

ELEVATION™ SERIES

THE ULTIMATE FITNESS FACILITY STARTS WITH ELEVATION SERIES

The Elevation Series was designed with how people exercise in mind. We carefully considered how they exercise. How they think and move influenced every decision. The result is an intuitive and dynamic machine that takes advantage of the most advanced technology available to date. Our ergonomic design makes every workout even more efficient than before. Workout tracking helps keep exercisers engaged and motivated. Entertainment features add a greater level of excitement.

ENGAGE THE BODY. ENGAGE THE MIND.



ELEVATION SERIES
TREADMILL



ELEVATION SERIES
ELLIPTICAL CROSS-TRAINER



ELEVATION SERIES
RECURBENT LIFECYCLE®
EXERCISE BIKE



ELEVATION SERIES
UPRIGHT LIFECYCLE®
EXERCISE BIKE

ENVISION THE ULTIMATE WORKOUT EXPERIENCE

Engage exercisers with a totally immersive workout experience. Entertain them, motivate them, and keep them coming back to your facility with these innovative consoles found only on the Elevation™ Series of cardio equipment.



ENGAGE™ CONSOLE

Are you ready to engage your mind, body, and senses? Integrated 15" Engage™ Console with touch screen technology. TV, iPod® music/video, and FM radio at users' fingertips. USB connectivity and Virtual Trainer Web Site to create workouts, save personal settings and track results. Virtual Trainer offers encouragement and feedback. Workout Landscape™ Perspectives motivates and Zoom feature enables larger workout data viewing. Are you ready to Engage?



INSPIRE™ CONSOLE

Are you ready for inspiration to go above and beyond? Integrated 7" Inspire™ Console with touch screen technology. iPod® compatibility, USB connectivity and Virtual Trainer Web Site to create workouts, save personal settings, and track results. Virtual Trainer offers encouragement and feedback. Workout Landscape™ Perspectives motivates and Zoom feature enables larger workout data viewing. Are you ready to Inspire?



Add 17" Attachable TV to the Inspire™ Console to watch TV and iPod® videos.

VIRTUAL TRAINER

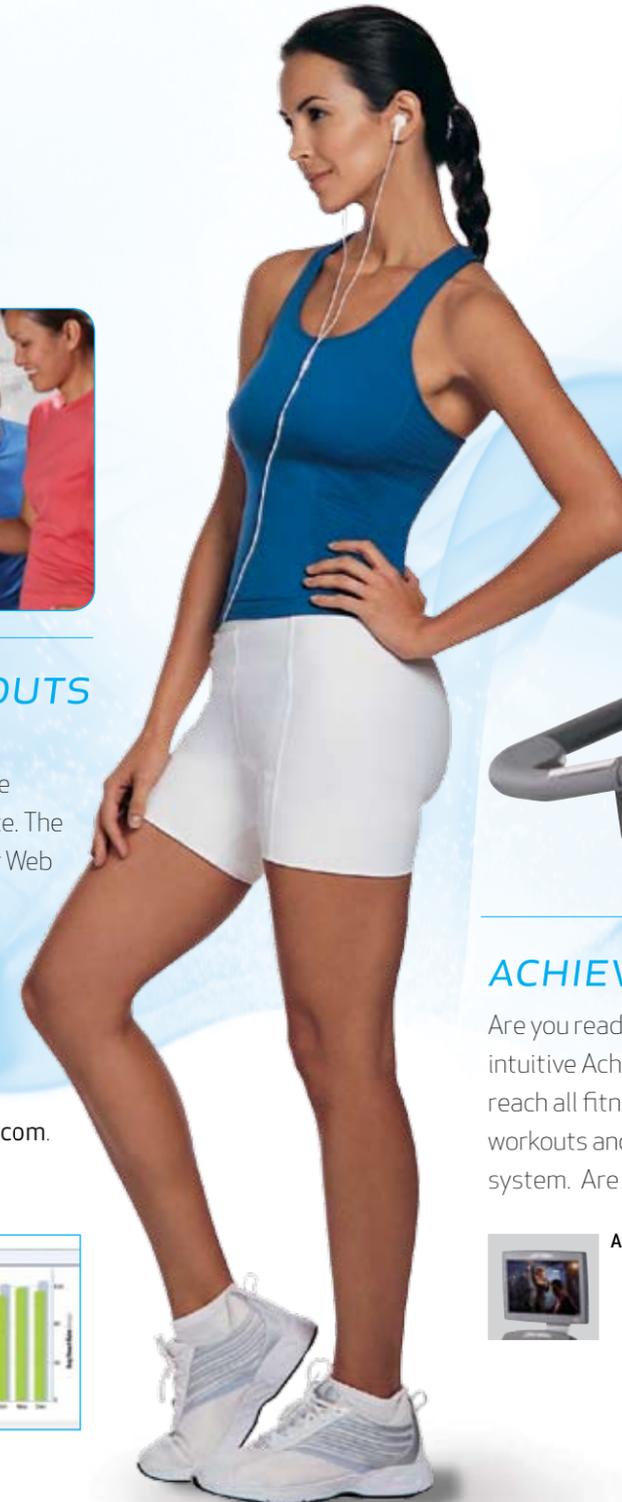


TRACK WORKOUTS ONLINE

Provide your exercisers the ultimate fitness experience. The Life Fitness Virtual Trainer Web Site, a free online tool, will raise your facility to the next level by providing users with an easy way to create workouts and track progress at www.VirtualTrainer.LifeFitness.com.



Available for Engage™ and Inspire™ Consoles with USB Connectivity



ACHIEVE™ CONSOLE

Are you ready to achieve your goals? Simple and intuitive Achieve™ Console. Essential tools to reach all fitness goals. Quick Start, six Life Fitness workouts and Lifepulse™ heart rate monitoring system. Are you ready to Achieve?



