



LifeFitness

DISCOVER SE3 HD CONSOLE

The result of extensive research that asked what makes a consistently captivating experience. With engaging layouts, simple discoverability and a host of other digital advances including integrated streaming video services, the Discover SE3 HD console is a premium digital experience that tracks your workout, offers exercise courses and provides a variety of entertainment options.



Life Fitness On Demand Classes

Redefine your cardio experience and engage with motivating instructor-led workouts, available on-demand on Life Fitness premium cardio products. Life Fitness™ On Demand classes offer a wide variety in difficulty levels and programming styles, and feature a diverse team of dynamic instructors. Our video library is available exclusively on connected Discover SE3 HD consoles.

Note: Requires strong and reliable internet connection.



Personal Entertainment

Exerciser entertainment is enhanced with easy access to streaming video and audio services like Netflix™, Pandora® Radio and Spotify™. Users can log in to the apps they use every day.



Bring the Outdoors Inside

The Discover SE3 HD Console offers beautiful interactive courses which allow exercisers to run or ride in a variety of landscapes around the world.

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Performance Run View

Performance Run view makes it easy for exercisers to benefit from interval workouts. Speed and incline changes happen with just one touch on the screen.



Easy Login Process

QR Code, Bluetooth® and NFC login make it easy for exercisers to explore the benefits of connecting to the console.



Connected Devices

Exercisers can easily connect an Apple Watch®, headphones, heart rate monitors and related Bluetooth enabled devices.



App Compatibility

Connect your wearables and share data through common apps like, Fitbit®, Google Fit™, Apple Health, MyFitnessPal™, etc., for workout tracking and more.

