



Life Fitness Platinum Club Series Discover SE3HD Treadmill



Life Fitness wins ISPO Award 2019 - Platinum Club Series treadmill is "Product of the Year" in the Health & Fitness category.

The Life Fitness Platinum Club Series SE3HD treadmill sets new standards in the treadmill industry and is the result of Life Fitness' 30+ years of experience in designing and manufacturing high-quality products. The Life Fitness Platinum Club Series SE3HD treadmill features a premium entertainment system with a 48cm touchscreen LCD monitor with integrated TV. State-of-the-art technology, intuitive, user-friendly design and tons of entertainment and workout options - the Platinum Club Series SE treadmill is the revolution for home workouts.

CHF 17'990.00

Premium Discover consoles are found in the best gyms and ensure that you always look forward to your workout at home. Enjoy the entertainment, track your workout results and achieve your goals. Swipe technology lets you navigate through your workout plans and entertainment program with just a few swipes of your finger.

The LFconnect app allows Apple and Android devices to interact with compatible Life Fitness equipment. The app logs workout history, provides access to customized workout plans, provides motivation and incentive, and serves as a display during workouts on cardio equipment.

You are instantly recognized when you connect to a Discover, Explore or Track Connect console via the LFconnect app on an Apple or Android device.

The connection allows you to track your workout and access personalized workouts created at LFconnect.com. Factors such as speed (treadmills only) and incline/resistance selected when creating a workout plan are automatically adjusted during a custom workout.



GPS - You can track workout runs, walks, or bike rides you take outdoors using the GPS feature on an Apple or Android device. Calories burned, time and distance are uploaded to LFconnect.com and the app's results page after the workout.

A smartphone can be used as a second display during the workout. This allows you to use the Life Fitness console screen exclusively for entertainment.

When you set the device's display to landscape mode, the LFconnect app switches to a display with three different sections showing duration, speed, and either heart rate, distance, incline or level, distance traveled, and watts or calories.

Features:

- AC motor with 4hp continuous power
- Running surface 56 x 153cm
- speed 0,8-23km/h in 0,1km/h fine gradation adjustable
- incline 0-15% in 0,5% steps
- Flex-Deck damping system for a particularly joint-friendly running training (8 shock absorbers reduce the joint load by up to 30% compared to other running decks)
- 53cm LCD screen in HD quality (HD display 1080p) and with touch screen technology
- integrated entertainment console - with internet (wired and WLAN), Bluetooth, interactive tracks from Lifescape, TV and app compatibility
- training computer displaying speed, incline, heart rate, pace, elapsed time, time remaining, time in target zone, time of day, distance, incline, distance climbed, distance remaining, calories, calories per hour, watts, pulse and MET
- graphical display of training profile with LCD extra large
- manual program
- Zone Training+ - heart rate based training programs: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Heart Rate Extreme.
- Interval training programs: Random, Hills, Around the World, Cascades, Foothills, Kilimanjaro, 5K, 10K, Speed Interval Training, Speed Training.
- Goal oriented training programs: Time, calories, distance, incline covered, time in target zone, pace.
- 8 individual training programs
- 2 Create Your Own Programs
- Fitness Test Protocols: Gerkin Protocol, Navy PRT, Army PRT, Air Force PRT, Physical Efficiency Battery (PEB), Fitness Test
- Workout Landscape: workout progress can be tracked virtually using three landscape views (mountain course, 5 km natural course, and 400 meter course).
- Custom marathon mode with unlimited training time
- Virtual coach for optimal training control (motivates, gives feedback and helps to reach the personal training goal)
- Quick Start function
- Individual cool down
- Digital Lifepulse heart rate measurement with digital signal processing (DSP)
- Intel microprocessor
- Device compatibility with Android, iPhone, iPad, iPod
- New: Apple* Watch Compatibility - Apple Watch can be paired with Discover SE3 HD consoles to sync data and



provides exercisers with more accurate workout information.

- USB Connection: Create and save workouts individually, save personal settings, and analyze workout performance and results based on saved workout data. Create workout plans online and track workout progress online.
- Headphone jack: 3.5 mm stereo
- Language selection: German, English, Spanish, Portuguese, Italian, French, Dutch, Russian, Japanese, Turkish, Korean, Chinese (traditional and simplified).
- Ergo handlebars with integrated adjustment buttons
- Ergo side handrails: 66 cm x 13 cm
- solid steel frame
- height of the tread measured from the floor: 24 cm
- 9cm castor diameter at the back and front
- transport wheels
- height compensation
- Color: arctic silver - **also available with surcharge in Titanium Storm, Onyx Black or Diamond White (approx. 12 weeks delivery time) - further info on request**

Use: home use, payload: approx. 181 kg

Unit dimensions: L203 x W94 x H158cm, weight 201 kg

Accessories: integrated pulse receiver, transmitter belt, hand pulse sensors, 2 removable storage compartments, integrated reading holder

Warranty: home use: 2 years full warranty: light institutional use: 1 year full warranty (max. 1000 hours per year) (CH Service)

*Apple and Apple Watch are trademarks of Apple Inc. registered in the U.S. and other countries. GymKit is a trademark of Apple Inc.

Tread: 153 x 56 cm

Dimensions (length / width / height): L 203 x W 94 x H 158 cm

Device weight: 201 kg

Payload: approx. 181 kg