



Step up to a Landice

Designed for the most demanding commercial applications, but built to accommodate all fitness levels from Rehabilitation to professional athletes, the E9 ElliptiMill® is the perfect solution.



The Most Natural Stride

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

Lowest Step Up Height

Integrated rear step provides for the 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 43.1 and 58 centimeters.

High-Tech Entertainment Center

Integrated 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 Trainer, Cardio Trainer, Pro Sports Trainer, or Pro Trainer.

Warranty

5 year parts warranty is valid for all applications including residential, light commercial, commercial, rehabilitation, health clubs and "pay-for-membership" facilities.

High-Tech Entertainment Center



**iPhone®, iPod® or MP3 not included*

Executive Trainer 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 19.3 km/h on an ElliptiMill, it means you are capable of running 19.3 km/h outside.



The Executive Trainer panel features an 21.6 cm computer-animated video display with state-of-the-art graphics.

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.

- 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



USER SELECTABLE SCENERY



VSI



TRACK WITH RACE MODE



Cardio Trainer 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 19.3 km/h on an ElliptiMill, it means you are capable of running 19.3 km/h outside.



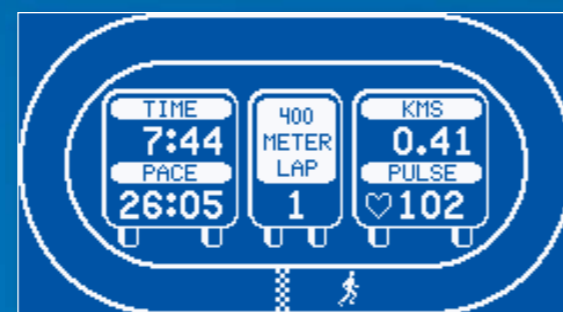
The Cardio Trainer panel features a two-color, hi-definition, motivational display.

- 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**

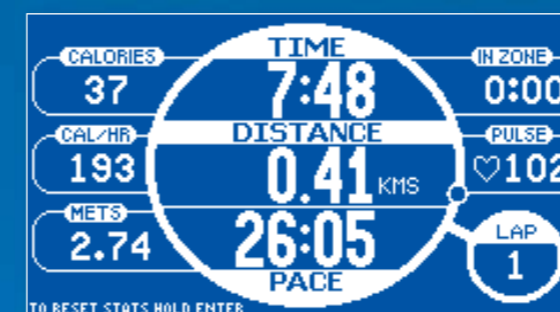
PERSONALIZED DISPLAY



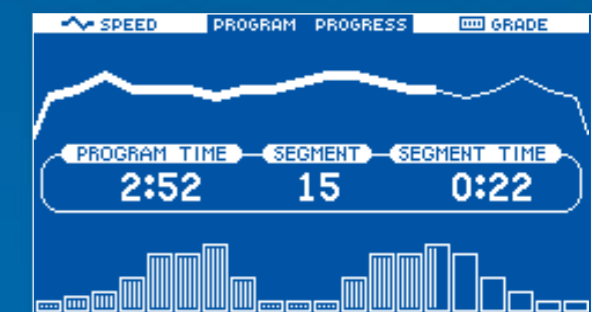
TRACK DISPLAY



STATISTICS DISPLAY



PROGRAM DISPLAY



Pro Sports Trainer Control Panel



Metabolic Equivalent Speed
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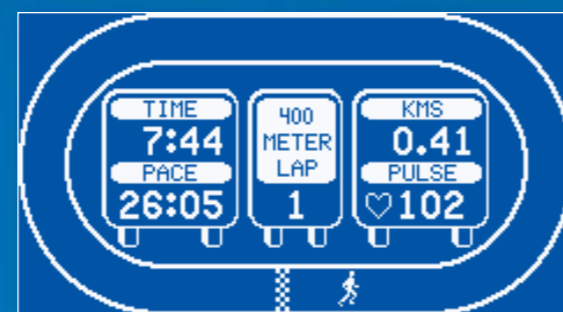
The Pro Sports Trainer panel features a two-color, hi-definition, motivational display.

