

Life Fitness

New Insignia Series



The Insignia Series combines a premium look with smooth, biomechanically sound movements and user-friendly features intended to improve user comfort and create an inviting strength training experience. Dozens of design choices help create a full line of selectorized equipment that differentiates and enhances any facility.



➤ Enhanced Experience

Equipped with LFcodes placards to help exercisers reach their fitness goals and a rep counter to offer quick workout information.



➤ Low-Profile Towers

A low-profile design enhances social interaction and contributes to an inviting atmosphere.



➤ Striking Aesthetics

Clean lines and subtly rounded tubing create an elegantly modern design and premium look.



➤ Smooth and Natural Motion

Attention to sound biomechanics.

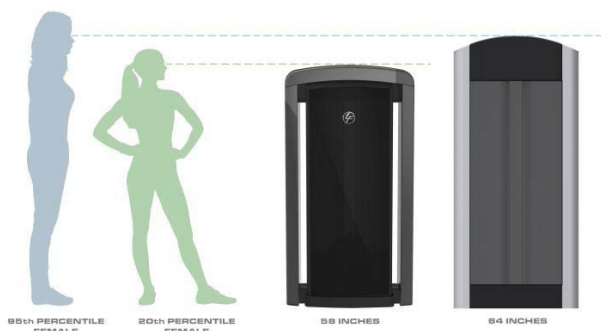


➤ User-Friendly Design

Easy adjustments, comfortable carefully crafted padding and ergonomic grips add up to a truly memorable user experience

New Insignia Series

New Look with Premium Aesthetics & Improved Biomechanics & Ergonomics



➤ New Tower

Low Profile 58" (147 cm) Tall
Painted Aluminum Tower Cap New
Accessory Tray (Removable)

➤ New Frame Colors

2 Compliment Cardio
2 New Matte Colors



Titanium



Charcoal



Mocha Sand



Diamond White

← PUSH

PULL →

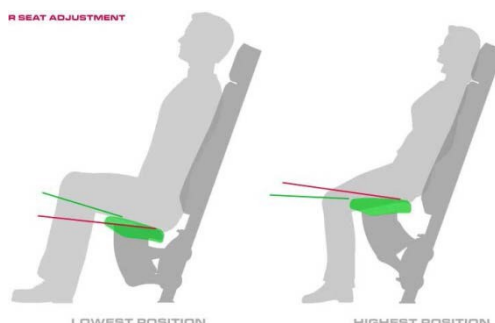


➤ New Ergonomic Grips

One grip = Push & Pull
Wide & Narrow Users

➤ New Seat & Seat Adjustment

More Durable
More Rigid
Easier to Adjust
Lighter
One Hand Operation
Articulating Seat Angle









New Insignia Series

New Look with Premium Aesthetics & Improved Biomechanics & Ergonomics

	Trim	Weight Stack	Package
Insignia L Series		X = Heavy Weight Stack with Dial	LX
	L	C= Standard Weight Stack with Dial	LC
		T = Standard Weight Stack with Drop Down	LT
Insignia S Series	S	X = Heavy Weight Stack with Dial	SX
		C= Standard Weight Stack with Dial	SC
		T = Standard Weight Stack with Drop Down	ST

New Package Options

The combination of 2 Trim options and 3 Weight Stack options, leads into 6 different packages all available.

