



GET MOVING KEEP MOVING



HOME

Our Home series collection of cardio equipment is designed to maximize your time without compromising your lifestyle. Our treadmills are runner-oriented with pre-set programs, shock absorbing suspensions, and space-saving folded footprints. Our elliptical trainers offer a zero-impact workout with a natural stride motion to ensure a quiet, yet intense cardio burn and our upright and recumbent cycles will outlast even the longest of rides. Engineered to go the distance, this line-up will exceed your expectations.

C3i

Upright Bike



The LifeSpan C3i stationary upright bicycle quiet, powerful capabilities bring elite fitness home. A comfortable upright position, 19 unique seat adjustments, and heavily-padded seat let you exercise to your fullest in luxury. The color 4" by 2.75" LCD console displays your pedal revolutions, workout time, distance covered, and calories burned, while the built-in USB port saves your information for easy upload to your Club account. As convenient as it is capable, a minimal footprint removes all stress from post-workout storage.



- Magnetic resistance ensures a smooth ride-16 resistance levels.
- Saves your exercise results to a USB drive



Multi-Color LCD Screen

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



R3i

Recumbent Bike



The R3i recumbent exercise cycle is an excellent combination of comfort and durability, offering you low-impact exercise that's easy on your knees, hips, and lower back. Superior comfort starts with an oversized molded seat bottom and ventilated seat back to keep you cool while exercising. The seat back of the gym cycle includes extra lumbar support and is adjustable to your preferred angle. Finally, the seat is designed with full length armrests with integrated heart rate sensors, so you can monitor your heart rate constantly throughout your workout without needing to move your hands or wear a chest strap. And when your workout is over, simply upload your exercise results using the integrated USB data port to your included, online LifeSpan Club account.



Multi-color LCD Screen

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



T4T S3

Indoor Cycle



The attention to detail, its meticulous design and magnetic brake system will meet the needs of the most demanding workouts.



LCD Screen

21 Programs

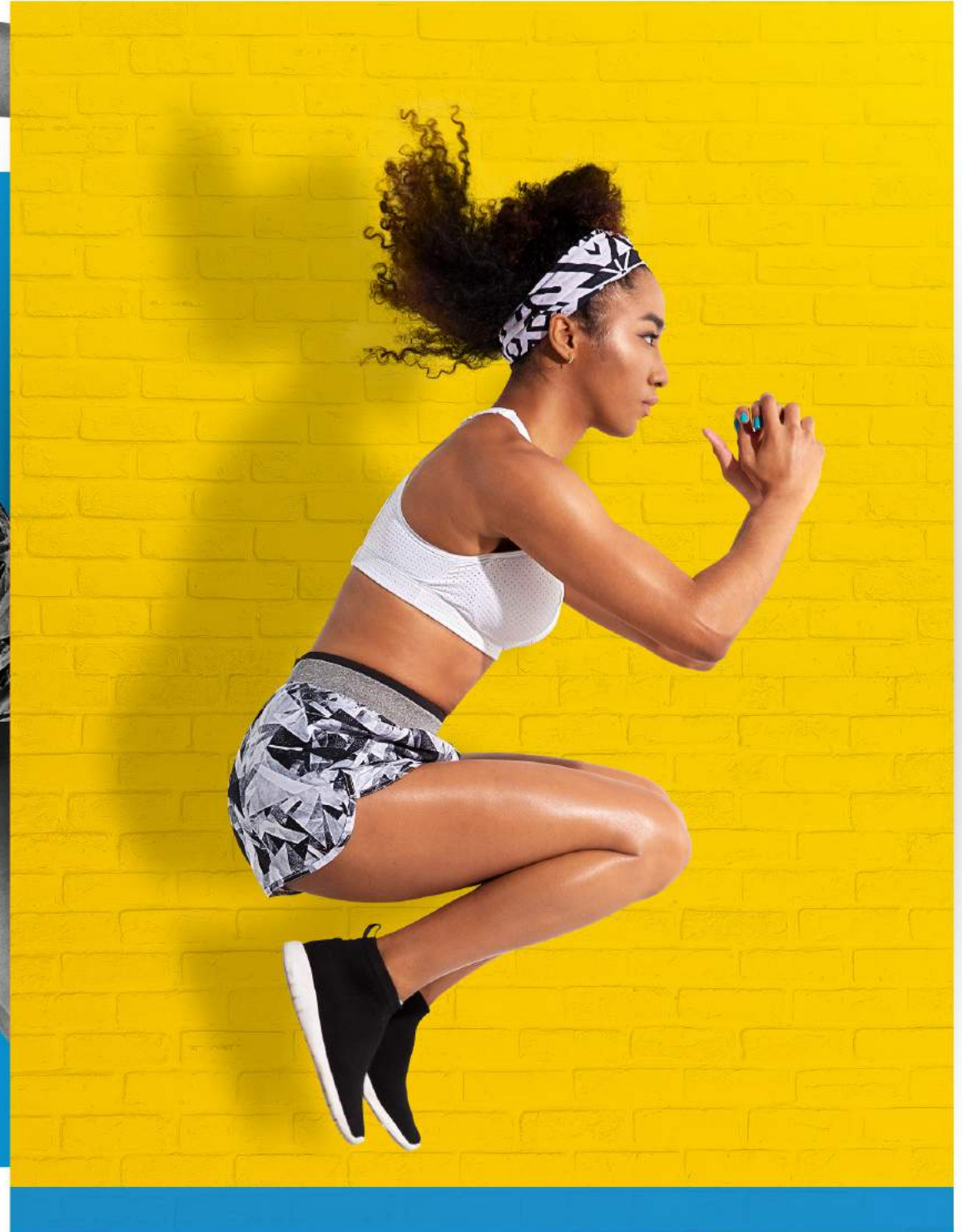
- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



