

# IN10CT-RUN WITHOUT LIMITATIONS

IN10CT Health Runner curved manual treadmill 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 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.

## IN10CT Curved Manual Treadmill

The IN10CT Health Runner is a curved manual treadmill that allows indoor cardio. Perfect for gyms, rehabs, clinics, and your home, this treadmill doesn't require power and can be placed virtually anywhere. This non-motorized treadmill allows the user to run at his/her own pace for any amount of distance.

## Manual Treadmill Advantages

Choosing a manual treadmill is the economical and easy option for personal gyms and professional practices of all sizes. Manual treadmills do not require an electrical outlet, can be stored anywhere, and is an effective cardiovascular workout. With less maintenance, this treadmill runs as long as you do. There is no minimum or maximum speed that allows you to walk, jog, or run, at your own pace. The transport wheels and rear handle makes this treadmill easy to move to any location within your home, clinic, gym, or rehab.

## Save Time with Better Results

The most natural run a treadmill can provide also offers better results. The IN10CT Health Runner allows you to burn up to 30% more calories because unlike traditional treadmills, you will work harder than the treadmill during use. Ideal for HIIT training, your legs act as the treadmill motor and can change speed at will. Thanks to the manual design, there is no need to wait for the belt to slow down for quick on-off intervals.

### NON MOTORIZED

Place anywhere, no power outlet required

### 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.

### PERFORMANCE MONITORING

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

### SAVE TIME / BETTER RESULTS

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

### PERFECT HIIT TRAINING TOOL

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

- **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.
- **No Electrical Consumption:** Use the treadmill anywhere, no need to be near an electrical outlet. Better for the environment.
- **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.

- 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.

## DETAILS

- For walking, jogging, or running, the IN10CT Health Runner is a curved manual treadmill that doubles as the perfect HIIT training tool
- The performance monitoring design tracks your time, distance, calories burned, watt, pace, and heart rate from a stylish display
- Speed is user controlled, does not include a minimum or maximum speed, and allows you to run, jog, or walk at your own pace
- The non-motorized design allows you to place this treadmill virtually anywhere while the transport wheels and handle make moving this treadmill from room to room effortless

## 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

## WARRANTY

The IN10CT Health Runner Curved Manual Treadmill is warranted for the following periods:

Frame: 5 Years from date of purchase.

Other Parts and components: 3 Years on defect in material or workmanship from date of purchase.

Labor: 1 year from date of purchase

This limited warranty does not cover normal wear and tear items. Wear items pertain to components that might need to be replaced due to wear and tear resulting from normal usage.

