

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



WEIGHT:
450 lbs (204 kg)

MAX USER WEIGHT:
400 lbs (181 kg)

DIMENSIONS (L X W X H):
45" x 76" x 33"
(114 cm x 193 cm x 84 cm)

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		
Max user weight	400 lbs (181 kg)	
Length	45" (114 cm)	
Width	76" (193 cm)	
Height	33" (83 cm)	
Unit weight	510 lbs (231 kg)	
POWER REQUIREMENTS		
Power	C and X console are self powered, SE3 HD 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
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 HD CONSOLE