

Life Fitness F3 Folding Treadmill (Track Connect)

£3,295.00

Product Images



Short Description

One of the outstanding leaders in the market, the Life Fitness F3 Folding Treadmill with Track Connect Console has something to offer that competitors simply cannot, seamlessly combining a fold-up treadmill without sacrificing on quality.

Choosing the F3 Folding Treadmill

The Life Fitness F3 treadmill not only looks sleek, but the fact that it is constructed with the highest standard components adds to its outstanding durability, while it is packed full of all the features you have come to expect from Life Fitness. Quite simply, the Life Fitness F3 Treadmill with Track Connect Console offers an abundance of advanced training schedules, app connectivity and workout programs that make sure you reach your goals.

Why choose Life Fitness?

Life Fitness is the top selling and one of the most trusted fitness equipment manufacturers in the world. From designing the world's first piece of electronic fitness equipment, the LifeCycle exercise Bike, they have gone on to develop exceptional quality and forward thinking products. Having now established themselves in the industry for over 40 years, you will not be disappointed when purchasing any piece of Life Fitness Equipment.

They are called Life Fitness for a reason, because they are passionate about helping people achieve healthier lives. Their commitment to product development and thoughtful partnership has seen them lead the way in

the fitness market. Offering full home and commercial solutions, whatever your requirements, life fitness will have the answer.

The Track Connect Console

An LCD touchscreen at the front of the treadmill that provides the technology for your workouts. With the repositioned smartphone/tablet holder and Bluetooth compatibility, you can connect up directly to Zwift or other running apps. With the addition of HIIT workouts, there are 4 user-defined, customised workout programs giving you more choice and more versatility for a running program.

Other key features include :

- Integrated iPhone/iPod Controls - for playlists
- Bluetooth for proximity login on the LFconnect app
- USB for Android Connectivity - Track Connect interacts with Android apps
- Fit Test Advanced Workout challenges and monitors fitness improvement
- Connect to Zwift via Bluetooth/ANT+ (Please contact us for any technical questions)



- 1 Bluetooth sync to Sync to Apple™ Health, Jawbone™, Fitbit™, Google Fit™, MyFitnessPal™
- 2 USB for Android Connectivity - Track Connect interacts with Android fitness apps PLUS updating software
- 3 Fit Test Advanced Workout challenges and monitors fitness improvement
- 4 Entertainment Rack for a tablet, smartphone or reading materials
- 5 Integrated iPhone/iPod Controls - for playlists for entertainment during a workout.

We recommend Life Fitness for anyone looking for premium quality, effective equipment. For more information or technical advice on any Life Fitness products simply contact us via email or pick up the phone and give us a call.

Additional Information

SKU	F3-XX04-0103HCT-000X-0103
Weight	119.000000
Equipment Usage	Home Use
Warranty	Lifetime on frame and lifespings, 10 years on motor and 3 years parts and labour.
Additional Features	Compatible Devices: Android & Apple (iPhone, iPad, iPod). Compatible Apps: Jawbone, Fitbit, Run Social
Display Monitor	Display: 4 x 6" LCD with blue background with Go System™ Quick Start, Calories, Distance, Speed (mph/km/h), Incline, Time, Heart Rate, Target Heart Rate, METs, Pace
Console Functions	Track Connect console: 4 user profiles, 14 workouts, 3 custom workouts per user profile. Connects your mobile devices for real-time tracking and added engagement.
Program Types	Workout programmes: 14 (Manual, Random, Hill, EZ Incline, Sport Training, Fit Test, Calories, Distance, Target Heart Rate. HeartSync™ programmes: Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate) plus Race Mode, Cool Down/Warm Up
Heart Rate Monitoring	Contact hand sensors and telemetry heart rate monitoring system
Max User Weight	159kg (25 stones approx.)
Power Consumption	Energy Saver Mode: reduced energy consumption
Power Source	All major voltage configurations
Motor	3.0HP (6 HP Peak) DC motor with MagnaDrive™ motor controller
Deck Cushioning	1" medium density fibreboard, FlexDeck® Shock Absorption System: reduces impact by 30%
Running Area	Running area: 140cm x 51cm (55" x 20")
Incline	Incline: 0-12% (0.5% increments)
Accessories Available	Oversized dual cup holders, reading rack and accessory tray
Handlebars	Hand rails: side rails and ErgoGrip™ front handlebar for stability

Folded Dimensions	86 x 87 x 192cm (folded)
Length Dimensions	200cm
Width Dimensions	88cm
Height Dimensions	149cm