

# ARC TRAINER



## EFFECTIVE AND VERSATILE CARDIO TRAINER

The Arc Trainer is an alternative-motion cross-trainer that provides a low-impact training solution for users ranging from rehabilitation clients and deconditioned members up to professional athletes. Up to 1200 watts of available power allows the Arc Trainer to be used for strength and power training, expanding its use from just cardio workouts. It provides all of this with less knee stress than walking.



### UNIQUE POWER WORKOUTS

Constant Power allows users to maintain a consistent effort level without worrying about their speed.

Adaptive Power allows for easy interval or power training simply by moving faster or slower. Resistance scales with speed.



### BACKED BY SCIENCE

An arc motion engages the glutes and hamstrings, very similar to running. Research also shows the Arc to be gentler on the joints than walking, while providing more calorie burn than similar machines.



### CARDIO FOR EVERYONE

The high-power capacity of the Arc makes it ideal for training lower body strength in exercisers who cannot perform more traditional movements. For those looking to lose weight, research has shown that the Arc is capable of burning 9 to 16% more calories than competitive machines.

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## CONSOLE OPTIONS

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



**INTEGRITY SL CONSOLE**



**DISCOVER ST CONSOLE**



**DISCOVER SE3 HD CONSOLE**

## CONFIGURATIONS



**TOTAL BODY CONFIGURATION**

Moving arms with curved multigrip handles provide a total body workout and added versatility.



**LOWER BODY CONFIGURATION**

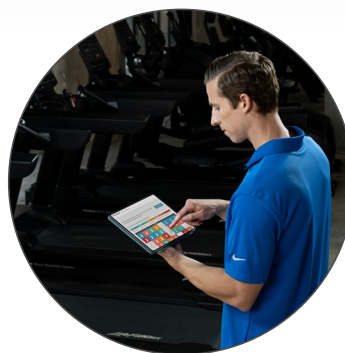
Stationary arms let exercisers focus on power, intense interval training and high calorie burn.



## SERVICEABILITY

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Life Fitness products are designed to offer easy access for maintenance and servicing to keep your equipment lasting longer and reduce downtime.



## HALO FITNESS CLOUD

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Halo offers insights into equipment use and exerciser behavior. It also allows for seamless software updates, facility-wide equipment settings, and service notifications.

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KEY | • STANDARD ○ OPTIONAL NA

BASE FEATURES	
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 SL Console
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) 15-21 (quads)
Heart rate monitoring	Integrated heart rate monitoring on contact handles

TECHNICAL SPECIFICATIONS	TOTAL BODY CONFIGURATION	LOWER BODY CONFIGURATION
Max user weight	400 lbs (181 kg)	
Length	76.5" (194 cm)	
Width	36.25" (93 cm)	33" (83 cm)
Height	62.5" (159 cm)	
Unit weight	412 lbs (187 kg)	
POWER REQUIREMENTS		
Power	SL console is self powered, SE3 HD and ST available in standard AC voltages, optional AC adapter for full time display	
WARRANTY*		
Mechanical	2 Years	
Labor	1 Year	
Frame	2 years	

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