

PARAGON X



RUN YOUR TRAIL AT HOME

The newest addition to the award-winning Paragon line brings together performance and technology for a workout that's the closest thing to hitting the trail without leaving your house. Exclusive AirTrain Technology combines responsive air cushioning with 10 challenge programs to simulate real trail running. Intuitive controls adjust speed and incline at the touch of a button to add challenge, and the FitDisplay app with WeChat compatibility connects via Bluetooth to elevate the exercise experience with all the things that keep you moving. With this unique fusion of performance and technology, the Paragon X is the only treadmill for trail running beginners and enthusiasts who want to take their training further at home.

JOHNSON EXCLUSIVE TECHNOLOGY

At Johnson Health Tech, we invest in technology that completely redefines the exercise experience, helping you reach your fitness goals in smarter, easier and more enjoyable ways. These unique features are exclusive to our premium products, so you won't be able to find them anywhere else.



AirTrain Technology

Our exclusive design features an air cushion system beneath the deck that inflates along with preprogrammed changes in speed and incline based on 10 real trail running competitions across North America, Asia and Europe. You can even choose from grass, dirt, gravel and stone terrain settings to create a feel right for the way you like to run.



Sprint 8

Achieve maximum results in minimum time with our 20-minute HIIT training, proven to burn up to 27% body fat in just eight weeks. Visit Sprint8.com for more information.



FeatherLight Folding

Get the sturdiness of a traditional treadmill with the convenience of a folding frame thanks to our effortless hydraulic folding system that facilitates easy storage between workouts.



FitDisplay App

FitDisplay connects your device via Bluetooth for an enhanced experience synced to your equipment. Workout the way that motivates you with unique programs that entertain, motivate and keep you on track for your goals.



Johnson Drive System

Maintain your rhythm with the responsive digital drive system that continuously recalibrates with each footfall. Plus, you can use your treadmill in any room of the house because the motor always runs at low RPMs, which minimizes noise and enhances durability.



FEATURES

- A powerful 3.25 HP motor and a 56 cm / 22" wide deck provide performance and room for intense trail running workouts
- Ultra-modern styling includes open frame, curved console, streamlined I-shaped folding and contoured, chrome-accented design details
- One-touch Run Control starts and stops workouts at the push of a button
- Advanced Bluetooth connects accessories like heart rate straps and syncs workout data with popular fitness apps
- Contact grips provide quick, accurate heart rate feedback
- Device holder keeps streaming entertainment and on-demand exercise classes clearly in view

KEY SPECIFICATIONS

TREADMILL		CONSOLE	
BELT	2.2 mm	DISPLAY	Three White LED Windows
RUNNING AREA	153 x 56 cm / 60" x 22"	WORKOUT FEEDBACK	Time, Distance, Incline, Speed, Calories, Heart Rate
CUSHIONING	Variable Response Cushioning + adjustable air cushioning system	PROGRAMS	Console: Sprint 8, Distance (1k, 5k, 10k, Half Marathon), Calories (300k, 500k, 700k), Interval (Speed Interval, Peak Interval), Performance (Weight Loss, Gerkin), Heart Rate (Target HR, % Target HR), Step (5000, 10000), Cushion Run (Beginner, Obstacle, Challenge, 5K (1), (2), (3), (4), 10K (1), (2), 50K), Custom (Custom 1, Custom 2)
INCLINE RANGE	0 – 15%		FitDisplay App: Beat, Contest, Sprint 8, Virtual Active, Distance Target, Speed Target, Calories Target, Heart Rate Target, Intervals, Manual
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph	ENTERTAINMENT	Device holder, compatible with FitDisplay app and other popular fitness apps
EXTRAS	Capacitive touch buttons, one-touch run control, crystal-clear display panel, FeatherLight Folding	HEART RATE	Contact Grips and Bluetooth HR
MOTOR	3.25 HP Johnson Drive System		
DIMENSIONS (L x W x H)	206 x 97 x 147 cm / 81" x 38" x 58"		
FOLDED DIMENSIONS (L x W x H)	114 x 97 x 181 cm / 45" x 38" x 71"		
PRODUCT WEIGHT	125 kg / 275 lbs.		
USER WEIGHT CAPACITY	180 kg / 387 lbs.		

