

### Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a 3-Series Treadmill made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at [LIFEFITNESS.COM](http://LIFEFITNESS.COM).



Life Fitness offers a full line of premier fitness equipment for the home.

TREADMILLS | LIFECYCLE® EXERCISE BIKES | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | GYM SYSTEMS

Where does your workout take you?





## One step ahead

As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness understands what it takes to build fitness equipment that delivers results. Design. Ergonomics. Research. Testing. For more than 30 years, we have been putting more into our products so you can get more out of yourself.



## Customize your Treadmill

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—the T3 or F3—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.



*Staying fit is a choice I've committed to for life.*

# Create your ultimate fitness machine

**STEP 1**

Choose your Life Fitness Treadmill model.

T3



F3 Foldable



**STEP 2**

Add the console that best suits your personal fitness needs.

## Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout

or

## Advanced Workouts Console



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

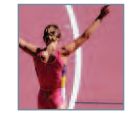
- 10 workout programs
- Polar® wireless chest strap
- HeartSync™ heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



**Polar® Chest Strap**  
Provides accurate, hands-free heart rate monitoring.



**HeartSync Workouts**  
5 workouts that adjust incline to keep you at your target heart rate, ensuring a safe, effective workout.



**Goal Workouts**  
Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



**Two User Profiles**  
Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



**Race Mode**  
Challenge yourself against a computer-simulated pacer.



*The words "quit" and "impossible" are no longer in my vocabulary.*

T3

## The sleekly designed workhorse

The Life Fitness T3 treadmill is designed with form and functionality in mind.

From its sleek aesthetic curves that complement any home environment, to patented features that provide comfort and control, the T3 Treadmill is everything you expect from Life Fitness.

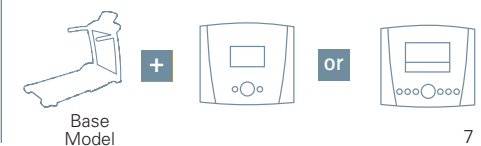


T3

### T3 Special Features

- Customize your T3 by choosing either the Basic or Advanced Workouts Console
- Patented FlexDeck® shock absorption system reduces impact to user's joints by nearly 30% compared to non-cushioned surfaces
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Ergonomically-placed lower control pad puts most-used controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets enable quick, on-the-fly adjustments
- Ultra-quiet, 3.0 HP Magna Drive™ motor system with 10-year warranty
- Oversized, dual accessory trays and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the T3:



F3

## Breakthrough technology

Introducing the F3 Foldable Treadmill from Life Fitness. Finally, a treadmill that combines the quality, performance, and great looks you desire with the flexibility of a machine that can be stored in a heartbeat. Specifically designed for the home environment, the F3 incorporates a number of thoughtful features that were developed with you in mind.

### Child-proof release lever

Strategically located so small children can't unlock the treadmill and lower it into its unfolded position.



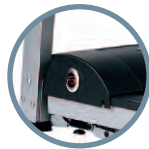
### Contemporary design

Superb styling either folded or unfolded. A handsome bottom cover hides all undercarriage components when folded.



### Quiet motor

Noise from your treadmill won't disturb others in the house or distract you while you watch TV or listen to music during your workout.



### Soft drop

Gas-assisted springs gradually lower the treadmill to the floor.



### Easy to move

Four wheels engage when treadmill is folded, giving it easy roll-away mobility.



F3

## Quality, durability, and convenience

The F3 Treadmill is the first of its kind—a space-efficient treadmill that doesn't sacrifice quality. It's loaded with everything that has made Life Fitness treadmills the top choice among discerning exercisers around the world. Customizable speed and incline presets enable quick, on-the-fly changes to speed and incline, while our signature FlexDeck® shock absorption system greatly reduces impact to your joints.

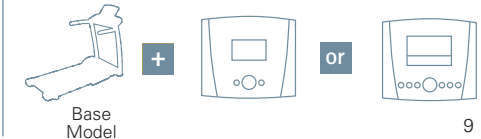
And the highest-quality components ensure years of rugged use. All of this in a treadmill so sturdy and sleek, you'll be amazed that it actually folds.



