

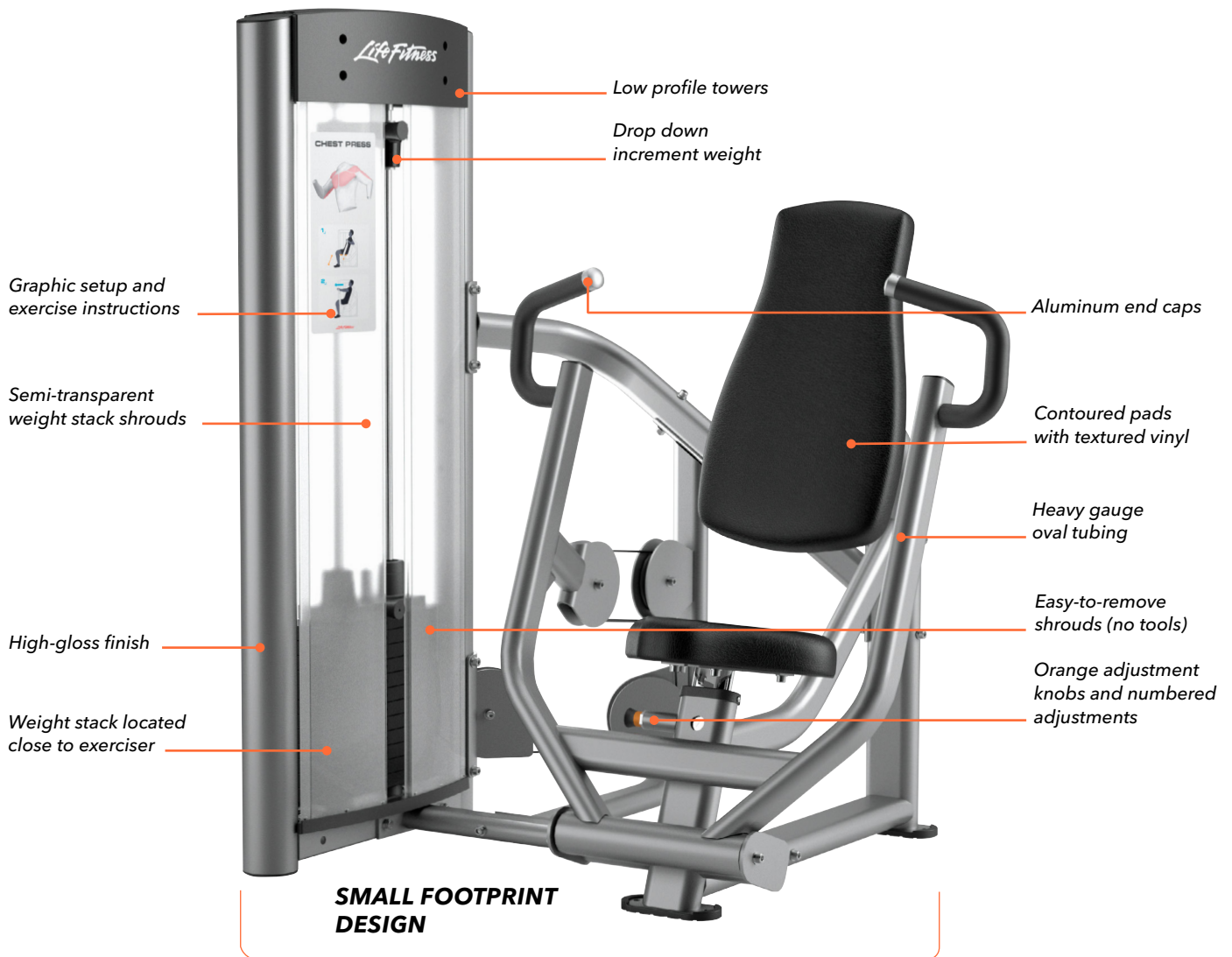
OPTIMA SERIES

LifeFitness

MORE SPACE. LESS COST.

