CLUB SERIES+

ARC TRAINER

Rooted in more than 20 years of reliability and cardio excellence that is favored in health clubs around the world, the Arc Trainer is an alternative-motion cross-trainer that offers a wide range of effective, low-impact workouts. The 21 incline adjustments result in motions that mimic gliding, striding and climbing.



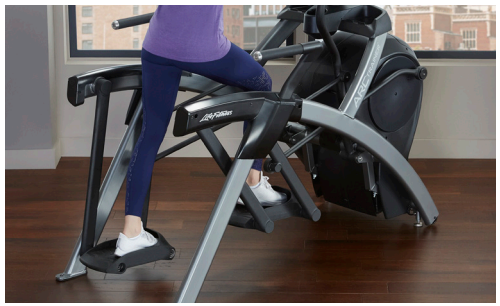
3-IN-1 CARDIO MACHINE

21 incline adjustments offer three distinctly different motions--glide like a runner (0-7 incline), stride like on an elliptical (8-14), or climb like you're on a stair climber (15-20).



EFFECTIVE LOW-IMPACT WORKOUTS

The variety of an elliptical and climber with less stress on the knees than walking. Moving arms ensure a total-body workout and include hand grips with controls that allow for incline and resistance adjustments on-the-fly.



EASE OF USE

The motion of the Arc Trainer is intuitive. Its variety of workouts are extremely easy to learn how to use.



CALORIE BURNER

The Arc Trainer burns more calories than a traditional elliptical, and with less perceived exertion.



FEATURED:
Club Series+ Total-Body Arc Trainer
with SE3 HD Console, Titanium Color

LifeFitness

CLUB SERIES+
ARC TRAINER

BASE FEATURES	
Resistance range	Up to 1200 Watts at 180 SPM (100 resistance levels)
Incline levels	0-21
Stride length	24” (61 cm)
Curved, multigrip handlebars with remote resistance and incline buttons	•
Cruiser grips	•
Remote heart rate	•
Robust paint with corrosion, stain and chemical-resistant coating	•
Frame color	Standard: Titanium Optional: Arctic Silver, Black Onyx
USER FEATURES	
Adjustable user options	Resistance, Body Weight, Incline, Strides Per Minute (SPM), Hand and Body Position
Incline levels (muscles activated)	0-6 (calves, glutes, hamstrings) 7-14 (calves, glutes, hamstrings and quads) 15-20 (quads)
Heart rate monitoring	Wireless heartrate strap and contact handles

TECHNICAL SPECIFICATIONS	
Max user weight	400 lbs (181 kg)
Length	76.5” (194 cm)
Width	36.5” (93 cm)
Height	62.5” (159 cm)
Unit weight	510 lbs (231 kg)
POWER REQUIREMENTS	
All major voltage configurations (voltage outside U.S. may vary)	•
WARRANTY*	
Electrical	3 years
Parts	3 Years
Labor	1 Year
Cosmetic items	6 months
Frame	3 years
Console	3 years
Mechanical	3 years
PRODUCT MODELS/SKUS	
Discover SE3 HD	INA-CS-TBSE-TTNLX, INA-CS-TBSE-BLKLX
SL Console	INA-CSTBSL-TTNLM, INA-CS-TBSL-BLKLM

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

CONSOLE OPTIONS: Club Series+ includes these console choices

Console choices include simple, get-on-and-go functionality to more engaging options.



SL CONSOLE

- Large, vivid LED display
- Apple Watch® compatibility



DISCOVER SE3 HD CONSOLE

- Integrated 1080p TV, internet and streaming video
- Lifescape interactive courses
- Apple Watch® and Samsung Galaxy Watch® compatibility

shop.lifefitness.com

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