

INCLINE



+30%

-3%

At 27% incline and above, **glutes fire at 100%**, hamstrings 73%, and calf muscles 90%*

i22.9 INCLINE TRAINER

- » Industry-Leading -3% Decline & 30% Incline
- » HIIT-Friendly 1-STEP™ Controls
- » Auto-Adjusting 3-Speed AutoBreeze™ Fan



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

REFLEX™



29% greater reduction in impact force **20.5% greater** reduction in tibial shock, compared to the competition*

t22.9 REFLEX™ TREADMILL

- » Impact-Reducing REFLEX™ Deck
- » HIIT-Friendly 1-STEP™ Controls
- » Foot-strike zone improves performance while reducing impact



*Based on a Freemotion commissioned university study comparing the impact of running on a Freemotion REFLEX™ series treadmill, a Life Fitness 95T5, a Precor TRM 835, and flat surfaces.



e22.9 ELLIPTICAL

- » Low Impact Total-body Training
- » Smooth 20 in / 51 cm Ergonomic Stride
- » Quiet Belt, Hutchinson J10 Drive System



b22.7 COACHBIKE™

- » Immersive Experience – 20% incline, -10% decline
- » Auto-Adjusting 3-Speed AutoBreeze™ Fan
- » Flywheel with SMR™ Silent Magnetic Resistance



r22.9 RECUMBENT BIKE

- » Back-Friendly Cardio Solution
- » Accessible Step-Thru™ Design
- » Ergonomically engineered seat



u22.9 UPRIGHT BIKE

- » Low-Impact Cardio Solution
- » Accessible Step-Thru™ Design
- » Quicklift™ Overmolded Seat