

F1 SMART TREADMILL

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 for hundreds of hours and simulate over five million footfalls to ensure the treadmill investment pays off over many years of workout success.



PERFORMANCE FEATURES



FLEXDECK™ SHOCK ABSORPTION SYSTEM

Our patented system reduces knee and joint stress by up to 30% more than when running outside, decreasing the chance for injury. Plus, our virtually indestructible LifeSpring™ shock absorbers ensure comfortable workouts for years to come.



iPod® CONTROL AND CHARGING

People enjoy exercising more with their favorite music enabled by seamless controls for iPod. Plus, connect an iPod to charge it while working out—both the exerciser and device finish the workout energized.



ENERGY SAVER

Conveniently located button lowers energy usage by 90% when the unit is turned on but not in use and wakes up quickly so workouts never wait.



ACTIVITY ZONE

With Quick Start walk, jog, run preset buttons and speed, incline, pause/resume, stop and iPod controls conveniently located at their fingertips, exercisers can make the most of every workout.

HIGHLIGHTED FEATURE



Create custom workouts on the Virtual Trainer Website and transfer them via USB to the treadmill; the website offers additional workout programs, plus tracking to increase the odds of success.

virtualtrainer.lifefitness.com

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SPECIAL FEATURES	F1 SMART
Speed: 0.5 - 10 mph (0.8 - 16.1 kph) on 0.1 increments	●
Incline: 0 - 12%	●
Motor System: 2.5 HP Continuous Duty motor system	●
Deck: 1" medium density fiberboard, Folding deck with gas assisted soft drop	●
Deck Shock Absorption: FlexDeck® shock absorption system	●
Handrails: Side handrails and front Ergo™ bar with heart rate hand sensors	●
Belt: 55" L x 20" W (140 cm x 51 cm) multi-ply, pre-lubricated	●
Rollers: 2.6" (6.6 cm) front and 2.0" (5 cm) precision crowned	●
GoSystem™ Lower Control Pad: One-touch Quick Start; Three customizable speed presets	●
ADDITIONAL FEATURES	
Energy Saver	●
Accessory Tray	●
Activity Zone	●
Soft Drop	●
Child Safety Lock (when folded)	●
Integrated Reading Rack to place iPad®, Kindle™ or other accessory	●
iPod Compatibility iPod touch® (3rd, 2nd, 1st generations), iPod classic®, iPod nano® (5th, 4th, 3rd generations)	●
iPod Charging: via 30-pin connector	●
Virtual Trainer: accessible through USB port	●
TECHNICAL SPECIFICATIONS	
Maximum user weight	300 lbs 136 kg
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)	
Shipping Dimensions: 86.25"L x 33"W x 14"H (219 cm L x 84 cm W x 35.5 cm H)	

TECHNICAL SPECIFICATIONS (CONTINUED)	F1 SMART
Unit weight	259 lbs 117 kg
Power Requirements: plug-in (all major voltage configurations)	●
Safety: CE, CSA, FCC, GS/TUV, UL	●
Warranties: 10-year on motor; 5-year on parts; 1-year on labor (warranties outside the U.S. may vary)	●
DISPLAY	
Blue and white custom etched LCD	●
Instructional message center	●
WORKOUT PROGRAMS	
Number of preprogramed workouts	7
Virtual Trainer Website (unlimited workouts)	●
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	●
HeartSync™ heart rate controlled workouts (Fat Burn and Cardio)	●
Fit Test	●
SPECIAL FEATURES	
Quick Start: Walk, Jog, Run	●
HEART RATE MONITORING	
Contact Heart Rate hand sensors and telemetry heart rate monitoring (wireless chest strap included)	●
WORKOUT FEEDBACK	
Incline	●
Time	●
Speed mph, km/h	●
Distance	●
Heart rate	●
Target Heart rate	●
Pace	●
Level	●
Calories	●
Watts	●
Animated symbols	●