

INSIGNIA

SERIES



LifeFitness

DISTINCTIVELY CRAFTED.



THOUGHTFULLY DESIGNED. DISTINCTIVELY CRAFTED.

Striking visual appeal is topped only by the smooth motion and tactile connection felt by the user. Each of the selectorized pieces feature subtle design elements that create a memorable experience and appeal to exercisers of all fitness levels. Customization allows your Insignia strength equipment to match the look and feel of your facility.

THE FEATURES

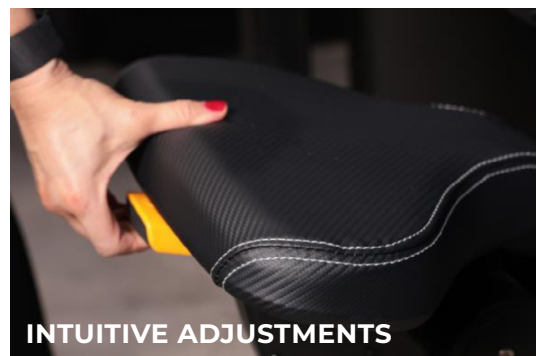
- **Ergonomic Grips** provide a natural distribution of pressure on the hands
- **Converging/Diverging Independent Movement** provides a comfortable feel throughout entire motion accommodating equilateral muscle development
- **Intuitive Adjustments** with large, rubber tactile surfaces for easy adjusting
- **Articulating Seats** with patented spring-assist for ultra-smooth adjustments
- **Integrated Storage** keeps your space organized and valuables within reach
- **Smart Guidance** digitally gamifies the strength experience (optional)



ERGONOMIC GRIPS



CONVERGING/DIVERGING
INDEPENDENT MOVEMENT



INTUITIVE ADJUSTMENTS

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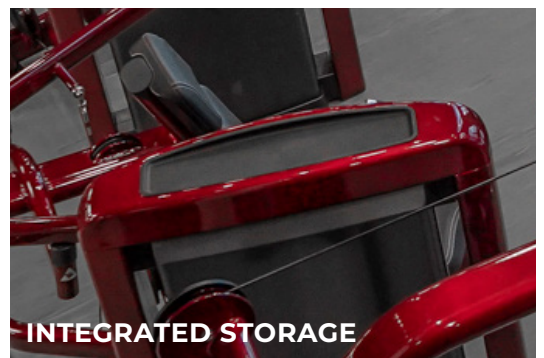


UNMATCHED COMFORT AND DESIGN.

Stepping into Insignia, you'll immediately feel the difference. The entire line is designed to elevate the user experience, featuring luxurious seating and support, biomechanically optimized movements, and exceptional attention to detail at every touchpoint.



ARTICULATING SEATS



INTEGRATED STORAGE



SMART GUIDANCE

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TRIM OPTIONS



S TRIM

Charcoal plastic tower cap



E TRIM

Aluminium painted tower cap



T TRIM

Aluminium painted tower cap
Integrated LF Connect System*

INSIGNIA SERIES T TRIM



*LF Connect System includes; **1. Puck** - Placed on trim, tap to connect with your phone, **2. Main Unit** - Placed on top of weight stack for auto tracking, **3. Phone Holder** - Mounted for comfortable viewing

WEIGHT STACK OPTIONS



P WEIGHT STACK

Standard weight stack with one 7.5lb
(3.75kg) push/pull weight increment



C WEIGHT STACK

Standard weight stack with two 5lb
(2.5kg) dial weight increments



X WEIGHT STACK

Heavy weight stack (15% more weight)
with two 5lb (2.5kg) dial weight
increments

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FULL SHROUD OPTIONS



BLACK OPAQUE



DARK TRANSLUCENT



BLACK CARBON FIBER

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TORSO AND LOWER PRODUCTS (14 TOTAL)



ABDOMINAL



ABDOMINAL ADVANCED



ARC LEG PRESS



BACK EXTENSION



CALF EXTENSION



GLUTE



GLUTE BRIDGE



SIT / STAND HIP ABDUCTION



HIP ABDUCTION/ADDUCTION



HIP ADDUCTION



LEG CURL



LEG EXTENSION



SEATED LEG CURL



TORSO ROTATION

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UPPER BODY PRODUCTS (13 TOTAL)



ASSIST DIP / CHIN



BICEPS CURL



BICEPS CURL - DEPENDENT



CHEST PRESS



CHEST PRESS (DUAL-AXIS)



LATERAL RAISE



PEC FLY / REAR DELT



ROW



PULLDOWN



PULLDOWN (DUAL-AXIS)



SHOULDER PRESS



TRICEPS EXTENSION



TRICEPS PRESS

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TORSO & LOWER BODY PRODUCT SPECS

