



## Life Fitness E3 Track Connect 2.0 Crosstrainer



Now with the new Track Connect 2.0 console - even under the toughest training conditions, the E3 Track Connect elliptical cross trainer remains remarkably quiet thanks to WhisperStride technology for fluid and smooth movements. Hand pulse transducers on the handlebars monitor workout progress at every stage of your workout. Combine it with the Track Connect console with control and entertainment features that keep you motivated, and more customization options to help you reach your fitness goals.

**CHF 4'990.00**

The E3 Elliptical Crosstrainer with WhisperStride technology is virtually silent and offers features for an even more exciting and motivating workout. This cardio machine is the sleek, attractive solution for anyone looking for an effective, joint-saving, total-body workout at home, regardless of fitness level.

**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).

**COACH ZONE** - Coach Zone guides users through motivating workout programs for different muscle groups.

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

**TRACK CONNECT CONSOLE** - The Track+ console display is compatible with Android and Apple devices and can be used with popular fitness apps to make workouts more fun and motivating. Connects to your mobile device for real-time tracking and additional LCD display features.

**The Track Connect 2.0 console supports:**



- the latest Bluetooth standards
- Has FTMS protocol with the new GEM 3 chips - FiTness Machine Service Protocol, better known as FTMS, is the latest Bluetooth standard for controlling fitness equipment such as treadmills, bikes and rowing machines. The Track Connect 2.0 console now supports this FTMS protocol
- together with the integrated Apple Gym Kit, it is compatible not only with Samsung & Apple smart watches, but also with numerous apps such as Kinomap, Zwift, LFconnect and many other apps that use the FTMS protocol
- Apple Gym Kit - with the built-in Apple Gym Kit, you can easily and effortlessly connect an Apple Watch to the console. Simply touch the "Connect to Apple Watch" icon in the top right corner with the watch to connect and track workouts.

**Features:**

- WhisperStride technology uses self-aligning ball bearings for quiet and smooth 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
- 18cm white LCD display showing step, time, speed (mph, km/h, rpm), pace, distance, heart rate, target heart rate, calories, animated icons
- Track Connect console in dual-zone design: entertainment area: placed at eye level for optimal viewing. Smartphones and tablets are kept safe in the compression holder, even with a protective cover. Training zone: on the lower half of the consoles, training programs can be easily configured and also controlled during the workout. The capacitive sensor buttons light up when usable and dim when not in use.
- The capacitive sensor buttons provide instant access to HIIT, individual, goal-based and other challenging workout programs.
- With iPhone and Android login close by via Bluetooth - if you enable Bluetooth on your mobile device, you can transfer workout data to an ever-increasing number of partner apps. Sync data with Nike+, Garmin, and MyFitnessPal via Wahoo's RunFit app, or enable Nearby Login on the LFconnect app to sync data with Apple Health, Jawbone, and Fitbitreg:. There's also the option to connect the device with interactive apps like RunSocial to experience rousing workouts.
- Workout Profile Window: 9 x 24 segments.
- Workout feedback window: 16-character message field
- Quick Start button to get your workout started quickly
- 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
- 4 user profiles
- 20 difficulty levels
- Race mode
- Cool down mode
- Warm up mode
- Forward and backward motion sequence for different muscle demands
- MultiGrip grips on the movable arm bars allow for a variety of grip variations
- resistance regulation at the upper body bars
- stationary ErgoGrip grip bar in front
- Coach Zone control panel on the stationary ErgoGrip front handle bar
- hand pulse sensors on movable multi-grip bars and on the fixed grips



- robust machine-welded steel frame
- covered joints for a more valuable appearance
- large (41 x 18cm) non-slip, padded, soft cushioned pedals
- 4 transport wheels for easy moving
- power supply through mains connection
- iPod compatibility: iPhone 4, iPhone 3GS, iPhone 3G, iPhone: iPod Touch 4th, 3rd, 2nd and 1st generation: iPod Classic, iPod with video: iPod Nano 6th, 5th, 4th and 3rd generation
- Life Fitness virtual access: create your own workout programs and track your results at [www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com): connect to console via USB or app.

Use: home use, payload: approx. 182kg

Equipment dimensions: L208 x W86 x H155cm, weight 103kg

Accessories: heart rate transmitter belt, integrated receiver for chest strap transmitter, transmitter belt, hand pulse sensors, 2 extra large storage compartments

Warranty: 2 years full warranty (CH Service)

The main differences between Life Fitness E1 and Life Fitness E3:

- E3 has softer cushioned pedals
- E3 has multi-grip handles on the upper body bars for more grip positions
- E3 has hand pulse sensors also on the upper body bars
- E3 has heart rate belt included
- E3 has disguised joints for a more valuable appearance
- E3 has 4 instead of 2 transport wheels
- E3 has control panel on the fixed handle bars
- E3 has resistance control on the upper body bars
- E3 has Coach Zone control panel on the fixed handle bars

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: 18cm white LCD display

Displayed values: Level, time, speed (mph, km/h, rpm), pace, distance, heart rate, target heart rate, calories, animated icons

Training programs: 15

Pulse-controlled programs: 3

User-defined programs: 3

Hand pulse sensors: Yes

Pulse receiver: 5kHz and Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, 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 86 x H 155 cm

Device weight: 103 kg

Payload: approx. 182 kg

Insert: Home

Warranty: 2 years full warranty (CH service)

Features: rugged machine-welded steel frame, forward and reverse motion, stationary ErgoGrip grip handle, WhisperStride technology, energy-saving mode, Iphone compatibility