



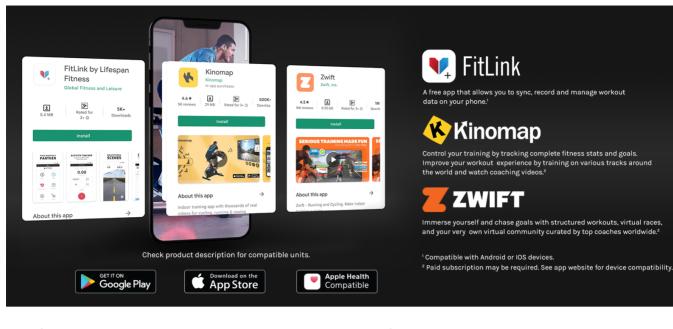
# 2023 CATALOGUE





## CARDIO

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### **PURSUIT TREADMILL**

### LFTM-PURSUIT3

- · 2.25 CHP EverDrive® H3X Brushless Motor
- DuraGrip® AS Running Belt 1200mm x 450mm (L x W)
- ShockControl<sup>™</sup> Cushioning System



### PURSUIT MAX TREADMILL

LFTM-PURSUITMAX

- 2.5 CHP EverDrive® H4X Brushless Motor
- DuraGrip® AS Running Belt 1300mm x 480mm (L x W)
- ShockControl<sup>™</sup> Cushioning System



### **BOOST-R TREADMILL**

### TMBOOSTR

<u>ح</u> 18

7.0

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• 2.75 CHP EverDrive® H5 Motor

18 LEVELS

SPEED

AUTO INCLINE

1.0 TO 18 KM/H

FULL COLOUR

7" LCD DISPLAY

VIDEO AND MUSIC

- DuraGrip<sup>®</sup> AS belt 1300mm x 450mm (L x W)
- ShockControl<sup>™</sup> Advanced Cushioning System
- 18 LEVELS × 18 AUTO INCLINE

TMAPEX





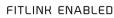


### FITLINK ENABLED



⊳ SCAN QR FOR DEMO VIDEO





PLAYBACK





• 3.25 CHP EverDrive® H6 Motor • DuraGrip® AS belt 1400mm x 510mm (L x W) • ShockControl<sup>™</sup> Advanced Cushioning System

**APEX TREADMILL** 

### VIPER TREADMILL

**TMVIPERM3** 

- 3.75 CHP EverDrive® H7 Motor
- Adv. running deck (1500mm x 520mm)
- Wireless heart rate chest strap
- $\cdot$  ShockControl  $\tilde{}$  Advanced Cushioning



### 22 LEVELS AUTO INCLINE

### = \$ 1.0 TO 20 KM/H SPEED

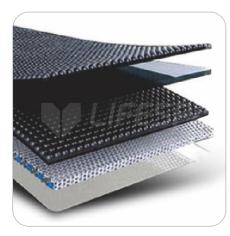
EKG HAND PULSE SENSORS

Experience the cutting edge of running tech with the high-performance Viper. This luxe fitness machine with serious training capabilities features the 3.75 CHP EverDrive® H7 Motor and spacious DuraGrip® Ultra commercial belt to suit any stride length or foot size.

Assembled size: 195cm x 88cm x 150cm (L x W x H)

### FITLINK ENABLED

SHOCKCONTROL™ ADVANCED CUSHIONING



### COMMERCIAL GRADE RUNNING BELT

Commercial grade running belt that is designed to last longer than your standard treadmill belt. Five layers to provide superior grip, noise reduction and essential shock absorption during use.



### IMPACT CUSHIONING SYSTEM

The ShockControl<sup>™</sup> System provides a balance of cushioning and stability for a better quality workout. Protect your knees and joints during workouts with a combination of suspension points, impact absorbing running board and PentaLayer<sup>™</sup> treadmill belt.



### SAVE SPACE WITH HYDRAASSIST®

HydraAssist<sup>®</sup> creates a simple and effortless way to fold up your treadmill, and a soft-drop mechanism when unfolding your treadmill. Once folded, our Treadmill features transportation wheels for easy mobility.

