



# Activate SERIES

## TREADMILL

Essentially Life Fitness, Activate Series is everything people need for a great workout. This highly durable, reliability-tested cardio equipment makes the most of any space and helps exercisers do the same.

The Activate Series Treadmill delivers the leading features that have made Life Fitness treadmills the top choice of commercial facilities around the globe and is proudly made in Franklin Park, IL, USA, "The Treadmill Capital of the World".

### PERFORMANCE FEATURES

#### STATE-OF-THE-ART MOTOR

Powerful 3-horsepower MagnaDrive™ AC motor system (6-horsepower peak) ensures a smooth workout while being remarkably energy efficient

#### FULLY WELDED FRAME

Proven Life Fitness components are solidly welded by expert treadmill craftsmen, ensuring a durable machine that is reliable over time

#### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the Ergo™ bar to provide accurate heart rate monitoring and Polar® telemetry provides hands-free heart rate monitoring when used with an optional chest strap

#### INTUITIVE CONSOLE

Clear, simple controls offer exercisers clear direction for quick start or pre-programmed workouts, and the workout summary provides valuable feedback



Activate Console

Details on back.

### HIGHLIGHTED FEATURE

#### FLEXDECK® SHOCK ABSORPTION SYSTEM



Our patented system reduces knee and joint stress by up to 30% more than exercising on non-cushioned surfaces, decreasing the chance for injury and keeping runners feeling great on or off the treadmill.

### TREADMILL DETAILS

- Speed 0.5 - 12.0 MPH (0.8 - 19.3 KPH)
- Incline: 0-15% in 0.5% increments
- Belt: 20" W x 60" L multi-ply pre-lubricated (51 cm x 153 cm)
- 7 workouts, including 2 Zone Training+™ workouts and Fit Test protocol
- Max User Weight 400 lbs. (181 kg)
- Ergonomically designed handlebars and siderails
- 13 languages
- Integrated reading rack and accessory tray
- Optional 17" diagonal TV (wide screen format) on TV stand

### Green to GO



Life Fitness is committed to developing products that enable our customers to run greener businesses. Most models are self-powered. Our treadmills have been proven more energy efficient by third-party testing. We regularly evaluate our manufacturing and distribution practices in an ongoing effort to lighten our footprint. Learn more at [lifefitness.com/green](http://lifefitness.com/green)

**LifeFitness**  
WHAT WE LIVE FOR

KEY

● STANDARD

○ OPTIONAL

## SPECIFICATIONS

PRODUCT FEATURES	
Polar® Telemetry Heart Rate Monitoring (optional chest strap required)	●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	●
Ergo Bar™	●
Side Handrails	18" (46 cm)
FlexDeck® Shock Absorption System with 8 Lifespring™ shock absorbers	●
Belt and Deck	DX3™ Belt and Deck System
Motor System	3.0 HP (6.0 HP peak) AC motor with MagnaDrive™ motor controller
Integrated Reading Rack	●
Integrated Accessory Tray	●
On-the-Fly Programming	●
Steel Frame, Front Roller Lift Wheels and Rear Levelers	●
TV Viewing*	Optional 17" Diagonal TV (wide screen format) on TV Stand
Service Enhancements: Manager's Optional Settings	●
Proactive Belt Wear Notification	●
Networking Capability	CSAFE-Ready, FitLinxx™ Certified
TECHNICAL SPECIFICATIONS	
Maximum User Weight	400 lbs (181 kg)
Speed Range	0.5-12 mph (0.8-19.3 kph)
Elevation	0%-15%
Running Surface	20" x 60" (51 cm x 152 cm)
Rollers	2.75" (7 cm) precision crowned steel rollers, front & back
Power Requirements	Power Requirements: Dedicated 120 volts / 20 amp circuit (voltage may vary outside U.S.)
Length	81" (205 cm)
Width	32" (82 cm)
Height	57" (145 cm)
Unit Weight	325 lbs (147 kg)
Step-up Height	8" (20 cm)
Warranty	7-year limited warranty on Lifespring shock absorbers; 2-year limited warranty on all electrical components; 1-year limited warranty on mechanical components and labor; 7-year limited warranty on motor and frame;
WORKOUTS	
Quick Start	●
Manual	●
Random	●
Hill	●
Cardio	●
Fat Burn	●
Fit Test	●
WFI (Firefighter Protocol)	●
Customized Cool Down	●

## ACTIVATE TREADMILL

DISPLAY TYPE	
Amber LED Display	●
16 character, 14-segment LED alphanumeric message center	●
DISPLAY READOUT	
Speed	●
Incline	●
Heart Rate	●
Pace	●
Elapsed Time	●
Distance	●
Distance Climbed	●
Calories	●
Calories Per Hour	●
Watts	●
METS	●
Language Options	13
Standard Console: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish	
Complex Characters Console: English, Japanese, Russian, Chinese (traditional and simplified), Korean	
Workout Profile	●
SPECIAL FEATURES	
iPod video capability on TV on stand via S-video input (cord required)**	○
Manager-Defined Marathon Mode (unlimited workout time)	●
TV Controls: External Numeric Remote	○
Channel Memory: 1000 Available Channels	○
Channel Renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Closed Captioning	○
Mute Feature	○
Asset Management and Advanced Diagnostics	●
Screen Protection: Protective top layer, internal shock mounts, gasket	○
TECHNICAL SPECIFICATIONS	
Available Tuner Systems: NTSC/ATSC, PAL/SECAM/DVB	○
Headphone Jack: 3.5 mm Stereo	○
Easy-to-remove Headphone Jack	○

\*Optional TV on stand requires external power source. AC power line, 115 volt, 15 amp (voltage may vary outside the U.S.)

\*\*Life Fitness does not supply external cord required for iPod® video capability with TV on stand