

FREEMOTION

# *to go* **TREADMILL**

MODEL #VMTL29818 #VMTL29818-INT

## *CARDIO 8 SERIES TREADMILL*

Reaching 12 mph (19 km/h) with an incline up to 15%, this versatile, sprint interval treadmill opens up new possibilities and is ideal for the active aging population and new users. Nice to have entertainment features are hardwired in, along with trainer-created workout apps and an EKG monitor. When synced to the user's smart device, the workout becomes interactive and automatically takes over the incline and speed of the machine.



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## t8.9b TREADMILL

### PRODUCT FEATURES

#### 1-STEP™ CONTROLS

Get instant response and immediate action with easy to understand, 1-STEP™ Controls. The easy read and accessible controls are made for personal trainers and HIIT workout classes.

#### IFIT® SYNC

Users sync their smart device to the machine to create an interactive workout experience. With over 16,000+ workouts filmed on-location throughout the world, iFit® Sync creates a hands-off solution where the machine's incline and speed is controlled by the on-screen workout and iFit® trainer.

#### SIMPLIFIED USER INTERFACE

Get all the workout information you need in one place. Easy-to-read results lets you know what you've accomplished during the workout.

#### 4.0 HP AC COMMERCIAL DRIVE

This high-torque, brush-less AC speed motor is dynamically spin-balanced and extensively tested for superior performance in vibration and noise—making it the performance motor of choice.

#### 0 – 15% INCLINE CONTROL

Incline controls make it simple to change the incline to reduce impact on joints, burn more calories and add workout variety.

#### SET A GOAL WORKOUT CENTER

Stick to your goals. Enter your desired worked out time, how far you want to go or how many calories you want to burn and the machine won't stop until you've reached your workout goal.

#### PRESET PROGRAMS

4 Weight Loss, 4 Heart Rate, 4 Speed Interval, 2 Race Training, 4 Incline Fitness Tests- Army, Navy, USMC, USAF, WFI, Bruce, Gerkin, PEB

#### PERSONAL ENTERTAINMENT

Entertainment capabilities make the workout experience even better. Add an optional 15.6 in (39 cm) Personal HDTV Screen.

### WARRANTY

**US:** 7 Years Frame, 3 Years Parts, 3 Years Labor (in non-dues paying facilities)

**INTERNATIONAL:** 7 Years Frame, 3 Years Parts, 1 Year Labor

**UNITED KINGDOM:** 7 Years Frame, 3 Years Parts, 3 Years Labor

### SPECIFICATIONS

<b>Drive Motor</b>	4.0 HP AC Commercial Drive Motor
<b>Deck /Running Surface</b>	2-sided Cushioned Deck 21.5 x 60 in (54 x 152 cm)
<b>Elevation System</b>	0% to +15% incline
<b>Display Type</b>	Simplified User Interface
<b>Controls</b>	1-STEP™ Incline Controls 1-STEP™ Speed Controls
<b>Electronic Readouts</b>	Speed, Time, Incline, Distance, Vertical Feet, Pace, Calories Burned, Calories Burned Per Hour and Heart Rate.
<b>Heart Rate Monitoring</b>	Dual Grip Pulse Sensors/ Polar® Wireless receiver
<b>Step-up Height</b>	6.7 in (17 cm)
<b>Speed Range</b>	0-12 mph (0-19 km/h)
<b>Max User Weight</b>	400 lbs (182 kg)
<b>Equipment Dimensions (L x W x H)</b>	81 x 36 x 60 in (205.7 x 91.4 x 152.4 cm)
<b>Machine Weight</b>	358.7 lbs (162.7 kg)
<b>Shipping Dimensions (L x W x H)</b>	90.5 x 42.1 x 18.9 in (229.8 x 106.9 x 48 cm)
<b>Shipping Weight</b>	433.5 lbs (196.6 kg)
<b>Power Requirements</b>	120 VAC, 20 Amp US & Canada/ International 220-230 VAC, 10 Amp
<b>Regulatory Approvals</b>	cTUVus, FCC/IC, BQB

#### OPTIONAL

- 15.6 in (39 cm) HD Personal TV
- 900/800 MHz receiver (MYE900RCVR)