

FREEMOTION[®]



***A BRAND OF IFIT GROUP
WORLD'S #1 IN HOME FITNESS***

THE WORLD'S #1 HEALTH & FITNESS PLATFORM

Since 1977, iFIT Health & Fitness Inc. (fka, ICON Health & Fitness Inc.) has been fueled by a passion for innovation, growth and providing exercisers with solutions that elevate their fitness journey. iFIT is an integrated health and fitness platform that connects to proprietary software, interactive hardware and experiential content, offering unrivaled connected fitness experiences.

iFIT is a thriving community with more than six million total members in over 120 countries worldwide. Its hardware and technology are protected by over 400 issued and pending patents that can be found on the broadest range of modalities, including treadmills, indoor bikes, ellipticals, strength training equipment and more. Its brands, including iFIT, NordicTrack, ProForm and Freemotion, are leaders in the fitness industry. In its continuous pursuit to maintain and improve the human body, iFIT is a trailblazer, delivering transformative fitness experiences that change people's lives.



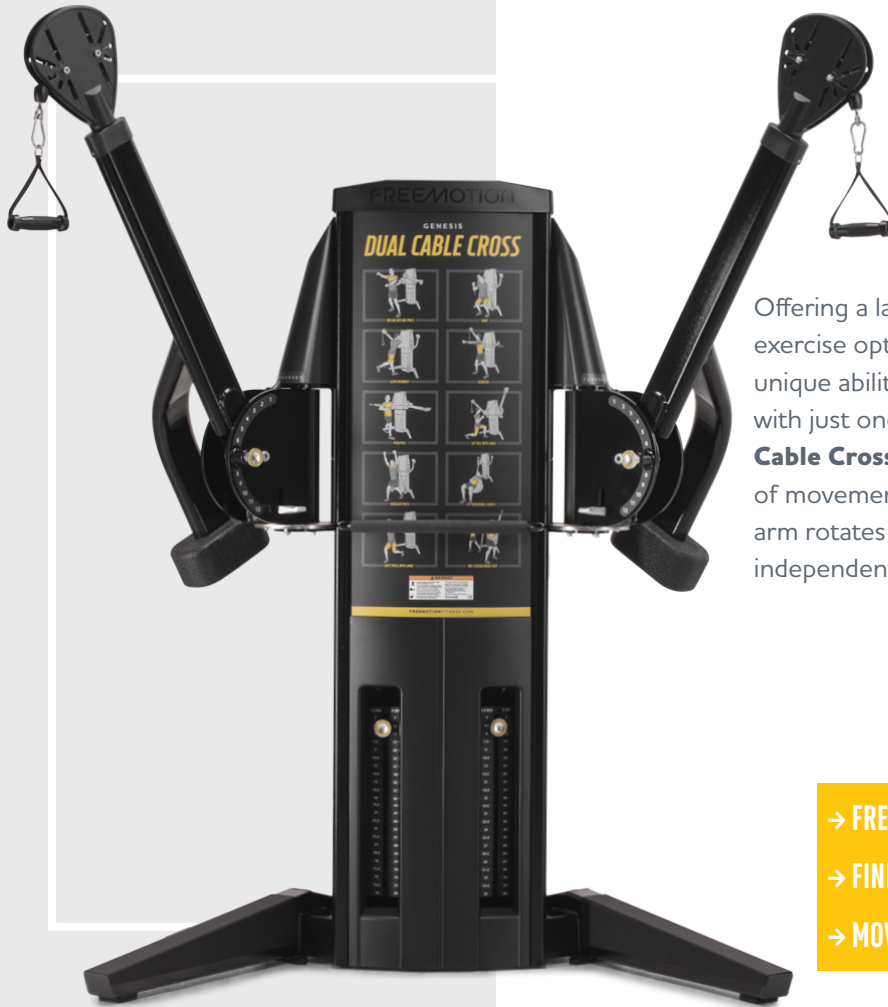


A VIRTUAL PASSPORT

iFIT offers a virtual passport to work out in thousands of the world's most breathtaking destinations. Users become globe-trotting adventurers from a guided walking tour of Ancient Egypt's iconic ruins to ascending Mount Fuji at sunset and so much more without leaving the cardio floor.



