

E1 ELLIPTICAL CROSS-TRAINER

1 ENHANCES THE HOME

Premium, club-inspired look and an eye-catching Titanium finish accentuates any home environment.

2 DO NOT DISTURB

WhisperStride™ technology provides extremely quiet operation so you don't have to worry about disturbing anyone else in your home.

3



SMOOTH COMFORT

Life Fitness has employed thorough biomechanics research to help to develop an ellipse path that closely mimics human movement so that it feels smooth and natural.

4



Track+

Go

CHOOSE YOUR CONSOLE

Go: Combines ease of use with 13 engaging and motivating workout programs.

Track+: Compatible with Android™ and Apple® devices. Interacts with apps for an entertaining and engaging experience.



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 E1 Cross-Trainer offers an effective low-impact, total-body workout for home exercisers of all fitness levels. Years of Life Fitness innovation and research have resulted in an inviting cross-trainer that combines a comfortable, natural feel with outstanding durability and quiet operation.



Shown with Go Console

Life Fitness

WHAT WE LIVE FOR

LifeFitness.com/Home

E1 ELLIPTICAL CROSS-TRAINER

KEY ● STANDARD — UNAVAILABLE

BASE SPECIFICATIONS

SPECIAL FEATURES	E1
Contact heart rate hand sensors on ErgoGrip stationary front handlebars	●
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 and ErgoGrip stationary front bar	●
Pedals: 16" x 7" (41 cm x 18 cm) oversized non-slip pedals	●
Accessories: Oversized dual accessory tray	●
TECHNICAL SPECIFICATIONS	
Resistance levels	20
Maximum user weight	400 lbs 181 kg
Step-up height	6.5" 17 cm
Unit length	82" 208 cm
Unit width	30" 76 cm
Unit height	59" 150 cm
Unit weight	211 lbs 96 kg
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 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)	●	—
Apple® 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, 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)	●	●

CONSOLE OPTIONS



Track+



Go