

# E1 ELLIPTICAL CROSS-TRAINER

**1 ENHANCES THE HOME**  
Premium, club-inspired look and an eye-catching Titanium finish accentuates any home environment.



**SMOOTH COMFORT**  
Life Fitness has employed thorough biomechanics research to help to develop an ellipse path that closely mimics human movement so that it feels smooth and natural.



**5 ENGAGE WITH TRACK CONNECT**  
iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.

**2 DO NOT DISTURB**  
WhisperStride™ technology provides extremely quiet operation so you don't have to worry about disturbing anyone else in your home.



Track Connect

Go

## CHOOSE YOUR CONSOLE

**Track Connect:** Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.

**Go:** Combines ease of use with 13 engaging and motivating workouts.

The E1 Cross-Trainer offers an effective low-impact, total-body workout for home exercisers of all fitness levels. Years of Life Fitness innovation and research have resulted in an inviting cross-trainer that combines a comfortable, natural feel with outstanding durability and quiet operation.



Shown with Track Connect console

## EXCLUSIVE AUSTRALIAN DISTRIBUTOR LIFE FITNESS AUSTRALIA

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*LifeFitness*

## BASE SPECIFICATIONS

| SPECIAL FEATURES   | E1                |
|--|-------------------|
| Contact heart rate hand sensors on ErgoGrip stationary front handlebars  | ●                 |
| Telemetry heart rate monitoring (Wireless chest strap included with console)   | ●                 |
| Fixed stride length of 20" (51 cm)   | ●                 |
| Link6™ elliptical drive system creates a natural feeling stride that mirrors an exerciser's actual running motion    | ●                 |
| WhisperStride technology employs self-aligning ball bearings for a quiet, fluid motion                               | ●                 |
| Handles: Upper body moving arms and ErgoGrip stationary front bar  | ●                 |
| Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip pedals   | ●                 |
| Accessories: Oversized dual accessory tray   | ●                 |
| TECHNICAL SPECIFICATIONS   |                   |
| Resistance levels  | 20                |
| Maximum user weight  | 400 lbs<br>181 kg |
| Step-up height   | 6.5"<br>17 cm     |
| Unit length  | 82"<br>208 cm     |
| Unit width   | 30"<br>76 cm      |
| Unit height  | 59"<br>150 cm     |
| Unit weight  | 211 lbs<br>96 kg  |
| Power Requirements: Plug-in (all major voltage configurations)   | ●                 |
| Safety: CE, CSA, FCC, TUV, UL  | ●                 |
| BASE WARRANTY  |                   |
| Lifetime on frame; 5-year on electrical and mechanical parts; 1-year on labor (Warranties outside the U.S. may vary) | ●                 |

## CONSOLE SPECIFICATIONS

| DISPLAY   | TRACK CONNECT | GO |
|---|---------------|----|
| 7" (18 cm) white LCD  | ●             | ●  |
| Instructional message center  | ●             | ●  |
| WORKOUTS  |               |    |
| Number of workouts  | 15            | 13 |
| Classic workouts (Manual, Random, Hill)   | ●             | ●  |
| Advanced workouts:  |               |    |
| EZ Resistance, Sport Training   | ●             | ●  |
| Fit Test  | ●             | —  |
| HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™) | ●             | ●  |
| Goal workouts (Calories, Distance, Target Heart Rate)   | ●             | ●  |
| Custom workouts per user profile  | 3             | 1  |
| SPECIAL FEATURES  |               |    |
| Quick Start   | ●             | ●  |
| Race mode   | —             | ●  |
| Warm Up and Cool Down mode  | ●             | ●  |
| User profiles   | 4             | 2  |
| Compression entertainment rack  | ●             | —  |
| LFconnect accessibility at LFconnect.com:   |               |    |
| Unlimited Customization   | ●             | —  |
| Workout tracking  | ●             | —  |
| USB port (software updates, saving workout programs)  | ●             | —  |
| LFconnect app (download from the iTunes® App Store or Google Play™)   | ●             | —  |
| Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)                          | ●             | —  |
| Bluetooth®  | ●             | —  |
| Energy Saver  | ●             | ●  |
| LANGUAGES   |               |    |
| Languages: English, Russian, Spanish and German   | ●             | —  |
| WORKOUT FEEDBACK  |               |    |
| Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols            | ●             | ●  |
| CONSOLE WARRANTY  |               |    |
| 3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary) | ●             | ●  |

## CONSOLE OPTIONS



Track Connect



Go