



95T ENGAGE™ TREADMILL

At Life Fitness we stand at the forefront of innovation, constantly elevating the user experience. The 95T Engage will set your facility apart with its sophisticated design and provide users with a full set of features to keep them motivated. Everything about the 95T Engage from the DX3™ Belt and Deck System and Flexdeck™ technology to the open sightlines to the Activity Zone that places the most-used controls at the user's fingertips, is designed to deliver the ultimate cardio experience.

PERFORMANCE FEATURES

ADVANCED CONSOLE TECHNOLOGY

Engage the senses with seamless iPod® integration, USB compatibility, Virtual Trainer, Workout Landscape™ Perspectives, and the ability to watch TV. Sight, sound and performance come together in the Engage™ Console, built on the most advanced technology in the fitness industry.

DX3™ BELT AND DECK SYSTEM

This ground-breaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck™ Shock Absorption System for the ultimate in durability and comfort.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar® telemetry* provides runners with accurate, "hands-free" heart rate monitoring.

*Requires optional chest strap.

USER-FRIENDLY DESIGN

An intuitive Activity Zone makes startup simple, and two removable cup holders and integrated iPod®/accessory tray provide additional convenience.

MOTIVATING WORKOUT VARIETY

Zone Training+™ workouts automatically adjust the incline level to keep users in their target heart rate zone. Other workouts include 5K and 10K Run, goal-based workouts, Gerkin, Fit Test and Military PRT/PFT fitness protocols.

HIGHLIGHTED FEATURE

FLEXDECK™ SHOCK ABSORPTION SYSTEM



Reduces knee and joint stress by up to 30% more than non-cushioned surfaces, decreasing the chance for injury. Eight incredibly durable Lifespring™ shock absorbers deliver smooth cushioning throughout the deck, regardless of user weight or running stride.

TREADMILL DETAILS

- ✔ DX3™ Belt and Deck System
- ✔ Patented FlexDeck™ shock absorption system
- ✔ Activity Zone conveniently places most-often used controls on the Ergo™ bar
- ✔ Powerful 4-HP AC motor
- ✔ Large 22" x 60" running surface
- ✔ Low 9.5" step-up height
- ✔ Small 37" x 80" footprint
- ✔ Large 26" x 5" handrails with soft grips
- ✔ Patented Lifepulse™ digital heart rate monitoring

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THE ENGAGE™ CONSOLE

ARE YOU READY TO ENGAGE YOUR MIND,
BODY AND SENSES?

Elevate exercise beyond excellence to the truly exceptional with the Engage™ Console, an integrated 15" entertainment center that motivates your users to take their fitness level to new heights. Watch TV, connect an iPod® for touch screen access to music and movies and listen to FM radio. Plus, utilize the USB connectivity to create, customize and track workouts, get motivated by the built-in Virtual Trainer and visualize workout progress with Workout Landscape™ Perspectives. Get the new standard in fitness that allows you to attract new exercisers and improve retention. Are you ready to engage your mind, body, and senses?



FEATURES



INTEGRATED 15" LCD WITH TOUCH SCREEN TECHNOLOGY AND BUILT-IN TV



iPod® COMPATIBILITY | Seamless iPod integration allows users to view music/video selections and watch videos directly on the LCD screen



USB CONNECTIVITY | Create and save workouts and personal settings; use data to track performance and workout results

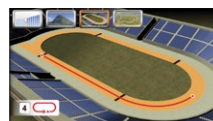


VIRTUAL TRAINER | Help users meet their goals and provide motivating encouragement and feedback on progress



WORKOUT LANDSCAPE™

PERSPECTIVES | Offer users program variety and motivation with ability to watch progress in real time on three workout landscapes including Mountain, 400 Meter Track, and 5K Nature Trail



ZOOM FEATURE | Enlarge speed, incline and time displays for larger workout data viewing

CONSOLE DETAILS

- ✔ Integrated 15" LCD with Touch Screen Technology
- ✔ Watch TV on up to 180 available TV channels on 15" integrated LCD screen; FM-radio ready
- ✔ Integrated connector allows exercisers to view iPod® music/video lists and make selections directly on the 15" LCD screen
- ✔ Watch iPod-delivered video content on 15" LCD screen (requires video-capable iPod)
- ✔ Charge iPod
- ✔ Users can create and save workouts and personal settings, as well as track workout results on any USB stick
- ✔ Built-in Virtual Trainer provides motivating encouragement, tips and feedback on progress
- ✔ Workout Landscape™ Perspectives
- ✔ Zoom feature enlarges speed, incline and time displays

