

**FREEMOTION**  
Powered By **iFIT**>

INTERACTIVE. PERSONAL. TRAINING.

# 22 SERIES



TOMMY RIVERS PUZEY — PATAGONIA

## INCLINE TRAINER



## REFLEX™ TREADMILL



## ELLIPTICAL



## RECUMBENT BIKE



## UPRIGHT BIKE



## COACHBIKE™





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## *i22.9 INCLINE TRAINER*

### **THE CARDIO EXPERIENCE REIMAGINED**

Exclusively on content-driven cardio machines from Freemotion, your members can explore the world through thousands of coach-led workouts, right from the cardio floor. Powered by iFit, the 22 SERIES keeps users engaged with vivid imagery, motivational coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.

Give your members the industry-leading cardio experience on the Incline Trainer and deliver faster results. Whether running or walking, training at an incline increases heart rate, muscle activation, and calorie expenditure, all while reducing the impact that leads to injury – featuring an industry-leading 30% incline and -3% decline.







THOUSANDS OF COACH-LED  
**WORKOUTS**

Access an expansive library of on-demand workouts led by expert fitness coaches from around the world. Search or sort by location, trainer, exercise type, workout duration, intensity, and more!



**WORLD-RENOWNED**

# *FITNESS COACHES*

We've hand-selected 100+ Olympic champions, celebrity trainers, physical therapists, marathoners, and location guides to be your iFit coaches. With unique training styles and personalities that motivate and inspire, you'll quickly find your new favorite trainer.





**INTERACTIVE. PERSONAL. TRAINING.**

# GLOBAL WORKOUTS

Explore the world without leaving the room with thousands of inspiring training videos beautifully filmed in stunning locations around the globe, including 40+ countries and all 7 continents. Your machine's incline/decline will even adjust to match the terrain and instructions of your coach.



BETINA GOZO — ANTARCTICA



## *Travel the World*

Virtually travel to unique locations with guides that share facts, information, and history that transform your workout into an engaging and educational experience.



## *Workout in Breathtaking Locations*

Discover the Pyramids of Egypt, hike the Scottish Highlands, or take a stroll through Florence with an exciting and immersive fitness experience.



## *Participate in Iconic Races*

Challenge yourself by virtually participating in iconic races like the Boston Marathon right from the cardio floor.



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# STUDIO CLASSES

Experience the hype of a high-intensity studio class alongside other participants and taught by fitness instructors that motivate and inspire you to finish strong. Let your coach guide you through the workout and virtually control your machine.



