

LIMITLESS TRAINING

Life Fitness pioneered the Synrgy360 concept to provide inspirational fitness experiences to an increasingly diverse audience of exercisers. From our customizable, multi-purpose equipment, built-in storage, accessories and flooring, to our dynamic training resources, Synrgy360 is about more than just working out. Our revolutionary concept provides limitless opportunities to train smarter, better and more effectively. It's a full-service training center that can be tailored and updated to serve the broad scope of exerciser goals and facilitate the latest fitness trends.

INFINITE POWER OF SYNRGY360**GOALS**

Synrgy360 helps users of any fitness level achieve goals such as cardiovascular endurance, strength, flexibility, speed, power, coordination, balance, agility and more.

APPLICATIONS

Synrgy360 is the ultimate training tool, whether you're looking to showcase your facility's small group training, streamline physical therapy sessions, or connect users with a full-service platform for independent training.

EXERCISES

Synrgy360 training capitalizes on multiple major fitness trends packaged into one solution for unlimited training variety.

END USERS

Synrgy360 allows for an infinite number of workout options, making it appealing for all exercisers regardless of their goals or fitness level.



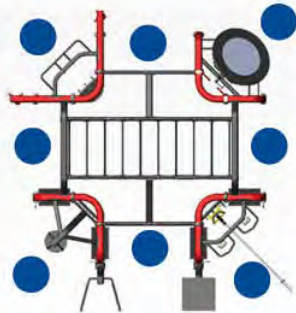
SYNRGY360XL



Synrgy360XL Mix Package

Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.

8
TRAINING SPACES
Max. Footprint:
14.4' x 14.4' (4.4 m x 4.4 m)
Live Area:
27' x 27' (8.2 m x 8.2 m)



See page 166 for all three of the Pre-Selected Synrgy360XL packages

SYNRGY360S

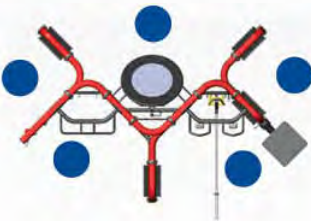


Synrgy360S Mix Package

Synrgy360S is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

Contribute to users' success with the variety afforded by five available training spaces in this streamlined configuration.

5
TRAINING SPACES
Max. Footprint:
9.8' x 13.8' (3.0 m x 4.2 m)
Live Area:
27' x 27' (8.2 m x 8.2 m)



See page 167 for all three of the Pre-Selected Synrgy360S packages

NEW SYNRGY360XM

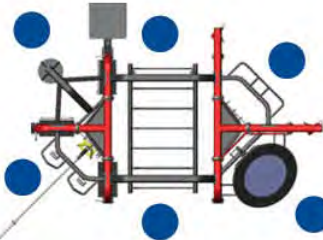
Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.



Synrgy360XM Mix Package

Synrgy360XM is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

6
TRAINING SPACES
Max. Footprint:
7.4' x 12.8' (2.3 m x 3.9 m)
Live Area:
22' x 27' (6.7 m x 8.2 m)



See page 166 for all three of the Pre-Selected Synrgy360XM packages

NEW SYNRGY360XS

This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.



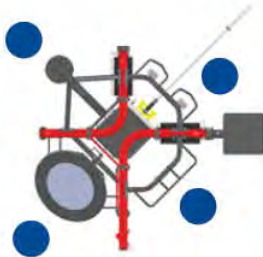
Synrgy360 XS Mix Package

Synrgy360 XS is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

4
TRAINING
SPACES

Max. Footprint:
7.7' x 9.0' (2.3 m x 2.7 m)

Live Area:
22' x 22' (6.7 m x 6.7 m)



See page 167 for all five of the Pre-Selected Synrgy360 XS packages

NEW SYNRGY360T

Designed for convenient for placement against a wall. Two unique training spaces provide exercisers with an effective total-body workout.



