

E5 ADJUSTABLE-STRIDE CROSS-TRAINER

1 ENHANCES 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.



SERIOUS COMFORT

The stride adjusts electronically from 18" to 24" (46-61 cm) so that users can choose from a variety of workouts that are challenging and effective, and feel smooth, natural and comfortable. Cushioned, antislip pedals ensure secure footing and comfort.



APPEALING VARIETY

Multigrip handles, with integrated stride and resistance controls for on the fly adjustments, allow for varying exercise motions.

Activity Zone™ leads exercisers through motivating workouts that target different muscle groups.



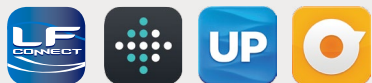
Track+

Go

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.

Versatility keeps workouts fresh and inviting. The E5 Cross-Trainer has an adjustable stride and several other features that create effective low-impact, total-body workouts tailored to fit any exerciser.



Shown with Track+ Console

LifeFitness

E5 ADJUSTABLE-STRIDE CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E5
Heart Rate Monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, telemetry heart rate monitoring (wireless chest strap included with console)	●
Electronic stride adjustments from 18" to 24"	●
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 (that feature integrated resistance and stride length controls) and ErgoGrip™ stationary front bar	●
Pedals: 16" x 7" (41cm x 18cm) oversized non-slip cushioned pedals	●
Accessories: Removable dishwasher safe water bottles and accessory tray	●
Activity Zone: Total Body Trainer coaches the exerciser to train different muscle groups, Leg Sculptor™ automatically adjusts stride length every two minutes for a targeted lower-body workout, LCD shows muscles being worked, resistance and stride length controls	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	10" 25 cm
Unit length	84" 213 cm
Unit width	34" 86 cm
Unit height	66" 168 cm
Unit weight	251 lbs 114 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 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)	●	●