

FREEMOTION
Powered By **iFIT**>

INTERACTIVE. PERSONAL. TRAINING.

22 SERIES

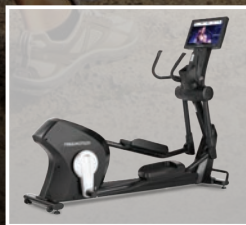
HANNAH EDEN - ICELAND

REFLEX™ TREADMILL

INCLINE TRAINER



ELLIPTICAL



RECUMBENT BIKE



UPRIGHT BIKE



COACHBIKE™



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t22.9 REFLEX™ TREADMILL

THE CARDIO EXPERIENCE REIMAGINED

Exclusively on content-driven cardio machines from Freemotion, your members can explore the world through thousands of coach-led workouts, right from the cardio floor. Powered by iFit, the 22 SERIES keeps users engaged with vivid imagery, motivational coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.

Deliver the best-in-class cardio experience with the REFLEX™ Treadmill, the preferred treadmill of boutique studios around the world. Its proprietary cushioning deck reduces impact and enables a longer, stronger, and healthier run.



Access an expansive library of on-demand workouts led by expert fitness coaches from around the world. Search or sort by location, trainer, exercise type, workout duration, intensity, and more!

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WORLD-RENOWNED

FITNESS COACHES

We've hand-selected 100+ Olympic champions, celebrity trainers, physical therapists, marathoners, and location guides to be your iFit coaches. With unique training styles and personalities that motivate and inspire, you'll quickly find your new favorite trainer.



INTERACTIVE. PERSONAL. TRAINING.

GLOBAL WORKOUTS

Explore the world without leaving the room with thousands of inspiring training videos beautifully filmed in stunning locations around the globe, including 40+ countries and all 7 continents. Your machine's incline will even adjust to match the terrain and instructions of your coach.

BETINA GOZO — ANTARCTICA



Travel the World

Virtually travel to unique locations with guides that share facts, information, and history that transform your workout into an engaging and educational experience.



Workout in Breathtaking Locations

Discover the Pyramids of Egypt, hike the Scottish Highlands, or take a stroll through Florence with an exciting and immersive fitness experience.



Participate in Iconic Races

Challenge yourself by virtually participating in iconic races like the Boston Marathon right from the cardio floor.

INTERACTIVE. PERSONAL. TRAINING.

STUDIO CLASSES

Experience the hype of a high-intensity studio class alongside other participants and taught by fitness instructors that motivate and inspire you to finish strong. Let your coach guide you through the workout and virtually control your machine.



Gideon Akande

A LITTLE BIT OF EVERYTHING



Betina Gozo

TOTAL-BODY INTERVAL RUN




Anja Garcia

LADDER INTERVALS AND...



GOOGLE MAPS



INTERACTIVE. PERSONAL. TRAINING.

GOOGLE MAPS

anywhere in the world with Google Maps. Create a route, and iFit will adjust your treadmill's speed to match the on-screen terrain, allowing you to virtually explore 10 million miles (16 million mapped locations). Revisit your childhood neighborhood or train for an out-of-town race (5K, 10K, etc.) before completing it in person.

I'M GOING TO
INCREASE YOUR SPEED!

AUTO-ADJUSTING

TECHNOLOGY

Each interactive workout allows your coach to remotely adjust the incline or speed of your treadmill to mirror the on-screen content, creating an immersive and engaging training experience.



CONTENT ON-DEMAND, 24/7

Get access to your favorite fitness coach on your schedule, whenever you choose to workout.

ADVANCED WORKOUT METRICS

Never lose sight of your personal fitness goals with real-time metrics that go beyond traditional feedback, leveraging heart rate, intensity, incline statistics, and more to measure and track your fitness journey.

PROGRESSIVE WORKOUTS

Complete a full workout series that continuously challenges with each new workout.

EVER-EXPANDING CONTENT LIBRARY

With an extensive and ever-growing library of engaging on-screen content, you'll always have a new workout to experience or a unique location to explore.