**Gideon Akande**

A LITTLE BIT OF EVERYTHING



**Betina Gozo**

TOTAL-BODY INTERVAL RUN



**Anja Garcia**

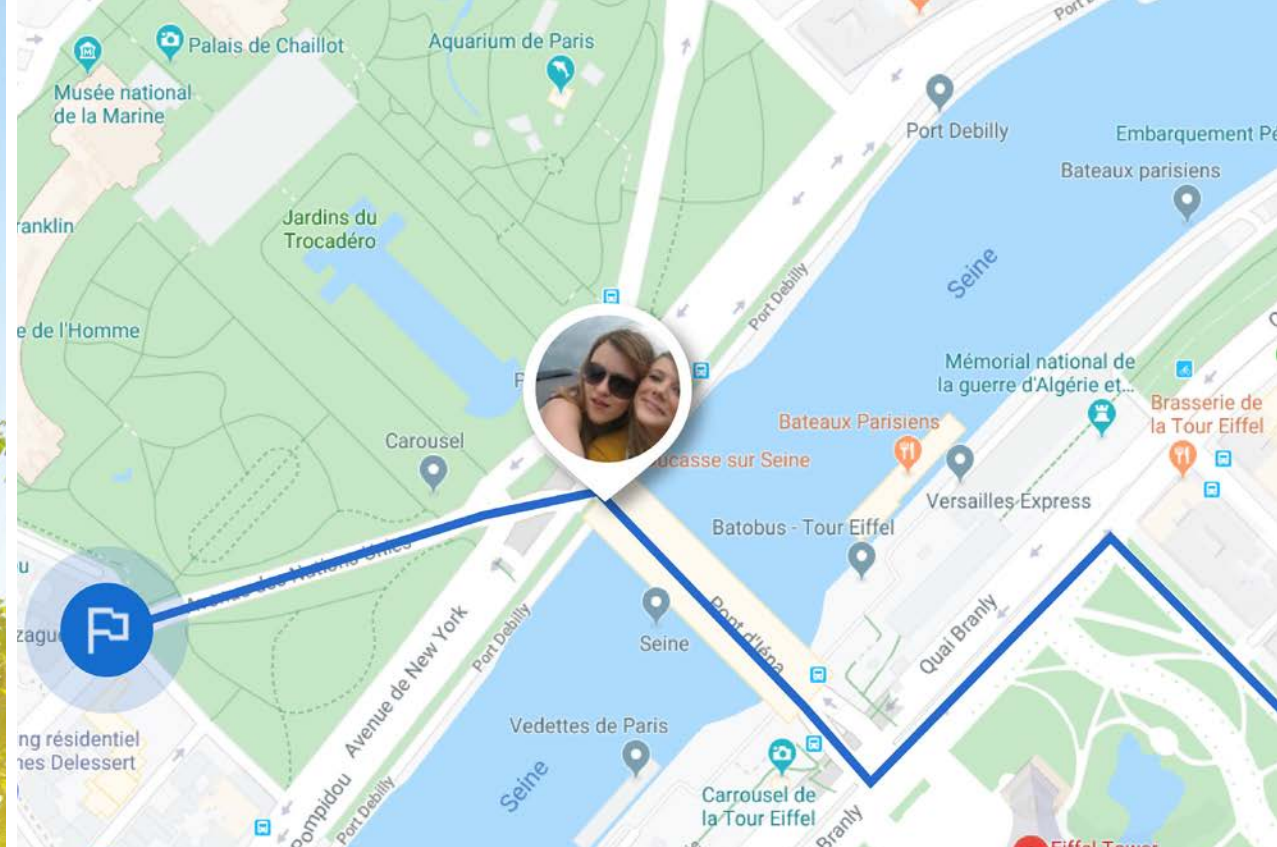
LADDER INTERVALS AND...