Add 17" Attachable TV to the Achieve™ Console.



THE ENGAGE CONSOLE

ARE YOU READY TO ENGAGE YOUR MIND, BODY, AND SENSES?

As the leader in fitness innovation, we elevate exercise beyond excellence to the truly exceptional. The Engage™ Console, an integrated 15" LCD that motivates your users to take their fitness level to new heights. Watch TV, connect an iPod® for touch screen access to music and movies, and listen to FM radio. Then, utilize the USB connectivity to create, customize, and track workouts at www.VirtualTrainer.LifeFitness.com. Get motivated by the built-in Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Personalized entertainment, unlimited possibilities – a new standard in fitness that allows you to make a lasting impression. Are you ready to engage your mind, body, and senses?

FEATURES



INTEGRATED 15" LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN TV



iPod® COMPATIBILITY | Seamless iPod integration allows users to make music/video selections and watch videos directly on the LCD screen



USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results at www.VirtualTrainer.LifeFitness.com



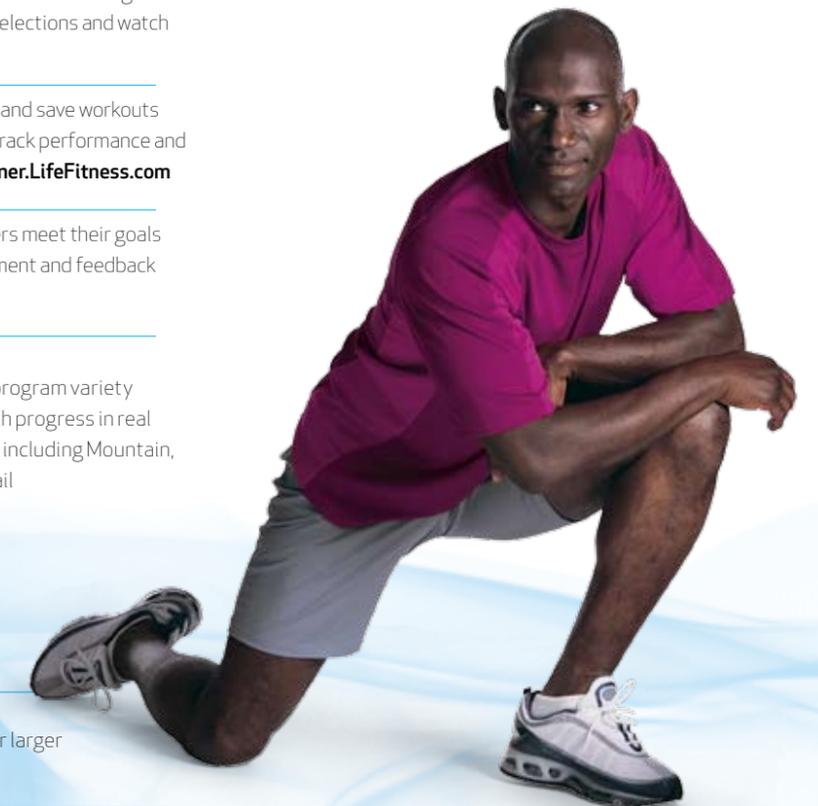
VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



WORKOUT LANDSCAPE™ PERSPECTIVES | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track and 5K Nature Trail



ZOOM FEATURE | Enlarge speed, incline and time displays for larger workout data viewing



THE INSPIRE CONSOLE

ARE YOU READY FOR INSPIRATION TO GO ABOVE AND BEYOND?

Add the Inspire™ Console to any Elevation Series product for a new level of fitness engagement. Get touch screen access to iPod® music, utilize the USB connectivity to create, customize, and track workouts at www.VirtualTrainer.LifeFitness.com, get motivated by the built-in Virtual Trainer, and visualize workout progress with Workout Landscape™ Perspectives. Whatever their fitness levels, whatever their goals, the Inspire Console captivates your users throughout their workout and keeps them coming back. Are you ready for inspiration to go above and beyond?

FEATURES



INTEGRATED 7" LCD WITH TOUCH SCREEN TECHNOLOGY



iPod® COMPATIBILITY | Seamless iPod integration allows users to view music/video lists and make selections directly on the LCD screen



USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results at www.VirtualTrainer.LifeFitness.com



VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



WORKOUT LANDSCAPE™ PERSPECTIVES | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track and 5K Nature Trail



ZOOM FEATURE | Enlarge speed, incline and time displays for larger workout data viewing



17" Attachable TV added to the Inspire™ Console allows for easy viewing with touch screen controls.

THE ACHIEVE CONSOLE

ARE YOU READY TO ACHIEVE YOUR GOALS?

Many of your exercisers simply want an easy and intuitive display—they want to get on and get going. It was with that in mind that we designed the Achieve™ Console. With the workout feedback that's most important to users and the six most commonly used Life Fitness workouts, users can focus on their progress. A simple, attractive interface encourages your users to exercise and return to your facility. Are you ready to achieve your goals?



Add 17" Attachable TV to the Achieve Console. Offer users a great combination of exercise and entertainment. Plus, iPod® users can view iPod video content on the Attachable TV (requires external cord not provided by Life Fitness).

ATTACHABLE TV

ARE YOU READY FOR AN EXCEPTIONAL ENTERTAINMENT EXPERIENCE?

The vibrant color and extraordinary clarity of the large 17" Attachable TV offer users the perfect combination of exercise and entertainment. Deliver TV programming, iPod® videos, and more to help your users get the most out of each workout, increasing their commitment to your fitness center. Elevate user satisfaction with the next development in workout engagement. The wide screen 17" Attachable TV, which enables analog and digital TV, will stand out to your exercisers and set you apart from other facilities.

NOTE: Attachable TV can be added to the Inspire and Achieve Consoles. See pages 70 - 73 for Attachable TV features and specifications.



