

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 features subtle design elements that create a memorable experience and appeals to exercisers of all fitness levels.
- Customization allows your Insignia strength equipment to match the look of your facility and at a budget you're comfortable with.



ENGINEERED TO BE INVITING

Smooth, natural-feeling motion. Inviting low-profile towers.



INTELLIGENT SEAT DESIGN

Articulating seats ensure optimum positioning for exercisers of all sizes.



EXERCISER GUIDANCE

Placards for clear instructions. Integrated rep counter lets exercisers see their progress.



NATURAL FEEL

Elliptical-shaped ergonomic grips. Comfortable, natural-feeling motion.



INTUITIVE ADJUSTMENTS

Adjustment dials and knobs have large diameters and feature rubber gripping areas to make them easier to use.

LifeFitness

INSIGNIA SERIES

SELECTORIZED STRENGTH EQUIPMENT

TRIM OPTIONS

L Trim



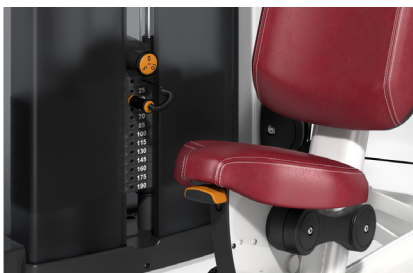
- A. Ergonomic grips
- B. Aluminum painted tower cap
- C. Integrated rep counter/timer

S Trim



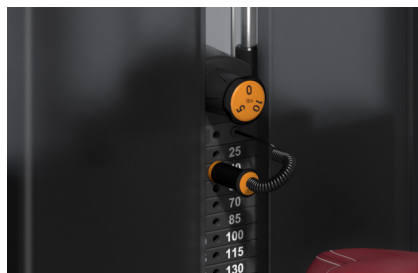
- A. Standard grips
- B. Charcoal gray aplastic tower cap

WEIGHT STACK OPTIONS



X: Heavy weight stack* with two 5-lb (2.5 kg) dial weight increments

*15% More than standard



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



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

SHROUD OPTIONS



REAR SHROUD*

*Available in Black only, no shroud inlays. Availability varies by country.



FULL SHROUD

**13 FRAME COLORS
PLUS CUSTOM OPTIONS**

**20 UPHOLSTERY COLORS
PLUS CUSTOM OPTIONS**

8 SHROUD INLAYS

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

INSIGNIA SERIES

TORSO & LOWER BODY

MODEL	DIMENSIONS (L x W x H)	MACHINE WEIGHT	WEIGHT STACK	
			STANDARD	HEAVY
ABDOMINAL SS-AB	52.4 x 46.3 x 58.1 in. (133 x 118 x 148 cm)	527 lbs (239 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BACK EXTENSION SS-BE	58.5 x 41.8 x 58.1 in. (149 x 106 x 148 cm)	627 lbs (284 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
CALF EXTENSION SS-CE	70.3 x 41.5 x 58.1 in. (179 x 105 x 148 cm)	770 lbs (349 kg)	335 lbs (167.5 kg)	395 lbs (197.5 kg)
GLUTE SS-GL	73 x 38.4 x 58.1 in. (185 x 98 x 148 cm)	541 lbs (245 kg)	170 lbs (85 kg)	200 lbs (100 kg)
GLUTE BRIDGE IS-GLD	81.6 x 31.8 x 58.2 in. (207 x 81 x 148 cm)	532 lbs (241 kg)	180 lbs (82 kg)	210 lbs (95 kg)
HIP ABDUCTION SS-HAB	62.6 x 65.8 x 58.1 in. (159 x 167 x 148 cm)	652 lbs (296 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
HIP ABDUCTION/ADDUCTION IS-HAA	66.9 x 63.4 x 58.2 in. (170 x 161 x 148 cm)	624 lbs (283 kg)	260 lbs (118 kg)	305 lbs (138 kg)
HIP ADDUCTION SS-HAD	62.6 x 65.8 x 58.1 in. (159 x 167 x 148 cm)	652 lbs (296 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
LEG CURL SS-LC	62.4 x 41.7 x 58.1 in. (158 x 106 x 148 cm)	493 lbs (224 kg)	170 lbs (85 kg)	200 lbs (100 kg)
LEG EXTENSION SS-LE	65.7 x 41.5 x 58.1 in. (167 x 106 x 148 cm)	628 lbs (285 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SEATED LEG CURL SS-SLC	61.3 x 39.8 x 58.1 in. (156 x 101 x 148 cm)	741 lbs (336 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SEATED LEG PRESS SS-SLP	61.3 x 39.8 x 58.1 in. (207 x 114 x 164 cm)	990 lbs (449 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
TORSO ROTATION SS-TR	50 x 42.4 x 61.9 in. (127 x 108 x 157 cm)	546 lbs (248 kg)	170 lbs (85 kg)	200 lbs (100 kg)



