59" W x 60" H – 360 lbs
(127 cm L x 150 cm W x 152 cm H – 163 kg)



ISO-LATERAL INCLINE PRESS /ILIP-H

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 6
- 39" L x 52" W x 75" H – 325 lbs
(99 cm L x 132 cm W x 191 cm H – 147 kg)



ISO-LATERAL WIDE CHEST /ILWC

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 6
- 45" L x 69" W x 69" H – 305 lbs
(114 cm L x 175 cm W x 175 cm H – 138 kg)



ISO-LATERAL DECLINE PRESS /ILDPC

- Starting resistance – 6 lbs (2.7 kg)
- Standard weight horns – 6
- 51" L x 54" W x 68" H – 315 lbs
(130 cm L x 137 cm W x 173 cm H – 143 kg)

Images not to scale.

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HAMMER STRENGTH PLATE-LOADED



ISO-LATERAL SHOULDER PRESS /ILSP

- Starting resistance – 10 lbs (4.5 kg)
- Standard weight horns – 6
- 51" L x 58" W x 74" H – 350 lbs
(130 cm L x 147 cm W x 188 cm H – 159 kg)



ISO-LATERAL CHEST/BACK /ILCB

- Starting resistance – 7 lbs (3.2 kg)
- Standard weight horns – 6
- 72" L x 52" W x 82" H – 390 lbs
(183 cm L x 132 cm W x 208 cm H – 177 kg)



ISO-LATERAL FRONT LAT PULLDOWN /ILPD

- Starting resistance – 1 lb (0.5 kg)
- Standard weight horns – 6
- 65" L x 41" W x 80" H – 315 lbs
(165 cm L x 104 cm W x 203 cm H – 143 kg)



ISO-LATERAL D.Y. ROW /ILDRW

- Starting resistance – 3 lbs (1.4 kg)
- Standard weight horns – 6
- 51" L x 56" W x 82" H – 360 lbs
(130 cm L x 142 cm W x 208 cm H – 163 kg)



ISO-LATERAL LOW ROW /ILLR

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 6
- 48" L x 47" W x 67" H – 335 lbs
(122 cm L x 119 cm W x 170 cm H – 152 kg)



SEATED/STANDING SHRUG /PLSH

- Starting resistance – 25 lbs (11 kg)
- Standard weight horns – 2
- 38" L x 53" W x 47" H – 235 lbs
(97 cm L x 135 cm W x 119 cm H – 107 kg)



ISO-LATERAL WIDE PULLDOWN /ILWPD

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 6
- 71" L x 42" W x 80" H – 320 lbs
(180 cm L x 107 cm W x 203 cm H – 145 kg)



ISO-LATERAL HIGH ROW /ILHR

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 4
- 61" L x 41" W x 79" H – 330 lbs
(155 cm L x 104 cm W x 201 cm H – 150 kg)



ISO-LATERAL ROWING /ILROW

- Starting resistance – 12 lbs (5.4 kg)
- 59" L x 50" W x 51" H – 280 lbs
(150 cm L x 127 cm W x 130 cm H – 127 kg)



SEATED DIP /PLDIP

- Starting resistance – 4 lbs (1.8 kg)
- Standard weight horns – 4
- 67" L x 38" W x 42" H – 285 lbs
(170 cm L x 97 cm W x 107 cm H – 129 kg)



SEATED BICEPS /PLBI

- Starting resistance – 4 lbs (1.8 kg)
- 50" L x 46" W x 53" H – 225 lbs
(127 cm L x 117 cm W x 135 cm H – 102 kg)



ISO-LATERAL LATERAL RAISE /PLLR

- Starting resistance – 1 lb (0.5 kg)
- Standard weight horns – 4
- 41" L x 55" W x 48" H – 295 lbs
(104 cm L x 140 cm W x 122 cm H – 134 kg)



STAND-ALONE RACKS

HALF RACK LONG BASE

- Space efficient, open front design allows for unrestricted movements
- 59" L x 74" W x 96" H (150 cm L x 189 cm W x 244 cm H)
- Shown with optional Straight Bar Pull-Up, Power Pivot, Top Band Pegs and Dock 'N Lock



