

### Freemotion - t22.9 REFLEX™ TREADMILL



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. Better engage the body and mind of your members with the world's only iFit-powered, impact-reducing REFLEX™ Treadmill - with thousands of trainer-led workouts and industry-leading deck cushioning.

29% greater reduction in impact force and 20.5% greater reduction in tibial shock compared to the competition.

#### PERFORMANCE FEATURES:

- REFLEX™ Technology
- 1-STEP™ controls for speed and incline
- 0% to +15% Incline Control
- Thousands of live-streaming and on-demand workouts led by elite coaches
- Foot-strike zone improves performance while reducing impact

#### PRODUCT DETAILS:

- Deck: 2-Sided REFLEX™ Deck with Durable Bumper with Progressive Support
- Speed Range: 0-15 mph / 0-24 km/h
- Maximum User Weight: 400 lbs / 181 kg
- Step-Up Height: Step-Up Height
- Product Dimensions (L x W x H): 87 x 34 x 66 in / 221 x 86.3 x 167.6 cm
- Power Requirements: 110-120 VAC, 20 Amp, Dedicated Circuit 220-240 VAC, 15 Amp, Dedicated Circuit

### Freemotion - e10.9b ELLIPTICAL



Low impact, all adventure. The e10.9b Elliptical comes with a simplified console that can be upgraded with the addition of a smart device. Sync the iFit-compatible machine with a smart device and the elliptical will match the resistance to recreate the actual route on the screen. The elliptical's foot placement makes the run, walk or ski easier on the knees, joints and back.

#### PERFORMANCE FEATURES:

- Simplified User Interface
- iFit® enabled with a smart device
- Upper-body workout arms with soft grips
- Hybrid Generator Resistance System
- Quick Select Start and Stop

#### PRODUCT DETAILS:

- Stride Length (in/cm): 20 in (50.8 cm) stride length
- Pedals: Non-skid, traction control cushion pedals
- Maximum User Weight lbs (kg): 400 lbs (182 kgs)
- Machine Weight lbs (kg): 286.4 lbs (130.2 kg)
- Equipment L x W x H in (cm): 85 x 27 x 63 in (215.9 x 68.5 x 160 cm)
- Power Requirements: Input: 110~240V Output: 15V 3A

### Freemotion - r22.9 RECUMBENT BIKE



Deliver high-energy studio classes and engaging global workouts from the comfortable seat of this back-friendly fitness solution. Designed for the aging population and anyone who wants to work out in comfort, the Recumbent is a must-have for any cardio floor. 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 bike's resistance will even adjust to match the terrain and instructions of your coach.

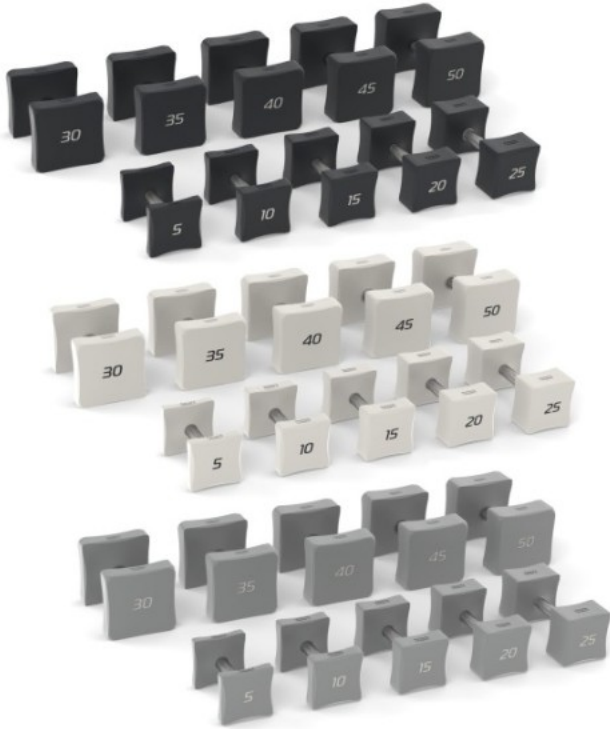
#### PERFORMANCE FEATURES:

