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Life Fitness F3 Folding Treadmill w/ Track Connect 2.0 Console

Life Fitness F3 Folding Treadmill User Manual

Model: F3 Folding Treadmill w/ Track Connect 2.0 Console (F3TC-0000-0104)

INTRODUCTION

The Life Fitness F3 Folding Treadmill is engineered to provide a high-quality cardio experience in a compact, space-efficient design. It incorporates advanced features and durable components to ensure reliable performance for years of home use. This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your F3 Folding Treadmill.



Figure 1: Life Fitness F3 Folding Treadmill with Track Connect 2.0 Console.

SETUP AND ASSEMBLY

Your Life Fitness F3 Folding Treadmill requires assembly. It is recommended to have at least two people for the assembly process due to the size and weight of the components. Ensure you have adequate space for assembly and operation.

Included Components:

- Treadmill Frame and Deck Assembly
- Console Unit
- Upright Posts
- Hardware Kit (bolts, washers, nuts)
- Power Cord
- Safety Key
- Chest Strap (for heart rate monitoring)

- User Manual (this document)

Assembly Steps (General):

1. Unpack all components and verify against the packing list.
2. Attach the upright posts to the treadmill base.
3. Mount the console unit onto the upright posts, ensuring all cables are properly connected.
4. Secure all connections with the provided hardware.
5. Place the treadmill on a level surface and plug it into a grounded electrical outlet.
6. Perform initial checks as outlined in the Quick Start guide.

F3 FOLDING TREADMILL



Track Connect 2.0 with Enhanced Bluetooth



Go

CHOOSE YOUR CONSOLE

Track Connect 2.0 with Enhanced Bluetooth*: Enhanced Bluetooth® enables pairing with an Apple Watch® or Samsung Galaxy Watch® as well as Apple® or Android™ smartphones. This lets you connect seamlessly to the treadmill for extremely accurate workout information. A dual-zone design separates entertainment and workout specific areas.

Go Console: Combines ease of use with 13 engaging and motivating workouts.



FLEXDECK SHOCK ABSORPTION SYSTEM

Our patented FlexDeck® Shock Absorption System reduces knee and joint stress by up to 30%. The incredibly durable Lifespring™ shock absorbers deliver consistent support.



ENERGY CONSCIOUS

Efficient Energy Saver technology reduces energy use up to 90% so your F3 is only running when you are.



EASY STORAGE

Folds easily and has four wheels that allow for convenient mobility. Gas-assisted spring gradually lower the treadmill to the floor when you're ready to work out.



Shown with Track Connect 2.0 with Enhanced Bluetooth® Console

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This space-efficient treadmill offers the quality and performance expected from Life Fitness in a machine that can be stored quickly and easily.

Choose between the engaging and interactive Track Connect 2.0 with Enhanced Bluetooth® Console and the intuitive Go Console.



Figure 2: Front view of the assembled F3 Folding Treadmill, ready for use.

OPERATING YOUR TREADMILL

The F3 Folding Treadmill is equipped with the Track Connect 2.0 Console, offering a user-friendly interface for controlling your workouts and monitoring your progress.

Console Overview:

