



LifeFitness

ARC

TRAINER

A photograph of three people using Life Fitness ARC Trainers in a gym. A woman in a purple shirt is on the left, a man in a teal shirt is in the middle, and a woman in a pink shirt is on the right. They are all facing away from the camera, looking at the large touchscreens on the machines. The gym has large windows in the background showing a cityscape. The machines are black and silver with the Life Fitness logo and 'ARC TRAINER' text on them.

THE LIFE FITNESS ARC TRAINER OFFERS AN ALTERNATIVE-MOTION CROSS-TRAINER

It adds workout variety and cardio versatility for a wide range of exercisers.

The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking. It is effective for everyone from rehabilitation clients and deconditioned members, up to professional athletes.



POWER CAPABILITY

Over 1200 watts of available power allows the Arc Trainer to be used for interval training and power training - using the **CONSTANT POWER MODE*** to decrease resistance as speed increases, and the **ADAPTIVE POWER MODE*** to increase resistance as speed increases.

*Only available on Discover consoles.



THE TRIFECTA

Three machines in one:



At lower levels it glides like a cross-country skier.



At mid levels it strides like an elliptical.

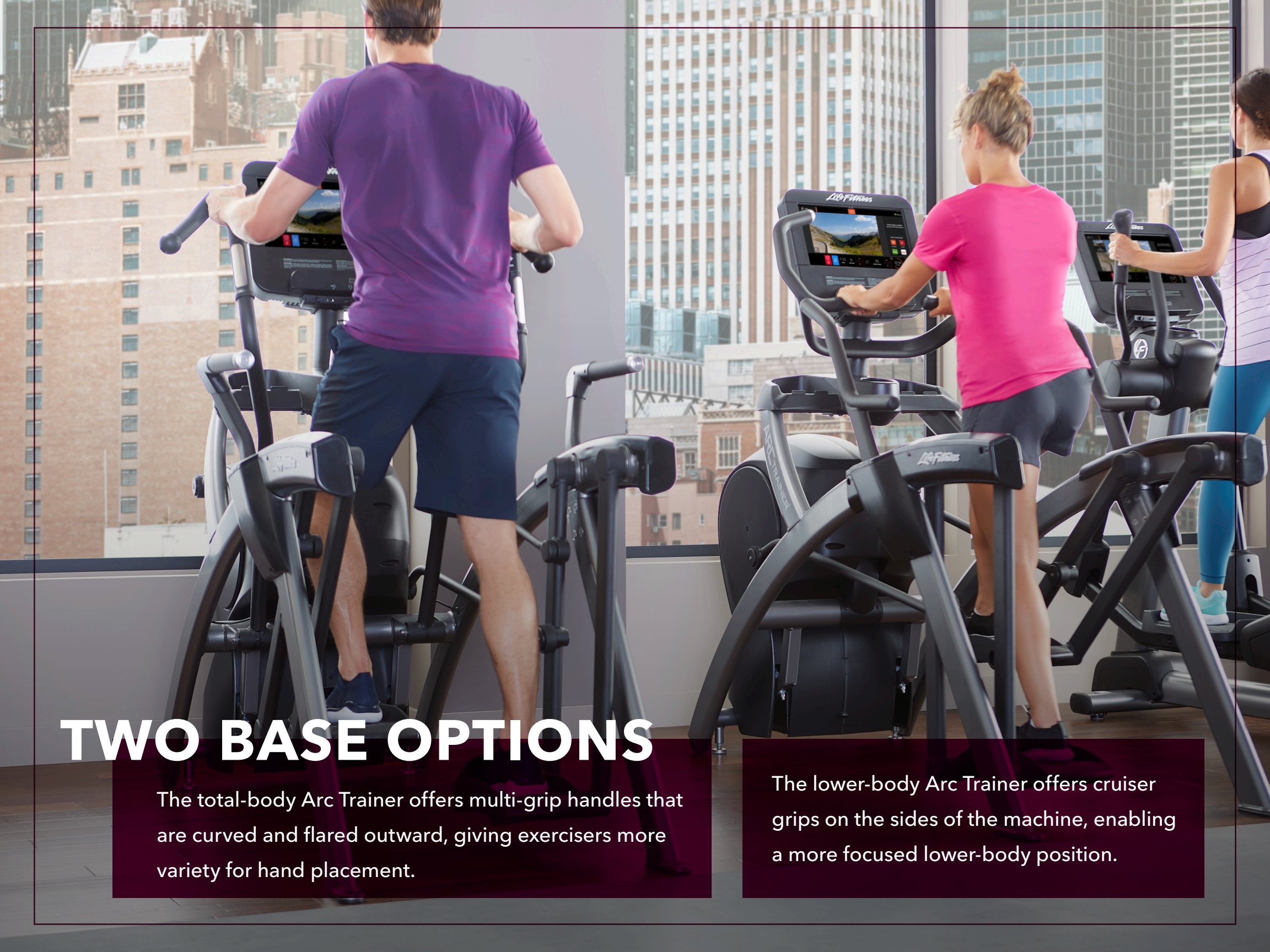


At high levels it functions like a climber or stepper.



ERGONOMIC EFFICIENCY

It provides a challenging workout, and less knee stress than walking, allowing exercisers to work out longer and recover faster.



TWO BASE OPTIONS

The total-body Arc Trainer offers multi-grip handles that are curved and flared outward, giving exercisers more variety for hand placement.

The lower-body Arc Trainer offers cruiser grips on the sides of the machine, enabling a more focused lower-body position.

A row of Arc Trainer treadmills in a gym. In the foreground, a person's legs and arms are visible as they exercise. In the background, a man in a teal shirt and a woman in a purple shirt are also on treadmills. The treadmills are black and grey with 'ARC TRAINER' branding. A large green diagonal graphic is overlaid on the bottom half of the image.

PRODUCT HIGHLIGHTS

- 21 incline levels to allow for a glide, stride or climb movement
- Easy rear entry for deconditioned or rehabilitation users
- Same Side Forward (SSF) handles allow exercisers to coordinate arms and legs for better power output
- 100 resistance levels
- Available with Discover™ SE3 HD, SE3 and ST consoles, and Integrity X and C consoles
- Color options: Arctic Silver, Black Onyx, Diamond White, Titanium Storm