# LIFE FITNESS DISCOVER SE3 HD APP GUIDE.







### FITNESS PROGRAMS.



#### LifeScape

Run in scenic Tuscany or stroll through the rolling hills of Ireland with this interactive course. Compete with friends or meet people half way across the globe. The course view speeds up or slows down with the speed of the treadmill and replicates virtual hills on the course.



#### RunSocial

Even when you are not connected to the internet this app allows users to choose from various famous landscapes at the touch of a button, find a tranquil path to explore and enjoy a connected cardio experience offline.





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# ASK A QUESTION.

Contact one of our gym experts today and we will be happy to offer our assistance.

No question is too big or too small!

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