

# TRACKCONNECT

## WITH ENHANCED BLUETOOTH

**APPLE WATCH**  
**SAMSUNG**  
Galaxy Watch



### CONNECT ANYWHERE, ANYTIME

Bring all your workout data into one place with seamless integration with your favorite devices. Track your indoor or outdoor workouts together to ensure you're making progress.



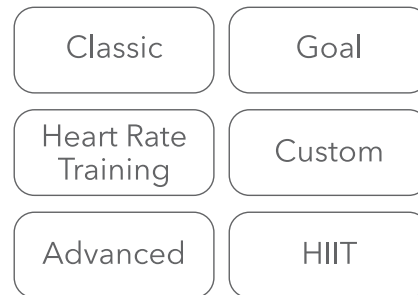
### ENHANCED BLUETOOTH CONNECTIVITY

Upgraded Bluetooth® features FiTness Machine Service protocol, better known as FTMS, to connect to Apple Watch® as well as additional FTMS compatible third-party apps.



### DUAL ZONE DESIGN

Compression rack securely holds tablets and phones in place while not covering up workout data. The upper Entertainment Zone is at eye level for easy viewing, while the lower Workout Zone allows for easy setup and in-workout control.



### INTEGRATED WORKOUTS

Capacitive touch keys allow instant access to HIIT, custom, goal-based and other challenging workouts.

The next generation of the Track Connect Console continues to evolve. Enhanced Bluetooth® enables pairing with an Apple Watch® or Samsung Galaxy Watch® as well as Apple® or Android™ smartphones and gives exercisers the ability to share extremely accurate workout information. Exercisers can connect seamlessly to their equipment, their watch and their favorite workouts on and off their equipment.



*LifeFitness*

# TRACKCONNECT

## WITH ENHANCED BLUETOOTH

DISPLAY	TRACK CONNECT
7" LCD	•
Instructional message center	•
WORKOUT PROGRAMS	
Number of workouts	15 17 on T5 Treadmill
Classic workouts: Manual, Random, Hill	•
Advanced workouts: EZ Resistance, Sport Training, Fit Test	•
Heart rate training: Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	•
Goal workouts: Calories, Distance, Target Heart Rate	•
HIIT: Custom high-intensity interval training	•
Marathon mode: Manual, Heart Rate	• T5 Treadmill
Custom workouts per user profile	3
LANGUAGES	
Languages: English, French, Russian, Spanish and German	5

WORKOUT FEEDBACK	TRACK CONNECT
Level/Incline	•
Time	•
Speed: mph, km/h; rpm (bike/cross-trainer only); pace (treadmill only)	•
Distance	•
Heart rate, target heart rate, calories, METs	•
Total calories and active calories when connected to an Apple Watch®	•
SPECIAL FEATURES	
Integrated smartphone/tablet compression rack	•
Quick start	•
Cool down/warm up modes	•
User profiles	4
Mobile device compatibility: Bluetooth® Proximity, NFC, FTMS capability (Enhanced Bluetooth capabilities not compatible with previous models)	•
Life Fitness Connect: Extremely accurate workout tracking, Life Fitness™ On Demand classes, adaptive audio coaching, workout creation and more (download from the iTunes™ App Store or Google Play™)	•
Energy Saver	•
WARRANTY	
Warranty: 3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary.)	•

### CONNECT TO THE APPS YOU USE

Enable Bluetooth® on your mobile device and smartwatch to push data to a growing list of apps utilizing Bluetooth FTMS.

Sync with Life Fitness Connect, Kinomap™, Rouvy™, Wahoo™, Zwift™ and other apps utilizing FTMS capabilities.



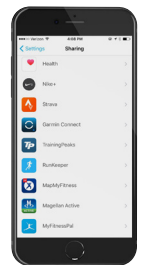
**PLAN**  
your workout before you arrive

**CONNECT**  
to most Life Fitness & Cybex machines

**ON DEMAND CONTENT**  
instructor-led classes

**COACHING**  
adaptive audio coaching workouts

[DOWNLOAD THE APP](#)



**Shop.LifeFitness.com**

© 2022 Life Fitness, LLC. All Rights Reserved. Life Fitness is a registered trademark of Life Fitness, LLC and its affiliated companies and subsidiaries. Apple and Apple Watch are registered trademarks of Apple Inc. Bluetooth is a registered trademark of Bluetooth SIG, Inc. Android is a trademark of Google, LLC. Samsung Galaxy Watch is a registered trademark of Samsung Electronics Co. Ltd. Kinomap is a trademark of SAR EXCELLANCE. Rouvy is a trademark of VirtualTraining s.r.o. Wahoo is a trademark of Wahoo Fitness, LLC. Zwift is a trademark of Zwift, Inc. Note: Software compatibility may vary and it is the responsibility of third-party apps to remain connective.

*Life Fitness*