

FLEXSTRIDER VARIABLE-STRIDE TRAINER WITH DISCOVER SI CONSOLE



The new Elevation Series FlexStrider Variable-Stride Trainer with Discover™ SI 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 10" integrated LCD touch screen features an abundance of entertainment options, enhanced interaction, Internet connectivity and much more.



FEATURES



> **10" INTEGRATED SURFACE CAPACITIVE LCD TOUCH SCREEN**

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.



FLEXSTRIDER VARIABLE-STRIDE TRAINER WITH DISCOVER SI CONSOLE

The FlexStrider™ Variable-Stride Trainer lets exercisers change stride length on the fly and choose a workout that feels the most natural. The smooth motion of the variable-stride trainer makes it easy to use and inviting for exercisers looking for a total-body, low-impact workout.

PERFORMANCE FEATURES

- > **THE RESEARCH BEHIND THE NATURAL FEEL**
Life Fitness has been producing cross-trainers for nearly 20 years. Two decades of biomechanics testing have helped create an elliptical path that mimics the natural motion of the body. The result is an extremely smooth and comfortable feel.
- > **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**
Users can adjust foot position comfortably. Narrow pedal spacing (2.5" or 6.3 cm) minimizes lateral hip shifting, which reduces lower back stress.
- > **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS**
Located on the moving arms to easily adjust intensity without disrupting workout.
- > **ENERGY OUTPUT TRACKING**
FitPower™ displays the energy output of exercisers by factoring in RPMs, resistance and stride length.
- > **HEART RATE MONITORING**
Lifepulse™ digital heart-rate monitoring hand sensors are conveniently placed on the moving arm handles and bullhorns to. Polar® telemetry* also provides users with accurate, hands-free heart-rate monitoring.
- > **USER COMFORT**
The FlexStrider trainer has a smooth and easy start up, and a low step-up height, which makes it easy to get on and off.
- > **MOTIVATING WORKOUT VARIETY**
Heart Rate+™ Workouts automatically adjust resistance to keep users in a target zone. Goal-based workouts allow users to set personal goals.
- > **SPEED AND DISTANCE FEEDBACK**
For easy comparisons to daily activities, such as walking and running.

* Requires optional chest strap.



HIGHLIGHTED FEATURE

VARIABLE STRIDE

Users can choose the ideal stride length on the fly.



FLEXSTRIDER DETAILS

0-36" (0-91 cm) stride length

Narrow 2.5" (6.3 cm) pedal spacing

At-your-fingertips resistance controls

Oversized non-slip pedals

Ergonomically correct moving arm handles provide a total-body workout

Patented Lifepulse digital heart rate monitoring



95X FLEXSTRIDER VARIABLE-STRIDE TRAINER WITH DISCOVER SI CONSOLE

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 | ● |
| Goal Workouts | Time, Distance, Calories, Distance Climbed, Time in Zone, Pace | ● |
| PRODUCT FEATURES | | |
| Constant FitPower | | ● |
| Stride Length Interval | | ● |
| Variable Stride Length | 0-36" (0-91.4 cm) | ● |
| Integrated Reading Rack | | ● |
| Integrated Smartphone Accessory Tray | | ● |
| Oversized Non-Slip Pedals | | ● |
| On-the-fly Programming | | ● |
| Resistance Levels | | 26 (0-25) |
| At-Your-Fingertips Resistance Controls (Located on the Moving Arms) | | ● |
| Removable Cup Holder | | ● |
| Front Wheels for Easy Mobility | | ● |
| Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified | | ● |
| Attachable TV Personal Entertainment | | ○ |
| 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* | ○ |
| Active Footprint (Includes rear floor mat and plastic front cover) | 102.5"L x 34"W x 67.5"H (260 cm x 86 cm x 171 cm) | |
| Machine Only†† | 64.5"L x 31.5"W x 67.5"H (164 cm x 80 cm x 171 cm) | |
| Step-Up Height | 8.6" (22 cm) | |
| Weight | 564 lbs (256 kg) | |
| Warranty¹ | 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.

†† Machine only dimensions are intended to provide information needed to properly move the FlexStrider Trainer into and out of a facility.

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key ● standard ○ optional* – unavailable

DISPLAY TECHNOLOGY

| TABLET CONSOLE OPTIONS | | |
|--|--|----|
| 10" Surface Capacitive LCD Touch Screen with Swipe™ Technology | | ● |
| Screen Protection | Protective top layer, internal shock mounts, gasket | ● |
| TV VIEWING OPTIONS | | |
| Attachable 17" TV (Wide Screen Format) | NTSC/ATSC/QAM, PAL/SECAM/DVB-T | ○ |
| 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 | ● |
| | Video capability on optional Attachable TV | ○ |
| | 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 | FitPower, 400M Track, 5K Nature Trail, Mountain, Classic Profile, Zoom | ● |
| USB Connectivity | Audio and Video files; flash programmable software | ● |
| RFID | | ○ |
| Solitaire | Play Solitaire on the LCD Touch Screen | ● |
| Secondary Audio Programs (SAP) | SAP TV broadcast required | ○ |
| Previous Channel, Closed Captioning, Mute Feature | | ○ |
| Life Fitness Reader | Read ePub files on the LCD Touch Screen | ● |
| 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 | ● |
| Open Platform with App Developer Website | | ● |
| TECHNICAL SPECIFICATIONS | | |
| Headphone Jack | 3.5 mm Stereo | ● |