

## Gym Academy - Life Fitness F1 Treadmill (Folding)

### Features

- Soft Drop Folding
- 2.5HP Motor
- Flexdeck® Shock Absorption System
- Energy Saver Button
- iPod® Control and Charging
- Virtual Trainer Website Tool
- Built In Reading Rack
- Speed 0.5-10 mph
- Incline 0-12%
- User Weight 21.5 Stone (136kg)



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### Programmes & Console

#### Console

- 7 pre-programmed workouts on console, plus unlimited workouts through the Life Fitness Virtual Trainer website and USB port
- Wireless heart rate chest strap and contact heart rate on ergo-bar
- HeartSync™ heart rate controlled workouts

#### Programmes

- Manual
- Hill
- Random
- Fat Burn
- Cardio
- Fit Test
- Cool Down Mode
- Wireless chest strap included

## **Gym Academy - Life Fitness F1 Treadmill (Folding)**

### **Readouts**

- Incline
- Time
- Speed (mph/km/h)
- Distance
- Heart Rate
- Target Heart Rate
- Calories
- Pace
- Display Type: LCD with blue background and white characters
- Workout Profile™ Display: 9 x 24 segments
- Workout Feedback Display: Message Centre with 2 lines of 16 characters each
- LCD Display Size: 4" x 6" (10.2 cm x 15.2 cm)

### **Specification**

- Deck 1" Medium Density Fiberboard
- Handrails ErgoBar™ front handlebar with side handrails
- Belt 55"L x 20"W (140 cm x 51 cm) multi-ply, pre-lubricated
- Rollers 2.0" (5 cm) precision crowned
- Size L x 196 cm W x 86cm H x 150cm
- Unit Weight 259 lbs (117 kg)

RRP - £1995

Ex demo/low mileage Treadmills – [Gym Academy Price](#) £1395.00 including delivery, installation and vat.  
Price includes 12 months warranty

Monthly rental available at £95pcm to ground floor locations, minimum rental period is 3 months payable in advance with delivery and uplift fee. Email us on [info@gymacademy.co.uk](mailto:info@gymacademy.co.uk) for more details.