COMBO RACKS

HALF RACK SHORT BASE / DAP

- Combine the benefits of an open front design Rack and functionality of a Dual Adjustable Pulley into one system
- 106" L x 74" W x 96" H (269 cm L x 189 cm W x 244 cm H)
- 1:4 resistance level on DAP for low starting resistance and high-speed movements
- Shown with optional Dual Pull-Up, Power Pivot (Half Rack Side) and Thick Straight Bar Pull-Up (DAP Side)



(Example Configurations)



MULTI-RACK

- Ideal configuration for a combination of pressing, squatting and overhead lifts inside a partial Rack
- 82" L x 74" W x 96" (208 cm L x 188 cm W x 244 cm H)
- Shown with optional 2-Handle Pull-Up, Sumo Base and Reverse Bar Supports



POWER RACK

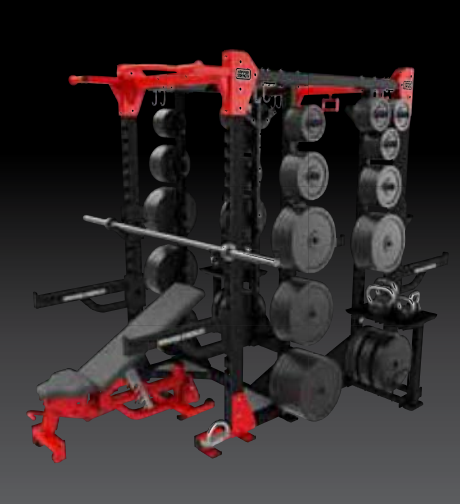
- Fully enclosed Rack provides the ultimate lifting space
- 82" L x 90" W x 96" H (208 cm L x 229 cm W x 244 cm H)
- Shown with optional Rotating Chin-Up, Thick Grip Pull-Up, Side Mount Pull-Up, Power Pivot, Top Band Pegs and Kettle Bell/Bumper Storage

(Example Configurations)



POWER RACK/ HALF RACK

- Experience the openness of Half Rack and security of enclosed Power Rack all in one system
- 124" L x 90" W x 96" H (315 cm L x 229 cm W x 244 cm H)
- Shown with optional 3-Handle Pull-Up, Straight Bar Pull-Up, Sumo Base and Short Single Kettle Bell/Bumper Storage, Neutral Pull-Up and Top Band Peg (Half Rack Side)



HALF RACK/ HALF RACK

- 2 open workstations allow for unrestricted movements
- 133" L x 90" W x 96" H (338 cm L x 229 cm W x 244 cm H)
- Shown with optional Arc Dual Pull-Up, Rotating Chin-Up, Battle Rope Attachment, Top Band Pegs and Long Double Mix storage



ATHLETIC SERIES DEVELOPMENTAL FORCE

This series of racks and platforms are equipped for the demands of a busy athletic weight room. With every essential for great performance, these machines give any program, regardless of budget, the opportunity to train on quality equipment.



HALF RACK /HDHR8 (8') / HDHR9 (9')

- 8' Half Rack:
– 55" L x 66" W x 97" H – 536 lbs
(140 cm L x 168 cm W x 247 cm H – 244 kg)
- 9' Half Rack:
– 55" L x 66" W x 109" H – 548 lbs
(140 cm L x 168 cm W x 277 cm H – 249 kg)



POWER RACK /ASPR

- 59" L x 55" W x 92" H – 360 lbs
(149 cm L x 140 cm W x 234 cm H – 163 kgs)
- 8 Standard Weight Horns
- 1.25" (3 cm) Front Pull-Up Bar
- 2" (5 cm) Rear Pull-Up Bar



MULTI ADJUSTABLE BENCH /ASMAB

- 52" L x 22" W x 18.5" H – 85 lbs
(132 cm L x 56 cm W x 47 cm H – 39 kg)
- Back Pad adjusts from -10°, 0°, 30°, 45°, 60° and 80° pressing angles
- Seat Pad adjusts from 0° to 10°, 20° and 30°
- Ergonomic handles and wheels offer ease of mobility



