



# Movement Motivates

Turning Employee Activity  
Into Corporate Profitability

# A Healthier Workplace is a More Productive Workplace

**LifeSpan Fitness is** a full-service fitness and wellness company that has been around for 25+ years. Choose from a treadmill desk, bikes desk, standing desk, or the whole package. Our health and wellness experts are here to simplify your corporate or home office set up needs and get your employees happier, healthier, and more productive!



911 Dispatch Center, Greenfield, Indiana

**Whether your employees** work from home, in the office, or a hybrid environment, you still need everyone to be productive. Active workstations can bring several health benefits to employees and economic improvements to employers.

” 911 dispatchers stay focused and energized averaging more than 130 miles a week

# Increase Productivity

## Movement is Money.

The effects of active workstations on your employee's cognitive, physical, and mental improvements can quickly be seen, and over time, and scaled up, the investments can pay back big dividends.



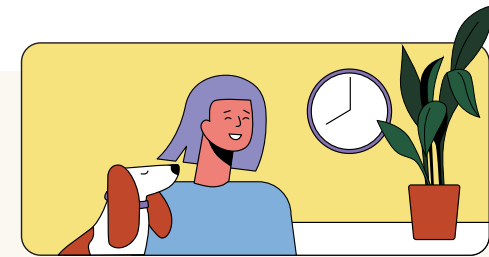
### Physical Health

Movement boosts insulin action, reducing type 2 diabetes risk. Walking relieves joint and back discomfort.



### Cognitive

Neurochemicals improve motivation, memory recall, focus, attention, reasoning, and creative problem solving immediately.



### Mental Well-Being

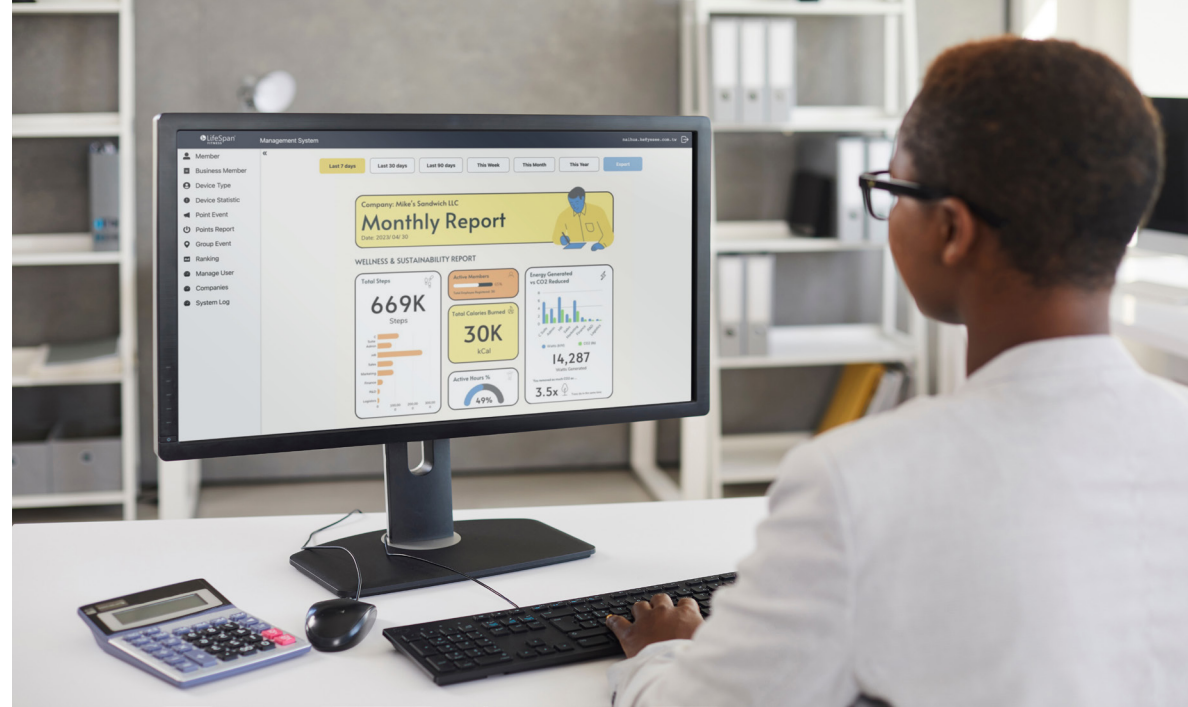
Release natural feel-good endorphins to improve mood, decrease anxiety, stress, and depression.