NEW DESIGN WITH ADJUSTABLE BRACKET

Clean, sophisticated design complements the sleek look of Elevation™ Series. Cables are hidden inside, eliminating messy exposed wiring. Viewing angle is adjustable by the installer.



EXCEED EXPECTATIONS WITH THE INNOVATIVE **95T TREADMILL**

At Life Fitness we stand at the forefront of innovation, constantly elevating the user experience. The 95T Treadmill is where style meets substance. A sophisticated design that sets your facility apart and provides users with a full set of features to keep them motivated. It embodies our total commitment to creating exceptional exercise equipment that excites and inspires users. Everything about the 95T Treadmill from the DX3™ Belt and Deck System and FlexDeck™ technology to the sophisticated design and open sightlines to the Activity Zone that places the most-used controls at the user's fingertips, is designed to deliver the ultimate cardio experience.

Add the Engage™ or Inspire™ Console and the 95T Treadmill delivers a whole new level of mind and body engagement to elevate the exercise experience for users of all levels.

NOTE: The Achieve™ Console is also available on this model.

ADDITIONAL FEATURES

- ↳ **DX3 BELT AND DECK SYSTEM** | This groundbreaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck Shock Absorption System for the ultimate in durability and comfort. Eight incredibly durable Lifespring™ shock absorbers deliver smooth cushioning throughout the deck, regardless of user weight or running stride.
- ↳ **LARGE 22" X 60" RUNNING SURFACE** | Generous surface for maximum comfort.
- ↳ **SMALL 37" X 80" FOOTPRINT** | Small footprint enables efficient facility space planning.
- ↳ **LARGE 26" X 5" HANDRAILS WITH SOFT GRIPS** | User feels secure during workout.
- ↳ **NEW ACTIVITY ZONE** | Conveniently places the most-used controls right at the user's fingertips.
- ↳ **HEART RATE MONITORING** | The patented Lifepulse™ digital heart rate monitoring system, including contact hand sensors, provides heart rate monitoring with exacting precision; Polar® telemetry (when used with optional chest strap transmitter) is also available for "hands-free" operation.
- ↳ **STRIDE SENSOR** | Detects when a user leaves the machine and stops the belt after a brief delay.
- ↳ **REMOVABLE CUP HOLDERS** | Remove the two large cup holders for easy cleaning.
- ↳ **LOW DECIBEL LEVEL** | Ensures a quiet workout environment.

Sophisticated, sculptural curves, a small footprint and clear, open sightlines represent the perfect fusion of function and form. The contemporary silver and gray pallet of the 95T Treadmill is designed to complement any facility.



ENHANCE THE MOTIVATION OF EVERY USER WITH THE **95X ELLIPTICAL CROSS-TRAINER**

Featuring an innovative design and revolutionary Quiet Drive™ technology, the 95X Elliptical Cross-Trainer combines form with function to provide your users performance in an engaging new design. Designed to offer a total-body workout utilizing superior biomechanics and a natural fluid motion, the 95X Elliptical Cross-Trainer adds comfort while delivering an exceptional exercise experience. Whether they are elite performance athletes or exercise novices looking for a great low-impact workout, the 95X Elliptical Cross-Trainer will help your users enjoy their workouts, motivate them to take their fitness beyond their current goals and keep them coming back for more.

Add the Engage™ or Inspire™ Console and the 95X Elliptical Cross-Trainer delivers a whole new level of mind and body engagement to elevate the exercise experience for users of all levels.

NOTE: The Achieve™ Console is also available on this model.

ADDITIONAL FEATURES

- **OVERSIZED PEDALS** | New pedal design allows users to adjust foot position comfortably and the narrow pedal spacing (2.8") minimizes lateral hip shifting, which reduces lower back stress.
- **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS** | Located on the bullhorns to allow users to easily adjust workout intensity.
- **HEART RATE MONITORING** | Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the ergonomically designed handlebars and bullhorns to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands free" heart rate monitoring.
- **MOTIVATING WORKOUT VARIETY** | HeartRate+™ workouts automatically adjust the resistance level to keep users in their target heart rate zone. Goal-based workouts allow users to set personal goals, while Cross-Train Reverse and Cross-Train Aerobic modes utilize machine-generated prompts to keep users motivated.
- **SELF-POWERED CONVENIENCE*** | Powered completely by human movement, you can place these energy-efficient cross-trainers anywhere in your facility, with no electrical cords or outlets to consider.
- **PLUG-IN OPTION** | Provides a lower operating resistance, which appeals to novice and deconditioned users.
- **SPEED AND DISTANCE FEEDBACK** | Allows for easy comparisons to daily activities, such as walking and running.
- **QUIET DRIVE TECHNOLOGY** | Ensures a quiet workout environment.

* Models with Engage™ Console or Attachable TV require external power source.



Refined, innovative design lends to a smooth and enjoyable fitness experience. The new design of the larger pedals offers easier use and reduces lower back stress.



ENVISION A NEW LEVEL OF FITNESS WITH THE **95R RECUMBENT LIFECYCLE® EXERCISE BIKE**

From beginners starting a new lifestyle, to serious athletes rehabilitating from an injury, a wide range of users will enjoy a workout on the new 95R Recumbent Lifecycle Bike. A comfortable seat with improved thigh clearance, your choice of deluxe armrests* or side handlebars, and at-your-fingertips resistance controls enhance the comfort of every user on every fitness level. And the improved pedal strap adjustment makes it easier to get on and start working out. Also, with the Life Fitness commitment to biomechanics research, the Recumbent bike easily accommodates a wide range of body types.

Add the Engage™ or Inspire™ Console and the 95R Recumbent Lifecycle Bike delivers a whole new level of mind and body engagement to elevate the exercise experience for users of all levels.