PLATFORM WITH SHORT INSET /AS6X8SI

- 121" L x 92" W x 1.5" H – 250 lbs
(306 cm L x 232 cm W x 4 cm H – 113 kgs)
- Optional custom painted logos available
- Shown with Hammer Strength logo



SEATED ARM CURL /FWAC

- 39" L x 36" W x 43" H – 160 lbs
(39 cm L x 90 cm W x 109 cm H – 73 kg)
- Adjustable seat to accommodate users of all sizes



OLYMPIC SQUAT RACK /OSR

- Standard weight horns – 10
- 59" L x 68" W x 73" H – 290 lbs
(150 cm L x 173 cm W x 185 cm H – 132 kg)
- Six racking positions



CHIN/DIP/LEG RAISE /BWCDL

- 48" L x 42" W x 92" H – 250 lbs
(122 cm L x 107 cm W x 234 cm H – 113 kg)
- 15-degree back pad angle



BACK EXTENSION /BWBE

- 59" L x 28.3" W x 43" H – 135 lbs
(150 cm L x 72 cm W x 108 cm H – 61 kg)
- Adjustable, angled pad for comfort and support



GLUTE/HAM /BWGH

- 72" L x 33" W x 50" H – 329 lbs
(183 cm L x 84 cm W x 127 cm H – 149 kg)
- Roller pad
- Reverse Hyper Handles to train and strengthen lower back
- Band pegs for added resistance



FIXED PAD GLUTE/HAM /BWGHF

- 72" L x 33" W x 50" H – 329 lbs
(183 cm L x 84 cm W x 127 cm H – 149 kg)
- Reverse Hyper Handles to train and strengthen lower back
- Band pegs for added resistance



UTILITY BENCH-75 DEGREE /FWUB75

- 51" L x 25" W x 37" H – 65 lbs
(130 cm x 64 cm x 94 cm – 30 kg)



ADJUSTABLE BENCH /FWMAB

- Bench adjusts in 8 different positions (0–80°)
- Seat automatically adjusts with backpad adjustments
- 55" L x 26" W x 17" H (flat) – 115 lbs
(140 cm L x 66 cm W x 43 cm H – 52 kg)
- 50" L x 26" W x 46" H (upright) – 115 lbs
(127 cm L x 66 cm W x 117 cm H – 52 kg)



**DECLINE/
ABDOMINAL BENCH /FWDB**

- 63" L x 24" W x 34" H – 100 lbs
(160 cm L x 61 cm W x 86 cm H – 45 kg)
- 15 degree decline on back pad
- Integrated handle to assist with entry/exit



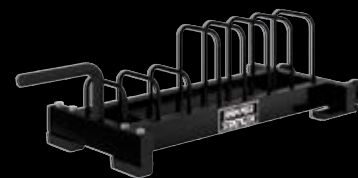
FLAT BENCH /FWFB

- 50" L x 22" W x 16" H – 54 lbs
(127 cm L x 55 cm W x 39 cm H – 25 kg)



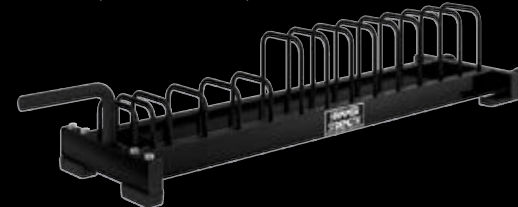
DELUXE WEIGHT TREE /FWDWT

- Standard weight horns – 8
- 20" L x 27" W x 39" H – 73 lbs
(51 cm L x 69 cm W x 98 cm H – 33 kg)



**SMALL BUMPER PLATE
STORAGE /FWBPS**

- 46" x 16" x 11.5" – 44 lbs
(117cm x 41cm x 29cm – 20 kg)
- (4) Bumper Plate storage positions
4" W x 8" H (9 cm W x 20 cm H)
- (3) 2.5 lbs, 5 lbs and 10 lbs Bumper Plate
storage positions 4" W x 4" H
(10 cm W x 10 cm H)



