

# T5 TREADMILL

Built for unmatched customization, the T5 allows exercisers to train their way through adjustable running terrains and personalized workout programs. Let the T5 recall preferred walk, jog and run speeds, or choose from dozens of other programs, all at the touch of a button.

With iOS/Android™ compatibility to access individually-crafted workouts through T5's Track console, the aesthetically-pleasing treadmill stands alone as the premium provider of the personalized training experience.



## ENERGY CONSCIOUS

Efficient Energy Saver technology reduces energy use up to 90% so your T5 is only running when you are



## CUSTOMIZE YOUR WORKOUT

Choose Go or Track consoles, each providing classic, advanced and personalized workouts, with the premium Track Console offering Android™/iOS app compatibility, iPhone/iPod connectivity and marathon mode



## ROOM TO RUN

Spacious 60" x 22" running surface accommodates long strides and gives you ultimate freedom of movement



## UNLIMITED CUSTOM WORKOUTS

LFconnect website ([LFconnect.com](http://LFconnect.com)) offers unlimited custom workouts, progress tracking on mobile app with the T5 Track Console



## FlexDeck® Select Shock Absorption System



## CHOOSE YOUR TERRAIN

Adjust deck firmness settings to mimic running on grass, track or pavement



# T5 TREADMILL

KEY ● STANDARD — UNAVAILABLE

## BASE SPECIFICATIONS

SPECIAL FEATURES	T5
<b>Heart Rate Monitoring:</b> Contact and telemetry heart rate monitoring (wireless chest strap included)	●
<b>Frame:</b> Robotically welded steel frame and contact heart rate hand sensors	●
<b>Speed:</b> 0.5 - 12 mph (0.8 - 19.3 kph)	●
<b>Incline:</b> 0 - 15%	●
<b>Motor System:</b> 3.0 HP Continuous Duty motor system	●
<b>Motor Controller:</b> Life Fitness designed microprocessor-based PWM controller	●
<b>Deck:</b> 3/4" commercial grade isocyanide deck	●
<b>Deck Shock Absorption:</b> FlexDeck® Select Shock Absorption System with 3 firmness settings	●
<b>Handrails:</b> Side handrails and front Ergo™ bar	●
<b>Belt:</b> 60" L x 22" W multi-ply, pre-lubricated (152 cm x 56 cm)	●
<b>Rollers:</b> 2.5" (6 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> 181 kg
<b>Unit length</b>	<b>80"</b> 203 cm
<b>Unit width</b>	<b>32"</b> 81 cm
<b>Unit height</b>	<b>60"</b> 152 cm
<b>Unit weight</b>	<b>339 lbs</b> 154 kg
<b>Power Requirements:</b> plug-in (all major voltage configurations)	●
<b>Safety:</b> CE, CSA, TUV, UL Certified	●
<b>Warranties (Base):</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)	●
<b>Warranties (Consoles):</b> 3-year on electrical and mechanical parts;* 1-year on labor (warranties outside the U.S. may vary.) *3V Batteries excluded	●

## CONSOLE SPECIFICATIONS

DISPLAY	TRACK	GO
<b>Blue and white custom etched LCD:</b> 4 x 6" (10cm x 15cm)	●	●
<b>Instructional message center</b>	●	●
WORKOUT PROGRAMS		
<b>Number of workouts</b>	<b>16</b>	<b>13</b>
<b>Classic workouts</b> (Manual, Random, Hill)	●	●
<b>Advanced workouts</b> (EZ Incline, Sport Training)	●	●
Fit Test	●	—
<b>HeartSync™ heart rate controlled workouts</b> (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)	●	●
<b>Goal workouts</b> (Calories, Distance, Target Heart Rate)	●	●
<b>Marathon Mode</b> (Manual, Heart Rate)	●	—
<b>Custom workouts per user profile</b>	<b>3</b>	<b>1</b>
SPECIAL FEATURES		
<b>Quick Start</b>	●	●
<b>Race mode</b>	—	●
<b>Marathon mode</b>	●	—
<b>Warm Up and Cool Down mode</b>	●	●
<b>User profiles</b>	<b>4</b>	<b>2</b>
<b>LFconnect™</b> (www.lfconnect.com)		
Unlimited Custom Workouts	●	—
Results Tracking	●	—
USB Connectivity	●	—
iPod® / iPhone® compatibility		
Charging through 30-pin connector	●	—
Integrated Music Controls (play/pause/track changes/volume)	●	—
iPhone 4, iPhone 3GS, iPhone 3G, iPhone; iPod Touch 4th, 3rd, 2nd, 1st generation; iPod Classic, iPod with video; iPod Nano 6th, 5th, 4th, 3rd generation	●	—
LFconnect App (Download from iTunes App Store)	●	—
Android® compatibility		
Charging through USB port	●	—
Integrated Music Controls (play/pause/track changes/volume)	—	—
Devices with Android Software 4 and up	●	—
LFconnect App (Download from Google Play Store)	●	—
<b>Energy Saver</b>	●	●
WORKOUT FEEDBACK		
<b>Incline</b>	●	●
<b>Time</b>	●	●
<b>Speed</b>	<b>mph, km/h</b>	●
<b>Pace</b>		●
<b>Distance</b>		●
<b>Heart rate &amp; Target heart rate</b>	●	●
<b>Calories</b>	●	●
<b>METs</b>	●	●



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