NOTE: The Achieve™ Console is also available on this model.

ADDITIONAL FEATURES

- ↳ **STEP-THROUGH DESIGN** | Allows users to easily get on and off the seat.
- ↳ **COMFORT CURVE® PLUS™ SEAT AND DELUXE BACK SUPPORT** | Newly designed seat provides exceptional comfort, while the new seat adjustment makes it easy for users to adjust, even while in a seated position.
- ↳ **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS** | Located on the deluxe armrests and side handlebars to allow users to easily adjust workout intensity.
- ↳ **HEART RATE MONITORING** | Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the deluxe armrests and side handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.
- ↳ **DELUXE ARMRESTS*** | New armrests allow for a more relaxed position and support user's forearms to alleviate tension in the shoulders while reading. They move up to allow users to easily get on and off the bike. Includes at-your-fingertips resistance controls and Lifepulse™ hand sensors.
- ↳ **MOTIVATING WORKOUT VARIETY** | HeartRate+™ workouts automatically adjust the resistance level to keep users in their target heart rate zone. Engage and Inspire Consoles also include goal-based workouts, Fit Test, and the machine-prompting Aerobics program to keep users motivated.
- ↳ **SELF-POWERED CONVENIENCE**** | Cordless, so you can place your bikes anywhere you want.

*Deluxe armrests are available at an additional charge.

**Models with Engage™ Console or Attachable TV require external power source.



Newly designed seat allows for a more comfortable workout for any user. The new pedal strap technology provides easy adjustment and usability for every type of exerciser. Side handlebars feature at-your-fingertips resistance controls and hand sensors for easy heart rate monitoring.



Shown with side handlebars



Shown with deluxe armrests

EXPERIENCE 40 YEARS OF EVOLUTION WITH THE **95C UPRIGHT LIFECYCLE® EXERCISE BIKE**

Whether your users are looking for a great workout, training for a race, trying to stay in shape, or recovering from surgery, the 95C Upright Lifecycle Bike will take them to totally new fitness levels. Designed with a new easily adjustable pedal strap, simple seat adjustment and at-your-fingertips resistance controls, the 95C Bike delivers an exceptional fitness experience. Built with years of research and development and the best ergonomic and user-based tests in the industry, the 95C Bike will motivate your exercisers to keep working out at your fitness center.

Add the Engage™ or Inspire™ Console and the 95C Upright Lifecycle Bike delivers a whole new level of mind and body engagement to elevate the exercise experience for users of all levels.

NOTE: The Achieve™ Console is also available on this model.

ADDITIONAL FEATURES

- ↳ **COMFORT CURVE PLUS™ SEAT WITH EASY ADJUSTMENTS** | Newly designed seat provides maximum comfort. Ratchet seat adjustment makes it easy for users to adjust the seat height, even while in a seated position.
- ↳ **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS** | Allows users to easily adjust workout intensity.
- ↳ **SEAT POSITIONING** | Precisely angled seat post allows users from 4'9" to 6'5" tall to adjust the seat height for correct Knee Over Pedal Spindle (KOPS) position to ensure proper lower-body mechanics, which reduces pressure on knees and enhances rider comfort. Optional XXL seat post and handlebars accommodate users up to 7 tall.
- ↳ **HEART RATE MONITORING** | Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars, in both the upright and racing positions, to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring.
- ↳ **MOTIVATING WORKOUT VARIETY** | HeartRate+™ Workouts automatically adjust the resistance level to keep users in their target heart rate zone. Engage and Inspire Consoles also include goal-based workouts, Fitness Test, and the machine-prompting Aerobics Trainer program to keep users motivated.
- ↳ **SELF-POWERED CONVENIENCE** | Cordless, so you can place your bikes anywhere you want.

† Models with Engage™ Console or Attachable TV require external power source.

Breakthrough seat design allows for a more comfortable fitness experience. The adjustable pedal strap enables users to easily get on the machine and begin working out.



ELEVATION™ SERIES TREADMILLS

KEY ● STANDARD ○ OPTIONAL — UNAVAILABLE

HEART RATE MONITORING		95T ENGAGE	95T INSPIRE	95T ACHIEVE
Polar® Telemetry (optional chest strap required)		●	●	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●	●	●
WORKOUTS				
Quick Start		●	●	●
Classic Workouts	Manual, Random, Hill	●	●	●
Heart Rate+ Workouts	Cardio, Fat Burn	●	●	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●	●	—
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	●	●	—
Advanced Workouts	Fit Tests: Army PFT, Navy PRT, Air Force PRT, Marine PFT	●	●	—
	Fit Test	●	●	●
	Gerkin Protocol	●	●	—
	Physical Efficiency Battery (PEB)	●	●	—
	Create Your Own: 8 Custom Workouts, 2 Create Your Own™ Workouts	●	●	—
	Sport Training: 5K, 10K, Speed Training, Speed Interval Training	●	●	—
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	●	●	—
Customized Cool Down		●	●	●
PRODUCT FEATURES				
DX3™ Belt and Deck System		●	●	●
FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers		●	●	●
Speed Range:	0.5-14 mph (0.8-23 kph)	●	●	●
Rollers:	3.5" (9 cm) precision crowned steel rollers, front and back	●	●	●
Elevation		0%-15%		
Motor System:	4.0 HP AC motor with MagnaDrive™ motor controller	●	●	●
Ergo™ Bar		●	●	●
Side Handrails		26"x 5" (66 cm x 13cm) flared		
Activity Zone:	Most often used buttons located on Ergo bar	●	●	●
Stride Sensor		●	●	●
Integrated Reading Rack		●	●	●
Integrated iPod™/Accessory Tray		●	●	●
2 Removable Cup Holders		●	●	●
Steel Frame, Front Roller Lift Wheels and Rear Levelers		●	●	●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●	●	●
SERVICE ENHANCEMENTS				
Manager's Menu Options		●	●	●
Flash Programmable via USB Stick		●	●	—
Proactive Belt Wear Notification		●	●	●
TECHNICAL SPECIFICATIONS				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)	●	●	●
Running Surface:		22" x 60" (55 cm x 152 cm)		
Length		80" (203 cm)		
Width		37" (94 cm)		
Height		62.25" (158 cm)		
Unit Weight		455 lbs (207 kg)	450 lbs (204 kg)	450 lbs (204 kg)
Step-up Height		9.5" (24 cm)		
Warranty [†]	7-year limited warranty on Lifespring shock absorbers; 2-year on all electrical components; 1-year limited warranty on all mechanical components and labor	●	●	●
	7-year limited warranty on motor and frame	●	●	●
	Optional Attachable TV: 2-year limited warranty/electrical and mechanical parts; 90 days / labor	—	●	●

