



THIS IS HIIT

StairMaster® knows what it takes to make the toughest workouts; pioneering the stepmill and taking HIIT to the next level. Our innovative line of HIIT products create a complete circuit that can fit in any space; featuring our HIIT Mill® X, HIIT Rower, HIIT Bike and HIIT UBE. Add our BoxMaster or 10G and you've got the best HIIT circuit available.



STAIRMASTER HIIT PROGRAMMING

Have your trainers and coaches HIIT certified by our Master Instructors, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.



TRACK YOUR INTENSITY

Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays.



HIITMILL® X 9-4680

LENGTH	78 in (197 cm)
WIDTH	55 in (140 cm)
HEIGHT	66 in (167 cm)
RESISTANCE SYSTEM	Magnetic resistance brake with resistance control lever
BELT TYPE	3mm PVC cushioned (compatible with plastic field cleats)
INCLINE RANGE	Fixed 11-degree incline
DECK TYPE	MDF with phenolic coating
RUNNING AREA	23 in Wide
STEP-ON HEIGHT	7.5 in (19 cm)
FARMER'S CARRY LIFT ARMS	Yes
CONSOLE	StairMaster HIIT
POWER REQUIREMENT	Self-powered walking, running and pushing
MAX USER WEIGHT	350 lbs (159kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Black and Silver
FINISH	Electro-static powder-coat
MACHINE WEIGHT	441lbs (220 kg)
SHIPPING DIMENSIONS	40.94 in x 82.3 in x 33.86 in (104 cm x 209 cm x 86 cm)
SHIPPING WEIGHT	553 lbs (251 kg)



HIITMILL® 9-4670

LENGTH	78 in (197 cm)
WIDTH	38 in (95 cm)
HEIGHT	66 in (167 cm)
RESISTANCE SYSTEM	Magnetic resistance brake with resistance control lever
BELT TYPE	Multi-ply maintenance free
INCLINE RANGE	Fixed 11-degree incline
DECK TYPE	MDF with phenolic coating
RUNNING AREA	23 in Wide
STEP-ON HEIGHT	7.5 in (19 cm)
FARMER'S CARRY LIFT ARMS	No
CONSOLE	StairMaster HIIT
POWER REQUIREMENT	Self-powered walking, running and pushing
MAX USER WEIGHT	350 lbs (159kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Black and Silver
FINISH	Electro-static powder-coat
MACHINE WEIGHT	382 lbs (173 kg)
SHIPPING DIMENSIONS	40.94 in x 82.3 in x 33.86 in (104 cm x 209 cm x 86 cm)
SHIPPING WEIGHT	494 lbs (224 kg)



HIIT BIKE 9-4650

LENGTH	51 in (130 cm)
WIDTH	29 in (74 cm)
HEIGHT	58 in (147 cm)
RESISTANCE TECHNOLOGY	Dual action wind resistance
SEAT	Airfit Saddle
SEAT ADJUSTMENT	Height - pop pin, Fore/Aft - micro-adjustment
PEDAL SYSTEM	Morse Taper
WATER BOTTLE HOLDER	Yes
COLOR SCHEME	Wrinkle Black
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
FINISH	Electro-static powder-coat
CONSOLE	StairMaster HIIT
POWER REQUIREMENT	NA
MAX USER WEIGHT	350 lbs (159kgs)
USER HEIGHT RANGE	4 ft 11 in to 6 ft 8 in (150 to 203 cm)
MACHINE WEIGHT	146 lbs (66kg)
SHIPPING DIMENSIONS	50 in x 21 in x 27 in (127 cm x 53 cm x 68 cm)
SHIPPING WEIGHT	168 lbs (76 kg)



HIIT UBE 9-4660

LENGTH	70 in (178 cm)
LENGTH WITHOUT RAMP	48 in (121 cm)
WIDTH	36 in (92 cm)
HEIGHT	Up to 73 in (178 cm)
SEAT	Removable bench for seated or standing workouts
RESISTANCE LEVELS	Dual action wind resistance
TRANSMISSION	Twin belt transmission
TRANSPORT WHEELS	Yes
CONSOLE	StairMaster HIIT
POWER REQUIREMENT	NA
MAX USER WEIGHT	350 lbs (159 kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Silver
FINISH	Electro-static powder-coat
STORAGE	Removable bench storage
MACHINE WEIGHT	320 lbs (145 kg)
SHIPPING DIMENSIONS	31 in x 59 in x 42 in (79 cm x 150 cm x 107 cm)
SHIPPING WEIGHT	388 lbs (176 kg)



HIIT ROWER 9-4690

LENGTH	96 in (244 cm)
WIDTH	26.5 in (68 cm)
SEAT HEIGHT	14 in (35 cm)
MONORAIL LENGTH	53.7 in (137 cm)
DRIVE SYSTEM	Nickel plated steel chain
RESISTANCE TECHNOLOGY	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
CHAIN OR CORD	Nickel-Plated Steel Chain
CHAIN/CORD HOUSING	Partially Enclosed
CONSOLE	StairMaster HIIT
MAX USER WEIGHT	350 lbs (159kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel and aluminum construction
COLOR SCHEME	Wrinkle Black
FINISH	Electrostatic Powder Coating for long lasting durability
STORAGE	Disconnecting at center point
MACHINE WEIGHT	82 lbs (37 kg)
SHIPPING DIMENSIONS	22 in x 57 in x 17 in (56 cm x 145 cm x 43 cm)
SHIPPING WEIGHT	90 lbs (41 kg)



HIIT CONSOLE

DISPLAY TYPE	Fixed Segment LCD
DISPLAY AREA	13.8in ²
BACKLIGHT	Yes
# METRICS DISPLAYED	5
# PROGRAMS	5
CUSTOM PROGRAMS	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
POWER REQUIREMENT	Power two C cell batteries or an optional external power supply can be ordered
5 GHZ HEART RATE	Yes
ANT+ HEART RATE	Yes
ANT+ L. BOARD SIGNAL	Yes
BLE CONNECTIVITY	Yes
MULTI-LANGUAGE OPTIONS	No
QUICK START OPTIONS	Yes
BLUETOOTH DATA TRACKING	Yes
USB SOFTWARE UPLOAD	Yes

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

