



Keeping South Florida Healthy
& Fit for over 24 Years!

LifeFitness

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™ On Demand+.



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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

CONFIGURATIONS	
	
Total Body Moving arms with multigrip handles provide a total body workout and added versatility.	Lower Body Stationary arms let exercisers focus on power, intense interval training and high calorie burn.
BASE FEATURES	
Resistance range	Up to 1200 Watts at 180 SPM (100 resistance levels)
Incline levels	0-21
Stride length	24" (61 cm)
Multigrip handlebars with remote resistance and incline buttons	•
Cruiser grips	•
Remote heart rate	•
Robust paint	Corrosion, stain, and chemical resistant coating
Frame colors	Arctic Silver, Black Onyx, Diamond White, Titanium Storm, Smooth Charcoal

ENTERTAINMENT FEATURES			
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		3 Years	
* Visit LifeFitness.com/warranties for full warranty details.			



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