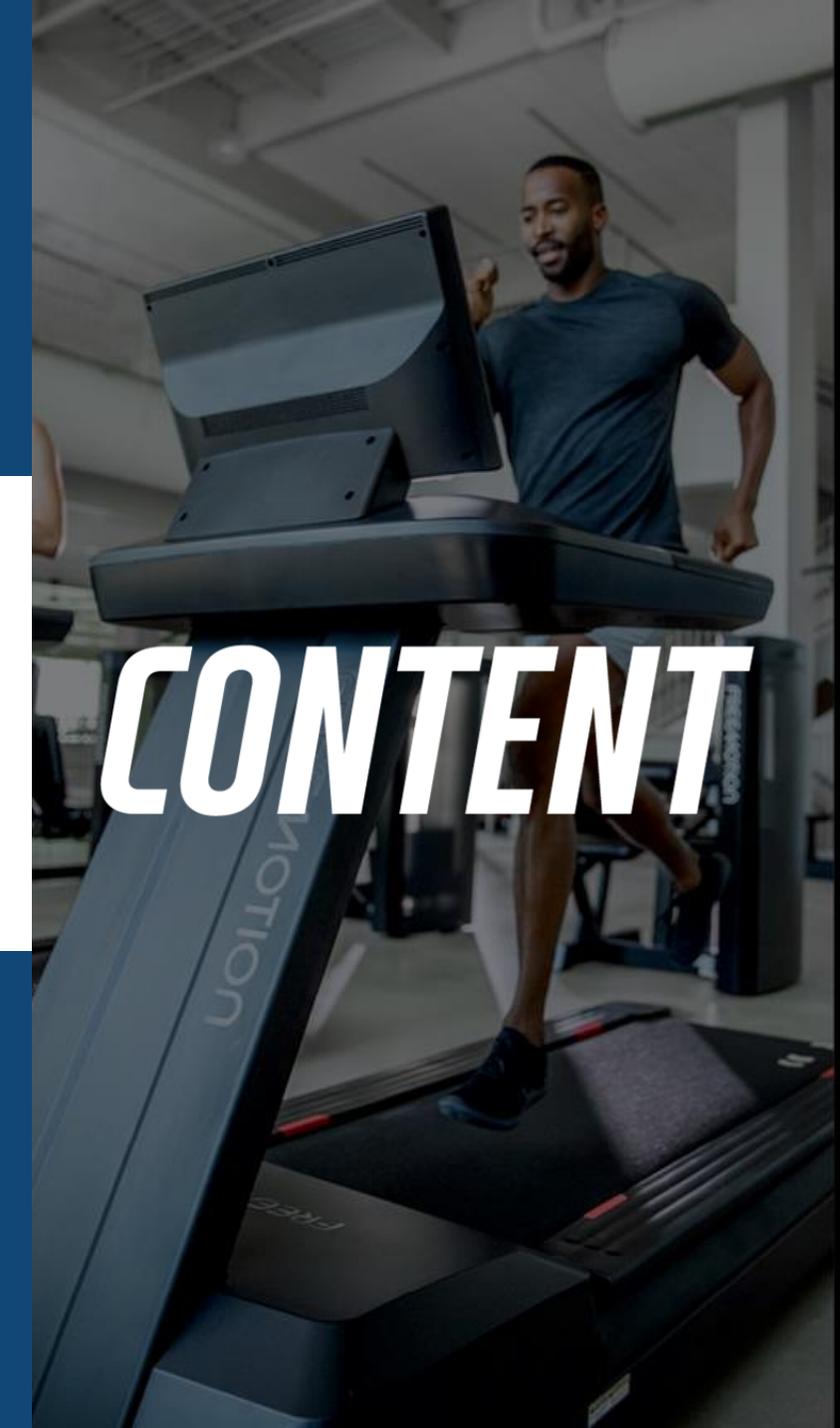


A woman with blonde hair, wearing a blue tank top, is shown from the chest up. She is looking slightly to her left with a focused expression. The background is blurred, suggesting an outdoor setting. The word 'FREEMOTION' is overlaid in white, bold, sans-serif capital letters across the center of the image. A registered trademark symbol (®) is located at the end of the word.

FREEMOTION®



OUR STORY

- » ICON / Freemotion
- » Our Mission / Core Values
- » Global Landscape

Our Customers

Cardio Experiences

Strength Experiences

Team Training

A woman with curly hair and a man are riding stationary bikes in a gym. The woman is in the foreground, wearing a purple sports top and blue leggings, looking at a large screen on her bike that displays a virtual cycling route. The man is behind her, wearing a dark shirt and shorts, also on a bike. The background is a blue wall with vertical panels. The entire image is overlaid with a semi-transparent blue filter. The text 'OUR STORY' is written in large, bold, white, sans-serif capital letters across the center. Below it, 'ICON/FREEMOTION' is written in smaller, white, sans-serif capital letters. There are white rectangular shapes in the corners: a vertical bar on the top left, a horizontal bar on the top right, and a vertical bar on the bottom right.

OUR STORY

ICON/FREEMOTION

PREMIER BRANDS



HEALTH & FITNESS



NordicTrack®

PRO-FORM®

FREEMOTION®

ICON MILESTONES



1977

Scott Watterson & Gary Stevenson establish Weslo in Logan, Utah

1980s

Weslo introduces treadmills that fold into storage, known as the SpaceSaver™

1987

Weslo purchases ProForm

1990

ProForm moves into a new 300,000 sqf international headquarters in Logan, Utah

1994

The Company is renamed ICON Health & Fitness

1994

ICON expands product line to include brand names such as Golds Gym, Weider and Reebok

1996

ICON purchases HEALTHRIDER, a leading marketer of Riders

1998

ICON acquires NordicTrack, a dominant manufacturer with a strong brand recognition

2000

ICON purchases Ground Zero Design (aka Freemotion)

2015

ICON opens distribution centers in Savannah, Georgia and Beaumont, California

2010

iFit® partners with Google Maps™ to offer street view images on ICON fitness equipment

2016

ICON rebrands with a new look and debuts iFit Coach

2017

iFit launches Nourish, a once-a-day, personalized nutrition shake containing your daily protein, vitamins and minerals

2018

iFit launches coach-led workouts, revolutionizing fitness content with thousands of in-studio and global workouts

2019

iFit receives a \$200 million growth equity investment (Pamplona Capital Management)

2020

ICON continues to launch innovative products across all brands and in the midst of a global pandemic, receives an **additional \$200 million** growth investment led by L Catterton, the largest and most global consumer-focused private equity firm

FREEMOTION®

FREEMOTION MILESTONES

1999

GROUND ZERO
DESIGN
*Established in
Colorado Springs, CO*

1999

FIRST FULL CIRCUIT
CABLE STRENGTH
GENESIS line

1999

FIRST
QUICKSPEED &
QUICKINCLINE
CONTROLS

2000

ICON HEALTH &
FITNESS
ACQUIRES
Ground Zero

2001

GROUND ZERO
RENAMED
Freemotion Fitness

2001

FIRST
Incline Trainer

2001

FIRST
INTEGRATED
FLAT SCREEN TVS
on Equipment

2003

FIRST
SELECTORIZED LINE
EPIC Selectorized

2009

FREEMOTION
RELOCATES
*Logan, UT
ICON'S HQ*

2009

FIRST iFit®
*On the console of
Incline Trainers*

2010

FIRST
REFLEX™
TREADMILL
*with proprietary
cushioning.*

2012

FIRST
LIVEAXIS™
*progressive resistance
technology.*

2013

FIRST
GENESIS DS™
*dual-station cable
strength training.*

2013

FIRST
TOUR DE FRANCE
BIKE
*with simulating
incline and decline.*

2016

FREEMOTION
REBRANDS
*to reignite passion and
solidify its commitment
to the fitness industry.*

2018

SMARTSERIES™
*Powered by iFit®
interactive workout
experience with trainers
from around the world.*

2019

ALL STRENGTH
LINES UPDATED

8 SERIES
Powered by iFit®

2020

CONTENT-DRIVEN
CARDIO
COACHBIKE™
22 SERIES

FUSION Team Training

FREEMOTION.



*WE BUILD MACHINES
THAT HELP BUILD FULL,
HEALTHY LIVES.*

OUR MISSION



PERFORMANCE STANDARDS

CORE VALUES

INTEGRITY

Our relationships are built on trust by honoring our word.

PEOPLE

We value our people, together we are the foundation that delivers an exceptional customer experience.

COMMITMENT

We are dedicated to the financial success of our company and our customers.



FREEMOTION

GLOBAL LANDSCAPE



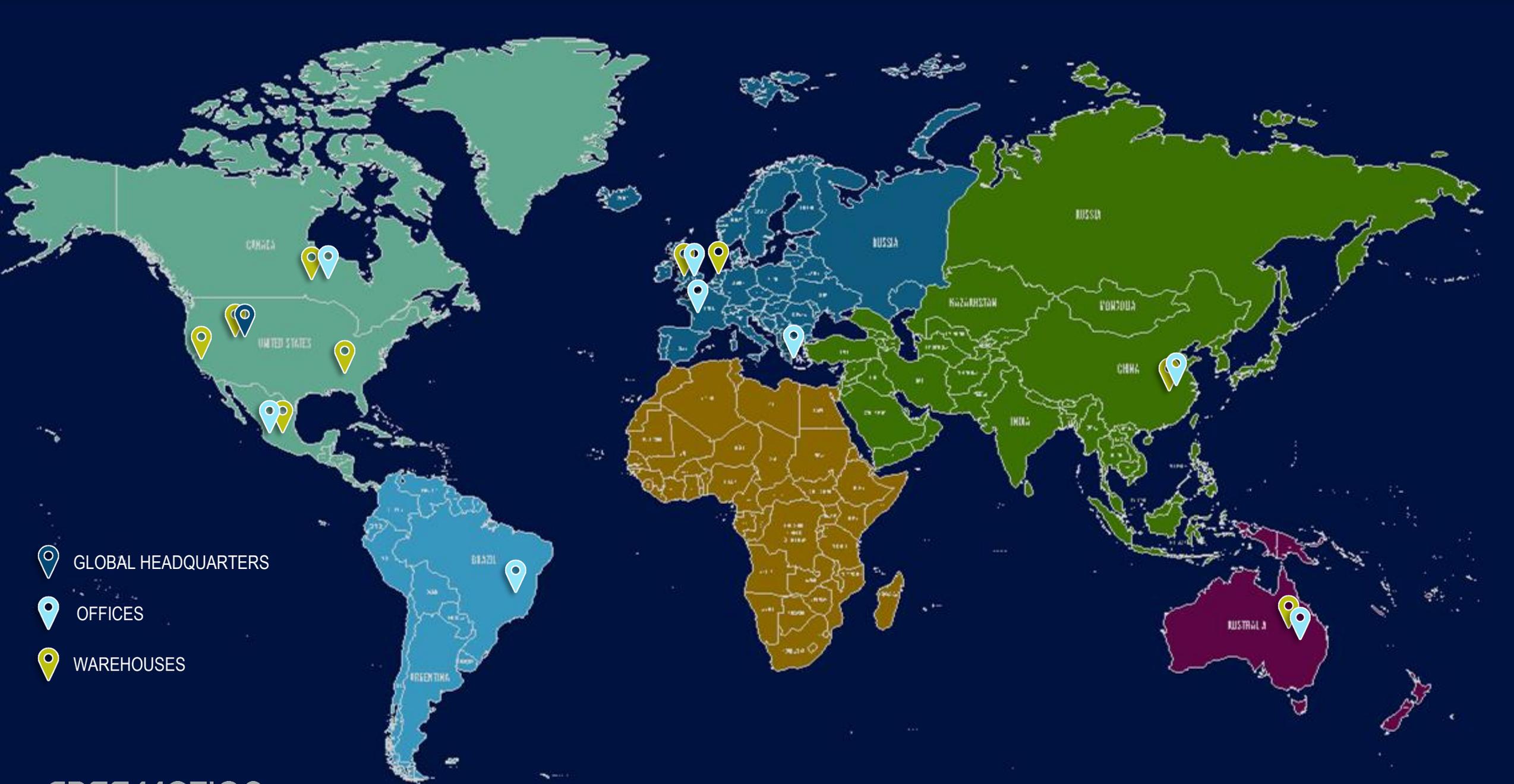


 GLOBAL HEADQUARTERS



 GLOBAL HEADQUARTERS

 OFFICES



-  GLOBAL HEADQUARTERS
-  OFFICES
-  WAREHOUSES

DO NOT DROP WEIGHTS

FREEMOTION®

OUR CUSTOMERS



MULTI-HOUSING



BILLINGSLEY
COMPANY

BONNER CARRINGTON

CIM

CORPORATE WELLNESS



Mercedes-Benz



BOUTIQUE STUDIOS



EDUCATION



Arizona State University
Boise State University
Brigham Young University
Boston University
Boston College University
Clemson University
Colorado State University
Colorado State University-Pueblo
Eastern Washington University
Metropolitan State University of Denver
Montana State University
Texas Tech University
University of California Riverside
University of Colorado Boulder
University of Oregon
University of Missouri
Utah State University
Washington State University

ARMED FORCES



Fort Lee Strength Performance Center
Fort Drum Magrath Sports Complex
Fort Campbell Abrams Fitness Center
Presidio of Monterey Price Fitness Center
Fort Rucker Physical Fitness Facilities Center
Fort Stewart Newman Fitness Center
Fort Leonard Wood Davidson Fitness Facilities Center
Fort Knox Natcher Physical Fitness Center
Fort Carson Iron Horse Fitness Center

SPORTS FACILITIES



HEALTH CLUBS



YMCA of Metropolitan Detroit – MI
YMCA of Greater Indianapolis - IN
Magdalena Ecke Family YMCA – CA
Santa Barbara Family YMCA – CA
Camarillo Family YMCA – CA
Rochester Area Family YMCA – MN
YMCA of Greater Des Moines – IA
Greater Waukesha County YMCA – WI
Tampa Metropolitan Area YMCA – FL
Sarasota Family YMCA – FL
Coastal Georgia YMCA – GA
YMCA of South Florida - Weston FL
First Coast YMCA - Jacksonville FL
YMCA of Greater St. Petersburg – FL
YMCA of Greater Toledo – OH
YMCA of Greater Fort Wayne - IN
Upper Palmetto YMCA - NC

YMCA



FREEMOTION®

CARDIO EXPERIENCES



INCLINE TRAINER

***Get Elevated
Results***



INCLINE TRAINER



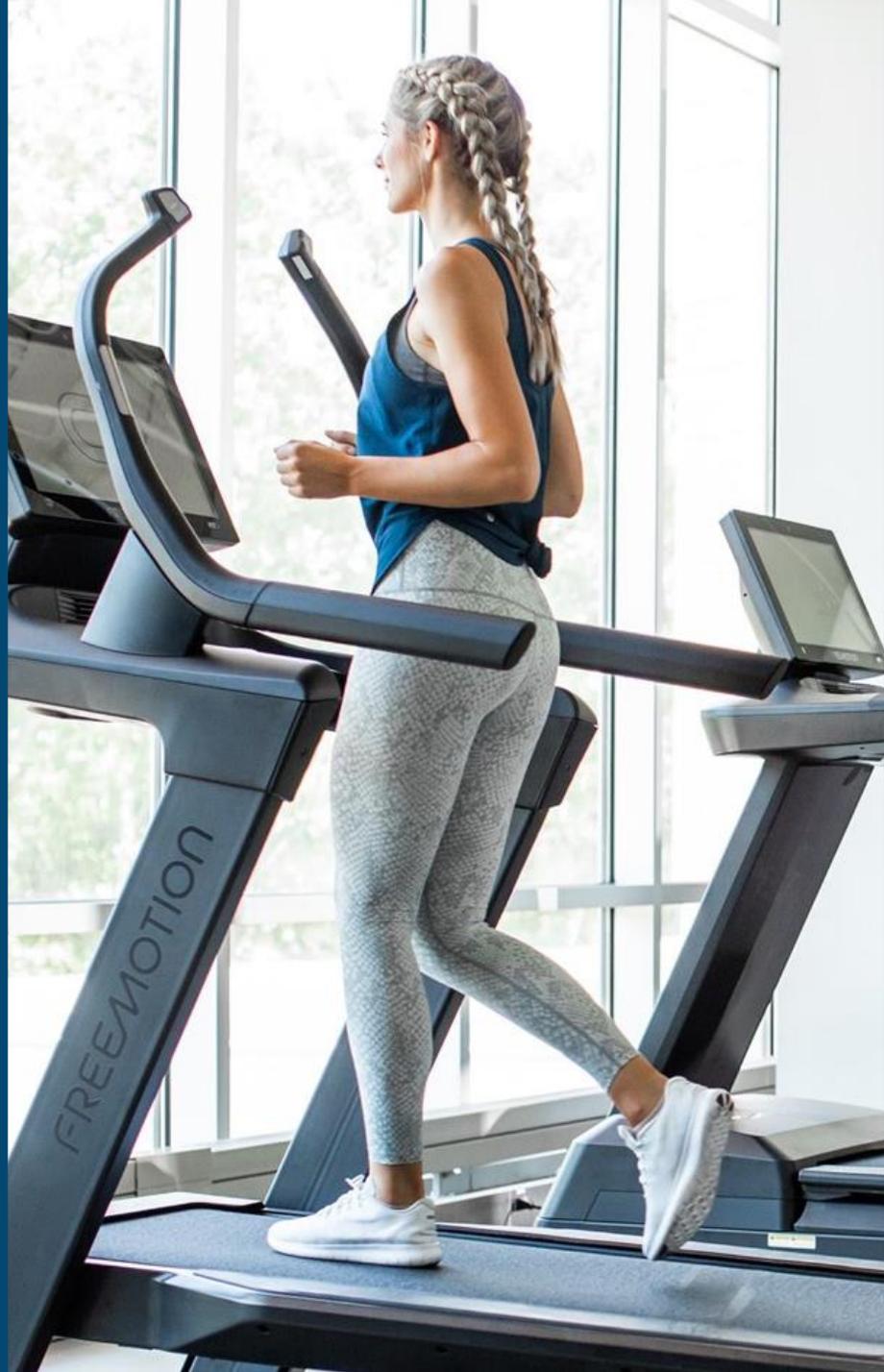
FREEMOTION

Burn Fat More Effectively

Walking at 2 mph and 21% incline can burn 3X the fat calories compared to running at 6 mph on a flat surface.*

*Based on an university study comparing flat surface walking/running to incline training and the changes in fat utilization. Running at 6 MPH and 0% incline burned 1.9 Kcal/min while walking at 2 MPH and 21% incline burned 6.5 Kcal/min.

INCLINE TRAINER



*Walking at 2 MPH and 24% incline will produce a higher heart rate than running at 6 MPH and 0% incline.**

*Based on a university study comparing flat surface running to walking on an incline. Average weight of participants in the study was 164.3 lbs.

INCLINETRAINER

FREEMOTION

Get a Strength Workout While Cardio Training

*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. At 0% incline and 3 MPH there is an 8% change in gluteus activation. At 27% incline and 3 MPH they are 100% activated.



INCLINE TRAINER



APPLYING THE RESEARCH

Walkers can achieve similar, if not greater, heart rates when incline training as runners.

Incline Training maximizes muscle activation in both running and walking, leading to higher heart rates, increased calorie burn & muscle building.

