



Step up to a Landice

The Landice E7 ElliptiMill® features the ultimate in accessibility. Just grab the handrails, step in, and start exercising with confidence.

The Most Natural Stride

Patented Rollmentum™ center-drive replicates the body's natural motion.

Lowest Step Up Height

Integrated rear step provides for lowest step up height of any elliptical.

The Most Comfortable Feel

Orthopedic "gel" footpads provide optimal comfort and relieve foot fatigue.

Metabolic Equivalent Speed and Distance

An advanced algorithm calculates your equivalent speed and distance based on your effort level and pedal speed.

Adjustable Stride

Stride adjusts between 17 and 23 inches.



High-Tech Entertainment Center

Personal cooling fan, water bottle holders, and iPod or MP3 connectivity to play your favorite music on the built-in stereo speakers.

The Ultimate in Flexibility

Integrated side frame foot rests with non-skid surface allows for isolated upper body workouts.

Choose from Four Control Panels

Executive, Cardio, Pro Sports or Pro.

Lifetime Residential Warranty

Incorporates all technology and commercial grade components from our "Club Series" which are placed in the harshest commercial environments throughout the world.

High-Tech Entertainment Center



High powered stereo speakers

Moving hand rails with contoured finger grips

PodGrip™ holds device in place

iPhone, iPod or MP3 connectivity*

Cooling fan

Water bottle holder

Accessory pocket

Contact heart-rate monitoring

LANDICE

EXECUTIVE

7 8 9
4 5 6
1 2 3
0 ENTER

START

PAUSE

OFF

AGE DATA INPUT WEIGHT

Miles 0.57 Pulse 7

LEVEL

20

EFFORT

SPEED

12.0 MPH

UNITS

BACK MENU NEXT

ELITE

*iPhone, iPod and MP3 not included

Executive Control Panel



Metabolic Equivalent Speed
An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on an ElliptiMill, it means you are capable of running 12 MPH outside.



The Executive panel features a computer-animated video display with state-of-the-art graphics.

High-Tech Entertainment Center not shown

Race Mode with Automatic Shift Transmission

Race mode allows you to keep pace with another runner whose speed you define. The automatic shift transmission helps you stay on pace. As you increase your pedal speed, the ElliptiMill will automatically up-shift to the next effort

level increasing your metabolic equivalent running speed. If you decrease your pedal speed, the ElliptiMill will automatically down-shift to a lower effort level setting decreasing your metabolic equivalent running speed.

- Personal data and statistics storage for five family members
- Displays metabolic equivalent speed and distance
- Interactive graphic Race Mode - Pedal to keep up with your personal motivator
- Numeric keypad for easy data entry
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- Time, distance and calorie goal programs

- 6 Fitness tests: Balke, Firefighter, Army, Navy, USMC, USAF
- Military fitness tests feature **Automatic Shift Transmission Technology**
- 2 Built-in heart-rate monitoring programs
- 4 User-defined heart-rate monitoring programs
- 5 Body-specific training programs
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

BODY SPECIFIC PROGRAMS



TRAINING CALENDAR

Today is: TUESDAY, JANUARY 12, 2010

SUN	MON	TUE	WED	THU	FRI	SAT	TIME
22	23	24	25	26	27	28	0:00
29	30	1	2	3	4	5	0:00
6	7	8	9	10	11	12	0:00
13	14	15	16	17	18	19	0:00
20	21	22	23	24	25	26	0:00
27	28	29	30	31	1	2	0:00
3	4	5	6	7	8	9	0:00
10	11	12	13	14	15	16	0:00

8 Week ACTIVITY ON THAT DATE View Stats

USER SELECTABLE SCENERY



TRACK WITH RACE MODE



EXERCISING SAVINGS ACCOUNTS



Cardio Control Panel



Metabolic Equivalent Speed
An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on an ElliptiMill, it means you are capable of running 12 MPH outside.



