

Lifestyle Elliptical

LED CONSOLE

EP-LS-F

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.



Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

| CONSOLE | |
|-----------------------------|---|
| DISPLAY | Large number LED with message center |
| WORKOUTS | Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests |
| LANGUAGES | English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish |
| FAN | No |
| IPTV | No |
| BLUETOOTH | No |
| ANT+ | No |
| RFID WIRELESS LOGIN | Optional |
| CONNECTS TO APPLE WATCH | No |
| MADE FOR IPHONE, IPAD, IPOD | No |
| USB PORT | Yes; device charging, software updates |
| WIRELESS CHARGING (QI) | No |
| CSAFE READY | Yes |
| AUTO WAKE-UP | No |
| | †Some of these programs may not be available on this frame. |

| FRAME | |
|-----------------------------|---|
| 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" |
| TOP-DOWN LEVELERS | No |
| STRIDE LENGTH | 51 cm / 20" |
| WATT RANGE | 5–650 W |
| ASSEMBLED WEIGHT | 151 kg / 332.9 lbs. |
| SHIPPING WEIGHT | 173 kg / 381.4 lbs. |
| RESISTANCE LEVELS | 30 |
| ASSEMBLED ACTIVE DIMENSIONS | 174.6 x 73 x 175.7 cm / 68.7" x 28.7" x 69.2" |
| ASSEMBLED DIMENSIONS | 151 x 73 x 175.7 cm / 59.4" x 28.7" x 69.2" |