PRODUCT

BENEFITS



t22.9 REFLEX™ TREADMILL



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

A SAFER, HEALTHIER RUNNING EXPERIENCE

Easier on hips, knees, and ankles, the REFLEX™ proprietary cushioning deck absorbs shock to help run longer and stronger. Providing a 52% greater reduction in tibial shock compared to flat surface running,* **the REFLEX Deck is the longevity solution for walking or running.**

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

PRODUCT

FEATURES

KNOW YOUR ZONE

Get real-time data during your workout with built-in EKG grips, so you know when you're in the ideal heart-healthy zone. Also compatible with ANT+ and Polar®.

SHIFT GEARS QUICKLY

Quickly achieve your desired speed by pressing two 1-STEP™ Controls back-to-back – for example, pressing '2' and '5' will adjust the speed to 2.5 mph (4 km/h) allowing you to quickly reach your ideal speed.

POWER UP

Charge your devices during your workout with a convenient USB port.

HIIT-FRIENDLY CARDIO

Quickly adjust your speed and incline with the convenient 1-STEP™ Controls, great for HIIT sessions.

t22.9 REFLEX™ TREADMILL



HIGH-DEFINITION DISPLAY

Immerse yourself in visually stunning imagery while working out in exotic locations around the globe, or watch a favorite TV program on this high-definition 22-in (55 cm) capacitive touchscreen.

A COOL WORKOUT

Stay cool throughout the workout with a conveniently-located adjustable 3-speed fan, or select the AutoBreeze™ function to enjoy a variable flow that responds to your pace.



PRODUCT SPECIFICATIONS

MODEL # FMTL70920

Display Type	22 in (55 cm) HD Capacitive Touchscreen Built-in TV Tuner* (Available Soon)
Workouts	Thousands of Coach-Led, Unlimited with Google Maps
Featured Languages	EN, also DE, ES, FR, IT, PT, RU, ZH
Entertainment	HDMI, MPEG-2, MPEG-4 US & Canada: H.264 (AVC) International: H.265 (HEVC)
Audio Connections	Bluetooth, 3.5 mm headphone jack
Connectivity	Ethernet or Wifi minimum: 10 Mbps per unit (Dedicated Ethernet recommended)
Elevation System	0% to +15% incline
Speed Range	0-15 mph (0-24 km/h)
Drive Motor	AC 5.0 CHP Commercial
Deck	Two-Sided REFLEX™ Deck
Running Surface/Belt	Double Layered Quiet Belt 21.5 x 60 in (54.6 x 152 cm)
AutoBreeze™ Fan	Adjustable, 3-Speed, 8-in (20.3 cm) CrossFlow™ Fan
Heart Rate Monitoring	EKG Pulse Sensors, ANT+ and Polar Compatible
Accessories Holder(s)	Phone/Accessories Tray, Bottle Holder
Step-Up Height	12 in (30.5 cm)
Maximum User Weight	400 lbs (181 kg)
Product Weight	619 lbs (280.7 kg)
Shipping Weight	649 lbs (294.4 kg)
Shipping Dimensions (L x W x H)	89 x 41 x 30 in (226 x 104 x 76 cm)
Certifications	cTUVus, FCC/IC, BQB

