



Life Fitness Platinum Club Series Discover SE3HD Recumbent Ergometer



The Platinum Club Series recumbent exercise bike offers the ultimate fitness experience and a whole new dimension of motivation. The Platinum Club Series recumbent bike is the revolution for home training and is the perfect symbiosis of quality, design and function and offers a 47cm tablet console with integrated TV. State-of-the-art technology, intuitive, user-friendly design and tons of entertainment and training options - the Platinum Club Series recumbent SE is the revolution for home training.

CHF 9'790.00

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, which are 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:

- Low entry - for easy entry and exit
- 47 cm LCD screen in HD quality (1080p HD display) and with touchscreen technology
- Integrated entertainment console - with Internet (wired and WLAN), Bluetooth, interactive routes from Lifescape, TV and app compatibility
- Training computer with display of speed, incline, heart rate, pace, elapsed time, remaining time, time in target zone, time of day, distance, incline, distance climbed, remaining distance, calories, calories per hour, watts, heart rate and MET
- 25 resistance levels
- 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.
- TV functions: Memory slots for up to 180 channels, favorite channel, last watched channel, channel renumbering, dual channel audio (appropriate transmission required), subtitles, promotional channel, secure channel, mute, three different TV formats, manual fine tuning
- Available tuner systems: NTSC, PAL, SECAM
- Frequency ranges: VHF 2-13, UHF 14-69, CATV 1-125
- FM radio reception
- USB connection: Create and save individual workouts, save personal settings and analyze training performance and results based on saved training 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)

- New Comfort Curve seat with easy adjustment for optimum comfort. Easy seat adjustment even in a sitting position
- Resistance control on the armrests allows easy adjustment to the training intensity
- Luxury racing handlebars
- Wide Ride pedals
- Easily adjustable pedal straps
- solid steel frame
- 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 information on request**
- Target price CHF 11'490.--

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

Device dimensions: L166 x W66x H132cm, weight 86kg

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.

Brake system: MagnaForce brake system

Current-dependent: Yes

Backrest adjustable: Yes

Resistance levels: 25

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.

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

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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

Features: Resistance control on armrests, Wide Ride pedals, Solid steel frame, Comfort Curve seat.