[†] Warranties outside the U.S. may vary. Specifications subject to change.

TREADMILLS – DISPLAY TECHNOLOGY

KEY ● STANDARD ○ OPTIONAL* — UNAVAILABLE

CONSOLE OPTIONS		95T ENGAGE	95T INSPIRE	95T ACHIEVE
15" Integrated LCD Screen with Touch Screen Technology and Built-in TV		●	—	—
7" Integrated LCD Screen with Touch Screen Technology		—	●	—
LED Technology		—	—	●
TV VIEWING OPTIONS				
Integrated 15" Diagonal TV	TV content and workout data display	●	—	—
	Three different TV viewing sizes	●	—	—
Attachable 17" Diagonal TV (wide screen format)		—	○	○
DISPLAY READOUT				
Workout Feedback	Speed, Incline, Heart Rate, Pace**	●	●	●
	Elapsed Time, Time Remaining**, Time in Zone**, Time of Day**	●	●	●
	Distance, Distance Climbed, Distance Remaining**	●	●	●
	Calories, Calories per Hour, Watts, METs	●	●	●
Custom Messaging		●	●	—
Profile Display		●	●	●
Language Choices:		13	13	8
	-English, Spanish, Portuguese, Italian, French, German, Dutch and Turkish	●	●	●
	-Chinese (traditional and simplified), Japanese, Korean and Russian	●	●	—
SPECIAL FEATURES				
Intel® Microprocessor		●	●	—
FM Radio-ready		●	—	—
iPod® Compatibility	iPod video capability on LCD screen	●	—	—
	iPod video capability on Attachable TV via S-video input (cord required)***	—	○	○
	iPod playlist management on LCD screen	●	●	—
	iPod charging	●	●	—
Virtual Trainer		●	●	—
USB Connectivity		●	●	—
Workout Landscape™ Perspectives		●	●	—
Programmable Go System™ (Walk-Jog-Run)		●	—	—
Manager Defined Marathon Mode (unlimited workout time)		●	●	●
Manager Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●	●	—
Manager Defined Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian**** Chinese (traditional and simplified),**** Japanese**** Turkish and Korean****	—	—	●
User Units Selection	(mph/kph and lbs/kg)	●	●	—
Zoom Feature		●	●	—
TV Controls:	Touch Screen	●	○	—
	External Numeric Remote (enables hidden inside console)	—	—	○
Channel Memory	180 available channels	●	—	—
	1000 available channels	—	○	○
Favorite Channels		●	—	—
Previous Channel Viewed		●	○	○
Channel Renumbering		●	○	○
Secondary Audio Programs (SAP) – Requires SAP TV Broadcast		●	○	○
Closed Captioning		●	○	○
Promo Channel		●	—	—
Secure Channel		●	—	—
Mute Feature		●	○	○
Asset Management and Advanced Diagnostics		●	●	—
Screen Protection:	Protective top layer, internal shock mounts, gasket	●	●	○
TECHNICAL SPECIFICATIONS				
Available Tuner Systems:	NTSC, PAL/SECAM	●	—	—
	NTSC/ATSC, PAL/SECAM/DVB	—	○	○
Channel Coverage:	VHF 2-13, UHF 14-69, CATV 1-125	●	—	—
Manual Fine Tuning		●	—	—
Headphone Jack	3.5 mm Stereo	●	●	○
Easy-to-Remove Headphone Jack		●	●	○

* Optional features are available with the purchase of an Attachable TV at an additional charge. ** Not available on Achieve™ console. *** Life Fitness does not supply external cord required for iPod compatibility for Achieve Console with Attachable TV. **** Available with Complex Character Display (CCD) Achieve Console in Fall 2008. † Warranties outside the U.S. may vary. Specifications subject to change.

