

FREEMOTION.

CARDIO 10 SERIES



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RETHINK YOUR CARDIO

With smart design and thoughtful details; the Cardio 10 Series has been upgraded to exceed the typical workout experience. Gym essentials that have been tried and tested, Freemotion machines have stood the test of time with extreme durability, ease-of-maintenance and unbeatable performance. Made by fitness professionals for users of all fitness levels, Freemotion is ready when you are.

TREADMILL

REFLEX™ CUSHIONING

The proprietary Reflex™ cushioning reduces impact allowing for a longer, stronger run.

PUSH FARTHER

HIIT-friendly 1-STEP™ Controls give direct access to specific incline and speed, providing immediate response.

STAY ENTERTAINED

Stay entertained with an optional MYE 900 MHz TV receiver with on-console controls.

ELLIPTICAL

YOU-INSPIRED

Because the foot pedals on Freemotion Ellipticals are closer together, the walk, run, ski or jog feel more natural and realistic.

WALKING ON AIR

Using the Freemotion Elliptical is as close as you can get to walking on air. This upgraded elliptical puts less pressure on joints, ankles, knees and back.

RECUMBENT BIKE

KEEP GETTING STRONGER

Progress users from beginner to intermediate to expert at their own pace, and their own terms. Personal trainers can create personalized client workouts that get harder as they get stronger.

RIDE READY

It's easier to get into the workout mindset when you don't have to focus on being comfortable. A wide seat, sloped backrest and sturdy base, support clients so they can push themselves harder.

EASY ACCESS

This innovative STEP THRU™ Design eliminates the traditional base, making it easier to get on and off the bike.

UPRIGHT BIKE

SMOOTH, AND READY TO MOVE

Rely on a steady momentum of the Upright Bike featuring an inertia-enhanced flywheel. Built to last and made to perform, this flywheel is low maintenance and durable.

CHANGE STARTS TODAY

To burn more calories, increase intensity or improve muscle tone, 40 levels of resistance create customized workouts that can intensify over time.

KNOW WHERE YOU ARE

Kickstart the calorie burn by knowing where heart rates are. These real-time built-in EKG monitors let members know when they need to step it up or slow down.

CARDIO 10 SERIES

Treadmill

#FMTL39818 // #FMTL39818-INT

t10.9 REFLEX™ TREADMILL

- » LED matrix display
- » REFLEX™ cushioning
- » 1-STEP™ Controls for Speed and Incline
- » 0% to +15% incline

DIMENSIONS (LxWxH) || 87.7 x 34 x 66 in
(222.8 x 86.3 x 167.6 cm)



Elliptical

#FMEL84414

e10.6 ELLIPTICAL

- » LED matrix display
- » Upper-body workout arms with soft grips
- » Hybrid generator resistance system

DIMENSIONS (LxWxH) || 85 x 23 x 63 in
(215.9 x 58.4 x 160 cm)



Recumbent Bike

#FMEX82514

r10.4 RECUMBENT BIKE

- » LED matrix display
- » STEP THRU™ design
- » Hybrid generator resistance system

DIMENSIONS (LxWxH) || 68 x 24 x 51 in
(172.7 x 60.9 x 129.5 cm)



Upright Bike

#FMEX82414

u10.2 UPRIGHT BIKE

- » LED matrix display
- » Inertia-enhanced flywheel
- » Hybrid generator resistance system

DIMENSIONS (LxWxH) || 54 x 24 x 58 in
(137.1 x 60.9 x 147.3 cm)

