



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 machines are black and silver, with the 'Life Fitness' logo and 'ARC TRAINER' text visible. The gym has large windows in the background showing a city skyline.

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.

A close-up, low-angle shot of a person's legs and feet on a Life Fitness elliptical machine. The person is wearing dark blue athletic shorts and dark blue sneakers with white soles. The machine is black and grey, with the 'LifeFitness' logo visible on the upper frame. The background shows other similar machines and a wooden floor, suggesting a gym setting. The lighting is bright and even.

ERGONOMIC EFFICIENCY

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

A man in a purple shirt and dark shorts is using a Life Fitness Arc Trainer on the left. A woman in a pink shirt and dark shorts is using one in the middle. Another woman in a white and blue striped shirt and blue leggings is partially visible on the right. They are all facing away from the camera, looking out a large window at a city skyline. The machines are black and silver with digital displays showing workout data.

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 photograph of a gym interior with several people using treadmills. In the foreground, a man in a red shirt is partially visible. Behind him, a man in a teal shirt and a woman in a purple shirt are running. The treadmills are black and silver, with the brand name 'ARCTRAINER' visible on the side. A large green semi-transparent banner is overlaid on the bottom half of the image, containing the product highlights text.

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

Life Fitness

© 2020 Life Fitness, LLC. All Rights Reserved. Life Fitness, Hammer Strength, Cybex, ICG and SCIFIT are registered trademarks of Life Fitness, LLC and its affiliated companies and subsidiaries. Brunswick and related trademarks used under license from Brunswick Corporation. Apple and Apple Watch are registered trademarks of Apple, Inc. Bluetooth is a registered trademark of Bluetooth SIG, Inc. Netflix is a registered trademark of Netflix, Inc. Pandora is a trademark of Pandora Media, LLC. RideSocial and RunSocial are trademarks of Nautilus, Inc. Samsung Galaxy Watch is a registered trademark of Samsung Electronics Co., Ltd. Spotify is a trademark of Spotify AB. PM-31-19 (02.20)

www.lifefitness.com

FIT PLUS

© 2020 Life Fitness, LLC. Všetky práva vyhradené. Life Fitness, Hammer Strength, Cybex, ICG a SCIFIT sú registrovanými značkami Life Fitness, LLC a jej dcérskych alebo pridružených spoločností.

FIT PLUS, spol. s r.o. je výhradným zastúpením spoločnosti Life Fitness pre SR.

www.lifefitness.sk
www.fitplus.sk