HANNAH EDEN - IFIT STUDIO





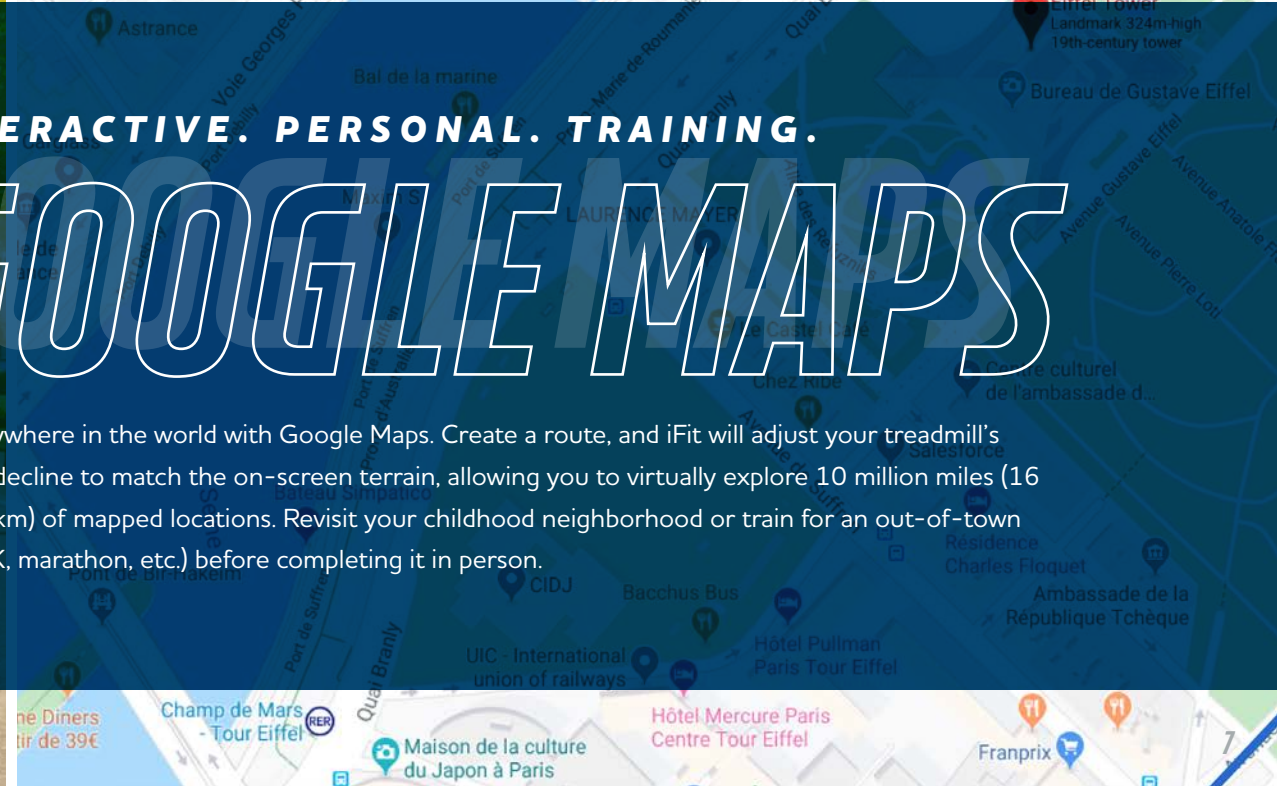
EIFFEL TOWER - PARIS, FRANCE



**INTERACTIVE. PERSONAL. TRAINING.**

# GOOGLE MAPS

Run anywhere in the world with Google Maps. Create a route, and iFit will adjust your treadmill's incline/decline to match the on-screen terrain, allowing you to virtually explore 10 million miles (16 million km) of mapped locations. Revisit your childhood neighborhood or train for an out-of-town race (5K, marathon, etc.) before completing it in person.





I'M GOING TO  
INCREASE YOUR SPEED!

AUTO-ADJUSTING

# TECHNOLOGY

Each interactive workout allows your coach to remotely adjust the incline, decline, or speed of your Incline Trainer to mirror the on-screen content, creating an immersive and engaging training experience.



CARMEL RODRIGUEZ — FLORENCE, ITALY

## **CONTENT ON-DEMAND, 24/7**

Get access to your favorite fitness coach on your schedule, whenever you choose to workout.

## **ADVANCED WORKOUT METRICS**

Never lose sight of your personal fitness goals with real-time metrics that go beyond traditional feedback, leveraging heart rate, intensity, incline statistics, and more to measure and track your fitness journey.

## **PROGRESSIVE WORKOUTS**

Complete a full workout series that continuously challenges with each new workout.

## **EVER-EXPANDING CONTENT LIBRARY**

With an extensive and ever-growing library of engaging on-screen content, you'll always have a new workout to experience or a unique location to explore.



PRODUCT

# BENEFITS



WALKING AT 2 MPH AND 21% INCLINE  
CAN BURN 3X THE FAT CALORIES  
COMPARED TO RUNNING AT 6 MPH  
ON A FLAT SURFACE.\*



## GET ELEVATED RESULTS

Incline training improves fitness faster than working out on flat surfaces. Whether you're running or walking, training at an incline increases heart rate, muscle activation, and calorie expenditure, all with less perceived exertion and while reducing the impact that leads to injury.

## BURN MORE CALORIES

With an industry-leading 30% incline and a -3% decline available at the touch of a button, you can burn more fat calories on the Incline Trainer, with less perceived exertion. With the primary fuel source coming from fat, walking at a 30% incline burns 3.6 times more calories than walking on a flat surface.

\*Based on an university study comparing flat surface walking/running to incline training.



## PRODUCT

# BENEFITS

### TWO WORKOUTS IN ONE

Build lower-body muscles while improving your cardiovascular fitness on the Incline Trainer. More effective than flat surface and stair training, walking or running at an incline increases muscle activation throughout your posterior chain and delivers an excellent workout – especially for your glutes.

### DEVELOP ECCENTRIC STRENGTH

Utilize decline training to better prepare for races or outdoor running and improve postural awareness. Decline training teaches the body to decelerate and develops eccentric strength while helping to prevent falls in a safe environment.

### ADD VARIETY TO YOUR WORKOUT

The unique rear motor design of the Incline Trainer creates the platform for dynamic agility training – like side shuffles, high knee skipping and carioca. Progress your workout by practicing these athletic movement patterns without incline and, when ready, increase the incline to increase the muscle challenge and cardiovascular intensity.

AT 27% INCLINE AND ABOVE,  
GLUTES FIRE AT 100%, HAMSTRINGS  
73%, AND CALF MUSCLES 90%.\*



\*Based on a university study comparing posterior chain activation while walking on a flat surface compared to incline training.



