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Stand System**

Life Fitness 2013

Activate SERIES



**Activate
Series**

Scan QR code to watch
Instructional training Video

INTRODUCING THE NEW ACTIVATE SERIES

Quality, affordable and easy-to-use equipment from the fitness industry's #1 brand transforms your space into a world-class fitness center.

Activate SERIES



A 40 YEAR COMMITMENT TO EXCELLENCE

Life Fitness, the company that brought you the original Lifecycle[®] exercise bike now introduces our Activate Series...affordable cardio equipment designed with all the quality standards expected from the world's #1 health club brand.

RESEARCH, QUALITY, SMART DESIGN

Long term studies combined with biomechanics allow us to develop reliable equipment with innovative features that make it easy for clients to develop an effective fitness routine.



EVOLVING GLOBAL SERVICE

Life Fitness ships equipment and conducts business in over 120 countries. From delivery and installation through service for the life of the equipment, you can depend on our expert technical support.

PARTNERS FOR YOUR FUTURE

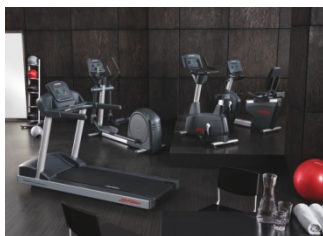
We also provide solutions to help plan and expand your facility while attracting new people, helping them and you reach every goal.

Activate SERIES



LIFE FITNESS IS COMMITTED TO DEVELOPING PRODUCTS THAT ENABLE OUR CUSTOMERS TO RUN GREENER BUSINESSES.

Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at lifefitness.com/green.



IMMENSELY RESPECTED

As the innovator of the first electronic exercise machine, Life Fitness continues to be the #1 brand for health clubs and pro sport teams worldwide.



REMARKABLY PERFECTED

The industry's most advanced biomechanics team studies motion and machines to make the best equipment that delivers the best workout.



EXTRAORDINARILY TESTED

The treadmill, cross trainer, recumbent and upright bike line has been tested thousands of hours, ensuring superior reliability and durability.

Cardiovascular Equipment Features

Project :

Easy to Use : The intuitive console design offers exercisers clear and simple direction for quick start or pre-programmed workouts.

Made to Last : Hundreds of hours of testing goes into each and every piece of equipment to ensure its durability and reliability.

Green to Go : Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered, and our treadmills have been proven more energy efficient by third-party testing.

Flexdeck® Shock Absorption System : Our patented system reduces knee and joint stress by up to 30% more than exercising on non-cushioned surfaces, decreasing the chance for injury and keeping runners feeling great on or off the treadmill.

State-of-the-Art Motor : Powerful 3 HP AC motor with Magna Drive™ motor controller (6-horsepower peak) ensures a smooth workout while being remarkably energy efficient

Fully Welded Frame : Proven Life Fitness components are solidly welded by expert treadmill craftsmen, ensuring a durable machine that is reliable over time.

Heart Rate Monitoring : Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the Ergo™ bar to provide accurate heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring when used with an optional chest strap

Intuitive Console : Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback

Classic Stride Technology : Proven Classic Stride Technology produces a unique, popular motion with an 18" stride length and research-based elliptical path and moving arms that provide an effective total-body workout.

Cardiovascular Equipment Features

Project :

Self-Powered Convenience : Powered by human movement, these energy efficient cross-trainers can be placed anywhere in a facility, with no electrical cords or outlets to consider (Models with optional 17" TV on stand require power)

Thoughtfully Designed Pedals : Oversized pedals allow exercisers to adjust their foot position for maximum comfort and are spaced 3" apart to minimize lateral hip shifting and reduce lower back stress.

Step-Through Design : Provides easy on and off.

Reliable Belt Drive System : Custom-designed system is quiet and virtually maintenance-free.

Comfort Adjustments : Easily adjustable ski-boot style pedal straps and 34 or 38 seat adjustment positions ensure that each person can find their most comfortable riding position

Biomechanically Efficient Design : Activate upright bike follows our tradition of biomechanically efficient body positioning with just a simple seat adjustment through a combination of crank, handlebar and seat position geometry.