Optima Series blends reliability, biomechanics and style into a wide range of compact strength equipment. This total strength solution consists of a line of single stations, benches and racks, dual- and multi-exercise machines.

All Optima Series equipment simplifies strength training so people can easily meet their goals. The dual- and multi-exercise machines allow for two or more exercises in a single station, and are designed to maximize your fitness floor.



10-year limited warranty on structural frame (coating excluded); 1-year guide rods, cables, pulleys and weight plates, grips; 90-day upholstery, and other items not specified. Warranties outside US may vary. Contact Life Fitness for details.

OPTIMA SERIES

SINGLE EXERCISE MACHINES

CHEST PRESS / OSCP



Product Dimensions:
38"L x 50"W x 57"H
(97 cm L x 127 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)



SEATED ROW / OSRW



Product Dimensions:
65"L x 39"W x 57"H
(165 cm L x 99 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)



SHOULDER PRESS / OSSP



Product Dimensions:
61"L x 55"W x 57"H
(154 cm L x 139 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)



LAT PULLDOWN / OSPD



Product Dimensions:
63"L x 54"W x 73"H
(160 cm L x 138 cm W x
186 cm H)
- 202 lb weight stack
(92 kg)



BICEPS CURL / OSBC



Product Dimensions:
42"L x 36"W x 57"H
(107 cm L x 91 cm W x
145 cm H)
- 142 lb weight stack
(64 kg)



TRICEPS EXTENSION / OSTE



Product Dimensions:
42"L x 36"W x 57"H
(107 cm L x 91 cm W x
145 cm H)
- 142 lb weight stack
(64 kg)



LEG EXTENSION / OSLE



Product Dimensions:
59"L x 40"W x 57"H
(150 cm L x 102 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)



LEG CURL / OSLC



Product Dimensions:
65"L x 39"W x 57"H
(164 cm L x 100 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)





LEG PRESS / OSLP

Product Dimensions:
81"L x 40"W x 69"H
(205 cm L x 102 cm W
x 175 cm H)
- 222 lb weight stack
(101 kg)



ABDOMINAL / OSAB

Product Dimensions:
50"L x 39"W x 57"H
(127 cm L x 99 cm W
x 145 cm H)
- 142 lb weight stack
(64 kg)



DUAL-EXERCISE MACHINES

PECTORAL FLY/REAR DELTOID / OSFLY



Product Dimensions:
61"L x 60"W x 57"H
(155 cm L x 152 cm W x
145 cm H)
- 202 lb weight stack
(92 kg)



LAT PULLDOWN/ROW / OSLR



Product Dimensions:
79"L x 50"W x 87"H
(201 cm L x 127 cm W
x 221 cm H)
- 202 lb weight stack
(92 kg)



HIP ABDUCTOR/ADDUCTOR / OSHAA



Product Dimensions:
66"L x 66"W x 57"H
(168 cm L x 168 cm W x 145
cm H)
- 142 lb weight stack
(64 kg)



LEG EXTENSION/CURL / OSLEC



Product Dimensions:
64"L x 40"W x 57"H
(163 cm L x 102 cm W
x 145 cm H)
- 202 lb weight stack
(92 kg)



MULTI-PRESS / OSMF



Product Dimensions:
55"L x 68"W x 71"H
(140 cm L x 173 cm W
x 180 cm H)
- 202 lb weight stack
(92 kg)



BICEPS/TRICEPS / OSBT



Product Dimensions:
60"L x 34"W x 81"H
(152 cm L x 86 cm W
x 206 cm H)
- 142 lb weight stack
(64 kg)



OPTIMA SERIES

BENCHES AND RACKS

MULTI ADJUSTABLE BENCH / OP-ADJ



Product Dimensions:
55"L x 25"W x 45"H
(140 cm L x 64 cm W
x 114 cm H)

