

## PERFORMANCE RUNNING TREADMILL



Designed to keep pace with dynamic treadmill workouts with QuickDial™ speed and incline controls, the most responsive drive system and advanced Bluetooth connectivity all on a highly durable performance frame with a wide 22" running surface and expanded 0-15% incline range.

### TREADMILL SPECS

FRAME	FeatherLight Folding
RUNNING AREA	153 x 56 cm / 60" x 22"
CUSHIONING	Variable Response Cushioning
MOTOR	3.5 HP Johnson Drive System
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph
INCLINE RANGE	0 – 15%
DIMENSIONS (L x W x H)	193 x 93 x 161 cm / 76" x 37" x 63"
PRODUCT WEIGHT	146 kg / 321 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.

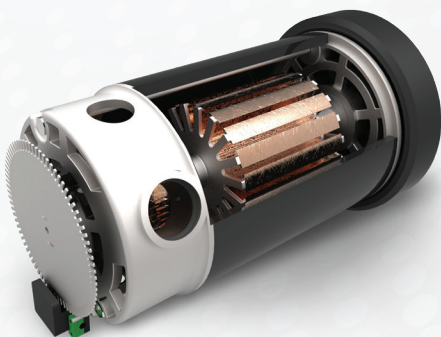
### CONSOLE SPECS

DISPLAY	16 Digit Alphanumeric LED, 8.25" LCD Screen
CONNECTIVITY	Bluetooth 4.0 Multi-channel + Bluetooth Audio
WORKOUT FEEDBACK	Time, Distance, Calories, Speed, Incline, Pace, Heart Rate
PROGRAMS	67 Programs including: Manual, Hill Climb x 10 levels, My First 5K (3 different workouts x 9 weeks), Fat Burn x 10 levels, Custom, Target Distance x 10 levels, Target Calories x 10 levels, Target Heart Rate, Custom Heart Rate, Sprint 8 x 20 levels
HEART RATE	Contact Hand Grips, Bluetooth 4.0 Compatible Receiver
EXTRAS	Audio In/Out Jack, Bluetooth Speakers, Custom Interval Keys, Energy Saver Mode, Fan, Multi-position Tablet Holders, Speed & Incline Quick Dial Controls, USB charging (1A/5V), Water Bottle Holder

**33% FASTER**  
SPEED & INCLINE CHANGES

### RAPID SYNC MOTOR ADVANTAGE

Perfect for HIIT workouts, Johnson motors featuring Rapid Sync Technology respond to changes in speed and incline faster than traditional home treadmill drive systems. With no lags or delays between interval changes, you'll never fall out of step with your fast-paced workout class again.



### CONVENIENT QUICKDIAL CONTROLS

Make swift changes to speed and incline without breaking your stride with QuickDial controls. On the right, roll the dial forward to increase speed and roll it back to decrease speed. On the left, roll it forward to go up the hill and roll it back to come back down.



### SPRINT 8

#### MAXIMUM RESULTS, MINIMUM TIME

Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way fad workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week. Individual results vary.