



Activate SERIES

ELLIPTICAL CROSS-TRAINER

Essentially Life Fitness, Activate Series is everything people need for a great workout. This highly durable, reliability-tested cardio equipment makes the most of any space and helps exercisers do the same.

The Activate Series elliptical cross-trainer allows exercisers to enjoy an intense cardio workout that is also low-impact. The smooth, total-body motion burns more calories with less perceived exertion.

PERFORMANCE FEATURES

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the bullhorn handlebars to provide accurate heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring when used with an optional chest strap

SELF-POWERED CONVENIENCE

Powered by human movement, these energy efficient cross-trainers can be placed anywhere in a facility, with no electrical cords or outlets to consider (Models with optional 17" TV on stand require power)

THOUGHTFULLY DESIGNED PEDALS

Oversized pedals allow exercisers to adjust their foot position for maximum comfort and are spaced 3" apart to minimize lateral hip shifting and reduce lower back stress

INTUITIVE CONSOLE

Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback



Activate Console

Details on back.

HIGHLIGHTED FEATURE

CLASSIC STRIDE TECHNOLOGY



Proven Classic Stride Technology produces a unique, popular motion with an 18" stride length and research-based elliptical path and moving arms that provide an effective total-body workout.

CROSS-TRAINER DETAILS

- Ergonomically-designed moving arm handles provide total-body workout
- 7 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- 25 resistance levels
- Max User Weight 350 lbs. (160 kg)
- 13 languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand

Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at lifefitness.com/green

LifeFitness
WHAT WE LIVE FOR

KEY

● STANDARD

○ OPTIONAL

SPECIFICATIONS

PRODUCT FEATURES	CROSS-TRAINER
Polar® Telemetry Heart Rate Monitoring (optional chest strap required)	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	●
Resistance Levels	25
Integrated Reading Rack	●
Integrated Accessory Tray	●
Oversize Non-slip Pedals	●
Support Handlebars	●
On-the-Fly Programming	●
Plug-in Accessory	○
TV Viewing	Optional 17" Diagonal TV (wide screen format) on TV Stand
Service Enhancements: Manager's Optional Settings	●
Networking Capability	CSAFE-Ready, FitLinxx™ Certified
TECHNICAL SPECIFICATIONS	
Maximum User Weight	350 lbs (160 kg)
Stride Length	18" (45.7cm)
Power Requirements	Self Powered*
Auto Start: brings power to console when user begins pedaling	●
Length	82" (209 cm)
Width	28" (71 cm)
Height	60" (153 cm)
Unit Weight	240 lbs (109 kg)
Warranty	2-year limited warranty on all mechanical and electrical components, 1-year labor
WORKOUTS	
Quick Start	●
Manual	●
Random	●
Hill	●
Cardio	●
Fat Burn	●
Fit Test	●
Customized Cool Down	●
DISPLAY TYPE	
Amber LED	●
16 character, 14-segment LED alphanumeric message center	●

ACTIVATE CROSS-TRAINER

DISPLAY READOUT	
Speed	●
Resistance Level	●
Heart Rate	●
Elapsed Time	●
Distance	●
Calories	●
Calories Per Hour	●
Watts	●
METS	●
Language Options	13
Standard Console: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish	
Complex Characters Console: English, Japanese, Russian, Chinese (traditional and simplified), Korean	
Workout Profile	●
SPECIAL FEATURES	
iPod® video capability on TV on stand via S-video input (cord required)**	○
TV Controls: External Numeric Remote	○
Channel Memory: 1000 Available Channels	○
Previous Channel Viewed	○
Channel Renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Closed Captioning	○
Mute Feature	○
Asset Management and Advanced Diagnostics	●
Screen Protection: Protective top layer, internal shock mounts, gasket	○
TECHNICAL SPECIFICATIONS	
Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB	○
Headphone Jack: 3.5 mm Stereo	○
Easy-to-remove Headphone Jack	○

*Optional TV on stand requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

**Life Fitness does not supply external cord required for iPod® video capability with TV on stand