



Life Fitness E1 Go Crosstrainer



The E1 is the right machine for people who just want to get on and go. It offers everything you expect from a Life Fitness elliptical trainer: the best quality, smooth movements and the patented Link6 elliptical drive system, which provides an especially natural, pleasant motion. The Go console offers an extremely user-friendly interface with the most important programs you need for long-term, effective fitness training.

CHF 2'490.00

The E1 Elliptical Crosstrainer provides a total body workout at home that is easy on the joints for all fitness levels. The result of years of development and research at Life Fitness, this appealing elliptical cross trainer features simple and natural motion, outstanding durability and extremely quiet operation.

HARMONIC NATURAL MOVEMENT -The smooth, elliptical-guided motion is based on intensive biomechanical research and provides a natural, comfortable workout experience.

HEART RATE MONITORING - Hand pulse sensor on movable multi-grip bars and fixed handles, telemetry heart rate **monitoring** (wireless chest strap included with console).

WHISPERSTRIDE TECHNOLOGY - Maintenance-free ball bearings reduce friction and ensure near-silent operation, ideal for home use.

GO CONSOLE - The Go console combines ease of use with a variety of engaging and motivating workout programs. Intuitive features with a sleek, attractive design and an impressive blue LCD display.

Features:

- WhisperStride technology uses self-aligning ball bearings for quiet and fluid movement
- patented Link6 elliptical drive system provides smooth, natural motion
- narrow pedal position of 4.6cm provides a natural feeling of motion
- stride length 51cm
- minimum step height 16,5cm
- maximum floor distance 34cm



- LCD window (10,2cm x 15,2cm) with blue background and white font displaying calories, distance, speed (mph/km/h), level, time, heart rate, target heart rate, METs
- Workout Profile window: 9 x 24 segments
- Training feedback window: message field with 16 characters
- Quick Start button for quick training start
- 12 workout programs: Manual, Hill, Random, EZ Resistance, Sport Training, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Calorie Target, Distance Target, Heart Rate Target, Custom Workouts (1 per user profile), Race Mode
- 2 user profiles
- 2 user defined workout programs
- 20 difficulty levels
- Cool down mode
- Warm up mode
- forward and backward motion sequence for different muscle demands
- stationary ErgoGrip front handle bar
- contact heart rate hand sensors on the front stationary ErgoGrip handle bars
- robust machine-welded steel frame
- large (41 x 18cm) non-slip pedals
- power supply through mains connection
- guide price CHF 2'525.--

Use: home use, payload: approx. 182kg

Machine dimensions: L208 x W76 x H150cm, weight 96kg

Accessories: pulse transmitter belt, hand pulse sensors, 2 extra large storage compartments

Warranty: 2 years complete warranty (CH service)

Brake system: electronically controlled magnetic brake system

Flywheel: 16 - 20 kg

Current-dependent: Yes

Stride length: 51 cm

Gradient: No

Resistance levels: 20

Training computer: LCD display (10.2cm x 15.2cm) with blue background and white font

Displayed values: Calories, distance, speed (mph/km/h), level, time, heart rate, target heart rate, METs

Training programs: 12

Pulse-controlled programs: 3

User-defined programs: 2

Hand pulse sensors: Yes

Pulse receiver: 5khz

Multimedia: Water bottle holder, tablet holder

Foldable: No

Accessories: integrated receiver for chest strap transmitter

Options: Floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 208 x W 76 x H 150 cm

Device weight: 96 kg

**The Shark
Fitness Company**



Shark Fitness AG
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and Wil (SG)

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Payload: approx. 182 kg

Insert: Home

Warranty: 2 years full warranty (CH service)

Features: robust machine-welded steel frame, forward and backward motion sequence, stationary ErgoGrip handle bar, WhisperStride technology, energy-saving mode