ELEVATION™ SERIES ELLIPTICAL CROSS-TRAINERS

KEY ● STANDARD ○ OPTIONAL — UNAVAILABLE

HEART RATE MONITORING		95X ENGAGE	95X INSPIRE	95X ACHIEVE
Polar® Telemetry	(optional chest strap required)	●	●	●
Lifepulse™ Digital Heart Rate Monitoring with DSP	(Digital Signal Processing)	●	●	●
WORKOUTS				
Quick Start		●	●	●
Classic Workouts	Manual, Random, Hill	●	●	●
Heart Rate+ Workouts	Cardio, Fat Burn	●	●	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●	●	—
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	●	●	—
Advanced Workouts	Fit Tests: Navy PRT	●	●	—
	Fit Test	●	●	●
	Create Your Own: 8 Custom Workouts, 2 Create Your Own™ Workouts	●	●	—
	Sport Training: 5K, 10K, Speed Training, Speed Interval Training	●	●	—
Goal Workouts	Time, Calories, Distance Climbed, Time in Zone, Pace	●	●	—
Modes:	Cross-Trainer Aerobics, Cross-Trainer Reverse	●	●	—
Customized Cool Down		●	●	●
PRODUCT FEATURES				
20" (50.8) Stride Length		●	●	●
Integrated Reading Rack		●	●	●
Integrated iPod®/Accessory Tray		●	●	●
Support Handlebars		●	●	●
Oversized Non-slip Pedals		●	●	●
On-the-fly Programming		●	●	●
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls:	Located on moving handlebars	●	●	●
Removable Cup Holder		●	●	●
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	●	●	●
SERVICE ENHANCEMENTS				
Manager's Menu Options		●	●	●
Flash Programmable via USB Stick		●	●	—
TECHNICAL SPECIFICATIONS				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	●	○	○
	Self-Powered*	—	●	●
	Auto Start: brings power to console when user begins pedaling	—	●	●
Length		88.1" (224 cm)		
Width		30.7" (78 cm)		
Height		65" (165 cm)		
Unit Weight		452 lbs (205 kg)		
Warranty ¹	2-year limited warranty on all mechanical and electrical components	●	●	●
	1-year labor	●	●	●
	Optional Attachable TV: 2-year limited warranty / electrical and mechanical parts; 90 days / labor	—	●	●

* Optional Attachable TV requires external power source.
¹ Warranties outside the U.S. may vary.
 Specifications subject to change.

ELLIPTICAL CROSS-TRAINERS — DISPLAY TECHNOLOGY

KEY ● STANDARD ○ OPTIONAL* — UNAVAILABLE

CONSOLE OPTIONS		95X ENGAGE	95X INSPIRE	95X ACHIEVE
15" Integrated LCD Screen with Touch Screen Technology		●	—	—
7" Integrated LCD Screen with Touch Screen Technology		—	●	—
LED Technology		—	—	●
TV VIEWING OPTIONS				
Integrated 15" Diagonal TV	TV content and workout data display	●	—	—
	Three different TV viewing sizes	●	—	—
Attachable 17" Diagonal TV (wide screen format)		—	○	○
DISPLAY READOUT				
Workout Feedback	Speed, Level, Heart Rate	●	●	●
	Elapsed Time	●	●	●
	Distance, Distance Climbed	●	●	●
	Calories, Calories per Hour, Watts, METs	●	●	●
	Pace, Time Remaining, Time in Zone, Time of Day, Distance Remaining	●	●	—
Custom Messaging		●	●	—
Profile Display		●	●	●
Language Choices:		13	13	8
	-English, Spanish, Portuguese, Italian, French, German, Dutch and Russian	●	●	●
	-Chinese (traditional & simplified), Japanese, Korean and Turkish	●	●	—
SPECIAL FEATURES				
Intel® Microprocessor		●	●	—
FM Radio-ready		●	—	—
iPod® Compatibility	iPod video capability on LCD screen	●	—	—
	iPod video capability on Attachable TV via S-video input (cord required)**	—	○	○
	iPod/iPod nano playlist management on LCD screen	●	●	—
	iPod charging	●	●	—
Virtual Trainer		●	●	—
USB Connectivity		●	●	—
Workout Landscape™ Perspectives		●	●	—
Manager Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●	●	—
Manager Defined Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian*** Chinese (traditional and simplified),*** Japanese,*** Turkish and Korean***	—	—	●
User Units Selection (mph/kph and lbs/kg)		●	●	—
Zoom Feature		●	●	—
TV Controls:	Touch Screen	●	○	—
	External Numeric Remote (enables hidden inside)	—	—	○
Channel Memory	180 available channels	●	—	—
	1000 available channels	—	○	○
Favorite Channels		●	—	—
Previous Channel Viewed		●	○	○
Channel Renumbering		●	○	○
Secondary Audio Programs (SAP) - SAP TV broadcast required		●	○	○
Closed Captioning		●	○	○
Promo Channel		●	—	—
Secure Channel		●	—	—
Mute Feature		●	○	○
Asset Management and Advanced Diagnostics		●	●	—
Screen Protection:	Protective top layer, internal shock mounts, gasket	●	●	○
TECHNICAL SPECIFICATIONS				
Available Tuner Systems:	NTSC, PAL/SECAM	●	—	—
	NTSC/ATSC, PAL/SECAM/DVB	—	○	○
Channel Coverage:	VHF 2-13, UHF 14-69, CATV 1-125	●	—	—
Manual Fine Tuning		●	—	—
Headphone Jack:	3.5 mm Stereo	●	●	—
Easy-to-Remove Headphone Jack		●	●	●

*Optional features are available with the purchase of an Attachable TV at an additional charge. ** Life Fitness does not supply external cord required for iPod compatibility for Achieve Console with Attachable TV.
 *** Available with Complex Character Display (CCD) Achieve Console in Fall 2008. ¹ Warranties outside the U.S. may vary. Specifications subject to change.

