



Discover SE Elliptical Cross-Trainer

The New Elevation Series Elliptical Cross-Trainer with Discover™ SE Tablet Console is where your digital life meets your workout experience. The third generation of touch screen consoles redefines the workout experience with the most advanced technology. The 16" integrated LCD touch screen features an abundance of entertainment options, enhanced interaction, Internet connectivity and much more.

FEATURES



> **16" INTEGRATED SURFACE CAPACITIVE LCD TOUCH SCREEN WITH INTEGRATED TV**

With a swipe of a finger, navigate seamlessly between crisp, clear screens to choose the entertainment and workouts you want.



> **APPLE® AND ANDROID™ COMPATIBLE**

Connect, manage playlists, watch videos and power your Android and Apple device, including your iPod®, iPhone® or iPad®



> **INTERNET CONNECTIVITY**

Visit a website or play a game. Easily choose your favorite websites through your Lfconnect account, and they will be instantly available when you log in. Available with Ethernet or Wireless connectivity.



> **LIFESCAPE INTERACTIVE COURSES**

Take high-definition hikes and runs through famous locations around the world. The integrated machine controls speed as the exerciser runs faster and matches the resistance to the varying terrains.



> **LFCONNECT™ / LFCONNECT APP**

Complementary solution that allows exercisers to choose equipment settings and track workout results to meet their goals, while also providing facility owners easy asset management and product customization capabilities. Lfconnect is accessible via its website or app.

To create an account, go to Lfconnect.com.



FACILITY FEATURES*

Asset Management:

- Product usage statistics
- Software updates

Equipment Customization:

- Custom workouts by facility and trainer
- Attract screen, logo and message customization

Entertainment Customization:

- Internet presets
- TV channel editing

EXERCISER FEATURES*

Product Personalization:

- Display and workout settings
- Internet favorites

Workout Creation:

- Workout calendar
- Workout customization
- Workout Library

Workout Tracking:

- Track and share progress

Social Interaction:

- Create workouts and track progress with peers and personal trainers

All features are Apple and Android compatible.

DISCOVER™ SE ELLIPTICAL CROSS-TRAINER

Featuring an innovative design and a revolutionary Quiet Drive™ system, the Elevation Series Elliptical Cross-Trainer combines form and function for an engaging workout. Utilizing superior biomechanics and a natural fluid motion, the cross-trainer offers a total-body workout while delivering an exceptional exercise experience to users at any fitness level.



PERFORMANCE FEATURES

> ADVANCED CONSOLE TECHNOLOGY

Engage the senses with Internet connectivity, product personalization through LFconnect, Lifescape Interactive Courses, video-watching capabilities and iPod®, iPhone®, iPad® and Android® Smartphone integration.

> OVERSIZED PEDALS

Pedal design allows users to adjust foot position comfortably. Narrow pedal spacing (2.8" or 7.1 cm) minimizes lateral hip shifting, which reduces lower back stress.

> AT-YOUR-FINGERTIPS RESISTANCE CONTROLS

Located on the bullhorns to easily adjust workout intensity.

> HEART RATE MONITORING

Lifepulse™ digital heart-rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart-rate monitoring. Polar® telemetry* provides runners with accurate, hands-free heart-rate monitoring, too.

> MOTIVATING WORKOUT VARIETY

Heart Rate+™ Workouts automatically adjust the resistance level to keep users in their target heart-rate zone. Goal-based workouts allow users to set personal goals, while Cross-Train Reverse and Cross-Train Aerobic modes utilize machine-generated prompts to keep users motivated.

> PLUG-IN OPTION

Provides a lower operating resistance for novice and deconditioned users.

> SPEED AND DISTANCE FEEDBACK

For easy comparisons to daily activities, such as walking and running.

* Requires optional chest strap.

HIGHLIGHTED FEATURE

PEDAL SPACING

The new design and larger pedals offer easy use and reduce lower back stress.



ELLIPTICAL CROSS-TRAINER DETAILS

20" (50.8 cm) stride length

Narrow 2.8" (7.1 cm) pedal spacing

At-your-fingertips resistance controls

Oversized non-slip pedals

Ergonomically correct moving arm handles provide total-body workout

Patented Lifepulse™ digital heart rate monitoring

Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.