<image>

### MARATHON COMMERCIAL SMART TREADMILL



Assembled size: 194cm x 89cm x 156cm (L x W x H)

FITLINK ENABLED

### TMMARATHON

- 4.0 CHP AC EverDrive® H7 AC Motor
- DuraGrip® Ultra belt 1520mm x 560mm (L x W)
- PentaLayer™ 5-layer commercial belt
- Interactive display with
- workout programs • WiFi connectivity

20 LEVELS AUTO INCLINE, <u>20</u> 7.5 MAX DEGREE



15.6" FULL COLOUR 15.6 LCD DISPLAY

The ultimate treadmill, the Marathon delivers a top of the range running experience with it's robust commercial components coupled with an intelligent display system on an impressive 15.6" LCD display. Cutting edge technology allows you to play videos and music to keep you entertained during your training sessions. With features like screen mirroring, 4.0 CHP EverDrive AC Motor and PentaLayer Belt, you'll experience a workout second to none.





### COMMERCIAL GRADE RUNNING BELT

The spacious DuraGrip Ultra running belts offers optimal grip, comfort, and durability for long-lasting high-end performance.



EVERDRIVE®

SHOCKCONTROL™

ADVANCED CUSHIONING

### COMMERCIAL EVERDRIVE H7AC MOTOR

Keep your treadmill running and running with the innovate motor engineering technology behind EverDrive motors. The commercial grade brushless 4.0 CHP AC Motor offers high torque output for a quieter and smoother run.



INTERACTIVE TOUCH SCREEN DISPLAY

Stay connected during your workout with media streaming functions on the 15.6inch HD LCD display including Bluetooth, Netflix, Youtube, Shopify and social media platforms.

### **CORSAIR FREERUN 100 CURVED TREADMILL**

TMCORSAIRFR100

- Commercial grade running slat belt 1700mm x 440mm (L x W)
- Curved running belt design

UNLIMITED

SPEED

REDUCE

CARBON

FOOTPRINT

LCD DISPLAY

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SCAN QR FOR DEMO VIDEO

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LCD

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• High Intensity Interval Training (HIIT)

### **CORSAIR FREERUN 105 CURVED TREADMILL**

### LFTM-CFR-105

- · Commercial grade running slat belt 1700mm x 440mm (L x W)
- Curved running belt design
- User Controlled Pace



### **CORSAIR FREERUN 200 CURVED TREADMILL**

### TMCORSAIRFR200

- Magnetic free-run system
- Self-generator powers display
- Running deck 1600mm x 480mm (L x W)
- 13mm belt thickness



4 LEVELS OF MANUAL RESISTANCE

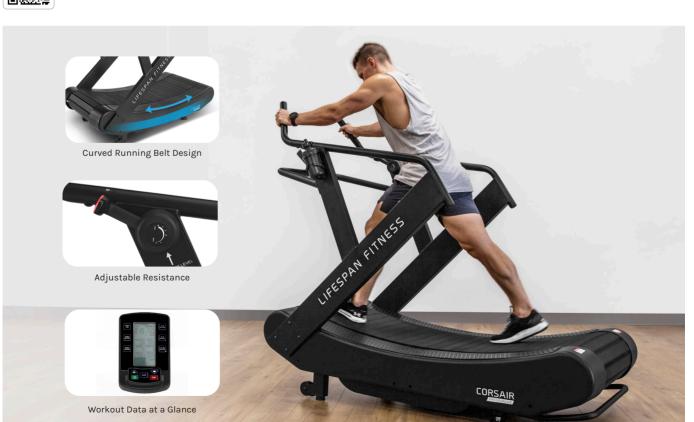


ECO-FRIENDLY MOTOR-LESS SYSTEM

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### V-FOLD TREADMILL WITH SMARTSTRIDE

### LFTM-VFOLD

With a 60% slimmer design and smart folding features, the V-FOLD folds 180° for space saving storage options.