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KEY

● STANDARD

○ OPTIONAL

— UNAVAILABLE

SPECIFICATIONS

95T ENGAGE

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts	Cardio, Fat Burn	●
	Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	●
Interval Workouts	Random, Hill	●
	Around the World, Cascades, Foothills, Kilimanjaro	●
	5k, 10k, Speed Interval Training, Speed Training	●
Goal Workouts	Time, Calories, Distance, Distance Climbed, Time in Zone, Pace	●
Custom Workouts	8 Customized Workouts	●
	2 Create Your Own™ Workouts	●
Fitness Test Protocols	Gerkin Protocol	●
	Navy PRT, Army PFT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)	●
	Fit Test	●
Customized Cool Down		●
SPECIAL FEATURES		
DX3™ Belt and Deck System		●
FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers		●
Speed Range: 0.5–14 mph (0.8–23 kph)		●
Rollers: 3.5" (9 cm) precision crowned steel rollers, front and back		●
Elevation		0%–15%
Motor System: 4.0 HP AC motor with MagnaDrive™ motor controller		●
Ergo™ Bar		●
Ergo™ Side Handrails		26" x 5" (66 cm x 13 cm) flared
Activity Zone: Most often used buttons located on Ergo bar		●
Walk, Jog, Run		●
Stride Sensor		●
Integrated Reading Rack		●
Integrated iPod®/Accessory Tray		●
2 Removable Cup Holders		●
Steel Frame, Front Roller Lift Wheels and Rear Levelers		●
Networking Capabilities: CSAFE-Ready, FitLinxx™ Certified		●
SERVICE ENHANCEMENTS		
Manager's Menu Options		●
Flash Programmable via USB Stick		●
Proactive Belt Wear Notification		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements: Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)		●
Running Surface: 22" x 60" (55 cm x 152 cm)		●
Length		80" (203 cm)
Width		37" (94 cm)
Height		62.25" (158 cm)
Unit Weight		455 lbs (207 kg)
Step-up Height		9.5" (24 cm)
Warranty†	7-year on Lifespring shock absorbers; 2-year on all electrical components; 1-year on all mechanical components and labor	●
	7-year on motor and frame	●

† Warranties outside the U.S. may vary.

Specifications subject to change.

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DISPLAY TECHNOLOGY

95T ENGAGE

CONSOLE OPTIONS		
15" Integrated LCD with Touch Screen Technology and Built-in TV		●
TV VIEWING OPTIONS		
Integrated 15" Diagonal TV	TV content and workout data display	●
	Three different TV viewing sizes	●
DISPLAY READOUT		
Workout Feedback	Speed, Incline, Heart Rate, Pace	●
	Elapsed Time, Time Remaining, Time in Zone, Time of Day	●
	Distance, Distance Climbed, Distance Remaining	●
	Calories, Calories per Hour, Watts, METs	●
Custom Messaging		●
Profile Display		●
Language Choices:		13 languages
-English, Spanish, Portuguese, Italian, French, German, Dutch and Turkish		●
-Chinese (traditional and simplified), Japanese, Korean and Russian		●
SPECIAL FEATURES		
Intel® Microprocessor		●
FM Radio-ready		●
iPod® Compatibility	iPod video capability on LCD screen	●
	iPod playlist management on LCD screen	●
	iPod charging	●
Virtual Trainer		●
USB Connectivity		●
Workout Landscape™ Perspectives		●
Programmable Go System™ (Walk-Jog-Run)		●
Manager-Defined Marathon Mode (unlimited workout time)		●
Manager-Defined/User-Selected Languages		●
User Units Selection (mph/kph and lbs/kg)		●
Zoom Feature		●
TV Controls: Touch Screen		●
Channel Memory	180 available channels	●
Favorite Channels		●
Previous Channel Viewed		●
Channel Renumbering		●
Secondary Audio Programs (SAP) - SAP TV broadcast required		●
Closed Captioning		●
Promo Channel		●
Secure Channel		●
Mute Feature		●
Asset Management and Advanced Diagnostics		●
Screen Protection: Protective top layer, internal shock mounts, gasket		●
TECHNICAL SPECIFICATIONS		
Available Tuner Systems: NTSC, PAL/SECAM		●
Channel Coverage: VHF 2-13, UHF 14-69, CATV 1-125		●
Manual Fine Tuning		●
Headphone Jack: 3.5 mm Stereo		●
Easy-to-Remove Headphone Jack		●

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