

E3 ELLIPTICAL CROSS-TRAINER

1 ENHANCE THE HOME
A premium, club-inspired look with an eye-catching Titanium finish and appealing design touches accentuates any home.

2 DO NOT DISTURB
The quiet operation of WhisperStride™ technology ensures that your workouts won't disturb anyone in your home.



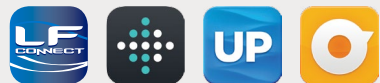
ATTENTION TO COMFORT
The ellipse path of the E3 mimics human movement so that it feels smooth and natural. Cushioned, antislip pedals ensure secure footing and comfort.



APPEALING VARIETY
Multigrip handles, with integrated resistance controls for on-the-fly adjustments and contact heart rate sensors for workout monitoring, allow for varying exercise motions. Coach Zone™ leads exercisers through motivating workouts that target different muscle groups.



CHOOSE YOUR CONSOLE
Go: Combines ease of use with 13 motivating workout programs.
Track+: Compatible with Apple® and Android™ devices. Interacts with apps for added engagement and entertainment.



ENGAGE WITH TRACK+
The Track+ Console interacts, either directly or through the LFconnect™ app, with several popular apps that add variety and fun to a workout and make it easier to reach your fitness goals.

The E3 Cross-Trainer has added features that keep workouts interesting and motivating. It's an exciting home cardio option for exercisers of all fitness levels looking for an effective low-impact, total-body workout.



BASE SPECIFICATIONS

SPECIAL FEATURES	E3
Heart Rate Monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, 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 with multigrip handles and ErgoGrip™ stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip cushioned pedals	●
Accessories: Water bottle holder	●
Coach Zone LED display shows muscles being worked and challenges the user with different motions	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	6" 15 cm
Unit length	82" 208 cm
Unit width	34" 86 cm
Unit height	61" 155 cm
Unit weight	225 lbs 101 kg
Power Requirements: Plug-in (all major voltage configurations) Note: E3 with the Go Console is self-powered	●
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 OPTIONS



Track+



Go

CONSOLE SPECIFICATIONS

DISPLAY	TRACK+	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	14	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
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)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod® with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated controls (play/pause/track changes/volume)	●	—
Android™ compatibility:		
Devices with Android software version 4 and up	●	—
Charging through USB port	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, METS, 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)	●	●