



Keeping South Florida Healthy
& Fit for over 25 Years!

LifeFitness

E3 ELLIPTICAL

1

ENHANCE THE HOME

A premium, club-inspired look with an eye-catching Titanium finish and appealing design touches accentuates any home.

2

DO NOT DISTURB

The quiet operation of WhisperStride™ technology ensures that your workouts won't disturb anyone in your home.

3



4



The E3 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.

ATTENTION TO COMFORT The ellipse path of the E3 mimics human movement so that it feels smooth and natural. Cushioned, anti-slip pedals ensure secure footing and comfort.

APPEALING VARIETY Multigrip handles, with integrated resistance controls for on-the-fly adjustments and contact heart rate sensors for workout monitoring, allow for varying exercise motions.

Coach Zone™ leads exercisers through motivating workouts that target different muscle groups.

5



Track Connect



Go

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.

6



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.



Shown with
Track Connect Console



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E3 ELLIPTICAL CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E3
Heart Rate Monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, telemetry heart rate monitoring (wireless chest strap included with console)	●
Fixed stride length of 20" (51 cm)	●
Link6™ elliptical drive system creates a natural feeling stride that mirrors an exerciser's actual running motion	●
WhisperStride technology employs self-aligning ball bearings for a quiet, fluid motion	●
Handles: Upper body moving arms with multigrip handles and ErgoGrip™ stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip cushioned pedals	●
Accessories: Water bottle holder	●
Coach Zone LED display shows muscles being worked and challenges the user with different motions	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs
Step-up height	6"
Unit length	82"
Unit width	34"
Unit height	61"
Unit weight	225 lbs
Power Requirements: Plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, TUV, UL	●
BASE WARRANTY	
Lifetime on frame; 5-year on electrical and mechanical 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



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