



## GREAT STRIDES IN PERFORMANCE AND TECHNOLOGY

- Powerful 3.5 CHP Johnson Drive System with Rapid Sync Technology is ultra-responsive to maximize the benefits of interval training and keep you in sync with streaming workouts
- Expanded 22" x 60" running surface provides plenty of room for hard sprints and HIIT workouts
- 15% incline lets you add challenge to your run at the touch of a button
- Advanced Bluetooth quickly connects to multiple devices to stream on-demand fitness classes and entertainment through integrated speakers, track your heart rate and more
- Exclusive, scientifically validated Sprint 8 program burns fat and builds muscle in effective 20-minute workouts

### KEY SPECIFICATIONS

TREADMILL		CONSOLE	
FRAME	FeatherLight Folding	DISPLAY	16 Digit Alphanumeric LED, 8.25" LCD Screen + AFG Pro app
RUNNING AREA	55 cm x 152 cm / 22" x 60"	CONNECTIVITY	Bluetooth 4.0 Multi-channel + Bluetooth Audio
CUSHIONING	Variable Response Cushioning	WORKOUT FEEDBACK	Time, Distance, Calories, Speed, Incline, Pace, Heart Rate
MOTOR	3.5 CHP with Rapid Sync Technology	PROGRAMS	10 - (Manual, Fat Burn, Hill Climb, My First 5K, Distance, Heart Rate, Calories, Custom, Sprint 8, Custom HR)
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph	HEART RATE	Contact Hand Grips, Bluetooth 4.0 Compatible Receiver
INCLINE RANGE	0 – 15%	EXTRAS	Bluetooth Speakers, Fan, USB charging (1A/5V), Speed & Incline toggles on handgrips, Energy Saver Mode, Bottle Holder, Audio in/out jack, Multi-position Tablet/Reading Rack
DIMENSIONS (L x W x H)	193 x 93 x 161 cm / 76" x 37" x 63"		
PRODUCT WEIGHT	145 kg / 318 lbs.		
USER WEIGHT CAPACITY	147 kg / 325 lbs.		

### MAXIMUM RESULTS. MINIMUM TIME.

# SPRINT 8

30  
SEC

Sprint Interval - Peak Intensity Effort

90  
SEC

Recovery Interval - Easy Active Recovery

×8

HIIT Sets

Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way fad workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week. \*Individual results vary.

### Experience the Rapid Sync Motor Advantage

Perfect for HIIT workouts, Johnson motors featuring Rapid Sync Technology respond to changes in speed and incline faster than traditional home treadmill drive systems. With no lags or delays between interval changes, you'll never fall out of step with your fast-paced workout class again.