G E T
M O V I N G
K E E P
M O V I N G

COMMERCIAL

Our Commercial series of treadmills, elliptical trainers, indoor bikes, and our innovative stretching machine have all be made to take on the demands of heavy use throughout the day. With intuitive operating programs your customers will be able to instantly get into their workout. No fancy operations to learn, just a simple one-touch start and they are instantly into an intense workout. Dependable for years and able to handle the demands of daily use, these high-grade machines are hard to beat.



T4T S5

Light Commercial
Indoor Cycle



T4T S5

Light Commercial Indoor Cycle

A bike that achieves a quiet - but true - road bike experience inside your gym or home. With collected user experiences, T4T S5 offers competitive specs and fine design.



LCD Screen

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAININ
- 5 WEIGHT MANAGEMENT



C5i

Upright Bike



C5i

Upright Bike

Put your best foot forward with the LifeSpan C5i stationary upright bike. The C5i offers a superior combination of durability, comfort, innovative features, and best of all, it won't break the bank. Designed with the end user in mind, this upright cycle delivers an impact-free workout with the comfort of the oversized, padded seat. Your ride will be so comfortable you won't want your workout to come to an end. And with the large selection of exercise programs, it won't have to. There's an endless number of rides available at your fingertips. And once your workout finally comes to an end, you can upload and view all your exercise data to your smartphone with built-in Bluetooth capabilities.



Multi-Color LCD Screen

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



C7000i

Commercial Upright Bike

We crafted the C7000i upright exercise bike for cyclists that demand superior indoor fitness. Boasting elite capabilities and comfort, riders experience exceptional outdoor-styled training from the comfort of home with this commercial stationary exercise bicycle. Commercial-grade, cast-metal components provide smooth, quiet use and years of durability, allowing you to push your limits with confidence. As efficient as it is capable, the C7000i commercial stationary bike is powered entirely by user motion, reducing ownership cost and eliminating carbon footprint.