# Corporate Wellness Program

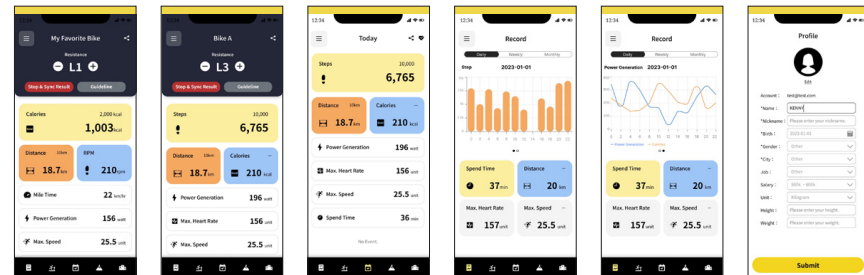
**Whether** you're an individual working from home or are a full running corporation, the activity tracking app is designed to pair with LifeSpan treadmill desk, bike desk, and more. The app enables seamless tracking for employees' walking and pedaling activities, and even displays the electricity generated throughout the workday.

## Benefits

- Healthier Employees
- Friendly Competitions
- Increased Savings



By accurately recording these fitness and eco-friendly accomplishments, our app empowers companies to showcase their employees' active engagement, achievement of fitness goals, and cost saving.



## Key Features

- Membership management
- Inter-company competitions
- Admin dashboard
- Activity and usage reports

# Naturally Ergonomic

## Embracing Activity.

Treadmills, bikes, and standing desks are changing the sedentary office. These dynamic options let workers exercise while working. Treadmill desks allow workers to walk and focus. Bike desks help workers burn calories and enhance vitality.



## Walking

Upgrade your workplace the right way. Introducing an office under desk treadmill or office treadmill desk in your office space has never been easier.



## Pedaling

Our low-profile office bikes make fitness easier than ever. Whether it's an individual or collaborative desk, your employees can sit comfortably while they work.



## Standing

Our height-adjustable standing desks for the office can get your employees started.

# Treadmill Desks



## Under Desk Treadmill

With friendly user controls, and coming fully assembled, it can be seamlessly integrated in any modern office setting.



## Omni Treadmill Desk

The specialized workstations feature durable designs, including a high mileage belt, a sturdy 1-inch walking deck, and a powerful 3.0 HP motor, ensuring its long-lasting performance.

# Specs



6 Hours/Day



9 Hours/Day



6 Hours/Day



9 Hours/Day

## TR1200 GlowUp

## TR5000 GlowUp

## TR1200 Omni Treadmill Desk

## TR5000 Omni Treadmill Desk

<b>Dimensions</b>	63" L x 28.5" W x 7.25" H	
<b>Drive Motor</b>	2.25 HP Continuous Duty	3.0 HP Continuous Duty
<b>Deck</b>	3/4" Phenolic Deck	1" Phenolic Deck
<b>Max. User Weight</b>	350 lbs	400 lbs
<b>Side Rails</b>	Non-Slip Plastic	Black Anodized Aluminum
<b>Power Source   Safety</b>	115V NEMA 5-15 Non GFI Circuit Console: FCC and CE Certified	115V NEMA 5-15 Non GFI Circuit Console: FCC and CE Certified
<b>Belt Size   Step-Up Height</b>	20" W x 50" L   4.6"	20" W x 50" L   4.6"
<b>Console Dimensions</b>	4.625" W x 4.875" T   Screen 3.5" 320x480 Pixel TFT	
<b>Readouts</b>	Time, Date, Speed, Distance, Exercise Time, Calories, Steps, Summary	
<b>Speed</b>	0.4 - 4.0 MPH, 0.6 - 6.4 KPH (Max. Speed Can Be Set to 2.0 MPH if Desired)	
<b>Deck Suspension</b>	6 Independent Compression Shocks	6 Independent Compression Shocks
<b>Product Weight</b>	GlowUp 114 lbs, Console: 3 lbs	GlowUp 119 lbs, Console: 3 lbs
<b>Warranty</b>	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year

