



Life Fitness Club Series + Crosstrainer



The Life Fitness Club Series+ is built on over 20 years of reliability, innovation, and knowledge gained from developing dependable cardio equipment used in fitness clubs around the globe. The next generation Club Series+ cross trainer is more solid and sleek than ever - but has the same proven durability. This all-around redesigned and redesigned ergometer scores with intuitive technology, advanced features and a modern frame design that looks great and fits well in the home. New generation LED consoles - connectivity technology for Apple Watch® compatibility and Bluetooth® connectivity are built into the Integrity SL console. The Integrity SL console offers an intuitive cardio experience combined with the connectivity to fitness apps and wearables that exercisers have come to expect.

CHF 10'490.00

Designed to provide a natural motion feel and effective low-impact cardio workout for a wide range of exercisers. The motion sequence is the result of years of research in biomechanics and ensures that the workout is easy on the joints, yet effective. In addition to the attractive design, the Integrity series crosstrainer has a very high quality. Integrity crosstrainers are not only for the home gym, but also for fitness facilities such as corporate fitness, hotels, clubs that want modern design as well as enough workout options to appeal to all users.

WHOLE BODY TRAINING

The 51cm stride length, developed through years of research into elliptical movement, allows for smooth and natural movements. Combined with arm movements supported by our multi-grip design, you'll benefit from a comfortable, low-intensity total body workout.

VERSATILE HANDLES

With built-in resistance controls on the movable handles, you can conveniently change up your workout



at any time. The multi-grip design also allows you to set a hand position that is comfortable for you. Fixed handles provide a wide range of workout options.

EXTRA LARGE FLEXFORM PEDALS

38 cm pedals provide more comfort with their curved design. The non-slip pedal surfaces are easy to clean.

ADVANCED TRAINING TECHNOLOGY

The intuitive touchscreen console provides a connected running experience. Your last workout is automatically saved so you can replay it and target improvement in your performance. You can challenge yourself with our latest workouts that are automatically updated. Plus, you'll have the ability to track your progress over the long term and send workout data to your favorite apps via Bluetooth and NFC.

CROSSTRAINER WORKOUTS

18 different workouts - the Constant Power and Adaptive Power options as well as High Intensity and Endurance Intensity ensure that training on the cross trainer is anything but boring.

Constant Resistance: constant resistance allows the exerciser to maintain a constant watt/calorie rate because it adjusts as the exerciser changes cadence.

Adaptive Power: the Adaptive Power allows for high intensity training without much preparation. Increasing the cadence increases the wattage exponentially. When slowing down, the wattage for recovery phases decreases more significantly. This allows for variable HIIT workouts where the exerciser simply adjusts the pedaling speed.

Features:

- Off-grid generator drive system with 8-rib poly-V belt for smooth, quiet operation and low maintenance requirements
- brushed stainless steel ventilation detail
- 0-25 resistance levels
- stride length 51cm
- non-slip 38cm pedals in curved design for more comfort
- low step height of 24cm
- Q-factor (pedal spacing): 7.6cm (ESQF) - The Q-factor describes the pedal spacing. Andes series models feature ESQF (Extra Small Q-Factor) with less than 100mm spacing. While for walking the pedal spacing is 120 - 150 mm, for running it is less and is 80 - 100 mm. A low Q-factor provides beneficial ergonomics during running training on the elliptical trainer
- Arm bars in multi-grip design
- SL training computer with large LED display showing RPM, MPH/KPH, calories, distance, time remaining/elapsed, step, watts, heart rate
- Manual program
- Quick Start function
- Hill program
- Random program
- Target programs: Time target, distance target, calorie target, heart rate target
- Resistance interval
- Direct selection buttons on the on the multi-grip arm bars to increase or decrease resistance
- WLAN, BLE, Bluetooth® Classic, ANT+ and NFC enable connectivity to wearables, headphones, chest straps and more. Extensive console technology allows athletes to train at their convenience



- The Apple Watch® automatically connects to Life Fitness devices so exercisers can track key workout parameters like heart rate, speed and calories burned.
- Contact heart rate measurement (hand pulse sensors).
- Front transport wheels for moving the unit
- Height compensation for leveling for product stability
- 1 removable cup holder
- USB port: for software updates and device charging only
- headphone jack: 3.5mm port
- rugged paint (corrosion, dirt and chemical resistant coating)
- Color: Titanium Storm Finish
- target price CHF 9'885.--

Use: home use to light-institutional use, payload: ca.181kg

Unit dimensions: L218 x W74 x H163cm, dynamic length: 222cm, weight 137kg

Accessories: integrated pulse receiver, transmitter belt, hand pulse sensors, storage compartment, bookend

Warranty: home use: 2 years full warranty: light-institutional use: 1 year full warranty (max. 1000 hours per year) (CH Service)

Brake system: electronically controlled magnetic brake system

Flywheel: 21 or more kg

Current-dependent: Yes

Stride length: 50.8 cm

Gradient: No

Resistance levels: 25

Training computer: 18 cm LCD touch screen display

Displayed values: Time, speed, distance, resistance, heart rate, calories

Training programs: 11

Pulse-controlled programs: 1

User-defined programs: keine

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 218 x W 73 x H 163 cm

Device weight: 137 kg

Payload: approx. 181 kg

Insert: Home to light institutional use

Warranty: Home use: 2-year full warranty: Light institutional use: 1-year full warranty

Features: Generator drive system with 8-rib poly-V belt, non-slip 38cm pedals, multi-grip design arm bars.