- Thousands of live-streaming and on-demand workouts led by elite coaches
- Stunning 22in / 55cm HD Capacitive Touchscreen
- Accessible Step Thru™ Design and Low-Impact Cardio Workout
- Auto-Adjusting Technology
- Google Maps™ allows users to map a course anywhere in the world

#### PRODUCT DETAILS:

- Resistance Systems: 1-24 Levels 400 Watt EMS Brake Resistance System
- Maximum User Weight: 400 lbs / 181 kg
- Product Dimensions (L x W x H): 66 x 24 x 50 in / 167.6 x 60.9 x 127 cm
- Product Weight: 221.5 lbs / 100.4 kg
- Quiet Belt Drive System: Hutchinson J10
- Power Requirements: 110-120 VAC, 2 Amp 220-240 VAC, 1 Amp

### FORMA Dumbbells | 5-50lb Set



A new shape in training. Dumbbells designed to inspire form and function. Premium urethane heads with a choice of modern color pallet for Studio, Hotel, or Home. FORMA Dumbbells are sold in sets of 3-25lbs (8 pairs) or 5-50lbs (10 pairs) offering a complete range for every strength training requirement.

Designed for all your favorite dumbbell workouts, the quality and safety of our urethane dumbbell weights offer a complete foundation for all types of at home or in the gym workouts.

Available in three color options - matte white, grey, and matte black.

#### PERFORMANCE FEATURES:

- Refined aesthetic with large front facing numbers to easily identify by weight
- Premium Hard Chrome Handles provide a non-slip grip
- Square head design prevents dumbbells from rolling
- Solid Steel Core Construction engineered to last

#### PRODUCT DETAILS:

- Sizes: 5-50lbs (10 pairs)
- Colors: Matte Black, Cool Grey, and White

### FORMA 3-Tier Free-Weight Rack



The FORMA Free-Weight Rack is a versatile weight storage system designed to hold a variety of combination sets for both Dumbbells and Kettlebells. The FORMA Free-Weight Rack's compact footprint enables the incremental addition of multiple racks to be placed side by side for a near seamless extension of storage.

#### PERFORMANCE FEATURES:

- Fixed position shelving
- Modern, non-obtrusive design
- Trays have non-slip coating and low stop (without rubber and will not discolor dumbbells)
- Low profile non-slip rubber foot pads
- Non-slip tray coating and low stop (without rubber won't discolor dumbbells)

#### PRODUCT DETAILS:

- DIMENSIONS: 52" W x 36.5" H x 25" D
- COLOR: Grey
- WEIGHT: 175lbs
- MATERIAL: Steel welded structure 2" x 2.75" rectangular steel, 3/16" thickness
- MAX LOAD: 1200lbs



### FORMA Multi-Adjustable Bench



The FORMA Adjustable Bench is the perfect complement for every training space. Expertly crafted by Aktiv to support free-weight and functional training. Light weight and easy to move, FORMA is designed with both form and function in mind.

Quickly adjust for flat, incline, or vertical with the commercial pop-pin adjustment. The backrest tilts from 0 to 80 degrees, and the seat adjusts to a 30-degree incline.

Designed with 2-inch (76 cm) transport wheels and an easy-grip handle. Simply lift the bench and roll to your desired training area.

High-quality vinyl and dense foam, FORMA is built for ergonomics and durability.

#### PERFORMANCE FEATURES:

- Multi-Position Seat
- Easy Portability
- Premium Grade Upholstery

#### PRODUCT DETAILS:

- DIMENSIONS: 52.3" x 23.2" x 17.8" (132.8 cm x 59.5 cm, 25.2 cm)
- WEIGHT: 66lbs (30kg)
- COLOR: Black, Grey
- MAX LOAD: 350lbs
- MATERIAL: Steel frame and hardware, faux leather upholstery, rubber footrests, aluminum-rubber handle

### Nautilus - Instinct DUAL ADJUSTABLE PULLEY



FRAME SHOWN IN -60°

Instinct® dual motion strength products offer the option of the revolutionary Lock N Load® pinless system. The versatility of Instinct's small footprints also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.

