

# S+

# LifeFitness S+

## CROSS-TRAINER

## CLUB SERIES+

1



### TOTAL BODY EXERCISE

The 20" (51 cm) stride creates a smooth and natural motion developed from years of research on the ellipse motion. When combined with moving arms enhanced with our multi-grip design, you can achieve a comfortable total-body, low-impact workout.

2



### ADVANCED EXERCISE TECHNOLOGY

The intuitive touchscreen console creates a connected experience. Your last workout is automatically saved, so you can replay it and strive to improve your performance. Challenge yourself with our auto-refreshed trending workouts. And, track your progress over time and push workout data to your favorite apps through Bluetooth® and NFC connection.

Bring home your favorite workout from the gym with the Life Fitness Club Series+. Rooted in 20 years of reliability and innovation, this workhorse cardio series is a trusted fixture in top facilities across the world. The Club Series+ Upright LifeCycle Bike offers superior product features for your best workout, advanced exercise technology, and a modern design that looks great in the home.

3



### VERSATILE HANDLES

Integrated resistance controls on the moving handles allow you to change your workout on the fly, and the multi-grip design lets you find a hand position comfortable to you. Plus, stationary handles provide exercise variety.

4



### OVERSIZED FLEXFORM PEDALS

Large, 15" pedals have a curved design to enhance comfort. The non-slip surface of the pedals is easy to clean.



# S<sup>+</sup> CLUB SERIES<sup>+</sup>

## CROSS-TRAINER

BASE FEATURES	
20" (51cm) Ergonomic Fixed Stride	●
Moving handles	●
Multi-grip handles with remote resistance controls	●
Resistance Levels	0 - 25
Oversized 15" FlexForm™ Pedals	●
Removable locking cup holders	1
TECHNICAL SPECIFICATIONS	
Dynamic length	87" (222 cm)
Dimensions (LxWxH)	86"x29"x64" (218x73x163 cm)
Unit weight	301 lbs (137 kg)
Max user weight	400 lbs (181 kg)
FRAME	
Brushed stainless steel vents	●
Rear wheels for easy mobility	●
Adjustment levelers for product stability	●
Quick-release removable shroud for simple serviceability	●
Robust Paint (corrosion, stain, and chemical resistant coating)	●
Titanium Storm frame finish	●
POWER REQUIREMENTS	
Plug-in (all major voltages)	●
Auto Start: Brings power to console when user begins pedaling	●



CONSOLE SPECIFICATIONS	
Screen type	7" LCD
Touch screen	●
Tactile controls	●
Wireless connectivity	●
USB charging port	●
Software updates (Wireless or USB)	●
Device holder/reading rack	●
DISPLAY SPECIFICATIONS	
Language choices (English US, English UK, Spanish, German, Japanese, Dutch, Simplified Chinese, Traditional Chinese, Portuguese, Italian, French, Russian, Korean, Turkish, Polish, Finnish, Hungarian, Arabic, Catalan)	19
Display: Time, speed, distance, resistance, heart rate, calories	●
Expanded display metrics: Time elapsed, distance, calories/hour, METs, watts, average HR, maximum HR, time in zone, average pace, average speed	●
Polar telemetry compatible (Polar strap included)	●
LifePulse digital heart rate monitoring with DSP (Digital Signal Processing)	●
DEVICE INTERACTIVITY	
QR Code	●
Bluetooth connectivity (Device & HR strap)	●
NFC (Near Field Communication)	●
WORKOUTS	
Manual, Quick Start, Hill, Random	●
Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, Rolling Hills, Resistance Interval, Reverse	●
Workout replay (Repeat a previous workout)	●
Trending workouts (Trainer designed, auto-refresh workouts)	●
Workout performance history (View performance trends on last 10 workouts)	●
DIGITAL SOLUTIONS	
LFconnect asset management	●
LFconnect Protect remote equipment monitoring	●
WARRANTY*	
Parts	3 Years
Labor	1 Year
Frame	Lifetime

\* Warranties outside the U.S. may vary. Specifications subject to change.



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