The Cardio panel features a two-color, hi-definition, motivational display.

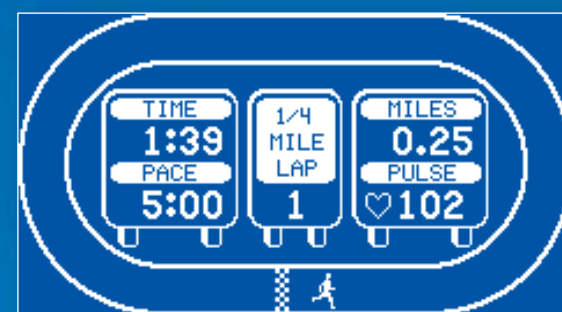
High-Tech Entertainment Center not shown

- Personal data and statistics storage for two family members
- Displays metabolic equivalent speed and distance
- Numeric keypad for easy data entry
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- Time, distance and calorie goal programs
- 3 Fitness tests: Balke, Firefighter, Army
- Army fitness test feature **Automatic Shift Transmission Technology**
- 2 Built-in heart-rate monitoring programs
- 2 User-defined heart-rate monitoring programs
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

PERSONALIZED DISPLAY



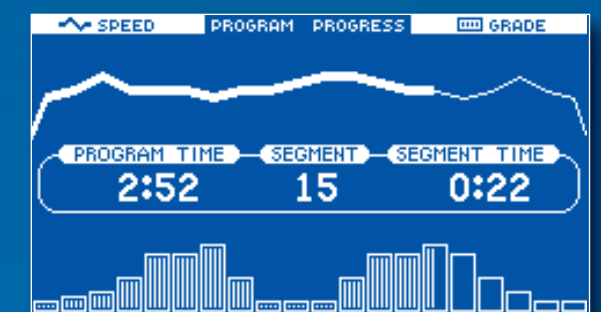
TRACK DISPLAY



STATISTICS DISPLAY



PROGRAM DISPLAY



Pro Sports Control Panel



Metabolic Equivalent Speed
An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on an ElliptiMill, it means you are capable of running 12 MPH outside.



The Pro Sports panel features a two-color, hi-definition, motivational display.

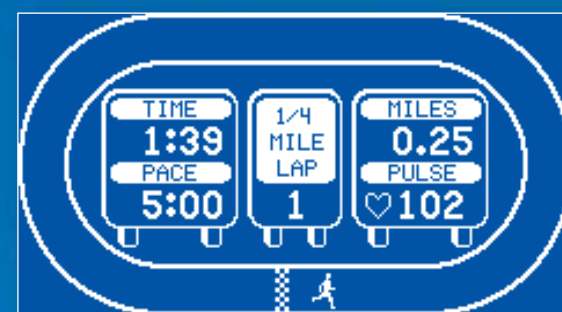
High-Tech Entertainment Center not shown

- Displays metabolic equivalent speed and distance
- Numeric keypad for easy data entry
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

PERSONALIZED DISPLAY



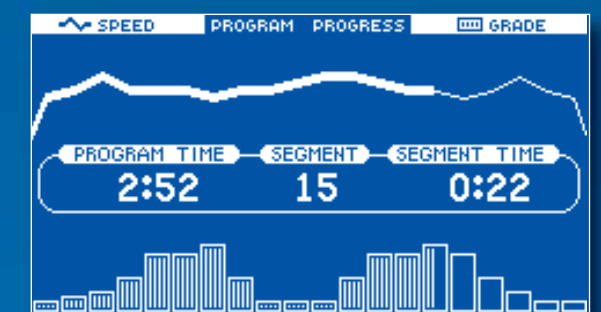
TRACK DISPLAY



STATISTICS DISPLAY



PROGRAM DISPLAY



Pro Control Panel



Metabolic Equivalent Speed
 An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 12 MPH on an ElliptiMill, it means you are capable of running 12 MPH outside.

