

# ACTIVATE SERIES

TREADMILL

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



## FLEXDECK SHOCK ABSORPTION SYSTEM

Reduces knee and joint stress by up to 30% more than non-cushioned surfaces. Eight durable Lifespring™ shock absorbers deliver consistent cushioning.



## EASY TO USE

The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



## OPTIONAL ATTACHABLE TV

Keep exercisers entertained by upgrading to a 15" attachable TV.



## CONNECTION TO CARDIO

LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



## TREADMILL

Product code: OST

## WEIGHT:

325 lbs (147 kg)

## MAX USER WEIGHT:

400 lbs (181 kg)

## DIMENSIONS (L X W X H):

81 x 32 x 57"  
(211 x 94 x 161 cm)

*Life Fitness*

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL \*

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S.)	Dedicated 120 volts / 20 amp circuit
Size (L x W x H)	81 x 32 x 57" (205 x 82 x 145 cm)
Unit weight	325 lbs (147 kg)
Step-up height	8" (20 cm)
Ceiling height minimum	9" (2.7 m)
Maximum user weight	400 lbs (181 kg)
Running surface	20 x 60" (51 x 152 cm)
Rollers (precision crowned steel rollers, front and back)	2.75" (7 cm)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, WFI (First Responders Protocol) Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Incline, Heart Rate, Pace, Elapsed Time, Distance, Distanced Climbed, Calories, Calories per Hour, Watts, METS	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•
Proactive belt wear notification	•

\*Optional TV requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

\*\*Warranties outside the U.S. may vary. Specifications subject to change

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry (optional chest strap required), Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Side hand rails	18" (46 cm)
Steel frame, front roller lift wheels and rear levelers	•
Ergo Bar™	•
Speed	0.5 - 12 mph (0.8 kph - 19.3 kph)
Elevation	0 - 15%
Manager-defined Marathon Mode	•
FlexDeck® Shock Absorption System with 8 Lifespring™ shock absorbers	•
DX3™ Belt and Deck System	•
Motor System: 3.0 HP (6.0 HP peak) AC motor with MagnaDrive™ motor controller	•
Integrated reading rack	•
Integrated accessory tray	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
Manager-defined marathon mode (unlimited workout time)	•
WARRANTY**	
7 year limited on frame, motor and Lifespring Shock	•
2 year limited on electrical components	•
1 year limited on labor and mechanical components	•
Attachable TV system option: 2-years electrical and mechanical parts; 90 days labor	•



ACTIVATE SERIES: SIMPLE RELIABILITY

Cardio equipment that's suited for both new exercisers and workout veterans. Activate Series treadmills, cross-trainers and Lifecycle® exercise bikes are built to be durable and easy to use so that exercisers can get on and go.

# ACTIVATE SERIES

ELLIPTICAL CROSS-TRAINER

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



## SMOOTH MOTION

Extensive biomechanics research has helped create a smooth and natural feeling ellipse path that is comfortable for any exerciser.



## EASY TO USE

The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



## OPTIONAL ATTACHABLE TV

Keep exercisers entertained by upgrading to a 15" attachable TV.



## CONNECTION TO CARDIO

LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



## TREADMILL

Product code: OSX

## WEIGHT:

240 lbs (109 kg)

## MAX USER WEIGHT:

350 lbs (160 kg)

## DIMENSIONS (L X W X H):

82 x 28 x 60"  
(209 x 71 x 153 cm)

*LifeFitness*

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL \*

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S)	Self powered*
Auto start (Brings power to console when user begins pedaling)	•
Size (L x W x H)	82 x 28 x 60" (209 x 71 x 153 cm)
Unit weight	240 lbs (109 kg)
Maximum user weight	350 lbs (160 kg)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Resistance Level, Heart Rate, Elapsed Time, Distance, Calories, Calories per Hour, Watts, METS	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry (optional chest strap required), Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Resistance levels	25
Stride length	18" (45.7 cm)
Oversized non-slip pedals	•
Support handlebars	•
Integrated reading rack	•
Integrated accessory tray	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
Plug-in accessory	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
WARRANTY**	
2 year limited on Electrical & Mechanical Components	•
1-year limited on labor	•
Attachable TV system option: 2-years electrical and mechanical parts; 90 days labor	•



**ACTIVATE SERIES:  
SIMPLE RELIABILITY**

Cardio equipment that's suited for both new exercisers and workout veterans. Activate Series treadmills, cross-trainers and Lifecycle® exercise bikes are built to be durable and easy to use so that exercisers can get on and go.

