

7.4 AT | STUDIO SERIES



PERFORMANCE RUNNING TREADMILL

Designed to keep pace with dynamic treadmill workouts and streaming fitness classes with QuickDial™ speed and incline controls, the most responsive drive system and advanced Bluetooth connectivity all on a highly durable performance frame with a wide 22" running surface and expanded 0-15% incline range.

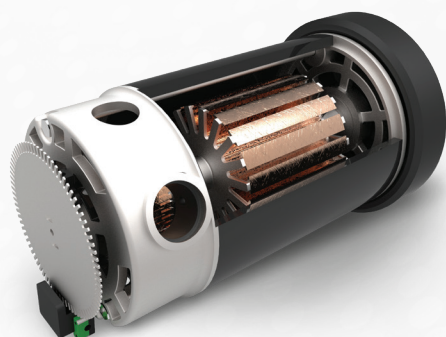
*Tablet and subscriptions not included.



TREADMILL SPECS	
FRAME	FeatherLight Folding
RUNNING AREA	55 cm x 152 cm / 22" x 60"
CUSHIONING	Variable Response Cushioning
MOTOR	3.5 HP with Rapid Sync Technology
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph
INCLINE RANGE	0 – 15%
DIMENSIONS (L x W x H)	193 x 93 x 161 cm / 76" x 37" x 63"
PRODUCT WEIGHT	145 kg / 318 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.

CONSOLE SPECS	
DISPLAY	16 Digit Alphanumeric LED, 8.25" LCD Screen
CONNECTIVITY	Bluetooth 4.0 Multi-channel + Bluetooth Audio
WORKOUT FEEDBACK	Time, Distance, Calories, Speed, Incline, Pace, Heart Rate
PROGRAMS	10 - (Manual, Fat Burn, Hill Climb, My First 5K, Distance, Heart Rate, Calories, Custom, Sprint 8, Custom HR)
HEART RATE	Contact Hand Grips, Bluetooth 4.0 Compatible Receiver, Bluetooth Chest Strap Included
EXTRAS	Bluetooth Speakers, Fan, USB charging (1A/5V), Speed & Incline Quick Dial Controls, Custom Interval Keys, Energy Saver Mode, Bottle Holder, Audio In/Out jack, Multi-position Tablet Holders

33% FASTER
SPEED & INCLINE CHANGES



RAPID SYNC MOTOR ADVANTAGE

Perfect for HIIT workouts, Johnson motors featuring Rapid Sync Technology respond to changes in speed and incline faster than traditional home treadmill drive systems. With no lags or delays between interval changes, you'll never fall out of step with your fast-paced workout class again.

CONVENIENT QUICKDIAL CONTROLS

Make swift changes to speed and incline without breaking your stride with QuickDial controls. On the right, roll the dial forward to increase speed and roll it back to decrease speed. On the left, roll it forward to go up the hill and roll it back to come back down.



SPRINT 8

MAXIMUM RESULTS, MINIMUM TIME

Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way fad workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week. Individual results vary.