MODEL	CODE	DIMENSIONS L X W X H	PRODUCT WEIGHT	WEIGHT STACKS		
				P STACK	C STACK	X STACK
ABDOMINAL	SS-AB	52.4 x 46.3 x 58.1in (133 x 117 x 148cm)	568lbs (258kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
ABDOMINAL ADVANCED	SS-ABD	63.5 x 35.8 x 58.1in (161 x 91 x 148cm)	488lbs (221kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
ARC LEG PRESS	SS-LP	79.5 x 44.8 x 64.7in (201 x 114 x 164cm)	936lbs (424kg)	332.5lbs (166kg)	335lbs (167kg)	395lbs (197kg)
BACK EXTENSION	SS-BE	54.8 x 41.8 x 58.1in (139 x 106 x 148cm)	644lbs (292kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
CALF EXTENSION	SS-CE	40.2 x 68.5 x 58.1in (102 x 174 x 148cm)	646lbs (293kg)	332.5lbs (166kg)	335lbs (167kg)	395lbs (197kg)
GLUTE	SS-GL	73 x 38.4 x 58.1in (185 x 98 x 148cm)	527lbs (239kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
GLUTE BRIDGE	SS-GLB	75.8 x 31.8 x 58.1in (193 x 81 x 148cm)	592lbs (269kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
HIP ABDUCTION / ADDUCTION	SS-HAA	67 x 65 x 58.1in (170 x 165 x 148cm)	624lbs (283kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
HIP ADDUCTION	SS-HAD	62.6 x 62.4 x 58.1in (159 x 158 x 148cm)	728lbs (330kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
LEG CURL	SS-LC	62.6 x 41.7 x 58.1in (159 x 106 x 148cm)	562lbs (255kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
LEG EXTENSION	SS-LE	65.4 x 41.5 x 58.1in (166 x 106 x 148cm)	712lbs (323kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
SEATED LEG CURL	SS-SLC	61 x 39.7 x 58.1in (155 x 101 x 148cm)	774lbs (351kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
SIT/STAND HIP ABDUCTION	SS-SHB	62.6 x 65 x 58.1in (159 x 165 x 148cm)	609lbs (276kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
TORSO ROTATION	SS-TR	45.5 x 44 x 61.9in (116 x 112 x 157cm)	569lbs (258kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)

UPPER BODY PRODUCT SPECS

MODEL	CODE	DIMENSIONS L X W X H	PRODUCT WEIGHT	WEIGHT STACKS		
				P STACK	C STACK	X STACK
ASSIST DIP / CHIN	SS-ADC	63.8 x 58 x 87in (162 x 147 x 221cm)	686lbs (311kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
BICEPS CURL	SS-BC	47.9 x 62.7 x 58.1in (122 x 159 x 148cm)	639lbs (290kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
BICEPS CURL DEPENDENT	SS-BCD	55 x 39.6 x 58.1in (140 x 101 x 148cm)	541lbs (245kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
CHEST PRESS	SS-CP	43.2 x 55.3 x 58.1in (110 x 140 x 148cm)	721lbs (327kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
CHEST PRESS (DUAL-AXIS)	SS-CPX	43.2 x 59.5 x 77.1in (110 x 151 x 196cm)	628lbs (285kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
LATERAL RAISE	SS-LR	51.6 x 52.5 x 58.1in (131 x 133 x 148cm)	600lbs (272kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
PEC FLY/REAR DELT	SS-FLY	79.9 x 77.6 x 80.1in (203 x 197 x 203cm)	708lbs (321kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
PULLDOWN	SS-PD	55.6 x 56.9 x 76.2in (141 x 145 x 194cm)	717lbs (325kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
PULLDOWN (DUAL-AXIS)	SS-PDX	54 x 59 x 78.1in (137 x 150 x 198cm)	715lbs (324kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
ROW	SS-RW	48.8 x 55.4 x 58.1in (124 x 141 x 148cm)	653lbs (296kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)
SHOULDER PRESS	SS-SP	64.4 x 56.8 x 72.8in (164 x 144 x 185cm)	657lbs (298kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
TRICEPS EXTENSION	SS-TE	53.9 x 39.6 x 58.1in (137 x 101 x 148cm)	535lbs (243kg)	167.5lbs (84kg)	170lbs (85kg)	200lbs (100kg)
TRICEPS PRESS	SS-TP	53.1 x 43.7 x 58.1in (135 x 111 x 148cm)	675lbs (306kg)	257.5lbs (129kg)	260lbs (130kg)	305lbs (152kg)

T-TRIM PRODUCT SPECS

MODEL	CODE	REQUIRED	DESCRIPTION
LF CONNECT - OBSERVER	CK-BEA-101	YES	Hardware needed to capture T-TRIM puck data
LF CONNECT - BEACON	CK-OBS-101	NO	Optional unit for front desk placement to send messages to clients upon arrival

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