

WHICH EXERCISE MACHINE IS FOR YOU?

ZR9 TREADMILL



ZigTech Cushioning absorbs impact as you run

ZR9 CROSSTRAINER



Rear drive for silent, natural-feel motion and greater inertia to avoid joint strain

ZR9 EXERCISE BIKE



Mimic your outdoor ride inside, whatever the weather

KEY BENEFITS

Build speed and endurance
 Improve cardiovascular fitness and stamina
 Reduce impact of running, lessening strain and stress on the joints
 Elevate heart rate and burn fat

Offers a full body workout
 Build endurance and resistance
 Improve cardiovascular fitness and stamina
 Elevate heart rate and burn fat

Develop lower body strength
 Improve cardiovascular fitness and stamina
 Elevate heart rate and burn fat
 Low impact workout

CALORIES BURNED



Varies by user weight, height, speed and incline of treadmill



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STAND-OUT FEATURES

ELECTRONIC LEVELS 12! Incline creates resistance and increases the intensity of your workout
ZIGTECH Cushioning
2.0 HP Motor for a smoother, quieter and more comfortable run
16 User programmes for a varied and tailored workout
LCD Blue backlight display

9kg Rear drive with 9kg flywheel providing a circular, ultra-smooth motion
32 levels of resistance to your workout
19 User programmes for a varied and tailored workout
Adjustable foot plates and slip resistant rubber pad
LCD Console

9kg flywheel offering a smooth motion
19 Vary workouts by selecting your desired programme
32 levels of resistance to your workout
Adjustable saddle, handlebar and pedals
LCD Console

LEVEL OF IMPACT

Provides choice of a low or high impact workout, either walking or running. High impact exercises can improve bone health.

Provides a low impact workout for all fitness levels to protect knee and ankle joints.

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HOME FOOTPRINT

ZR9 Treadmill can be folded to optimise space in the home with folded dimensions of 168 (L) x 85 (W) x 133cm (H)

Measuring in at 144 (L) x 63 (W) x 169cm (H), the ZR9 Elliptical is compact, requiring less space in the home.

Upright exercise bikes take up minimal space in the home. The ZR9 measures in at 102.3 (L) x 48 (W) x 132cm (H)