

**FREEMOTION.**  
Powered By **iFIT** >

**INTERACTIVE. PERSONAL. TRAINING.**

# 22 SERIES

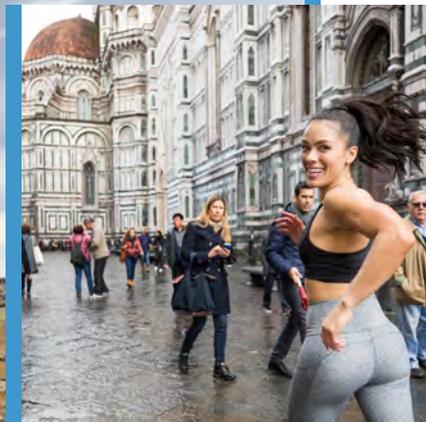
**THE ONLY INTERACTIVE CONNECTED FITNESS EXPERIENCE\***

The 22 SERIES allows your members to explore the world right from the cardio floor. Powered by iFit, this content-driven cardio line keeps users engaged and motivated through thousands of coach-led workouts – with breathtaking imagery, insightful coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.

*\*For fitness facilities*

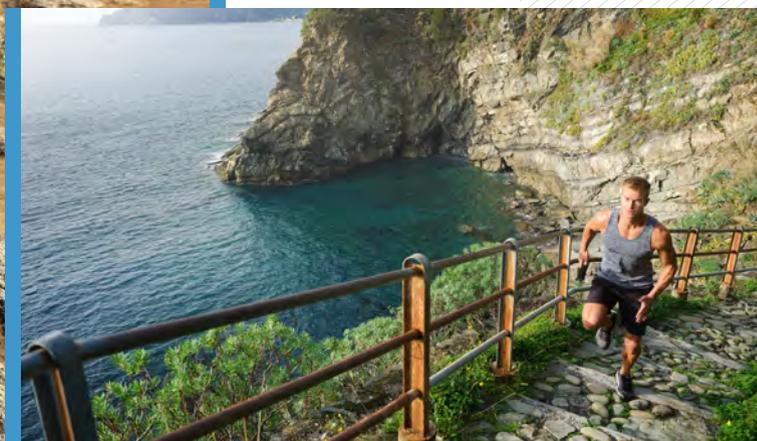
EXPLORE THE WORLD

# GLOBAL WORKOUTS



**VISIT 40+ COUNTRIES AND ALL 7 CONTINENTS**

Experience breathtaking scenery and travel insights from around the globe with immersive videos filmed in hundreds of locations. Discover the Pyramids of Egypt, hike the Scottish Highlands, or take a stroll through Florence with an exciting and immersive fitness experience without leaving the cardio floor.

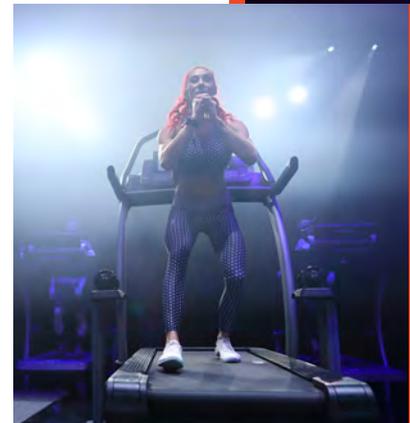


THE GLOBAL CARDIO EXPERIENCE



## EXPAND YOUR STUDIO TIMETABLE

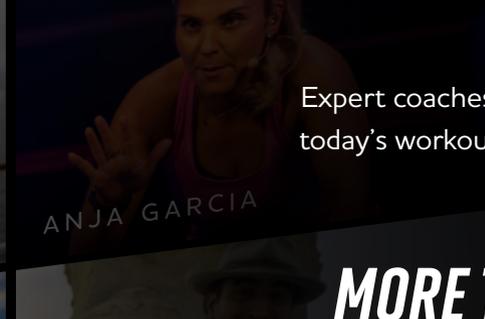
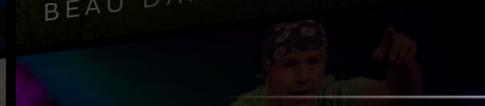
Feel the hype of **high-energy studio classes** alongside other participants, led by fitness instructors that motivate you to keep pushing yourself and inspire you to come back tomorrow ready to go even harder.



**HIGH-ENERGY**

# STUDIO WORKOUTS

THE MOTIVATING CARDIO EXPERIENCE



## 100+ WORLD-RENOWNED COACHES

Train with an extensive combination of elite coaches – including Olympic champions, professional athletes, marathoners, physical therapists, celebrities, and historians.

## TRAIN WITH THE BEST

Expert coaches not only inspire you to push yourself during today's workout, they teach mechanics and methodology to make tomorrow's even more effective.