- 1.25 CHP EverDrive® H4X
- Brushless Motor
- DuraGrip<sup>®</sup> AS belt 1200mm x 440mm (L x W)
  ShockControl<sup>™</sup> Cushioning System

\*Recommended to work with ErgoDesk







Space Saving Design





### WALKINGPAD<sup>™</sup> M2 TREADMILL

LFTM-WPADM2

With a sleek and compact design, simply fold 180° for convenience and space saving storage

- 1.0 CHP EverDrive® H4X Brushless Motor
- DuraGrip<sup>®</sup> AS belt 1200mm x 400mm (L x W)
- ShockControl<sup>™</sup> Cushioning System

\*Recommended to work with ErgoDesk



EVA CUSHIONING SYSTEM



180° Folding Technology

### REFORMER TREADMILL

TMREFORMER

- 2.25 CHP EverDrive® H3 Motor
- DuraGrip® AS belt 1200mm x 400mm (L x W)
- $\cdot$  ShockControl<sup>\*\*</sup> Advanced Cushioning System
- $\boldsymbol{\cdot}$  Hand rails for safety
- Lowest Speed of 0.3km/h

12 LEVELS AUTO INCLINE

= \$ 0.3 TO 14 KM/H SPEED



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### **TORQUE 3 TREADMILL**

### TMTORQUE3

- 4.0 CHP EverDrive® H6 Motor
- DuraGrip<sup>®</sup> AS belt 1300mm x 540mm (L x W)
- ShockControl<sup>™</sup> Advanced Cushioning System



= <u>1.0 TO 18 KM/H SPEED</u>



EKG HAND PULSE SENSORS



SCAN QR FOR DEMO VIDEO





### TREADMILL SAFETY KEY

### TMSAFETYKEY-GENERIC

- 30mm diameter key
- Total length 1.0m



### SILICONE SPRAY

### SILSPRAY

Lubricate your treadmill running deck with our recommended multi-purpose silicone spray.

• 300g NET / 509ml



### EQUIPMENT MAT 1.5M / 2.0M

MATTREADMILL / MATEXEREQUIP

- $\cdot$  Protects your equipment and floor
- Comes in 200cm x 100cm or 150cm x 100cm
- $\cdot$  Great for treadmills, cross trainers,
- spin bikes and more.
- 4mm Thick

### ERGODESK AUTOMATIC STANDING DESK

LFDK-EDKOB-150 LFDK-EDKOB-180 LFDK-EDKWB-150 LFDK-EDKWB-180

### OB = OAK | WB = WHITE

Our dynamic ErgoDesk (Oak/White) 150cm and 180cm is designed to add variety and comfort to your days at the desk. A versatile work-station, with easy automatic height adjustments.

- 2x Table Cord Grommet
- Automatic Height Adjustments
- 3 Preset Height Levels customised to your needs



70CM TO 118CM ADJUSTABLE HEIGHT RANGE



CHOOSE BETWEEN 150CM



TABLETOP AVAILABLE IN OAK AND WHITE

AND 180CM DESK SIZES



SCAN QR FOR DEMO VIDEO



LFDK-EDK-06 ErgoDesk Height Adjustable Under Desk Cable Management Tray (100cm)



DUAL MOTORS

Work smarter, not harder with dual motors. Adjust your workspace quickly and efficiently, time and time again.



### INTELLIGENT COLLISION DETECTION

Keep your desk and surroundings protected with built in sensor technology that automatically stops the moving desk when it feels an obstacle in its way. Minimum height of 70cm to a maximum of 118cm.



HEAVY DUTY MATERIALS

The ErgoDesk frame is built from solid, industrial steel, with a large and stable footprint. The table top is made from highdensity fiberboard with a fireproof surface and smooth matte finish.



CARDIO | TREADMILL DESK

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### CYCLESTATION MINI EXERCISE BIKE

LFCR-CYCLESTN2

• Extendable LCD monitor to show stats

Fits under desks

2.5KG HEAVY DUTY MAGNETIC FLYWHEEL 8 LEVELS OF RESISTANCE Сомраст

\*Recommended to work with ErgoDesk

### CYCLESTATION 3 UNDER DESK EXERCISE BIKE

LFEX-CLSTN3

- LCD Computer Display
- $\cdot$  Smooth and silent belt transmission

\*Recommended to work with ErgoDesk



5KG HEAVY DUTY MAGNETIC FLYWHEEL



8 LEVELS OF RESISTANCE



### **EXER-11 FOLDING EXERCISE BIKE**

### EXER11

- · Variable manual resistance, 8 levels
- 3-piece forged steel crank
- · Adjustable seat height

EASY FOLD-UP DESIGN

8 LEVELS ADJUSTMENT SYSTEM







PULSE SENSORS

### **EXER-80 EXERCISE BIKE**

### EXER80

- Variable automatic resistance, 16 levels
- Smooth belt drive system
- 3-piece crank
- · 4-way saddle adjustment
- 16 workout programs