Incline Training leads to form optimization decreasing the risk of injury

REFLEX TREADMILL







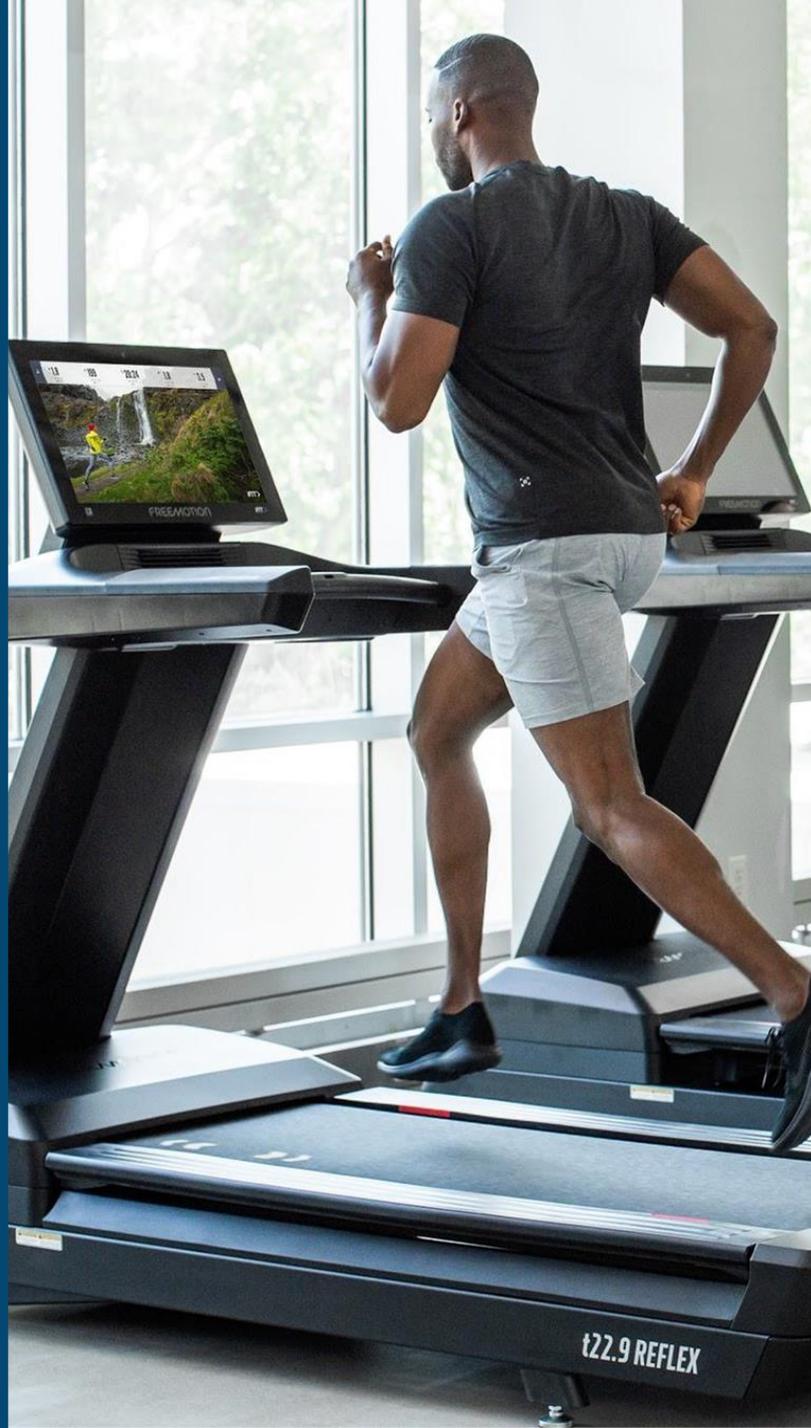
t22.9 REFLEX

FREEMOTION.
REFLEX TREADMILL



t10.9 REFLEX

REFLEX TREADMILL



REFLEX™ Treadmill Study

- » The Freemotion REFLEX Treadmill has shown to average a **29% GREATER REDUCTION** in impact force compared to running on other treadmills*.
- » The Freemotion REFLEX Treadmill has shown to average a **52% GREATER REDUCTION** in tibial shock compared to flat surface running.
- » The Freemotion REFLEX Treadmill has shown to average a **20.5% GREATER REDUCTION** in tibial shock compared to other treadmills*.

*Results are based on a Freemotion-commissioned university study comparing impact of running on a Freemotion t11.9 REFLEX, a Life Fitness 95TS, a Precor TRM 835, and an in-ground treadmill with force plate, using 15 male and 15 female participants with an average age of 29 years and an average weight of 152 lbs

FREEMOTION
Powered By iFIT >

22 SERIES

THE **INTERACTIVE** CONNECTED FITNESS EXPERIENCE



FREEMOTION.
Powered By **iFIT.**

*IT'S NOT JUST
CONNECTED FITNESS
IT'S AN INTERACTIVE
FITNESS EXPERIENCE*





- Thousands of coach-led workouts
- World-Renowned Fitness Coaches
- Breathtaking Global Workouts
(40+ Countries, All 7 Continents)
- High-Energy Studio Classes
- Google Maps Workouts
- Interactive Auto-Adjusting Technology

4.0

HEART RATE

167

CALORIES BURNED

31:32

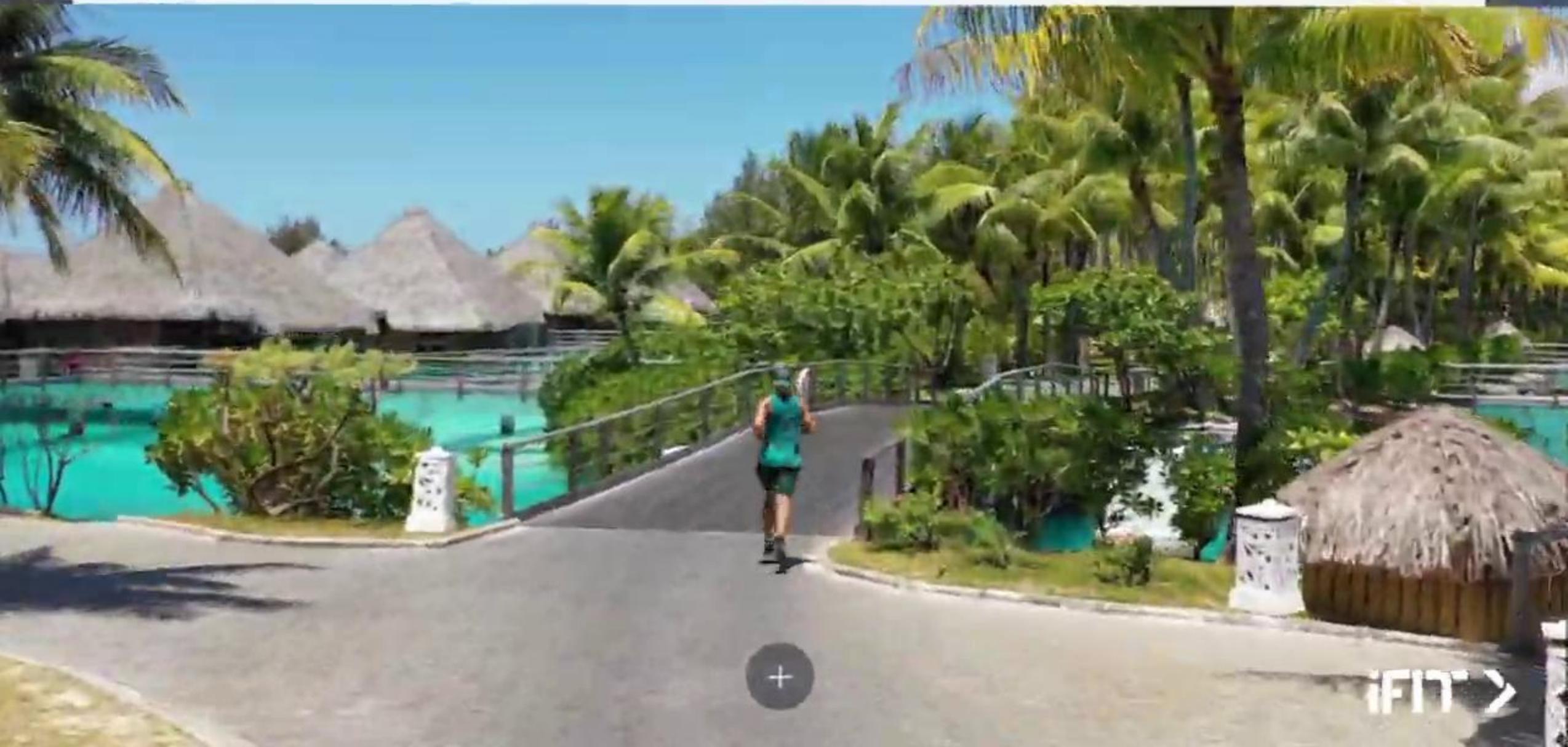
TIME ELAPSED

2.24

DISTANCE (MI)

4.5

SPEED (MPH)



iFIT >

WORLD-RENOWNED

FITNESS COACHES



iFIT

INTERACTIVE. PERSONAL. TRAINING.

GLOBAL WORKOUTS



Travel the World



Workout in Breathtaking Locations

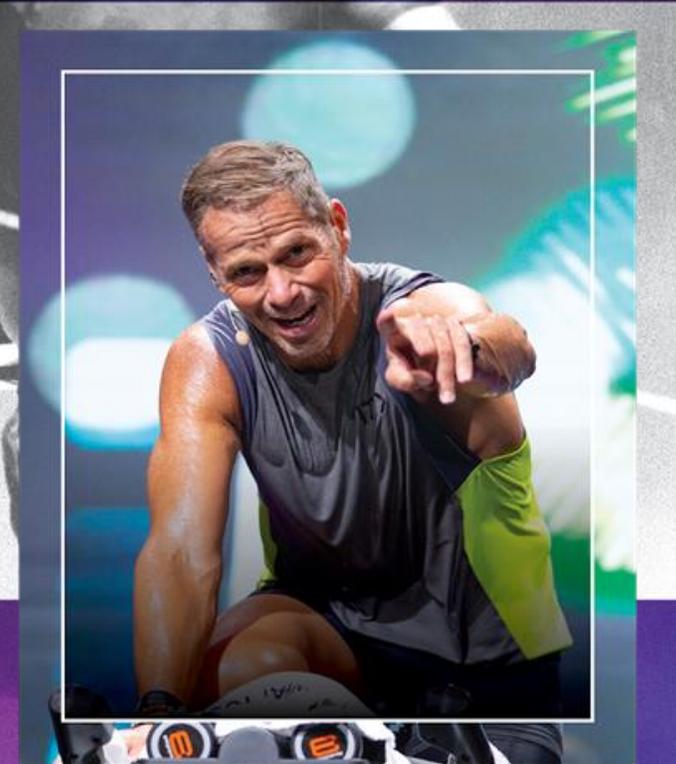


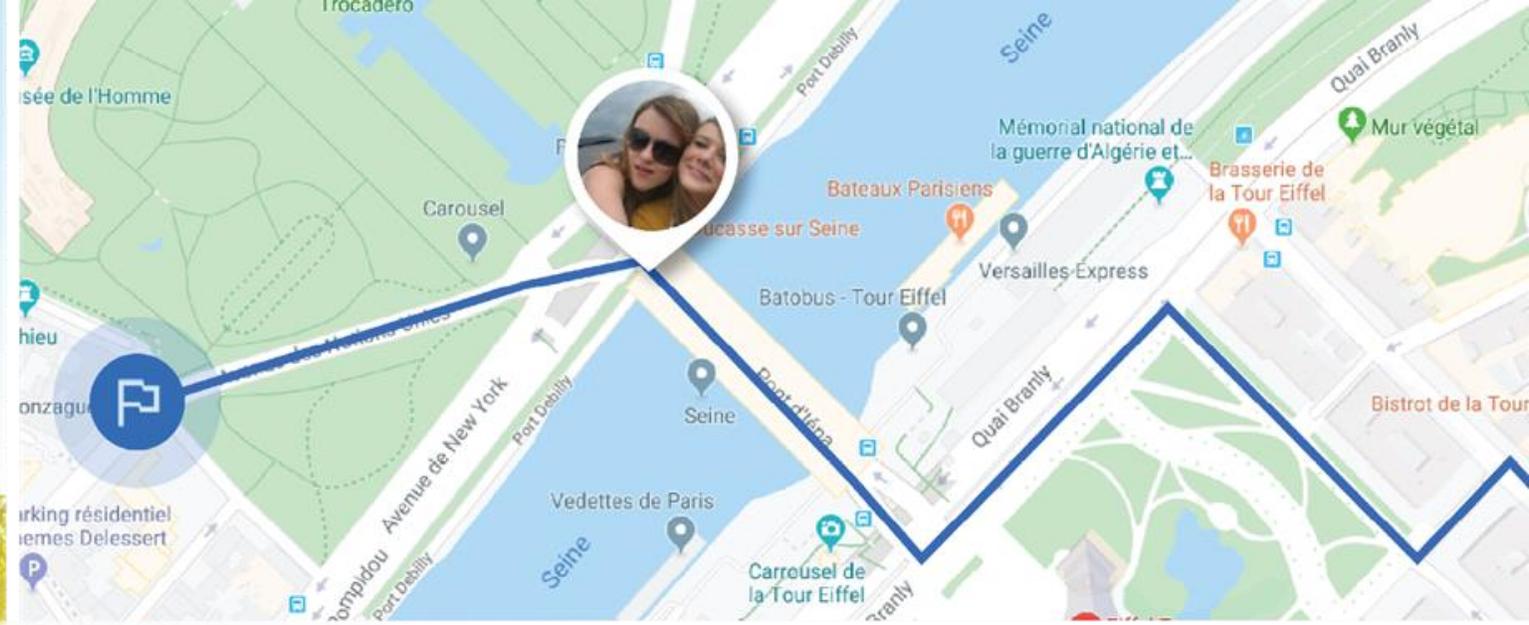
Participate in Iconic Races



INTERACTIVE. PERSONAL. TRAINING.

STUDIO CLASSES

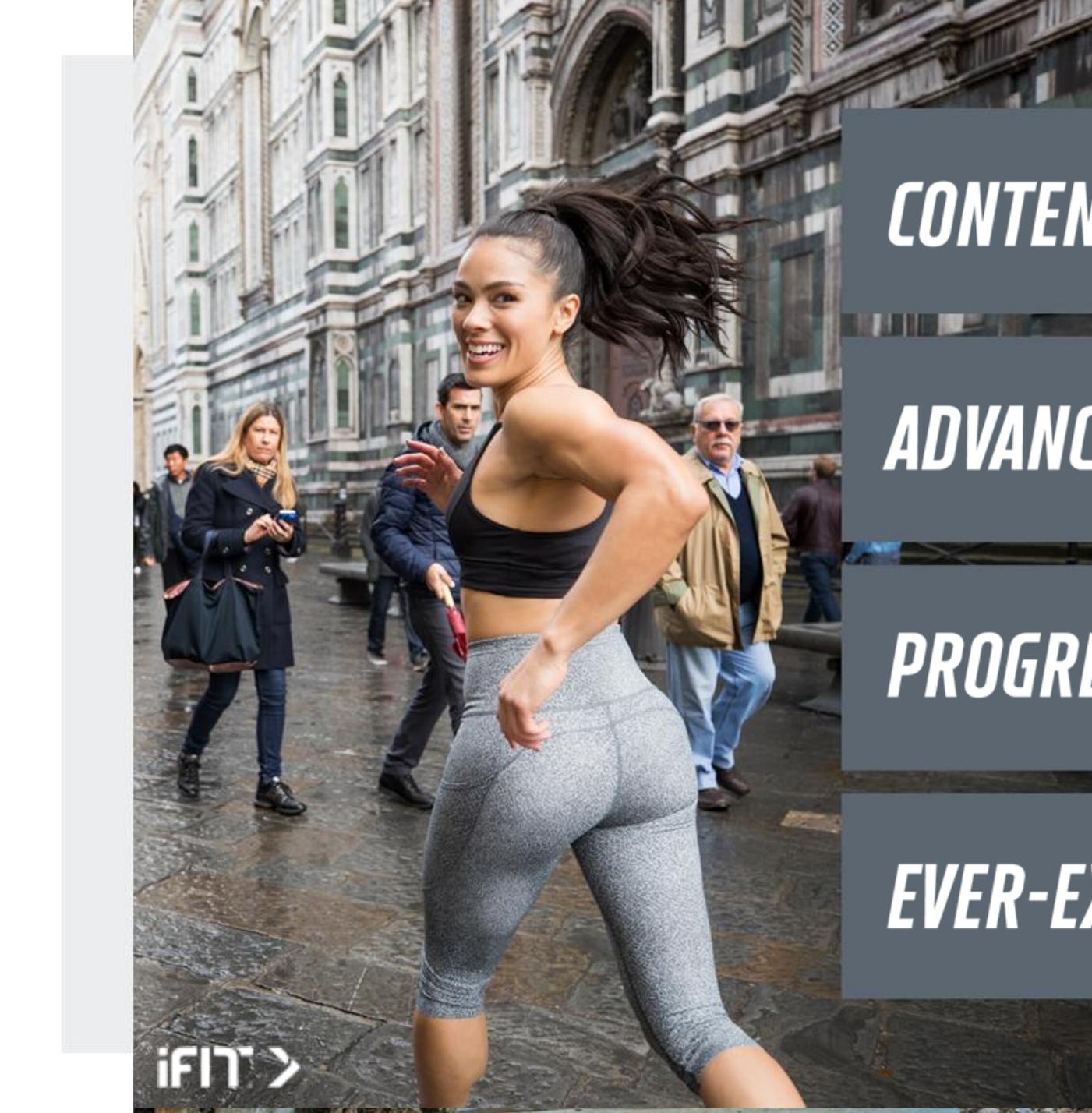




INTERACTIVE. PERSONAL. TRAINING.

GOOGLE MAPS





CONTENT ON-DEMAND, 24/7

ADVANCED WORKOUT METRICS

PROGRESSIVE WORKOUTS

EVER-EXPANDING LIBRARY



Interactive, personal training



MY ACCOUNT

LOG IN



WORK OUT

START

Create your iFit account.

