

FREEMOTION.

# i10.9b INCLINE TRAINER

MODEL # **FMTK74218**  
INT # **FMTK74218-INT**



**SMARTSERIES™ POWERED BY IFIT®**

Experience 'What's Next' in smart training. The i10.9b Incline Trainer features -3% decline, +30% incline and easy-to-use 1-STEP™ Controls. The enhanced console powered by iFit® goes from simple to interactive when synced with a smartphone or tablet. As the industry's first "Bring your own device" solution, the i10.9b has decline/incline and speed matching technology to recreate video workouts filmed around the world.



## SMARTSERIES™ i10.9b INCLINE TRAINER

### PRODUCT FEATURES

#### INCLINE AND DECLINE TRAINING

With up to 30% incline, users can recruit more muscle on the i10.9b, targeting quads and glutes to get results while the -3% decline builds the "all over" muscles used in everyday life. The tough lift motor delivers 1,500 lbs (680 kg) of lift force for reliable deck movement and stabilization.

#### 1-STEP™ CONTROLS FOR INSTANT RESPONSE

The ideal treadmill for a HIIT workout or functional training, with 1-STEP™ Controls users can quickly adjust speed, incline and decline with convenient console controls.

#### SIMPLIFIED USER INTERFACE

Get all the workout information you need in one place. Easy-to-read results lets you know what you've accomplished during the workout.

#### IFIT® ENABLED WITH A SMARTPHONE OR TABLET

iFit® wirelessly controls the speed/incline/decline when synced with the Incline Trainer. This hands-free solution takes members into exciting, exotic locations from around the world.

#### THE ULTIMATE IN PERSONALIZATION WITH IFIT®

Integrated, interactive and targeted, iFit® is a comprehensive wellness solution that keeps the workout exciting and progressive. After one workout is complete, the next time the user steps on the i10.9b Incline Trainer there will be a new workout designed to help them reach their personal fitness goals.

#### EVER-GROWING FITNESS LIBRARY

Access a library of 16,000+ workouts built by our expert fitness trainers from around the world. With five training teams on seven continents, workout boredom is a thing of the past.

#### PERSONAL TRAINING

Follow world top fitness and motivational trainers as they lead cross-training video workouts filmed in studio settings and exotic locations.

#### 44 PRESET PROGRAMS

Set a Goal Workout Center (Time, Distance, Calories), 8 Weight Loss, 8 Heart Rate, 8 Speed Interval, 3 Race Training, 8 Incline, Fitness Tests-Army, Navy, USMC, USAF, WFI, Bruce, Gerkin, PEB

### SPECIFICATIONS

Deck	2-Sided Cushioned Deck
Drive Motor	AC 5.0 HP Commercial
Belt / Running Surface	Double Layer Belt 21.5 x 60 in (54.6 x 152 cm)
Elevation System	-3% decline to +30% incline
Built-in Fan	CrossFlow™ Workout Fan
Display Type	Simplified User Interface
1-STEP™ Controls	Speed, Incline, & Decline
Maximum User Weight	400 lbs (182 kgs)
Step-up Height	10.7 in (27.3cm)
Speed Range	0-12 mph (0-20 km/h)
Equipment Dimensions (L x W x H)	80 x 34.8 x 76 in (203.2 x 88.3 x 193 cm)
Shipping Dimensions (L x W x H)	85 x 43 x 33.7 in (215.9 x 109.2 x 85.5 cm)
Shipping Weight	731 lbs (331.5 kg)
Power Requirements	110-120 VAC, 20 Amp, Dedicated Circuit US & Canada /International 220-240 VAC, 20 Amp, Dedicated Circuit
Regulatory Approvals	FCC/IC, BQB

### OPTIONAL

- HD Personal TV 15.6 in (39 cm)

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- 900/800 MHz Receiver - MYE900RCVR