



95Te



# 90 SERIES

## CARDIO TREADMILLS

### *Life Fitness treadmills are simply flawless*

We thought of everything when we designed this generation of Life Fitness treadmills. With seven models to choose from and the widest range of user features, they were built with comfort and results in mind. Whatever your needs, Life Fitness has the treadmill for you.

### *Performance features*

#### ➤ **DX3™ BELT AND DECK SYSTEM**

This groundbreaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck™ Shock Absorption System for the ultimate in durability and comfort.

#### ➤ **HEART RATE MONITORING**

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar telemetry provides runners with accurate, "hands-free" heart rate monitoring.

(See specifications on page 38 for heart rate monitoring system availability.)

#### ➤ **MOTIVATING WORKOUT VARIETY**

Zone Training+™ workouts automatically adjust the incline level to keep users in their target heart rate zone. Other workouts include 5K and 10K Run, goal-based workouts, and Gerkin, Fit Test and Military PRT/PFT fitness protocols.

#### ➤ **EASY TO USE**

An intuitive console makes startup simple, and integrated cup holders and center CD/MP3 player holder provide comfort and convenience.

#### ➤ **RAPIDWORKS™ SERVICE ENHANCEMENTS**

Maintenance is fast and easy with Auto Alert™ diagnostics that inform you of service needs and permanently record and date-stamp maintenance performed.

#### HIGHLIGHTED FEATURE

#### ➤ **FLEXDECK™ SHOCK ABSORPTION SYSTEM**



Reduces knee and joint stress by up to 30% more than non-cushioned surfaces, decreasing the chance for injury. Eight incredibly durable Lifespring™ shock absorbers, guaranteed for life never to wear out or lose absorption capability, deliver smooth cushioning throughout the deck, regardless of user weight or running stride.



□ **97Te**

- DX3™ Belt and Deck System
- Premium FlexDeck™ Shock Absorption System
- 0.5–15 mph (0.8–25 kph); 3% decline – 15% incline
- 5" (13 cm) precision crowned front and back rollers for added durability
- Powerful 4-HP AC motor
- Ergonomically correct handlebars and non-slip siderails
- E<sup>3</sup> Integrated LCD™ System with Touch Screen Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 28 workouts, including 5 ZoneTraining+™ workouts and Military PRT/PFT training, Gerkin and Fit Test protocols
- E<sup>3</sup> Integrated LCD™ System
  - FM radio-ready
  - Up to 180 available channels



□ **97Ti**

- DX3™ Belt and Deck System
- Premium FlexDeck™ Shock Absorption System
- 0.5–15 mph (0.8–25 kph); 3% decline – 15% incline
- 5" (13 cm) precision crowned front and back rollers for added durability
- Powerful 4-HP AC motor
- Ergonomically correct handlebars and non-slip siderails
- 24-character high-resolution message center, workout profile and two 7-segment display windows
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 28 workouts, including 5 ZoneTraining+™ workouts and Military PRT/PFT training, Gerkin and Fit Test protocols
- Available with Attachable LCD with E-Z TV™ Console (97TEZ) or Attachable LCD Entertainment System



□ **93T**

- DX3™ Belt and Deck System
- FlexDeck™ Shock Absorption System
- 0.5–10 mph (0.8–16 kph)
- 0.5–12 mph (0.8–20 kph) outside North America
- 0–15% incline
- Powerful 4-HP AC motor
- Ergonomically correct handlebars and siderails
- 26-character alphanumeric message center
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 5 workouts
- Available with Attachable LCD Entertainment System



□ **91Ti**

- Everwax™ automatic wax lubrication system
- FlexDeck™ Shock Absorption System
- 0.5–10 mph (0.8–16 kph); 0–15% incline
- 3-HP DC motor
- Ergonomically correct handlebars and siderails
- 18-character alphanumeric message center and workout profile
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 6 workouts, including 2 ZoneTraining+™ workouts and Gerkin protocol
- Available with Attachable LCD Entertainment System

\*Actual product colors may differ from printed images shown. See page 38 for complete specifications.