Activate
SERIES



Cardiovascular Equipment

Project :

Item No. :

Activate Series Treadmill

Key Features:

- Flexdeck® Shock Absorption System
- Fully Welded Frame
- Powerful 3.0 HP AC motor with Magna Drive™ motor controller (6.0 HP peak)
- Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring
- Speed 0.5-12.0 MPH (0.8-19.3 kph)
- Incline : 0-15% in 0.5% increments
- Running Surface : 20" x 60" (51cm x 152cm)
- 7 workouts, Including 2 Zone Training+™ workouts and Fit Test protocol
- Ergonomically designed handlebars and siderails
- 13 languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand



Power Requirement :
13amp Socket x 1



Machine Weight	325 lbs (147 kg)
Maximum User Weight	400 lbs (181 kg)
Dimensions (L x W x H)	81" X 32" X 57" (205 X 82 X 145)cm
Power Requirements	Dedicated 220V / 13 amp circuit
Origin	USA
Product Code	OST

Cardiovascular Equipment

Project :

Item No. :

Activate Series Elliptical Cross-Trainer

Key Features:

- Classic Stride Technology : 18" (45.7cm) stride length
- Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring
- Self-Powered Convenience
- Thoughtfully Designed Pedals
- Intuitive Console
- Ergonomically-designed moving arm handles provide total-body workout
- 7 workouts, Including 2 Zone Training+™ workouts and Fit Test protocol
- 25 resistance levels
- 13 languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen formation TV stand



Machine Weight	240 lbs (109 kg)
Maximum User Weight	350 lbs (160 kg)
Dimensions (L x W x H)	82" x 28" x 60" (209 x 71 x 153)cm
Power Requirements	Self Powered
Origin	USA
Product Code	OSX

Cardiovascular Equipment

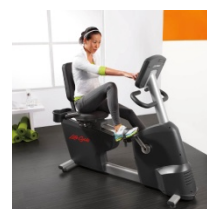
Project :

Item No. :

Activate Series Recumbent Bike

Key Features:

- Step-Through Design
- Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring
- Self-Powered Convenience; optional plug-in accessory
- Reliable Belt Drive System
- Intuitive Console
- 8 workouts, Including 2 Zone Training+™ workouts and Fit Test Protocol
- 34 seat adjustments
- Side and front handlebars
- 13 Languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand



Machine Weight	200 lbs (91 kg)
Maximum User Weight	400 lbs (181 kg)
Dimensions (L x W x H)	56" x 27" x 45" (163 x 67 x 115)cm
Power Requirements	Self Powered
Origin	USA
Product Code	OSR

Cardiovascular Equipment

Project :

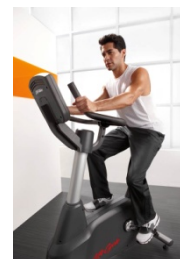
Item No. :



Activate Series Upright Bike

Key Features:

- Biomechanically Efficient Design
- Lifepulse™ digital heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring
- Self-Powered Convenience
- Reliable Belt Drive System
- Intuitive Console
- 8 workouts, Including 2 Zone Training+™ workouts and Fit Test protocol
- 38 seat adjustments
- Ergonomic racing-style handlebars
- 25 resistance levels
- 13 Languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand

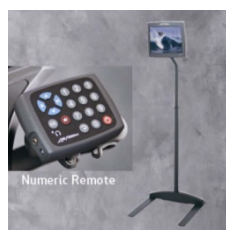


Machine Weight	130lbs (59 kg)
Maximum User Weight	400 lbs (181 kg)
Dimensions (L x W x H)	44" x 23" x 54" (112 x 59 x 137)cm
Power Requirements	Self Powered
Origin	USA
Product Code	OSC

New Attachable TV System

Project :

Item No. :



17" Attachable LCD TV Stand System

17" Attachable TV Stand System with External Numeric Remote for any Life Fitness products and other units

Key Features :

- 17" Diagonal
- Wide screen 16:9 Aspect Ratio
- iPod Compatibility
- Digital and Analog Tuner
- HD Channel Ready
- LG Philips LCD Panel
- 170° Horizontal x 170° Vertical viewing Angle
- 1286 x 786 Resolution
- 16.7 Million Colors
- 500:1 Contrast Ratio
- Brightness 450 nits (cd/m2)
- User Select Closed Captioning
- V-chip
- Video/Audio Input Systems
- Default Channel
- Power On/Off and Sleep Mode Blue LED
- Discreetly hidden controls on side of TV
- Optional IR Remote
- Acrylic Screen Protection
- Cable Signal Strength Monitor (digital only)

Power Requirement : 13amp Socket x 1

Machine Weight	17lbs (6.4 kg)
Dimensions (L x H x D)	17.3" x 12.1" x 2.8" (44 x 31 x 7)cm
Power Requirements	Dedicated 220V / 13 amp circuit
Origin	China
Product Code	LCDTV w/stand