

NEW

TRACK CONSOLE

IN TUNE WITH TODAY'S BUSY PACE

Life Fitness is the most recognized name in health clubs and trusted at home by knowledgeable exercisers who want the best.

The sleekly designed Track Console adds the best in entertainment and motivation to the most durable equipment available.

USB CONNECTIVITY

Transfer workout data to and from the Virtual Trainer website through the USB port

ENERGY SAVER

Lowers energy use by up to 90% when the unit is turned on but not in use

HEART SYNC

Heart rate monitoring and five heart rate controlled workouts through wireless chest strap or convenient hand sensors.



ENTERTAINING AND MOTIVATIONAL

The iPod®/iPhone® docking station provides seamless controls for song selection and volume while charging the device



VIRTUAL TRAINER WEBSITE

Load unlimited custom programs and transfer your workout results between the website and console via the USB port or the free app available for your iPhone® or iPod touch®

www.VirtualTrainer.LifeFitness.com

FAMILY FITNESS

Create up to four customized user profiles for quicker set-up, individual workout statistics and save three custom workouts per person

GO CONSOLE

STREAMLINED EFFICIENCY

The Go Console is a simplified choice for those seeking the fundamentals of great workouts.

ENERGY SAVER

Dramatically lowers energy consumption when the unit is turned on but not in use

HANDS ON OR OFF

Contact hand sensors and wireless telemetry for convenient heart rate monitoring and heart rate controlled workouts.



MOTIVATING VARIETY

13 workouts including three Classic, two Advanced, three Goal-based and five HeartSync heart rate controlled workouts

DUAL FITNESS

Create two customized user profiles for quicker set-up and save one custom workout per profile.

CONSOLE SPECIFICATIONS



DISPLAY		TRACK	GO
Blue and white custom etched LCD		●	●
Instructional message center		●	●
LCD display size		4x6" 10cm x 15cm	4x6" 10cm x 15cm
WORKOUT PROGRAMS			
Number of workouts		14	13
Classic workouts (Manual, Random, Hill)		●	●
Advanced workouts			
EZ Resistance		●	●
Sport Training		●	●
Fit Test		●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)		●	●
Goal workouts (Calories, Distance, Target Heart Rate)		●	●
Custom workouts per user profile		3	1
WORKOUT FEEDBACK		TRACK	GO
Level/Incline		●	●
Time		●	●
Speed	mph, km/h	●	●
	rpm (bike/crosstrainer only)	●	●
	pace (treadmill only)	●	●
Distance		●	●
Heart rate		●	●
Target heart rate		●	●
Calories		●	●
METs		●	●
Animated symbols		●	●
Warranties: 3-year on electrical and mechanical parts;* 1-year on labor (warranties outside the U.S. may vary.)		●	●

*3V Batteries excluded

SPECIAL FEATURES	TRACK	GO
Quick Start	●	●
Race mode	—	●
Cool Down mode	●	●
Warm Up mode	●	●
User profiles	4	2
Virtual Trainer accessibility: at www.virtualtrainer.lifefitness.com		
Unlimited Customization	●	—
Workout Tracking	●	—
USB Connectivity	●	—
Virtual Trainer App (Download from the iTunes® App Store)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated Controls (play/pause/track changes/volume)	●	—
Energy Saver	●	●



X5 Elliptical Cross-Trainer
with Track Console

www.lifefitness.com

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Life Fitness
WHAT WE LIVE FOR