



95T ENGAGE™ TREADMILL

At Life Fitness we stand at the forefront of innovation, constantly elevating the user experience. The 95T Engage will set your facility apart with its sophisticated design and provide users with a full set of features to keep them motivated. Everything about the 95T Engage from the DX3™ Belt and Deck System and Flexdeck™ technology to the open sightlines to the Activity Zone that places the most-used controls at the user's fingertips, is designed to deliver the ultimate cardio experience.

PERFORMANCE FEATURES

ADVANCED CONSOLE TECHNOLOGY

Engage the senses with seamless iPod® integration, USB connectivity, Virtual Trainer, Workout Landscape™ Perspectives, and the ability to watch video content. Sight, sound and performance come together in the Engage™ Console, built on the most advanced technology in the fitness industry.

DX3™ BELT AND DECK SYSTEM

Ground-breaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck™ Shock Absorption System for comfort and durability.

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.

*Requires optional chest strap.

USER-FRIENDLY DESIGN

An intuitive Activity Zone makes startup simple, and two removable cup holders and integrated iPod®/accessory tray provide convenience.

MOTIVATING WORKOUT VARIETY

Heart Rate+™ 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, Gerkin, Fit Test and Military PRT/PFT fitness protocols.

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 deliver smooth



cushioning throughout the deck, regardless of user weight or running stride.



Greener with EVERY STEP

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

TREADMILL DETAILS

- ✔ DX3™ Belt and Deck System
- ✔ Patented FlexDeck™ shock absorption system
- ✔ Activity Zone conveniently places most-often used controls on the Ergo™ bar
- ✔ Powerful 4-HP AC motor
- ✔ Large 22" x 60" running surface
- ✔ Low 10" step-up height
- ✔ Small 37" x 80" footprint
- ✔ Large 26" x 5" handrails with soft grips
- ✔ Patented Lifepulse™ digital heart rate monitoring

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WHAT WE LIVE FOR

THE ENGAGE™ CONSOLE

ARE YOU READY TO ENGAGE YOUR MIND,
BODY AND SENSES?

Elevate exercise beyond excellence to the truly exceptional with the Engage™ Console, an integrated 15" touch-screen console that motivates your users to take their fitness level to new heights. Watch video content, connect an iPod® for touch screen access to music and movies and listen to FM radio. Plus, utilize the USB connectivity to create, customize and track workouts with the Virtual Trainer Web Site, get motivated by the Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Get the new standard in fitness that allows you to attract new exercisers and improve retention. Are you ready to engage your mind, body, and senses?



FEATURES



INTEGRATED 15" LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN VIDEO SCREEN



iPod AND iPhone COMPATIBILITY | Seamless iPod/iPhone integration allows users to view music/video selections and watch videos directly on the LCD screen



USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results at www.VirtualTrainer.LifeFitness.com



VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



WORKOUT LANDSCAPE™ PERSPECTIVES | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track, and 5K Nature Trail



ZOOM FEATURE | Enlarge speed, incline and time displays for larger workout data viewing

CONSOLE DETAILS

- Integrated 15" LCD with Touch Screen Technology
- Watch video content on up to 180 available channels on 15" integrated LCD screen; FM-radio ready
- Integrated connector allows exercisers to view iPod/iPhone music/video lists and make selections directly on the 15" LCD screen
- Watch iPod and iPhone-delivered video content on 15" LCD screen (requires video-capable iPod)
- Charge iPod and iPhone
- Users can create and save workouts and personal settings, and track workout results at www.VirtualTrainer.LifeFitness.com
- Virtual Trainer provides motivating encouragement, tips and feedback on progress
- Workout Landscape™ Perspectives
- Zoom feature enlarges speed, incline and time displays