\*Optional TV requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)  
 \*\* Warranties outside the U.S. may vary. Specifications subject to change

# ACTIVATE SERIES

LIFECYCLE UPRIGHT  
EXERCISE BIKE

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



## A COMFORTABLE RIDE

Dozens of seat adjustment positions and optimal pedal positioning ensure that nearly every exerciser can find an ideal riding position.



## EASY TO USE

The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



## OPTIONAL ATTACHABLE TV

Keep exercisers entertained by upgrading to a 15" attachable TV.



## CONNECTION TO CARDIO

LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



## TREADMILL

Product code: OSC

## WEIGHT:

130 lbs (59 kg)

## MAX USER WEIGHT:

400 lbs (181 kg)

## DIMENSIONS (L X W X H):

44 x 23 x 54"  
(112 x 59 x 137 cm)

*LifeFitness*

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL \*

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S)	Self powered*
Auto start (Brings power to console when user begins pedaling)	•
Size (L x W x H)	44 x 23 x 54" (112 x 59 x 137 cm)
Unit weight	130 lbs (59 kg)
Maximum user weight	400 lbs (181 kg)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, Watts, Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Resistance Level, Heart Rate, Elapsed Time, Distance, Calories, Calories per Hour, Watts, METS, RPM	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry (optional chest strap required), Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Resistance levels	25
Seat adjustments	38
Easy adjust pedal strap	•
Support handlebars	•
Ratcheting seat adjustment	•
Racing handlebars	•
Integrated reading rack	•
Integrated accessory tray	•
Front wheels for easy mobility	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
Plug-in accessory	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
WARRANTY**	
2 year limited on electrical and mechanical components	•
1 year limited on labor	•
Attachable TV system option: 2-years electrical and mechanical parts; 90 days labor	•



**ACTIVATE SERIES:  
SIMPLE RELIABILITY**

Cardio equipment that's suited for both new exercisers and workout veterans. Activate Series treadmills, cross-trainers and Lifecycle® exercise bikes are built to be durable and easy to use so that exercisers can get on and go.

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# ACTIVATE SERIES

LIFECYCLE RECUMBENT  
EXERCISE BIKE

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



## A COMFORTABLE RIDE

A relaxed body position and step-through design combine to create an inviting cardio workout.



## EASY TO USE

The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



## OPTIONAL ATTACHABLE TV

Keep exercisers entertained by upgrading to a 15" attachable TV.



## CONNECTION TO CARDIO

LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



## TREADMILL

Product code: OSR

## WEIGHT:

200 lbs (91 kg)

## MAX USER WEIGHT:

400 lbs (181 kg)

## DIMENSIONS (L X W X H):

64 x 27 x 45"  
(163 x 67 x 115 cm)

*Life Fitness*

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL \*

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S)	Self powered*
Auto start (Brings power to console when user begins pedaling)	•
Size (L x W x H)	64 x 27 x 45" (163 x 67 x 115 cm)
Unit weight	200 lbs (91 kg)
Maximum user weight	400 lbs (182 kg)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, Watts, Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Resistance Level, Heart Rate, Elapsed Time, Distance, Calories, Calories per Hour, Watts, METS, RPM	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry, Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Resistance levels	25
Seat adjustments	34
Easy adjust pedal strap	•
Support handlebars	•
Deluxe back support	•
Step-through design	•
Wide Ride™ Pedals	•
Side handlebars with contact heart rate	•
Integrated reading rack	•
Integrated accessory tray	•
Front wheels for easy mobility	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
Plug-in accessory	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
WARRANTY**	
2 year limited on electrical and mechanical components	•
1-year limited on labor	•
Attachable TV System option: 2-years electrical and mechanical parts; 90 days labor	•



**ACTIVATE SERIES:  
SIMPLE RELIABILITY**

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