<b>Treadmill Desk Dimensions</b>	68.5" L x 48"-60" W x 27.5" - 50.5" H	
<b>Sync</b>	To LifeSpan Health app to track activity	
<b>Desktop Height Adjustment Range</b>	28" - 50", 71 - 128 cm	
<b>Maximum Load on Desktop</b>	220 lbs, 100 kg	
<b>Buttons</b>	Desk Height Preset, Height Up/Down, Speed or Resistance Preset, Increase/Decrease Speed or Resistance, Pause/Stop, Start	
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# Under Desk Bikes



## C3-GlowUp

The C3-GlowUp Under Desk Bike is the perfect addition to any office space. Its small profile makes it the ideal office desk bike for today's office spaces.



## Solo

Transform your standing desk into a comprehensive pedal exerciser by replacing your office chair with the LifeSpan Solo.



## Duo/Trio Bike Table

This versatile table can be arranged with either two (Duo) or three (Trio) office bikes, making it perfectly suited for meetings in conference rooms and conversations in casual



## Unity/Unity Jr.

Sit comfortably and improve productivity. With no power required the Unity Bike Desk won't increase your overhead cost.



# Specs



**C3-GlowUp**



**Solo**



**Duo/Trio**



**Unity**

<b>Dimensions</b>	22" W x 28" L x 36.5 - 46.5" H	27" L x 21" W x 36" - 46.5"H	85" L x 42" W x 41" H Tabletop 42" Diameter	47" L x 31" W x 41" H
<b>Pedals</b>	Weighted Pedals With Straps	Oversized; Bi-Directional (Forward/Backward Pedaling)	Oversized; Bi-Directional (Forward/Backward Pedaling)	Oversized; Bi-Directional (Forward/Backward Pedaling)
<b>Resistance System</b>	16 Levels	Non-Adjustable Eddy Current Brake System	Non-Adjustable Eddy Current Brake System	Non-Adjustable Eddy Current Brake System
<b>Seat</b>	Molded, Contoured Seat	Ergonomic, Waterfall-Design Seat With Backrest	Ergonomic, Waterfall-Design Seat With Backrest	Molded, Contoured Stool-Style Seat
<b>Seat Adjustment</b>	19 positions. from 36.5"-46.5" Supports Users From 5"0 - 6"8	7" (11 positions) - Fits Users Ranging In Heights From 4'8" to 6'6"	7" (11 positions) - Fits Users Ranging In Heights From 4'8" to 6'6"	7" (11 positions) Supports Users From 5'0" to 6'6"
<b>Seating Options</b>	1 User max	1 User Max	Duo - 2 Users Max, Trio - 3 Users Max	1 User Max
<b>Transport</b>	2 Rear-Mounted Wheels for Easy Mobility	4 Mounted Transport Wheels for Easy Mobility	Front Base Foot with Pegs Can Be Changed to Front Base Foot with Wheels For Easy Mobility	2 Front-Mounted Wheels for Easy Mobility
<b>Power Draw</b>	Max: Amps: 0.031, Watts: 2.48	Power-Free Operation	Power-Free Operation	Power-Free Operation
<b>Tabletop</b>	N/A	N/A	1" (2.54cm) Thick HD Composite Board, White Satin Powder Coat	Durable Cherry-Grain Laminate
<b>Weight   Max User Wt.</b>	94 lbs   400 lbs	42.5 lbs   400 lbs	Duo: 176.6 lbs, Trio: 231.3 lbs   400 lbs	300 lbs
<b>Warranty</b>	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year