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KEY

STANDARD

○ OPTIONAL

— UNAVAILABLE

SPECIFICATIONS

95T ENGAGE

| HEART RATE MONITORING | | |
|---|--|--------------------------------|
| Polar® Telemetry (optional chest strap required) | | |
| Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing) | | |
| WORKOUTS | | |
| Quick Start | | |
| Classic Workouts | Manual, Random, Hill | |
| Heart Rate+ Workouts | Cardio , Fat Burn | |
| | Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate | |
| Hill+ Workouts | Around the World, Cascades, Foothills, Kilimanjaro | |
| Advanced Workouts | Fit Tests: Army PFT, Navy PRT, Air Force PRT, Marine PFT | |
| | Fit Test | |
| | Gerkin Protocol | |
| | Physical Efficiency Battery (PEB) | |
| | Create Your Own: 8 Customized Workouts , 2 Create Your Own™ Workouts | |
| Sport Training: 5k, 10k, Speed Training, Speed Interval Training | | |
| Goal Workouts | Time, Calories, Distance, Distance Climbed, Time in Zone, Pace | |
| Customized Cool Down | | |
| PRODUCT FEATURES | | |
| DX3™ Belt and Deck System | | |
| FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers | | |
| Speed Range: 0.5–14 mph (0.8–23 kph) | | |
| Rollers: 3.5" (9 cm) precision crowned steel rollers, front and back | | |
| Elevation | | 0%–15% |
| Motor System: 4.0 HP AC motor with MagnaDrive™ motor controller | | |
| Ergo™ Bar | | |
| Ergo™ Side Handrails | | 26"x 5" (66 cm x 13 cm) flared |
| Activity Zone: Most often used buttons located on Ergo bar | | |
| Walk, Jog, Run | | |
| Stride Sensor | | |
| Integrated Reading Rack | | |
| Integrated iPod® /Accessory Tray | | |
| 2 Removable Cup Holders | | |
| Welded Steel Frame, Front Roller Lift Wheels and Rear Levelers | | |
| Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified | | |
| SERVICE ENHANCEMENTS | | |
| Manager's Menu Options | | |
| Flash Programmable via USB Stick | | |
| Proactive Belt Wear Notification | | |
| TECHNICAL SPECIFICATIONS | | |
| Maximum User Weight | | 400 lbs (181 kg) |
| Power Requirements: Dedicated 10 amp circuit | | |
| Running Surface: 22" x 60" (55 cm x 152 cm) | | |
| Length | | 80" (203 cm) |
| Width | | 37" (94 cm) |
| Height | | 62.25" (158 cm) |
| Unit Weight | | 444 lbs (201 kg) |
| Step-up Height | | 10" (25 cm) |
| Warranty† | 7-year on Lifespring shock absorbers; 2-year on all electrical components; 1-year on all mechanical components and labor | |
| | 7-year on motor and frame | |

†Warranties outside the U.S. may vary.

Specifications subject to change.

KEY

● STANDARD

○ OPTIONAL

— UNAVAILABLE

DISPLAY TECHNOLOGY

95T ENGAGE

| CONSOLE OPTIONS | | |
|---|--|--------------|
| 15" Integrated LCD Screen with Touch Screen Technology | | ● |
| VIDEO VIEWING OPTIONS | | |
| Integrated 15" Diagonal Video Screen | Video content and workout data display | ● |
| | Three different TV viewing sizes | ● |
| DISPLAY READOUT | | |
| Workout Feedback | Speed, Incline, Heart Rate, Pace | ● |
| | Elapsed Time, Time Remaining, Time in Zone, Time of Day | ● |
| | Distance, Distance Climbed, Distance Remaining | ● |
| | Calories, Calories per Hour, Watts, METs | ● |
| Custom Messaging | | ● |
| Profile Display | | ● |
| Language Choices: | | 13 languages |
| -English, Spanish, Portuguese, Italian, French, German, Dutch and Turkish | | ● |
| -Chinese (traditional and simplified), Japanese, Korean and Russian | | ● |
| SPECIAL FEATURES | | |
| Intel® Microprocessor | | ● |
| FM Radio-ready | | ● |
| iPod and iPhone Compatibility | Video capability on LCD screen | ● |
| | Playlist management on LCD screen | ● |
| | Charging | ● |
| Virtual Trainer | | ● |
| Workout Tracking: UBS connectivity and Virtual Trainer Web Site | | ● |
| Workout Landscape™ Perspectives | | ● |
| Programmable Go System™ (Walk-Jog-Run) | | ● |
| Manager-Defined Marathon Mode (unlimited workout time) | | ● |
| Manager-Defined/ User-Selected Languages | English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish and Korean | ● |
| User Units Selection (mph/kph and lbs/kg) | | ● |
| Zoom Feature | | ● |
| TV Controls: Touch Screen | | ● |
| Channel Memory | 180 available channels | ● |
| Favorite Channels | | ● |
| Previous Channel Viewed | | ● |
| Channel Renumbering | | ● |
| Secondary Audio Programs (SAP) - SAP TV broadcast required | | ● |
| Closed Captioning | | ● |
| Promo Channel | | ● |
| Secure Channel | | ● |
| Mute Feature | | ● |
| Asset Management and Advanced Diagnostics | | ● |
| Screen Protection: Protective top layer, internal shock mounts, gasket | | ● |
| TECHNICAL SPECIFICATIONS | | |
| Available Tuner Systems: NTSC/ATSC/QAM, NTSC, PAL/SECAM | | ● |
| Channel Coverage: VHF 2-13, UHF 14-69, CATV I-125 | | ● |
| Manual Fine Tuning | | ● |
| Headphone Jack: 3.5 mm Stereo | | ● |
| Easy-to-Remove Headphone Jack | | ● |

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