

IN10CT

SAME TIME / BETTER RESULTS

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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.



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**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

PERFORMANCE 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.