- Angled lumbar pad for ultimate comfort and biomechanic support
- Wheels for easy transport

VERTICAL DUMBBELL RACK / OP-DBV



Product Dimensions:
20"L x 19"W x 46"H
(50 cm L x 48 cm W
x 116 cm H)

- Holds 8 pairs of 2.5 to 20 LB (1 to 8 KG) dumbbells
- Allows for easy dumbbell access in a tiny footprint

THREE-TIER SHORT SADDLE DUMBBELL RACK / OP-DB3SS



Product Dimensions:
61"L x 29"W x 38"H
(155 cm L x 73 cm W
x 96 cm H)

- Holds one set of 5 to 50 lb (2.5-25 kg) round dumbbell pairs
- Durable saddles

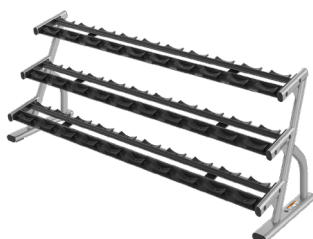
SMITH RACK / OP-SM



Product Dimensions:
56"L x 73"W x 88"H
(142 cm L x 185 cm W x
223 cm H)

- 7 Degree angle to match natural path of movement
- Free-weight rack and bar storage for added versatility

THREE-TIER LONG SADDLE DUMBBELL RACK / OP-DB3LS



Product Dimensions:
96"L x 29"W x 38"H
(244 cm L x 73 cm W
x 96 cm H)

- Holds one set of 5 to 75 lb (2.5-37.5 kg) of round dumbbell pairs
- Durable saddles

VERTICAL MEDICINE BALL STORAGE / OP-MBS



Product Dimensions:
26"L x 25"W x 56"H
(65 cm L x 64 cm W x
142 cm H)

- Holds 5 Med Balls (10.5" diameter)

THREE-TIER HEX DUMBBELL RACK / OP-DB3HX



Product Dimensions:
54"L x 29"W x 38"H
(137 cm L x 73 cm W
x 96 cm H)

- Holds one set of 5 to 50 lb (2.5-25 kg) hexagon dumbbell pairs

THREE-TIER ACCESSORY RACK / OP-AR3



Product Dimensions:
54"L x 29"W x 38"H
(137 cm L x 73 cm W x
96 cm H)

- Flat trays to house various accessories such as kettlebells, slam balls, wall balls, etc. in a convenient, space efficient rack

ABDOMINAL BENCH / OP-ABB



Product Dimensions:
50"L x 25"W x 21"H
(127 cm L x 64 cm W
x 53 cm H)

- Handle and wheels for easy transport
- Small footprint

DIP/LEG RAISE / OP-DLR



Product Dimensions:
41.5"L x 29"W x 61"H
(105 cm L x 74 cm W
x 155 cm H)

- Offers stable positioning for vertical knee raise exercises and dips
- Step up for easy entry/exit

FLEXIBILITY TRAINER / OP-FS



Product Dimensions:
54"L x 23"W x 43"H
(137 cm L x 58 cm W
x 109 cm H)

- Supports proper body position for stretching
- Uses gravity to stretch all major muscle groups in a compact design

BARBELL RACK / OP-BBR



Product Dimensions:
36"L x 24"W x 57"H
(92 cm L x 60 cm W
x 144 cm H)

- Urethane guards help protect rack and barbell finish
- Accommodates both Straight and EZ Curl fixed barbells

MULTI-EXERCISE MACHINE

DUAL ADJUSTABLE PULLEY / OP-DAP



Product Dimensions:
56"L x 55"W x 84"H
(142 cm L x 140 cm W
x 213 cm H)

- 90" (228 cm) of cable accommodates full body movements
- Ergonomic pull-up bar with neutral, chin-up, and pull-up grip positions
- Optimized weight stack position minimizes product width without sacrificing function
- Included:
Long adjustable handles, pair (x1)
Ankle strap (x1)
Triceps rope (x1)