ABDOMINAL



BACK EXTENSION



CALF EXTENSION



GLUTE



GLUTE BRIDGE



HIP ABDUCTION



HIP ADDUCTION



HIP ABDUCTION/ADDUCTION



LEG CURL



LEG EXTENSION



SEATED LEG CURL



SEATED LEG PRESS



TORSO ROTATION

INSIGNIA SERIES

UPPER BODY

MODEL	DIMENSIONS (L x W x H)	MACHINE WEIGHT	WEIGHT STACK	
			STANDARD	HEAVY
ASSIST DIP/CHIN SS-ADC	63.9 x 58.5 x 87.4 in. (162 x 149 x 222 cm)	732 lbs (332 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BICEPS CURL SS-BC	47.9 x 62.7 x 58.1 in. (122 x 159 x 148 cm)	550 lbs (249 kg)	170 lbs (85 kg)	200 lbs (100 kg)
BICEPS CURL DEPENDENT SS-BCD	55 x 39.6 x 58.2 in. (140 x 101 x 148 cm)	541 lbs (245 kg)	170 lbs (85 kg)	200 lbs (100 kg)
CHEST PRESS SS-CP	56.3 x 56.6 x 58.1 in. (143 x 144 x 148 cm)	725 lbs (329 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
LATERAL RAISE SS-LR	51.4 x 52.5 x 58.1 in. (131 x 133 x 148 cm)	555 lbs (252 kg)	170 lbs (85 kg)	200 lbs (100 kg)
PECTORAL FLY SS-PEC	60.5 x 70.4 x 58.1 in. (154 x 179 x 148 cm)	648 lbs (294 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
PEC FLY/REAR DELT SS-FLY	79.9 x 77.6 x 80.1 in. (203 x 197 x 203 cm)	657 lbs (298 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
PULLDOWN SS-PD	56.9 x 55.6 x 76.2 in. (145 x 141 x 194 cm)	689 lbs (313 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
ROW SS-RW	48.6 x 55.1 x 58.1 in. (123 x 140 x 148 cm)	635 lbs (288 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
SHOULDER PRESS SS-SP	64.4 x 56.9 x 72.8 in. (164 x 145 x 185 cm)	616 lbs (279 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)	607 lbs (275 kg)	260 lbs (130 kg)	305 lbs (152.5 kg)
TRICEPS EXTENSION SS-TE	53.9 x 39.6 x 58.2 in. (137 x 101 x 148 cm)	535 lbs (243 kg)	170 lbs (85 kg)	200 lbs (100 kg)



ASSIST DIP/CHIN



BICEPS CURL



BICEPS CURL
DEPENDENT



CHEST PRESS



LATERAL RAISE



PECTORAL FLY



PECTORAL FLY/
REAR DELTOID



PULLDOWN



ROW



SHOULDER PRESS



TRICEPS PRESS



TRICEPS EXTENSION