

INSIGNIA SERIES

THOUGHTFULLY DESIGNED. DISTINCTIVELY CRAFTED.

- Striking visual appeal is topped only by the smooth motion and tactile connection felt by the user.
- Each of the selectorized pieces feature subtle design elements that create a memorable experience and appeal to exercisers of all fitness levels.
- Customization allows your Insignia strength equipment to match the look and feel of your facility.



INDEPENDENT MOTION

Smooth, independent arms create equilateral muscle development and accommodate exercisers with physical limitations.



ARTICULATING SEATS

Patented, spring-assisted articulating seats adjust at an angle to ensure optimum positioning and effectiveness for exercisers.



INTUITIVE ADJUSTMENTS

Bright yellow adjustments have large diameters and feature rubber gripping surfaces to make them easier to see and use.



INTELLIGENT GRIPS

Insignia Series enhances the natural feeling motions with ergonomic grips* that provide a wider grip area to more evenly distribute force on the hands.



SIMPLE INSTRUCTION

Placards depict the muscles being trained while QR Codes/NFC connects users to a video detailing correct use utilizing the LF Connect App.



INTEGRATED STORAGE

Each tower has a beautifully integrated rubber storage area on the top of the trim to hold water bottles, phones, keys and more.

*L Trim only

LifeFitness

INSIGNIA SERIES

TRIM OPTIONS

S Trim



- A. Charcoal plastic tower cap
- B. Standard rubber grips

L Trim



- A. Aluminum painted tower cap
- B. Integrated rep counter
- C. Ergonomic grips

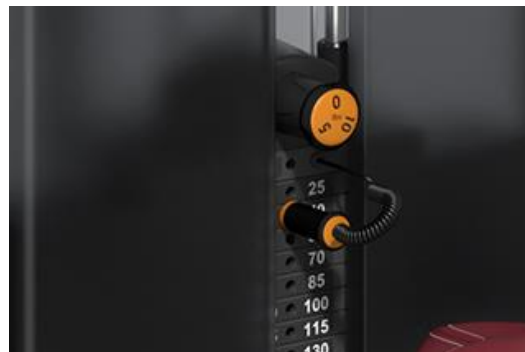
WEIGHT STACK OPTIONS

P Weight Stack



Standard weight stack with one 7.5-lb (3.75 kg) push/pull weight increment.

C Weight Stack



Standard weight stack with two 5-lb (2.5 kg) dial weight increments.

X Weight Stack



Heavy weight stack with two 5-lb (2.5 kg) dial weight increments. (15% more weight)

SHROUD OPTIONS

Rear Shroud



Full Shroud



13 FRAME COLORS
5 STANDARD, 7 OPTIONAL, CUSTOM

21 FRAME COLORS
8 STANDARD, 12 OPTIONAL, CUSTOM

To configure your Insignia products, go to [LifeFitness.com](https://www.lifefitness.com)

INSIGNIA SERIES

TORSO AND LOWER BODY PRODUCTS (14 TOTAL)



ABDOMINAL ADVANCED



ABDOMINAL



ARC LEG PRESS



BACK EXTENSION



CALF EXTENSION



GLUTE



SIT / STAND HIP ABDUCTION



HIP ABDUCTION / ADDUCTION



HIP ABDUCTION



HIP ADDUCTION



LEG CURL



LEG EXTENSION



SEATED LEG CURL



TORSO ROTATION



GLUTE BRIDGE

INSIGNIA SERIES

UPPER BODY PRODUCTS (14 TOTAL)



ASSIST DIP / CHIN



BICEPS CURL



BICEPS CURL - DEPENDENT



CHEST PRESS



CHEST PRESS (DUAL-AXIS)



LATERAL RAISE



PECTORAL FLY



PEC FLY / REAR DELT



ROW



PULLDOWN



PULLDOWN (DUAL-AXIS)