(( 16

16 LEVELS COMPUTERISED MAGNETIC TENSION



### **EXER-58 EXERCISE BIKE**

EXER58

- Variable manual resistance, 8 levels
- 3-piece crank
- · Saddle vertically and horizontally adjustable



SMOOTH AND SILENT  $\bigcirc$ BELT TRANSMISSION











### **EXC-100 COMMERCIAL EXERCISE BIKE**

LFEX-EXC100

- Variable automatic resistance, 32 levels
- 3-piece forged steel crank
- Commercial Grade Frame
- · 4-way saddle adjustment
- 12 workout programs
- Large LCD Display



PULSE SENSORS



# CARDIO | UPRIGHT EXERCISE BIKES

12

### **EXER-90H EXERCISE AIR BIKE**

EXER90H

- Dynamic Air Resistance, 25" Steel Fan
- Dual Action works both arms and legs
- · 4-way Saddle Adjustment
- Dynamic rotating crank (Forged Steel)

### **EXC-10H COMMERCIAL EXERCISE AIR BIKE**

### EXC10H

- Dynamic Air Resistance, 27.5" Steel Fan
- Dual Action works both arms and legs
- 4-way Saddle Adjustment
- Dynamic rotating crank (Forged Steel)
- · Commercial Grade Aluminium Seat Post





### V-CYCLE SMART EXERCISE BIKE POWERED WITH NEOWATT<sup>™</sup>

### LFEX-VCYCLE

- Compatible with popular cycling apps including Zwift, Peloton (IOS only), Kinomap and more
- Variable automatic resistance, 80 levels
- Large iOS display
- · 4-way saddle adjustment
- Bluetooth
- SPD Pedals

6KG HEAVY DUTY FLYWHEEL





MAGNETIC TENSION

80 LEVELS COMPUTERISED

FRICTION BASED RESISTANCE SP SERIES

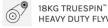
### **SP-310 SPIN BIKE**



### **SP-460 SPIN BIKE**

LFEX-SP460-M2

- Aluminium alloy pedals with toe clips
- 4-way adjustable seat
- 128cm x 120cm (L x H) steel frame



HEAVY DUTY FLYWHEEL



CHAIN DRIVETRAIN





### **SP-870 SPIN BIKE**

LFEX-SP870-M3

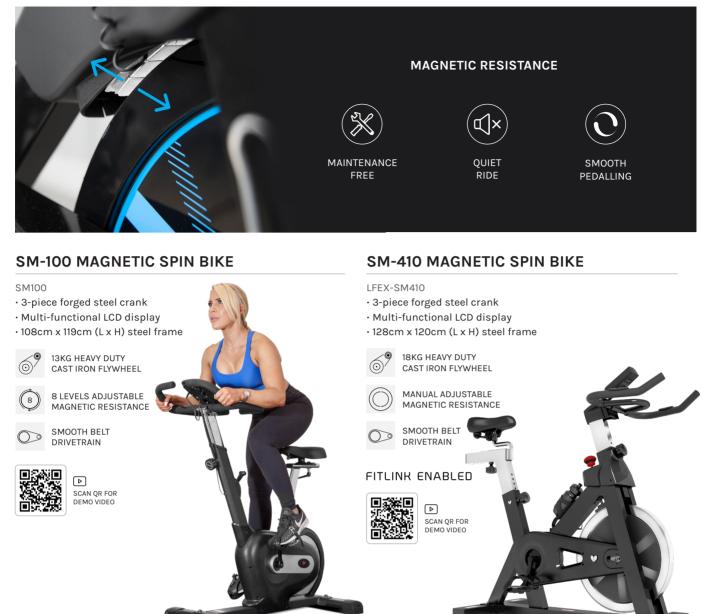
With commercial grade components the SP-870 (M3) Spin Bike offers increase strength and stability for a premium cycling experience.



