



Keeping South Florida Healthy
& Fit for over 25 Years!

LifeFitness

E1 ELLIPTICAL

- 1 ENHANCES THE HOME**
Premium, club-inspired look and an eye-catching Titanium finish accentuates any home environment.

- 2 DO NOT DISTURB**
WhisperStride™ technology provides extremely quiet operation so you don't have to worry about disturbing anyone else in your home.

The E1 Cross-Trainer offers an effective low-impact, total-body workout for home exercisers of all fitness levels. Years of Life Fitness innovation and research have resulted in an inviting cross-trainer that combines a comfortable, natural feel with outstanding durability and quiet operation.



Track Connect

Go

SMOOTH COMFORT
Life Fitness has employed thorough biomechanics research to help to develop an ellipse path that closely mimics human movement so that it feels smooth and natural.

CHOOSE YOUR CONSOLE
Track Connect: Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.

Go: Combines ease of use with 13 engaging and motivating workouts.



ENGAGE WITH TRACK CONNECT
iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.



561-712-0381



COASTALFITNESS@AOL.COM



COASTALFITNESS.COM

BASE SPECIFICATIONS

SPECIAL FEATURES	T5
Heart Rate Monitoring: Contact and telemetry heart rate monitoring (wireless chest strap included)	●
Frame: Robotically welded steel frame and contact heart rate hand sensors	●
Speed: 0.5 - 12 mph (0.8 - 19.3 kph)	●
Incline: 0 - 15%	●
Motor System: 3.0 HP Continuous Duty motor system	●
Motor Controller: Life Fitness designed microprocessor-based PWM controller	●
Deck: 3/4" commercial grade isocyanide deck	●
Deck Shock Absorption: FlexDeck® Select Shock Absorption System with 3 firmness settings	●
Handrails: Side handrails and front Ergo™ bar	●
Belt: 60" L x 22" W multi-ply, pre-lubricated (152 cm x 56 cm)	●
Rollers: 2.5" (6 cm) precision crowned	●
GoSystem™ Lower Control Pad: One-touch Quick Start; Three customizable speed presets; Three customizable incline presets	●
Accessories: Removable dishwasher-safe water bottle holders and accessory tray	●
TECHNICAL SPECIFICATIONS	
Maximum user weight	400 lbs 181 kg
Unit length	80" 203 cm
Unit width	32" 81 cm
Unit height	60" 152 cm
Unit weight	339 lbs 154 kg
Power Requirements: plug-in (all major voltage configurations)	●
Safety: CE, CSA, TUV, UL Certified	●
Warranty (Base): Lifetime warranty on frame and LifeSpring™ shock absorbers; 10-year on motor; 7-year on parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT	GO
7" (18 cm) white LCD	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Bluetooth®	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German	●	—
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

CONSOLE OPTIONS



Track Connect



Go

Life Fitness



561-712-0381



COASTALFITNESS@AOL.COM



COASTALFITNESS.COM