

ARC TRAINER

Effective and Versatile Cardio Trainer

The Life Fitness Arc Trainer is an alternative-motion cross-trainer that keeps people coming back. It provides a non-impact training solution to an extremely wide range of users from rehabilitation clients and deconditioned members up to professional athletes. Over 1200 watts of available power allows the Arc Trainer to be used for strength and power training as well, expanding its use from just cardio workouts—and it provides all of this with less knee stress than walking.



CHOOSE YOUR CONSOLE EXPERIENCE
Various console options allow facilities to choose an experience that resonates with exercisers; just get on and go or go all out.



BACKED BY SCIENCE
The Arc Trainer provides the variety of an elliptical and climber with less stress on the knees than walking.



STRIDE IMPROVEMENT
The Arc Trainer was built to reduce force on the joints. And with 21 incline levels, any exerciser can find their most efficient workout.



DIGITAL FACILITY MANAGEMENT
Digital management through standard wireless connectivity allows for instant equipment usage information, insights into exerciser trends, service notifications and more.

FEATURED:
Life Fitness Arc Trainer with SE3 HD Console

PRODUCT CODE: INATTSH



LifeFitness

KEY | • STANDARD - NA

| BASE FEATURES | TOTAL BODY CONFIGURATION | LOWER BODY CONFIGURATION |
|--|--|--------------------------|
| 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 | Corrosion, stain, and chemical resistant coating | |
| Frame colors | Arctic Silver, Black Onyx, Diamond White, Titanium Storm | |
| ENTERTAINMENT FEATURES | | |
| Attachable TV | Available for C and X Consoles | |
| USER FEATURES | | |
| Adjustable user options | Resistance, Body Weight, Incline, Strides Per Minute (SPM), Hand and body position | |
| Incline level (muscles activated) | 0-6 (calves, glutes, hamstring) 7-14 (calves, glutes, hamstring and quads) 15-20 (quads) | |
| Heart rate monitoring | Integrated heart rate monitoring on contact handles | |

| TECHNICAL SPECIFICATIONS | TOTAL BODY CONFIGURATION | LOWER BODY CONFIGURATION |
|--------------------------|---|--------------------------|
| Max user weight | 400 lbs (181 kg) | |
| Length | 76.5" (194 cm) | |
| Width | 36.5" (93 cm) | 33" (84 cm) |
| Height | 62.5" (159 cm) | |
| Unit weight | 510 lbs (231 kg) | 490 lbs (222 kg) |
| POWER REQUIREMENTS | | |
| Power | C and X console are self powered, SE3 HD, SE3 and ST available in standard AC voltages, optional AC adapter for full time display | |
| WARRANTY* | | |
| Mechanical | 3 Years | |
| Labor | 1 Year | |
| Cosmetic items | 3 Months | |
| Frame | 10 Years | |
| PRODUCT MODELS/SKUs | TOTAL BODY CONFIGURATION | LOWER BODY CONFIGURATION |
| SE3 HD Arc Trainer | INATTSH | INATLSH |
| SE3 Arc Trainer | INATTSE | INATLSE |
| ST Arc Trainer | INATTSS | INATLSS |
| X Arc Trainer | INATTSX | INATLSX |
| C Arc Trainer | INATTSC | INATLSC |



TOTAL-BODY CONFIGURATION

A total-body configuration that allows exercisers of all fitness levels to engage their whole bodies while on an alternative-motion cross-trainer. It includes cruiser grips and curved hand grips that have remote controls for incline and resistance adjustments on the fly.



LOWER-BODY CONFIGURATION

A configuration designed to concentrate on the lower body for added workout flexibility, popular with coaches and trainers. It offers the same functionality as the Total Body Arc Trainer without the arm motion, and includes the cruiser grips for more control.

CONSOLE OPTIONS:

The Arc Trainer includes the following console choices

Console choices include simple, get-on-and-go functionality to more engaging options. Each offers wireless connectivity and insights through our asset management platform.



INTEGRITY C CONSOLE



INTEGRITY X CONSOLE



DISCOVER ST CONSOLE



DISCOVER SE3 CONSOLE



DISCOVER SE3 HD CONSOLE