HEAVY DUTY  $\bigcirc$ BELT DRIVETRAIN



### SM SERIES



### **SM-700 MAGNETIC SPIN BIKE**

### LFEX-SM700

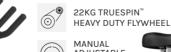
- · Quiet and smooth magnetic resistance
- Multi-functional LCD display
- 138.5cm x 123cm (L x H) steel frame
- SpeedLock™ Quick Seat Adjustments



### **SM-800 MAGNETIC SPIN BIKE**

### LFEX-SM800

- Quiet and smooth magnetic resistance
- Multi-functional LCD display
- 133cm x 115cm (L x H) steel frame
- SpeedLock™ Quick Seat Adjustments



MANUAL ADJUSTABLE MAGNETIC RESISTANCE

HEAVY DUTY  $\bigcap$ BELT DRIVETRAIN

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SCAN OR FOR DEMO VIDEO

14 BIKES SPIN CARDIO |



### **RC-300 RECUMBENT BIKE**

### RC300

- Variable automatic resistance, 16 levels
- 15 workout programs
- Adjustable seat length
- Large LCD display





PULSE SENSORS



⊳ SCAN QR FOR DEMO VIDEO





iPad Stand

Ergonomic Comfort Seat

### **RC-81 RECUMBENT BIKE**

RC81

- Variable manual resistance, 10 levels
- Adjustable seat length
- Large LCD display



5KG HEAVY DUTY CAST IRON MAGNETIC FLYWHEEL









### **RBX-100 COMMERCIAL RECUMBENT BIKE**

### LFRB-RBX100

- Variable automatic resistance, 32 levels
- · 3-piece forged steel crank
- Commercial Grade Frame
- Quick Release Seat adjustments
- 12 workout programs
- Large LCD Display



### **ST-14 VERTEX STAIR CLIMBER**



### ST14VERTEX

Achieve your fitness goals with a complete cardio and strength workout with the Vertex Stair Climber. Features a steep, wide step and a big range of speeds to set your pace.



STEP MACHINE

HIGH QUALITY STEEL



STEP RANGE: 24 TO 164 STEPS/MIN



SCAN QR FOR DEMO VIDEO



### THE ICONIC STEP MACHINE

Experience the commercial grade step machine with revolving stairs to create a workout similar to true stair climbing.



### REAL WORKOUT FOR REAL RESULTS

Burn calories as you boost the intensity by increasing steps per minute. Up to a maximum of 164 steps per minute can be achieved for a tough and vigorous workout.



### LARGE LCD WITH DEVICE STAND

Keep track of your workout with the large, commercial grade LCD. With an integrated iPad/Tablet/Device stand, you'll be able to keep yourself entertained during workouts.

### **X-02 HYBRID CROSS TRAINER**

### **X-22 CROSS TRAINER**

• 24 workout programs

• Silent belt drivetrain

36CM STRIDE

LENGTH

FKG HAND

PULSE

⊳

SCAN OR FOR DEMO VIDEO

• Built-in pulse sensors • Large LCD display

• Variable automatic resistance, 16 levels

16 LEVELS

RESISTANCE

REVERSIBLE MOTION

OF AUTO

X22

l d le 50



X02

- · Hybrid exercise bike and cross trainer
- Belt drivetrain
- Easy to read LCD display
- · Bonus dumbbells and resistance bands







MANUAL ADJUSTABLE

MECHANICAL

RESISTANCE



### **X-41 CROSS TRAINER**

### X41

- 8kg Heavy duty magnetic resistance flywheel
- 18 workout programs
- · LCD computer display
- Built-in pulse sensors
- Music plug-in

46CM STRIDE LENGTH 16 EKG HAND

PULSE SENSORS

### FITLINK ENABLED

<u>a</u>ew 1 ⊳



# DEMO VIDEO

### **XT-40 ASCENDER INCLINE CROSS TRAINER**

### XT40

- Variable automatic resistance, 16 levels
- Heavy duty cast iron magnetic flywheel
- · Large foot plates to secure foot during use
- 21 Workout Programs
- Backlit large LCD touch screen
- Natural stride with front drive elliptical



HEAVY DUTY 7KG FLYWHEEL



 $\bigcirc$ 

**50CM STRIDE** LENGTH



VARIABLE AUTOMATIC RESISTANCE



**XT-39 CROSS TRAINER** 

### LFCT-XT39

- · Variable automatic resistance,
- 16 levels
- 10 workout programs
- Foldable Frame
- LCD computer display
- Natural stride with front drive elliptical







