



FreeMotion 7.7 R Bike

- 20 resistance levels
- Large high resolution LCD display
- Programs: pulse, manual, random, interval, quick start, foothills, peaks, all-terrain, custom, plateau
- Integrated speakers
- Integrated fan
- Step-through design
- Quick Touch &trade: programs and resistance
- Belt drive system



FreeMotion Cable Cross - Commercial

- **Swivel Pulleys**
Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.
- **Independently Rotating Arms**
Each arm rotates vertically and horizontally with 12 vertical and 9 horizontal settings to accommodate virtually any movement pattern. Arms are counterbalanced for easy positioning.
- **Cable Travel**
Extensive cable travel allows for full exercise extension or flexion, single arm: 92 inches (234 cm), two arms: 92 inches (234 cm).
- **Weight Stack**
Enclosed weight stacks limits access to moving parts for user safety. Dual independent stacks allow two members to workout simultaneously.
- **Industrial Construction**
Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.
- **Kick Plates**
16-gauge, stainless steel kick plates protect the machine from wear and tear.
- **ADA Compliant**
Compliant with Americans with Disabilities Act for wheelchair accessibility.
- **New! Enhanced Pivot Box**
Horizontal adjustment has been incorporated into the pivot box for increased visibility. A vertical adjustment knob is now fixed in the pivot box.
- **New! 3:1 Cable Ratio** A 3:1 cable ratio is now available on this Generation II Dual Cable Cross for the same resistance and travel with fewer weights.



FreeMotion 5.8 Treadmill

- 3.0 CHP commercial drive motor
- 0 - 12 MPH, with Precision Quick Speed
- Quick Incline, 0 - 15%
- 350 lbs. / 159 kg user capacity
- (US)120 Volt 15 AMP dedicated circuit, (INTL) 220 Volt
- 22" x 60", 2-ply quiet belt
- 2.5" crowned and spin balanced
- multi-screen, 160 x 50 graphical display with dedicated speed and incline windows
- speed, distance, time, incline, calories, calories per hour, mets, pulse
- iFit SD card compatible, 3 fitness tests, 3 heart rate, 3 interval, 5K, 10K, CROSS, 3 mix

Club Treadmills

Landice treadmills have over 40 years field experience in the harshest club environments. The “Club Series” represents the culmination of this experience. Using the latest in engineering technology, uncompromised materials, and old-fashioned American craftsmanship, these treadmills offer the features and dependability today’s high volume health clubs demand.



L7 Club Series Highlights

- 4-HP continuous duty motor
- 0.5 to 11.0 mph speed range
- 20" x 58" four-ply treadbelt
- 2 -1/2" diameter, 14-pound steel rollers
- 400-pound user weight capacity
- Integrated Reading / Accessory Rack
- L7 Footprint 34" x 76" - Weight 290 lbs.
- 15% grade electric elevation
- 1-inch thick reversible deck



9.16 Stepper

- Electronically controlled drive system
- Biomechanically correct step action
- 1" to 14" step range
- 26 to 174 steps/minute
- Heart Rate Monitoring - Polar® compatible wireless, contact sensors
- C51 custom LCD, TV ready
- 10 workout programs
- User weight capacity: 300 lbs.
- Foot Print: 68"H x 43"L x 27"W



FreeMotion 7.7 Elliptical

- Resistance 20 levels
- Max User Weight 350 lbs. (159 kg)Power Requirements self-generating,
- TV option requires plug-in power 120 Volt (North America) 220 Volt International)
- Display Type large, high resolution LCD with dedicated stride per minute and resistance windows
- Display calories, calories per hour, time, pulse, distance, resistance, watts, mets
- Programs cardio, pulse, manual, random, interval, quick start, foothills, peaks, all-terrain



Tuff Stuff 913 Lifting Platform

- Three layers of premium grade plywood and final top layer of 3/4" hardwood
- 3/4" crumb rubber protective layer on both sides
- Optional custom logo decal (call for details)



Progression R89 Rower

- Electro-Magnetic Resistance
- 15 levels of Resistance controlled electronically – not manual
- 12 programs, plus a Heart Rate Control program and a Race program
- Displays: SPM, Time/500M, meters, watts, calories, strokes, pulse
- Maximum user weight 350 lbs



Progression 2790 Vibration Trainer

- Multiple vibration levels - select 35, 40, 45 or 50 Hertz (vibrations per second)
- Multiple time lengths, choose between 30, 90 and 180 seconds workout options
- User-friendly console - easy to read dials and a clear screen provide a simple to understand interface for the user. Electronics are designed for reliable operation under vibration
- Lower control buttons - Easily control the vibration platform from these lower control buttons. You can start, stop and repeat exercises
- Multiple-position grip
- Oversized platform
- Vibration energy - low/high
- 4 Programs
- Straps come with the machine
- Comes with a foam and rubber pad
- User weight capacity: 400 lbs.