## F3 Special Features

- Customize your F3 by choosing either the Basic or Advanced Workouts Console
- User can easily fold the treadmill, safely lock it into place, and effortlessly roll it away
- Patented FlexDeck shock absorption system reduces impact to user's joints by nearly 30% compared to non-cushioned surfaces
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Ergonomically-placed lower control pad puts most-used controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets enable quick, on-the-fly adjustments
- Dual gas-assisted springs slowly lower the treadmill to the open position without user guidance
- Ultra-quiet, 3.0 HP Magna Drive™ motor system with 10-year warranty

Choose either the Basic or Advanced Workouts Console with the F3:



## Base specifications

### 3 Series TREADMILLS

#### SPECIAL FEATURES

Heart rate monitoring: Contact heart rate hand sensors	●	●
Folding details:	–	●
- Top mounted release lever	–	●
- 2 gas springs for assisted soft drop and easy raise	–	●
GoSystem™ lower control pad:	●	●
- One-touch quick start	●	●
- Three customizable incline presets keys	●	●
- Three customizable speed presets keys	●	●
- Emergency stop with safety lanyard	●	●
Speed:	–	●
- 0.5–10 mph (0.8–16.1 kph)	●	–
- 0.5–12 mph (0.8–19.3 kph)	–	●
Incline: 0–12%	●	–
Incline: 0–15%	●	–
Motor system: 3.0 HP Continuous Duty DC McMillan motor system	●	●
Deck: 1" medium density fiberboard	●	●
Deck shock absorption: FlexDeck® shock absorption system	●	●
Handrails: Ergonomically positioned front and side handrails	●	●
Belt:	–	●
- 55" length x 20" width, 2-ply prelubricated belt (140 cm x 51 cm)	●	–
- 60" length x 20" width, 2-ply prelubricated belt (152.5 cm x 51 cm)	●	●
Rollers: precision-crowned 2.6" (6.7 cm) front roller and 2" (5.1 cm) rear roller	●	●
Accessory tray and reading rack	●	●
Undercarriage cover	–	●

#### TECHNICAL SPECIFICATIONS

Maximum user weight	350 lbs 158 kg	350 lbs 158 kg
Unit length	79.5" 202 cm	78.5" 198.5 cm
Unit width	34.5" 87 cm	34.5" 87 cm
Unit height	57.5" 146 cm	58.5" 148 cm
Unit length (folded)	–	34" 86 cm
Unit width (folded)	–	34.5" 87 cm
Unit height (folded)	–	76" 192 cm
Unit weight	243 lbs 110 kg	264 lbs 120 kg
Power requirements: plug-in (all major voltage configurations)	●	●
Safety: CE, CSA, TUV, UL certified	●	●
Warranties: Lifetime warranty on frame; 10-year on motor; 5-year on parts; 1-year on labor (warranties outside the U.S. may vary)	●	●

● Standard – Unavailable

T3

F3

## Console specifications

### Advanced AND Basic CONSOLES

#### DISPLAY

Blue and white custom etched LCD	●	●
Instructional message center	●	–
LCD display size	4"x6" 10cm x 15cm	3"x5" 8cm x 13cm

#### WORKOUT PROGRAMS

Number of workouts	10	5
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	●	●
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	●	–
Goal workouts (Calories, Distance, Target Heart Rate)	●	–
Custom workouts	2	–

#### SPECIAL FEATURES

Quick start	●	●
Race mode	●	–
Cool Down mode	●	●
Warm Up mode	●	●
User profiles	2	–

#### HEART RATE MONITORING

Polar® wireless chest strap included	●	–
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#### WORKOUT FEEDBACK

Level	●	●
Time	●	●
Speed (mph / km/h)	●	●
Distance	●	●
Heart rate	●	●
Target heart rate	●	●
Calories	●	●
Watts	●	●
METs	●	–
Pace	●	–
Animated symbols	●	–

#### WARRANTIES

3-years on parts; 1-year on labor (warranties outside the U.S. may vary)	●	●
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For detailed descriptions of all workout programs and complete specifications, go to [lifelitness.com](http://lifelitness.com)