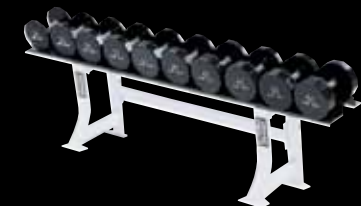
**LARGE BUMPER PLATE
STORAGE /FWBPL**

- 72" x 16" x 12" – 88 lbs
(183 cm x 41 cm x 29 cm – 40 kg)
- (8) Bumper Plate storage positions
4" W x 8" H (10 cm W x 20 cm H)
- (4) 10 lbs and 5 lbs Bumper Plate storage
positions 4" W x 4" H (10 cm W x 10 cm H)
- (2) 2.5 lbs Bumper Plate storage positions
2" W x 4" H (4 cm W x 10 cm H)



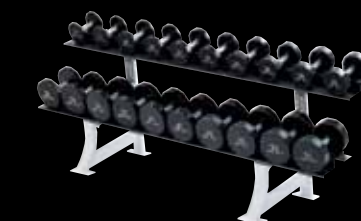
BARBELL RACK /FWBAR

- Accommodates up to 10 barbells
- 31" L x 28" W x 60" H – 142 lbs
(79 cm L x 71 cm W x 152 cm H – 64 kg)



DUMBBELL RACK-SINGLE /FWDR1

- 90" L x 16.5" W x 23.5" H – 93 lbs
(229 cm L x 42 cm W x 60 cm H – 42 kg)
- Accommodates five pairs of dumbbells



DUMBBELL RACK-DOUBLE /FWDR2

- 90" L x 24" W x 32" H – 155 lbs
(229 cm L x 60 cm W x 81 cm H – 70 kg)
- Accommodates 10 pairs of dumbbells

All products are not available in all colors. See charts below for full color specifications.

STRENGTH FRAME COLOR CHART

Key	• Standard	◦ Optional	– Unavailable	† Custom	†† Premium
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Color	Hammer Strength		
	MTS	Plate-Loaded and Benches and Racks	HD Elite
Platinum	•	•	•
White	•	•	•
Black	•	•	•
Ice Blue Metallic	•	•	•
Midnight Metallic	•	•	•
Nickel	•	•	•
Blue	•	•	•
Red	•	•	•
Yellow	•	•	•
Shadow Gray*	–	–	–
Candy Apple Red	††	–	–
Electric Blue	–	–	–
Custom	†	†	†

*Signature Series Plate-Loaded Shadow Gray only available for workarm

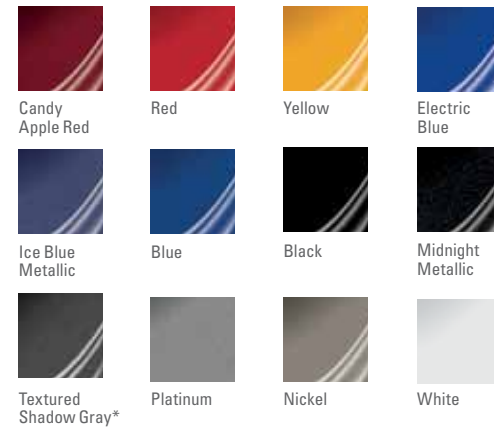
STRENGTH UPHOLSTERY COLOR CHART

Color	Hammer Strength		
	MTS	Plate-Loaded and Benches and Racks	HD Elite
Black	•	•	•
Am. Beauty Red	•	•	•
Azure	•	•	•
Burgundy	•	•	•
Cranberry	•	•	•
Candy Apple Red	•	•	•
Chestnut	•	•	•
Concord	•	•	•
Crocus	•	•	•
Graphite	•	•	•
Dove Gray	•	•	•
Emerald	•	•	•
Grotto	•	•	•
Gun Metal	•	•	•
Hunter Green	•	•	•
Imperial Blue	•	•	•
Jade	•	•	•
Navy	•	•	•
Northwoods Green	•	•	•
Paprika	•	•	•
Plum	•	•	•
Royal Blue	•	•	•
Putty	•	•	•
Regimental Blue	•	•	•
Slate	•	•	•
Space Blue	•	•	•
Suede	•	•	•
Terra Cotta	•	•	•
Turquoise	•	•	•
Wheat	•	•	•
Custom	†	†	†

Custom Colors In addition to standard colors, we offer custom colors. Contact your sales representative for more information.

*Synrgy360 upholstery only available for Rebounder
Premium and Custom frame and upholstery are available for an additional charge.