F3 FOLDING TREADMILL		KEY: STANDARD — UNAVAILABLE	
SPECIFICATIONS		CONSOLE SPECIFICATIONS	
SPECIAL FEATURES	F3	DISPLAY	TRACK CONNECT 2.0 GO
Heart Rate Monitoring: Contact and Velocity heart rate monitoring (wristband chest strap included)	●	Instructional message control	● ●
Frame: 1" x 3.5" on a 9" fold steel frame	●	WORKOUTS	
Speed: 0.5-10 mph (0.8-16 kph)	●	Number of workouts	15 13
Incline: 0-12%	●	Classic workouts (Mason, Boston, Hill)	● ●
Motor Systems: 2.0HP Continuous Duty motor system	●	Advanced workouts:	
Motor Controller: LifeFitness designed microprocessor based PWM controller	●	12 Resistance, Speed training	● ●
Deck: 1" medium density fiberboard	●	Fit Test	● —
Deck Shock Absorption: Flex Deck® shock Absorption System	●	HeartSync™ heart rate controlled workouts (Flat Run, Crawl, Heart Rate Hill,™ Invert Rate Interval,™ Reverse Heart Rate™)	● ●
Handlebar: Soft handgrip and Vented Ergo™ bar	●	Goal workouts (Calories, Distance, Target Heart Rate)	● ●
Ball: 55" x 20" W mat/foam, pre-inflated (140 cm x 51 cm)	●	HRIT: Custom high intensity interval training	● —
Rollers: 2.4" (6 cm) front and 2.2" (5 cm) precision crowned	●	Custom workouts per user Profile	2 1
GoSystems™ Lower Control Pad: One-touch Quick Start; Three customizable speed presets; Three customizable incline presets	●	SPECIAL FEATURES	
Accessories: Dual cup holders, accessory tray and reading rack	●	Quick Start	● ●
TECHNICAL SPECIFICATIONS		Race mode	— ●
Maximum user weight	250 lbs 159 kg	Warm Up and Cool Down mode	● ●
Unit length	78" 198 cm	User profiles	4 2
Unit width	35" 88 cm	Compression entertainment rack	● —
Unit height	59" 149 cm	Mobile device compatibility: Bluetooth® Premium, NFC, BTME capability (External Bluetooth capability not compatible with previous model)	● —
Unit weight	264 lbs 120 kg	Life Fitness Connect: Extensively access workout tracking, Life Fitness™ On Demand content, interactive video streaming, workout creation and more (available from the Apple App Store™ or Google Play™)	● —
Power Requirements: plug in (at major voltage country standard)	●	Compatibility with 3rd party apps	● —
Safety: CE, CSA, TUV, UL Certified	●	Bluetooth® and NFC connection	● —
Warranty (Frame): Lifetime warranty on frame and LifeSpring™ shock absorbers (3-year on frame, 7-year on parts, 1-year on labor (warranties not valid in the U.S. may vary))	●	Energy Saver	● ●
CONSOLE OPTIONS		LANGUAGES	
	Track Connect 2.0 with Enhanced Bluetooth	Languages: English, Russian, Spanish and German, French	● —
	Go	WORKOUT FEEDBACK	
		Instructional, Thru, Speed (mph, kph, gpm), Pace, Distance, Calories, Target Heart Rate, Calories, Accelerated Symbols	● ●
		CONSOLE WARRANTY	
		3 years on electrical and mechanical parts (2W batteries not included); 1 year on labor (warranties not valid in the U.S. may vary)	● ●

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Figure 3: Close-up view of the Track Connect 2.0 Console.

The console features a dual-zone design: an **Entertainment Zone** at eye level for securely holding smartphones and tablets, and a **Workout Zone** in the lower half for convenient workout setup and control. Capacitive touch keys illuminate when active.

- Display:** Shows key metrics such as speed, incline, time, distance, calories, and heart rate.
- Quick Start:** Allows immediate workout initiation with your preferred settings.
- Workout Programs:** Access a variety of pre-programmed workouts including classic, advanced, and custom options.
- Speed and Incline Controls:** Adjust your workout intensity directly from the console.

Starting a Workout:

1. Ensure the safety key is properly inserted into the console.
2. Step onto the treadmill deck.
3. Press the **Quick Start** button to begin a manual workout, or select a desired program from the menu.
4. Adjust speed and incline as needed during your workout.

Heart Rate Monitoring:

The F3 Treadmill offers two methods for heart rate monitoring:

- Contact Hand Sensors:** Grip the metallic sensors on the handlebars to display your heart rate on the console.

- **Wireless Telemetry:** Use the included chest strap for continuous and accurate heart rate monitoring. Ensure the chest strap is properly worn according to its instructions.





Figure 4: User interacting with the console, demonstrating heart rate monitoring via hand sensors.

KEY FEATURES AND TECHNOLOGY

FlexDeck Shock Absorption System:

Life Fitness's patented FlexDeck Shock Absorption System is designed to reduce stress on your knees and joints by up to 30% compared to outdoor running. This system utilizes LifeSpring shock absorbers to provide a cushioned and comfortable running surface, minimizing impact and decreasing the chance of injury.



*Watch Connectivity with **Track Connect 2.0** Console Only

Figure 5: Detail of the FlexDeck Shock Absorption System on the treadmill deck.

Track Connect 2.0 Console with Enhanced Bluetooth:

The Track Connect 2.0 Console offers enhanced Bluetooth connectivity, allowing seamless integration with your favorite devices. You can sync your workout data with:

- Apple Watch and Samsung Galaxy Watch
- Apple Health
- Life Fitness Connect app
- Other fitness apps supporting FTMS (Fitness Machine Service)

This allows you to track your progress, access on-demand workouts, and manage your fitness journey all in one place.



Figure 6: Treadmill console demonstrating connectivity with an Apple Watch.

Foldable Design and Easy Storage:

The F3 Folding Treadmill is designed for compact storage, making it ideal for homes with limited space. Gas-assisted springs facilitate the gradual lowering of the treadmill to the floor, and four integrated wheels allow for easy mobility when folded.