# Standing Desk & Accessories



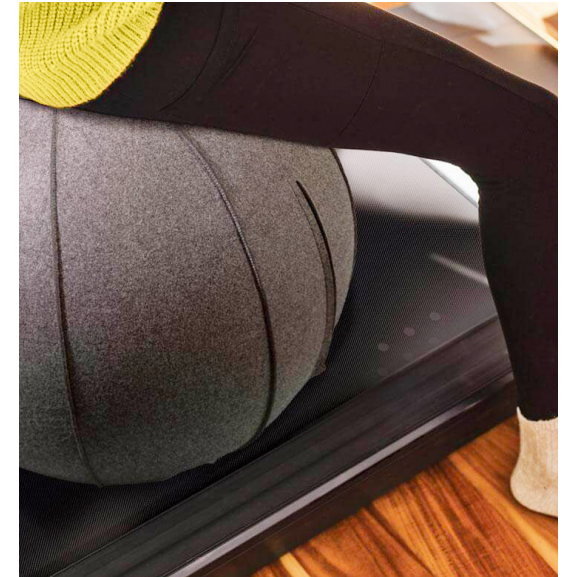
## Standing Desk

Join the movement today to unlock the potential for improved health, enhanced well-being, and elevated productivity within your office.



## Aero Balance Boards & Rack

This innovative balance trainer allows you to introduce gentle rocking or side-to-side wobbling motions while working, transforming your sedentary work routine into an active and engaging experience.



## Yoga Ball Office Chair

Say goodbye to conventional rolling chairs that may damage your treadmill, and embrace this innovative solution that promotes core engagement even while seated.

# Specs



## Standing Desk

<b>Desktop Materials</b>	Durable Laminates and Powder Coated Color Options
<b>Frame Weight</b>	56.2 lbs
<b>Desktop Weight</b>	38": 38 lbs 48": 49 lbs 60": 60 lbs
<b>Height Adjustment</b>	23.6" - 49.4"
<b>Buttons</b>	Height Adjustment, Memory Presets
<b>Memory Keys</b>	4
<b>Standby Mode</b>	Yes
<b>Warranty</b>	Frame: 10 Years, Parts: 2 Years, Labor: 1 Year



## Aero Balance Board /

<b>Rack Dimensions</b>	18" D x 23" W x 44" H
<b>Board Dimensions</b>	23" L x 16" W x 4.5" H
<b>Contents</b>	6 Aero Balance Boards and Rack
<b>Aero Board Cushions</b>	Multiple Cushion Positions
<b>Color</b>	Light Birch
<b>Max User Weight</b>	350 lbs