FREEMOTION



FREEMOTION
Powered By **iFIT** >

THE INTERACTIVE CONNECTED FITNESS EXPERIENCE

27 SERIES

INCLINE TRAINER



REFLEX™ TREADMILL



COACHBIKE™



ELLIPTICAL



RECUMBENT BIKE



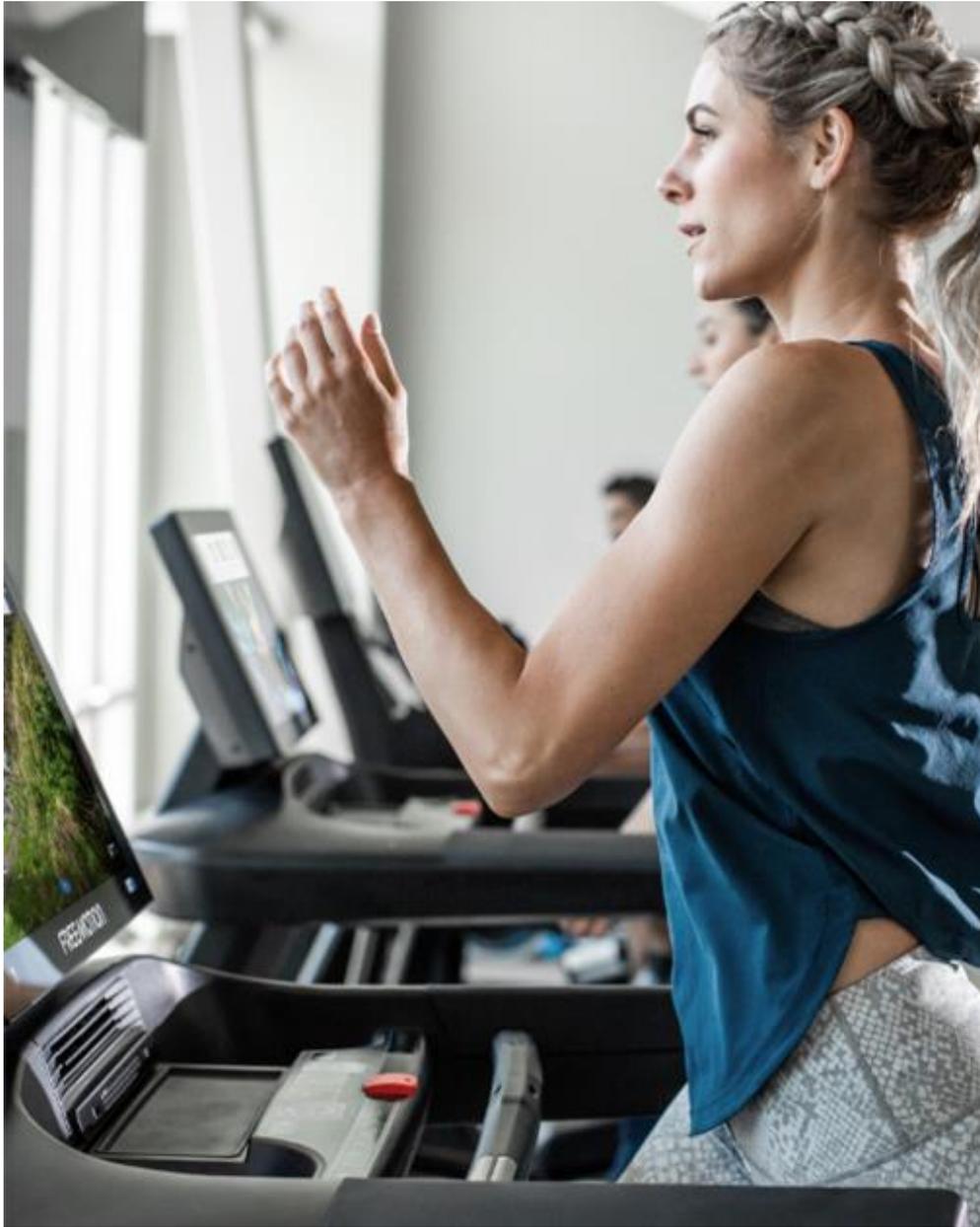
UPRIGHT BIKE





FREEMOTION

r22.9



BENEFITS TO YOU

- Differentiate with best-in-class content
- Expand your studio timetable
- Provide personalized coaching
- Expand your personal training staff
- Offer studio classes on the cardio floor
- Retain and attract new members

i22.9 INCLINE TRAINER



i22.9 INCLINE TRAINER

*Get Elevated
Results*



i22.9 INCLINE TRAINER



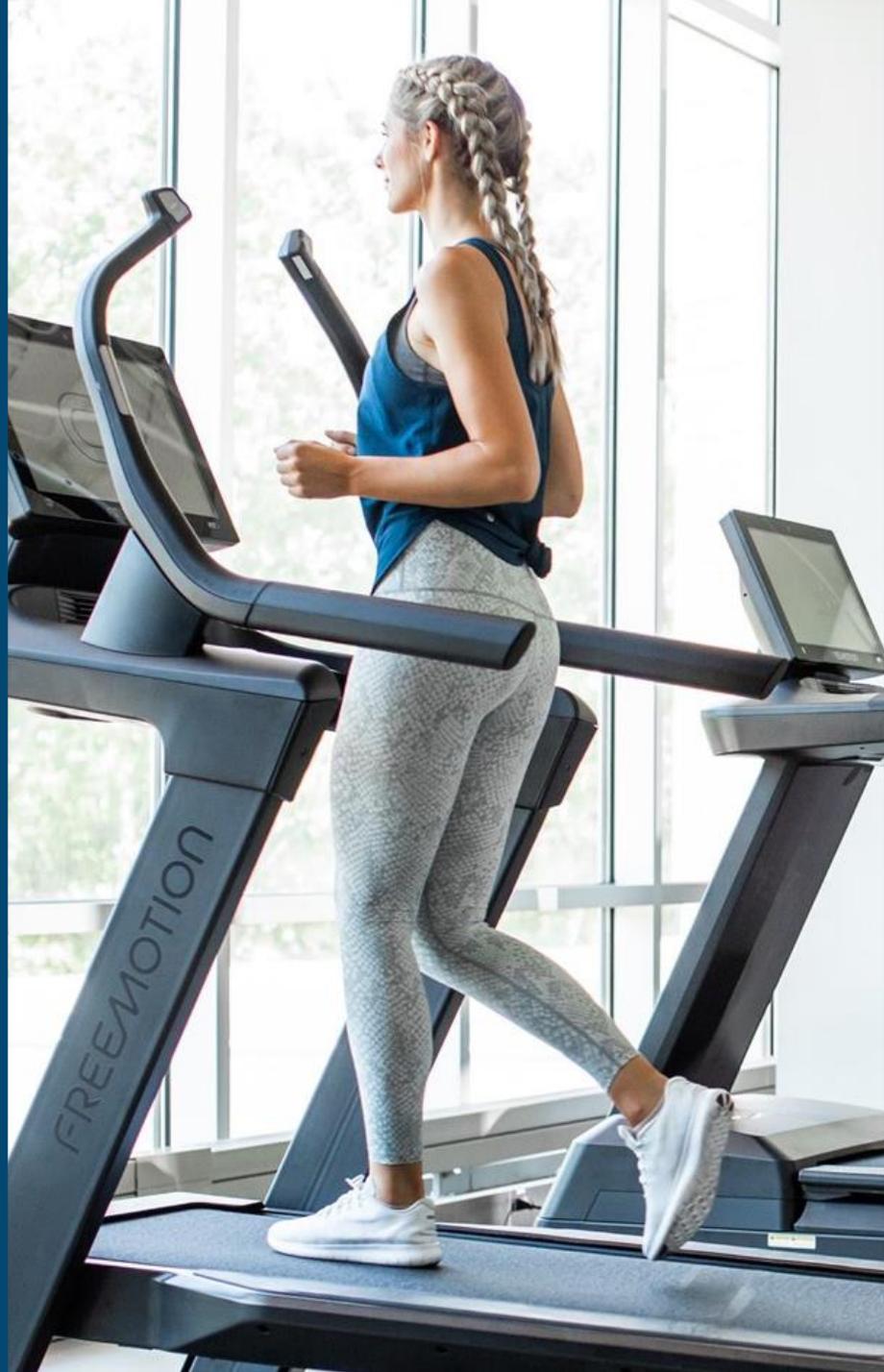
FREEMOTION

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i22.9 INCLINE TRAINER



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i22.9 INCLINE TRAINER

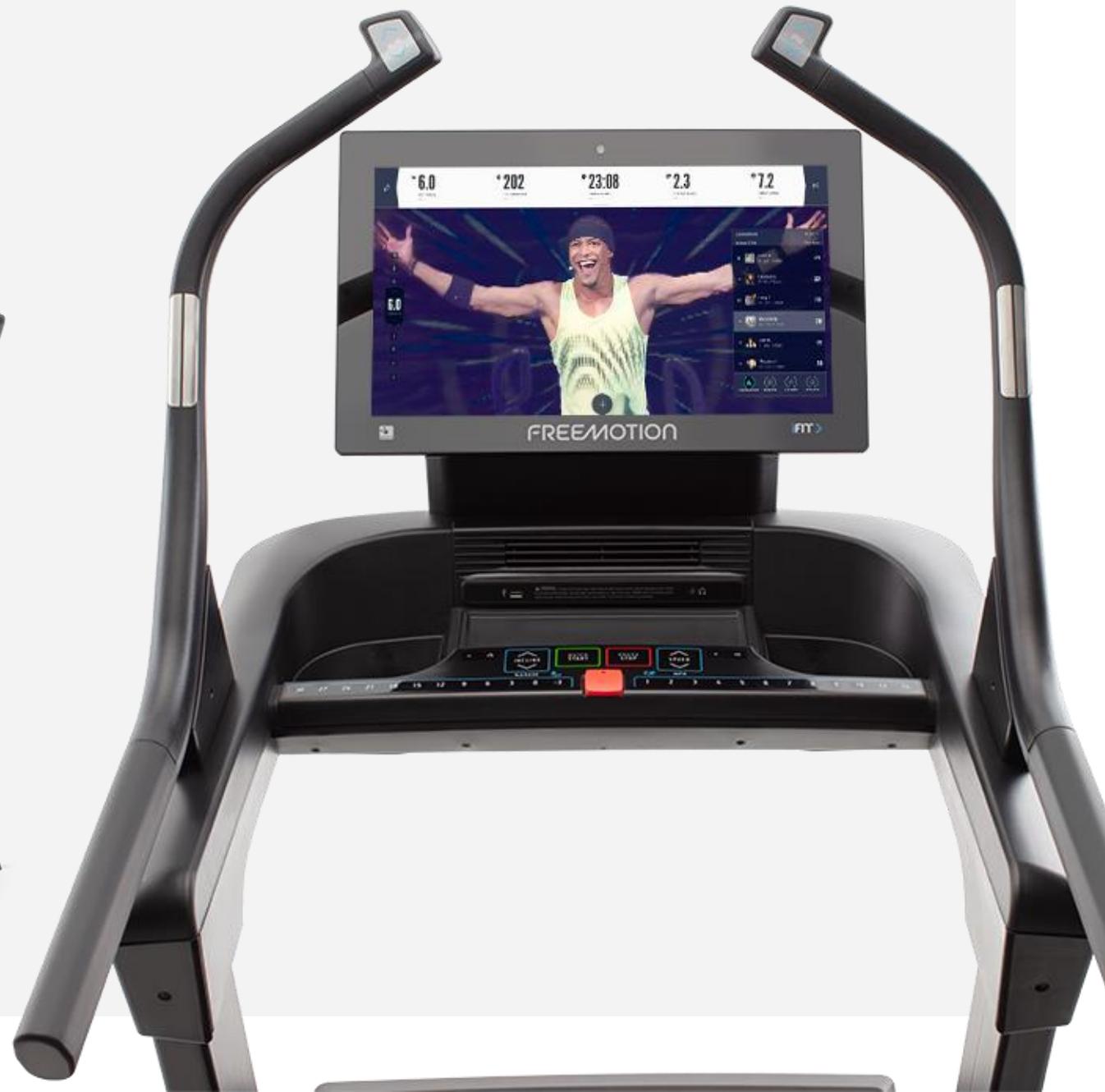
FREEMOTION

Get a Strength Workout While Cardio Training

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**glutes fire at 100%, hamstrings
73%, and calf muscles 90%.****

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i22.9 INCLINE TRAINER



22 in (55 cm) HD Capacitive Touchscreen

Integrated TV Tuner (Coming Soon)

Dual-Grip EKG Pulse Sensors

USB Charging Port

Secure Phone Holder

Comfortable, Soft-Touch Grips

HIIT Friendly 1-STEP™ Controls

Speed Range 0-15 mph (0-24 km/h)

On-Handle Speed / Incline Controls

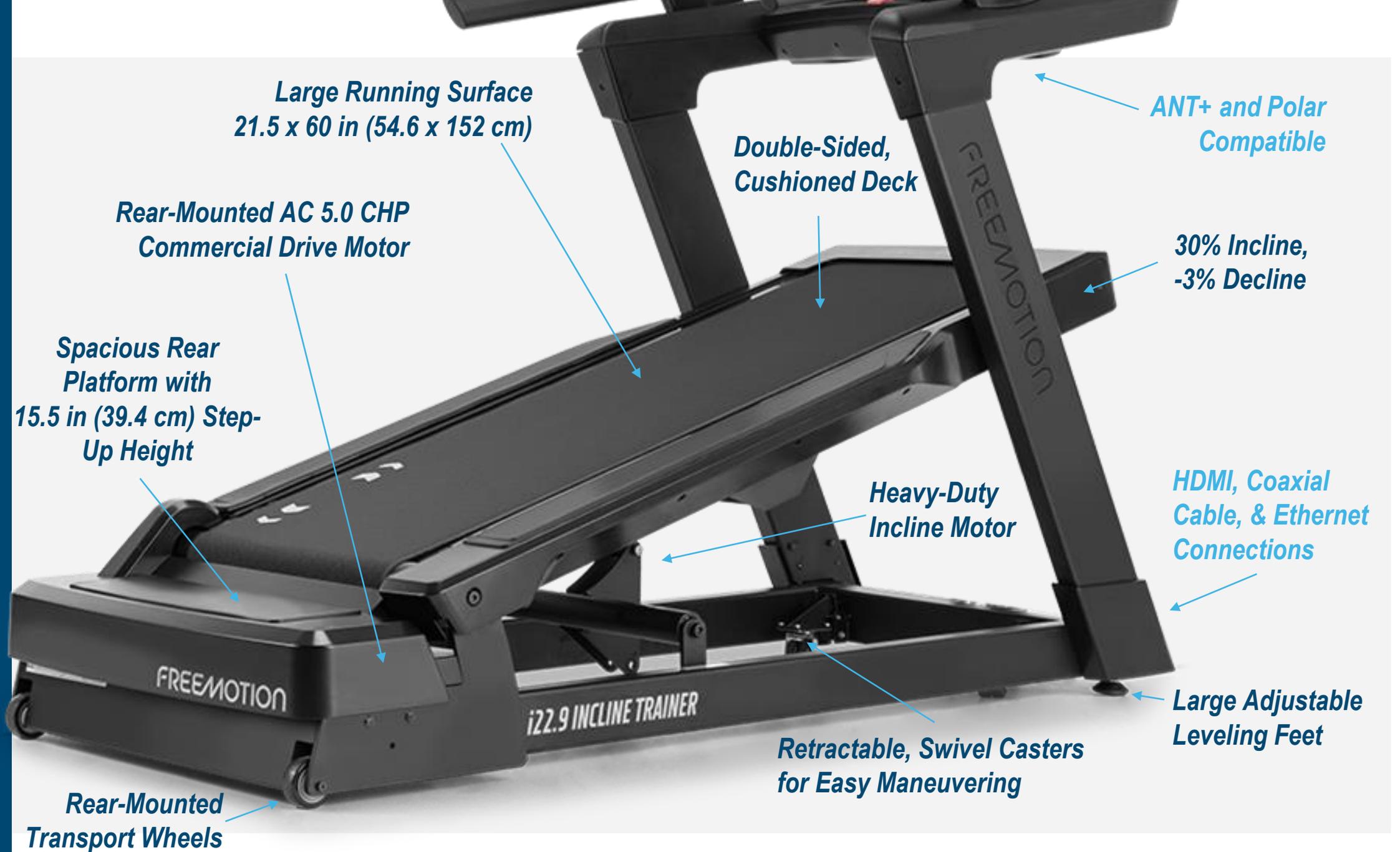
Best-in-Class Workout Content

Adjustable 3-Speed AutoBreeze™ Fan

Headphone Jack (Bluetooth Supported)

Dual Water Bottle Holders with Removable Inserts

i22.9 INCLINE TRAINER



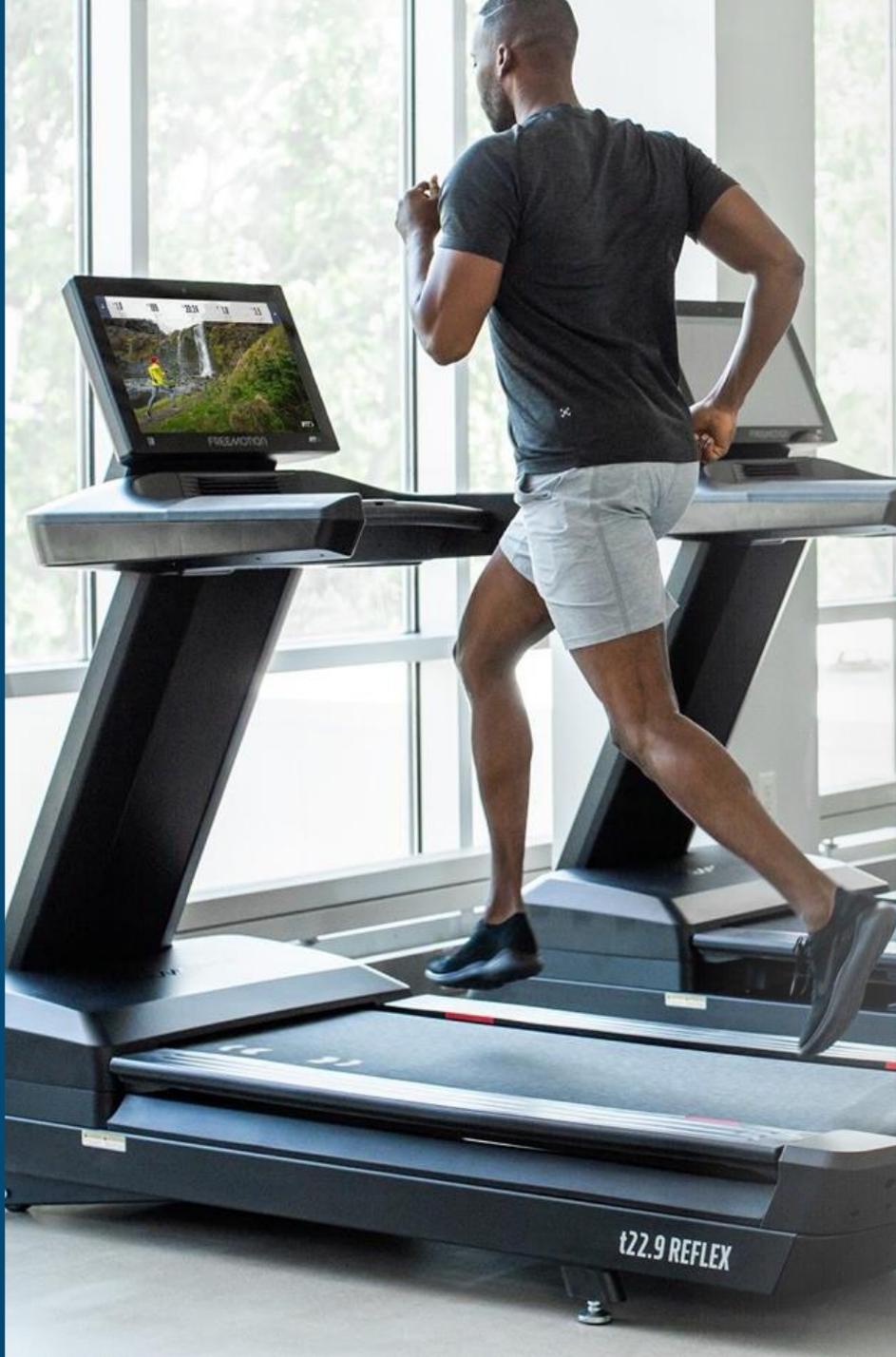
t22.9 **REFLEX TREADMILL**



t22.9 REFLEX TREADMILL



t22.9 REFLEX TREADMILL



The REFLEX™ proprietary cushioning deck absorbs shock, providing a **52% greater reduction in tibial shock** compared to flat surface running*