GR7



RIDE YOUR WAY

To bring the feel of real road cycling right into your home

GR Series Indoor Cycles aren't exercise bikes — they're true indoor cycles created for people who want a more inspiring, more motivating, more engaging way to ride. Each thoughtfully designed GR Indoor Cycle is precision-engineered to bring the feel of real road cycling to your home.

FEATURES

- Rear-drive design and ergonomic handlebars, seat and pedals bring the feel of real road cycling to indoor environments
- Magnetic resistance system provides instant, smooth adjustments to challenge
- Adjustable handlebars, seat and pedals make it easy for users of all sizes to find a comfortable riding position
- Optional LCD console offers real-time feedback and a variety of workout programs, plus unique Glow Ride lighting system that lead riders through three different phases of riding to simulate road cycling
- Free FitDisplay mobile app connects to cycle via Bluetooth to create an engaging, completely customizable exercise experience that leads to real results

COMPATIBLE APP



FitDisplay mobile app provides entertainment, motivation, workout tracking and more. FitDisplay's Beat program coaches you through resistance changes in sync to your favorite music, Virtual Active gives you the chance to explore exotic locales while you ride, and competition and challenge programs let you race friends and unlock reward points. Download FitDisplay for free to discover all the ways it can enhance your exercise experience.



INDOOR CYCLE	
HANDLEBAR ADJUSTMENT	Vertical and horizontal
PEDALS	Interchangeable dual-sided pedals with cages and pedal clips
SEAT ADJUSTMENT	Vertical and horizontal
RESISTANCE SYSTEM	Magnetic
DIMENSIONS (L x W x H)	134 x 56.2 x 105.8 cm / 53" x 22" x 42"
PRODUCT WEIGHT	51 kg / 112 lbs.
USER WEIGHT CAPACITY	136 kg / 300 lbs.
EXTRAS	Transport wheels, tablet holder, water bottle holders, Bluetooth connectivity for FitDisplay and other compatible training apps

	CONSOLE	FITDISPLAY
HEART RATE	Wireless heart rate, Polar compatible	Bluetooth heart rate
DISPLAY	5" LCD	User's mobile device
DISPLAY FEEDBACK	Time, Distance, Calories, Heart Rate, RPM, Speed, Battery	Time, Distance, Calories, Heart Rate, RPM, Speed, Watts
PROGRAMS	HIIT, Speed Intervals, Heart Rate Intervals	Beat, Contest, Sprint 8, Virtual Active, Distance Target, Speed Target, Calories Target, Heart Rate Target, Intervals, Manual
FEATURES	Glow Ride lighting system	ViewFit

*Specifications subject to change without notice.

TORUS SERIES



TORUS SERIES

A versatile expression of strength

Our Torus Series home gym lets you take on over 40 possible exercises, giving you all the options you need to create a strength training routine that addresses your specific physical transformation goals. Count on our robust, versatile design to give you an ultra-stable workout and smooth transitions from one exercise to the next.

TORUS 3

The heavy-gauge steel-tube frame keeps the Torus 3 stable as you explore diverse upper- and lower-body exercises.



TORUS SERIES



TORUS SERIES

STRENGTH

TORUS 3

FRAME	
Frame Construction	Square Tubing
Frame Color	Matte Black
Pad Color	Black
Backrest Adjustment	8 Positions
Seat Adjustment	4 Positions
Leg Press Backrest Adjustment	N/A
Pulley	High-quality Bearing
Cables	6 mm Nylon-coated
Accessories	Lat Bar, Free-motion Arm Strap x 2
Exercise Modality	High Pulley, Abdominal Pulley, Press/Row, Free Motion, Leg Station, Low Pulley
Weight Stack	80 kg / 176 lbs.
TECH SPECS	
Dimensions (L x W x H)	213 x 146 x 205 cm / 84" x 57.5" x 81"
Product Weight	193 kg / 425 lbs.
User Weight Capacity	150 kg / 330 lbs.