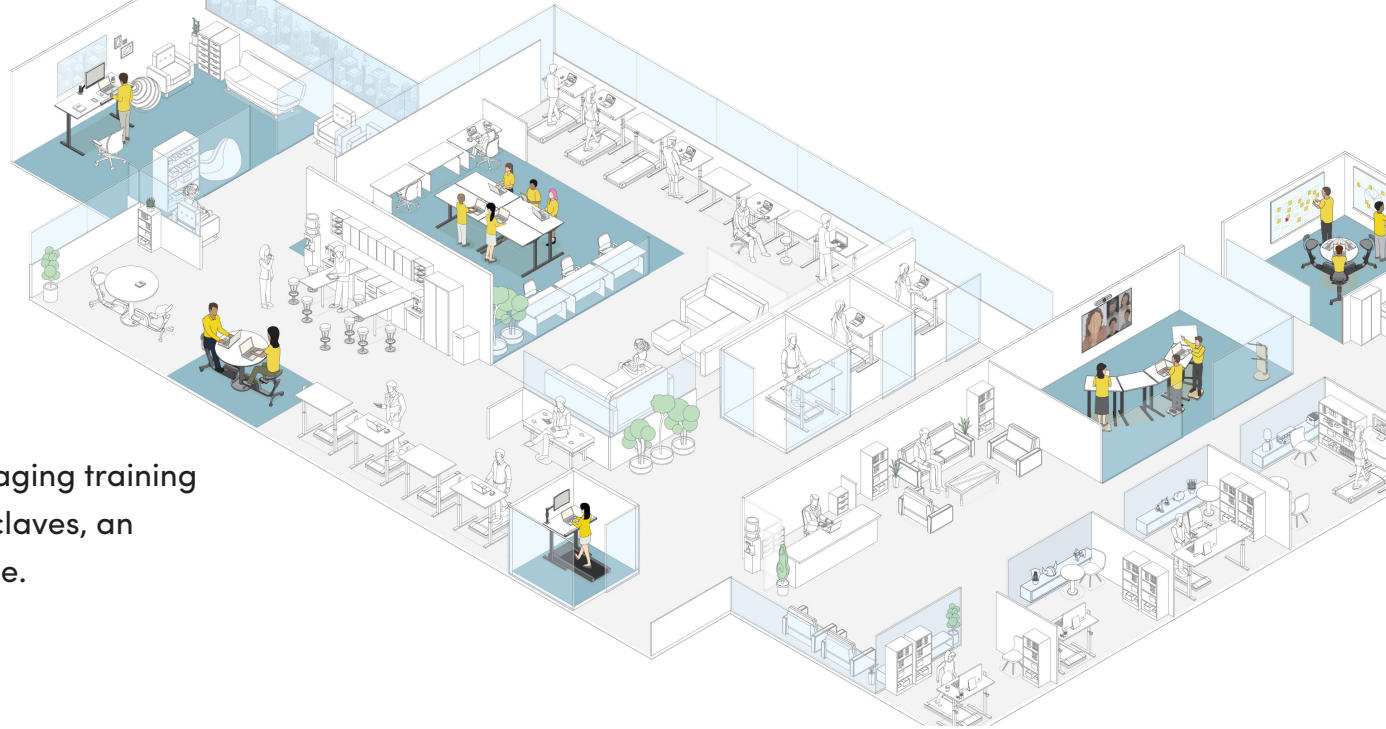
## Yoga Ball Office

<b>Sizes</b>	25" and 30"
<b>Colors</b>	25" - Dark Gray, 30" - Marine
<b>Contents</b>	Ball Cover, Yoga Ball, Inflator, Plug
<b>Max Weight</b>	Supports up to 400 lbs
<b>Cover</b>	High Quality Wool Felt Cover

# Active Spaces

## Designed for all Work Modes.

From hybrid connecting meetings to engaging training rooms, break rooms to single-person enclaves, an ergonomic and active solution is available.



### Connect

Create a workplace culture that values connectivity, engagement, and productivity.



### Concentrate

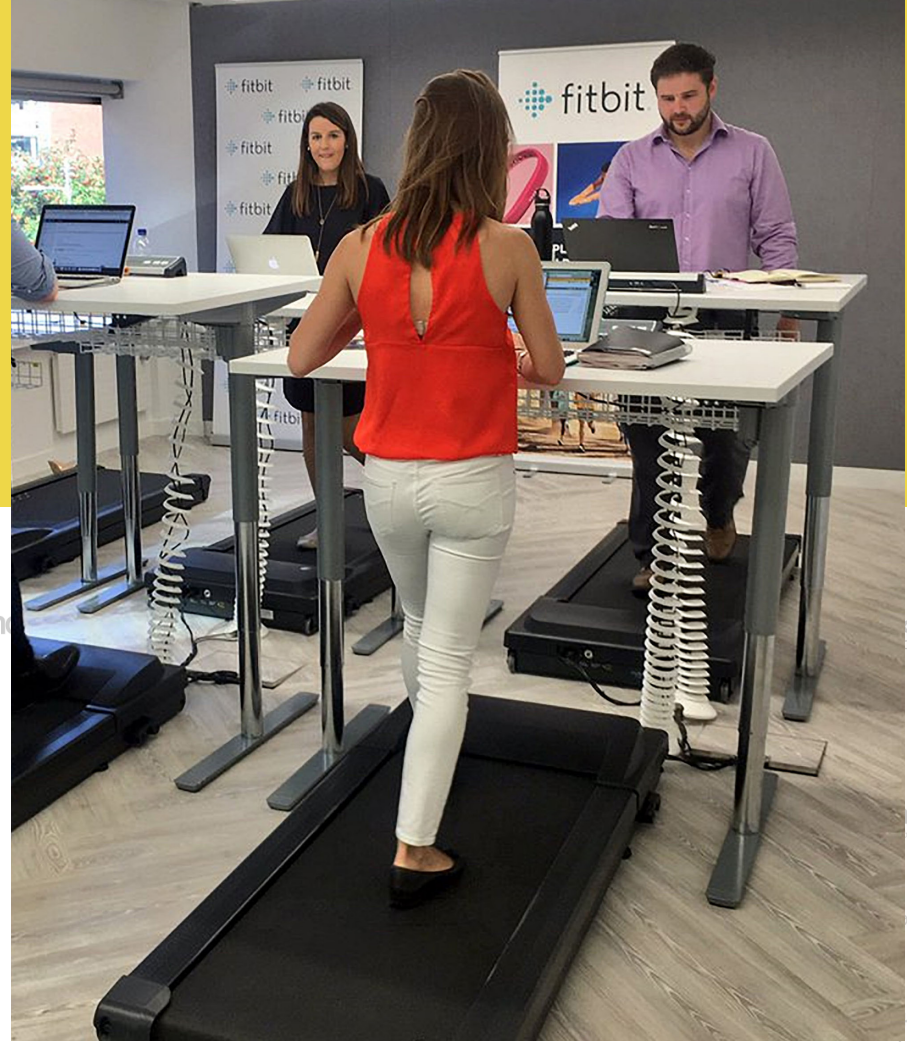
With this collection, create dedicated areas for employees to be more efficient and improve physical health.