**ELEVATION™ SERIES
RECUMBENT LIFECYCLE® EXERCISE BIKE**

KEY ● STANDARD ○ OPTIONAL — UNAVAILABLE

HEART RATE MONITORING		95R ENGAGE	95R INSPIRE	95R ACHIEVE
Polar® Telemetry	(optional chest strap required)	●	●	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●	●	●
WORKOUTS				
Quick Start		●	●	●
Classic Workouts	Manual, Random, Hill, Aerobics	●	●	●
Heart Rate+ Workouts	Cardio, Fat Burn	●	●	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●	●	—
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	●	●	—
Advanced Workouts	Fit Tests: Navy PRT, Air Force PRT	●	●	—
	Fit Test	●	●	●
	Create Your Own: 8 Custom Workouts, 2 Create Your Own™ Workouts	●	●	—
	Watts and METs: Watts, METs	●	●	●
	Sport Training: Interval, Speed Training	●	●	—
Goals	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	●	●	—
Modes	Bike, Constant Calorie Per Hour	●	●	—
Customized Cool Down		●	●	●
PRODUCT FEATURES				
Comfort Curve Plus™ Seat and Deluxe Back Support		●	○	●
Side Handlebars with Contact Heart Rate*		○	○	○
Deluxe Armrests with Contact Heart Rate*		○	○	○
Wide Ride™ Pedals		●	●	●
Easy Adjust Pedal Strap		●	●	●
On-the-fly Programming		●	●	●
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls: Located on deluxe armrests and side handlebars		●	●	●
Integrated Reading Rack		●	●	●
Integrated iPod®/Accessory Tray		●	●	—
Removable Cup Holder		●	●	●
Front Wheels for Easy Mobility		●	●	●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●	●	●
SERVICE ENHANCEMENTS				
Manager's Menu Options		●	●	●
Flash Programmable via USB Stick		●	●	—
TECHNICAL SPECIFICATIONS				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	●	○	○
	Self-Powered**	—	●	●
	Auto Start: brings power to console when user begins pedaling	●	●	●
Length		65" (165 cm)		
Width		27" (69 cm)		
Height		53" (135 cm)		
Unit Weight		214 lbs (97 kg)		
Warranty†	2-year limited warranty on all mechanical and electrical components	●	●	●
	1-year labor	●	●	●
	Optional Attachable TV: 2-year limited warranty electrical and mechanical parts; 90 days labor	—	●	●

* Optional features for base only. Deluxe armrests are available at an additional charge.
 ** Optional Attachable TV requires external power source.
 † Warranties outside the U.S. may vary.
 Specifications subject to change.

RECUMBENT LIFECYCLE® BIKE – DISPLAY TECHNOLOGY

KEY ● STANDARD ○ OPTIONAL* — UNAVAILABLE

CONSOLE OPTIONS		95R ENGAGE	95R INSPIRE	95R ACHIEVE
15" Integrated LCD Screen with Touch Screen Technology		●	—	—
7" Integrated LCD Screen with Touch Screen Technology		—	●	—
LED Technology		—	—	●
TV VIEWING OPTIONS				
Integrated 15" Diagonal TV	TV content and workout data display	●	—	—
	Three different TV viewing sizes	●	—	—
Attachable 17" Diagonal TV	(wide screen format)	—	○	○
DISPLAY READOUT				
Workout Feedback	Speed, Resistance, Heart Rate, Pace**	●	●	●
	Elapsed Time, Time Remaining**, Time in Zone**, Time of Day**	●	●	●
	Distance, Distance Climbed, Distance Remaining**	●	●	●
	Calories, Calories per Hour, Watts, METs, RPM**	●	●	●
Custom Messaging		●	●	—
Profile Display		●	●	●
Language Choices:		13	13	8
	English, Spanish, Portuguese, Italian, French, German, Dutch and Russian	●	●	●
	Chinese (traditional & simplified), Japanese, Korean and Turkish	●	●	—
SPECIAL FEATURES				
Intel® Microprocessor		●	●	—
FM Radio-ready		●	—	—
iPod® Compatibility	iPod video capability on LCD screen	●	—	—
	iPod video capability on Attachable TV via S-video input (cord required)***	—	○	○
	iPod playlist management on LCD screen	●	●	—
	iPod charging	●	●	—
Virtual Trainer		●	●	—
USB Connectivity		●	●	—
Workout Landscape™ Perspectives		●	●	—
Manager Defined Marathon Mode (unlimited workout time)		●	●	—
Manager Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●	●	—
Manager Defined Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian,**** Chinese (traditional and simplified),**** Japanese,**** Turkish and Korean****	—	—	●
User Units Selection (rpm/mph/kph and lbs/kg)		●	●	—
Zoom Feature		●	●	—
TV Controls:	Touch Screen	●	○	—
	External Numeric Remote (cables hidden inside)	—	—	○
Channel Memory	180 available channels	●	—	—
	1000 available channels	—	○	○
Favorite Channels		●	—	—
Previous Channel Viewed		●	○	○
Channel Renumbering		●	○	○
Secondary Audio Programs (SAP) – Requires SAP TV Broadcast		●	○	○
Closed Captioning		●	○	○
Promo Channel		●	—	—
Secure Channel		●	—	—
Mute Feature		●	○	○
Asset Management and Advanced Diagnostics		●	●	—
Screen Protection	Protective top layer, internal shock mounts, gasket	●	●	—
TECHNICAL SPECIFICATIONS				
Available Tuner Systems:	NTSC, PAL/SECAM	●	—	—
	NTSC/ATSC, PAL/SECAM/DVB	—	○	○
Channel Coverage:	VHF 2-13, UHF 14-69, CATV 1-125	●	—	—
Manual Fine Tuning		●	—	—
Headphone Jack:	3.5 mm Stereo	●	●	○
Easy-to-Remove Headphone Jack		●	●	○

* Optional features are available with the purchase of an Attachable TV at an additional charge. ** Not available on Achieve™ console. *** Life Fitness does not supply external cord required for iPod compatibility for Achieve Console with Attachable TV. **** Available with Complex Character Display (CCD) Achieve Console in Fall 2008. † Warranties outside the U.S. may vary. Specifications subject to change.