6.5” Multi-Color LCD Screen with 2 LED Display

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER PROGRAMS
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



R5i

Recumbent Bike



R5i

Recumbent Bike

The R5i stationary recumbent bike is an excellent combination of comfort and durability, with the quality to support home and commercial use. The R5i lets you power through your workouts in complete comfort with the oversized molded seat bottom, ventilated seat back, and extra lumbar support. The seat also includes full armrests with integrated heart rate sensors, so you can monitor your heart rate constantly throughout your workout without needing to move your hands or wear a chest strap. Plus, this self-generating exercise bike produces its own power, making it both green and convenient, so you can easily move the bike around without concerns of wiring or locating it near a power outlet.



Multi-Color LCD Screen

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT



R7000i

Commercial Recumbent Bike

The R7000i Recumbent Bike features a step-thru design, allowing you to get on and off the bike with ease. The R7000i commercial recumbent bike also comes with iPad® integration and connectivity with our apps, allowing you to operate your bike and view more detailed and graphically enhanced readouts of your workout. Exercise data can be tracked simply by wirelessly syncing your exercise data from your iPad to the LifeSpan Club. What makes the R7000i unique is that it is entirely powered by you - energy generated by pedaling is used to power the console as well as charge any electronic device that will connect with a USB port.



6.5" Multi-Color LCD Screen with 2 LED Display

21 Programs

- 2 HEART RATE CONTROL
- 2 CUSTOMIZED USER SETUP
- 5 HEALTHY LIVING
- 7 SPORTS TRAINING
- 5 WEIGHT MANAGEMENT





CONSOLE	C3i (Home)	C5i (Commercial)
Display	1 Multi-Color LCD Screen	1 Multi-Color LCD Screen
Readouts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load) and Watts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load) and Watts
Programs	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)
Quick Change Resistance Buttons	4 quick changes Resistance Buttons	4 quick changes Resistance Buttons
Preset Programs Buttons	5 program group buttons for heart rate control, Healthy living, sports training, weight loss and User set-up programs	5 program group buttons for heart rate control, Healthy living, sports training, weight loss and User set-up programs
Audio	Audio Center with in / out jacks and integrated speakers	N/A
Bluetooth	N/A	Standard
USB Ports	Saves your exercise results to a USB drive	N/A
Media Holder	Yes	Yes
SPECIFICATIONS	C3i (Home)	C5i (Commercial)
Flywheel Weight	8.16 kg / 18 lbs.	8.16 kg / 18 lbs.
Resistance System	Magnetic-Eddy Current Brake	Magnetic-Eddy Current Brake
Resistance Levels	16	16
Seat Adjustment	Height - 19 Positions	Height - 19 Positions
Pedals	Self balancing, Adjustable Straps	Self balancing, Adjustable Straps
Power	AC 110-240V Converter Adapter	Self-Generated
Product Weight	41.8 kg / 92.2 lbs.	41.8 kg / 92.2 lbs.
Max. User Weight	181.4 kg / 400 lbs.	181.4 kg / 400 lbs.
Overall Dimensions (L x W x H)	109.2 x 71.1 x 142.2 cm / 43" x 28" x 56"	109.2 x 71.1 x 142.2 cm / 43" x 28" x 56"
PACKAGING	C3i (Home)	C5i (Commercial)
Loading w/o Pallets (20' / 40' / 40'HQ)	108 / 210 / 270 pcs	108 / 210 / 270 pcs
Loading w/ Pallets (20' / 40' / 40'HQ)	108 / 210 / 240 pcs	108 / 210 / 240 pcs
Gross Weight	50 kgs, 110.2 lbs	50 kgs, 110.2 lbs
Box Dimensions (L x W x H)	78 x 38 x 89 cm / 30.7" x 15.0" x 34.9"	78 x 38 x 89 cm / 30.7" x 15.0" x 34.9"
ACCESSORIES	C3i (Home)	C5i (Commercial)
Heart Rate Chest Strap	Optional (5K)	Optional (5K)
UNIQUE FEATURES	C3i (Home)	C5i (Commercial)
Intelli-Key™	Yes	N/A
Compatible with IHP	Yes	Yes