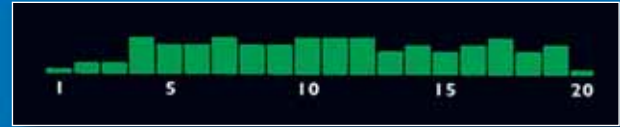


The Pro panel features an easy to use LED display.

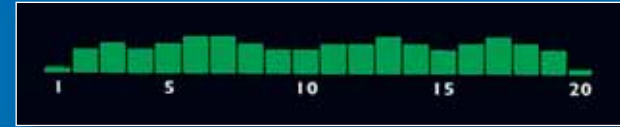
High-Tech Entertainment Center not shown

- Displays metabolic equivalent speed and distance
- Statistics display shows Time, Distance, Speed, Calories, Rev/Min and Pulse
- 5 Built-in programs with variable time and 20 effort levels
- 2 User-defined programs
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

INTERMEDIATE



ADVANCED



INTERVALS

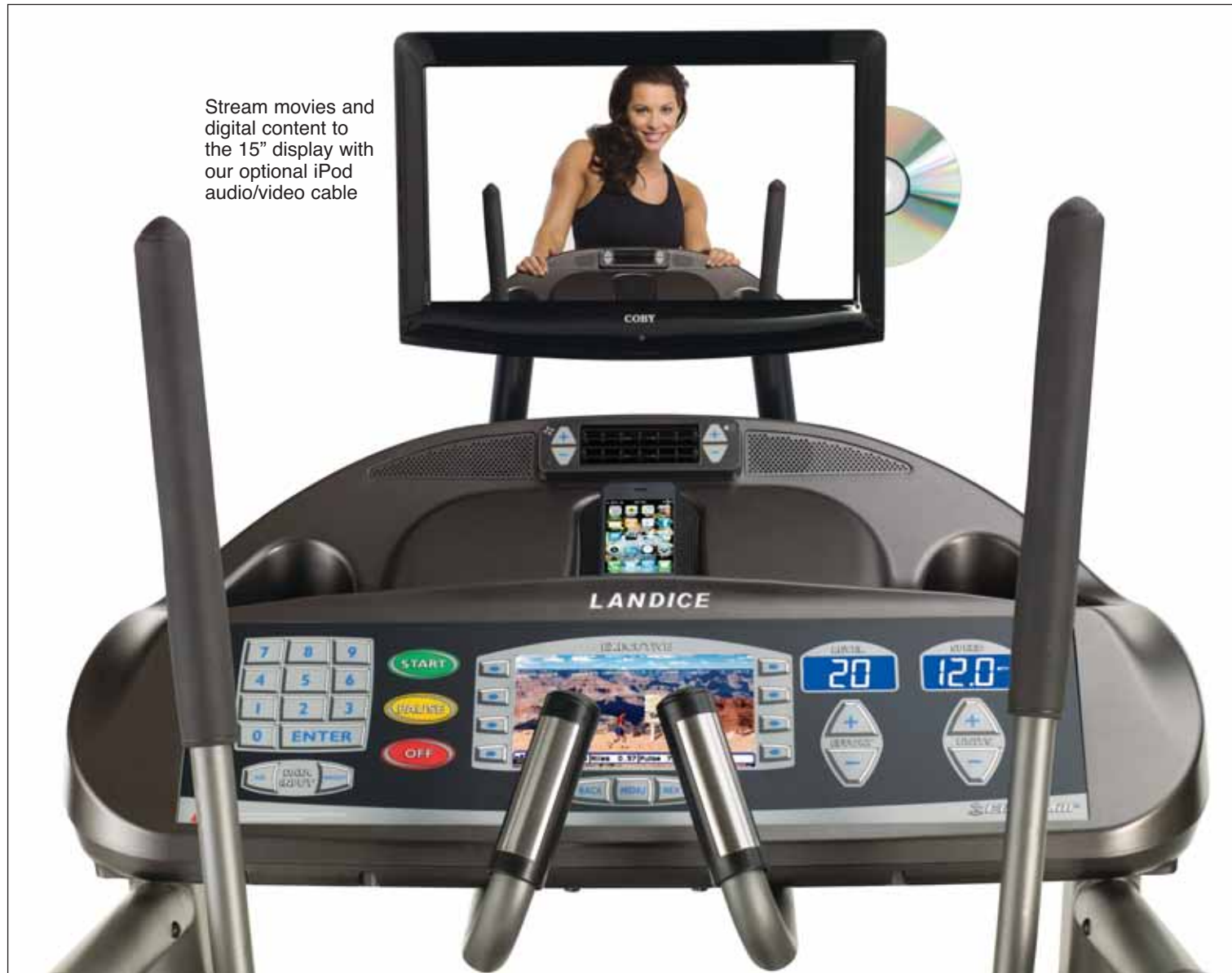


ENDURO



Landice Vision System

Turn your ElliptiMill® into an entertainment center with the Landice Vision System. Our gorgeous 15" liquid-crystal display includes a side-loading DVD player and a built-in TV tuner.



Stream movies and digital content to the 15" display with our optional iPod audio/video cable

The Landice Vision System carries the display manufacturer's 1 year parts warranty. iPod not included.

Landice Tablet Bracket

Enjoy all the internet has to offer with the Landice Tablet Bracket. Our proprietary adjustable clamp securely holds your iPad, Android tablet, or electronic reader in the perfect position for surfing the internet or viewing your favorite digital content. Mount and dismount your digital device in less than a second.



Changes size to hold a variety of devices in vertical or horizontal positions.

Six degrees of freedom allows station to tilt, move up and down, forward and back, in order to achieve your perfect ergonomic position.

The Landice Tablet Bracket carries a manufacturer's 1 year parts warranty. iPad, iPod, Android tablet, electronic reader not included.



Plug your TV cable directly into the bottom of our ElliptiMill to watch your favorite shows



Mount your own TV or computer monitor with our optional VESA-D bracket.