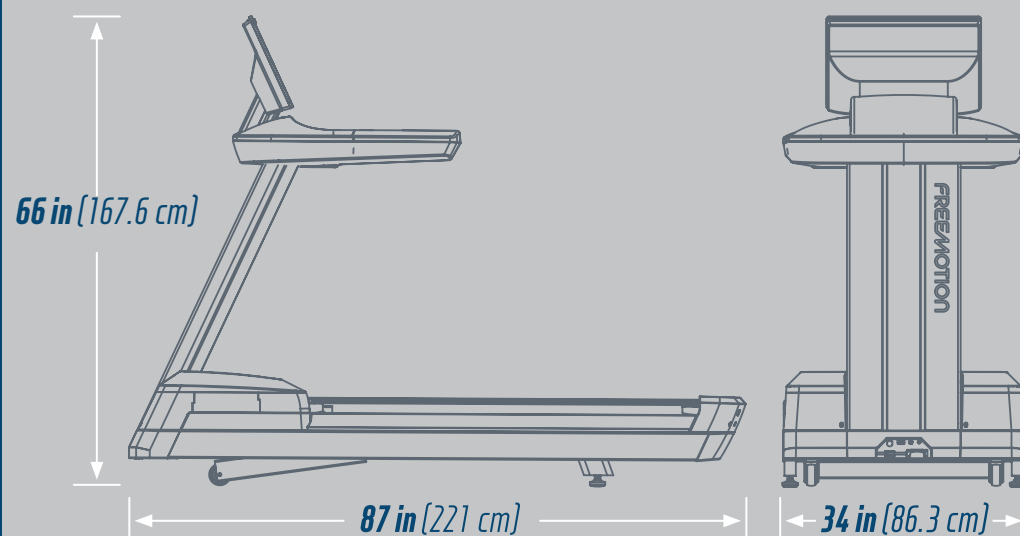
*NTSC, PAL, SECAM etc.

PRODUCT OPTIONS

Units	Metric Imperial
Power	120 VAC, 20 Amp 240 VAC, 15 Amp
Color	Black White Red Yellow

22 SERIES

t22.9 REFLEX™ TREADMILL



NETWORK CONNECTIVITY

Freemotion requires a minimum of Category 5e (Cat5e) twisted pair ethernet cable. Freemotion recommends Category 6 (Cat6) twisted pair ethernet cable to ensure stable and efficient connection.

Freemotion requires all switching devices to be capable of handling up to 10/100/1000 Mbps, and a dedicated network connection for each connected fitness product. All connected products, whether on WiFi or via Ethernet, should be on a secure and protected network capable of providing a minimum bandwidth of 10 Mbps per unit.

For the full list of specifications, visit freemotionfitness.com

INCLINE TRAINER & REFLEX™ TREADMILL

POWER REQUIREMENTS

WARNING:

Failure to follow may cause unexpected behavior of the treadmill or other machine malfunctions.



110-Volt Treadmill Applications

Voltage range: 100-120 VAC, 60 Hz | Freemotion treadmills require an individual branch circuit using a NEMA 5-20R isolated ground (pictured), or similar receptacle. The hot, neutral, and ground wires must each be independently isolated (not looped or tied to other circuits).



220-Volt Treadmill Applications

Voltage range: 200-240 VAC, 50/60 Hz | Freemotion treadmills require an individual branch circuit using an CEE 7 (pictured), NEMA 6-20R, or similar receptacle. Two hot and the one ground wires must be independently isolated (not looped or tied to other circuits).

Do not modify the plug provided with this product as it will void the warranty and may damage the product. If it will not fit your electrical outlet, have a qualified electrician install the appropriate outlet in your facility.

ELECTRICAL APPLICATIONS

Electrical supply may fluctuate in your area. To ensure the product's stable performance, we require the following wiring gauges based on the distance between the single treadmill and the panel.

DISTANCE	WIRE SIZE
100-150 ft 30-45 m	10 Gauge 6 mm ²
150-200 ft 45-60 m	8 Gauge 10 mm ²
More than 200 ft 60 m	6 Gauge 16 mm ²

When designing a facility or installing new Freemotion equipment into a facility, it is important to have the correct electrical power provisions for the equipment to operate safely and correctly. Each treadmill must be furnished with an Individual Branch Circuit. Circuits for 110-Volt models must include a 20-amp circuit breaker and individual 20-amp isolated ground receptacles for each treadmill. Circuits for 220-Volt must include a 15-amp circuit breaker and individual 15-amp isolated ground receptacles for each treadmill. The US-based NEC requires that each outlet has dedicated conductors of at least 12 AWG (American Wireless Gauge) for line, neutral, and ground for 20-amp service. Larger conductors (10 AWG) may be required for long branch circuits or high temperatures to prevent voltage drop. Dedicated outlets must not share a line, neutral, or ground conductors with other outlets. This means that a single breaker, one hot wire, one neutral wire, and one ground wire are connected from the panel to a single electrical load, in this case, one treadmill.

