

T Series



Life Fitness

TREADMILLS



Life Fitness

*Obstacles are put in my way not to stop me,
but to prove my dedication.*

A Life Fitness T-Series Treadmill is everything you would imagine it to be—easy on your joints, encouraging on your willpower, and one step ahead of everything else out there. Descended from a long line of the world’s best-selling health club treadmills, the T-Series line of home treadmills reminds people just how liberating running, jogging, and walking workouts can be. Each treadmill delivers exceptional performance and durability to give you the confidence to approach your next fitness challenge with unwavering determination. Best of all, you don’t need to be a serious exerciser to enjoy the serious advantages of owning a T-Series Treadmill. You just need a goal.

Where does your workout take you?



ESD

Environment Specific Design

Designed with your home in mind.

The Life Fitness T5-0, T5-5 and T7-0 treadmills complement your life as much as they do your fitness goals.

That's the guiding principle behind Environment Specific Design (ESD), a new approach to developing Life Fitness products. These machines build on the exceptional performance and durability of our best-selling health club equipment, but are uniquely designed for the home environment. Each incorporates a number of design and mechanical features that make it easier to establish and maintain a personal fitness program.



Engineered for your performance.

There is a reason why Life Fitness is the number one brand of fitness equipment used by health clubs worldwide – unparalleled quality and performance. That same thinking goes into every Life Fitness home treadmill. Optimized with advanced biomechanical engineering, the T5-0, T5-5 and T7-0 treadmills include features that will help you get the most out of each workout.

FlexDeck® shock absorption system for cushioning and support

Heart rate monitoring for safe, effective training

10,000 Steps* and other pre-programmed and customizable workouts

My Treadmill feature stores personal settings and custom workouts

Ergonomically placed controls that are easy to use

GoSystem™ Quick Start with 3 personalized speed and incline presets

Spacious 22" x 60" running surface

*T5-5 and T7-0 only



*I used to make excuses.
Now, I make sacrifices.*

T5₀

Sound design.

Designed specifically for the home, the T5-0 fits perfectly into your active lifestyle.

Easy, uncomplicated controls make everything so simple. Push a button and you're off on one of a dozen pre-programmed workouts, or your very own custom fitness routine. What's more, the T5-0 is so quiet others in your household won't notice a thing. Except your improving physique.



T5-0

Highlighted Features

The T5-0 provides a streamlined set of features to accelerate your fitness program. GoSystem™ Quick Start remembers your preferred walk, jog and run speeds, as well as three different incline positions. A control pad brings the buttons you use most often closer to you, and features oversized incline and speed buttons for easy adjustment while exercising. Underfoot, the quiet MagnaDrive™ motor system and patented FlexDeck® system with Lifespring™ shock absorbers provide consistent motion, and the proper support and flexibility to ensure each step is comfortable and well-cushioned.

T5-0

FlexDeck® shock absorption system

Wireless heart rate monitoring

12 workouts; plus 4 personalized and 1 custom workout per user

My Treadmill stores personal settings and custom workouts for 2 users

Ergonomically placed control pad puts key controls easily within reach

GoSystem™ Quick Start with 3 speed and incline presets

3.0 HP MagnaDrive™ motor system with 10-year warranty

5 HeartSync™ heart rate-controlled workouts



*Sometimes the more
difficult the challenge,
the greater the reward.*

T5₅

Form, meet function.

Admire it, or work out on it? With the T5-5, one has trouble deciding. Certainly it's built for both. The clean lines. The quiet, smooth ride. The console's amber glow and intuitive controls. And an impressive suite of training programs and convenience features. All in all, a treadmill that combines the best of form and function.



T5-5

Highlighted Features

The T5-5 introduces advanced design enhancements that will change your workout experience. Right away, you'll notice the back-lit TouchSensor™ buttons, which are shaped, lit and programmed for easy, intuitive access during workouts. The control pad features digital readouts and speed and incline buttons for easy adjustment and monitoring. A workout profile window and six message areas provide feedback as you work through one of 15 pre-programmed workouts – or a personalized program you create yourself. ESD features like a child-safety lockout, oversized dishwasher-safe cup holders, and sleek contemporary design make the T5-5 a welcome addition to your home.

T5-5

FlexDeck® shock absorption system

Wireless heart rate monitoring

Deluxe console with touch-sensitive controls and interactive lighting

15 workouts; plus 7 personalized and 4 custom workouts per user

My Treadmill stores personal settings and custom workouts for 2 users

Ergonomically placed control pad puts key controls easily within reach

GoSystem™ Quick Start with 3 speed and incline presets

3.0 HP MagnaDrive™ motor system with 10-year warranty

5 HeartSync™ heart rate-controlled workouts

T7₀

It's all about you.

