



Keeping South Florida Healthy
& Fit for over 20 Years!

LifeFitness

RUN CX TREADMILL

Bring gym workouts home with the Run CX. This premium treadmill provides a superior experience due to precision engineering combined with decades of biomechanics research, feedback from health clubs and extensive testing.

Flex Deck Shock Absorption System reduces knee and joint stress, and the dual-zone console's built-in device holder lets you create your own workout experience.

1



Track Connect 1.0

CREATE YOUR OWN WORKOUT EXPERIENCE

Dual-zone design separates entertainment and workout areas. The built-in device holder makes it easy to access on-demand workouts, track workouts or use any other fitness apps that you're used to.

2



COMFORTABLE RUNNING, MILE AFTER MILE

The Flex Deck® Shock Absorption System reduces knee and joint stress by 30% compared to non-treadmill running, and provides an inviting experience for both running veterans and casual walkers.

3



CLUB-SIZED RUNNING SURFACE

With an 11% larger running surface than similar treadmills, you'll feel like you're running on a treadmill in a club.



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RUN CX TREADMILL



SPECIFICATIONS

SPECIAL FEATURES	RUN CX
Heart Rate Monitoring: Contact and telemetry heart rate monitoring (wireless chest strap included)	•
Frame: Robotically welded steel frame and contact heart rate hand sensors	•
Speed: 0.5 - 12 mph (0.8 - 19.3 kph)	•
Incline: 0 - 15%	•
Motor System: 3.0 HP Continuous Duty motor system	•
Motor Controller: Life Fitness designed microprocessor-based PWM controller	•
Deck: 3/4" commercial grade isocyanide deck	•
Deck Shock Absorption: Flex Deck Absorption	•
Handrails: Side handrails and front Ergo™ bar	•
Belt: 60"L x 22"W (152 cm x 56 cm) multi-ply, pre-lubricated	•
Rollers: 2.5" (6 cm) precision crowned	•
GoSystem™ Lower Control Pad: One-touch Quick Start; Three customizable speed presets; Three customizable incline presets	•
Accessories: Removable dishwasher-safe water bottle holders and accessory tray	•
TECHNICAL SPECIFICATIONS	
Maximum user weight	400 lbs 181 kg
Unit length	80" 203 cm
Unit width	32" 81 cm
Unit height	60" 152 cm
Unit weight	339 lbs 154 kg
Power Requirements: plug-in (all major voltage configurations)	•
Safety: CE, CSA, TUV, UL Certified	•
Warranty (Base): 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)	•

KEY • STANDARD – UNAVAILABLE

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT 2.0
7" (18 cm) white LCD	•
Instructional message center	•
WORKOUTS	
Number of workouts	14
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)	•
Custom workouts per user profile	3
SPECIAL FEATURES	
Quick Start	•
Warm Up and Cool Down mode	•
User profiles	4
Compression entertainment rack	•
Marathon Mode	•
Compatibility with 3rd party apps	•
Energy Saver	•
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)	•

CONSOLE



Track Connect 1.0

THE CONSOLE HAS TWO ZONES.

Entertainment Zone: Eye-level placement of tablets and smartphones for easy viewing. The compression rack holds any device securely in place.

Workout Zone: The lower half of the console allows for convenient set up and in-workout control. Capacitive touch keys illuminate to reveal the chosen workout.



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