*Based on a Freemotion commissioned university study comparing impact of running on a Freemotion REFLEX™ series treadmill compared to flat surfaces.



t22.9 REFLEX TREADMILL

**22 in (55 cm)
HD Capacitive Touchscreen**

Best-in-Class Workout Content

Integrated TV Tuner (Coming Soon)

ANT+ and Polar Compatible

Adjustable 3-Speed AutoBreeze™ Fan

Headphone Jack (Bluetooth Supported)

USB Charging Port

**Dual Water Bottle Holders
with Removable Inserts**

HIIT Friendly 1-STEP™ Controls

Dual-Grip EKG Pulse Sensors

Comfortable, Soft-Touch Grips



t22.9 REFLEX TREADMILL





FREEMOTION®

COACHBIKE™

b22.7 COACHBIKE





b22.7 COACHBIKE

**Height Adjustable
Handlebars**

**Fore and Aft Seat
Adjustment**

Flywheel Brake

**Lightweight, Corrosion-
Resistant
Aluminum Frame**

**20% Incline, 10% Decline
Adjustment**

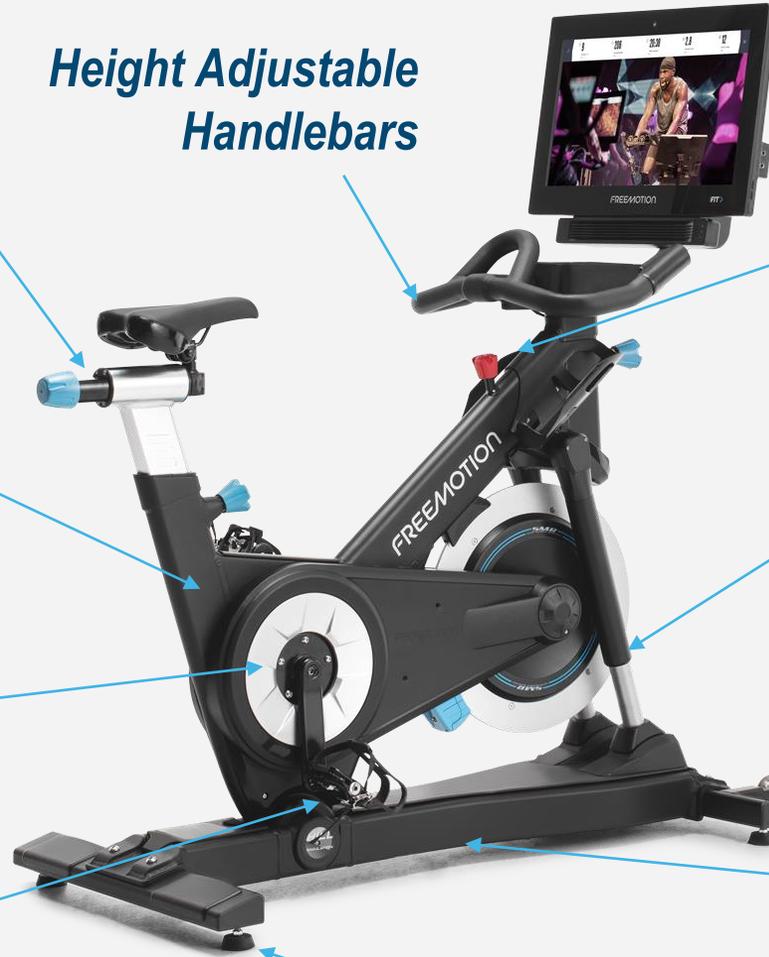
**Gates Carbon GT Belt
Drive System**

**Front-Mounted
Transport Wheels**

**Dual Sided Pedals
(SPD and Strap)**

Convenient Power Cord Storage

Large Adjustable Leveling Feet



b22.7 COACHBIKE

22 in (55 cm) Tilting HD Capacitive Touch Screen

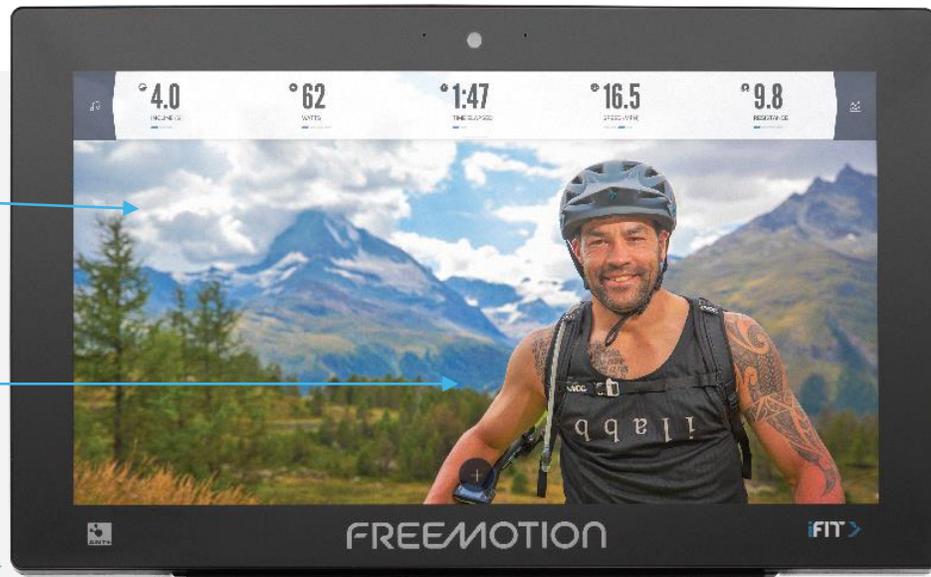
Best-in-Class Workout Content

USB Charging Port

Incline / Decline Adjustment

Phone/Accessories Tray

Dual Water Bottle Holders



ANT+ and Polar Compatible

3-Speed AutoBreeze™ Fan

SMR™ Silent Magnetic Resistance Adjustment

Headphone Jack (Bluetooth Supported)



b22.7 COACHBIKE

*Interactive
Auto-Adjusting
Technology*



b22.7 COACHBIKE



FREEMOTION.

An Immersive and Engaging Cycling Experience

With engaging features like 20% incline and 10% decline, the CoachBike provides an unmatched immersive experience.



0.0

INCLINE (%)

65.5

WATTS

18:07

TIME ELAPSED

23.6

CADENCE (RPM)

5.5

RESISTANCE



100+ TOP TRAINERS





COACHBIKE™

USER FEEDBACK

“Absolutely loved this experience.”

~ John D.

“A terrific experience. Loved it!!!!”

~ Juan S.

“I love the experience and the thrill of working out like this”

~ Mary D.

“I've enjoyed this bike all week. The Norway ride pushed me beyond my expectations. Thank you!”

~ Ray G.

“The programs you offer are epic and I highly recommend this line.”

~ Jane S.

“Loved the experience!”

~ Paul C.



FREEMOTION

SMR



CONTENT ON-DEMAND, 24/7

ADVANCED WORKOUT METRICS

PROGRESSIVE WORKOUTS

EVER-EXPANDING LIBRARY



Interactive, personal training



MY ACCOUNT

LOG IN



WORK OUT

START

Create your iFit account.

FREEMOTION



ROAD

Pomelo Kingdom FTP Ride, Binh Minh, Vietnam

CASEY ZAUGG

🕒 37:30 📍 10.92 MI 🔥 ~300 CALS

★ 4.7 (382)

CONTINUE SERIES INTERVALS

Setting Up Your Bike

🕒 01:26 📍 0.18 MI 🔥 ~3 CALS

★ 5 (1)

ROAD

Endurance Ride, Salta, Los Andes, Argentina

🕒 31:47 📍 7.36 MI 🔥 ~1100 CALS

★ 4.7 (571)

ROAD

Best of Istanbul Recovery Ride, Istanbul, Turkey

🕒 26:27 📍 6.02 MI 🔥 ~129 CALS

★ 4.7 (482)

RECOVERY

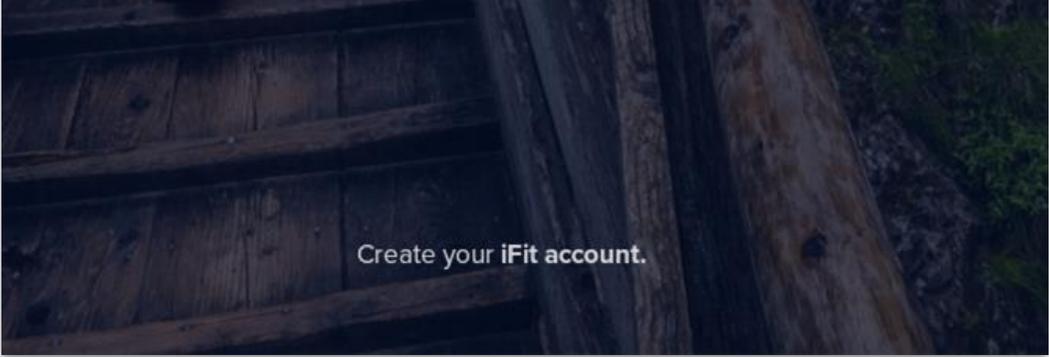
MOUNTAIN

One Mile Lake Trail, Pemberton, British Columbia

🕒 31:37 📍 8.11 MI 🔥 ~250 CALS

★ 4.6 (76)





Create your iFit account.

iFIT >

×

iFIT >

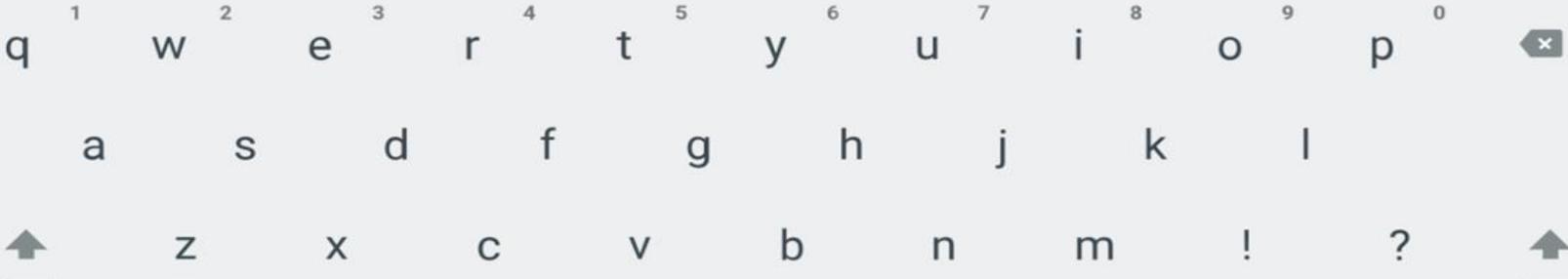
Want more information about iFit?

Simply enter your email address, and we'll be in touch!

Email address

By clicking "Submit," I subscribe to marketing emails.

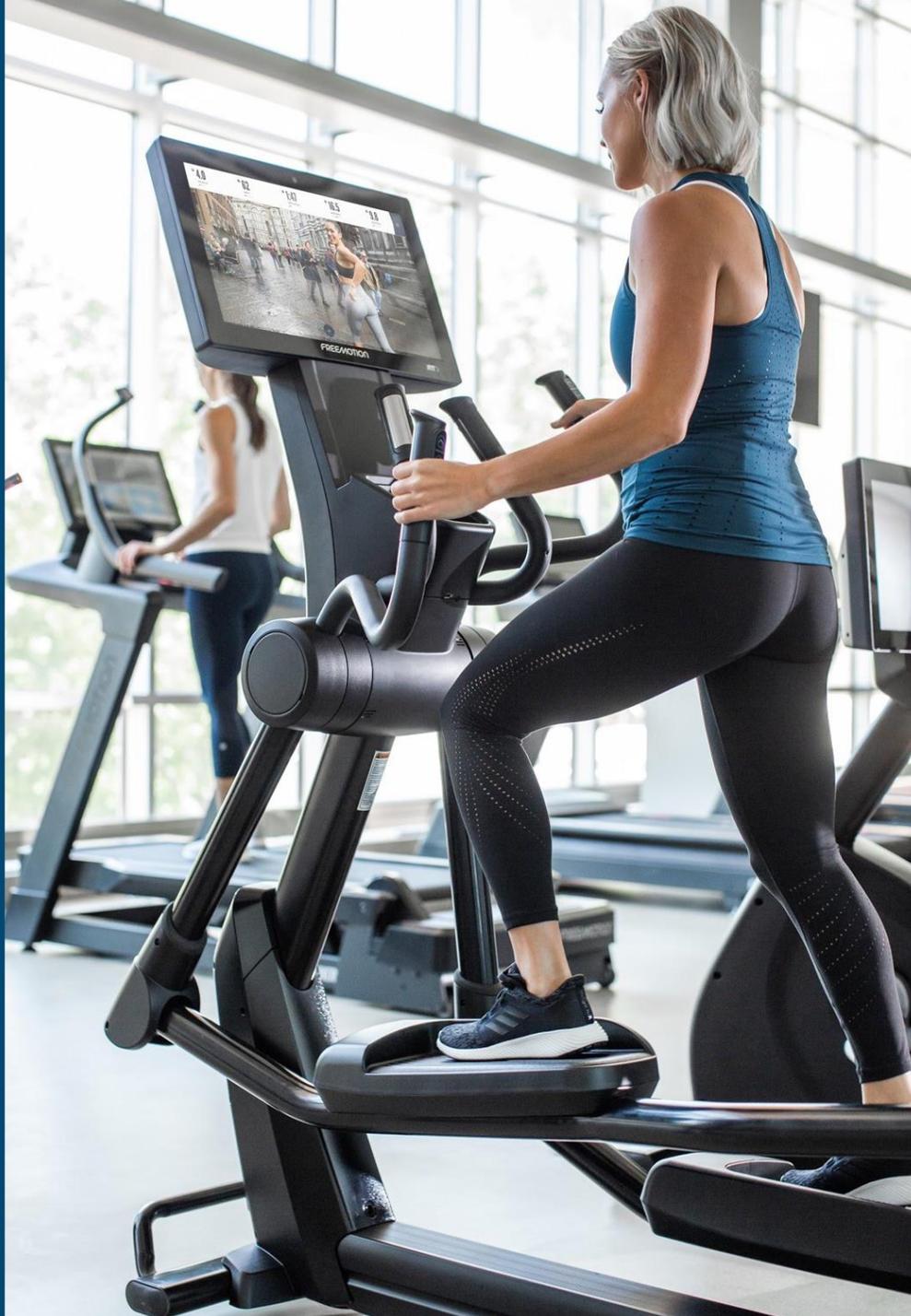
SUBMIT



e22.9 **ELLIPTICAL**



e22.9 ELLIPTICAL



FREEMOTION.

Low Impact Total-Body Training

Decrease joint strain and improve balance by exercising on this ergonomically-enhanced, low-impact cardio solution.



e22.9 ELLIPTICAL

22 in (55 cm) HD Capacitive Touchscreen

Best-in-Class Workout Content

Integrated TV Tuner (Coming soon)

Dual-Grip EKG Pulse Sensors

Phone/Tablet Holder

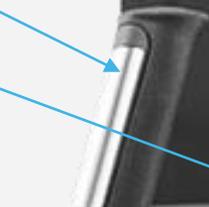
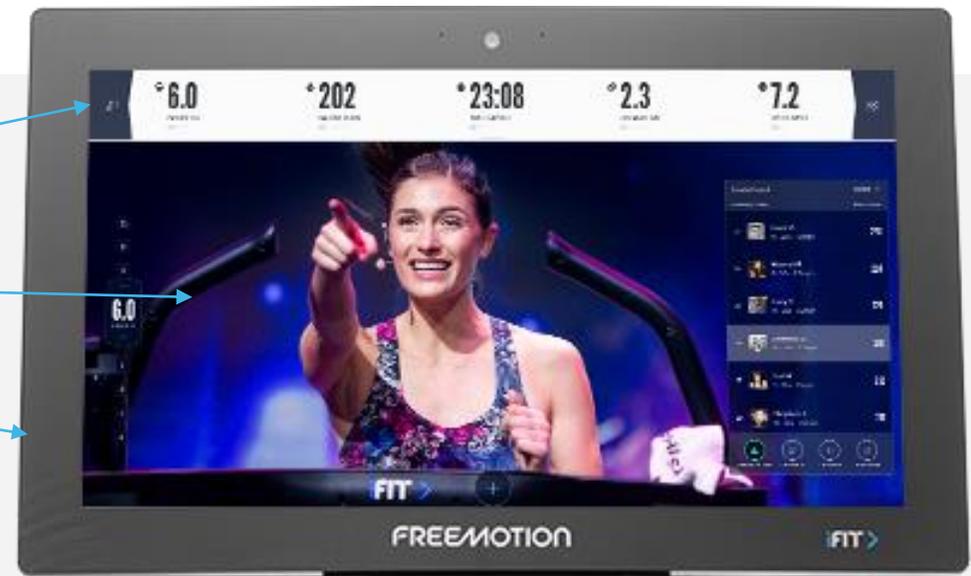
On-Handle Resistance Controls

Upper-Body Workout with Moving Handles

Water Bottle Holder with Removable Insert

Headphone Jack (Bluetooth Supported)

