

# ELLIPTICAL CROSS-TRAINER

INTEGRITY SERIES

## DURABLE AND SLEEK

The Integrity Series Elliptical Cross-Trainer has been designed to offer a natural feeling motion for a wide range of exercisers. Elevated aesthetics make it more inviting, but it stays true to the workhorse durability that Integrity Series is known for.



### NATURAL STRIDE

The 20" (50.8 cm) stride has a smooth and fluid motion developed from years of research. A large area of knee clearance makes it comfortable for tall exercisers.



### VERSATILE MULTI-GRIP HANDLES

Multi-grip design lets exercisers choose a comfortable hand position. The D base offers integrated resistance controls that make it easy to change a workout on the fly.



### OVERSIZED FLEXFORM PEDALS

The large 15 in (38 cm) FlexForm™ crowned pedal shape helps reduce numb foot. The non-slip surface of the pedals is easy to clean (available on D Base only).



### CONNECTED CARDIO

Integrity Series cardio can be connected to LFconnect for asset management, facility usage data, preventive maintenance, LFconnect Protect and more, so you get the most out of your equipment.

FEATURED:  
Integrity Series Elliptical Cross-Trainer with S Base and SE3 HD Console.

PRODUCT CODE:  
INX SE3 HD



WEIGHT:  
301 lbs (137 kg)

MAX USER WEIGHT:  
400 lbs (181 kg)

DIMENSIONS (L X W X H):  
86" x 29" x 64"  
(218 cm x 73 cm x 163 cm)

*Life Fitness*

KEY | • STANDARD - NA

BASE FEATURES	"S" BASE	"D" BASE
20" (51 cm) Ergonomic Fixed Stride	•	•
Moving handles	•	•
Multi-grip handles with remote resistance controls	-	•
Resistance Levels	0 - 25	0 - 25
Oversized 15" (38 cm) FlexForm™ Pedals	-	•
Oversized 15" (38 cm) pedals	•	-
Removable locking cup holder	1	1
Low step-up height	•	•
FRAME		
Generator Drive System	•	•
Brushed stainless steel vents	-	•
Rear wheels for easy mobility	•	•
Adjustment levelers for product stability	•	•
Quick-release removable shroud for simple serviceability	•	•
Robust Paint (corrosion, stain, and chemical resistant coating)	•	•
Arctic Silver frame	•	•
Titanium Storm frame	-	•

TECHNICAL SPECIFICATIONS	"S" BASE	"D" BASE
Max user weight	400 lbs (181 kg)	400 lbs (181 kg)
Length	86" (218 cm)	86" (218 cm)
Dynamic length	87" (222 cm)	87" (222 cm)
Width	29.5" (75 cm)	29" (73 cm)
Height	63.5" (161 cm)	64" (163 cm)
Unit weight	298 lbs (135 kg)	301 lbs (137 kg)
POWER REQUIREMENTS		
Self-powered (C and X consoles only)	•	•
Auto Start: Brings power to console when user begins pedaling	•	•
120V, 20A or 230V, 10A (varies by country) outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
Japan: 100V, 20A or 200V, 10A outlet with dedicated line, neutral, ground wires and dedicated circuit breaker	Required for Attachable TV and Discover Consoles	Required for Attachable TV and Discover Consoles
WARRANTY*		
Mechanical and electrical components	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic items	6 Months	6 Months
PRODUCT MODELS/SKUS		
Discover SE3 HD Console	INXSSE	INXDSE
Discover ST Console	INXSST	INXDST
Integrity X Console	INXSX	INIDX
Integrity C Console	INXSC	-



### SERVICEABILITY

The Integrity Series has been designed to offer easy access for maintenance and servicing to keep your equipment lasting longer and reducing downtime.



### THE INTEGRITY SERIES

Rooted in more than 20 years of reliability and innovation. Continuous innovation and improvement ensures that this workhorse cardio line remains a trusted fixture in facilities around the world.

## CONSOLE OPTIONS:

The Integrity Series includes these console choices

Console choices include simple, get-on-and-go functionality to more engaging options. Each offers wireless connectivity and insights through LFconnect.com.



INTEGRITY C CONSOLE  
(S base only.)



INTEGRITY X CONSOLE



DISCOVER ST CONSOLE



DISCOVER SE3 HD CONSOLE



S Base



D Base