- 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



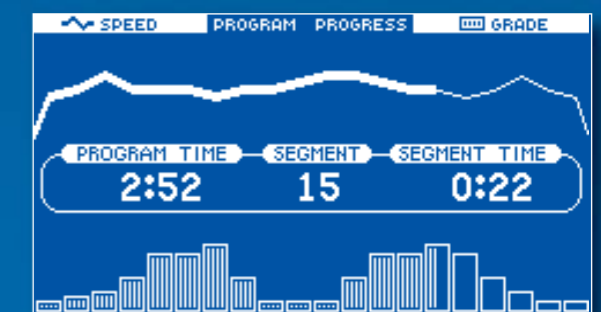
TRACK DISPLAY



STATISTICS DISPLAY



PROGRAM DISPLAY



Pro Trainer Control Panel



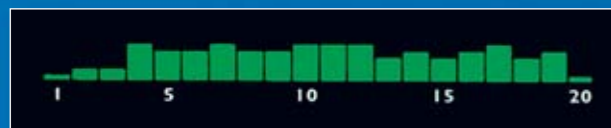
Metabolic Equivalent Speed
An advanced algorithm calculates your metabolic-equivalent-speed based on your effort level and pedal speed. If you can exercise at a metabolic-equivalent-speed of 19.3 km/h on an ElliptiMill, it means you are capable of running 19.3 km/h outside.



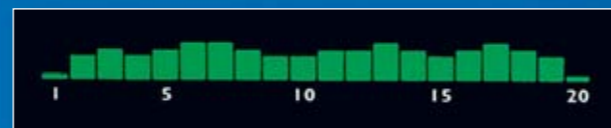
The Pro Trainer panel features built-in and user-defined programs with an easy to use LED display.

- 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



E9 Elliptical Details

- 5 cm pedal spacing
- Adjustable Stride Length System: 43.1 - 58.4 cm
- Rear step reduces step-up height to 17.8 cm
- 5 cm diameter side rails with molded hand grips
- Orthopedic "gel" foot pedal inserts
- 27.9 cm 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
- 227 kg user weight capacity
- Physical footprint: 86.4 x 172.7 cm
- Active footprint: 86.4 x 193 cm
- Voltage: 110VAC or 220VAC, 50/60 Hz, 15 A
- Shipping weight: 227 kg
- Shipping dimensions: 208.2 x 104.1 x 63.5 cm



Oversized foot pedals with Orthopedic "gel" inserts.



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



Adjustable Stride Length System will vary from 43.1 to 58.4 centimeters.