95X DISCOVER™ SE ELLIPTICAL CROSS-TRAINER

SPECIFICATIONS

HEART RATE MONITORING OPTIONS		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Quick Start, Customized Cool Down		
Classic Workouts	Manual Goals, Random, Hill, Rolling Hills	●
Healthy Heart	Moderate Burn, Vigorous Burn	●
	Fixed Time Interval, Variable Time Interval	●
Performance	2-Speed Interval, Starter Interval	●
Evaluate	Fit Test, U.S. Navy PRT	●
Goal Workouts	Time, Distance, Calories, Distance Climbed, Time in Zone, Pace	●
Cross-Train Aerobics and Cross-Train Reverse Workout Modes		
PRODUCT FEATURES		
20" (50.8 cm) Stride Length		
Integrated Reading Rack		
Integrated Smartphone Accessory Tray		
Oversized Non-Slip Pedals		
On-the-fly Programming		
Resistance Levels		26
At-Your-Fingertips Resistance Controls: Located on moving handlebars		
Removable Cup Holder		
Front Wheels for Easy Mobility		
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		
SERVICE ENHANCEMENTS		
Manager's Menu Options		
Flash Programmable via USB Stick		
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements:	AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	●
Internet	Via CAT6 or CAT5e (Shielded Recommended)	●
	Wireless Connectivity: IEEE 802.11a/b/g/n*	○
Hybrid	Reduce power to the console	●
Length		88.1" (224 cm)
Width		30.7" (78 cm)
Height		65" (165 cm)
Unit Weight		452 lbs (195 kg)
Warranty†	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●

* Optional features are available at an additional charge.

** LFconnect on-console features are compatible with the Elevation Series Discover SE and SI when connected to the Internet. Internet connectivity is recommended for optimal facility owner and exerciser experience.

† Features not available in all regions. Check with your sales rep for availability and details. Warranties outside the U.S. may vary. Specifications subject to change.

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key ● standard ○ optional* – unavailable

DISPLAY TECHNOLOGY

TABLET CONSOLE OPTIONS		
16" Integrated Surface Capacitive LCD Touch Screen		
Swipe™ Technology		
Screen Protection	Protective top layer, internal shock mounts, gasket	●
TV VIEWING OPTIONS		
Integrated TV	Analog and Digital NTSC/ATSC/QAM, PAL/SECAM/DVB-T2, NTSC/ISDB-T with BCAS	●
	IPTV*	○
English/Metric Selection	mph/kph/rpm or lbs/kg	●
DISPLAY READOUT		
Profile Display		
Language Choices	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Euskara	19
SPECIAL FEATURES		
iPod®, iPhone®, iPad® and Android® Smartphone Compatibility	Video capability on LCD Touch Screen	●
	Playlist management on LCD Touch Screen	●
	Charging	●
	iPad® Holder	●
Internet	Via CAT6 or CAT5e (shielded recommended)	●
	Wireless Connectivity: IEEE802.11a/b/g/n*	○
On-Demand Content (Music Videos, TV shows)	Available with purchase of Lifescape Gateway†	○
Lifescape Interactive Courses	Video speed and level/incline controlled	●
Bluetooth	Compatible with Bluetooth devices	●
Workout Landscape™ Views	400M Track, 5K Nature Trail, Mountain, Zoom	●
Promo Channel	Default channel to display facility specific content	●
Secure Channel	Monitor child day care center with password protection	●
Solitaire	Play Solitaire on the LCD Touch Screen	●
Secondary Audio Programs (SAP)	SAP TV broadcast required	●
Previous Channel		●
Closed Captioning		●
Life Fitness Reader	Read ePub files on the LCD Touch Screen	●
Mute Feature		●
Manager Defined Marathon Mode	(unlimited workout time)	●
Facility Customization through LFconnect.com**	Attract screen background image and logo, and scrolling message; custom Internet settings and TV channels; custom workouts	●
End-user Personalization through LFconnect.com and LFOpen**	Personalized content, workouts creation and tracking, entertainment	●
Asset Management through LFconnect.com	Software Updates and Statistics	●
TECHNICAL SPECIFICATIONS		
Headphone Jack	3.5 mm Stereo	●
Easy-to-Remove Headphone Jack		