



# CLUB SERIES CST TREADMILL

The next generation of the most popular cardio equipment in fitness facilities refined for your home, Club Series delivers unmatched durability through a combination of exclusive features, like our patented FlexDeck™ Shock Absorption System, and the rigorous testing performed by our reliability engineers. This treadmill also offers a refreshed, non-intimidating console with more options for the personalized entertainment, which helps exercisers complete more enjoyable workouts.

## PERFORMANCE FEATURES

### SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music.

### INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume for the iPod right from the console.

### DX3™ BELT AND DECK SYSTEM

This groundbreaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck™ Shock Absorption System for the ultimate in durability and comfort.

### HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar® telemetry provides runners with accurate, “hands-free” heart rate monitoring. (Telemetry requires optional chest strap.)

### MOTIVATING WORKOUT VARIETY

Zone Training+™ Workouts automatically adjust the incline level to keep users in their target heart rate zone



### Greener with EVERY MOVE

Certain components of our cardio equipment are no longer painted during the manufacturing process, which reduces our carbon footprint. This initiative also lowers the amount of Volatile Organic Compounds (VOCs) released into the air as pollutants.

## HIGHLIGHT FEATURE

### FLEXDECK™ SHOCK ABSORPTION SYSTEM



The FlexDeck™ Shock Absorption System reduces knee and joint stress by up to 30% more than non-cushioned surfaces, decreasing the chance for injury. Eight incredibly durable Lifespring™ shock absorbers deliver consistent cushioning.

## TREADMILL DETAILS

- Patented FlexDeck™ Shock Absorption System
- 0.5 –14 mph (0.8 –23 kph)
- 0 –15% incline
- Powerful 4 HP AC Continuous Duty motor
- Ergonomically correct handlebars and siderails
- 26-character alphanumeric message center and workout profile
- Heart rate monitoring
- 28 workouts
- 7 languages
- Integrated reading rack and accessory tray
- iPod Compatibility
- Integrated iPod controls

Club Series

Life Fitness  
WHAT WE LIVE FOR

## CLUB SERIES CST TREADMILL

## SPECIFICATIONS

HEART RATE MONITORING		
Polar® Telemetry (optional chest strap required)		●
Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)		●
WORKOUTS		
Manual, Quick Start		●
Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate		●
Interval Workouts: Random, Hill, 5K, 10K, Speed Interval Training		●
Goal Workouts: Calories, Distance, Time in Zone		●
Custom Workouts		6
Fitness Test Protocols: Fit Test, WFI Submax Protocol, Navy PRT, Army PFT, Marine PFT, Air Force PRT, Physical Efficiency Battery (PEB)		●
Customized Cool Down		●
DISPLAY READOUT		
Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Custom Messaging, Speed, Incline, Distance Climbed		●
Language Choices		7
DISPLAY TYPE		
Message Center: 26 character, 7-segment amber LED alphanumeric message center		●
Numeric Keypad		●
SPECIAL FEATURES		
FlexDeck® Shock Absorption System: 8 Lifespring™ shock absorbers		●
Speed Range: 0.5–12 mph (0.8–19 kph)		●
Rollers: 3.5" (9 cm) precision crowned steel rollers, front and back		●
Elevation		0%–15%
Motor System: 4-HP AC Continuous Duty Motor with MagnaDrive™ motor controller		●
Handlebars and Handrails: Overmolded tubular steel Ergo™ bar		●
Side Handrails		26" (66cm) flared
Integrated Reading Rack		●
Integrated Cup Holders and Accessory Holder		●
Welded Steel Frame, Roller Lift Wheels and Rear Levelers		●
iPod® Compatibility	On-console controls	●
	Charging	●
Integrated iPod controls		●
Flash Programmable		●
TECHNICAL SPECIFICATIONS		
Maximum User Weight		400 lbs (181 kg)
Power Requirements: All major voltage configurations		●
Running Surface: 20 x 60 (51 cm x 152 cm)		●
Length		83" (211 cm)
Width		37" (94 cm)
Height		63.5" (161 cm)
Unit Weight		425 lbs (193 kg)
Step-up Height		11" (28 cm)
Warranty†	Lifetime on Lifespring shock absorbers; 10-year on all electrical components; 10-year on mechanical components and 1-year on labor	●
	Lifetime on motor and frame	●

\* Optional features are available with the purchase of an AttachableTV at an additional charge.

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

**LifeFitness**  
WHAT WE LIVE FOR