C7000i (Commercial)
15.6" Multi-Color LCD Screen with 2 LED Display
Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load)
2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)
N/A
4 program group buttons for heart rate control, Healthy living, sports training, weight loss
N/A
Standard
Dual-purpose USB port charges your mobile devices and saves your exercise results to a USB drive
Yes
C7000i (Commercial)
8.16 kg / 18 lbs.
Magnetic-Eddy Current Brake
16
Height - 19 Positions
Self balancing, Adjustable Straps
Self-Generated
53 kg / 117 lbs.
181.4 kg / 400 lbs.
101.6 x 71 x 147.3 cm / 40" x 28" x 58"
C7000i (Commercial)
80 / 167 / 191 pcs
62 / 128 / 180 pcs
60.3 kgs, 133 lbs
74 x 56.5 x 87 cm / 29.1" x 22.2" x 34.3"
C7000i (Commercial)
Optional (5K)
C7000i (Commercial)
Yes
Yes



CONSOLE	R3i (Home)	R5i (Commercial)
Display	1 Multi-Color LCD Screen	1 Multi-Color LCD Screen
Readouts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load) and Watts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load) and Watts
Programs	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)
Quick Change Resistance Buttons	4 quick changes Resistance Buttons	4 quick changes Resistance Buttons
Preset Programs Buttons	5 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, Weight Loss and User Set-up Programs	5 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, Weight Loss and User Set-up Programs
Audio	Audio Center with in / out jacks and integrated speakers	N/A
Bluetooth	N/A	Standard
USB Port	Saves your exercise results to a USB drive	N/A
Media Holder	Yes	Yes
SPECIFICATIONS	R3i (Home)	R5i (Commercial)
Flywheel Weight	8.16 kg / 18 lbs.	8.16 kg / 18 lbs.
Resistance System	Magnetic-Eddy Current Brake	Magnetic-Eddy Current Brake
Resistance Levels	16	16
Seat Adjustment	14" (35.5cm) Micro-adjustment (Fore and Aft) Adjustable angle (Seat Back)	14" (35.5cm) Micro-adjustment (Fore and Aft) Adjustable angle (Seat Back)
Pedals	Self balancing, Adjustable Straps	Self balancing, Adjustable Straps
Power	AC 110-240V Converter Adapter	Self-Generated
Product Weight	66.2 kg / 146 lbs.	66.2 kg / 146 lbs.
Max. User Weight	181.4 kg / 400 lbs.	181.4 kg / 400 lbs.
Overall Dimensions (L x W x H)	185.4 x 71.1 x 116.8 cm / 73" x 28" x 46"	185.4 x 71.1 x 116.8 cm / 73" x 28" x 46"
PACKAGING	R3i (Home)	R5i (Commercial)
Loading w/o Pallets (20' / 40' / 40'HQ)	60 / 168 / 168 pcs	60 / 168 / 168 pcs
Loading w/ Pallets (20' / 40' / 40'HQ)	60 / 168 / 162 pcs	60 / 168 / 162 pcs
Gross Weight	72.80 kgs, 160.5 lbs	72.80 kgs, 160.5 lbs
Box Dimensions (L x W x H)	170 x 38 x 62 cm / 66.9" x 15.2" x 24.4"	170 x 38 x 62 cm / 66.9" x 15.2" x 24.4"
ACCESSORIES	R3i (Home)	R5i (Commercial)
Heart Rate Chest Strap	Optional (5K)	Optional (5K)
UNIQUE FEATURES	R3i (Home)	R5i (Commercial)
Intelli-Key™	Yes	N/A
Compatible with IHP	Yes	Yes



R7000i (Commercial)
6.5" Multi-Color LCD Screen with 2 LED Display
Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load)
2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)
N/A
4 Program Group Buttons for Heart Rate Control, Healthy Living, Sports Training, Weight Loss
N/A
Standard
Dual-purpose USB port charges your mobile devices and saves your exercise results to a USB drive
Yes
R7000i (Commercial)
8.16 kg / 18 lbs.
Magnetic-Eddy Current Brake
16
14" (35.5cm) Micro-adjustment (Fore and Aft) Adjustable angle (Seat Back)
Self balancing, Adjustable Straps
Self-Generated
72 kgs / 159 lbs.
182 kgs / 400 lbs.
175.9 x 69.8 x 126.4 cm / 69.25" x 27.5" x 49.75"
R7000i (Commercial)
39 / 84 / 112 pcs
39 / 84 / 108 pcs
82 kgs, 181 lbs
170 x 56 x 61 cm / 67"x 22" x 24"
R7000i (Commercial)
Optional (5K)
R7000i (Commercial)
Yes
Yes