Striking design aesthetics combined with unmatched customization and personalization options. The T7-0 is as unique as you are. From the adjustable FlexDeck® *Select* to programs that record and remember your every move, the T7-0 delivers a workout that is just what you want it to be. We designed it to be the perfect treadmill for the home. You design it to be the perfect treadmill for you.



T7-0

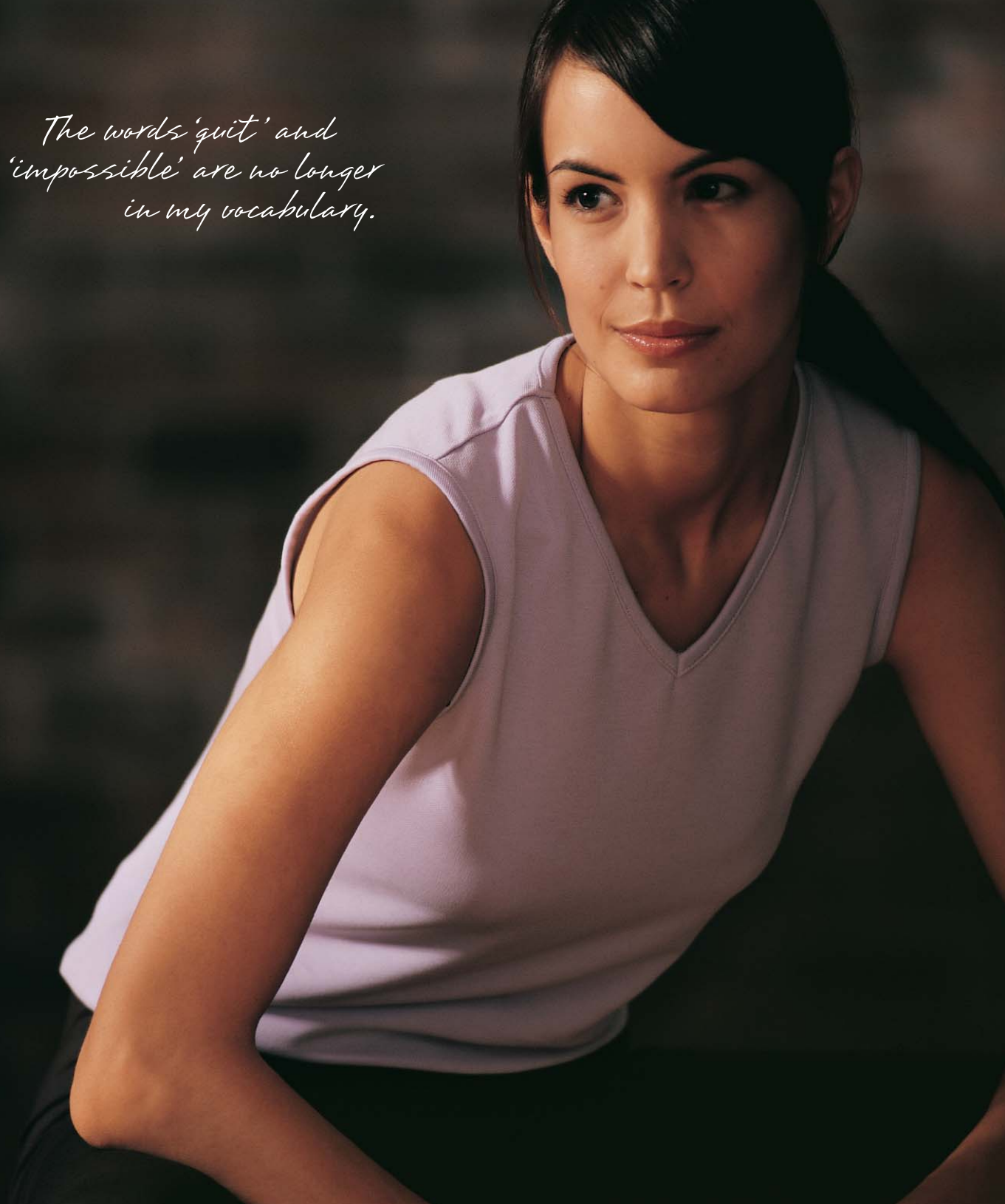
Highlighted Features

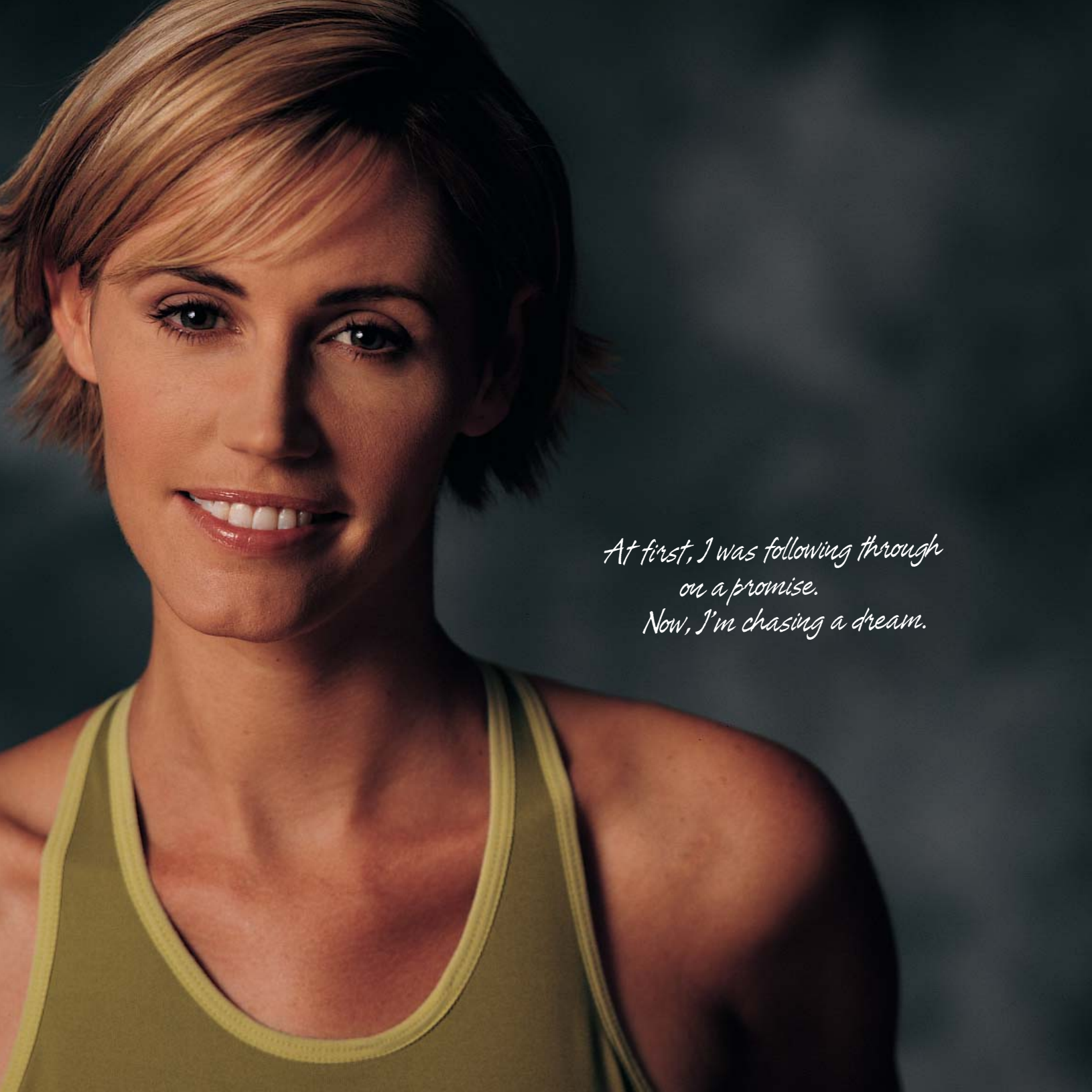
In addition to its stunning form and ESD elements, the T7-0's personalization options and training programs will motivate you to accomplish your fitness goals. The adjustable FlexDeck® *Select* shock absorption system allows you to set the firmness to match different outdoor conditions or preferences in your household. In addition to 18 pre-programmed workouts, four different users can create 7 custom workouts each, as well as track progress in existing exercise routines using the My Workouts™ program. Combined with quiet operation, enhanced ergonomics and sturdy construction for stability and durability, the T7-0 delivers the type of performance that will ignite your workout.

