



F3

FOLDING TREADMILL

This space-efficient treadmill offers the quality, performance and great looks expected from Life Fitness in a machine that can be stored quickly and easily. With its combination of features and flexibility, it brings an amazing cardio experience to any home.

Shown with Track+ Console

PERFORMANCE FEATURES

GET ON AND GO

GoSystem™ Quick Start with 3 speed and incline presets enables quick, on-the-fly adjustments

HEART RATE CHECK

Contact heart rate hand sensors

SOFT DROP

Gas-assisted springs gradually lower the treadmill to the floor

ROLL AWAY

Four wheels engage when the treadmill is folded, for easy mobility

HIGHLIGHTED FEATURE

**FLEXDECK
SHOCK
ABSORPTION
SYSTEM**



Our patented FlexDeck® Shock Absorption System reduces knee and joint stress by up to 30% when compared to running outside, decreasing the chance for injury. Plus, our incredibly durable Lifespring™ shock absorbers deliver consistent support.

TREADMILL DETAILS

- > 3.0 Horsepower Continuous Duty (DC) Motor MagnaDrive™ Motor System
- > Speed: 0.5 - 10.0 MPH (0.8 - 16 KPH)
- > Incline: 0-12% in 0.5% increments
- > Belt: 55" L x 20" W multi-ply pre-lubricated (140 cm x 51 cm)
- > Max User Weight: 350 lbs. (159 kg)
- > Warranty: Lifetime on frame, and LifeSpring shock absorbers, 10-year on MagnaDrive motor system, 5-year on electrical and mechanical parts, 1-year on labor



Track+ Console



Go Console

Details on back.

LifeFitness.com/home



Compatible with a variety of fitness apps

LifeFitness
WHAT WE LIVE FOR

BASE SPECIFICATIONS

SPECIAL FEATURES	F3
Contact heart rate hand sensors on ErgoGrip™ stationary front handlebars	●
Telemetry heart rate monitoring (Wireless chest strap included with console)	●
Frame: 1" x 3.5" (3 cm x 9 cm) steel frame	●
Speed: 0.5 - 10 mph (0.8 - 16 kph)	●
Incline: 0 - 12%	●
Motor System: 3.0 HP Continuous Duty MagnaDrive™ motor system	●
Motor Controller: Microprocessor-based PWM controller	●
Deck: 1" medium density fiberboard	●
Deck Shock Absorption: FlexDeck® shock absorption system	●
Handrails: Side handrails and front Ergo™ bar	●
Belt: 55" L x 20" W multi-ply, pre-lubricated (140 cm x 51 cm)	●
Rollers: 2.6" (7 cm) front and 2.0" (5 cm) precision crowned	●
GoSystem™ Lower Control Pad: One-touch Quick Start; Three customizable speed presets; Three customizable incline presets	●
Accessories: Dual cupholders, accessory tray and reading rack	●
TECHNICAL SPECIFICATIONS	
Maximum user weight	350 lbs 159 kg
Unit length	78" 198 cm
Unit width	35" 88 cm
Unit height	59" 149 cm
Unit weight	264 lbs 120 kg
Power Requirements: Plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, TUV, UL	●
Warranty: Limited lifetime warranty on frame and LifeSpring™ shock absorbers; 10-year on MagnaDrive™ motor system; 5-year on electrical and mechanical parts; 1-year on labor (warranties outside the U.S. may vary)	●

CONSOLE SPECIFICATIONS

DISPLAY	TRACK+	GO
Blue and white custom etched LCD: 4 x 6" (10cm x 15cm)	●	●
Instructional message center	●	●
WORKOUT PROGRAMS		
Number of workouts	14	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts EZ Incline, Sport Training	●	●
Fit Test	●	—
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 per user Profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Entertainment Rack	●	—
LFconnect accessibility: at lfconnect.com		
Unlimited customization	●	—
Workout tracking	●	—
USB Port (software updates, saving workout programs)	●	—
LFconnect (download from the iTunes® App Store or Google Play™)	●	—
LFopen™ compatibility with 3rd party apps (for a list of compatible apps visit lifefitness.com/moreapps)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod® with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated controls (play/pause/track changes/volume)	●	—
Android™ compatibility:		
Devices with Android software version 4 and up	●	—
Charging through USB port	●	—
Energy Saver	●	●
WORKOUT FEEDBACK		
Incline, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, METS, Animated symbols	●	●
WARRANTIES		
3-year on electrical and mechanical parts;* 1-year on labor (warranties outside the U.S. may vary.) *3V Batteries excluded	●	●