ALL CIRCUITS FOR TREADMILLS SHOULD NOT SHARE A NEUTRAL GROUND. Each neutral wire and each ground wire should be tied back to the panel directly. This should help to avoid three problems commonly experienced:

- 1. Overloading the Circuit Breaker:** With only one treadmill connected to a single circuit breaker in the electrical panel, the smaller circuit breaker in the treadmill will trip first if there is an over-current situation due to abnormal treadmill operation. If more than one treadmill is wired to the same panel breaker, the additional current requirements may frequently overload and trip the panel breaker, even though the treadmills are operating normally.
- 2. Overloading the Neutral Wire:** If there are multiple treadmills connected to the same neutral wire, even if each hot conductor is wired to separate breakers, there is a risk of overloading the neutral wire, possibly resulting in a dangerous situation (could overheat and cause a fire) and/or more commonly, low voltage at the outlet. As a result of the low voltage the amperage (AMPS) goes up to keep up with the current demand. With the high amounts of current comes high heat, which will damage the electrical components such as the power board, console, and other small components within the treadmill.
- 3. Low Voltage at the Outlet:** A few things can cause this; the most common is too many treadmills on one circuit (or neutral wire), which overloads and heats the wire, causing the voltage at the outlet to drop. This also happens if the wire size is too small or the distance from the panel to the outlet is too far. Low voltage at the outlet can only be measured when the load is at its peak. The voltage may be sufficient when all the treads are off but lower significantly when they are all operating and drawing 20-amps. Low voltage causes problems for the drive motor, power board, and motor controller, resulting in unexpected behaviors of the treadmill.

The benefits of an Isolated Ground (IG): The primary reason for using an IG is to provide a noise-free (electromagnetic interference) ground return, separate from the equipment grounding return. The IG provides an isolated, separate ground path for the ground reference in the treadmill. The IG also helps eliminate the potential for a "ground loop," which can cause electromagnetic interference.

NOTE: DO NOT share TV Power Supplies with Treadmill 20A Circuits. Failure to follow these requirements may cause unexpected behavior of the treadmill or other machine malfunctions. We recommend that you meet with a qualified electrician to meet your individual needs best.

<i>CARDIO: HIGH-USAGE - 22, 10, & 8 SERIES</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<i>CARDIO: LOW-USAGE - 22, 10, & 8 SERIES**</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	3 Years	3 Years
Labor	3 Years	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<i>TV ATTACHMENTS</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
MYE Digital LCD TV	3 Years	3 Years
MYE TV Controller & Wireless Receiver	2 Years	2 Years
MYE Wireless Transmitter	5 Years	5 Years
<i>INDOOR BIKES</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Frame (not including coatings)	7 Years	7 Years
Belt	5 Years	5 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<i>FUSION</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Frame (not including coatings)	10 Years	10 Years
Parts	2 Years	2 Years
Ropes and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
<i>STRENGTH/BENCHES/RIGS/RACKS/ATTACHMENTS</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Frame (not including coatings)	10 Years	10 Years
Parts	3 Years	3 Years
Cables and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days
<i>FREE WEIGHTS</i>	<i>US & CANADA</i>	<i>INTERNATIONAL</i>
Urethane-coated Weights (repair or replace at our discretion)	3 Years	3 Years
Rubber-coated Weights (repair or replace at our discretion)	2 Years	2 Years

*Includes Non-warning Decals, Deck Rails, Pulse Grips, USB, Audio Jack, Handrails, Motor Hood, Fan Levers, Water Bottle Holders, Pedals, Pedal Straps, Seats, Handles/Levers/Knobs, Hand Grips, Removable Trays, Weight Pins, Springs, Belts (except Walking Belts), Accessories, Rust on Any Metal Components.

**For non-dues paying facilities with machine usage of 6 hours or less per day.

freemotion.
WARRANTIES

FREEMOTION®

PHONE +1 877-363-8449 || **EMAIL** sales@FreemotionFitness.com || **WEBSITE** FreemotionFitness.com

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