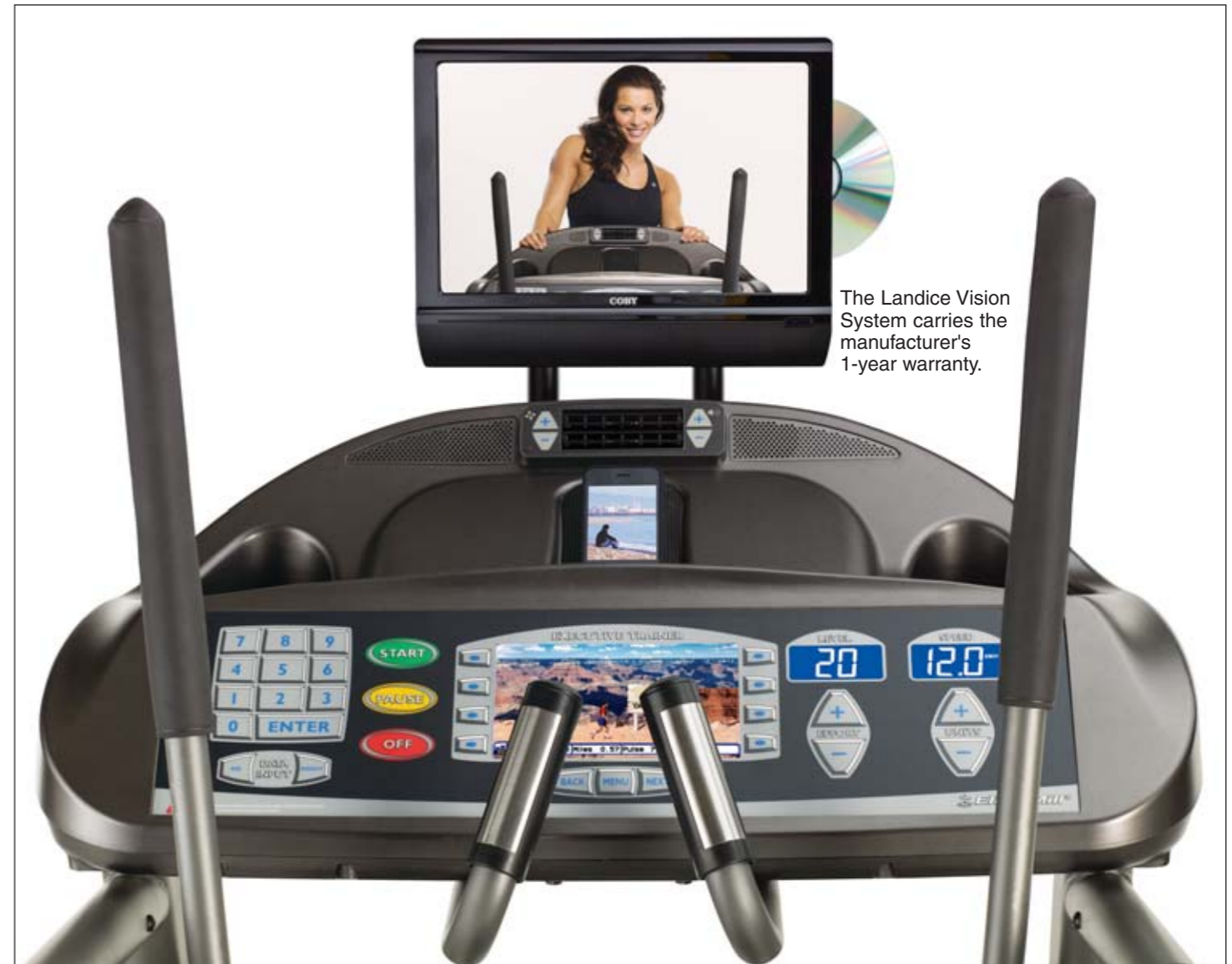
Optional Stride Lock kit allows commercial facilities to preset and lock the stride length between 43.1 to 58.4 centimeters.



Optional Rehabilitation Step extends to the active footprint while providing a low step up height.

Landice Vision System

Turn your E Series ElliptiMill® into an entertainment center with the Landice Vision System. Landice's gorgeous 38 cm liquid crystal video display includes a side-loading DVD player and a coaxial cable connection so you can watch your favorite television shows.



The Landice Vision System carries the manufacturer's 1-year warranty.



Plug your TV cable directly into the bottom of the elliptical.



Mount a flat screen TV with our optional VESA-D bracket.



Watch a movie from your iPod® on the Landice Vision System with an optional iPod® video cable.



E9 Executive Trainer

- 21.6 cm full color LCD graphic display
- Displays metabolic equivalent speed and distance
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- 2 Built-in heart-rate monitoring programs
- 4 User-defined heart-rate monitoring programs
- 6 Fitness tests: Balke, Firefighter, Army, Navy, USMC, USAF
- Time, distance and calorie goal programs
- 5 Body-specific training programs
- Interactive graphic Race Mode - Pedal to keep up with your personal motivator
- Numeric keypad for easy data entry
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

E9 Pro Sports Trainer

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

E9 Cardio Trainer

- 12.7 cm two-color LCD
- Displays metabolic equivalent speed and distance
- 5 Built-in programs with variable time and 20 effort levels
- 5 User-defined programs
- 2 Built-in heart-rate monitoring programs
- 2 User-defined heart-rate monitoring programs
- 3 Fitness tests: Balke, Firefighter, Army
- Time, distance, and calorie goal programs
- Numeric keypad for easy data entry
- Displays data in English or metric configurations
- Standard wireless-chest-strap heart-rate monitoring system
- Standard AccuTrack contact heart-rate monitoring system

E9 Pro Trainer

- 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
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