

DID YOU KNOW?

One Machine Gives Members Endless Impact.

The Life Fitness PowerMill is one of the most powerful, durable, and versatile stair climbers in the industry. Built with the same AC motor as our treadmills, it's engineered for nonstop performance—even in high-traffic environments.

Whether it's low-impact cardio, high-intensity intervals, or functional warm-ups, our PowerMill delivers real results for members—and serious value for operators.

Quick Fact Callouts

- Speed range: 12–185 steps per minute
- Console flexibility: SE4 (16" - 24") and SL consoles
- Versatile training: From HIIT to warm-ups in one footprint
- Built tough: Engineered for busy cardio floors

LifeFitness



Why our PowerMill is Fueling Member Demand and Operator ROI

1. Fastest-Growing Cardio Category

Stair climbers are surging—driven by member demand for versatile, results-focused, and space-efficient cardio. PowerMill leads the way.

2. Built for Every Body, Every Goal

PowerMill's unmatched speed range (12–185 SPM) supports everything from recovery climbs to HIIT. Its powerful AC motor ensures smooth, consistent movement—no bodyweight required to get started, making it accessible for all fitness levels.

3. Perfectly Aligned with Today's Fitness Trends

From low-impact longevity workouts to hybrid strength-cardio sessions, PowerMill checks every box:

- HIIT
- Steady-state endurance
- Functional warm-ups
- All in one compact footprint

4. Built for performance. Designed for confidence.

Available with SL and SE4 consoles. PowerMill puts entertainment, on-demand coaching, and real-time performance feedback right where exercisers need it.

And because safety matters as much as experience, PowerMill Includes:

- Dual remote stop controls for quick, easy stops
- Auto-stop sensors that pause the machine when you step off
- A low step-up height for smooth, accessible entry and exit

Great for new exercisers, inclusive design, and peace of mind across your facility.

[Learn More](#)

