

FREEMOTION.

# t10.9 REFLEX TREADMILL

MODEL # [FMTL39818](#)  
INT # [FMTL39818-INT](#)

## CARDIO 10 SERIES TREADMILL

The Reflex™ Treadmill is different because it feels different. The industry-disruptive cushioning makes the run easier, helping those with knees and joint issues run longer and stronger. The “trampoline effect” of the Reflex™ deck is accomplished through a deck suspension system that rebounds people back up to take that next step. HIIT-friendly 1-STEP™ Controls help this machine immediately respond to trainer commands. Compared to standard treadmills where the speed button would have to be pushed 17 times to reach 12 mph. (19.3 km/h) On the Reflex™, push one button and you're there. Watch progress stats stack up on a simplified LED console with race track visuals and readouts for calories, distance, speed and time.

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## t10.9 REFLEX™ TREADMILL

### PRODUCT FEATURES

#### PROPRIETARY REFLEX™ CUSHIONING DECK

Easier on hips, knees and ankles, the Reflex™ Deck Cushioning absorbs motion to help the member run longer and stronger.

#### PRECISION QUICK SPEED

Reach in-between speeds with Precision Quick Speed, found exclusively on this Freemotion machine. Half speeds are achieved by hitting '5' after the general speed control. For instance, pressing '2' then '5' will immediately get you to 2.5 MPH instead of tapping the SPEED button. It's the training details like Precision Quick Speed that give Freemotion the workout advantage.

#### 1-STEP™ CONTROLS

Get instant response and immediate action with easy to understand, one touch controls. Duplicated by our competitors because of its simplicity, the easy read console is made for personal trainers and class-setting HIIT workouts.

#### STRIKE ZONE INDICATORS

The Strike Zones show the runner the ideal running area on the treadmill.

#### HEART RATE MONITORING

Get real-time data during the workout with built-in EKG grips. Results let members know when they're in the ideal heart-healthy zone.

#### CROSSFLOW™ FAN

It's amazing what a good onboard fan can do. Perfect for a quick cool down or use it to create a realistic run, either way, this bigger than normal fan is a welcome feature.

#### ELECTRONIC READOUTS

Workouts are better when you know your stats. Vital information such as speed, time, incline, calorie burn, pace and heart rate are front and center to keep the workout on track.

#### WARRANTY US AND INTERNATIONAL

7 Year Frame, and Drive Motor | 2 Year Parts (Mechanical, Electronic) | 1 Year Labor (US Only)

### SPECIFICATIONS

<b>Deck</b>	Phenolic Reflex™ Deck 2-sided (Reversible)
<b>Drive Motor</b>	5.0 HP AC Commercial Drive Motor
<b>Belt / Running Surface</b>	21.5 x 60 in (54 x 152 cm) Quiet Belt
<b>Elevation System</b>	0% to +15% incline
<b>Built-in Fan</b>	Removable 8 in (20.3 cm) CrossFlow™ Fan
<b>1-STEP™ Controls</b>	Quick Speed and Incline Controls
<b>Maximum User Weight</b>	400 lb (182 kgs)
<b>Step-up Height</b>	12.2 in (31.1 cm)
<b>Speed Range</b>	0-12 mph (0-19.3 km/h)
<b>Equipment Dimensions (L x H x W)</b>	87.75 x 34 x 66 in (222.8 x 86.3 x 167.6 cm)
<b>Shipping Dimensions (L x H x W)</b>	89 x 41 x 27 in (226 x 41 x 27 cm)
<b>Shipping Weight</b>	579 lbs (262.6 kg)
<b>Power Requirements</b>	110-120 VAC, 20 Amp, US/Canada/International 220-240 VAC, 20 Amp
<b>Regulatory Approvals</b>	TUV/CUS, EN957, C-Tick, CE

#### OPTIONAL

900/800 MHz receiver