



2023/2024 DELTA SERIES & ESSENTIALS SERIES CATALOGUE



TABLE OF CONTENTS

TREADMILLS	4
SPIN BIKES	9
ELLIPTICAL CROSS TRAINERS	13
UPRIGHT EXERCISE BIKES	15
RECUMBENT BIKES	17
ROWING MACHINES	19
STAIR CLIMBERS	21
FITLINK	22
KINOMAP & ZWIFT	23

A woman with long blonde hair in a ponytail, wearing a pink long-sleeved top and black shorts with 'ECHO' written on the back, is running on a black treadmill. The treadmill has 'LIFESPAN FITNESS' on the left side and 'DURAGRIP' on the front. The setting is a modern living room with a blue sofa, a coffee table, a floor lamp, and a wall-mounted macramé. There are also exercise balls and a resistance band in the background.

TREADMILLS

2023 ESSENTIALS SERIES

WalkingPad MC21 Double-Fold Treadmill

SKU: WPTM-MC21F

GENERAL

Speed	0.5-10km/h
Motor	Brushless Motor
Running Surface	1200x440mm
APP Compatibility	KS Fit
Assembled Size	146cm x 70cm x 107cm
Folded Size	103cm x 70cm x 16cm
Carton Size	111cm x 77cm x 21cm
Gross Weight	38kg
Net Weight	33kg



*ErgoDesk sold separately.
Packages including ErgoDesks
and Walkingpads are available
on request.

2023 ESSENTIALS SERIES

Pursuit 2 Treadmill

SKU: TMPURSUIT2

GENERAL

Motor	2.25 CHP EverDrive® H3X Brushless Motor
Running Surface	1200mm x 450mm (L x W)
Suspension	ShockControl™ Basic Cushioning System
Incline	3 Levels Manual
APP Compatibility	FitLink, Zwift, Kinomap
Music Playback	Not available
Assembled Size	137cm x 73cm x 127cm
Folded Size	78cm x 72cm x 135cm
Carton Size	141cm x 76cm x 23cm
Gross Weight	52kg
Net Weight	45kg



Kinomap



Zwift



FitLink

2023 ESSENTIALS SERIES

Bolt M1 Treadmill

SKU: LFTM-BOLTM1

GENERAL

Motor	2.5 CHP EverDrive® H4 Motor
Running Surface	1300mm x 480mm (L x W)
Suspension	ShockControl™ Advanced Cushioning System
Incline	Not available
APP Compatibility	FitLink, Zwift, Kinomap
Music Playback	Not available
Assembled Size	160cm x 77cm x 133cm
Folded Size	114cm x 77cm x 133cm
Carton Size	169cm x 77cm x 33cm
Gross Weight	69kg
Net Weight	60kg



Kinomap



Zwift



FitLink

2023 ESSENTIALS SERIES

Viper M3 Treadmill

SKU: TMVIPERM3

GENERAL

Motor	3.75CHP EverDrive® H7X Brushless Motor
Running Surface	1500mm x 520mm (L x W)
Suspension	ShockControl™ Advanced Cushioning System
Incline	18 Levels Auto
APP Compatibility	FitLink, Zwift, Kinomap
Music Playback	Yes, AUX 3.5mm Line in & USB Storage Device Playback. High Quality Speakers.

Assembled Size	194cm x 83cm x 149cm
Carton Size	210cm x 912cm x 46cm
Gross Weight	129kg
Net Weight	108kg



Kinomap



Zwift



FitLink

A woman with her hair in a ponytail, wearing a blue sports bra and leggings, is riding a black and silver spin bike. She is leaning forward, holding the handlebars. The bike is positioned in a living room with a blue sofa, a coffee table, and a rug. The scene is dimly lit, with the text 'SPIN BIKES' overlaid in the center.