SHOULDER PRESS



TRICEPS EXTENSION



TRICEPS PRESS

INSIGNIA SERIES

TORSO & LOWER BODY PRODUCT SPECS

MODEL	DIMENSIONS (L x W x H)	PRODUCT WEIGHT (with C Stack)	WEIGHT STACKS		
			P STACK	C STACK	X STACK
ABDOMINAL ADVANCED SS-ABD	63.5 x 35.8 x 58.1 in (161 x 91 x 148 cm)	488 lbs (221 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
ABDOMINAL SS-AB	52.4 x 46.3 x 58.1 in. (133 x 117 x 148 cm)	568 lbs (258 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
ARC LEG PRESS SS-LP	79.5 x 44.8 x 64.7 in (201 x 114 x 164 cm)	936 lbs (424 kg)	332.5 lbs (166 kg)	335 lbs (167 kg)	395 lbs (197 kg)
BACK EXTENSION SS-BE	54.8 x 41.8 x 58.1 in (139 x 106 x 148 cm)	644 lbs (292 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
CALF EXTENSION SS-CE	40.2 x 68.5 x 58.1 in (102 x 174 x 148 cm)	646 lbs (293 kg)	332.5 lbs (166 kg)	335 lbs (167 kg)	395 lbs (197 kg)
GLUTE SS-GL	73 x 38.4 x 58.1 in (185 x 98 x 148 cm)	527 lbs (239 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
GLUTE BRIDGE SS-GLB	75.8 x 31.8 x 58.1 in (193 x 81 x 148 cm)	592 lbs (269 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
HIP ABDUCTION / ADDUCTION SS-HAA	67 X 65 X 58.1 in (170 x 165 x 148 cm)	624 lbs (283 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
HIP ABDUCTION SS-HAB	62.6 x 65 x 58.1 in (159 x 165 x 165 cm)	728 lbs (330 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
HIP ADDUCTION SS-HAD	62.6 x 62.4 x 58.1 in (159 x 158 x 148 cm)	728 lbs (330 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
LEG CURL SS-LC	62.6 x 41.7 x 58.1 in (159 x 106 x 148 cm)	562 lbs (255 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
LEG EXTENSION SS-LE	65.4 x 41.5 x 58.1 in (166 x 106 x 148 cm)	712 lbs (323 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
SEATED LEG CURL SS-SLC	61 x 39.7 x 58.1 in (155 x 101 148 cm)	774 lbs (351 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
SIT / STAND HIP ABDUCTION SS-SHB	62.6 x 65 x 58.1 in (159 x 165 x 148 cm)	609 lbs (276 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
TORSO ROTATION SS-TR	45.5 x 44 x 61.9 in (116 x 112 x 157 cm)	569 lbs (258 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)

UPPER BODY PRODUCT SPECS

MODEL	DIMENSIONS (L x W x H)	PRODUCT WEIGHT (with C Stack)	WEIGHT STACKS		
			P STACK	C STACK	X STACK
ASSIST DIP / CHIN SS-ADC	63.8 x 58 x 87 in. (162 x 147 x 221 cm)	686 lbs (311 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BICELPS CURL SS-BC	47.9 x 62.7 x 58.1 in (122 x 159 x 148 cm)	639 lbs (290 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BICEPS CURL DEPENDENT SS-BCD	55 x 39.6 x 58.1 (140 x 101 x 148 cm)	541 lbs (245 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
CHEST PRESS SS-CP	43.2 x 55.3 x 58.1 in (110 x 140 x 148 cm)	721 lbs (327 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
CHEST PRESS (DUAL-AXIS) SS-CPX	43.2 x 59.5 x 77.1 in (110 x 151 x 196 cm)	628 lbs (285 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
LATERAL RAISE SS-LR	51.6 x 52.5 x 58.1 in (131 x 133 x 148 cm)	600 lbs (272 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
PECTORAL FLY SS-PEC	60.6 x 70.4 x 58.1 in (154 x 179 x 148 cm)	672 lbs (305 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
PEC FLY/REAR DELT SS-FLY	79.9 x 77.6 x 80.1 in (203 x 197 x 203 cm)	708 lbs (321 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
PULLDOWN SS-PD	55.6 x 56.9 x 76.2 in (141 x 145 x 194 kg)	717 lbs (325 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
PULLDOWN (DUAL-AXIS) SS-PDX	54 x 59 x 78.1 in (137 x 150 x 198 cm)	715 lbs (324 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
ROW SS-RW	48.8 x 55.4 x 58.1 in (124 x 141 x 148 cm)	653 lbs (296 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
SHOULDER PRESS SS-SP	64.4 x 56.8 x 72.8 in (164 x 144 x 185 cm)	657 lbs (298 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
TRICEPS EXTENSION SS-TE	53.9 x 39.6 x 58.1 in (137 x 101 x 148 cm)	535 lbs (243 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
TRICEPS PRESS SS-TP	53.1 x 43.7 x 58.1 in (135 x 111 x 148 cm)	675 lbs (306 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)