USB Charging Port



e22.9 ELLIPTICAL



*Quiet Belt, Hutchinson
J10 Drive System*

*24 Levels Of
Digital Resistance*

*Smooth 20-in (51 cm)
Ergonomic Stride*

*ANT+ and
Polar Compatible*

*HDMI, Coaxial Cable,
and Ethernet
Connections*

*Large Adjustable
Leveling Feet*

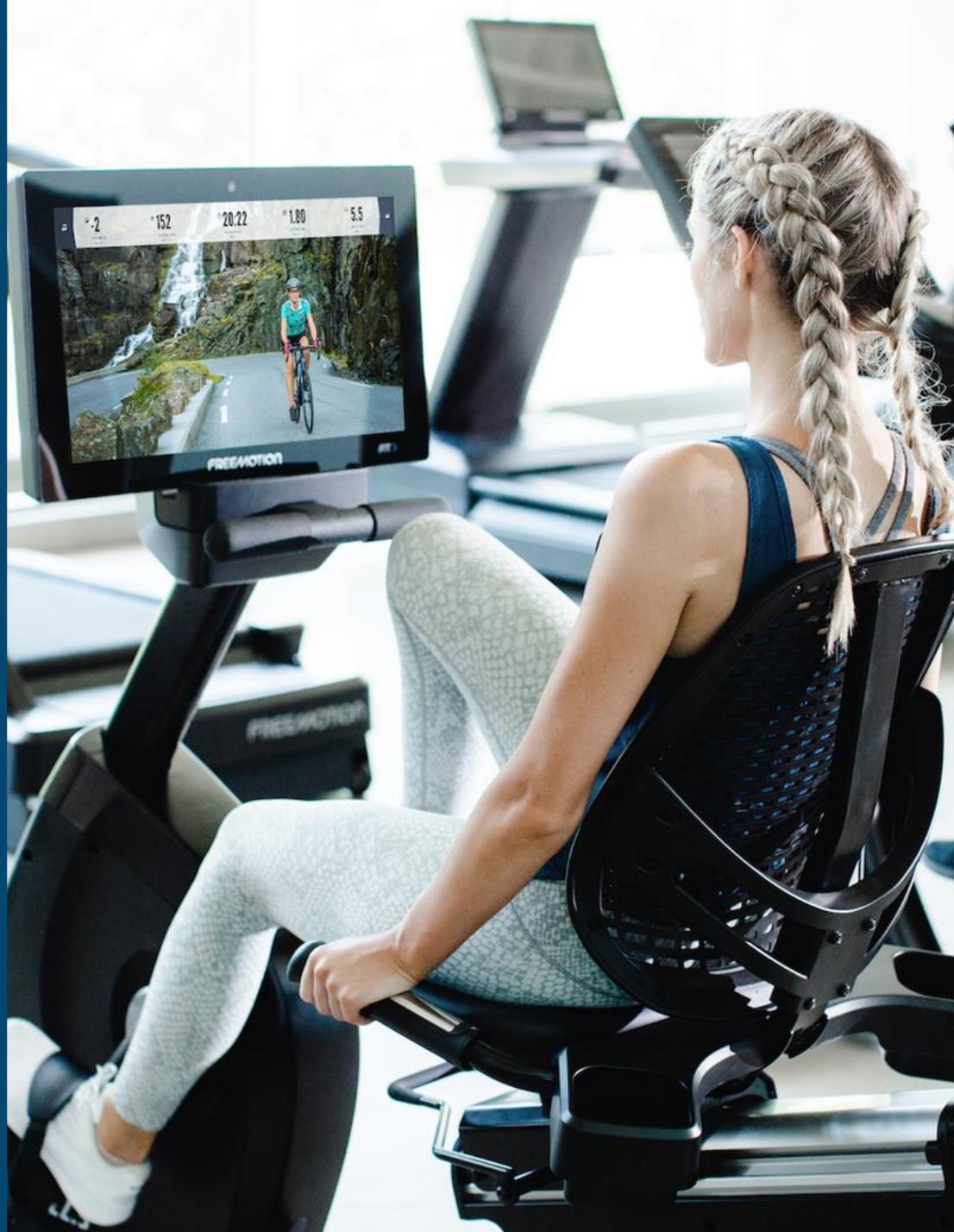
*Non-Skid Traction
Control Pedals*

Rear-Mounted Transport Wheels

r22.9 **RECUMBENT BIKE**



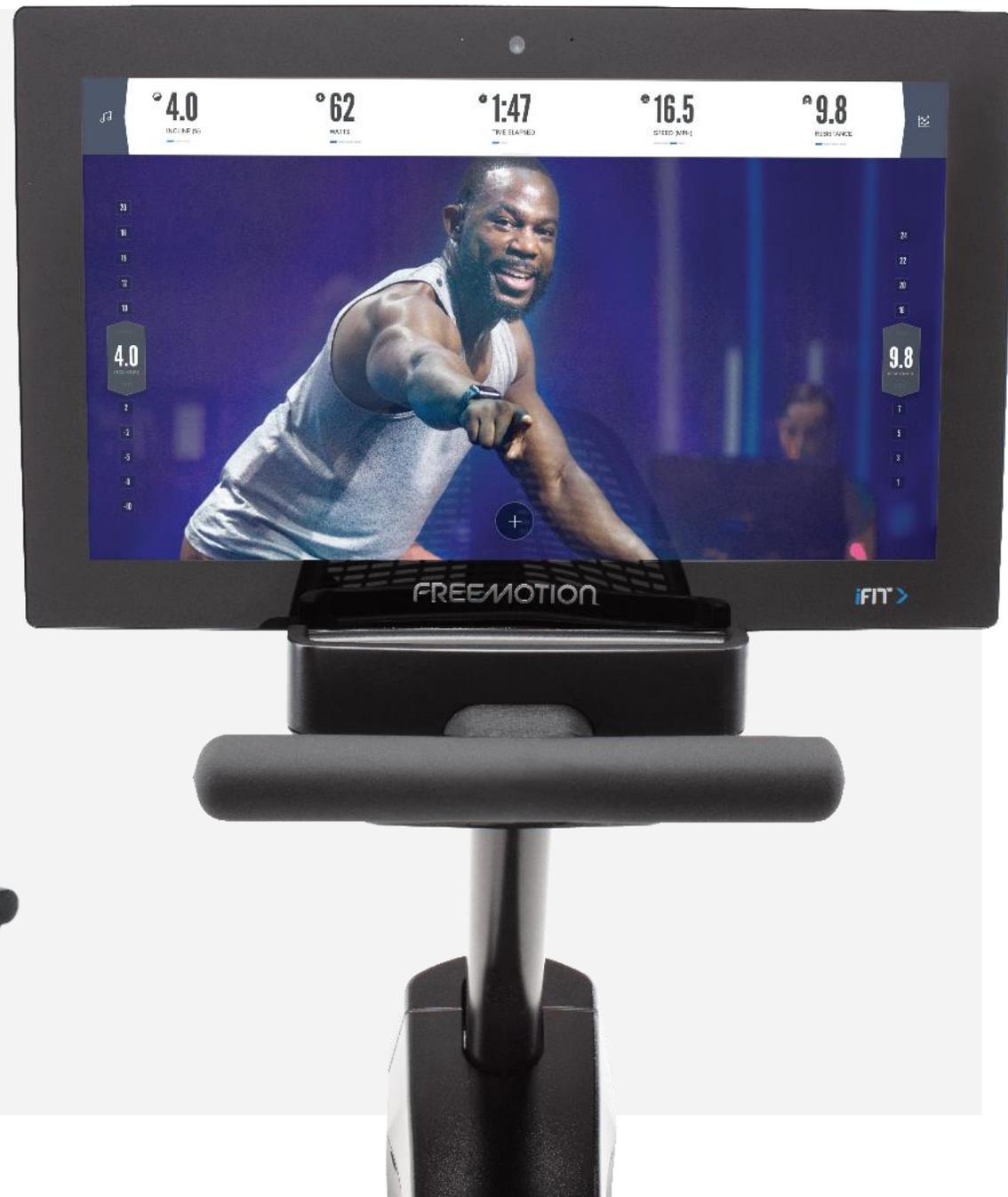
122.9 RECUMBENT BIKE



FREEMOTION.

The Back-Friendly Cardio Machine

Experience the thrill of a breathtaking mountain ride or a high-energy studio class without compromising comfort.



r22.9 RECUMBENT BIKE

**22 in (55 cm) HD
Capacitive Touchscreen**

Best-in-Class Workout Content

**Integrated TV Tuner
(Coming soon)**

ANT+ and Polar Compatible

Convenient Phone Holder

**Headphone Jack
(Bluetooth Supported)**

USB Charging Port

Convenient Support Handles



r22.9 RECUMBENT BIKE

*Back-Friendly
Fitness Solution*

*Dual-Grip EKG
Pulse Sensors*

*24 Levels Of
Digital Resistance*

*On-Handle
Resistance Controls*

*Hutchinson J10
Belt Drive System*

*Dual Water
Bottle Holders*

*HDMI, Coaxial Cable,
and Ethernet
Connections*

Quick-Adjust Seat

*Front-Mounted
Transport
Wheels*

*Large Adjustable
Leveling Feet*

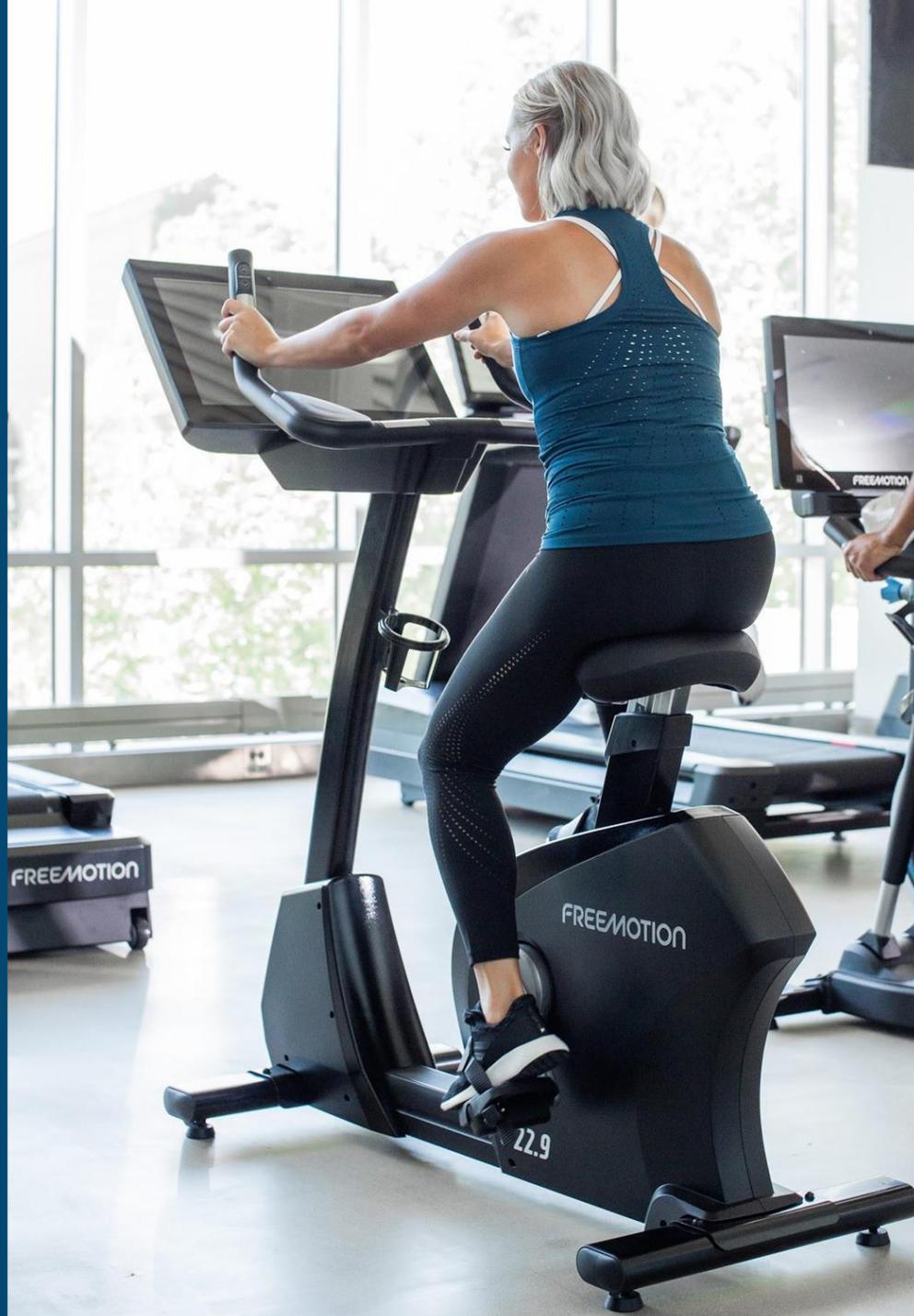
Step Thru™ Design



u22.9 UPRIGHT BIKE



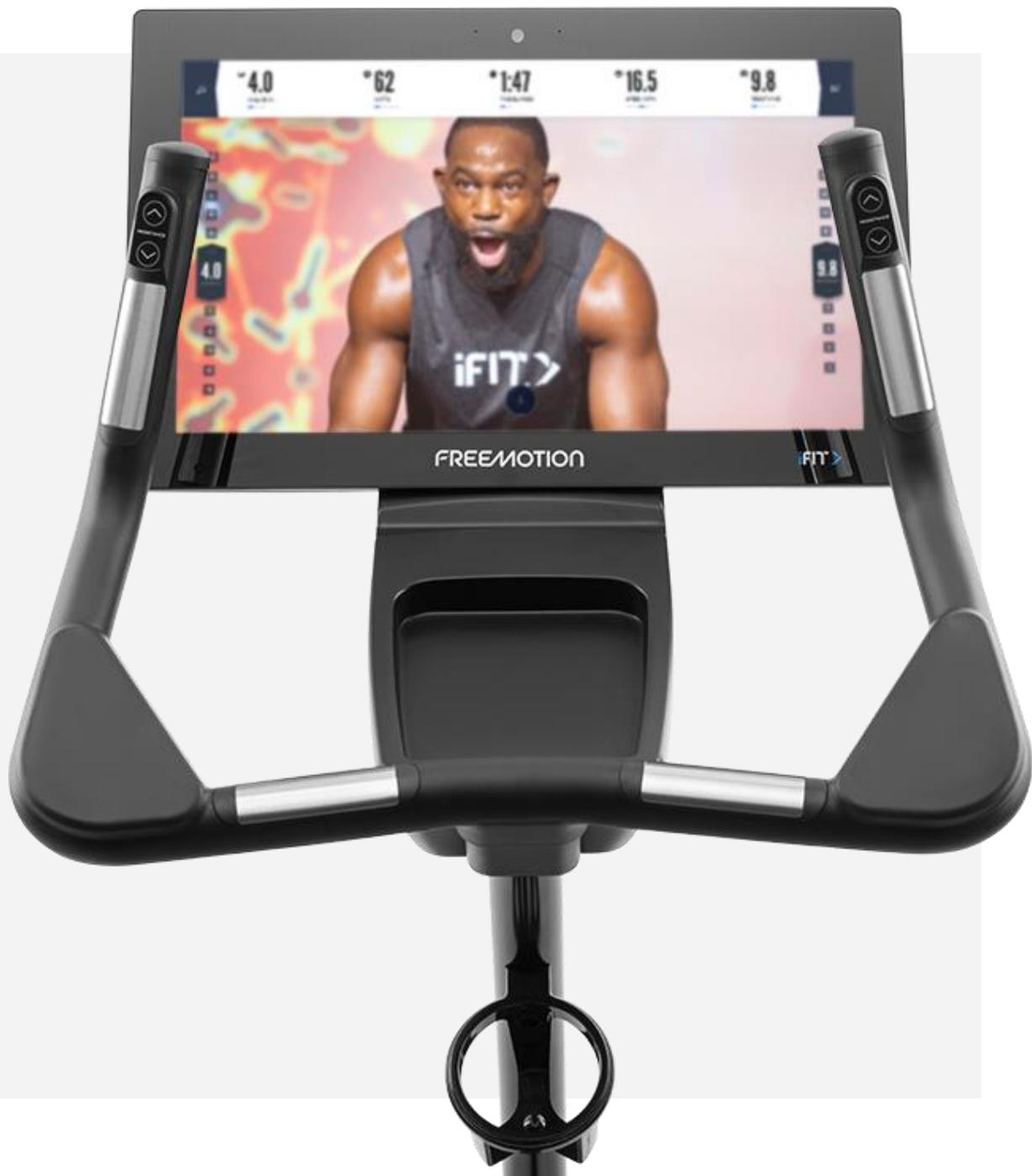
U22.9 UPRIGHT BIKE



FREEMOTION.

The Consistent Cycling Solution

The overmolded seat and Step Thru™ design provide a comfortable, accessible, low-impact cardio solution.



U22.9 UPRIGHT BIKE



u22.9 UPRIGHT BIKE

Overmolded, Quick-Adjust Seat

24 Levels Of Digital Resistance

Large Adjustable Leveling Feet

Hutchinson J10 Belt Drive System

Highly-Accessible Step-Thru™ Design

ANT+ and Polar Compatible

Convenient Water Bottle Holder

HDMI, Coaxial Cable, and Ethernet Connections

Front-Mounted Transport Wheels



FREEMOTION

INTRODUCING THE FREEMOTION

SMARTSERIES

POWERED BY iFIT®



iFIT

FREEMOTION.

EXPERIENCE IFIT[®]



**ONLY ON FREEMOTION
EQUIPMENT**

iFIT >

i10.9b INCLINE TRAINER

- 1-STEP™ CONTROLS
- -3% DECLINE TO 30% INCLINE
- CROSSFLOW WORKOUT FAN



CONSOLE SPECS

1-STEP™ CONTROLS

Quick speed and Incline controls
(-3% - +30% Incline) (0-12 mph | 0-20 km/h)

SIMPLIFIED USER INTERFACE

All the workout information in one place. Easy-to-read stats.

POWERED BY iFIT®

iFit Cardio enabled for interactive workouts.

ELECTRONIC READOUTS

Speed, Time. Incline/Decline, Distance, Vertical Feet, Cal, Cal/Hr, Heart Rate, Elapsed Time, Pace

SET A GOAL

Time | Distance | Calories

BUILT-IN FAN

CrossFlow™ Workout Fan



t10.9b REFLEX™ Treadmill

- 1-STEP™ CONTROLS
- REFLEX CUSHIONING
- CROSSFLOW WORKOUT FAN



CONSOLE SPECS

1-STEP™ CONTROLS

Quick speed and Incline controls
(0% - 12% Incline) (0-12 mph | 0-20 km/h)

SIMPLIFIED USER INTERFACE

All the workout information in one place. Easy-to-read stats.

POWERED BY iFIT®

iFit Cardio enabled for interactive workouts.

ELECTRONIC READOUTS

Speed, Time, Incline, Distance, Pace

SET A GOAL

Time | Distance | Pace

BUILT-IN FAN

CrossFlow™ Workout Fan



e10.9b *Elliptical*

- UPPER-BODY WORKOUT ARMS WITH SOFT GRIPS
- BUILT-IN WORKOUTS
- BELT DRIVE SYSTEM



CONSOLE SPECS

SIMPLIFIED USER INTERFACE

All the workout information in one place. Easy-to-read stats.

POWERED BY iFIT®

iFit Cardio enabled for interactive workouts.

ELECTRONIC READOUTS

Speed, Resistance, RPM, Distance, Calories, Time, Heart Rate, Watts and Pace.

SET A GOAL

Time | Distance | Calories

BUILT-IN FAN

CrossFlow™ Workout Fan



r10.9b Recumbent Bike

- STEP THRU™ DESIGN
- DIGITAL RESISTANCE CONTROL
- ELECTRONIC READOUTS



CONSOLE SPECS

SIMPLIFIED USER INTERFACE

All the workout information in one place. Easy-to-read stats.

POWERED BY iFIT®

iFit Cardio enabled for interactive workouts.

ELECTRONIC READOUTS

Speed, Resistance, RPM, Distance, Calories, Time, Heart Rate, Watts and Pace.

SET A GOAL

Time | Distance | Calories

BUILT-IN FAN

CrossFlow™ Workout Fan



u10.9b Upright Bike

- DIGITAL RESISTANCE CONTROL
- 1-24 RESISTANCE LEVELS
- ELECTRONIC READOUTS



CONSOLE SPECS

SIMPLIFIED USER INTERFACE

All the workout information in one place. Easy-to-read stats.

POWERED BY iFIT®

iFit Cardio enabled for interactive workouts.

ELECTRONIC READOUTS

Speed, Resistance, RPM, Distance, Calories, Time, Heart Rate, Watts and Pace.

SET A GOAL

Time | Distance | Calories

BUILT-IN FAN

CrossFlow™ Workout Fan





8 SERIES

POWERED BY IFIT®



t8.9b **Treadmill**



e8.9b **Elliptical**



r8.9b **Recumbent Bike**



u8.9b **Upright bike**

t8.9b TREADMILL

MODEL # VMTL29818 INT # VMTL29818-INT



PRODUCT SPECS

1-STEP™ CONTROLS

Get instant response and immediate action with easy to understand, 1-STEP™ Controls. The easy read and accessible controls are made for personal trainers and HIIT workout classes.

