

# Keeping South Florida Healthy & Fit for over 24 Years!



# ARC TRAINER

### EFFECTIVE AND VERSATILE CARDIO TRAINER

The Arc Trainer is an alternative-motion cross-trainer that provides a low-impact training solution for users ranging from rehabilitation clients and deconditioned members up to professional athletes. Up to 1200 watts of available power allows the Arc Trainer to be used for strength and power training, expanding its use from just cardio workouts. It provides all of this with less knee stress than walking.



#### UNIQUE POWER WORKOUTS

Constant Power allows users to maintain a consistent effort level without worrying about their speed.

Adaptive Power allows for easy interval or power training simply by moving faster or slower. Resistance scales with speed.





#### **BACKED BY SCIENCE**

An arc motion engages the glutes and hamstrings, very similar to running. Research also shows the Arc to be gentler on the joints than walking, while providing more calorie burn than similar machines.



#### **CONSOLE INNOVATION**

The vivid Discover SE4 Console has a large 24" screen (16" also available) that offers an incredibly immersive workout experience and access to hundreds of workouts through Life Fitness<sup>TM</sup> On Demand+.







## **ARC** TRAINER



#### **CONSOLE OPTIONS**

Choose from the immersive experiences provided by the Discover SE4 Console (available in 24" and 16" sizes) or the get-on-and-go functionality of the SL Console.

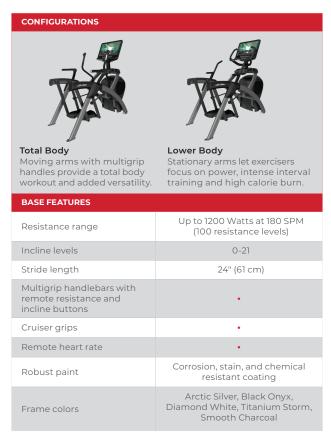




**DISCOVER SE4 CONSOLE** 

**SL CONSOLE** 

#### **SPECIFICATIONS**



Attachable TV	Available for SL Console	
USER FEATURES		
Adjustable user options	Resistance, Body Weight, Incline, Strides Per Minute (SPM), Hand and body position	
Incline level (muscles activated)	0-6 (calves, glutes, hamstring) 7-14 (calves, glutes, hamstring and quads) 15-21 (quads)	
Heart rate monitoring	Integrated heart rate monitoring on contact handles	
TECHNICAL SPECIFICATIONS	TOTAL BODY CONFIGURATION	LOWER BODY CONFIGURATION
Max user weight	400 lbs (181 kg)	
Length	76.5" (194 cm)	
Width	36.25" (93 cm)	33" (83 cm)
Height	62.5" (159 cm)	
Unit weight	412 lbs (187 kg)	
POWER REQUIREMENTS		
Power	SL console is self powered, SE4 available in standard AC voltages, optional AC adapter for full time display	
WARRANTY*		
Parts and Labor  * Visit LifeFitness.com/warranties for full warranty details-	3 Years	