SPIN BIKES

2023 DELTA SERIES

Delta 1.0 Spin Bike

SKU: LFEX-D10SB

GENERAL

Flywheel	12kg Heavy Duty Cast Iron Flywheel
Drive System	Belt Driven System
Resistance	16 Level Automatic Magnetic Resistance Direct Edge Resistance Push-down to stop
Crank	3-Piece Forged Steel Crank
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	116cm x 51cm x 122cm
Carton Size	103cm x 21cm x 84cm
Gross Weight	46kg
Net Weight	40kg



Kinomap



Zwift



FitLink

DELTA 1.0

2023 ESSENTIALS SERIES

SM-700 Spin Bike

SKU: LFEX-SM700

GENERAL

Flywheel	18kg Commercial Grade Cast Iron Flywheel
Drive System	Belt Driven System
Resistance	Manual Adjustable Magnetic Resistance Push-down to stop
Crank	3-Piece Forged Steel Crank
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	139cm x 53cm x 123cm
Carton Size	116cm x 23cm x 88cm
Gross Weight	51kg
Net Weight	45kg



Kinomap



Zwift



FitLink

2023 ESSENTIALS SERIES

SM-900 Commercial Spin Bike

SKU: LFEX-SM900

GENERAL

Flywheel	3.5kg Aluminum Flywheel
Drive System	Belt Driven System
Resistance	810W @ 120PM 13 Level Automatic Magnetic Resistance Lever Brake
Crank	3-Piece Forged Steel Crank
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	120cm x 61cm x 129cm
Carton Size	130cm x 26cm x 97cm
Gross Weight	44kg
Net Weight	51kg



Kinomap



Zwift



FitLink

A woman with long hair in a ponytail, wearing a light-colored sports bra and dark purple leggings, is using a black and grey cross trainer in a modern living room. The room features a grey sofa, a white shelving unit, a small round table with a plant and books, a floor lamp, and a TV stand. The floor is made of light-colored wood. The text "CROSS TRAINERS" is overlaid in the center of the image.

CROSS TRAINERS

2023 DELTA SERIES

Delta 2.0 Elliptical Cross Trainer

SKU: LFXT-D30

GENERAL

Display	Backlit Large LCD Screen with iPad/Tablet/ Phone Stand
Flywheel	8kg Heavy Duty Cast Iron Magnetic Flywheel
Stride Length	50cm
Incline	3 Level Manual
Resistance	16 Level Computerised Magnetic Tension Control
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	172cm x 64cm x 179cm
Carton Size	170cm x 47cm x 76cm
Gross Weight	76kg
Net Weight	64kg



DELTA 2.0



Kinomap



Zwift



FitLink

A man in a grey tank top and red shorts is riding a black and silver stationary exercise bike in a modern living room. The room features a wooden floor, a dark wood console table with framed pictures and a plant, and a light blue armchair with a yellow blanket. The text "EXERCISE BIKES" is overlaid in the center of the image.

EXERCISE BIKES

2023 DELTA SERIES

Delta 2.0 Exercise Bike

SKU: LFEX-D20EB

GENERAL

Display	Time, Speed, Distance, Calories, Odo, Pulse
Flywheel	7kg Heavy Duty Cast Iron Magnetic Flywheel
Crank	3-Piece Forged Steel Crank
Resistance	16 Level Computerised Magnetic Tension Control
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	108cm x 53cm x 147cm
Carton Size	97cm x 29cm x 85cm
Gross Weight	41kg
Net Weight	36kg



Kinomap



Zwift



FitLink

DELTA 2.0

A woman with blonde hair tied back is sitting on a black recumbent exercise bike in a modern living room. The bike has a large flywheel and a digital display on the handlebars. The room features a grey sofa with white pillows, a coffee table, a desk with a plant, and framed pictures on the wall. The floor is made of light-colored wood. The text "RECUMBENT BIKES" is overlaid in white, bold, sans-serif font across the center of the image.

RECUMBENT BIKES

2023 DELTA SERIES

Delta 2.0 Recumbent Bike

SKU: LFRB-D30

GENERAL

Display	Time, Speed, Distance, Calories, Odo, Pulse
Flywheel	7kg Heavy Duty Cast Iron Magnetic Flywheel
Crank	3-Piece Forged Steel Crank
Resistance	16 Level Computerised Magnetic Tension Control
APP Compatibility	FitLink, Zwift, Kinomap
Assembled Size	163cm x 67cm x 122cm
Carton Size	169cm x 26cm x 87cm
Gross Weight	56kg
Net Weight	49kg



Kinomap



Zwift



FitLink

DELTA 2.0

A man in a dark blue tank top and shorts is rowing on a wooden water rowing machine. The machine is positioned on a light-colored wooden floor against a plain, light-colored wall. The man is captured in a rowing stroke, with his arms extended forward and his legs pushing against the footplate. The machine has a large water tank and a wooden frame. The text "ROWING MACHINES" is overlaid in white, bold, sans-serif font across the center of the image. The brand name "LIFESPAN" is visible on the side of the machine's frame.