Stream movies and digital content to the 15" display with our optional iPod audio/video cable.



Changes size to hold digital device in either vertical or horizontal positions.



Six degrees of freedom allows unit to tilt, move up and down, forward and back.



The Tablet Bracket comes with a 7" or 10" docking station.

[Life • time] [War • ran • ty]

noun: The period of time during which an individual is alive.

noun: A legally binding guarantee attesting to the quality and durability of a product.

All Landice residential ellipticals feature an assignable bumper-to-bumper Lifetime Warranty on all parts.

Landice has manufactured high-end products for over 40 years. We have placed them in the harshest commercial environments. Because we use the same time-tested commercial grade components in all our products, only Landice can offer a Lifetime Residential Warranty.

E7 Elliptical® Features

- 2" pedal spacing
- Adjustable Stride Length System: 17" – 23"
- Rear step reduces step-up height to 7"
- 2" diameter side rails with molded hand grips
- Orthopedic "gel" foot pedal inserts
- 11" diameter flywheel
- 1100 Watt electric brake
- Rollmentum™ Center-Drive System with self-aligning pedal guide rollers
- Center-mounted handrails with AccuTrack contact heart-rate monitoring system
- Moving handrails with molded contoured finger grips
- 11-gauge heavy duty steel construction
- 500-pound user weight capacity
- Physical footprint: 35" x 68"
- Active footprint: 35" x 76"
- Voltage: 110VAC or 220VAC, 50/60 Hz, 15 A
- Shipping weight: 500 lbs.
- Shipping dimensions: 82" x 41" x 25"



Rollmentum™ Center-Drive System features guide rollers which provide maximum bearing life.



Adjustable Stride Length System which can vary the stride length from 17" - 23".



Oversized foot pedals with Orthopedic gel inserts.

