

hamstrings 73%, and calf muscles 90% st

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

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

REFLEXTCUSHIONING

t22.9 **REFLEX™ TREADMILL**

 \gg Impact-Reducing REFLEXTM Deck

- » HIIT-Friendly 1-STEP[™] Controls
- » Foot-strike zone improves performance while reducing impact



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

e22.9 **ELLIPTICAL**

FREEMOTION

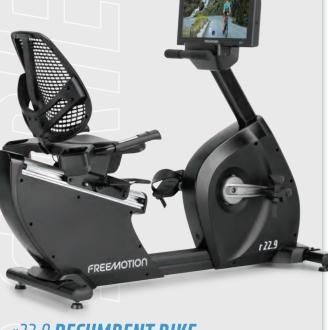
>> Low Impact Total-body Training >> Smooth 20 in / 51 cm Ergonomic Stride » Quiet Belt, Hutchinson J10 Drive System

b22.7 **COACHBIKE**™

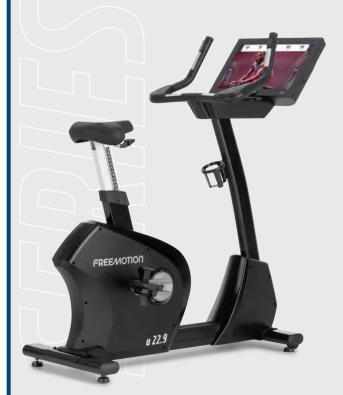
>> Immersive Experience – 20% incline, -10% decline » Auto-Adjusting 3-Speed AutoBreeze™ Fan » Flywheel with SMR[™] Silent Magnetic Resistance



>>> 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