

# E3 ELLIPTICAL CROSS-TRAINER



**1 ENHANCE THE HOME**  
A premium, club-inspired look with an eye-catching Titanium finish and appealing design touches accentuates any home.

**2 DO NOT DISTURB**  
The quiet operation of WhisperStride™ technology ensures that your workouts won't disturb anyone in your home.

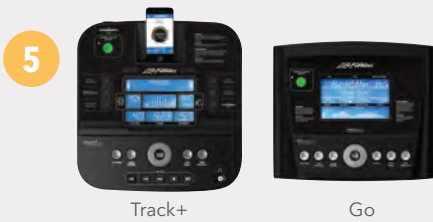
The E3 Cross-Trainer has added features that keep workouts interesting and motivating. It's an exciting home cardio option for exercisers of all fitness levels looking for an effective low-impact, total-body workout.



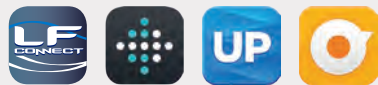
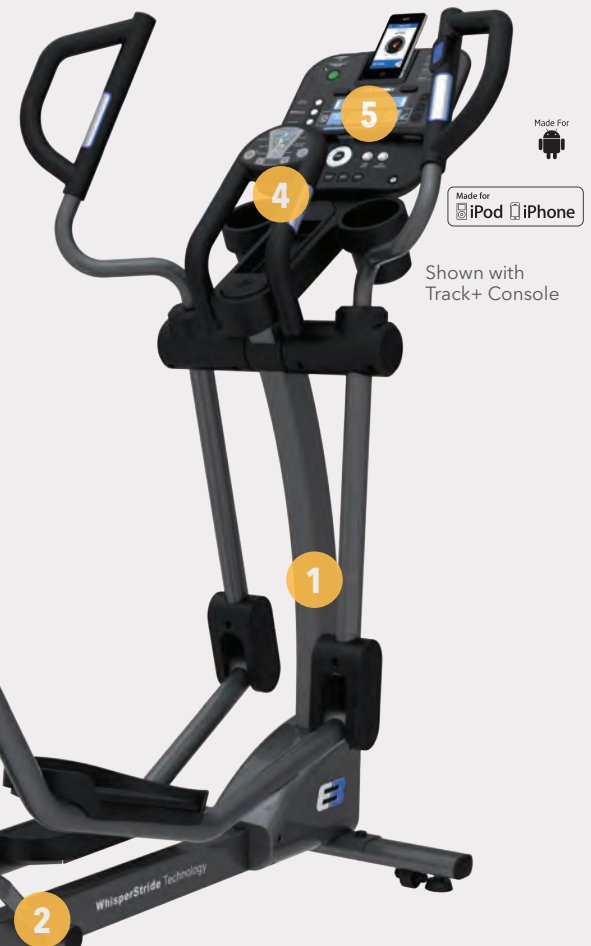
**3 ATTENTION TO COMFORT**  
The ellipse path of the E3 mimics human movement so that it feels smooth and natural. Cushioned, antislip pedals ensure secure footing and comfort.



**4 APPEALING VARIETY**  
Multigrip handles, with integrated resistance controls for on-the-fly adjustments and contact heart rate sensors for workout monitoring, allow for varying exercise motions. Coach Zone™ leads exercisers through motivating workouts that target different muscle groups.



**5 CHOOSE YOUR CONSOLE**  
**Go:** Combines ease of use with 13 motivating workout programs.  
**Track+:** Compatible with Apple® and Android™ devices. Interacts with apps for added engagement and entertainment.



**ENGAGE WITH TRACK+**  
The Track+ Console interacts, either directly or through the LFconnect™ app, with several popular apps that add variety and fun to a workout and make it easier to reach your fitness goals.

*Life Fitness*

# E3 ELLIPTICAL CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

## BASE SPECIFICATIONS

SPECIAL FEATURES	E3
Heart Rate Monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, telemetry heart rate monitoring (wireless chest strap included with console)	●
Fixed stride length of 20" (51 cm)	●
Link6™ elliptical drive system creates a natural feeling stride that mirrors an exerciser's actual running motion	●
WhisperStride technology employs self-aligning ball bearings for a quiet, fluid motion	●
Handles: Upper body moving arms with multigrip handles and ErgoGrip™ stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip cushioned pedals	●
Accessories: Water bottle holder	●
Coach Zone LED display shows muscles being worked and challenges the user with different motions	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	6" 15 cm
Unit length	82" 208 cm
Unit width	34" 86 cm
Unit height	61" 155 cm
Unit weight	225 lbs 101 kg
Power Requirements: Plug-in (all major voltage configurations) Note: E3 with the Go Console is self-powered	●
Safety: CE, CSA, FCC, TUV, UL	●
BASE WARRANTY	
Lifetime on frame; 5-year on electrical and mechanical parts; 1-year on labor (Warranties outside the U.S. may vary)	●

## CONSOLE SPECIFICATIONS

DISPLAY	TRACK+	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	14	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Apple® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod® with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated controls (play/pause/track changes/volume)	●	—
Android™ compatibility:		
Devices with Android software version 4 and up	●	—
Charging through USB port	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, METS, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

## CONSOLE OPTIONS



Track+



Go

*LifeFitness*



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