ROWING MACHINES

2023 ESSENTIALS SERIES

KingSmith WR1 Tri-Fold Water Rowing Machine

SKU: KWRW-WR1

GENERAL

Features	Intelligent Interaction, Tri-Fold technology, Solid Wood Texture, Ergonomic Seat
APP Compatibility	KS Fit
Assembled Size	194cm x 50cm x 56cm
Folded Size	68cm x 50cm x 58cm
User Capacity	120kg
Gross Weight	34kg
Net Weight	30kg



A man in a dark sleeveless shirt and shorts is using a stair climber machine. The machine is grey and black, with a digital display on the front. The man is looking down at the machine. The background is a plain grey wall.

STAIR CLIMBERS

LIFESPAN FITNESS

2023 ESSENTIALS SERIES

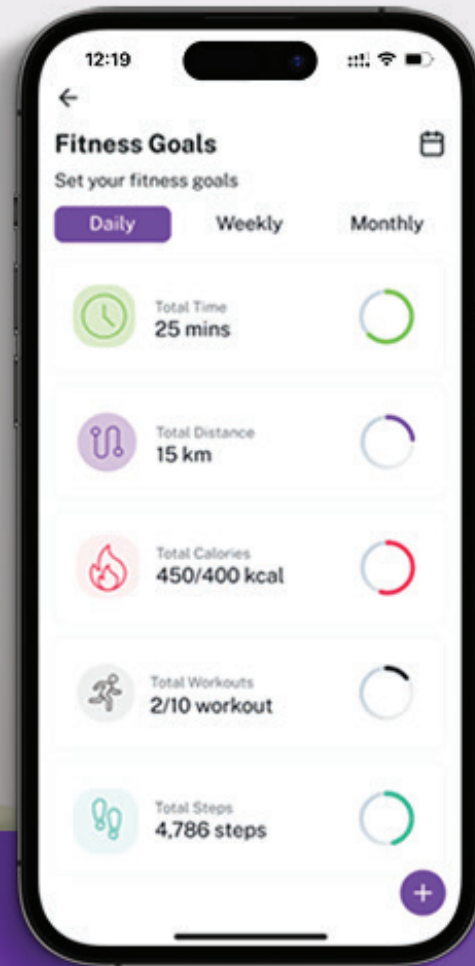
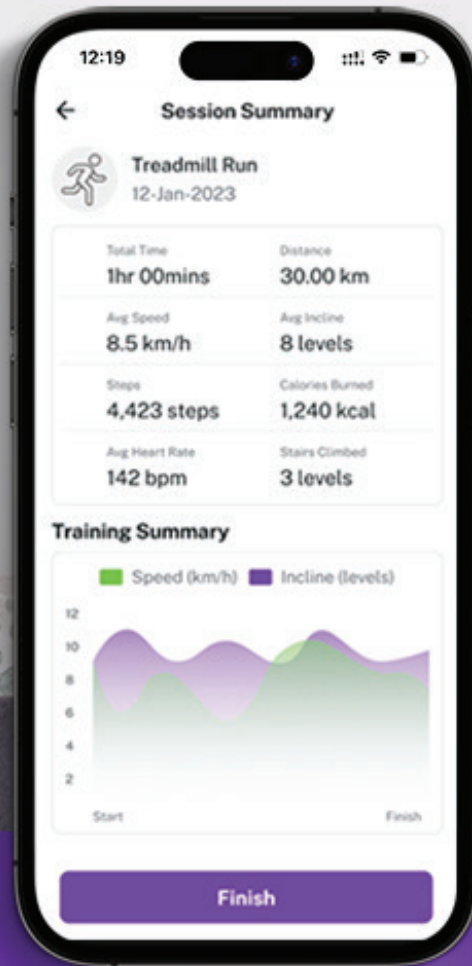
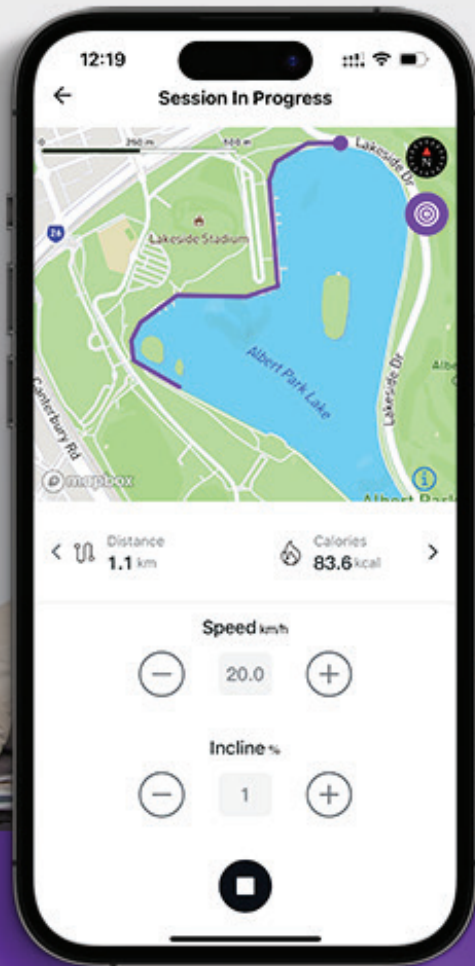
ST-14 Vertex Stair Climber

