



MATRIX

DF001-EP=LS-F

Lifestyle Elliptical



Ideal for light-use environments, our Lifestyle Elliptical features a compact frame to fit your facility. A patented suspension design minimizes noise and friction, extending product life. Smart ergonomics fits the body and its natural movements for comfortable, low-impact cardio, and convenience features improve the experience for users and facilities alike.



Virtually anyone can step up to our LED Console and enjoy the easy navigation of the interface. Complete, easy-to-read workout feedback helps members gauge performance at a glance.

CONSOLE	
DISPLAY	Large number LED with message center
WORKOUTS	Go, manual, interval training, fat burn, rolling hills, target heart rate, glute training†, fitness tests
IFIT ON-DEMAND WORKOUTS	No
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish, Turkish, Danish, Polish
FAN	No
IPTV	No
BLUETOOTH	No
ANT+	No
RFID WIRELESS LOGIN	Optional
CONNECTS TO APPLE WATCH	No
MADE FOR IPHONE, IPAD, IPOD	No
CONNECTS TO SAMSUNG GALAXY WATCH	No
USB PORT	Yes; device charging, software updates
WIRELESS CHARGING (QI)	No
CSAFE READY	Yes
AUTO WAKE-UP	No
†Some of these programs may not be available on this frame.	

FRAME	
ASSEMBLED DIMENSIONS	151 x 73 x 175.7 cm / 59.4" x 28.7" x 69.2"
ASSEMBLED ACTIVE DIMENSIONS	174.6 x 73 x 175.7 cm / 68.7" x 28.7" x 69.2"
RESISTANCE LEVELS	30
SHIPPING WEIGHT	173 kg / 381.4 lbs.
WATT RANGE	5-650 W
ASSEMBLED WEIGHT	151 kg / 332.9 lbs.
STEP-ON HEIGHT	23 cm / 9.1"
TOP-DOWN LEVELERS	No
STRIDE LENGTH	51 cm / 20"
POWER REQUIREMENTS	Self-powered or 100-240 V — 50/60 Hz AC
RESISTANCE SYSTEM	Brushless generator
PEDAL SPACING	6.4 cm / 2.5"
MINIMUM WATTS	5 W powered or 35 W self-powered
MINIMUM RPM	10 RPM powered or 30 RPM self-powered
MAX USER WEIGHT	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes
CONTACT & TELEMETRIC HR	Yes