

E1 ELLIPTICAL CROSS-TRAINER

1 ENHANCES THE HOME
Premium, club-inspired look and an eye-catching Titanium finish accentuates any home environment.

2 DO NOT DISTURB
WhisperStride™ technology provides extremely quiet operation so you don't have to worry about disturbing anyone else in your home.



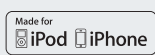
SMOOTH COMFORT
Life Fitness has employed thorough biomechanics research to help to develop an ellipse path that closely mimics human movement so that it feels smooth and natural.



CHOOSE YOUR CONSOLE
Go: Combines ease of use with 13 engaging and motivating workout programs.
Track+: Compatible with Android™ and Apple® devices. Interacts with apps for an entertaining and engaging experience.



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.



The E1 Cross-Trainer offers an effective low-impact, total-body workout for home exercisers of all fitness levels. Years of Life Fitness innovation and research have resulted in an inviting cross-trainer that combines a comfortable, natural feel with outstanding durability and quiet operation.



Shown with Go Console

Life Fitness

WHAT WE LIVE FOR

E1 ELLIPTICAL CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E1
Contact heart rate hand sensors on ErgoGrip stationary front handlebars	●
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 and ErgoGrip stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip pedals	●
Accessories: Oversized dual accessory tray	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	6.5" 17 cm
Unit length	82" 208 cm
Unit width	30" 76 cm
Unit height	59" 150 cm
Unit weight	211 lbs 96 kg
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, 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

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For more information or to purchase the Life Fitness E1 Elliptical Cross-Trainer visit www.ironcompany.com