HEAVY DUTY  $(\bigcirc)$ **8KG FLYWHEEL** 

### FITLINK ENABLED

### MAGNETIC ROWING MACHINES

### **ROWER-445 MAGNETIC ROWING MACHINE**

### ROWER445

- Variable manual resistance, 16 levels
- 18kg/f max resistance tested
- Quiet drivetrain
- Commercial quality rollers
- Multi-functional LCD display
- · Contoured comfortable seat





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### **ROWER-801F AIR & MAGNETIC COMMERICAL ROWING MACHINE**

WATER RESISTANCE

REALISTIC ROWING FEEL

SYSTEM

### LFRW-ROWER801F

- Hybrid Air & Adjustable Magnetic Resistance
- · Variable automatic resistance, 16 levels
- Belt Drivetrain
- Tablet holder
- · Compatible with Heart Rate monitor
- Contoured comfortable seat

DYNAMIC RESISTANCE

HEART RATE CONTROL

16

**16 LEVEL MAGNETIC** TENSION CONTROL

### WATER RESISTANCE ROWING MACHINES

### **ROWER-700 WATER RESISTANCE ROWING MACHINE**

### ROWER700

• Belt drivetrain

- Multi-functional LCD display
- Store in an upright position



### **ROWER-605 MAGNETIC ROWING MACHINE**

### ROWER605

HEAVY DUTY CAST

IRON FLYWHEEL

- Variable automatic resistance, 16 levels
- 39Kg/F max resistance tested
- Quiet drivetrain
- Commercial quality rollers
- Multi-functional LCD display
- Contoured comfortable seat
- 18 workout programs
- Includes Wireless HR Transmitter





HEAVY DUTY CAST

IRON FLYWHEEL

FOI DABLE FOR

EASY STORAGE

RESISTANCE

HEART RATE

16 LEVEL MAGNETIC

(Ó)

6





### ROWER750

- Timber look to fit any decor
- Belt drivetrain
- Multi-functional LCD display
- $\cdot$  Store in an upright position
- Contoured rowing seat





ROWER-BØIP

- SMOOTH AND EXPONENTIAL RESISTANCE
- TIMBER FRAME



### WIRELESS HEART RATE MONITOR

### CHESTSTRAPG1

- Compatible with 5.3khz Frequency Devices
- Fasten Securely
- Greater Accuracy
- Comfortable Design



### FOAM ROLLER

- ROLLEREVAFOAM60 / ROLLERFOAM90
- Comes in a Grid Pattern 60cm or EVA Foam 90cm
- 15cm Diameter



### **EXERCISE BIKE PHONE & TABLET HOLDER**

LFAC-EBPHLDR2

- Holds devices up to 22cm tall
- 360 Degrees Rotation
- Fits handlebar tubing diameter from 15mm 30mm



### **EQUIPMENT COVERS**

Our covers are great for keeping dust and unwanted debris away from your fitness equipment.

- Made from reliable polyester fabric.
- Resistant to most chemicals, stretching and shrinking, wrinkle resistant, mildew and abrasion resistant



ELASTICISED BOTTOM

POLYESTER FABRIC



### EXERCISE MAT BLACK 15MM

### MATYOGA15BLK

Lifespan Fitness Black Yoga/Pilates Mat is a great accessory, perfect for any type of work or stretching routine, pilates, gymnastics and any sort of general fitness. Assembled size:



### COMFORT SPORT SPIN BIKE SADDLE

### LFAC-SEATCS-1

- Comfortable Hollow Design
- Elastomer Suspension
- Angle Adjustable &
- Micro Adjust on rails
- Designed to fit standard
- seat posts
- Compatible with most Lifespan Fitness Spin
- and Exercise Bikes



### 2-IN-1 SPIN BIKE PEDALS (SPD COMPATIBLE)

LFAC-PEDDSSPD-1

- Compatible with Shimano SPD
- High Quality Bearings
- Fits 9/16" Threaded Cranks
- Aluminium Construction with CRMO 14mm Axle



<b>SUREMENTS (L X W X H)</b> 00cm x 59cm x 146cm
00cm x 59cm x 146cm
20cm x 85cm x 160cm
115cm x 57cm x 148cm
30cm x 52cm x 125cm
72cm x 64cm x 145cm
70cm x 66.5cm x 110cm

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CARDIO | EQUIPMENT ACCESSORI

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