L Trim	S Trim
Aluminum tower cap painted frame color 	Charcoal Grey Plastic tower cap. 
Rep Counter / Timer 	No Rep Counter / Timer 
Ergonomic Grips 	Standard grips 

Heavy w/ Dial (X)	Standard w/ Dial (C)	Standard w/ Drop Down (T)
Heavy Weight Stack Current Signature weights stack.	Market Standard Weight Stack 15% less weight than the Heavy weight stack.	Market Standard Weight Stack
Dial Increment Weights	Dial Increment Weights	Drop Down Increment Weights

Strength Equipment

Project :

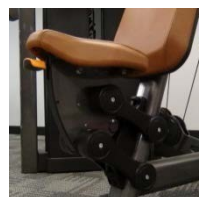
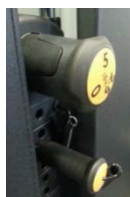
Item No. :



Insignia Series Assist Dip Chin

Key Features:

- Knee pads fold out of the way for unassisted training.
- Multiple hand positions allow for more exercise variety and accommodates different sized users.
- Additional steps allow for easy entry/exit.
- Combines two exercises into one machine.



Machine Weight	685 lbs (311 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	58" x 63.8" x 87" (148 x 163 x 221) cm
Origin	Hungary
Product Code	SS-ADC

Strength Equipment

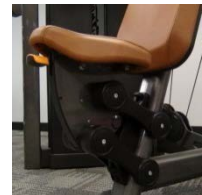
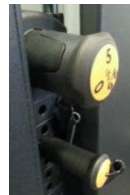
Project :

Item No. :

Insignia Series Biceps Curl

Key Features:

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



Machine Weight	639 lbs (290 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	47.9" x 62.7" x 58.2" (122 x 160 x 148) cm
Origin	Hungary
Product Code	SS-BC

Strength Equipment

Project :

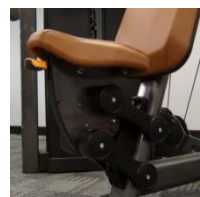
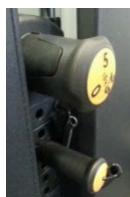
Item No. :



Insignia Series Chest Press

Key Features:

- Independent converging press arms produce a natural forward pressing movement for a superior feel.
- Adjustable start positions allow users to control the range of motion from the seated position.



Machine Weight	721 lbs (328 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	56.9" x 43.3" x 58.1" (145 x 110 x 148) cm
Origin	Hungary
Product Code	SS-CP

Strength Equipment

Project :

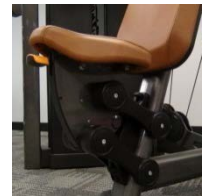
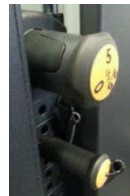
Item No. :



Insignia Series Lateral Raise

Key Features:

- Independent and variable cams replicate the body's natural strength curve throughout the entire range-of-motion.
- Pad positions are optimized for middle deltoid muscle stimulation.
- Pivoting handles accommodate users of all sizes.
- Counterbalanced arms for lowering starting resistance.



Machine Weight	600 lbs (273 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	51.6" x 52.5" x 58.2" (132 x 134 x 148) cm
Origin	Hungary
Product Code	SS-LR

Strength Equipment

Project :

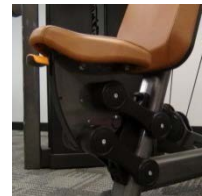
Item No. :



Insignia Series Pectoral Fly

Key Features:

- Independent variable cams provide equal resistance for each arm that replicate the body's natural strength profile.
- Handles automatically adjust to fit any size of user.
- Range-of-motion adjusts in 10-degree increments.



Machine Weight	673 lbs (306 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	60.6" x 70.4" x 58.2" (154 x 179 x 148) cm
Origin	Hungary
Product Code	SS-PEC

Strength Equipment

Project :

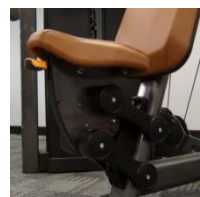
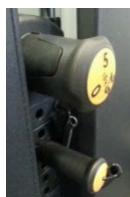
Item No. :



Insignia Series Pectoral Fly/Rear Deltoid

Key Features:

- Independent variables cams replicate the body's natural strength curve throughout the entire range-of-motion.
- Articulating arms accomodate the varying arm lengths of different-sized users.
- Accomodates two exercises into one machine.
- Five pectoral fly start positions accomodate different users range of motion.



