



Life Fitness E5 Track Connect 2.0 Crosstrainer



Now with the new Track Connect 2.0 console - the E5 Track Connect 2.0 model combines modern design with exceptional workout versatility. Thanks to Life Fitness' revolutionary SelectStride technology, you can adjust the stride length to fit different body sizes (adjustable stride length) or to strengthen different muscle groups. With its sleek design and quiet operation, the E5 is an eye-catcher in any room. 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 6'990.00

The E5 elliptical cross trainer with adjustable stride length is a versatile machine for an effective total body workout at home. The stride length can be adjusted between 46 cm and 61 cm with the push of a button and the multi-grip bars allow you to train different muscle groups. The flowing elliptical motion of the E5 Crosstrainer is based on years of research into biomechanics.

HARMONIC NATURAL MOVEMENT

The smooth, elliptical motion is based on intensive biomechanical research and provides a natural, comfortable workout experience.

ADORABLE DESIGN

The elegant titanium-look studio design with stylish details makes this machine an eye-catcher.

HEART RATE MONITORING

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

ADJUSTABLE STEP LENGTH

Step length can be adjusted between 46 cm and 61 cm for any type of workout.

ACTIVITY ZONE FOR TRAINING

The Activity Zone guides you through training various muscle groups. This includes the Total Body



Trainer and Leg Sculptor modes.

FASCINATING DIVERSITY

Multigrip bars with integrated stride length and resistance control for adjustments during workouts allow for a wide variety of workouts.

WHISPERSTRIDE TECHNOLOGY

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

Track Connect 2.0 console supports:

- the latest Bluetooth standards
- features the 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:

- SelectStride technology allows electronic adjustment of stride length from 46 to 61cm in any increments
- 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 4.5cm provides a natural feeling of motion
- FlexPedal shock absorption system provides better cushioning for a low-impact workout
- minimum step up height 26cm
- 18cm white LCD display showing level, time, speed (mph, km/h, rpm), pace, distance, heart rate, target heart rate, calories, animated icons
- Message field for instructions
- Device compatibility: Android™, iPhone, iPad, iPod
- with iPhone and Android- log in from nearby 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 Fitbit. There's also the option to connect the device with interactive apps like RunSocial to experience rousing workouts.
- Quick Start button to get your workout started quickly
- 14 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
- 4 user profiles
- 12 user defined workout programs
- Cool down mode
- Warm up mode



- Activity Zone control panel on ErgoGrip stationary front handlebar: Total Body Trainer guides through workouts for different muscle groups, Leg Sculptor automatically changes stride length every two minutes for targeted lower body workouts (LCD display shows corresponding muscle groups), resistance and stride length control
- 20 difficulty levels
- forward and backward motion sequence for different muscle demands
- stationary ErgoGrip handle bar in front
- hand pulse sensors on the movable Multigrip handles and on the static handles
- wireless heart rate measurement system
- movable grips for upper body training with Multigrip grips
- integrated resistance and stride length control in the upper body bars
- robust machine-welded steel frame
- large (41 x 18cm), non-slip and soft pedals
- 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: connect to console via USB or app
- target price CHF 6'599.--

Use: home use, payload: approx. 182kg

Equipment dimensions: L208 x W87 x H168cm, weight 114kg

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: adjustable between 46 cm and 61 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: 4

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 87 x H 168 cm

Device weight: 114 kg

**The Shark
Fitness Company**



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