## MORE THAN A PERSONAL COACH

Virtually travel to unique destinations with guides who share insightful historical information that transform your workout into an engaging and educational experience.

THE EDUCATIONAL CARDIO EXPERIENCE



I'M ADJUSTING YOUR  
INCLINE IN 3, 2, 1!



## ***AUTO-ADJUSTING TECHNOLOGY***

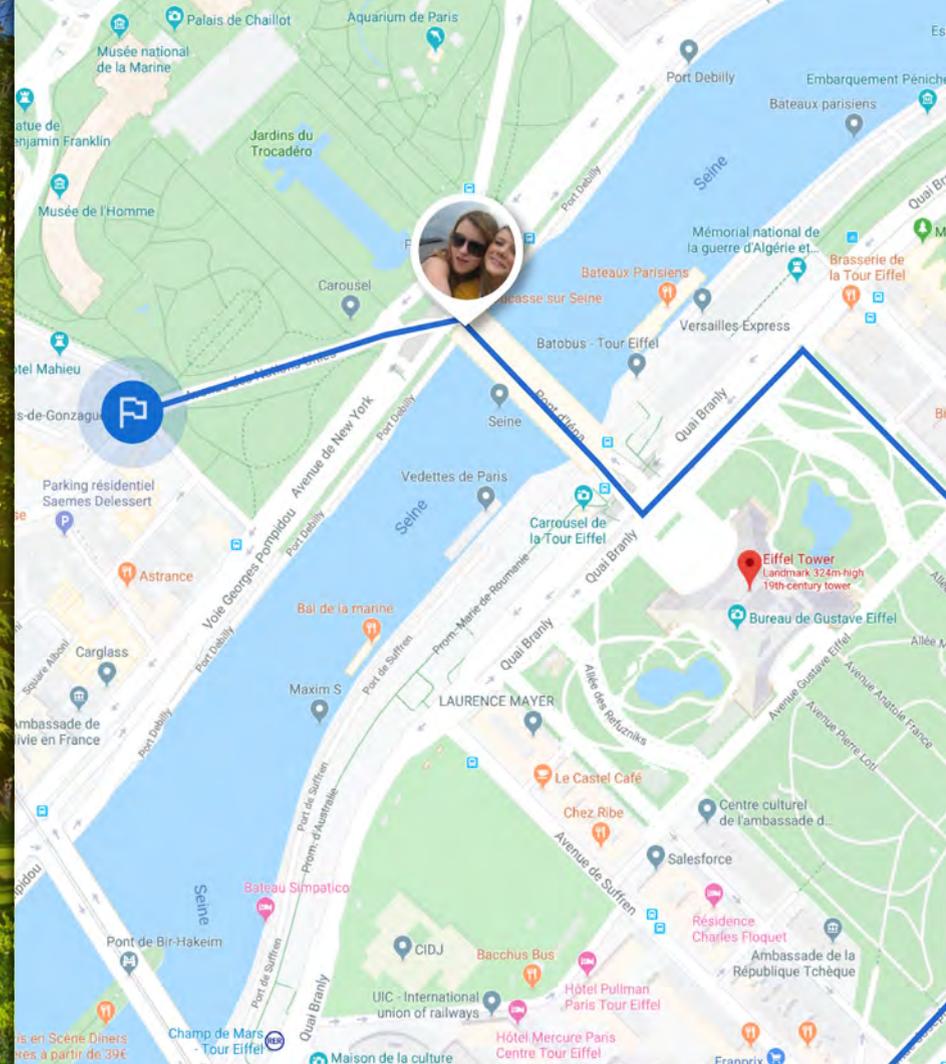
Each interactive workout allows your coach to remotely adjust the incline, decline, speed, and/or resistance of the machine to mirror the on-screen content, creating an immersive and engaging training experience.

THE IMMERSIVE CARDIO EXPERIENCE

## WORKOUT ANYWHERE. ANYTIME.

Run, walk, or bike anywhere in the world with Google Maps. Create a route, and iFit will automatically adjust your machine to match your workout destination's terrain. Explore trendy neighborhoods or rediscover familiar ones, only on the 22 SERIES.

EIFFEL TOWER — PARIS, FRANCE



EXPLORE MORE  
**GOOGLE MAPS™**

THE UNLIMITED CARDIO EXPERIENCE



# NO FEES

**JUST THE MOST INTERACTIVE CARDIO EXPERIENCE**

***NO MONTHLY FEES. NO ANNUAL FEES.***

» **THOUSANDS OF COACH-LED WORKOUTS**

- Global Workouts: 40+ Countries And 7 Continents
- Studio Workouts that Expand Your Studio Timetable

» **100+ WORLD-RENOWNED COACHES**

» **GOOGLE MAPS™ INTEGRATION**

» **AUTO-ADJUSTING TECHNOLOGY**

- Mirrors on-screen terrain
- Virtually controlled by on-screen coach

THE COMPLIMENTARY CARDIO EXPERIENCE



### **A COMPLETE INTERACTIVE CARDIO LINE**

This complete line of iFit-powered cardio equipment gives exercisers access to a world-class workout experience, regardless of which cardio equipment they prefer.