Strength Frame Colors



Upholstery Colors



* Only available for workarms on Signature Plate-Loaded

HAMMER STRENGTH

PLATE-LOADED EQUIPMENT, ATHLETIC SERIES, BENCHES AND RACKS

FRAME

- 11-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

WARRANTY

- 10-year limited warranty on the structural frame (coatings excluded); 5-year on the pillow blocks, pulleys, weight plates, weight stack guide rods, and rotational bearings; 1-year on the linear bearings, linear shafts, and cables; and 90-day on the upholstery, grips, belts, springs, hardware, and any items not specified. Platforms and inserts: 1-year limited warranty on the structural foundation and frame (excluding surface finish); and 90-day on rubber mats, hardware, and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.

Individual product specs are available on the corresponding product pages.

HAMMER STRENGTH

MTS

FRAME

- 11-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

CUSHIONING

- Pads are molded with radius on edge for improved comfort

ADJUSTMENTS

- Roller mechanism on seat adjustment provides smooth operation

INSTRUCTIONAL PLACARDS

- Easy-to-follow instructions illustrate proper use and muscles trained

SHROUD

- Full front and back shrouds and pulley covers
- Weight Plates and Guide Rods
- Solid-steel weight plates
- Top weight plate is fitted with self-lubricating bushings
- 7/16" (1 cm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Drop down incremental weight system

HAMMER STRENGTH

HD ELITE RACKS

FRAME

- 7-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

CUSHIONING

- Customized, commercial-grade pads on Adjustable Bench insure proper support and comfort

WARRANTY

- 10-year limited warranty on the structural frame (coatings excluded); 5-year on the pillow blocks, pulleys, weight plates, weight stack guide rods, and rotational bearings; 1-year on the cables; and 90-day on the upholstery, grips, springs, hardware, and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.

STAND ALONE RACK = 1 Rack + Stand Alone Storage (HDLSTOR-SA)
COMBO RACK = 1 Rack + 1 Combo Storage + 1 Rack

HD Elite Racks	Total Weight	Dimensions (L x W x H)
HD Elite Half Rack - Short Base (HDLHRS) <small>*Unit must be anchored to floor **Unit not available with Stand Alone Storage (HDLSTOR-SA)</small>	286 lbs (130 kg)	37" x 74" x 96" (47 cm x 189 cm x 244 cm)
HD Elite Half Rack - Long Base (HDLHRL)	328 lbs (149 kg)	37" x 74" x 96" (94 cm x 189 cm x 244 cm)
HD Elite Multi-Rack (HDLMR)	463 lbs (211 kg)	59" x 74" x 96" (150 cm x 189 cm x 244 cm)
HD Elite Power Rack (HDLPR)	557 lbs (253 kg)	59" x 74" x 96" (150 cm x 189 cm x 244 cm)
HD Elite Combo Rack Dual Adjustable Pulley (HDLCRDAP)	1476 lbs (670 kg)	42" x 74" x 96" (107 cm x 189 cm x 244 cm)

HD Elite Storage	Total Weight	Dimension Added to LENGTH
HD Elite Stand Alone Storage (HDLSTOR-SA)	206 lbs (94 kg)	Add 22.5" (57 cm) to LENGTH
HD Elite Combo - Short Single Storage (HDLSTOR-SS)	290 lbs (132 kg)	Add 27.5" (70 cm) to LENGTH
HD Elite Combo - Medium Single Storage (HDLSTOR-MS)	380 lbs (173 kg)	Add 45" (114 cm) to LENGTH
HD Elite Combo - Long Double Storage (HDLSTOR-LD)	512 lbs (233 kg)	Add 60" (153 cm) to LENGTH

Max Training Weight: 855 lbs (388 kg)
Max User Weight: 400 lbs (181 kg)
If using 9" Upright, HEIGHT becomes 108" (274 cm), and add 32 lbs (15 kg) to total weight of HDLPR and 16 lbs (8 kg) to all other Racks
If using Kettle Bell / Bumper Storage WIDTH becomes 90" (229 cm), and add 121 lbs (55 kg) to total weight for each pair selected.
Specifications subject to change.