DUAL CABLE CROSS



Offering a large variety of functional exercise options with the simple and unique ability to precisely position angles with just one hand, the **GENESIS Dual Cable Cross** can simulate a multitude of movements from life and sport. Each arm rotates vertically and horizontally, independently of one another.

- FREEDOM TO MOVE
- FINE-TUNE RANGE OF MOTION
- MOVEMENT VARIETY

COACH BIKE

Engage and retain your members with the immersive cycling experience that keeps them coming back for more. With **auto-adjusting technology that matches the incline and decline** of the on-screen terrain, the CoachBike delivers an unrivaled immersive experience.



- IMMERSIVE CYCLING EXPERIENCE
- SMOOTH AND EFFECTIVE WORKOUT
- ADVANCED WORKOUT METRICS

REFLEX™ TREADMILL

UNDENIABLY THE WORLD'S BEST -AND MOST RELIABLE- TREADMILL

Deliver the best-in-class cardio experience with the Freemotion line of REFLEX™ Treadmills, the preferred treadmill of boutique studios around the world, including **Orangetheory Fitness, BLAST and SWEAT1000**. The proprietary cushioning deck reduces impact and enables a longer, stronger and healthier run to drive retention and enhance exercisers' results.



OVER 2 BILLION KILOMETERS ALREADY RUN ON THE 22.9 REFLEX

→ 29% GREATER REDUCTION IN IMPACT FORCE
→ 20,5% GREATER REDUCTION IN TIBIAL SHOCK
compared to the competition

INCLINE TRAINERS



Offer a world-class cardio experience with Incline Trainers from Freemotion, featuring an industry-leading **30% incline and -3% decline**. Whether running or walking, training at an incline increases heart rate, muscle activation and calorie expenditure while reducing the impact that leads to injury. A Freemotion Incline Trainer is a "must-have" for your cardio floor if you want to deliver faster results and increase engagement.

AT 27% INCLINE AND ABOVE, GLUTES FIRE AT 100%, HAMSTRINGS 73, AND CALF MUSCLES 90%*

*Based on a university study comparing posterior chain activation while walking on a flat surface compared to incline training.



24 SERIES POWERED BY IFIT

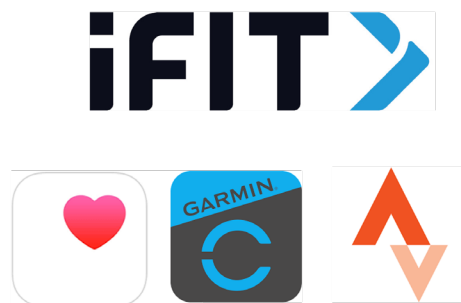
Exclusively on content-driven cardio machines from Freemotion, your members can explore the world through thousands of coach-led workouts, right from the cardio floor. Powered by iFit, the 24 series keeps users engaged with vivid imagery, motivational coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.

Now fully compatible with eGym, the 24 series seamlessly connects with the eGym ecosystem for cardio, enabling members to sync their performance data effortlessly and maintain a continuous digital training journey across all Egym-supported platforms.

EXPERIENCE THE 24 SERIES

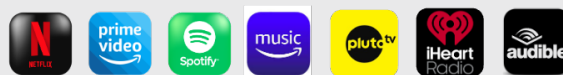
FITNESS APPS

Whether you're out running your favorite trail or cycling at home, every single workout is important. We believe tracking your fitness journey in a single location is a key component to chasing your goals.



