



Empire Home Fitness Quick Spec Sheet *LifeFitness* T3 Treadmill

Speed	0.5-12 mph (0.8-20 kph)
Incline	0-15% in 0.5% increments (0.1% increments during HeartSync™ heart rate controlled workouts)
Motor System	3.0 Horsepower Continuous Duty DC MagnaDrive™
Deck	1" Medium Density Fiberboard
Deck Shock Absorption	FlexDeck® Shock Absorption System
Handrails	ErgoBar™ front handlebar with side handrails
Belt	60"L x 20"W multi-ply, pre-lubricated (153 cm x 51 cm)
Rollers	2.6" (6.7 cm) precision crowned front roller and 2" (5.1 cm) rear roller
Maximum User Weight	350 lbs (159 kg)
Unit Length	79.5" (202 cm)
Unit Width	34.5" (87 cm)
Unit Height	57.5" (146 cm)
Unit Weight	243 lbs (110 kg)
Power Requirements	All major voltage configurations
Motor Controller	Life Fitness-designed microprocessor-based PWM controller
Safety	CE, CEN, CSA, TUV, UL certified



Empire Home Fitness

Quick Spec Sheet *LifeFitness* Basic and Advanced Consoles

Basic Workouts

Essential programming to begin and maintain an effective fitness regimen

5 workout programs

Heart rate readout

Advanced Workouts

Added workout variety and advanced programs to help you better reach your fitness goals

10 workout programs

Polar® wireless heart rate chest strap

HeartSync™ heart rate controlled workouts

Goal workouts

2 user profiles

2 custom workouts

Race mode