

# IN10CT

## SAME TIME / BETTER RESULTS

### IN10CT

Health Runner provides the most natural run a treadmill can give. Run at your own pace with better results **burning up to 30% more calories** than you can get from traditional motorized treadmills, as well as a better running technique. Ideal for HIIT training as you are the motor and can change the speed at your own IN10CT. Compact design and easy to move with transport wheels make this commercial grade treadmill ideal for the gym, office or home.

#### ***High-IN10CT interval workouts***

Trainers use curved belt manual treadmills in workouts that alternate high and moderate intensity. Many professional sporting teams use the curved belt treadmill in doing sprint intervals.



#### ***Muscle Powered***

You create the motive power and are likely to expend more calories per mile. You control the speed by putting in more effort rather than being pulled through with a moving belt. Speed up by placing your feet further forward and slow down by striking closer to the center of the belt.

#### ***Safety***

The treadmill stops when you stop; if you slip and fall you don't have the worry of the belt continuing to run which can possibly abrade the skin causing serious burns.

#### ***No Electrical Consumption***

Use the treadmill anywhere, no need to be near an electrical outlet. Better for the environment.



**IN10CT**

**RUN WITHOUT  
LIMITATIONS**

**SAME TIME / BETTER RESULTS**

Save time. User is the motor and burns up to 30% more calories than motorized treadmill.

**NOT MOTORIZED**

Place anywhere, no power outlet required

**PREFORMANCE MONITORING**

Track your time, distance, calorie, watt, pace and heart rate

**SPEED CONTROLLED BY USER**

Walk, jog and run at your own IN10CT.

**REDUCE SHOCK**

Rubber slats and PU belt reduces harmful impact to joints, muscles and ligaments.

**EASY TO MOVE**

Transport wheels and rear handle makes treadmill easy to move to any location.

**PERFECT HIIT TRAINING TOOL**

No need to wait for the belt to slow down, quick and easy on-off interval

**SPECIFICATIONS:**

Treadmill Dimensions LxWxH: 69"x 32"x 61.5"  
Running Surface :17.16" x 61"

Max User Weight: 400lb  
Console: Time, Speed, Distance, Calorie,  
Pace, Watt, Pulse.

Frame: Corrosion resistant sturdy steel frame  
Belt: Slatted running belt with pulley track system  
to avoid belt from moving off track.