SPECIFICATIONS	SPI000 (Commercial)
Transport	2 front-mounted transport wheels
Wrist Straps	Includes 2 wrist straps, allowing for a fuller, deeper stretch and added safety.
Pedal	Specailized pedals for stretching usage.
HandelBar	Ergonomics design with full dip coating surface for comfortable holding.
Product Weight	22.4 kgs / 49.4 lbs.
Max. User Weight	136 kgs / 300 lbs.
Dimensions (L x W x H)	119.8 x 64.4 x 103.7 cm / 47" x 25" x 41"
PACKAGING	SPI000 (Commercial)
Loading w/o Pallets (20' / 40' / 40'HQ)	N/A
Loading w/ Pallets (20' / 40' / 40'HQ)	102 / 214 / 243 pcs
Gross Weight	28.2 kgs / 62.2 lbs.
Box Dimensions (L x W x H)	126x 73 x 27cm / 49.8" L x 28.7" W x 10.6" H

For more information,
please visit our website at www.lifespanfitness.com
or
Email us at sales@strengthmaster.com

STRETCHING MACHINE



CONSOLE	T4T S3 (Home)	T4T S5 (Commercial)
Display	LCD Screen	LCD Screen
Readouts	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load)	Program Name, Date and Time, Workout Time, Calories, RPM, Distance, Heart Rate, Speed, Resistance Level (Load)
Programs	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)	2 heart rate programs, 2 customized user programs and 17 preset programs (5 weight management, 5 healthy living, 7 sports training)
Quick Change Resistance Buttons	N/A	N/A
Preset Programs Buttons	N/A	N/A
Audio	N/A	N/A
Bluetooth	Standard	Standard
USB Ports	Charges your mobile devices	Charges your mobile devices
Media Holder	Yes	Yes
SPECIFICATIONS	T4T S3 (Home)	T4T S5 (Commercial)
Flywheel Weight	Aluminum Flywheel 5.5kgs / 12.1 lbs.	Aluminum Flywheel 5.5kgs / 12.1 lbs.
Resistance System	Magnetic-Eddy Current Brake	Magnetic-Eddy Current Brake
Resistance Levels	16	16
Seat Adjustment	Height adjustable between 85.8 - 107.8 cm	Height adjustable between 85.8 - 107.8 cm
Pedals	SPD System	SPD System
Power	AC 110-240V Converter Adapter	Self-Generated
Product Weight	38.5 kg / 85 lbs.	38.5 kg / 85 lbs.
Max. User Weight	150 kg / 330 lbs	150 kg / 330 lbs
Overall Dimensions (L x W x H)	102.7 x 62.3 x 104.5cm / 43" x 28" x 56"	102.7 x 62.3 x 104.5cm / 43" x 28" x 56"
PACKAGING	T4T S3 (Home)	T4T S5 (Commercial)
Loading w/o Pallets (20' / 40' / 40'HQ)	N/A	N/A
Loading w/ Pallets (20' / 40' / 40'HQ)	N/A	N/A
Gross Weight	43 kgs / 95 lbs.	43 kgs / 95 lbs.
Box Dimensions (L x W x H)	97 x 24.9 x 92.8 cm / 38" x 9.8" x 36.5"	97 x 24.9 x 92.8 cm / 38" x 9.8" x 36.5"
ACCESSORIES	T4T S3 (Home)	T4T S5 (Commercial)
Heart Rate Chest Strap	Optional (5K)	Optional (5K)
UNIQUE FEATURES	T4T S3 (Home)	T4T S5 (Commercial)
Intelli-Key™	N/A	N/A
Compatible with IHP	Yes	Yes

BIKE