



Keeping South Florida Healthy
& Fit for over 25 Years!

Life Fitness

F3 FOLDING TREADMILL

1



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.

6



Track Connect



Go

CHOOSE YOUR CONSOLE

Track Connect: Engaging interaction with a dual-zone design that separates entertainment and workout specific areas of the console.

Go: Combines ease of use with 13 engaging and motivating workouts.

7



ENGAGE WITH TRACK CONNECT

iPhone® and Android™ proximity login via Bluetooth® allows workouts to sync with popular fitness apps and wearables via the LFconnect™ and Wahoo RunFit® apps.

2

GET ON AND GO

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

3

HEART RATE CHECK

Contact heart rate hand sensors.

4

SOFT DROP

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

5

ROLL AWAY

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

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 Connect
Console



561-712-0381



COASTALFITNESS@AOL.COM



COASTALFITNESS.COM

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	●
Warranties: 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 OPTIONS



Track Connect



Go

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT	GO
7" (18 cm) white LCD	●	●
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, 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)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
LFconnect accessibility at LFconnect.com:		
Unlimited customization	●	—
Workout tracking	●	—
USB port (software updates, saving workout programs)	●	—
LFconnect app (download from the iTunes® App Store or Google Play™)	●	—
Compatibility with 3rd party apps (for a list of compatible apps visit LifeFitness.com/MoreApps)	●	—
Bluetooth®	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German	●	—
WORKOUT FEEDBACK		
Level, Time, Speed (mph, km/h, rpm), Pace, Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●

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