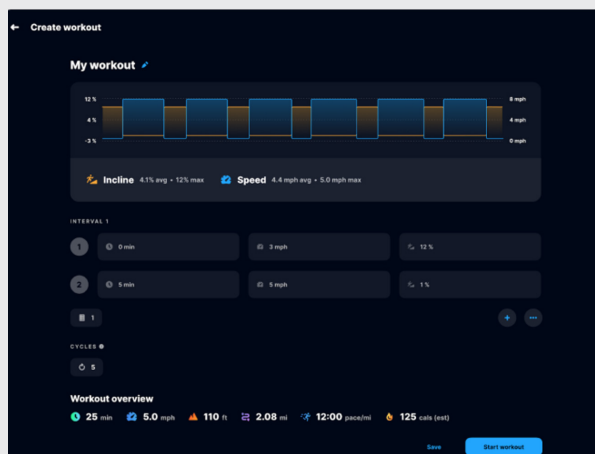
STREAMING

We've added streaming services you can watch or listen to while working out. Catch up on your favorite shows while catching up on your step count or listen to your favorite playlist for an added boost.



WORKOUT CREATOR

Create your own custom workouts with Workout Creator. Set your speed and incline for a specific number of intervals, sets, and cycles. Hit start and your treadmill will automatically take you through your own workout. (Available on other equipment types later this winter)



FREEMOTION + iFIT >

EGYM

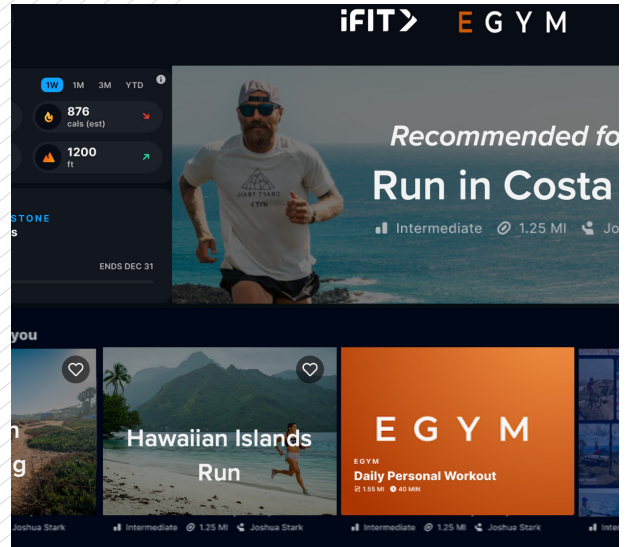
EGYM Coach creates hyper-personalized fitness plans that sync directly to your machines, guiding members with precision. **Unlike basic 3-star or 5-star integrations that simply “connect” two systems, this partnership elevates the entire experience by combining EGYM’s structured Trainer Prescriptions with iFIT’s full library of coach-led, adaptive workouts.** The result is a content-rich, intelligent ecosystem where EGYM strength programs flow effortlessly into immersive iFIT cardio sessions—delivering a unified, data-driven training journey far beyond standard equipment integration.



EXPERIENCE THE 24 SERIES

GENIUS + iFIT

EGYM Genius captures key performance inputs and defines each member's ideal training targets. These metrics sync into iFIT AI to generate tailored cardio sessions with real-time speed, incline, and intensity adjustments. Together, they create an adaptive, personalized program that evolves as the member progresses.



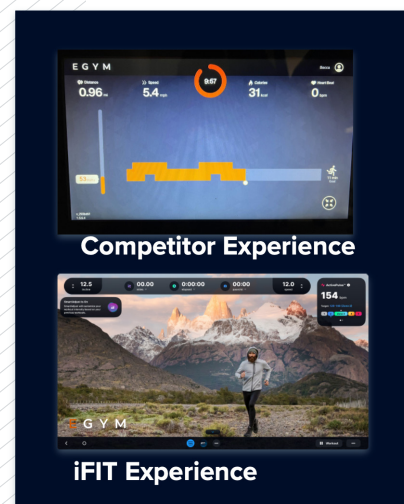
CONNECTED MEMBER

Users are launched into trainer-led, machine-adjusted video content based on their EGYM parameters, ensuring each session starts at the right intensity. This creates a smooth transition from EGYM strength circuits into adaptive iFIT cardio coaching. The result is a seamless, consistently personalized training experience.



