



Keeping South Florida Healthy
& Fit for over 25 Years!

LifeFitness

E5 ADJUSTABLE STRIDE ELLIPTICAL

1 ENHANCES THE HOME

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

3



SERIOUS COMFORT

The stride adjusts electronically from 18" to 24" (46-61 cm) so that users can choose from a variety of workouts that are challenging and effective, and feel smooth, natural and comfortable. Cushioned, antislip pedals ensure secure footing and comfort.

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.

2

DO NOT DISTURB

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

4



APPEALING VARIETY

Multigrip handles, with integrated stride and resistance controls for on the fly adjustments, allow for varying exercise motions.

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

Versatility keeps workouts fresh and inviting. The E5 Cross-Trainer has an adjustable stride and several other features that create effective low-impact, total-body workouts tailored to fit any exerciser.



Shown with Track Connect Console



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E5 ADJUSTABLE-STRIDE CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E5
Heart Rate Monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, telemetry heart rate monitoring (wireless chest strap included with console)	●
Electronic stride adjustments from 18" to 24"	●
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 (that feature integrated resistance and stride length controls) and ErgoGrip™ stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip cushioned pedals	●
Accessories: Removable dishwasher safe water bottles and accessory tray	●
Activity Zone: Total Body Trainer coaches the exerciser to train different muscle groups, Leg Sculptor™ automatically adjusts stride length every two minutes for a targeted lower-body workout, LCD shows muscles being worked, resistance and stride length controls	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	10" 25 cm
Unit length	84" 213 cm
Unit width	34" 86 cm
Unit height	66" 168 cm
Unit weight	251 lbs 114 kg
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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