Machine Weight	708 lbs (322 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	80" x 77.6" x 80.1" (204 x 198 x 204) cm
Origin	Hungary
Product Code	SS-FLY

Strength Equipment

Project :

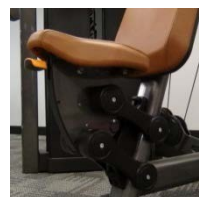
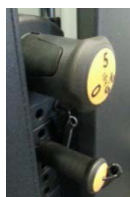
Item No. :



Insignia Series Pulldown

Key Features:

- Independent diverging movement creates a natural downward pulling exercise path for a superior feel.
- Defined path of motion provides an easy exercise experience.
- Angled thigh pad is fixed for simple operation in thigh stabilization.



Machine Weight	717 lbs (326 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	56.9" x 55.1" x 76.2" (145 x 140 x 194) cm
Origin	Hungary
Product Code	SS-PD

Strength Equipment

Project :

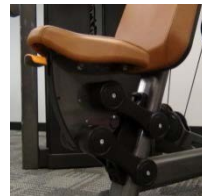
Item No. :



Insignia Series Row

Key Features:

- Independent diverging movement follows the natural path of movement for a superior feel.
- Adjustable chest pad accomodates users of all sizes.
- Centered fixed grip allows for stability during single arm exercises



Machine Weight	653 lbs (297 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	48.8" x 53.7" x 58.2" (124 x 137 x 148) cm
Origin	Hungary
Product Code	SS-RW

Strength Equipment

Project :

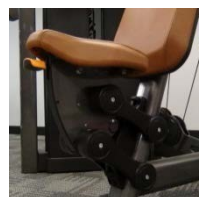
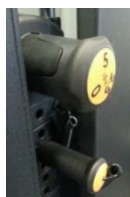
Item No. :



Insignia Series Shoulder Press

Key Features:

- Independent converging press arms create a natural overhead pressing movement for a superior feel.
- Counterbalanced press arms minimize the starting resistance.
- Neutral and pronated hand grips for exercise variety.



Machine Weight	657 lbs (299 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	56.8" x 64.4" x 72.8" (145 x 164 x 185) cm
Origin	Hungary
Product Code	SS-SP

Strength Equipment

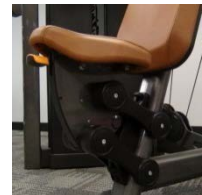
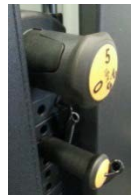
Project :

Item No. :

Insignia Series Triceps Press

Key Features:

- Angled back pad provides stabilization without the need for a seatbelt.
- Oversized pressing handles and traditional dip-style handles rotate in two positions, providing size adaptability and exercise variety.
- Easy access allows all users to comfortably perform the exercise.



Machine Weight	675 lbs (307 kg)
Weight Stack	160 lbs (130 kg)
Dimensions (L x W x H)	51.9" x 43.7" x 58.2" (132 x 111 x 148) cm
Origin	Hungary
Product Code	SS-TP

Strength Equipment

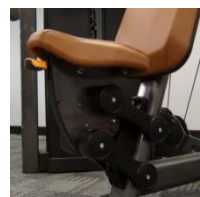
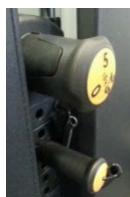
Project :

Item No. :

Insignia Series Calf Extension

Key Features:

- Foot plate rotates through a natural arc of motion.
- Convenient seat height aids in the easy entry and exit from machine.
- Molded rubber foot plate ensures balanced foot position and encourages multiple repetitions.



