



# INTEGRITY SERIES CLSL SUMMIT TRAINER

Challenge your most dedicated exercisers with this intense workout option. This machine offers the intense workouts they crave without stress and strain on their joints. The Integrity Series Summit Trainer is a low-impact, but tough, total-body workout that perfectly complements an established strength or cardio training routine. The Summit Trainer also offers a refreshed, non-intimidating console with more options for personalized entertainment, which helps exercisers complete more enjoyable workouts.

## PERFORMANCE FEATURES

### SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music and, when an attachable TV is available, video.

### INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume and change television channels right from the console.

### MOTIVATING WORKOUT VARIETY

Zone Training+™ 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 the Aerobic Mode utilizes machine-generated prompts to keep users motivated.

### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the handlebars to provide precise heart rate monitoring, and Polar® telemetry provides accurate, "hands-free" heart rate monitoring. (Telemetry requires optional chest strap.)

### SELF-POWERED CONVENIENCE

The energy-efficient Summit Trainer is powered completely by the user. This feature offers flexibility in planning your facility since there are no outlets or electrical cords to consider.



### 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.

## HIGHLIGHT FEATURE

NATURAL  
MOTION  
FLUID  
TRANSITIONS



The natural climbing motion is intuitive for even first time users. Since there are no mechanical or electrical stride adjustments switching between short, quick strides and long, deep lunges is smooth and effortless.

## SUMMITTRAINER DETAILS

- Linear Incline Fit Training™ technology; user-defined stride length up to 26" (66 cm) maximum
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
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- Heart rate monitoring
- 25 workouts, including 5 Zone Training+™ workouts and Fit Test Protocol.
- 7 languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug-in accessory
- iPod Compatibility
- Integrated iPod/ TV Controls
- Available with optional Attachable TV System

## INTEGRITY SERIES CLSL SUMMIT TRAINER

## SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Classic Workouts: Hill, Random, Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate		●
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training,		●
Goal Workouts: Calories, Distance, Time in Zone		●
Custom Workouts		6
Fitness Test Protocols: Fit Test		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate Watts, METs, Speed, Workout Profile, Resistance Level, RPM		●
Language Choices		7
DISPLAY TYPE		
LED: Alphanumeric message center, workout profile and lower level time/level display		●
Numeric Keypad		●
SPECIAL FEATURES		
Linear Incline Fit Training™ Technology with 26" (66cm) Stride Length		●
Integrated Reading Rack		●
Integrated Accessory Tray		●
Support Handlebars		●
Oversized Non-slip Pedals		●
Front Wheels for Easy Mobility		●
Dedicated Keypad		●
On-the-Fly Programming		●
Resistance Levels		25
Plug-in Accessory		○
Service Enhancements: Manger's Optional Settings and Service Diagnostics		●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●
Attachable TV System		○
iPod® Compatibility	Video capability on attachable TV	○
	On-console playlist management	●
	Charging	●
Integrated iPod/TV controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements: AC power line, 115 volt, 15 amp (voltage may vary outside U.S.)		○
Self Powered**		●
Auto Start: Brings power to console when user begins pedaling		●
Length		68" (173 cm)
Width		33" (84 cm)
Height		73" (185 cm)
Unit Weight		345 lbs (157 kg)
Warranty†	2-year limited warranty on all mechanical and electrical components	●
	1-year labor	●
	Attachable TV System Option: 2-years electrical and mechanical parts; 90 days labor	●

\* Optional features are available at an additional charge

\*\* Optional Attachable TV requires external power source

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

*Life Fitness*  
WHAT WE LIVE FOR