

A **NEW** FITNESS EXPERIENCE



THE **F1** SMART TREADMILL

Life Fitness
WHAT WE LIVE FOR

THE BOLD, FRESH HOME TREADMILL

FROM THE GLOBAL LEADER IN FITNESS EQUIPMENT

Life Fitness is the most recognized name in health clubs and trusted at home by knowledgeable exercisers who want the best.

The F1 SMART Treadmill is refined in the same biomechanics lab used for our health club equipment. Our reliability experts test Life Fitness treadmills for hundreds of hours.

For the F1 SMART, these durability dynamos simulate over five million footfalls and test to 17.6 years of average use, which is almost twice the warranty life.

CLEAR. INTUITIVE. THE F1 SMART



FLEXDECK® SHOCK ABSORPTION SYSTEM



Our patented system uses virtually indestructible LifeSpring™ shock absorbers to reduce joint stress by up to 30% more than running outside,

decreasing the chance of injury for many years to come

ENERGY SAVER

Lowers energy use by 90% when the unit is turned on but not in use and wakes up quickly so workouts never wait

VIRTUAL TRAINER WEBSITE

This online tool provides a fun and easy way to get recommended programs, create and share workouts, plus track progress



www.VirtualTrainer.LifeFitness.com

iPod® CONTROL AND CHARGING

Enjoy exercising with your favorite music, plus, as an added bonus, the F1 SMART charges, so you and your device both finish workouts energized

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SPECIFICATIONS



UNFOLD AND GO

Our soft drop system gently lowers the deck to the floor when the child safety latch is released



iPod classic



iPod nano



iPod touch

F1 SMART TREADMILL

Unfolded Dimensions	77" L x 34" W x 59" H (196 cm L x 86 cm W x 150 cm H)			
Folded Dimensions	35" L x 34" W x 75" H (89 cm L x 86 cm W x 190.5 cm H)			
Unit Weight	259 lbs (117 kg)			
Max User Weight	300 lbs (136 kg)			
Speed	0.5-10 MPH (0.8-16 km/h)			
Incline	0-12%			
Running Area	55" x 20" (140 cm x 51 cm)			
Heart Rate Monitoring	Wireless Heart Rate Telemetry and Contact Heart Rate, Wireless Chest Strap included			
Number of Workouts	7 pre-programmed workouts on console, plus unlimited workouts through the Life Fitness Virtual Trainer Website and USB port			
Custom Programs	Unlimited through the Life Fitness Virtual Trainer Website and USB port			
iPod Compatibility	iPod touch® (3rd, 2nd, 1st generations), iPod classic®, iPod nano® (5th, 4th, 3rd generations)			
Additional Features	iPod Compatibility, Energy Saver, Accessory Tray, Activity Zone, Soft Drop, Child Safety Lock (when folded), Integrated Reading Rack to place iPad®, Kindle™ or other accessory			
Warranty	Lifetime	10 years	5 Years	1 Year
	Frame & LifeSprings	Motor	Electrical Parts, Mechanical Parts, & Console Parts	Labor

Warranties outside the US may vary.

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