IFIT® SYNC

Users sync their smart device to the machine to create an interactive workout experience. With over 16,000+ workouts filmed on-location throughout the world, iFit® Sync creates a hands-off solution where the machine's incline and speed is controlled by the on-screen workout and iFit® trainer.

SIMPLIFIED USER INTERFACE

Get all the workout information you need in one place. Easy-to-read results lets you know what you've accomplished during the workout.

0 – 15% INCLINE CONTROL

Incline controls make it simple to change the incline to reduce impact on joints, burn more calories and add workout variety.



CONSOLE SPECS

ELECTRONIC READOUTS

On this console you will see your speed, time, incline, distance, vertical feet, pace, calories burned, calories burned per hour and heart rate.

STAY CONNECTED

A convenient USB charging port, 3.5 mm audio out, and TV input keep devices charged and the entertainment streaming.

PRESET PROGRAMS

4 Weight Loss, 4 Heart Rate, 4 Speed Interval
 2 Race Training, 4 Incline
 Fitness Tests- Army, Navy, USMC,
 USAF, WFI, Bruce, Gerkin, PEB

PERSONAL ENTERTAINMENT

Entertainment capabilities make the workout experience even better. Add an optional 15.6 in (39 cm) Personal HDTV Screen.



8.9b

ELLIPTICAL

MODEL # VMEL81918



PRODUCT SPECS

SIMPLIFIED USER INTERFACE

Get all the workout information you need in one place. Easy-to-read results lets you know what you've accomplished during the workout.

UPPER-BODY WORKOUT ARMS WITH SOFT GRIPS

Get a total-body, low-impact workout with upper-body workout arms. Elliptical training engages the entire body, burns more calories and tones more muscle for faster results.

IFIT® SYNC

The console of the e8.9b Elliptical goes from simple to interactive when synced with a smart device. As the industry's first "Bring Your Own Device"-solution, the elliptical has resistance matching technology to recreate the actual terrain of video workouts filmed around the world.

REAR-ACCESS DESIGN

To maximize floor space and increase user safety, the e8.9b Elliptical was built with a rear-access design. It saves space and allows the user to enter and exit the machine in one easy step.



CONSOLE SPECS

BUILT-IN WORKOUTS

Choose between preset workouts, fitness tests, or heart rate control workouts with the touch of a button.

QUICK SELECT START & STOP

Start and stop the workout at anytime with the simple touch of a button.

24 LEVELS OF DIGITAL RESISTANCE

To burn more calories, increase intensity and improve muscle tone, simply adjust the ellipticals resistance with convenient one-touch resistance controls.

NON-SKID TRACTION CONTROL

CUSHION PEDALS

Stay stable and comfortable through every stride with non-skid, traction control cushion pedals designed to fit multiple users with a secure grip.



r8.9b RECUMBENT

MODEL # VMEX82018



PRODUCT SPECS

QUICKLIFT™ OVERMOLDED SEAT

For easy, secure seat adjustments, simply lift the lever and quickly slide the seat to the desired position and it locks in place.

LARGE, SELF-LEVELING PEDALS

These articulating pedals keep feet level, reducing ankle rotation. Adjust the foot straps for a custom fit and keep feet secure.

2-PIECE CRANK

Freemotion has created a stronger, more durable design and realistic cycling experience. Enjoy a smoother, more comfortable ride.

EKG GRIP PULSE

Keep an eye on heart rate levels with a built-in EKG monitor.



CONSOLE SPECS

FRONT AND CENTER

Users can keep an eye on everything that keeps them motivated: speed, resistance, RPM, distance, calories, time, heart rate, watts, and pace on the simplified user interface.

IFIT® SYNC

Experience 'What's Next' in smart training. The console on the r8.9b Recumbent Bike powered by iFit® goes from simple to interactive when synced with a smart device. As the industry's first "Bring Your Own Device"-solution, the recumbent has resistance matching technology to recreate the actual terrain of video workouts filmed around the world.

STEP THRU™ DESIGN

This bike's innovative design eliminates the traditional base, making it easier to get on and off the bike.

QUICKLIFT™ OVERMOLDED SEAT

For easy, secure seat adjustments, simply lift the lever and quickly slide the seat to the desired position and it locks in place.



U8.9b UPRIGHT BIKE

MODEL # VMEX81418



PRODUCT SPECS

QUICKLIFT™ OVERMOLDED SEAT

For easy, secure seat adjustments, simply lift the lever and quickly slide the seat to the desired position and it locks in place.

LARGE, SELF-LEVELING PEDALS

These articulating pedals keep feet level, reducing ankle rotation. Adjust the foot straps for a custom fit and keep feet secure.

2-PIECE CRANK

Freemotion has created a stronger, more durable design and realistic cycling experience. Enjoy a smoother, more comfortable ride.

EKG GRIP PULSE

Keep an eye on heart rate levels with a built-in EKG monitor.



CONSOLE SPECS

INFORMATION AT A GLANCE

Let hard work be the motivation to keep pressing forward. This bike has a 'front and center' simplified user interface that tracks speed, resistance, RPM, distance, calories, time, heart rate, pace and watts.

IFIT® SYNC

Experience 'What's Next' in smart training. The console on the u8.9b Upright Bike powered by iFit goes from simple to interactive when synced with a smart device. As the industry's first "Bring Your Own Device"-solution, the upright bike has resistance matching technology to recreate the actual terrain of video workouts filmed around the world.

BUILT-IN WORKOUTS

Choose between 4 Weight Loss, 4 Speed Interval, 2 Race Training, 2 Hill Climb, Heart Rate and Watts Training workouts with the touch of a button.

24 LEVELS OF DIGITAL RESISTANCE

To burn more calories, crank up the intensity. To improve muscle tone, choose one of the 24 resistance levels.



FREEMOTION.

STRENGTH EXPERIENCES





GENESIS™



Multi-Plane Chest
G600

Multi-Plane Shoulder
G601

Biceps
G602

Triceps
G603

Row
G604

Multi-Plane Calf
G607

Hamstring
G608

Quad
G609

GENESIS™



Squat
G610

Abdominal
G611

Multi-Plane Lift
G612

Step
G614



Lat
G620

Dual Cable Cross
G624

Dual Cable Cross Lite
G424

Cable Column
G625

Multi-Pull Rotation Low
G626

Multi-Pull Rotation High
G627

Total Quad/Hip
G628

Total Glute/Hamstring
G629

GENESIS™

Targeting muscle and building stability like no other machine out there.

- Single stations with small footprint
- Freemotion's exclusive aluminum swivel pulley design ensures fluid cable travel and unrestricted range of motion for users of various fitness levels
- Various training options with seated and standing positions to target anterior and posterior muscle groups
- Independently moving handles for a wide variety of unilateral and bilateral movements
- Most pieces are wheelchair accessible



MULTI-PLANE CHEST

G600

- SMOOTH AND EXTENSIVE CABLE TRAVEL
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE

MULTI-PLANE SHOULDER

G601

- SWIVEL PULLEYS
- TRADITIONAL SEATED POSITION
- WHEELCHAIR ACCESSIBLE





BICEPS G602

- 2-POSITION SEAT
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE

TRICEPS G603

- 2-POSITION SEAT
- INDEPENDENT ARM MOVEMENT
- SWIVEL PULLEYS





ROW G604

- SWIVEL PULLEYS
- ADJUSTABLE THIGH PADS
- INDEPENDENT ARM MOVEMENT

MULTI-PLANE CALF

G607

- MULTI-PIVOTING PEDALS
- NARROW FOOTPRINT
- INDEPENDENTLY MOVING FOOT PEDALS





SQUAT G610

- CONTOURED PLATFORM
- ADVANCED LINKAGE SYSTEM
- CONTOURED SHOULDER PADS

ABDOMINAL G611

- INDEPENDENT ARM MOVEMENT
- LUMBAR SUPPORT
- SWIVEL PULLEYS





MULTI-PLANE LIFT

G612

- SWIVEL PULLEYS
- TEXTURED PLATFORM
- INDEPENDENT ARM MOVEMENT

STEP G614

- ADJUSTABLE STEP
- TEXTURED PLATFORM
- SWIVEL PULLEYS





LAT G620

- INDEPENDENT ARM MOVEMENT
- ADJUSTABLE THIGH PADS
- SWIVEL PULLEYS



DUAL CABLE CROSS G624

- USER-DEFINED MOVEMENT
- INDEPENDENTLY ROTATING ARMS
- NEAR UNLIMITED EXERCISES
- DUAL WEIGHT STACKS
- WHEELCHAIR ACCESSIBLE



DUAL CABLE CROSS LITE

G424

- INDEPENDENTLY ROTATING ARMS
- DUAL WEIGHT STACKS
- WHEELCHAIR ACCESSIBLE

CABLE COLUMN G625

- ADJUSTABLE PULLEY SYSTEM
- LOCKING WHEELS
- WHEELCHAIR ACCESSIBLE



MULTI-PULL/ROTATION LOW

G626

- PROGRESSIVE RESISTANCE
- SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE





MULTI-PULL/ROTATION HIGH

G627

- PROGRESSIVE RESISTANCE
- SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE

TOTAL QUAD/HIP

G628

- PROGRESSIVE RESISTANCE
- SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT





TOTAL GLUTE/HAMSTRING

G629

- PROGRESSIVE RESISTANCE
- SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT

A woman in a dark blue tank top and grey leggings is using a Genesis DS machine. The machine is black with a digital display and a large handle. The brand name 'FREE MOTION' is visible on the machine's frame.

GENESIS DS™



GENESIS DS



CHEST/SHOULDER
GD500



ABDOMINAL/BICEPS
GD501



LAT PULLDOWN/HIGH ROW
GD502



QUAD/HAMSTRING
GD503



LIFT/STEP
GD504



MULTI-PULL PRESS
GD505

GENESIS DS

*Twice the cable-strength power in one modest footprint, **GENESIS DS** machines are dual-stations made for circuit and small-group training.*

- Dual Stations with small footprint
- Various training options with seated and standing positions to target anterior and posterior muscle groups.
- Freemotion's exclusive aluminum swivel pulley design ensures fluid cable travel and unrestricted range of motion for users of various fitness levels.
- Independent arm movement allow users to perform both bilateral and unilateral movements.
- Most pieces wheelchair accessible.



CHEST/SHOULDER GD500

- MULTIPLE SHOULDER / CHEST PRESS OPTIONS
- ALUMINUM SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE

ABDOMINAL/BICEPS *GD501*

- MULTIPLE ABDOMINAL CRUNCH/
BICEP CURL POSITIONS
- ALUMINUM SWIVEL PULLEYS
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE





LAT PULLDOWN/HIGH ROW **GD502**

- MULTIPLE PULLING OPTIONS
- ADJUSTABLE THIGH PAD
- INDEPENDENT ARM MOVEMENT
- WHEELCHAIR ACCESSIBLE

QUAD/HAMSTRING GD503

- MULTIPLE ANTERIOR, POSTERIOR TRAINING OPTIONS
- LARGE LINE-X® PLATFORM
- ALUMINUM SWIVEL PULLEYS
- VERTICAL HANDLES





LIFT/STEP GD504

- MULTIPLE LOW PULLING/STEPPING OPTIONS
- TEXTURED LINE-X® PLATFORM
- INDEPENDENT ARM MOVEMENT
- ALUMINUM SWIVEL PULLEYS

MULTI-PULL PRESS *GD505*

- MULTIPLE MID/LOW PULL OPTIONS
- ADJUSTABLE THIGH PAD
- INDEPENDENT ARM MOVEMENT
- ALUMINUM SWIVEL PULLEYS



A man with grey hair, wearing a grey t-shirt and black shorts, is seated on a black gym machine in a fitness center. He is holding the handles of the machine with both hands, appearing to be in the middle of a workout. The machine has 'FREEMOTION' written vertically on its frame. In the background, a woman in a white tank top and blue leggings is using another piece of gym equipment. The gym is well-lit with large windows. A blue and yellow graphic element is on the left side of the image.

EPIC SELECTORIZED

EPIC SELECTORIZED

- » TRADITIONAL
- » AESTHETICALLY PLEASING
- » SMALLER FOOTPRINT
- » LOW PROFILE
- » RE-DESIGNED ALL CAMS
- » IMPROVED USER INTERFACE ADJUSTMENTS
- » EASY TO CLEAN ACCESSORIES HOLDER IN TOP CAP
- » CONTOURED COUNTER WEIGHTS
- » MOLDED SEAT DESIGN FOR COMFORT
- » LINE-X® FOOTPLATES





CHEST ES800



LEG EXTENSION ES801



LAT/HIGH ROW ES802



LEG CURL ES803



LEG PRESS ES804



FLY/REAR DELT ES806



SHOULDER ES807



HIP ADDUCTION/ ABDUCTION
ES809



BICEP CURL ES810



TRICEP ES811



ASSISTED DIP/CHIN ES812



CALF EXTENSION ES813



PRONE LEG CURL ES814



BACK EXTENSION ES815



LATERAL RAISE ES816



SEATED ROW ES817



ROTARY TORSO ES818



ABDOMINAL ES819



GLUTE ES820

**EPIC
SELECTORIZED**



CHEST ES800

- LOW PROFILE TOWER DESIGN
- CONVERGING AXIS ARMS
- UNILATERAL ARM MOVEMENT

DIMENSIONS: 61.7 X 42 X 72 IN
(156.7 X 106.6 X 182.8 CM)

LEG EXTENSION *ES801*

- MULTIPLE START POSITIONS
- ADJUSTABLE BACK PAD
- ADJUSTABLE LEG ASSEMBLY

DIMENSIONS: 51.3 X 54 X 57.8 IN
(130.3 X 137.1 X 146.8 CM)





LAT/HIGH ROW ES802

- UNILATERAL ARM MOVEMENTS
- MULTIPLE HANDLE POSITIONS
- ADJUSTABLE THIGH PADS

DIMENSIONS: 51.8 X 66.5 X 76.8 IN
(131.5 X 168.9 X 195 CM)

LEG CURL ES803

- MULTIPLE START POSITIONS
- ADJUSTABLE BACK PAD
- ADJUSTABLE LEG ASSEMBLY

DIMENSIONS: 48.9 X 59 X 57.8 IN
(124.2 X 149.8 X 146.8 CM)





LEG PRESS ES804

- MULTIPLE START POSITIONS
- PLATFORM ADJUSTMENT
- BACKREST ADJUSTMENT

DIMENSIONS: 90.6 X 44.1 X 72.8 IN
(230.1 X 112 X 184.9 CM)

FLY/REAR DELT ES806

- PIVOTING ARMS
- UNILATERAL ARM MOVEMENT
- MULTIPLE HANDLE POSITIONS

DIMENSIONS: 33.3 X 53.5 X 76.2 IN
(84.5 X 135.8 X 193.5 CM)





SHOULDER ES807

- CONVERGING AXIS ARMS
- UNILATERAL ARM MOVEMENT
- MULTIPLE HANDLE POSITIONS

DIMENSIONS: 61.4 X 64.1 X 57.8 IN
(155.9 X 155.1 X 146.8 CM)

HIP ADDUCTION/ABDUCTION ES809

- PIVOTING THIGH PADS
- MULTIPLE START POSITIONS
- TEXTURED FOOT PEGS

DIMENSIONS: 62.5 X 28.5 X 58 IN
(158.7 X 72.3 X 147.3 CM)





***BICEP** ES810*

- UNIQUE HANDLE DESIGN
- COMFORTABLE ARM PAD
- SEAT ADJUSTMENTS

DIMENSIONS: 40.5. X 50 X 57.8 IN
(102.8 X 127 X 146.8 CM)

TRICEPES811

- SEAT BACK ADJUSTMENT
- HEAVY DUTY CABLE
- COMFORTABLE ARM PAD AND HIP SUPPORT

DIMENSIONS: 40.5 X 50.6. X 57.8 IN
(102.8 X 128.5. X 146.8 CM)





ASSISTED DIP-CHIN ES812

- MULTI-POSITION HANDLES
- TEXTURED STEP AND PLATFORM
- HEAVY DUTY CABLE

DIMENSIONS: 48.3 X 62.1 X 99.6 IN
(122.6 X 157.7 X 252.9 CM)

CALF EXTENSION ES813

- SEAT ADJUSTMENTS
- HEAVY DUTY CABLE
- LINE-X COATING

DIMENSIONS: 68.9 X 43.3 X 57.8 IN
(175 X 190.9 X 146.8 CM)





PRONE LEG CURL ES814

- ADJUSTABLE LEG ASSEMBLY
- CONTOURED ARM SUPPORTS
- HEAVY DUTY CABLE

DIMENSIONS: 53.4 X 66.4 X 57.8 IN
135.6 X 168.6. X 146.8 CM)

BACK EXTENSION ES815

- ADJUSTABLE BACK PAD
- TEXTURED FOOT PLATE
- FOOT PLATE ADJUSTMENT

DIMENSIONS: 39 X 53.4 X 57.8 IN
(99 X 135.6 X 146.8 CM)





LATERAL RAISE *ES816*

- UNILATERAL ARM MOVEMENT
- SWIVELING HANDLES
- SEAT ADJUSTMENTS

DIMENSIONS: 33.4 X 45.3 X 57.8 IN
(84.8 X 115 X 146.8 CM)

SEATED ROW ES817

- FREEGRIP HANDLES
- UNILATERAL ARM MOVEMENTS
- ADJUSTABLE CHEST PAD

DIMENSIONS: 39.7 X 69 X 57.8 IN
(100.8 X 175.2 X 146.8 CM)





ROTARY TORSO *ES818*

- ROTATING ARM PAD
- LEG PADS
- START POSITION ADJUSTMENT

DIMENSIONS: 60.5 X 47 X 79.2 IN
(153.6 X 119.3 X 201.1 CM)

TEST

ABDOMINAL *ES819*

- CONTOURED SHOULDER PADS
- PIVOTING SEAT
- SHIN PADS

DIMENSIONS: 47.4 X 40.5 X 57.8 IN
(120.3 X 102.8 X 146.8 CM)





GLUTE ES820

- ADJUSTABLE CHEST PAD
- START POSITION ADJUSTMENT
- LINEAR BEARINGS

DIMENSIONS: 72.8 X 31.9 X 57.8 IN
(184.9 X 81 X 146.8 CM)