### □ 95Te

- DX3™ Belt and Deck System
- FlexDeck™ Shock Absorption System
- 0.5–12 mph (0.8–20 kph); 0–15% incline
- Powerful 4-HP AC motor
- Ergonomically correct handlebars and non-slip siderails
- E<sup>3</sup> Integrated LCD™ System with Touch Screen Technology
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 28 workouts, including 5 ZoneTraining+™ workouts and Military PRT/PFT training, Gerkin and Fit Test protocols
- E<sup>3</sup> Integrated LCD™ System
  - FM radio-ready
  - Up to 180 available channels



### □ 95Ti

- DX3™ Belt and Deck System
- FlexDeck™ Shock Absorption System
- 0.5–12 mph (0.8–20 kph); 0–15% incline
- Powerful 4-HP AC motor
- Ergonomically correct handlebars and non-slip siderails
- 26-character alphanumeric message center and workout profile window
- Heart Rate Monitoring: Lifepulse™ hand sensors and Polar® telemetry
- 28 workouts, including 5 ZoneTraining+™ workouts and Military PRT/PFT training, Gerkin and Fit Test protocols
- Available with Attachable LCD with E-Z TV™ Console (95TEZ) or Attachable LCD Entertainment System



### □ 90T

- Pre-lubricated belt and wax-coated deck
- FlexDeck™ Shock Absorption System
- 0.5–10 mph (0.8–16 kph); 0–15% incline
- 3-HP DC motor
- Ergonomically correct handlebars and siderails
- 3 numeric display windows, 10 characters total
- Heart Rate Monitoring: Polar® telemetry
- 2 workouts
- Available with Attachable LCD Entertainment System