#### PERFORMANCE FEATURES:

- Numerous high-low cable positioning combinations
- 2 to 1 lifting ratio
- Multi-position pull-up bars
- Featuring the patented Lock N Load® weight selection system
- 5 lb (2 kg) (user) increments

#### PRODUCT DETAILS:

- Dimensions: 36" W x 66" L x 88" H
- Weight: Unit: 894 lbs.; Stack: 2 x 200 lbs.
- Available Colors: Upholstery: Slate; Frame: Star Trac Silver
- Accessories Included: Stirrup grips (2); Ankle strap; Long bar; Triceps/Biceps curl bar

### GYM RAX - Free Anchor System



The GYM RAX® Free Anchor™ system is designed to support the smallest functional footprint in the industry and alleviate permanent fastening challenges and constraints, translating into a potential reduction of costs, installation prerequisites, and safety-related concerns.

The Free Anchor system can be disconnected and moved to another location with ease and neither the rigging nor the facility infrastructure will be damaged in the process.

Each Free Anchoring system includes one or more Base Training Mounts, ideal for low-anchoring of battle ropes, resistance tubing, or essentially any other type of resistance-based product to gain a plethora of functionality.

#### PERFORMANCE FEATURES:

- Facilitates trending functional, HIIT and Circuit programming
- Eliminates permanent fastening into floors and walls
- Smallest functional footprint in the industry
- Offers space preservation and storage in a significantly superior format
- Ease of Installation

#### PRODUCT DETAILS:

- Overall Weight: 500 lbs.
- Ballast Weight Plates: 45.50"
- Post Base Plates: 20" x 11"
- Matte Vinyl Ballast Cover: 45.83"
- Base Anchor Training Arms: 31" from the post



### XPONENTIAL ACCESSORY BUNDLE



The Xponential+ Accessory Bundle includes all the specific equipment needed to support every XPLUS workout. The kit includes: a Foam Roller, Slam Ball, set of Aerobic Style Dumbbells, a pair of Yoga Blocks, a Pilates Ball, Aktiv Suspension STRAPS, Strength Band set, Resistance Loop set, and a Stretching Strap.

#### PERFORMANCE FEATURES:

- Supports functional strength, stability, and balance sessions
- X+ Equipment for every class
- Variable weights and adjustable straps to accommodate all participants
- Commercial grade quality, fit & finish

#### PRODUCT DETAILS:

- Each accessory can be stored easily on the Xponential+ Training Bay to ensure the space is left open for movement
- Light Strength Band, Green: 1/2" W, provides 5-25 lbs of resistance; Medium Strength Band, Blue: 1" W, provides 10-35 lbs of resistance; Heavy Strength Band, Grey: 1 1/8" W, provides 30-50 lbs of resistance
- Light Resistance Loops - for beginners; Medium Resistance Loops - for intermediate users; Heavy Resistance Loops - Intermediate to advanced exercises
- Slam ball - 15 lb
- Dumbbell set - 2.5lb, 5lb, 7.5lb, 10lb, 15 lb

### Xponential+ Single Storage Bay



Xponential+ Training Bays create a multi-dimensional fitness experience for every workout. The personal touch screen delivers an unlimited variety of boutique training sessions updated and powered by X+. Classes are led by leading instructors from the most widely recognized studios including Rumble®, Yoga 6®, Pure Barre®, STRIDE®, and Stretchlab®.

Xponential+ Bays are modular in design and can be expanded from a single bay to a training wall customized to fit any size space.

#### PERFORMANCE FEATURES:

- Unlimited workout variety and smart space design in only the same footprint as a treadmill.
- Includes all the training gear necessary for an endless array of training options.
- 24" HD touch screen kiosk includes protective enclosure.
- X+ Soft Surface Commercial Training Mat (Optional).
- Patent pending Free Anchor™ design alleviates permanent fastening challenges so you can install XPLUS Bays anywhere!

#### PRODUCT DETAILS:

- Select from over 1,000 On-Demand classes continuously updated.
- Track and record personal biometrics during every training session.
- Wireless Bluetooth Headphone Pairing.
- Connect with your personal wearables including Apple WATCH®, Polar®, Garmin® and Fitbit®.