



Life Fitness E3 Go Crosstrainer



Even under the toughest training conditions, the E3 Track Connect elliptical cross trainer remains remarkably quiet thanks to WhisperStride technology, ensuring fluid and smooth movements. Hand pulse transducers on the handlebars monitor workout progress at every stage of your workout. The Go console offers an extremely user-friendly interface with the most important programs you need for long-term, effective fitness training.

CHF 4'499.00

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.

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
- LCD window (10.2cm x 15.2cm) with blue background and white:er font showing 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 fast 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
- 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 by mains connection
- target price CHF 4'700.--

Use: home use, payload: approx. 182kg

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

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

Warranty: 2 years complete 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

Current-dependent: Yes

Stride length: 51 cm

Gradient: No

Resistance levels: 20

Training programs: 12

Pulse-controlled programs: 2

User-defined programs: 1

Hand pulse sensors: Yes

Pulse receiver: 5kHz and Bluetooth

Foldable: No

Accessories: integrated receiver for chest strap transmitter

Options: Floor protection mat

Folding dimensions (length / width / height): No

Payload: 182 kg

Insert: Home