Figure 7: The F3 Folding Treadmill in its upright, folded storage position.

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Life Fitness F3 Folding Treadmill. Always unplug the treadmill before performing any maintenance.

- Cleaning:** Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners or excessive moisture.
- Deck Lubrication:** Refer to the specific instructions in your detailed user manual for the recommended lubrication schedule and procedure for the running deck. Proper lubrication is crucial for smooth operation and belt longevity.
- Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as necessary following the instructions in the comprehensive manual.
- Motor Area:** Keep the area around the motor clean and free of dust and debris to ensure proper ventilation.

TROUBLESHOOTING COMMON ISSUES

This section addresses common issues you might encounter. For more complex problems, refer to the full user manual or contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not fully plugged in; circuit breaker tripped; safety key not inserted.	Ensure power cord is secure; check household circuit breaker; insert safety key fully.
Running belt slips or hesitates.	Belt tension too loose; deck requires lubrication.	Adjust belt tension (refer to manual); lubricate deck as per maintenance schedule.

Problem	Possible Cause	Solution
Console display is blank or erratic.	Loose cable connection; power issue.	Check all console cable connections; ensure stable power supply.
Heart rate monitor not reading.	Poor contact with hand sensors; chest strap not positioned correctly or battery low.	Ensure firm grip on sensors; adjust chest strap position; replace chest strap battery if needed.

PRODUCT SPECIFICATIONS

Below are the key specifications for the Life Fitness F3 Folding Treadmill with Track Connect 2.0 Console:

Specification	Detail
Brand	Life Fitness
Model Name	F3 Folding Treadmill w/ Track Connect 2.0 Console
Product Dimensions (LxWxH)	78.5"D x 34.5"W x 58.5"H
Maximum Speed	10 Miles per Hour
Maximum Incline Percentage	15%
Maximum Horsepower	3 Horsepower
Maximum Weight Recommendation	350 Pounds
Deck Length	40 Inches
Frame Material	Alloy Steel
Display Type	LED
Connectivity Technology	Bluetooth (Track Connect 2.0)
Assembly Required	Yes
UPC	790716013561
Part Number	F3TC-0000-0104



Figure 8: Dimensions of the Life Fitness F3 Folding Treadmill.

WARRANTY INFORMATION

Life Fitness provides the following warranty for the F3 Folding Treadmill:

- **Frame and LifeSpring Shock Absorbers:** Lifetime Warranty
- **Drive Motor:** 10-Year Warranty
- **Parts:** 5-Year Warranty
- **Console:** 3-Year Warranty
- **Labor:** 1-Year Warranty

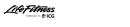
Please retain your proof of purchase for warranty claims. Warranty terms may vary by region; refer to your specific warranty documentation for full details.

CUSTOMER SUPPORT

For technical assistance, parts, or service inquiries, please contact Life Fitness customer support. Have your model number and serial number ready when contacting support.

Related Documents - F3 Folding Treadmill w/ Track Connect 2.0 Console

	<p><u>Life Fitness Track Connect Console Owner's Manual with Bluetooth</u> Comprehensive owner's manual for the Life Fitness Track Connect Console, detailing setup, features, workouts, safety, specifications, and warranty information for enhanced Bluetooth connectivity.</p>
	<p><u>Life Fitness Elevation 95T Treadmill Assembly Manual</u> Assembly manual for the Life Fitness Elevation 95T Inspire, Achieve, and Engage Treadmill. Provides step-by-step instructions for replacing various components.</p>
	<p><u>Life Fitness Go Console Owner's Manual: Features, Workouts, and Maintenance</u> Comprehensive owner's manual for the Life Fitness Go Console, detailing features, workout programs, settings, maintenance, and troubleshooting. Learn how to use your Go Console for optimal fitness tracking.</p>
	<p><u>Life Fitness Integrity and Club Series Treadmills Assembly Instructions</u> Comprehensive assembly instructions, safety guidelines, maintenance tips, and specifications for Life Fitness Integrity and Club Series Treadmills (CLST, CST, 97T).</p>
	<p><u>Life Fitness GO Console Owner's Manual</u> Comprehensive owner's manual for the Life Fitness GO Console, detailing setup, operation, workouts, maintenance, troubleshooting, and warranty information for treadmills, cross-trainers, and bikes.</p>



Система ICG Connect
Руководство пользователя

Бюджетная версия 2018



[ICG Connect System User Manual | Life Fitness](#)

Comprehensive user manual for the Life Fitness ICG Connect System, model VI-CON-SYS-02.
Learn about setup, operation, maintenance, and technical specifications for your fitness equipment.