Machine Weight	646 lbs (294 kg)
Weight Stack	335 lbs (168 kg)
Dimensions (L x W x H)	40.3" x 68.6" x 58.2" (103 x 175 x 148) cm
Origin	Hungary
Product Code	SS-CE

Strength Equipment

Project :

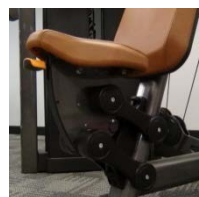
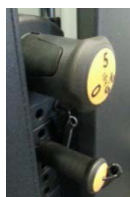
Item No. :



Insignia Series Glute

Key Features:

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



Machine Weight	527 lbs (240 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	38.2" x 73" x 58.2" (98 x 186 x 148) cm
Origin	Hungary
Product Code	SS-GL

Strength Equipment

Project :

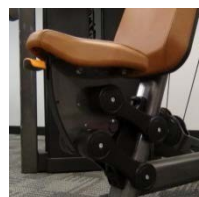
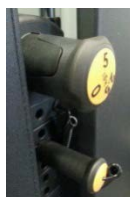
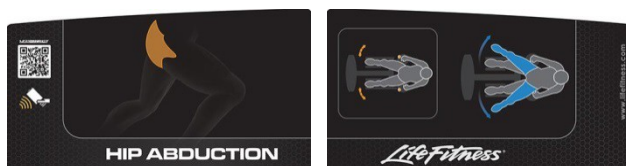
Item No. :



Insignia Series Hip Abduction

Key Features:

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



Machine Weight	728 lbs (331 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	49.8" x 62.6" x 58.2" (127 x 160 x 148) cm
Origin	Hungary
Product Code	SS-HAB

Strength Equipment

Project :

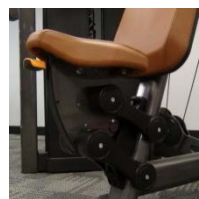
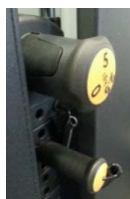
Item No. :



Insignia Series Hip Adduction

Key Features:

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



Machine Weight	728 lbs (331 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	49.8" x 62.6" x 58.2" (127 x 160 x 148) cm
Origin	Hungary
Product Code	SS-HAD

Strength Equipment

Project :

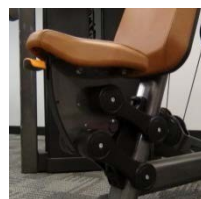
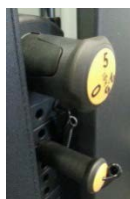
Item No. :



Insignia Series Leg Curl

Key Features:

- Diverging hip and chest pad angle minimizes lower back stress and helps maintain proper body alignment.
- Variable cam replicates the body's natural strength curve throughout the entire range of motion.
- Push button adjustments allow simple one-handed adjustments.
- 8 start positions in 10-degree increments accommodate users with varying range-of-motion capabilities.
- S-M-L-XL roller pad adjustment positions accommodate different-sized users



Machine Weight	562 lbs (255 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	62.6" x 41.7" x 58.2" (160 x 106 x 148) cm
Origin	Hungary
Product Code	SS-LC

Strength Equipment

Project :

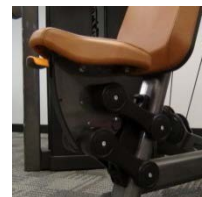
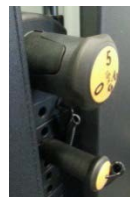
Item No. :



Insignia Series Leg Extension

Key Features:

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



Machine Weight	712 lbs (323 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	41.5" x 65.5" x 58.2" (106 x 167 x 148) cm
Origin	Hungary
Product Code	SS-LE

Strength Equipment

Project :

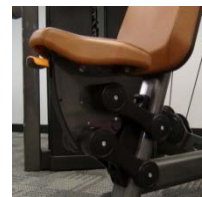
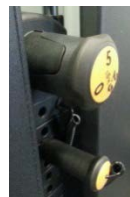
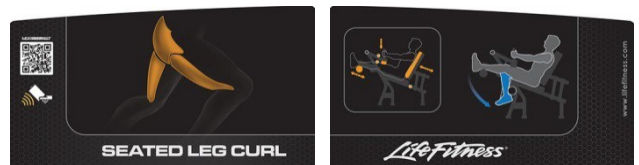
Item No. :