PRODUCT

# BENEFITS

WALKING AT 2 MPH AND 24% INCLINE  
WILL **PRODUCE A HIGHER HEART RATE** THAN  
RUNNING AT 6 MPH AND 0% INCLINE.\*

## INCREASED HEART RATE

Elevate your heart rate and the efficiency of your exercise routine by taking your workout up a notch or two. With double the incline potential of a standard treadmill, you can get your heart pumping faster and endorphins flowing more freely, whether you're running or walking at an incline.

## IMPROVE YOUR BIOMECHANICS

Incline training also increases your efficiency by subconsciously improving your form, forcing a faster step turnover and shorter, more efficient strides.

It also facilitates a shift to a mid-foot strike and optimal toe push-off, rather than the less productive and injury-prone heel-strike used by many runners. You'll feel your calf muscles, hamstrings, and glutes activate as you reduce braking forces and achieve optimal power.

\*Based on a university study comparing flat surface running to walking on an incline.  
Average weight of participants in the study was 164.3 lbs.

i22.9 INCLINE TRAINER

i22.9 INCLINE TRAINER



PRODUCT

# FEATURES

## KNOW YOUR ZONE

Get real-time data during your workout with built-in EKG grips, so you know when you're in the ideal heart-healthy zone. Also compatible with ANT+ and Polar®.

## SHIFT GEARS QUICKLY

Quickly achieve your desired speed by pressing two 1-STEP™ Controls back-to-back – for example, pressing '2' and '5' will adjust the speed to 2.5 mph (4 km/h) allowing you to quickly reach your ideal speed.

## POWER UP

Charge your devices during your workout with a convenient USB port.

## HIIT-FRIENDLY CARDIO

Quickly adjust your speed and incline with the convenient 1-STEP™ Controls, great for HIIT training.

## i22.9 INCLINE TRAINER



## HIGH-DEFINITION DISPLAY

Immerse yourself in visually stunning imagery while working out in exotic locations around the globe, or watch a favorite TV program on this high-definition 22-in (55 cm) capacitive touchscreen.

## A COOL WORKOUT

Stay cool throughout the workout with a conveniently-located adjustable 3-speed fan, or select the AutoBreeze™ function to enjoy a variable flow that responds to your pace.





# PRODUCT SPECIFICATIONS

## MODEL # FMTK74819

<b>Display Type</b>	22 in (55 cm) HD Capacitive Touchscreen Built-in TV Tuner* (Available Soon)
<b>Workouts</b>	Thousands of Coach-Led, Unlimited with Google Maps
<b>Featured Languages</b>	EN, also DE, ES, FR, IT, PT, RU, ZH
<b>Entertainment</b>	HDMI, MPEG-2, MPEG-4 US & Canada: H.264 (AVC) International: H.265 (HEVC)
<b>Audio Connections</b>	Bluetooth, 3.5 mm headphone jack
<b>Connectivity</b>	Ethernet or Wifi minimum: 10 Mbps per unit (Dedicated Ethernet recommended)
<b>Drive Motor</b>	AC 5.0 CHP Commercial Drive Motor
<b>Deck</b>	1 in (2.5 cm) Double-Sided, Cushioned Deck
<b>Running Surface/Belt</b>	Double Layered Quiet Belt 21.5 x 60 in (54.6 x 152 cm)
<b>Elevation System</b>	-3% decline to +30% incline
<b>Speed Range</b>	0-15 mph (0-24 km/h)
<b>AutoBreeze™ Fan</b>	Adjustable, 3-Speed, 8-in (20.3 cm) CrossFlow™ Fan
<b>Heart Rate Monitoring</b>	EKG Pulse Sensors, ANT+ and Polar Compatible
<b>Accessories Holder(s)</b>	Phone/Accessories Tray, Bottle Holder
<b>Step-Up Height</b>	15.5 in (39.4 cm)
<b>Maximum User Weight</b>	400 lbs (181 kg)
<b>Product Weight</b>	750 lbs (340.2 kg)
<b>Shipping Weight</b>	780 lbs (353.8 kg)
<b>Shipping Dimensions (L x W x H)</b>	85 x 43 x 33.7 in (215.9 x 109.2 x 85.5 cm)
<b>Certifications</b>	cTUVus, FCC/IC, BQB

\*NTSC, PAL, SECAM etc.