Synrgy360 T Mix Package

Synrgy360 T is required to be secured to concrete floor to stabilize and eliminate rocking or tipping

2
TRAINING
SPACES

Max. Footprint:
5.8' x 9.0' (1.8 m x 2.8 m)

Live Area:
11' x 22' (3.4 m x 6.7 m)



See page 167 for all five of the Pre-Selected Synrgy360T packages

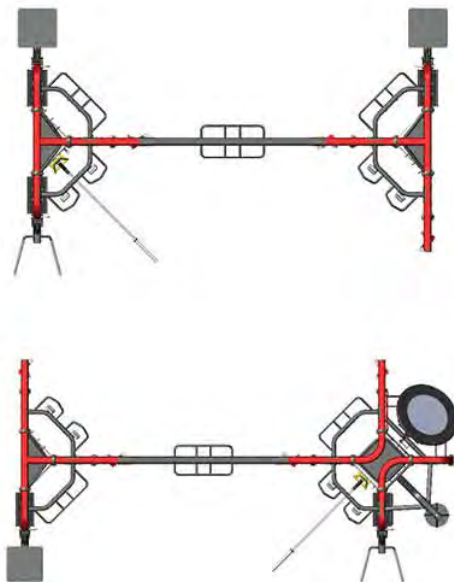
NEW OPTIONAL CABLE CROSSOVER BOOM

Combine Synrgy360 units by connecting cable stations with the optional Cable Crossover Boom, to create a different training environment and added interior space.

- Supports multiple suspension trainers
- Additional chin handles
- Available in three lengths: 6' (1.82m), 7' (2.13m), 8' (2.44m)



Shown are three of the many ways the Boom can be used.

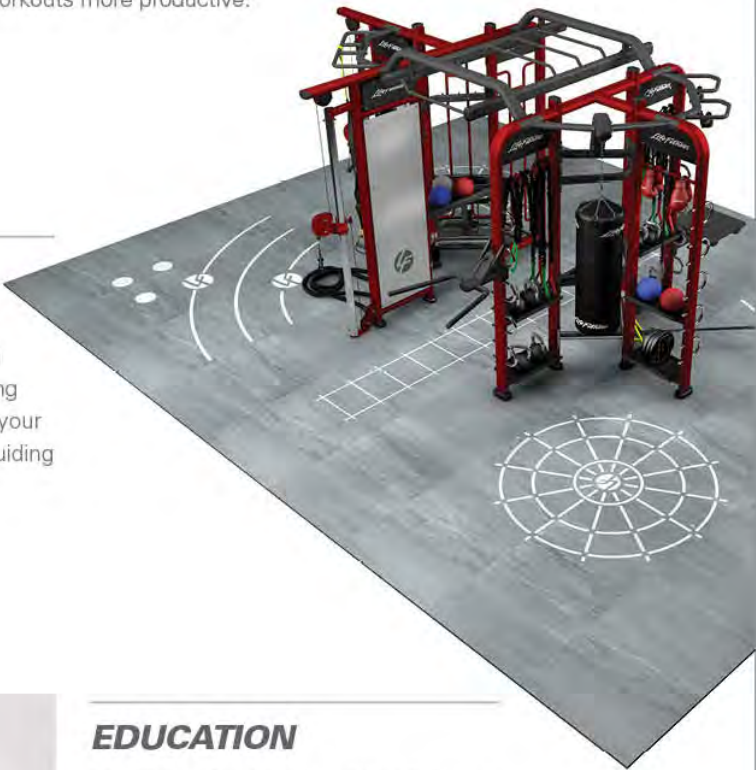


SYNRGY360 COMPLETE THE PACKAGE FOR SUCCESS



ACCESSORIES

Amp up workout variety with recommended accessory packages for each space. Synrgy360 is equipped with integrated storage to keep the accessories organized and make workouts more productive.



FLOORING

As part of the complete Synrgy360 system, flooring is available for each model. This high-performance flooring is marked to provide visual cues for your personal trainers and their clients, guiding them through their workouts.



EDUCATION

Life Fitness Academy on-site workshops, training videos and exercise videos help you discover the infinite training potential of Synrgy360.

www.lifefitness.com/synrgy360/training

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