### **HD CAPACITIVE TOUCHSCREEN**

The stunning 1080p ISP LCD screen will continue displaying content beautifully while responding to every touch for years to come, thanks to the high-durability of this capacitive, long-lasting touchscreen.

### **A COOL WORKOUT**

Stay cool throughout the workout with a conveniently-located 3-speed fan, or select the AutoBreeze™ function to enjoy a variable flow that responds to your pace. (Available on Incline Trainer, REFLEX™, and CoachBike™)

# **THE ONLY INTERACTIVE CARDIO EXPERIENCE\***



**i22.9 INCLINE TRAINER**



**t22.9 REFLEX™ TREADMILL**



**e22.9 ELLIPTICAL**



**b22.7 COACHBIKE™**



**r22.9 RECUMBENT BIKE**



**u22.9 UPRIGHT BIKE**

\*For fitness facilities

**INCLINE**



**+30%**

**-3%**

## i22.9 INCLINE TRAINER

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

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



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

**REFLEX™**



## t22.9 REFLEX™ TREADMILL

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

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



\*Based on a Freemotion commissioned university study comparing the impact of running on a Freemotion REFLEX™ series treadmill, a Life Fitness 95TS, 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

# 22 SERIES AT A GLANCE

Specifications	Incline Trainer	REFLEX™ Treadmill	Elliptical	CoachBike™	Recumbent Bike	Upright Bike
Coach-Led Workouts	Yes	Yes	Yes	Yes	Yes	Yes
On-Demand	Yes	Yes	Yes	Yes	Yes	Yes
Annual Content Fees	No	No	No	No	No	No
Featured Languages	EN, also DE, ES, FR, IT, PT, RU, ZH					
Auto-Adjusting Technology	Incline, Decline, Speed	Incline, Speed	Resistance	Incline, Decline, Resistance	Resistance	Resistance
Display	22 in / 55 cm HD Capacitive Touchscreen					
TV Tuner	Yes*	Yes*	Yes*	-	Yes*	Yes*
Video Input	HDMI/Coax	HDMI/Coax	HDMI/Coax	-	HDMI/Coax	HDMI/Coax
Units	Metric OR Imperial	Metric OR Imperial	Metric AND Imperial	Metric AND Imperial	Metric AND Imperial	Metric AND Imperial
Elevation System	-3% Decline – 30% Incline	0% – 15% Incline	-	-10% Decline – 20% Incline	-	-
Speed / Resistance	0-15 mph / 0-24 km/h	0-15 mph / 0-24 km/h	24 Resistance Levels	24 Resistance Levels	24 Resistance Levels	24 Resistance Levels
Power	110-120 V, 20 Amp, Dedicated Circuit OR 220-240 V, 15 Amp, Dedicated Circuit		110-120 V, 2 Amp & 220-240 V, 1 Amp	110-120 V, 3 Amp & 220-240 V, 1.5 Amp	110-120 V, 2 Amp & 220-240 V, 1 Amp	
Network Connectivity	Dedicated: 10 Mbps per unit					
Available Colors	Flat Black, White, Red, Yellow		Black	Black	Black	Black
Step Up Height	15.5 in / 39.4 cm	12 in / 30.5 cm	9.5 in / 24.1 cm	-	-	-
Maximum User Weight	400 lbs / 181 kg	400 lbs / 181 kg	400 lbs / 181 kg	350 lbs / 159 kg	400 lbs / 181 kg	400 lbs / 181 kg
Product Weight	750 lbs / 340.2 kg	497 lbs / 225 kg	279.4 lbs / 126.7 kg	168 lbs / 76.2 kg	221.5 lbs / 100.4 kg	176.4 lbs / 80 kg
Dimensions (L x W x H)	82 x 34.8 x 75.3 in 208.3 x 88.3 x 191.3 cm	87.7 x 34 x 66 in 223 x 86.3 x 167.6 cm	87.2 x 28.5 x 71 in 221.5 x 72.3 x 180.3 cm	56.5 x 24 x 61.5 in 143.5 x 61 x 156.2 cm	66 x 24 x 50 in 167.6 x 60.9 x 127 cm	50 x 24 x 58 in 127 x 60.9 x 147.3 cm

\*NTSC, ATSC, QAM (Set-Top Box Ready), Pro:Idiom || PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C (Set-Top Box Ready)

**FOR MORE DETAILED SPECIFICATIONS, PLEASE VISIT [FREEMOTIONFITNESS.COM](https://freemotionfitness.com)**

The information in this document is accurate to the best of our knowledge at the time of printing. Freemotion reserves the right to make changes without prior notice.

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