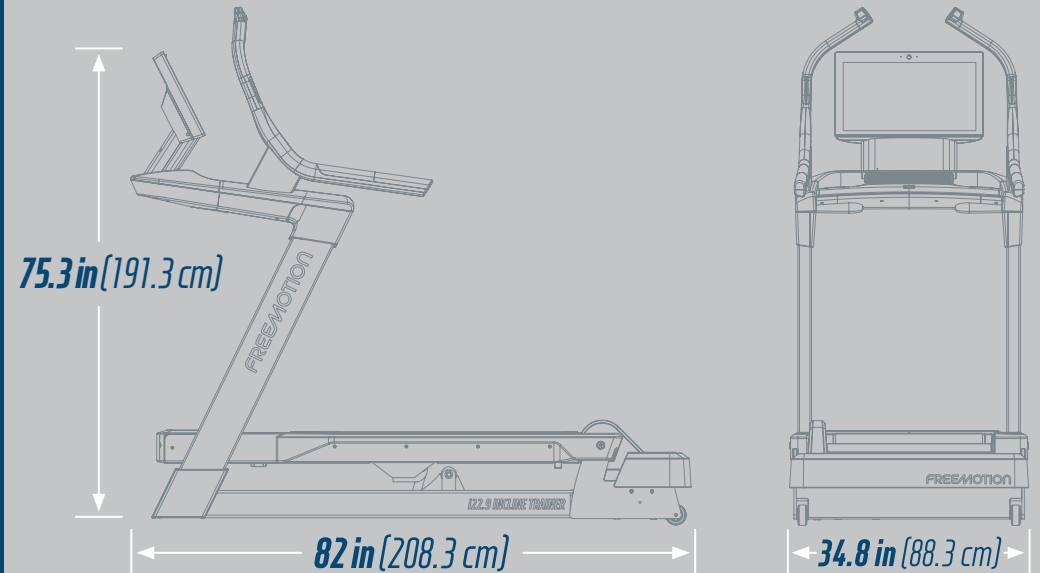
### PRODUCT OPTIONS

<b>Units</b>	<b>Metric    Imperial</b>
<b>Power</b>	<b>120 VAC, 20 Amp    240 VAC, 15 Amp</b>
<b>Color</b>	<b>Black    White    Red    Yellow</b>

For the full list of specifications, visit [freemotionfitness.com](http://freemotionfitness.com)

# 22 SERIES

## i22.9 INCLINE TRAINER



## NETWORK CONNECTIVITY

Freemotion requires a minimum of Category 5e (Cat5e) twisted pair ethernet cable. Freemotion recommends Category 6 (Cat6) twisted pair ethernet cable to ensure stable and efficient connection.

Freemotion requires all switching devices to be capable of handling up to 10/100/1000 Mbps, and a dedicated network connection for each connected fitness product. All connected products, whether on WiFi or via Ethernet, should be on a secure and protected network capable of providing a minimum bandwidth of 10 Mbps per unit.



## INCLINE TRAINER & REFLEX™ TREADMILL

# POWER REQUIREMENTS

### WARNING:

Failure to follow may cause unexpected behavior of the treadmill or other machine malfunctions.



### 110-Volt Treadmill Applications

Voltage range: 100-120 VAC, 60 Hz | Freemotion treadmills require an individual branch circuit using a NEMA 5-20R isolated ground (pictured), or similar receptacle. The hot, neutral, and ground wires must each be independently isolated (not looped or tied to other circuits).



### 220-Volt Treadmill Applications

Voltage range: 200-240 VAC, 50/60 Hz | Freemotion treadmills require an individual branch circuit using an CEE 7 (pictured), NEMA 6-20R, or similar receptacle. Two hot and the one ground wires must be independently isolated (not looped or tied to other circuits).

Do not modify the plug provided with this product as it will void the warranty and may damage the product. If it will not fit your electrical outlet, have a qualified electrician install the appropriate outlet in your facility.

## ELECTRICAL APPLICATIONS

Electrical supply may fluctuate in your area. To ensure the product's stable performance, we require the following wiring gauges based on the distance between the single treadmill and the panel.

DISTANCE	WIRE SIZE
100-150 ft   30-45 m	10 Gauge   6 mm <sup>2</sup>
150-200 ft   45-60 m	8 Gauge   10 mm <sup>2</sup>
More than 200 ft   60 m	6 Gauge   16 mm <sup>2</sup>

When designing a facility or installing new Freemotion equipment into a facility, it is important to have the correct electrical power provisions for the equipment to operate safely and correctly. Each treadmill must be furnished with an Individual Branch Circuit. Circuits for 110-Volt models must include a 20-amp circuit breaker and individual 20-amp isolated ground receptacles for each treadmill. Circuits for 220-Volt must include a 15-amp circuit breaker and individual 15-amp isolated ground receptacles for each treadmill. The US-based NEC requires that each outlet has dedicated conductors of at least 12 AWG (American Wireless Gauge) for line, neutral, and ground for 20-amp service. Larger conductors (10 AWG) may be required for long branch circuits or high temperatures to prevent voltage drop. Dedicated outlets must not share a line, neutral, or ground conductors with other outlets. This means that a single breaker, one hot wire, one neutral wire, and one ground wire are connected from the panel to a single electrical load, in this case, one treadmill.