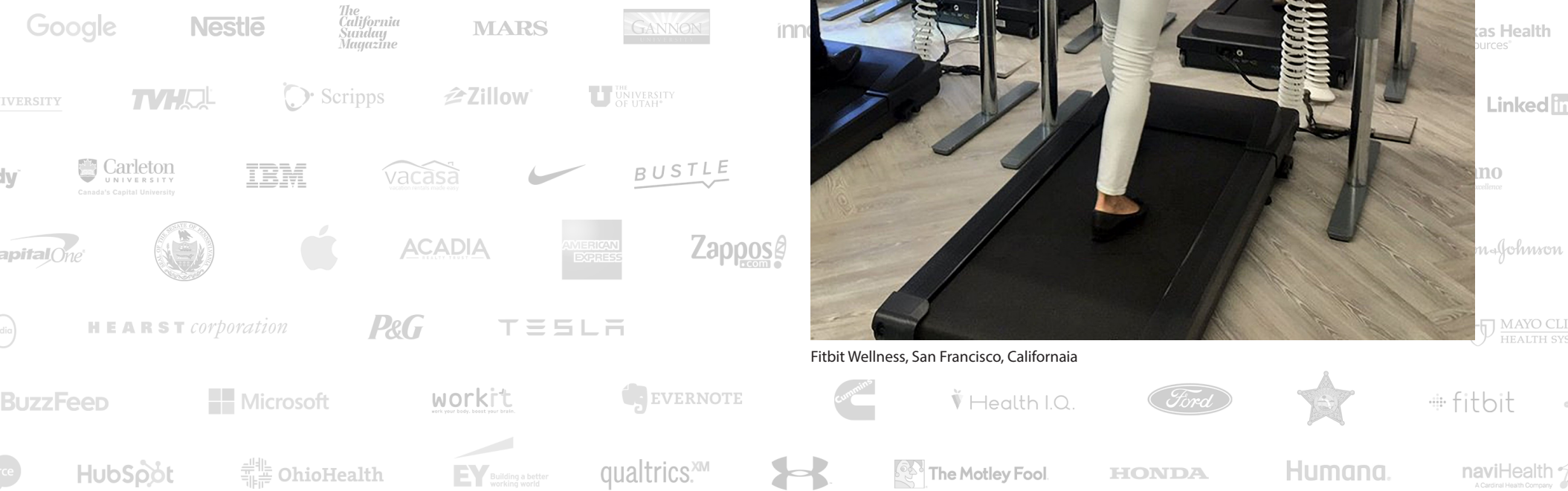
### Collaborate

Create workspaces dedicated to important projects, interviews, and a safe space.

# Getting Business Moving



Fitbit Wellness, San Francisco, California



” What makes it impactful is tying it back to the culture of the organization



[www.LifeSpanFitness.com/pages/business](http://www.LifeSpanFitness.com/pages/business)