

# Life Fitness T5 Treadmill (Track Connect Console)

£4,945.00

## Product Images



## Short Description

One of the best home treadmills on the market, the Life Fitness T5 comes with the latest Track Connect console allowing you to connect your smartphone or tablet and monitor your workouts via your favourite fitness apps. The T5 uses a steel frame and commercial rollers and deck for durability. The patented FlexDeck running platform not only cushions the impact of your foot placement, but actually makes for a more comfortable run. There's 14 programmed run settings as well as the manual mode for you to do as you please.

# Track Connect for the T5 Treadmill

The Track Connect console also allows for tracking of calories, distance, speed, incline, heart rate and pace. The 15% incline function and maximum speed of 19km/h are also very impressive in action.

## Why Choose the T5 Treadmill?

As one of the world's leading fitness equipment manufacturers, the Life Fitness T5 Treadmill comes from a company that knows how to design and manufacture high quality performance treadmills. The T5 has been designed for home gyms, but uses a lot of commercial grade parts. This ensures fewer issues and more features on hand for you to take advantage of.

The controls on the Track Connect console are simple and easy to operate - even when running. You can either choose to use the QuickStart and get on with your running or select one of the 12 pre-programmed settings that will take you through a workout. The console itself is an LCD touchscreen and with the compatibility and plugin Android or Apple functionality the possibilities for apps and entertainment are pretty much endless.

## Easy to Get Started?

Thoughtfully, Life Fitness have created user profiles - which means it's quicker to get to a custom plan and get training. Each profile can also save a number of workouts, meaning you or your partner are able to split out the type of training you want. The lower sited controls have moved closer to you for ease (ergonomics at play here) meaning you have complete control at your fingertips even during an intense workout. There's also a reading rack, cup holders and a small tray for phone or snacks on the go.

Finally, the 15% incline feature to 19 kph maximum speed, there's enough here for anyone.

## The Track Connect Console

An LCD touchscreen at the front of the treadmill that provides the technology for your workouts. With the repositioned iPad/iPhone holder and Bluetooth compatibility, you also have the addition of HIIT workouts and the ability to connect to some of the most popular apps including Zwift run without the need for a foot pod. The track connect console also allows for 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
- Zwift connectivity via Bluetooth/ANT+ (Please contact us if you require technical assistance)



- 1 Bluetooth sync to Sync to Apple® Health, Jawbone®, Fitbit®, Google Fit®, MyFitnessPal®, Zwift.
- 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.

The software used by the console is built on the LFOpen for 3rd party apps to interact directly with the Track Connect.

## Why The T5 Treadmill Then?

From home fitness to a small private studio, this T5 treadmill performs day in and day out. We recommend the model for someone that is always seeking to buy quality equipment that doesn't mind paying that bit extra, especially when you get a 10 year motor warranty and connectivity to many of the leading fitness apps.

## Additional Information

SKU	T5-XX02-0103HCT5-000X-0103
Weight	155.000000
Equipment Usage	Home & Light Commercial
Warranty	Lifetime on frame and springs, 15 years on motor and 3 years parts and labour
Made From	Welded steel frame, commercial grade rollers and deck
Additional Features	Entertainment - I pod compatible ( iPhone 4, 3GS,3G: iPod Touch 1st,2nd, 3rd, 4th generation, iPod Classic, iPod with video, iPod Nano 3rd,4th,5th,6th generation, access to LFCconnect for unlimited workouts, PAOfit App compatability.
Display Monitor	4 x 6" LCD with blue background
Console Functions	Calories, Distance, Speed (mph / km/h) Level/Incline, Time, Heart Rate, Target Heart Rate, MET's, Pace. Bluetooth for Syncing metrics to external apps.
Program Types	14 - (Manual, Random, Hill, EZ Incline, Sport Training, Fit Test, HeartSync Fatburn, HeartSync Cardio, HeartSync Heart Rate Hill, HeartSync Heart Rate Interval, HeartSync Extreme Heart Rate, Calories, Distance, Target Heart Rate) plus Race, Marathon and C
Heart Rate Monitoring	Contact Heart Rate Sensors, Telemetry heart rate monitoring ( wireless chest strap included with console)
Max User Weight	182 kg (28.6 stone)
Motor	3.0HP DC motor with Magna motor controller
Speed Settings	0.8-19 km/h
Deck Type	Adjustable FlexDeck Select Shock absorption
Deck Cushioning	With 3 cushioning settings
Running Area	56 cm x 153 cm ( 22" x 60" )
Incline	0-15%
Accessories Available	Oversized dual dishwasher safe cup holders, Ipad/Iphone docking station, reading rack and accessory tray
Length Dimensions	202 cm

Width Dimensions	82 cm
Height Dimensions	155 cm

## Additional Options

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<b>Special Promotion</b>	Free Protection Mat worth £85	£0.00
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