



Lifestyle Elliptical

PREMIUM LED CONSOLE

E-LS-PLED

Ideal for light-use environments, our Lifestyle Elliptical features a compact frame to fit your facility. A patented suspension design minimizes noise and friction, extending product life. Smart ergonomics fits the body and its natural movements for comfortable, low-impact cardio, and convenience features improve the experience for users and facilities alike.



Give members the intuitive navigation of an LED with a more engaging look. An 8,000-pixel display fills the screen with color and sharp graphics, providing clear, easy-to-read feedback in large numbers and letters.

CONSOLE	
DISPLAY	8,000-pixel multi-color LED
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, 5k/10k, fitness tests †Some of these programs may not be available on this frame.
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
IFIT ON-DEMAND WORKOUTS	No
FAN	Yes
ANALOG TV	Optional; attachable add-on TV
DIGITAL TV	Optional; attachable add-on TV
IPTV	No
PRO:IDIOM COMPATIBILITY	Optional; attachable add-on Pro:Idiom TV (≠ IPTV)
WIFI	Yes
BLUETOOTH	Yes; heart rate
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	Optional
MADE FOR IPHONE®, IPAD®, IPOD®	No
USB PORT	Yes; device charging, software updates
CONNECTS TO SAMSUNG GALAXY WATCH	No
WIRELESS CHARGING (QI)	No

CSAFE READY	Yes
AUTO WAKE-UP	No

FRAME	
ASSEMBLED WEIGHT	151 kg / 332.9 lbs.
SHIPPING WEIGHT	173 kg / 381.4 lbs.
CONTACT & TELEMETRIC HR	Yes
ETHERNET CONNECTIVITY	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
MINIMUM RPM	10 RPM powered or 30 RPM self-powered
MINIMUM WATTS	5 W powered or 35 W self-powered
PEDAL SPACING	6.4 cm / 2.5"
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
RESISTANCE SYSTEM	Brushless generator
STEP-ON HEIGHT	23 cm / 9.1"
STRIDE LENGTH	51 cm / 20"
TOP-DOWN LEVELERS	No
WATT RANGE	5–650 W
RESISTANCE LEVELS	30
ASSEMBLED DIMENSIONS	151 x 73 x 175.7 cm / 59.4" x 28.7" x 69.2"

FRAME	
ASSEMBLED ACTIVE DIMENSIONS	174.6 x 73 x 175.7 cm / 68.7" x 28.7" x 69.2"