Insignia Series Seated Leg Curl

Key Features:

- Variable cam replicates the body's natural strength curve throughout the entire range-of-motion.
- Back pad, tibia pad, thigh pad, and range-of-motion adjustments are easily accessible from a seated position.
- Handles are positioned on top of the thigh pad to provide stability.



Machine Weight	774 lbs (352 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	39.7" x 61" x 58.2" (101 x 155 x 148) cm
Origin	Hungary
Product Code	SS-SLC

Strength Equipment

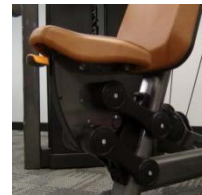
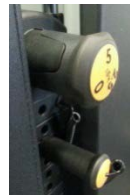
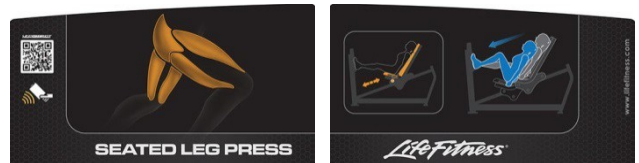
Project :

Item No. :

Insignia Series Seated Leg Press

Key Features:

- Upright exercise position is especially applicable to a novice or deconditioned user.
- Force is transmitted through the user's hips, eliminating spinal compression.
- Adjustable seat carriage accommodates a variety of user sizes and desired range-of-motions, and is easily adjusted from the seated position.



Machine Weight	1,000 lbs (454 kg)
Weight Stack	335 lbs (168 kg)
Dimensions (L x W x H)	44.8" x 79.1" x 64.7" (114 x 201 x 165) cm
Origin	Hungary
Product Code	SS-SLP

Strength Equipment

Project :

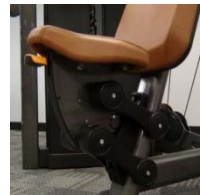
Item No. :



Insignia Series Back Extension

Key Features:

- Two-foot supports accommodate both taller and shorter users.
- Lumber pad helps users easily find the correct position relative to the axis of rotation.
- 5-position adjustable start mechanism accommodates each individual's range of motion.



Machine Weight	644 lbs (293 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	54.8" x 41.8" x 58.2" (140 x 107 x 148) cm
Origin	Hungary
Product Code	SS-BE

Strength Equipment

Project :

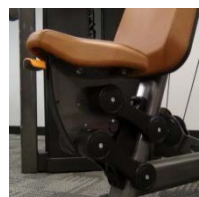
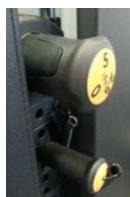
Item No. :



Insignia Series Toso Rotation

Key Features:

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



Machine Weight	568 lbs (258 kg)
Weight Stack	170 lbs (85 kg)
Dimensions (L x W x H)	50.2" x 41.3" x 61.9" (128 x 105 x 158) cm
Origin	Hungary
Product Code	SS-TR

Strength Equipment

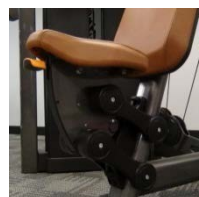
Project :

Item No. :

Insignia Series Toso Rotation

Key Features:

- Combination of elbow and backpads with hand grips provide upper body stabilization.
- Unique design allows natural crunch style movement for maximum abdominal contraction.



Machine Weight	728 lbs (331 kg)
Weight Stack	260 lbs (130 kg)
Dimensions (L x W x H)	49.8" x 62.6" x 58.2" (127 x 160 x 148) cm
Origin	Hungary
Product Code	SS-AB