FREE WEIGHTS

FREE WEIGHTS



FLAT BENCH
EF201



OLYMPIC FLAT BENCH
EF202



ADJUSTABLE BENCH
EF203



UTILITY BENCH
EF204



PREACHER CURL
EF205



45° BACK EXTENSION
EF206



DIP CHIN-AB
EF207



TWIN TIER DUMBBELL RACK
EF209



BARBELL RACK
EF210



SMITH MACHINE
EF211



OLYMPIC SQUAT RACK
EF212



ABDOMINAL BENCH
EF213



OLYMPIC INCLINE BENCH
EF214



OLYMPIC DECLINE BENCH
EF215



MILITARY PRESS
EF216



PLATE-LOADED SQUAT
EF217



PLATE-LOADED LEG PRESS
EF218



OLYMPIC WEIGHT BAR & RACK
EF219

FLAT BENCH EF201

- VINYL SEAT
- EASY PORTABILITY
- INDUSTRIAL CONSTRUCTION
- BOLT-DOWN HOLES





FID BENCH *FMDY509063*

- WHEELS FOR MOBILITY
- 11-GAUGE STEEL
- FOOT ROLLERS FOR DECLINE/AB WORKOUT

ADJUSTABLE BENCH EF203

- MULTIPLE SEAT POSITIONS
- VINYL SEAT
- INDUSTRIAL CONSTRUCTION





UTILITY BENCH EF204

- DURABLE SEAT AND BACKREST
- EASY PORTABILITY
- INDUSTRIAL CONSTRUCTION

PREACHER CURL EF205

- TRIPOD BASE DESIGN
- CONTOURED ARM PAD
- INDUSTRIAL CONSTRUCTION





DIP CHIN-AB EF207

- CURVED HANDLES
- PADDED ARMRESTS
- INDUSTRIAL CONSTRUCTION

ABDOMINAL BENCH EF213

- BACKREST ADJUSTMENT
- ADJUSTABLE LEG PADS
- INDUSTRIAL CONSTRUCTION





OLYMPIC FLAT BENCH EF202

- MULTIPLE BAR RACKS
- PLATE LOAD DESIGN
- INDUSTRIAL CONSTRUCTION

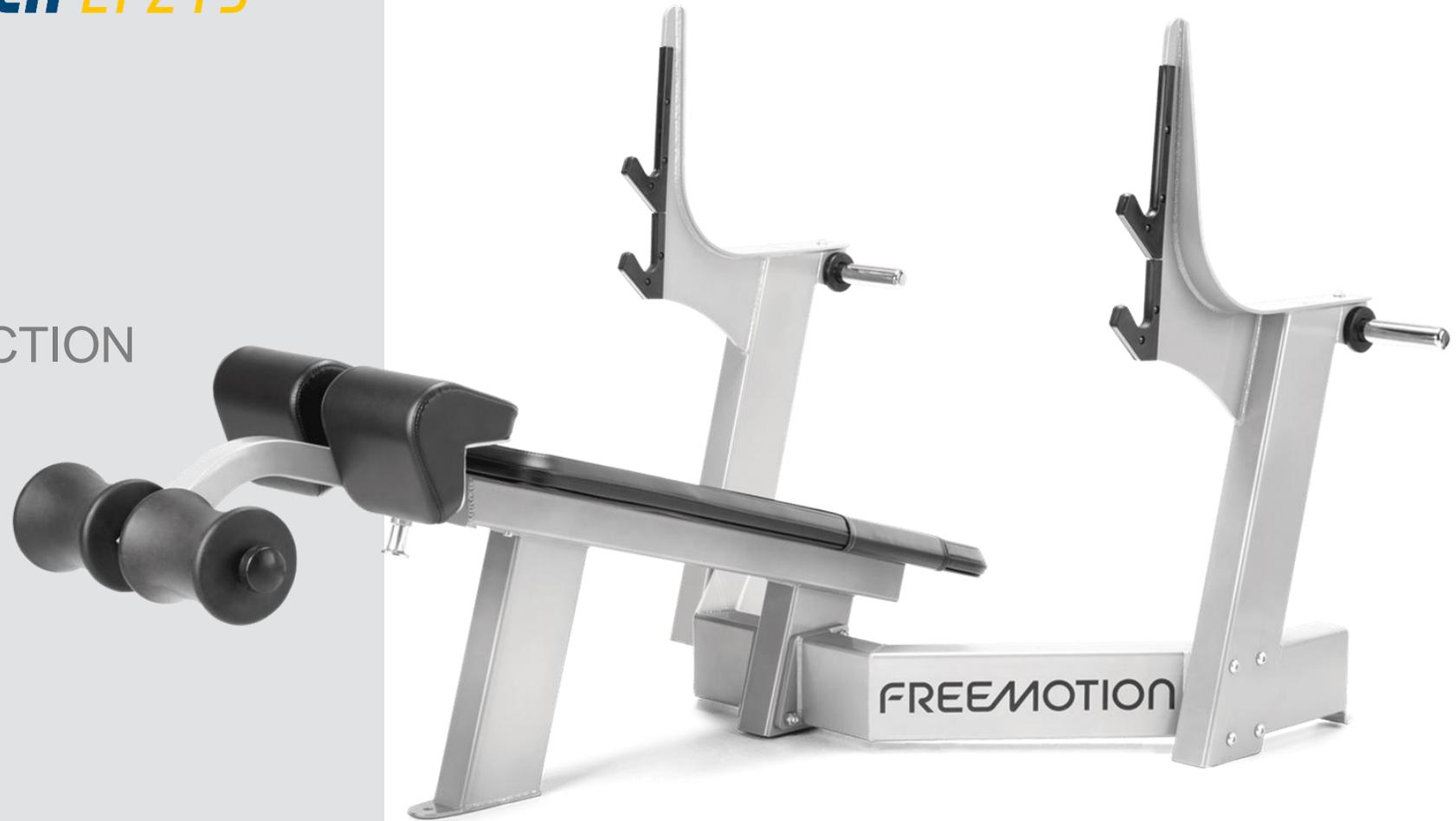


OLYMPIC INCLINE BENCH EF214

- Y-SHAPED FRAME
- ADJUSTABLE SEAT
- INDUSTRIAL CONSTRUCTION

OLYMPIC DECLINE BENCH EF215

- Y-SHAPED FRAME
- TRIPOD BASE DESIGN
- INDUSTRIAL CONSTRUCTION





MILITARY PRESS EF216

- SAFETY CATCH BARS
- OPEN DESIGN
- INDUSTRIAL CONSTRUCTION

SMITH MACHINE EF211

- WALK-THROUGH DESIGN
- SAFETY STOPS
- INDUSTRIAL CONSTRUCTION



PLATE-LOADED SQUAT EF217

- CONTOURED PLATFORM
- COMFORTABLE SHOULDER PADS
- INDUSTRIAL CONSTRUCTION





PLATE-LOADED LEG PRESS EF218

- ADJUSTABLE SEAT
- DUAL-SIDED WEIGHT LOCKING LEVER
- INDUSTRIAL CONSTRUCTION



45° BACK EXTENSION EF206

- SPLIT-ANGLE THIGH PADS
- HEIGHT ADJUSTMENTS
- INDUSTRIAL CONSTRUCTION

GLUTE-HAM DEVELOPER *FMDY709072*

- CHROMED VERTICAL SLIDER
- 11-GAUGE STEEL
- REVERSE HYPER GRIP BAR





RACKS

RACKS



HALF RACK
FMDY50002H



DOUBLE HALF RACK
FMDY500052



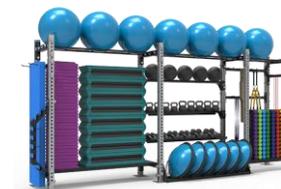
PRO POWER RACK
FMDY704004



MULTI-STORAGE UNIT (6')
FMDY400023



MULTI-STORAGE UNIT (10')
FMDY400021



MULTI-STORAGE UNIT (16')
FMDY400025



FID BENCH
FMDY509063



GLUTE-HAM DEVELOPER
FMDY709072



DUMBBELL RACK (FLAT)
FMDY509083



DUMBBELL RACK SMALL
FMDY109083



POWER SLED
FMDY109990

DOUBLE HALF RACK *FMDY500016*

- 12 SHORT PEGS
- 7-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



PRO POWER RACK *FMDY704004*

- 12 LONG PEGS
- 7-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY





OLYMPIC SQUAT RACK EF212

- SAFETY CATCH BARS
- MULTIPLE BAR RACKS
- INDUSTRIAL CONSTRUCTION

TWIN TIER DUMBBELL RACK EF209

- HOLDS 20 STANDARD DUMBBELLS
- BOLT-DOWN HOLES
- INDUSTRIAL CONSTRUCTION



DUMBBELL RACK (FLAT) *FMDY509083*

- HOLDS 18 PAIRS OF DUMBBELLS
- ROLLED 'NO CATCH' SHELF EDGE
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY





DUMBBELL RACK SMALL *FMDY109083*

- HOLDS 12 PAIRS OF DUMBBELLS
- 11-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



BARBELL RACK EF210

- HOLDS 10 STANDARD BARBELLS
- A-FRAME CONSTRUCTION
- INDUSTRIAL CONSTRUCTION

MULTI-STORAGE UNIT (6 FT) FMDY40023

- HEAVY DUTY ADJUSTABLE SHELVES
- 11-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



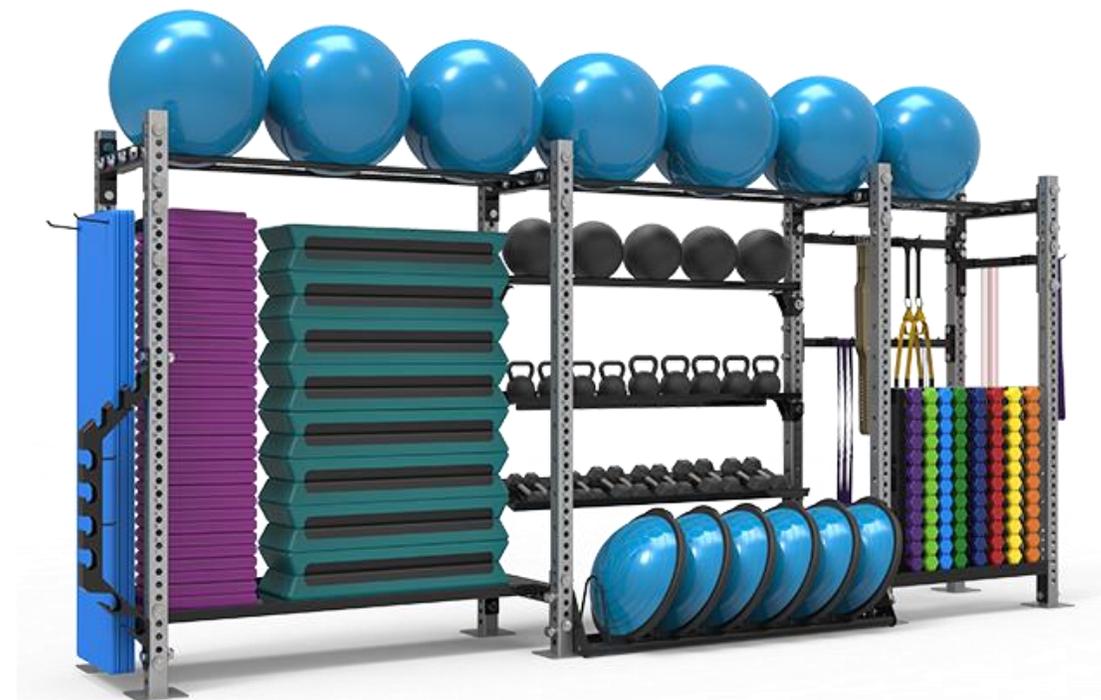


MULTI-STORAGE UNIT (10 FT) FMDY40021

- HEAVY DUTY ADJUSTABLE SHELVES
- 11-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY

MULTI-STORAGE UNIT (16 FT) FMDY40025

- HEAVY DUTY ADJUSTABLE SHELVES
- 11-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



POWER SLED *FMDY109990*

- HEAVY DUTY CONSTRUCTION
- 11-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



HALF RACK *FMDY500002H*

- 12 SHORT PEGS
- 7-GAUGE STEEL
- ACCESSORY UPGRADE (AS PICTURED)
SOLD SEPARATELY



A woman with dark hair tied back is shown in profile, performing a pull-up on a black bar in a gym. She is wearing a grey tank top and has a focused expression. The background shows gym equipment and large windows. A dark blue diagonal banner with a yellow border is on the left side of the image.

FITRIG™

10-FT STANDARD RIG

FMDY10W6D

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES



14-FT STANDARD RIG

FMDY14W6D



- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES

24-FT STANDARD RIG

FMDY24W6D

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES



4-FT MONKEY BAR RIG

FMDY4MBR



- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES

6-FT MONKEY BAR RIG

FMDY6MBR

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES





10-FT MONKEY BAR RIG

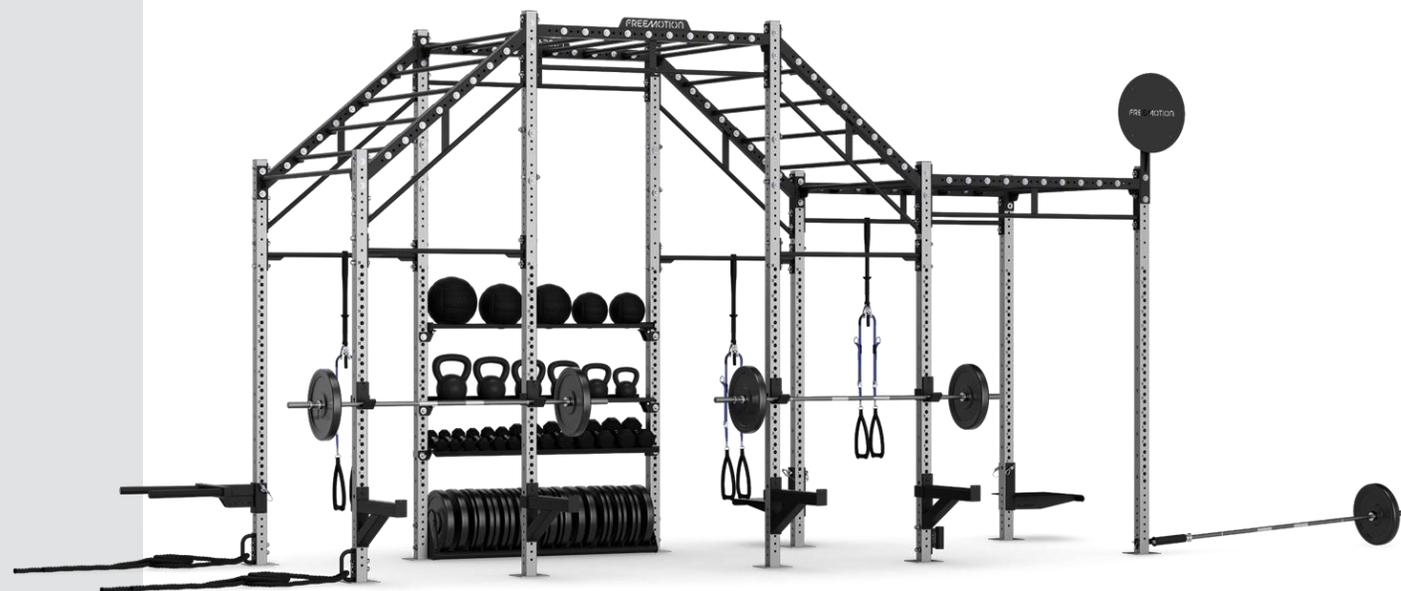
FMDY10MBR

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES

20-FT MONKEY BAR RIG

FMDY20MBR

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES





6-FT PREMIUM RIG

FMDYM3Z3

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES

12-FT PREMIUM RIG

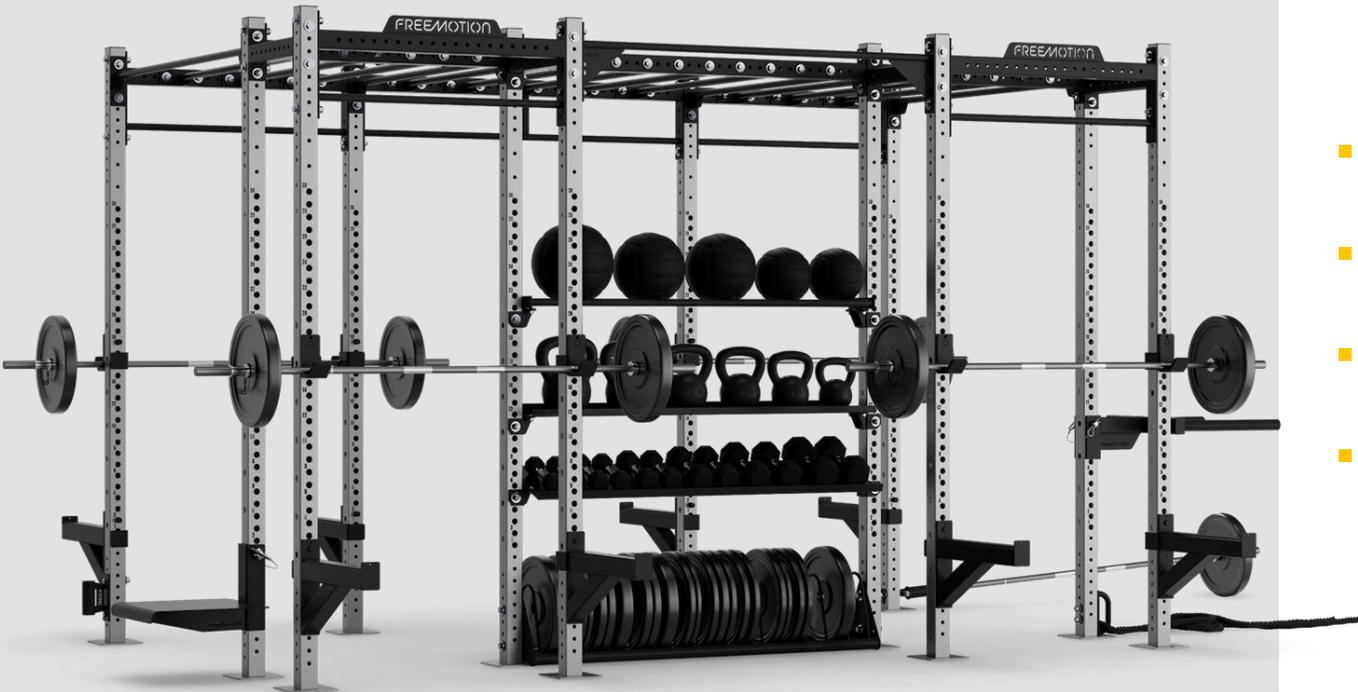
FMDYMRZ4

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES



14-FT PREMIUM RIG 4.0

FMDY14R2E



- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES

14-FT PREMIUM X-RIG 4.5

FMDY14XRG

- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES
- FEATURES/ACCESSORIES





FMDY4MBR - 4-ft Monkey Bar Rig



FMDY6MBR - 6-ft Monkey Bar Rig



FMDY14MBR - 14-ft Monkey Bar Rig



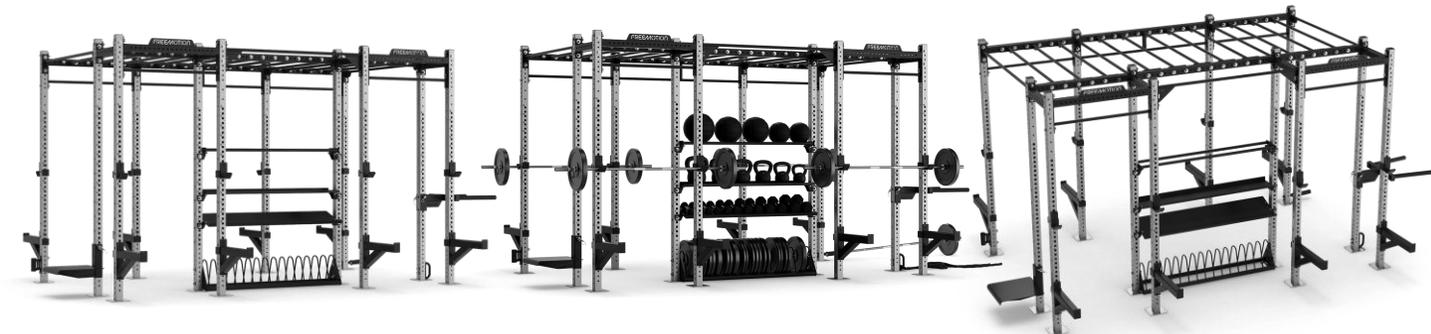
FMDY20IMBR - 20-ft Monkey Bar Rig



FMDY10WSD - 10-ft Standard Rig



FMDY14WSD - 14-ft Standard Rig



FMDY14R2E - 14-ft Premium Rig 4.0



FMDY14XRG - 14-ft Premium X-Rig 4.5



FMDYM3Z3 - 6-ft Premium 2.0 Rig



FMDYMRZ4 - 12-ft Premium 3.0 Rig



FREEMOTION
TEAM TRAINING

FREEMOTION®

FUSION

TEAM TRAINING



THE WHY

*People don't buy what you do,
they buy **WHY** you do it.*



THE HOW

*Once you know **WHY** you do what you do,
the question is **HOW** do you do it?*

