

## S-Force Performance Trainer



The S-Force Performance Trainer combines a specifically designed motion and a magnetic resistance system to take high-intensity interval training to the next level. As members move through a user-defined path that fits their individual stride, resistance automatically increases the harder they work. This means even HIIT enthusiasts are pushed to their limit.

- Cord-free design and integrated wheels make it easy to place the unit anywhere in your facility
- Foot platforms and ergonomically sculpted seat provide stability when entering and exiting
- Adjustable backlit console provides complete, easy-to-read feedback
- Clearly defined quick keys offer instant access to Sprint 8, interval training and goal-based training programs
- Magnetic resistance increases the harder the athlete works, creating challenging progressive workouts
- Smooth, quiet magnetic resistance system and a specifically designed motion provide low-impact, high-intensity exercise
- User-defined path accommodates up to a 91 cm / 36" stride length
- Contoured handlebars offer multiple secure grips and instant resistance adjustment

CONSOLE	
DISPLAY SCREEN	Extra-large Backlit LCD Display
PROGRAMS	Sprint 8, Goals, Interval, Challenge
DISPLAY READOUT	Time, Distance, SPM (steps per minute), Steps, Heart Rate, Calories (with heart rate strap)
TELEMETRIC RECEIVER	Yes

FEATURES	
STRIDE LENGTH	91.4 cm / 36"
HANDLEBAR DESIGN	Multi-position handlebar
PEDALS	Self leveling with quick release strap
TRANSPORT	3 wheel transport
RESISTANCE LEVELS	5

TECH SPECS	
SHIPPING WEIGHT	155 kg / 340 lbs.
PRODUCT WEIGHT	132 kg / 290 lbs.
MAX USER WEIGHT	181.4 kg / 400 lbs.
OVERALL DIMENSIONS (L X W X H)	182 x 69 x 166 cm / 72" x 27" x 66"
POWER REQUIREMENTS	3 D-cell Batteries
RESISTANCE TECHNOLOGY	Magnetic Resistance