

INSIGNIA SERIES

SELECTORIZED STRENGTH EQUIPMENT

THOUGHTFULLY DESIGNED. DISTINCTIVELY CRAFTED.

The striking visual appeal of Insignia Series is topped only by the smooth motion and tactile connection felt by the user.

Each of the 21 pieces features subtle design elements that result in a natural feel and a memorable experience. The selectorized line appeals to exercisers of all fitness levels.

Insignia Series. The optimal interaction between exerciser and machine.



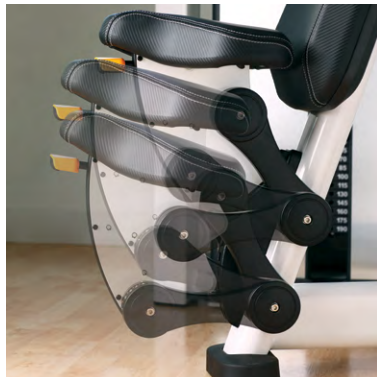
Elliptical-shaped ergonomic grips. Comfortable, natural-feeling motion. Eight upper body units with independent motion. Inviting low-profile towers.



FEATURED: Midnight Metallic frame with Wheat double-stitched upholstery and Bronze shroud inlay



Adjustments are easy and intuitive.



Articulating seats ensure optimum positioning for exercisers of all sizes.



Placards for clear instructions. QR codes and NFC capability for workout tracking.



FEATURED: Chest Press with Titanium frame and Cranberry double-stitched upholstery

LifeFitness

WHAT WE LIVE FOR



ABDONIMAL ASSIST DIP/CHIN BACK EXTENSION BICEPS CURL CALF EXTENSION CHEST PRESS GLUTE

HIP ABDUCTION HIP ADDUCTION LATERAL RAISE LEG CURL LEG EXTENSION PECTORAL FLY PECTORAL FLY/ REAR DELTOID

PULLDOWN ROW SEATED LEG CURL SEATED LEG PRESS SHOULDER PRESS TORSO ROTATION TRICEPS PRESS

MODEL	DIMENSIONS (L x W x H)	MACHINE WEIGHT	WEIGHT STACK	
			STANDARD	HEAVY
ABDONIMAL SS-AB	52.4 x 46.3 x 58.1 in. (133 x 118 x 148 cm)	527 lbs (239 kg)	170 lbs (85 kg)	200 lbs (100 kg)
ASSIST DIP/CHIN SS-ADC	63.9 x 58.5 x 87.4 in. (133 x 118 x 148 cm)	732 lbs (332 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BACK EXTENSION SS-BE	58.5 x 41.8 x 58.1 in. (133 x 118 x 148 cm)	627 lbs (284 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
BICEPS CURL SS-BC	47.9 x 62.7 x 58.1 in. (133 x 118 x 148 cm)	550 lbs (249 kg)	170 lbs (85 kg)	200 lbs (100 kg)
CALF EXTENSION SS-CE	70.3 x 41.5 x 58.1 in. (133 x 118 x 148 cm)	770 lbs (349 kg)	335 lbs (167.5 kg)	395 lbs (197.5 kg)
CHEST PRESS SS-CP	56.3 x 56.6 x 58.1 in. (133 x 118 x 148 cm)	725 lbs (329 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
GLUTE SS-GL	73 x 38.4 x 58.1 in. (133 x 118 x 148 cm)	541 lbs (245 kg)	170 lbs (85 kg)	200 lbs (100 kg)
HIP ABDUCTION SS-HAB	62.6 x 65.8 x 58.1 in. (133 x 118 x 148 cm)	652 lbs (296 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
HIP ADDUCTION SS-HAD	62.6 x 65.8 x 58.1 in. (133 x 118 x 148 cm)	652 lbs (296 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
LATERAL RAISE SS-LR	51.4 x 52.5 x 58.1 in. (133 x 118 x 148 cm)	555 lbs (252 kg)	170 lbs (85 kg)	200 lbs (100 kg)
LEG CURL SS-LC	62.4 x 41.7 x 58.1 in. (133 x 118 x 148 cm)	493 lbs (224 kg)	170 lbs (85 kg)	200 lbs (100 kg)
LEG EXTENSION SS-LE	65.7 x 41.5 x 58.1 in. (133 x 118 x 148 cm)	628 lbs (285 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
PECTORAL FLY SS-PEC	60.5 x 70.4 x 58.1 in. (133 x 118 x 148 cm)	648 lbs (294 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
PEC FLY/REAR DELT SS-FLY	79.9 x 77.6 x 80.1 in. (133 x 118 x 148 cm)	657 lbs (298 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
PULLDOWN SS-PD	56.9 x 55.6 x 76.2 in. (133 x 118 x 148 cm)	689 lbs (313 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
ROW SS-RW	48.6 x 55.1 x 58.1 in. (133 x 118 x 148 cm)	635 lbs (288 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SEATED LEG CURL SS-SLC	61.3 x 39.8 x 58.1 in. (133 x 118 x 148 cm)	741 lbs (336 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SEATED LEG PRESS SS-SLP	61.3 x 39.8 x 58.1 in. (133 x 118 x 148 cm)	990 lbs (449 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SHOULDER PRESS SS-SP	64.4 x 56.9 x 72.8 in. (133 x 118 x 148 cm)	616 lbs (279 kg)	170 lbs (85 kg)	200 lbs (100 kg)
TORSO ROTATION SS-TR	50 x 42.4 x 61.9 in. (133 x 118 x 148 cm)	546 lbs (248 kg)	170 lbs (85 kg)	200 lbs (100 kg)
TRICEPS PRESS SS-TP	53.1 x 43.7 x 58.1 in. (133 x 118 x 148 cm)	607 lbs (275 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)

OPTIONS

L SERIES

- A Ergonomic grips
- B Aluminum painted tower cap
- C Integrated rep counter/timer
- D Three weight stack options:
 X: Heavy stack* with dial increment weights
 C: Standard stack with dial increment weights
 T: Standard stack with drop-down increment weights



S SERIES

- A Standard grips
- B Charcoal gray plastic tower cap
- C Three weight stack options:
 X: Heavy stack* with dial increment weights
 C: Standard stack with dial increment weights
 T: Standard stack with drop-down increment weights



15 FRAME COLORS
 30 UPHOLSTERY COLORS
 6 SHROUD INLAYS

*15% MORE THAN STANDARD