

ACTIVATE SERIES

TREADMILL

Activate™ Series cardio equipment is for facilities looking for intuitive functionality and extremely reliable performance. It is ideal for small health clubs, residential facilities and hotels.



FLEXDECK SHOCK ABSORPTION SYSTEM
Reduces knee and joint stress by up to 30% more than non-cushioned surfaces. Eight durable Lifespring™ shock absorbers deliver consistent cushioning.



EASY TO USE
The Activate Series console provides clear and simple instruction for any exerciser to get on and go.



OPTIONAL ATTACHABLE TV
Keep exercisers entertained by upgrading to a 15" attachable TV.



CONNECTION TO CARDIO
LFconnect.com and the optional Connect Module provide valuable usage data to determine new equipment needs, preventive maintenance schedules and more.



TREADMILL

Product code: OST

WEIGHT:
325 lbs (147 kg)

MAX USER WEIGHT:
400 lbs (181 kg)

DIMENSIONS (L X W X H):
81 x 32 x 57"
(211 x 94 x 161 cm)

Life Fitness

SPECIFICATIONS

KEY | • STANDARD ○ OPTIONAL *

TECHNICAL SPECIFICATIONS	
Power requirements (voltage may vary outside U.S)	Dedicated 120 volts / 20 amp circuit
Size (L x W x H)	81 x 32 x 57" (205 x 82 x 145 cm)
Unit weight	325 lbs (147 kg)
Step-up height	8" (20 cm)
Ceiling height minimum	9" (2.7 m)
Maximum user weight	400 lbs (181 kg)
Running surface	20 x 60" (51 x 152 cm)
Rollers (precision crowned steel rollers, front and back)	2.75" (7 cm)
ENTERTAINMENT	
15" Attachable TV System*	○
Goal Workouts: Quick Start, Manual, Random, Hill, Cardio, Fat Burn, Fit Test, WFI (First Responders Protocol) Customized Cool Down	•
DISPLAY READOUTS	
Amber LED display	•
16-character, 14-segment LED alphanumeric message center	•
Speed, Incline, Heart Rate, Pace, Elapsed Time, Distance, Distanced Climbed, Calories, Calories per Hour, Watts, METS	•
Workout Profile	•
Language choices: English, French, Spanish, German, Dutch, Italian, Portuguese, Turkish, Japanese, Russian, Chinese (traditional and simplified), Korean	13
CONNECTIVITY	
Networking capabilities: CSAFE-Ready, FitLinxx™ Certified	•
Available tuner systems: NTSC/ATSC, PAL/SECAM/DVB	○
Connect Module for asset management	○
SERVICE	
LFconnect asset management with Connect Module	○
Service enhancements: manager's optional settings and service diagnostics	•
Proactive belt wear notification	•

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

**Warranties outside the U.S. may vary. Specifications subject to change

PRODUCT FEATURES	
Heart Rate Monitoring: Polar® Telemetry (optional chest strap required), Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital signal processing)	•
Side hand rails	18" (46 cm)
Steel frame, front roller lift wheels and rear levelers	•
Ergo Bar™	•
Speed	0.5 - 12 mph (0.8 kph - 19.3 kph)
Elevation	0 - 15%
Manager-defined Marathon Mode	•
FlexDeck® Shock Absorption System with 8 Lifespring™ shock absorbers	•
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	•
Screen protection: Protective top layer, internal shock mounts, gasket	○
On-the-fly programming	•
Headphone jack: 3.5 mm stereo	○
TV Controls: External numeric remote	○
Channel memory: 1000 available channels	○
Previous channel viewed	○
Channel renumbering	○
Secondary Audio Programs (SAP) - SAP TV broadcast required	○
Mute feature	○
Closed captioning	○
Manager-defined marathon mode (unlimited workout time)	•
WARRANTY**	
7 year limited on frame, motor and Lifespring Shock	•
2 year limited on electrical components	•
1 year limited on labor and mechanical components	•
Attachable TV system option: 2-years electrical and mechanical parts; 90 days labor	•



**ACTIVATE SERIES:
SIMPLE RELIABILITY**

Cardio equipment that's suited for both new exercisers and workout veterans. Activate Series treadmills, cross-trainers and Lifecycle® exercise bikes are built to be durable and easy to use so that exercisers can get on and go.