

# DID YOU KNOW?

**You can give them high-intensity, low-impact with no compromise required.**

The Life Fitness Arc Trainer remains one of the most versatile and joint-friendly cardio options available. As demand grows for low-impact, high-efficiency training, Arc Trainer delivers big on performance—without the wear and tear.

Available in Total Body and Lower Body models. Arc Trainer supports hybrid training goals, targeted calorie-burning with less joint stress, and keeps exercisers engaged with a wider range of training equipment. It's the ideal way to keep members coming back for smooth, low-stress motion.

## **Quick facts:**

- 21 incline levels for targeted muscle activation
- Console flexibility with SL and SE4 options
- Two configurations: Total Body and Lower Body
- Supports low-impact inclusive cardio training

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# Why Your Cardio Floor Needs the Arc Trainer

## 1. Low-Impact Cardio That Matches Today's Longevity Priorities

The Arc Trainer aligns with the growing demand for joint-friendly movement, supporting longevity, active aging, and injury prevention. Its biomechanical advantages deliver intensity—without compromising comfort.

- Natural, weight-bearing stride
- Significantly reduces joint stress
- Appeals to aging populations, rehab users, and anyone seeking lower-impact cardio

## 2. Two Models. More Options. Wider Reach

Total Body Arc Trainer	Lower Body Arc Trainer
Versatile - performance	Focused lower body training
HIIT - Rehab	Warm-up – Active Aging
Easy on/off	Easy on/off

## 3. Smart Consoles. Smarter Engagement.

Arc Trainers are fully compatible with SL and SE4 consoles, offering:

- Interactive terrains
- On-demand workouts
- Integrated entertainment

**All designed to boost member satisfaction and session frequency.**

[Learn More](#)

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Total Body Arc Trainer



Lower Body Arc Trainer