Simon Sinek

THE WHAT

*Everything you say and everything you do
has to prove **WHAT** you believe.*

Simon Sinek



A coach-led team workout experience

5 to 15 participants

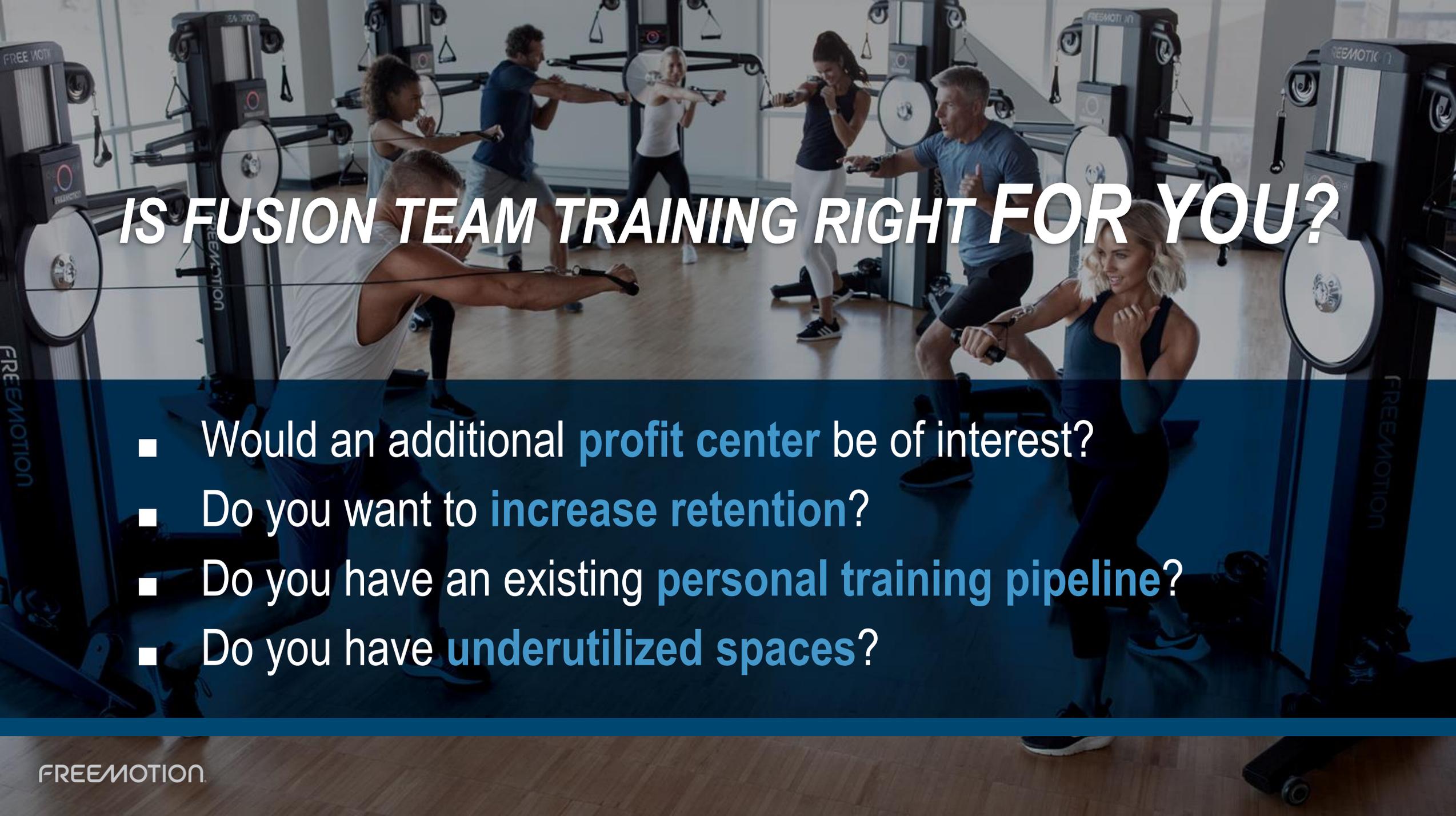
*Expertise of personal coaching/
motivation of group dynamic*

**WHAT IS
TEAM TRAINING?**



BENEFITS OF TEAM TRAINING

- *FUN AND MOTIVATING ENVIRONMENT*
- *REACH ADDITIONAL DEMOGRAPHICS*
- *BUILD FITNESS COMMUNITY*
- *INCREASED RETENTION*
- *ADDITIONAL INCOME SOURCES*

A group of diverse people are exercising on rowing machines in a bright, modern gym. The machines are labeled 'FREEMOTION'. The scene is active and energetic, with people of various ages and ethnicities participating in a group workout.

IS FUSION TEAM TRAINING RIGHT FOR YOU?

- Would an additional **profit center** be of interest?
- Do you want to **increase retention**?
- Do you have an existing **personal training pipeline**?
- Do you have **underutilized spaces**?



*Participants describe
FUSION Team Training as*

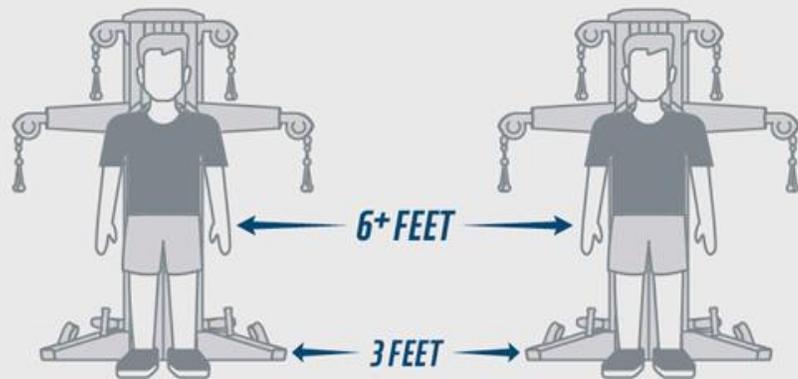
82% Heart-Pumping

73% Fun

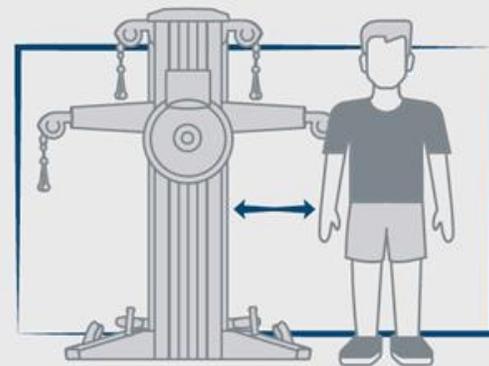
73% Challenging

69% Motivating

Social Distancing



Your Personal Machine



2-in-1 Workout



FREEMOTION.

*Build Muscle and
Burn Calories Fast*



A New Workout Experience

A New Workout Experience



A Daily Workout

*Traditional Strength
Training Alternative*

A New Workout Experience



One Machine

Innovative Technology

A woman with blonde hair, wearing a white ribbed tank top and black leggings, is smiling as she uses a cable machine in a gym. She is holding the handle with both hands and pulling it towards her chest. The machine is labeled 'FREEMOTION'. In the background, other gym equipment and people are visible, but they are out of focus. The overall scene is bright and energetic.

*Designed
for Everyone*

A New Workout Experience

I got a good cardio and strength workout, and I'm super excited to do it again, it was super fun!

- Cindy M. | Participant

Personal Space in a Group Setting

Personal Coaching in a Team Dynamic





Repurpose Less Utilized Spaces

A New Profit Center for Your Facility

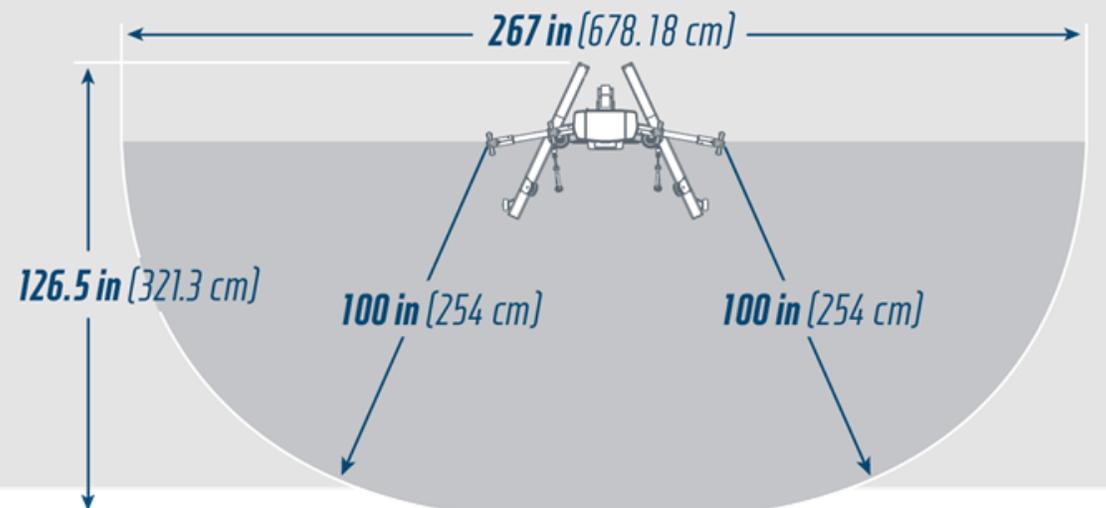
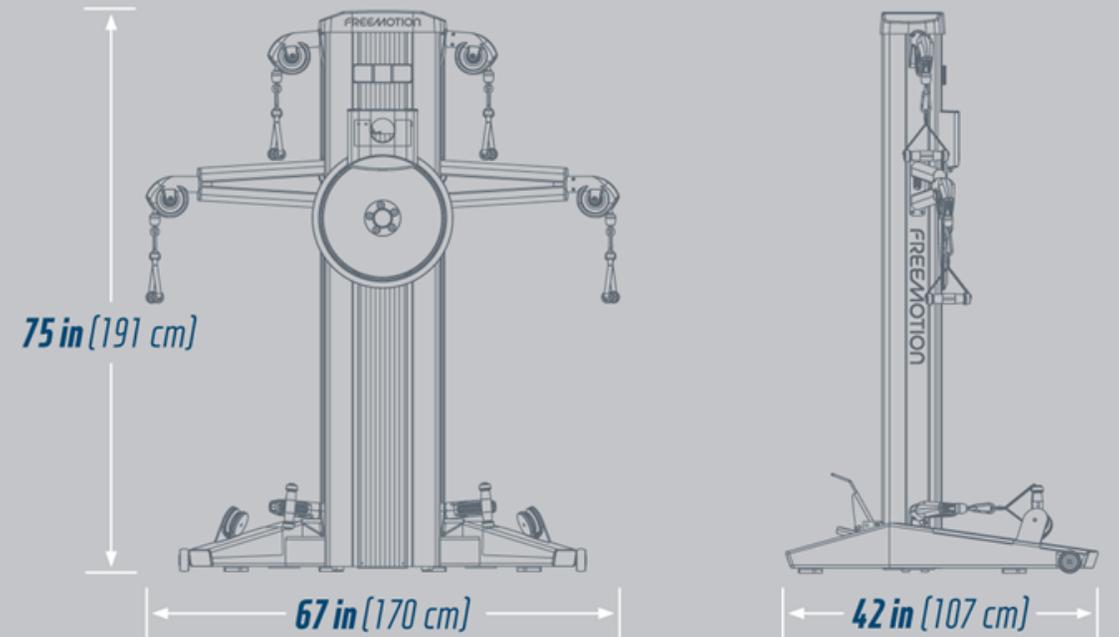
- 1 | *Machine base Legs*
- 2 | *Tower*
- 3 | *T-Bars*
- 4 | *Upper Handles*
- 5 | *Middle Handles*
- 6 | *Lower Handles*
- 7 | *Squat Pulleys*
- 8 | *Watt Meter*
- 9 | *Heart Rate Meter*
- 10 | *Resistance Adjustments*
- 11 | *Power Button*
- 12 | *Transport Wheels*
- 13 | *Power Cord*
- 14 | *Optional Tablet Stand*



PRODUCT SPECIFICATIONS

MODEL # FMSY59719

Display Type	LED (WATTS, Resistance, Heart Rate)
Controls	Resistance level 1-20
Console Language(s)	English
Resistance System	SMR™ (Silent Magnetic Resistance)
Resistance	100 lbs (45 kg) per pulley
Pulleys	Three pairs of swivel pulleys
High Strength Rope	Double-Braided Coated Polyester Rope
Rope Travel	100 inches (254 cm)
Transport Wheels	Integrated wheels and easy-lift mechanism
Rubber Feet	4 rubber pads
Wheelchair Accessible	Yes
Heart Rate Monitoring	ANT+ and Polar Compatible
Accessories	6 handles and 2 ankle straps included
Machine Color	Black
Supported Power	110-120 VAC, 0.2 Amps 220-240 VAC, 0.1 Amps
Machine Dimensions (L x W x H)	42 x 67 x 75 in (107 x 170 x 191 cm)
Machine Weight	422 lbs (191.5 kg)
Shipping Dimensions	82 x 43 x 21 in (208.3 x 109.2 x 53.3 cm)
Shipping Weight	450 lbs (204.1 kg)
Regulatory Approvals	EN957, CE, BQB, FCC/IC



RECOMMENDED ROOM LAYOUT



Each Fusion CST requires power: 9V 2A



Examples of Floor *plans and designs*



A man and a woman are shown from behind, working out on Fusion machines. The man is in the foreground, and the woman is slightly behind him. They are both wearing black athletic wear. The machines are black and silver, with a control panel on the right side. The background is a blue wall with the word "FUSION" in large white letters. There are also logos for "KRAFTMARK" and "FREEMOTION" on the wall. A large white arrow points to the right, indicating the direction of the video or the focus of the training.

FUSION TEAM TRAINING

The High-Intensity Cardio-Strength Training



EDUCATION AND MARKETING PACK

8-Week Launch Program including:

- 8-hour Instructor Training Course with CECs from ACE and NASM (\$2,500)
- Exercise libraries and sample classes (\$1,000)
 - 10 x Team training workouts
 - Level 1 - Exercise Library (115 exercises)
 - Foundation exercises with progression
- Digital FUSION Marketing Toolkit (\$3,500)
- Freemotion Academy FUSION Membership (\$199)

Total value = **\$7,199**



FUSION TEAM TRAINING LAUNCH TIMELINE

WHO IS A PROGRAM MANAGER

This is the team member responsible for the daily FUSION Team Training operations and success including the management of coaches, class schedules, member questions, class registration, and class attendance. This could be the Fitness Manager, Personal Training Manager, Small Group Training Manager or Group Exercise Manager for example.

WHO IS A MARKETING TEAM

This is the team member(s) in charge of facility communication and marketing, including in-facility promotions, website, social media member communications.

FREEMOTION

FUSION TEAM TRAINING LAUNCH TIMELINE

Our goal is to help make FUSION Team Training in your facility a success. It is important to communicate, educate, and engage your staff and members, and generate excitement and engagement even before the first group training takes place.

Below is a FUSION Team Training Launch Timeline with recommended activities for a successful launch. Please use this document as a reference and project management tool – together with our support staff – to ensure a highly successful FUSION Team Training offering.

OVERALL FUSION PROGRAM: Jill Drummond | jdrummond@freemotionfitness.com
EQUIPMENT QUESTIONS: Freemotion Customer Care or assistance: 1-800-201-2109
MARKETING: freemotion-marketing@freemotionfitness.com

KEY CONTACTS AT FREEMOTION

PRIOR TO PROGRAM LAUNCH

PROGRAM MANAGER

- » Initial Program Launch Call with Jill Drummond, Freemotion Education & Program Manager
- » Identify FUSION Coaches
- » Complete Freemotion Education Site Survey
- » Determine FUSION Team Training member registration procedures

4 WEEKS

MARKETING TEAM

- » Initial Marketing Launch Call with Freemotion Marketing
- » Discuss and agree Marketing and Communication Plan
- » Review pre-launch marketing materials
- » Agree next steps

PROGRAM MANAGER

- » Program Launch Call #2 with Jill Drummond
- » Finalize FUSION Coach Training date
- » Submit FUSION Coach Training roster to Jill
- » Determine FUSION Team Training Class Schedule
- » Begin prepping FUSION Studio
 - Electrical, Branding, Stereo / Sound System, Equipment Layout Plan

3 WEEKS

MARKETING TEAM

- » Communicate and educate all staff with FUSION Team Training messaging: what to say when a member asks "what is FUSION Team Training".
- » Release first Coming Soon campaign materials
- » Prepare 2nd round Coming Soon campaign materials
- » Acquire FUSION Class Schedule from Program Manager
- » Input FUSION Class Schedule into registration platform

PROGRAM MANAGER

- » Finalize FUSION Team Training member registration procedures with final FUSION class schedule
- » Communicate FUSION procedures with Facility Staff
- » FUSION Coaches to receive welcome email & Coach Training Manual 4-5 days prior to Coach Training
- » Complete FUSION Studio preparation

2 WEEKS

MARKETING TEAM

- » Marketing Launch Call #2
- » Release 2nd round Coming Soon campaign materials
- » Begin promoting & selling FUSION class packages online & at facility
- » Prepare final round Coming Soon campaign materials
 - Digital signage to display in the facility
 - Social Media marketing

PROGRAM MANAGER

- » Program Launch Call #3 with Jill Drummond
- » FUSION units delivered and installed
- » Coach Training takes place
- » Class Registrations begin

1 WEEK

MARKETING TEAM

- » Release final round Coming Soon campaign materials
- » FUSION units delivered and installed
- » Class Registrations begin
- » Offer promotion / discount to purchase class package and / or unlimited classes
- » Prepare Launch Week marketing

WEEK 1 Classes Begin!

PROGRAM MANAGER

- » FUSION classes begin!
- » FUSION Coach Study Questions due 5 days after Coach Training
 - To be sent to jill.drummond@freemotionfitness.com
 - Once Study Questions are received and correct, Coaches will receive course completion certificate and Continuing Education Credits via email

MARKETING TEAM

- » FUSION classes begin!
- » Release Launch Week marketing
- » Marketing Launch Call #3
- » Prepare ongoing marketing campaign
- » