



Summit Trainer

Combining the best of total body cross-training and climbing into one intuitive product, the Life Fitness Summit Trainer keeps exercisers interested and motivated to reach their goals. User-defined stride lengths and five unique training positions deliver extensive variety to users who crave new challenges or are pushing to the next level. Choose a different position to change workout intensity and activate different muscles. Our natural, low-impact motion will keep all your exercisers coming back for more.

Ultimate Versatility

Five body positions allow users to achieve different training intensities and target different muscle groups.



Position 1 LOWER BODY UPRIGHT

Vertical body alignment produces short to medium strides, focusing on quads and glutes.



Position 2 TOTAL BODY UPRIGHT

Moving arm handles provide upper body workout, while short to medium strides focus on quads and glutes.



Position 3 LOWER BODY SLIGHT LEAN

Body alignment pitched slightly forward at the hips increases stride length for greater emphasis on glutes, hamstrings, quads and calves.



Position 4 TOTAL BODY SLIGHT LEAN

Moving arm handles and forward lean provide advanced upper body workout, while increased stride works glutes, hamstrings, quads and calves.



Position 5 LOWER BODY RACING

Body alignment at an aggressive forward bend maximizes stride length for the greatest emphasis on glutes, hamstrings, quads and calves.

Life Fitness