E1 ELLIPTICAL CROSS-TRAINER

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. Choose between the engaging and interactive Track Connect 2.0 with Enhanced Bluetooth® Console and the intuitive Go Console.

CHOOSE YOUR CONSOLE

1



Track Connect 2.0 with Enhanced Bluetooth

Track Connect 2.0 with Enhanced Bluetooth®: Enhanced Bluetooth® enables pairing with an Apple Watch® or Samsung Galaxy Watch® as well as Apple® or Android™ smartphones. This lets you connect seamlessly to the cross trainer for extremely accurate workout information. A dual-zone design separates entertainment and workout specific areas.



Go

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

2 DO NOT DISTURB

WhisperStride™ technology provides extremely quiet operation so you don't have to worry about disturbing anyone else in your home.

3 ENHANCES THE HOME

Premium, club-inspired look and an eye-catching Titanium finish accentuates any home environment.

4



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.



Shown with Track Connect 2.0 with Enhanced Bluetooth®

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E1 ELLIPTICAL CROSS-TRAINER

KEY | ● STANDARD | – UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E1
Heart rate monitoring: Contact and telemetry heart rate monitoring (wireless chest strap included)	●
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 Maintenance-free ball bearings reduce friction and ensure nearly silent operation, ideal for home use.	●
Resistance levels: 20	●
Pedals: oversized non-slip pedals	●
Hand grips: multiple hand grip locations including stationary grips and moving multigrip handles	●
Accessories: integrated accessory tray and two water bottle holders	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	6.5" 17 cm
Unit length	82" 209 cm
Unit width	30" 77 cm
Unit height	59" 150 cm
Unit weight	211 lbs 96 kg
Power Requirements: Plug-in (all major voltage configurations)	●
BASE WARRANTY	
Lifetime on frame; 5-year on electrical and mechanical parts; 3-year on console: 1-year on labor (Warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT 2.0	GO
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	●	–
Mobile device compatibility: Bluetooth® Proximity, NFC, FTMS capability (Enhanced Bluetooth capabilities not compatible with previous models)	●	–
Life Fitness Connect: Extremely accurate workout tracking, Life Fitness™ On Demand classes, adaptive audio coaching, workout creation and more (download from the Apple App Store™ or Google Play™)	●	–
Compatibility with 3rd party apps	●	–
Bluetooth® and NFC connection	●	–
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German, French	●	–
WORKOUT FEEDBACK		
Resistance Level, Time, Speed (mph, km/h, rpm), 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 2.0 with Enhanced Bluetooth



Go

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