T7-0

- FlexDeck® *Select* adjustable shock absorption system
- Lifepulse™ contact and Polar® wireless heart rate monitoring systems
- Deluxe console with touch-sensitive controls and interactive lighting
- 18 workouts; plus 7 personalized and 7 custom workouts per user
- My Treadmill stores personal settings and custom workouts for 4 users
- Ergonomically placed control pad puts key controls easily within reach
- GoSystem™ Quick Start with 3 speed and incline presets
- 3.0 HP MagnaDrive™ motor system with 10-year warranty
- 5 HeartSync™ heart rate-controlled workouts

*The words 'quit' and
'impossible' are no longer
in my vocabulary.*





*At first, I was following through
on a promise.
Now, I'm chasing a dream.*

Home sweet gym.

For some, the words “home” and “workout” don’t naturally go together. If you desire a gym-like experience from the comfort and convenience of home on a piece of machinery that rivals anything found in the world’s finest health clubs, we have two ways for you to get there. The T9i and T9e — the ultimate home versions of our high-end commercial models. Once you’re on one, it won’t feel like home anymore.



T9i

T9e

Highlighted Features

The big difference between our two health club-derivative treadmills is the console. The T9e features an advanced LCD entertainment touch screen with a built-in television receiver, so you can watch TV and movies right on your treadmill. The T9i console has a deluxe 16-character LED message center. Standard features on both treadmills include the FlexDeck® shock absorption system, which reduces shock to joints by nearly 30% compared to non-cushioned treadmills. The 4.0 HP AC motor has a lifetime warranty and lets you run at speeds of up to 12 mph (20 kph). And for safe, effective cardiovascular workouts, the Lifepulse™ contact heart rate sensors deliver the most precise heart rate monitoring.

T9i and T9e

FlexDeck® shock absorption system
Lifepulse™ contact heart rate sensors
Polar® wireless heart rate monitoring
4.0 HP AC motor with a lifetime warranty
16 workouts; plus 7 personalized and 6 custom workouts
Workout Profile™ display with On-the-Fly programming
Overmolded Ergo™ front handlebar with flared sidebars
GoSystem™ one-touch Quick Start
5 HeartSync™ heart rate-controlled workouts

Specifications

T-Series TREADMILLS

HEART RATE MONITORING

Lifepulse™ contact heart rate sensors with DSP (Digital Signal Processing)

Polar® telemetry heart rate monitoring (wireless chest strap included)

WORKOUTS

Number of Workouts

Classic Workouts: Hill, Random, Manual

HeartSync™ Workouts: Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™

Sport Training™ Workouts:

- Time-based, 5K Sport Training, 10K Sport Training

- Distance-based

EZ Incline™ Workout

Daily Training Workouts:

- 30-minute walk, 45-minute cross-train

- 3-mile (4.8 km) jog

10,000 Steps

Weight Loss

My Workouts™ Programs

My Treadmill User Profiles

My Own Custom Workout

Distance Goal, Time in Zone Goal, Calories Goal

Speed Interval Training, Pace Mode

DISPLAY READOUTS

Workout Feedback: Elapsed Time, Distance, Speed, Incline, Heart Rate, Calories per Hour, Calories,

Time in Heart Rate Zone, Pace

Workout Feedback Display: 12.1" (30.7 cm) commercial-grade LCD with touch screen buttons

Deluxe 16-character LED message center

Workout Profile™ Display:

- 10 x 24 LED display showing workout progress

- 7 x 15 LED display showing workout progress

Control Pad User Console

SPECIAL FEATURES

Frame:

- Commercial-grade rolled steel frame

- 2" x 5" (5.08 cm x 12.7 cm) robotically welded steel frame

Speed: 0.5–12 mph (0.8–20 kph)*

Incline: 0–15%

Motor System:

- 4.0 HP AC Commercial-grade Motor System

- 3.0 HP Continuous Duty DC MagnaDrive™ Motor System

Motor Controller:

- Commercial-grade, Life Fitness-designed microprocessor-based PWM controller

- Life Fitness-designed microprocessor-based PWM controller

Deck:

- 5/8" Commercial Grade Isocyanide

- 3/4" Commercial Grade Isocyanide

Deck Shock Absorption:

- FlexDeck® Shock Absorption System

- FlexDeck® *Select* adjustable Shock Absorption System with three firmness settings

Handrails:

- Commercial-grade handrails & front Ergo™ bar

- Side handrails & front Ergo™ bar

● Standard ○ Optional – Unavailable

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*Actual top speeds may vary based on user weight.

Life Fitness

Life Fitness offers a full line of premier fitness equipment for the home.

TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | LIFECYCLE EXERCISE BIKES | STAIRCLIMBERS | GYM SYSTEMS

Where does your workout take you?

