



95Li Summit Trainer

The 95 Series Summit Trainers combine the best of total-body cross-training and climbing into one intuitive product that will challenge every exerciser. User-defined stride lengths and five training positions allow users to control workout intensity and target different muscle groups. Summit Trainers feature LIFT™ technology, LifePulse™ heart rate monitoring, durable components and a variety of motivating workouts. Powered completely by the user, you can place the energy-efficient 95Li anywhere in your facility.

Performance Features

LIFT™ TECHNOLOGY

Linear Incline Fit Training™ technology utilizes our patented belt-driven design and mono-roller system to deliver a variable, user-defined stride length for a versatile range of motion. The maximum stride length of 26" allows for significant extension for even the tallest users.

HEART RATE MONITORING

Our patented LifePulse™ digital heart rate monitoring hand sensors are conveniently located on the bullhorns to deliver precise heart rate monitoring and Polar® telemetry provides accurate "hands free" heart rate monitoring.

MOTIVATING WORKOUT VARIETY

Zone Training+™ workouts automatically adjust the resistance level to keep users in their target heart rate zone. Goal-based workouts allow users to set personal goals, while the Aerobic Mode utilizes machine-generated prompts to keep users motivated.

SELF-POWERED CONVENIENCE

The energy-efficient Summit Trainer is powered completely by the user. This feature offers flexibility in planning your facility since there are no outlets or electrical cords to consider.

TOTAL BODY EXERCISE

Choose to use only the pedals for a superior lower-body workout, or use the biomechanically correct moving arms along with the pedals for a complete full-body workout. The precisely synchronized upper- and lower-body motions translate into efficient, effective workouts.

VERSATILE TRAINING POSITIONS

Activate different muscle groups and change your workout intensity by choosing different body positions and varying stride lengths.

HIGHLIGHTED FEATURE

NATURAL MOTION, FLUID TRANSITIONS



The natural climbing motion is intuitive for even first time users. Since there are no mechanical or electrical stride adjustments switching between short, quick strides and long, deep lunges is smooth and effortless.

Product Details

- Linear Incline Fit Training™ technology; user-defined stride length up to 26" (66 cm) maximum
- Ergonomically correct moving arm handles provide total-body workout
- Dual-level alphanumeric LED console
- Heart Rate Monitoring: LifePulse™ hand sensors and Polar® telemetry
- 26 workouts, including 5 Zone Training+™ workouts and Fit Test Protocol
- Up to 9 different languages
- Integrated reading rack and accessory tray
- Self-powered; optional plug in accessory
- Available with Attachable LCD with E-Z TV™ Console
- (95LEZ) or Attachable LCD Entertainment System (95LER)

95Li Summit Trainer Specifications

KEY:

• Standard ◦ Optional

HEART RATE MONITORING	
Polar® Telemetry (optional chest strap required)	•
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•
WORKOUTS	
Classic Workouts: Hill, Random, Manual, Quick Start	•
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•
Interval Workouts: Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training	•
Goal Workouts: Calories, Distance, Time in Zone	•
Fitness Test Protocol: Fit Test	•
Custom Workouts: 6 Customizable Workouts	•
Customized Cool Down	•
DISPLAY READOUT	
Elapsed Time, Total Calories Burned, Workout Profile, Resistance Level, Speed, Distance	•
Calories Burned Per Hour, Watts, METs	•
Heart Rate	•
Language Choices	9
DISPLAY TYPE	
E3 Integrated LCD™ System	-
LED: Alphanumeric message center workout profile and lower level time/level display,	•
SPECIAL FEATURES	
Linear Incline Fit Training™ Technology with 26" (66 cm) Stride Length	•
Integrated Reading Rack	•
Integrated Accessory Tray	•
Personal Stereo Holder	•
Support Handlebars	•
Oversized Non-slip Pedals	•
Front Wheels for Easy Mobility	•
Dedicated Keypad	•
On-the-Fly Programming	•
Resistance Levels	25
Plug In Accessory	◦
Service Enhancements: Manager's Optional Settings and Service Diagnostics	•
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Attachable LCD Entertainment Solutions	◦
TECHNICAL SPECIFICATIONS	
Maximum User Weight: 400 lbs (182 kg)	•
Power Requirements	
- AC power line 115 volt, 15 amp (voltage may vary outside U.S.)	◦
- Self-Powered with Auto Start: Brings power to console when user begins pedaling	•
Length	68" (173 cm)
Width	33" (84 cm)
Height	73" (185 cm)
Weight	345 lb (157 kg)
Warranty*	
- 2-year limited warranty on all mechanical and electrical components	•
- 1-year labor	•
- Attachable LCD Entertainment System option: 2-years electrical and mechanical parts; 90 days labor	•

*Warranties outside the U.S. may vary. Specifications subject to change.