**ALL CIRCUITS FOR TREADMILLS SHOULD NOT SHARE A NEUTRAL GROUND.** Each neutral wire and each ground wire should be tied back to the panel directly. This should help to avoid three problems commonly experienced:

- 1. Overloading the Circuit Breaker:** With only one treadmill connected to a single circuit breaker in the electrical panel, the smaller circuit breaker in the treadmill will trip first if there is an over-current situation due to abnormal treadmill operation. If more than one treadmill is wired to the same panel breaker, the additional current requirements may frequently overload and trip the panel breaker, even though the treadmills are operating normally.
- 2. Overloading the Neutral Wire:** If there are multiple treadmills connected to the same neutral wire, even if each hot conductor is wired to separate breakers, there is a risk of overloading the neutral wire, possibly resulting in a dangerous situation (could overheat and cause a fire) and/or more commonly, low voltage at the outlet. As a result of the low voltage the amperage (AMPS) goes up to keep up with the current demand. With the high amounts of current comes high heat, which will damage the electrical components such as the power board, console, and other small components within the treadmill.
- 3. Low Voltage at the Outlet:** A few things can cause this; the most common is too many treadmills on one circuit (or neutral wire), which overloads and heats the wire, causing the voltage at the outlet to drop. This also happens if the wire size is too small or the distance from the panel to the outlet is too far. Low voltage at the outlet can only be measured when the load is at its peak. The voltage may be sufficient when all the treads are off but lower significantly when they are all operating and drawing 20-amps. Low voltage causes problems for the drive motor, power board, and motor controller, resulting in unexpected behaviors of the treadmill.

**The benefits of an Isolated Ground (IG):** The primary reason for using an IG is to provide a noise-free (electromagnetic interference) ground return, separate from the equipment grounding return. The IG provides an isolated, separate ground path for the ground reference in the treadmill. The IG also helps eliminate the potential for a "ground loop," which can cause electromagnetic interference.

**NOTE:** DO NOT share TV Power Supplies with Treadmill 20A Circuits. Failure to follow these requirements may cause unexpected behavior of the treadmill or other machine malfunctions. We recommend that you meet with a qualified electrician to meet your individual needs best.



<b>CARDIO: HIGH-USAGE - 22, 10, &amp; 8 SERIES</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>CARDIO: LOW-USAGE - 22, 10, &amp; 8 SERIES**</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	3 Years	3 Years
Labor	3 Years	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>TV ATTACHMENTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
MYE Digital LCD TV	3 Years	3 Years
MYE TV Controller & Wireless Receiver	2 Years	2 Years
MYE Wireless Transmitter	5 Years	5 Years
<b>INDOOR BIKES</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	7 Years	7 Years
Belt	5 Years	5 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>FUSION</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	10 Years	10 Years
Parts	2 Years	2 Years
Ropes and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<b>STRENGTH/BENCHES/RIGS/RACKS/ATTACHMENTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Frame (not including coatings)	10 Years	10 Years
Parts	3 Years	3 Years
Cables and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days
<b>FREE WEIGHTS</b>	<b>US &amp; CANADA</b>	<b>INTERNATIONAL</b>
Urethane-coated Weights (repair or replace at our discretion)	3 Years	3 Years
Rubber-coated Weights (repair or replace at our discretion)	2 Years	2 Years

FREEMOTION.  
**WARRANTIES**

\*Includes Non-warning Decals, Deck Rails, Pulse Grips, USB, Audio Jack, Handrails, Motor Hood, Fan Levers, Water Bottle Holders, Pedals, Pedal Straps, Seats, Handles/Levers/Knobs, Hand Grips, Removable Trays, Weight Pins, Springs, Belts (except Walking Belts), Accessories, Rust on Any Metal Components.

\*\*For non-dues paying facilities with machine usage of 6 hours or less per day.



# FREEMOTION®

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