DIFFERENTIATION

This integration goes far beyond a basic equipment link. Members access 10,000+ adaptive iFIT workouts enhanced by EGYM data for deeper personalization. For operators, it delivers a premium, high-engagement experience that stands out in the market.



Treadmill

Ultra 1



Your gym
centerpiece

Crafted to complement any space while commanding attention, Ultra 1's luxurious design radiates quality and exclusivity.

Premium Materials

Inspired by nature and crafted from the finest materials, Ultra 1 belongs in exquisite living spaces. Each design choice was picked to beautifully combine form and function. Premium hardwoods, brass controls, wood louvers, metal knurling, warm lighting on the deck.



24" HD TOUCHSCREEN

Outdoor workouts

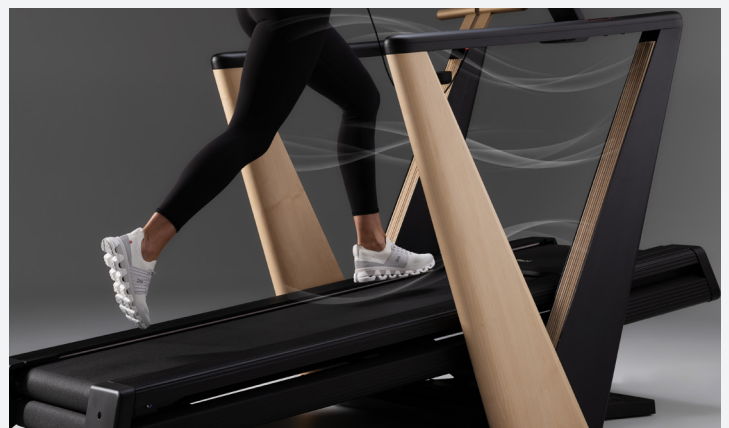
The touchscreen pulls you into workouts filmed around the world. To the peaks of Kilimanjaro, the city streets of Kyoto, the beaches of Seychelles, and more. Step off Ultra 1, turn the screen, and continue trainer-led yoga, strength, Pilates, and more.



DUAL TOWER FANS

Intelligent cooling

Powerful fans auto adjust to your workout intensity, keeping you cool from head to toe while simulating the sensation of running outdoors.



Ultra1





INTRODUCING THE

Pilates Reformers

Where elegance meets innovation.

The Reform RX and Reform RX-S are crafted with sleek, minimalist designs that bring a new level of sophistication to any space.

Featuring compact, efficient footprints, they fit seamlessly into various fitness spaces without compromising quality or style.

