

# INSIGNIA SERIES Single Package 9

INSIGNIA SERIES LEG EXTENSION TITANIUM FRAME DOUBLE  
STITCH BLACK UPHOLSTERY SPANISH LANGAUGE DIAL INC  
WT KG WEIGHT STACK FULL SHROUD ERGO GRIPS REP  
COUNTER PAINTED TOP CAP



**\$4800**



LEG EXTENSION

The equipment is new with warranty.  
\*\*\* The frame color is platinum and the padding is black, not like in the stock photos below \*\*\*

# 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

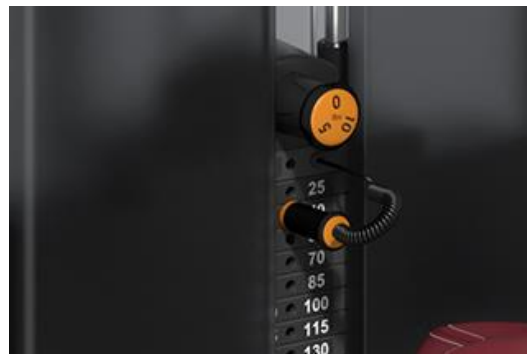
## WEIGHT STACK OPTIONS

P Weight Stack



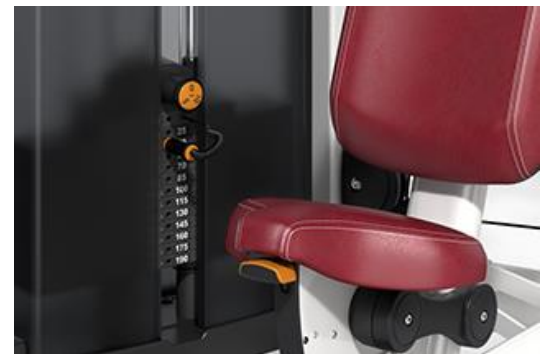
Standard weight stack with one 7.5-lb (3.75 kg) push/pull weight increment.

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)

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# INSIGNIA SERIES

## TORSO & LOWER BODY PRODUCT SPECS

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

## UPPER BODY PRODUCT SPECS

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