



# T5-5 TREADMILL

With its clean lines and a quiet, smooth ride, the T5-5 combines the best of form and function. The intuitive controls and expanded suite of training programs and convenience features make this treadmill impressive on many levels. Our reliability experts test Life Fitness treadmills for hundreds of hours and simulate over five million footfalls. The motor is tested to 17.6 years, which is almost twice warranty life.

## PERFORMANCE FEATURES

### EYE FOR STYLE

Sleek, contemporary design makes this treadmill a welcome addition to a home.

### ROOM TO RUN

Spacious 60" x 22" running surface accommodates long strides with ease.

### AT YOUR FINGERTIPS

Deluxe console with touch-sensitive AOS activity zone controls and interactive lighting is easy and enjoyable to use.

### IN THE ZONE

Wireless heart rate monitoring keeps the exerciser aware of their actual heart rate so they can stay in their target zone.

### GET GOING

Quick Start with 3 speed and incline presets enables get-on-and-go workouts.

## HIGHLIGHTED FEATURE

### FLEXDECK® SHOCK ABSORPTION SYSTEM



Our patented system reduces knee and joint stress by up to 30% when compared to running outside, decreasing the chance for injury.

## TREADMILL DETAILS

- > 3.0 Horsepower Continuous Duty (DC) Motor MagnaDrive™ Motor System
- > Speed: 0.5 - 12.0 MPH
- > Incline: 0-15% in 0.5% increments
- > Belt: 60" L x 22" W multi-ply pre-lubricated (153 cm x 56 cm)
- > Max User Weight: 400 lbs. (180 kg)
- > Warranty: Lifetime on frame and LifeSpring™ shock absorbers, 10-year on motor, 7-year on electrical and mechanical parts, 1-year on labor

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## BASE SPECIFICATIONS

SPECIAL FEATURES	T5-5
<b>Heart Rate Monitoring:</b> Polar® telemetry heart rate monitoring (wireless chest strap included)	●
<b>Frame:</b> 2" x 5" (5.08 cm x 12.7 cm) robotically welded steel frame	●
<b>Speed:</b> 0.5 - 12 mph (0.8 - 19.3 km/h)	●
<b>Incline:</b> 0 - 15%	●
<b>Motor System:</b> 3.0 HP Continuous Duty MagnaDrive™ motor system	●
<b>Motor Controller:</b> Life Fitness designed microprocessor-based PWM controller	●
<b>Deck:</b> 3/4" commercial grade isocyanide	●
<b>Deck Shock Absorption:</b> FlexDeck® shock absorption system	●
<b>Handrails:</b> Side handrails and front Ergo™ bar	●
<b>Belt:</b> 60" L x 22" W multi-ply, pre-lubricated (153 cm x 56 cm)	●
<b>Rollers:</b> 2.0" (5 cm) precision crowned	●
<b>GoSystem™ Lower Control Pad:</b> One-touch Quick Start; Three customizable speed presets; Three customizable incline presets	●
<b>Accessories:</b> Removable dishwasher-safe water bottle holders and accessory tray	●
TECHNICAL SPECIFICATIONS	
<b>Maximum user weight</b>	<b>400 lbs</b> 180 kg
<b>Unit length</b>	<b>80.25"</b> 204 cm
<b>Unit width</b>	<b>32"</b> 81 cm
<b>Unit height</b>	<b>59"</b> 150 cm
<b>Unit weight</b>	<b>320 lbs</b> 145 kg
<b>Power Requirements:</b> plug-in (all major voltage configurations)	●
<b>Safety:</b> CE, CSA, FCC, GS/TUV, UL	●
<b>Warranties:</b> Lifetime warranty on frame and LifeSpring™ shock absorbers; 10-year on motor; 7-year on parts; 1-year on labor (warranties outside the U.S. may vary)	●

## CONSOLE SPECIFICATIONS

DISPLAY READOUTS	
<b>Deluxe 16-character LED message center</b>	●
<b>Workout Profile™ display:</b> 7" x 15" LED display showing workout progress	●
WORKOUT PROGRAMS	
<b>Number of workouts</b>	<b>15</b>
<b>Classic workouts</b> (Manual, Hill, Random)	●
<b>Daily Training™ workouts</b> (30 minute walk, 45 minute cross-train)	●
<b>10,000 steps</b>	●
<b>HeartSync™ heart rate controlled workouts</b> (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●
<b>Sport Training™ workouts</b> (Time-based, 5K Sport Training, 10K Sport Training)	●
<b>EZ Incline™ workouts</b>	●
<b>My Workouts™ programs:</b> Save start-up information and favorite programs	<b>7</b>
<b>My Treadmill user profiles</b>	<b>2</b>
<b>My Own Custom Workout:</b> Create workout	<b>4</b>
SPECIAL FEATURES	
<b>Quick start</b>	●
<b>Cool Down mode</b>	●
<b>On-the Fly Programming</b>	●
WORKOUT FEEDBACK	
<b>Level / Incline</b>	●
<b>Time</b>	●
<b>Speed</b> mph, km/h	●
<b>Distance</b>	●
<b>Heart rate</b>	●
<b>Target heart rate</b>	●
<b>Calories</b>	●
<b>Calories per hour</b>	●
<b>Time in heart rate zone</b>	●