FREEMOTION PRODUCTS

24 SERIES



i24 Incline Trainer
FMIT2226-4E30



t24 REFLEX™ Treadmill
FMTM2226-4E30



e24 Elliptical
FMEL2226-4E30



b24 COACHBIKE™
FMCB2226-4E30



r24 Recumbent Bike
FMRB2226-4E30



u24 Upright Bike
FMUB2226-4E30

SMARTSERIES



i10.9b Incline Trainer
FMTK74222K2



t10.9b REFLEX™ Treadmill
FMTL70722K2



e10.9b Elliptical
FMEL84422

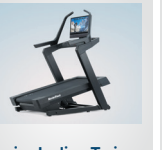


r10.9b Recumbent Bike
FMEX82522

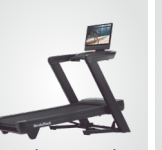


u10.9b Upright Bike
FMEX82422

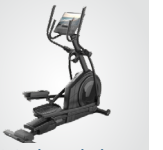
8 SERIES



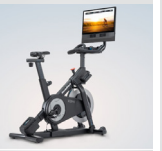
8 Series Incline Trainer
FMIT0826-4E30



8 Series Treadmill
FMTM0826-4E30



8 Series Elliptical
FMEL0826-4E30



8 Series coachBike
FMIC0826-4E30



8 Series Row
FMRW0826-4E30

REFORMERS

ULTRA1



Reform RX
RX-01S



Reform RX-S
MS-01S



Ultra 1
NTL99925-4FM0

GENESIS™



Multi-Plane Chest
G600



Multi-Plane Shoulder
G601



Biceps
G602



Triceps
G603



Row
G604



Squat
G610



Abdominal
G611



Multi-Plane Lift
G612



Step
G614



Lat
G620



Dual Cable Cross Lite
G424



Cable Column
G625



Multi-Pull/Rotation Low
G626



Multi-Pull/Rotation High
G627



Total Quad/Hip
G628

EPIC SELECTORIZED



Chest Press
ES800



Leg Extension
ES801



Lat Pulldown/High Row
ES802



Leg Curl
ES803



Leg Press
ES804



Pec Fly/Rear Delt
ES806



Shoulder Press
ES807



Hip Adduction/Abduction
ES809



Biceps Curl
ES810



Triceps Extension
ES811



Dip/Chin Assist
ES812



Calf Extension
ES813



Prone Leg Curl
ES814



Back Extension
ES815



Lateral Raise
ES816



Seated Row
ES817



Torso Rotation
ES818



Abdominal Crunch
ES819



Glute
ES820

FREEMOTION PRODUCTS

GENESIS DS™



Multi-Plane Calf
G607



Chest/Shoulder
GD500



Abdominal/Biceps
GD501



Dual Cable Cross
G624



Lat Pulldown/High Row
GD502



Quad/Hamstring
GD503



Total Glute/Hamstring
G629



Lift/Step
GD504



Multi-Pull Press
GD505

EPIC FREE WEIGHT



Flat Bench
EF201



Flat/Incline Ladder Bench
FMDY509062



Fid Bench
FMDY509063



Adjustable Bench
EF203



Utility Bench
EF204



Preacher Curl
EF205



Dip Chin/Ab
EF207



Abdominal Bench
EF213



Olympic Flat Bench
EF202



Olympic Incline Bench
EF214



Olympic Decline Bench
EF215



Olympic Military Press
EF216



Smith Machine
EF211



45° Back Extension
EF206



Glute-Ham Developer
FMDY709072

EPIC PLATE LOADED



Chest Press
EF300



Row
EF301



Shoulder
EF302



Lat Pull Down
EF303



Incline Chest Press
EF305



Low Row
EF307



Calf
EF222



Rear Kick
EF309



Biceps Curl
EF310



Triceps Extension
EF311



Belt Squat
EF312



Squat
EF217



Leg Press
EF218

FITRIG™



4' Monkey Bar Rig
FMDY4M8R



6' Monkey Bar Rig
FMDY6M8R



14' Monkey Bar Rig
FMDY14M8R



10' Standard Rig
FMDY10W6D



14' Standard Rig
FMDY14W6D



24' Standard Rig
FMDY24W6D



6' Premium 2.0 Rig
FMDYM3Z3



12' Premium 3.0 Rig
FMDYMRZ4



14' Premium 4.0 Rig
FMDY14R2E



14' Premium 4.5 Rig
FMDY14XRG

RACKS



Pro Half Rack
FMDY704003



Pro Power Rack
FMDY704004



Squat Rack
EF212



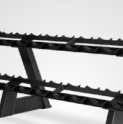
Barbell Rack
EF210



Weight Plate & Bar Storage
EF219



Single Tier Dumbbell Rack
EF208



Twin Tier Dumbbell Rack
EF209



Hex Dumbbell Rack (8')
FMDY509083



Saddle Dumbbell Rack
FMDY509081



Hex Dumbbell Rack (5')
FMDY109083

*Accessories Available Separately

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FREEMOTION *FITNESS.COM*



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