



## Life Fitness Platinum Club Series Discover SE3HD Crosstrainer



Running or walking is much easier with a pleasant companion. Internet, television or an interesting fitness app are all possible options and are available on this cross trainer with entertainment system for use at home. As the perfect training partner, the treadmill from the Platinum Club series offers a motivating fitness experience with entertainment. The integrated LCD touchscreen offers more interaction, internet connection and much more. The Platinum Club Series cross trainer is an exercise machine for your home with the same quality and performance as in the gym.

**CHF 14'190.00**

Premium Discover consoles can be found in the best gyms and ensure that you always look forward to your workout at home. Enjoy the entertainment program, track your workout results and achieve your goals. Swipe technology allows you to 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 devices. The app logs your workout history, gives you access to personalized training plans, provides motivation and encouragement, and serves as a display while you train on cardio equipment.

You are immediately 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 customized workout.

GPS - You can track training runs, walks or bike rides that you do in nature with the GPS function 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 screen of the Life Fitness console exclusively for the entertainment program.

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

### **Features:**

- Smooth, even elliptical motion like the studio model thanks to the patented dual offset shaft connection system
- stride length of 50.8 cm
- MagnaForce braking system - electronically controlled eddy current resistance system
- 47cm LCD screen in HD quality (HD display 1080p) and with touchscreen technology
- integrated entertainment console - with Internet (wired and WLAN), Bluetooth, interactive tracks from Lifescape, TV and app compatibility
- Training computer with display of speed, heart rate, pace, elapsed time, remaining time, time in target zone, time of day, distance, stride length, ascent distance covered, remaining distance, calories, calories per hour, watts, heart rate and MET
- 26 resistance levels - electronically adjustable on the training console or directly via the buttons on the movable upper body bars
- Graphic display of the training profile with extra-large LCD
- Manual program
- Zone Training+ - heart rate-based training programs: Cardio, fat burning, heart rate hill, heart rate interval, heart rate extreme
- Interval training programs: Random, Hills, Around the World, Cascades, Foothills, Kilimanjaro, 5 km, 10 km, Speed Interval Training, Speed Training.
- Aerobics Trainer and Constant Calorie training mode
- Goal-oriented training programs: Time, calories, distance, time in target zone, pace
- 8 individual training programs
- 2 Create Your Own Programs
- Fitness test protocols: Navy PRT, fitness test
- Workout Landscape: training progress can be tracked virtually using three landscape views (mountain route, 5 km natural route and 400-meter track).
- Virtual trainer for optimal training control (motivates, gives feedback and helps to achieve personal training goals)
- Quick start function
- Individual cool-down
- Digital Lifepulse heart rate measurement with digital signal processing (DSP)
- Device compatibility with Android, iPhone, iPad, iPod
- New: Apple\* Watch compatibility - The Apple Watch can be paired with the Discover SE3 HD consoles and synchronize data and provides the exerciser with more accurate information about the workout.
- USB connection: Create and save workouts individually, save personal settings and analyze workout performance and results based on saved workout data. Create training plans online and track training progress online.
- Headphone socket: 3.5 mm stereo
- Language selection: German, English, Spanish, Portuguese, Italian, French, Dutch, Russian, Japanese, Turkish, Korean, Chinese (traditional and simplified)



- stationary ErgoGrip front handlebar with hand pulse sensors
- movable upper body handlebars with hand pulse sensors and resistance adjustment option
- Robust frame construction
- Extra large treads with anti-slip coating
- transport rollers
- Height compensation
- Power supply via mains connection
- Safety: CSA, FCC, GS/ TÜV, UL
- Color: arctic silver - **also available with surcharge in Titanium Storm, Onyx Black or Diamond White (approx. 12 weeks delivery time) - further information on request**
- Target price CHF 15'790.--

Use: Home use to light institutional use, payload: approx. 181kg

Device dimensions: L224 x W78 x H165cm, weight 195kg

Accessories: integrated receiver for chest strap transmitter, transmitter strap, hand pulse sensors, 2 extra-large storage compartments, reading shelf

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.

Brake system: MagnaForce brake system

Flywheel: 16 - 20 kg

Current-dependent: Yes

Stride length: 50.8 cm

Gradient: No

Resistance levels: 26

Training computer: 16 inch LCD monitor with HD quality touch screen

Displayed values: Speed, heart rate, pace, elapsed time, time remaining, time in target zone, time of day, distance, stride length, distance climbed, distance remaining, calories, calories per hour, watts, heart rate and MET

Training programs: 42

Pulse-controlled programs: 1

User-defined programs: 8

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, headphone jack, water bottle holder, tablet holder.

Foldable: No

Accessories: integrated receiver for chest strap transmitter, transmitter belt

Options: Bluetooth transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

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**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
info@sharkfitness.ch  
www.sharkfitness.ch

Insert: Home to light institutional use

Warranty: Home use: 2-year full warranty: Use / light institutional use: 1-year full warranty

Features: ErgoGrip handle bar, sturdy frame construction, movable upper body handle bars, safety:  
CSA, FCC, GS/ TÜV, UL