# Treadmills

**KEY:**  
 • Standard   ◦ Optional   – Unavailable

	97Te	97Ti	95Te	95Ti	93T	91Ti	90T
<b>HEART RATE MONITORING</b>							
Polar® Telemetry (optional chest strap required)	•	•	•	•	•	•	•
Lifelapse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	•	•	•	•	•	•	–
<b>WORKOUTS</b>							
Manual, Quick Start	•	•	•	•	•	•	•
Zone Training+™ Heart Rate Workouts							
- Cardio, Fat Burn	•	•	•	•	–	•	–
- Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	•	•	•	•	–	–	–
Interval Workouts							
- Random, Hill	•	•	•	•	•	•	–
- 5K, 10K, Speed Interval Training	•	•	•	•	–	–	–
Goal Workouts: Calories, Distance, Time in Zone	•	•	•	•	–	–	–
Personal Trainer Workouts: 6 Customizable Workouts	•	•	•	•	–	–	–
Fitness Test Protocols							
- Gerkin Protocol	•	•	•	•	–	•	–
- Navy PRT, Army PFT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	•	•	•	•	–	–	–
- Fit Test	•	•	•	•	•	–	–
Customized Cool Down	•	•	•	•	•	•	–
<b>DISPLAY READOUT</b>							
Elapsed Time, Speed, Distance, Incline, Calories, Heart Rate, Distance Climbed	•	•	•	•	•	•	•
Watts, METs, Custom Messaging	•	•	•	•	•	–	–
Workout Profile	•	•	•	•	–	•	–
Time in Zone	•	•	–	–	–	–	–
Language Choices*	13	9	13	9	9	7	7
<b>DISPLAY TYPE</b>							
Message Center							
- E <sup>3</sup> Integrated LCD™ System: For more information see LCD Solutions on page 43	•	–	•	–	–	–	–
- 24 character red dot-matrix display with 2 additional 7-segment red LED displays	–	•	–	–	–	–	–
- 26 character, 7-segment red LED alphanumeric message center	–	–	–	•	•	–	–
- 18 character red LED alphanumeric display	–	–	–	–	–	•	–
- 3 numeric 7-segment display windows, 10 characters total	–	–	–	–	–	–	•
Workout Profile Window: 15 x 7 rectangular dot matrix red LED	–	•	–	•	–	•	–
Numeric Keypad	–	•	–	•	–	–	–
Dedicated Displays: Heart Rate and Time in Zone	–	•	–	–	–	–	–
<b>SPECIAL FEATURES</b>							
DX3™ Belt and Deck System	•	•	•	•	•	–	–
Everwax™ automatic wax lubrication system	–	–	–	–	–	•	–
Prelubricated Belt, Wax-coated Deck (Everwax system standard on 90T outside the U.S.)	–	–	–	–	–	–	•
FlexDeck™ Shock Absorption System							
- 4 extra-large and 4 large Lifespring™ shock absorbers	•	•	–	–	–	–	–
- 8 large Lifespring shock absorbers	–	–	•	•	•	•	•
Speed Range							
- 0.5–15 mph (0.8–25 kph)	•	•	–	–	–	–	–
- 0.5–12 mph (0.8–20 kph)	–	–	•	•	–	–	–
- 0.5–10 mph (0.8–16.1 kph); [93T: 0.5–12 mph (0.8–20 kph) outside North America]	–	–	–	–	•	•	•
Rollers							
- 5" (13 cm) precision crowned steel rollers, front & back	•	•	–	–	–	–	–
- 3.5" (9 cm) precision crowned steel rollers, front & back	–	–	•	•	–	–	–
- 2.75" (7 cm) precision crowned steel rollers, front & back	–	–	–	–	–	•	•
Elevation	-3%–15%	-3%–15%	0%–15%	0%–15%	0%–15%	0%–15%	0%–15%
Motor System							
- 4.0 HP AC motor with MagnaDrive™ motor controller	•	•	•	•	•	–	–
- 3.0 HP DC Motor	–	–	–	–	–	•	•
Handlebars & Handrails							
- Overmolded tubular steel ergo bar	•	•	•	•	–	•	–
- Tubular steel ergo bar	–	–	–	–	•	–	•
- Side handrails					26" (66 cm) flared	13" (33 cm)	22" (56 cm) cantilevered
Smart Stop™ System	•	•	•	•	–	–	–
Accessory Tray and Reading Rack, Welded Steel Frame, Roller Lift Wheels & Rear Levelers	•	•	•	•	•	•	•
Personal Stereo Holder	•	•	•	•	•	–	–
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified	•	•	•	•	•	•	–
Attachable LCD Entertainment Solutions: For more information see LCD Solutions on page 43	–	◦	–	◦	◦	◦	◦
<b>SERVICE ENHANCEMENTS</b>							
30-Minute Belt & Deck Change	•	•	•	•	•	•	•
Manager's Menu Options and RapidWorks™ Service Enhancements: Auto Alert™ diagnostic system, Automatic Voltage Measurements, use of Quick Entry Reference Keys	•	•	•	•	•	–	–
Flash Programmable	•	•	•	•	•	•	–
<b>TECHNICAL SPECIFICATIONS</b>							
Maximum User Weight	400 lbs (181 kg)					350 lbs (160 kg)	
Power Requirements: Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)	•	•	•	•	•	•	•
Running Surface: 20" x 60" (51 cm x 152 cm)	•	•	•	•	•	•	•
Length	83" (211 cm)					81" (206 cm)	
Width	37" (94 cm)					32" (81 cm)	
Height (97Te and 95Te height measurements apply to the Integrated LCD Console)	66.45" (169 cm)	65.75" (167 cm)	64.2" (163 cm)	63.5" (161 cm)		58" (147 cm)	
Unit Weight	454 lbs (206 kg)	449 lbs (204 kg)	436 lbs (198 kg)	431 lbs (195 kg)	425 lbs (193 kg)	330 lbs (150 kg)	
Warranty**							
- Lifetime on Lifespring shock absorbers; 2-year on all electrical components; 1-year on mechanical components† and labor	•	•	•	•	•	•	•
- Lifetime on motor and frame	•	•	•	•	•	–	–
- 2-year on motor	–	–	–	–	–	•	•
- Attachable LCD Entertainment Solutions: 2-years electrical and mechanical parts; 90 days labor	–	•	–	•	•	•	•

\*Japanese available with Complex Character Display (CCD) console. \*\*Warranties outside the U.S. may vary. †90T, 1-year or 1,000 hours belt and deck. Specifications subject to change.