ELEVATION™ SERIES UPRIGHT LIFECYCLE® EXERCISE BIKE KEY ● STANDARD ○ OPTIONAL — UNAVAILABLE

HEART RATE MONITORING		95C ENGAGE	95C INSPIRE	95C ACHIEVE
Polar® Telemetry (optional chest strap required)		●	●	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●	●	●
WORKOUTS				
Quick Start		●	●	●
Classic Workouts	Manual, Random, Hill, Aeorbits	●	●	●
Heart Rate+ Workouts	Cardio, Fat Burn	●	●	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●	●	—
Hill+ Workouts	Around the World, Cascades, Foothills, Kilimanjaro	●	●	—
Advanced Workouts	Fit Tests: Navy PRT, Air Force PRT	●	●	—
	Fit Test	●	●	●
	Create Your Own: 8 Custom Workouts, 2 Create Your Own™ Workouts	●	●	—
	Watts and METs: Watts, METs	●	●	●
	Sport Training: Interval, Speed Training	●	●	—
Goals	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	●	●	—
Modes	Bike, Constant Calorie Per Hour	●	●	—
Customized Cool Down		●	●	●
PRODUCT FEATURES				
Comfort Curve Plus™ Seat		●	●	●
Wide Ride™ Pedals		●	●	●
Easy Adjust Pedal Strap		●	●	●
XXL Seat Post and Handlebars		○	○	○
Deluxe Racing Handlebars		●	●	●
On-the-fly Programming		●	●	●
Resistance Levels		26	25	25
At-Your-Fingertips Resistance Controls:	Located in center of handlebars	●	●	●
Integrated Reading Rack		●	●	●
Integrated iPod®/Accessory Tray		●	●	—
2 Removable Cup Holders		●	●	●
Front Wheels for Easy Mobility		●	●	●
Networking Capabilities:	CSAFE-Ready, FitLinxx™ Certified	●	●	●
SERVICE ENHANCEMENTS				
Manager's Menu Options		●	●	●
Flash Programmable via USB Stick		●	●	—
TECHNICAL SPECIFICATIONS				
Maximum User Weight		400 lbs (181 kg)		
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	●	○	○
	Self-Powered*	—	●	●
	Auto Start: brings power to console when user begins pedaling	●	●	●
Length		43.5" (110.5 cm)		
Width		21" (53.3 cm)		
Height		59.5" (151.1 cm)		
Unit Weight		176 lbs (79.8 kg)		
Warranty¹	2-year limited warranty on all mechanical and electrical components	●	●	●
	1-year limited warranty labor	●	●	●
	Optional Attachable TV: 2-year limited warranty / electrical and mechanical parts; 90 days labor	—	●	●

*Optional Attachable TV requires external power source.
 ¹Warranties outside the U.S. may vary.
 Specifications subject to change.

UPRIGHT LIFECYCLE® BIKE – DISPLAY TECHNOLOGY KEY ● STANDARD ○ OPTIONAL* — UNAVAILABLE

CONSOLE OPTIONS		95C ENGAGE	95C INSPIRE	95C ACHIEVE
15" Integrated LCD Screen with Touch Screen Technology		●	—	—
7" Integrated LCD Screen with Touch Screen Technology		—	●	—
LED Technology		—	—	●
TV VIEWING OPTIONS				
Integrated 15" Diagonal TV	TV content and workout data display	●	—	—
	Three different TV viewing sizes	●	—	—
Attachable 17" Diagonal TV (wide screen format)		—	○	○
DISPLAY READOUT				
Workout Feedback	Speed, Resistance, Heart Rate, Pace**	●	●	●
	Elapsed Time, Time Remaining**, Time in Zone**, Time of Day**	●	●	●
	Distance, Distance Climbed, Distance Remaining**	●	●	●
	Calories, Calories per Hour, Watts, METs, RPM**	●	●	●
Custom Messaging		●	●	—
Profile Display		●	●	●
Language Choices:		13	13	8
	English, Spanish, Portuguese, Italian, French, German, Dutch and Russian	●	●	●
	Chinese (traditional & simplified), Japanese, Korean and Turkish	●	●	—
SPECIAL FEATURES				
Intel® Microprocessor		●	●	—
FM Radio-ready		●	—	—
iPod® Compatibility	iPod video capability on LCD screen	●	—	—
	iPod video capability on Attachable TV via S-video input (cord required)***	—	○	○
	iPod playlist management on LCD screen	●	●	—
	iPod charging	●	●	—
Virtual Trainer		●	●	—
USB Connectivity		●	●	—
Workout Landscape™ Perspectives		●	●	—
Manager Defined Marathon Mode (unlimited workout time)		●	●	—
Manager Defined/ User-Selected Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean	●	●	—
Manager Defined Languages	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian,**** Chinese (traditional and simplified),**** Japanese,**** Turkish and Korean****	—	—	●
User Units Selection	(rpm/mpk/kph and lbs/kg)	●	●	—
Zoom Feature		●	●	—
TV Controls:	Touch Screen	●	○	—
	External Numeric Remote (cables hidden inside console)	—	—	○
Channel Memory	180 available channels	●	—	—
	1000 available channels	—	○	○
Favorite Channels		●	—	—
Previous Channel Viewed		●	○	○
Channel Renumbering		●	○	○
Secondary Audio Programs (SAP) – Requires SAP TV Broadcast		●	○	○
Closed Captioning		●	○	○
Promo Channel		●	—	—
Secure Channel		●	—	—
Mute Feature		●	○	○
ASSET MANAGEMENT AND ADVANCED DIAGNOSTICS				
Screen Protection:	Protective top layer, internal shock mounts, gasket	●	●	—
TECHNICAL SPECIFICATIONS				
Available Tuner Systems:	NTSC, PAL/SECAM	●	—	—
	NTSC/ATSC, PAL/SECAM/DVB	—	○	○
Channel Coverage:	VHF 2-13, UHF 14-69, CATV 1-125	●	—	—
Manual Fine Tuning		●	—	—
Headphone Jack:	3.5 mm Stereo	●	●	○
Easy-to-Remove Headphone Jack		●	●	○

* Optional features are available with the purchase of an Attachable TV at an additional charge. ** Not available on Achieve™ console. *** Life Fitness does not supply external cord required for iPod compatibility for Achieve Console with Attachable TV. **** Available with Complex Character Display (CCD) Achieve Console in Fall 2008. ¹ Warranties outside the U.S. may vary. Specifications subject to change.