SKU: ST14VERTEX

GENERAL

Speed	24 Steps Per Minute ~ 164 Steps Per Minute
Step Area	Revolving staircase with eight steps, 20.5 cm high, 23.5 cm deep and 56 cm wide
Levels	15 Levels
Commercial Grade	Yes
Assembled Size	145cm x 76cm x 214cm
Carton Size	134cm x 94cm x 128cm
User Capacity	200kg
Gross Weight	255kg
Net Weight	205kg

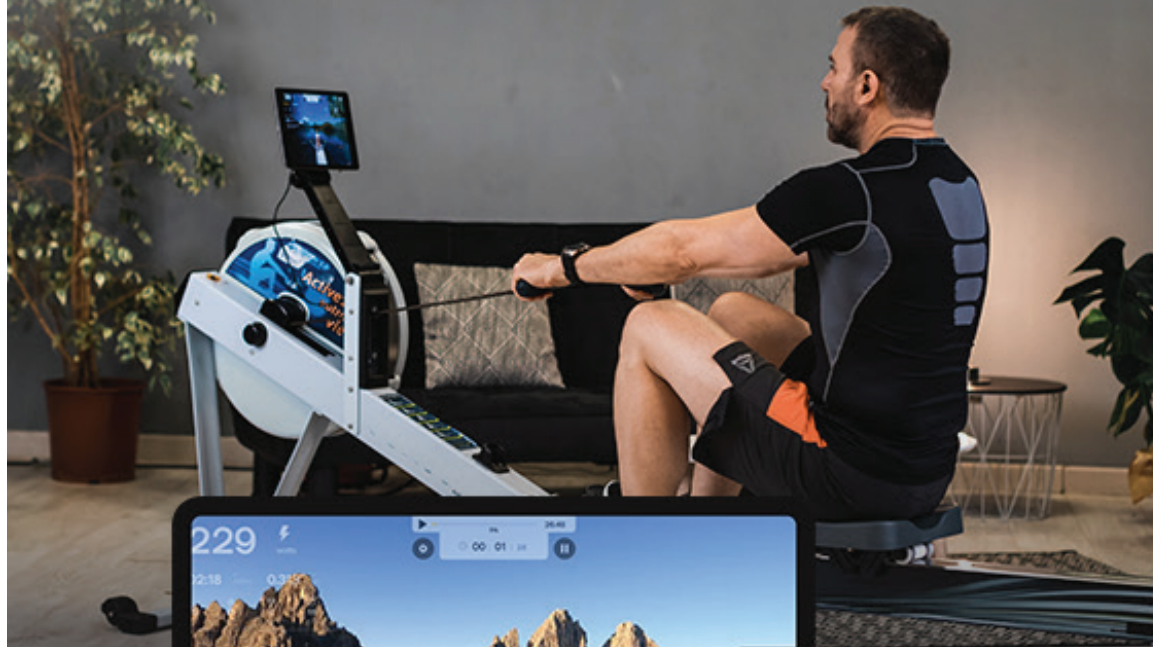




Check product description for compatible units.



kinomap



ZWIFT



Check product description for compatible units.





2023/2024 DELTA SERIES & ESSENTIALS SERIES CATALOGUE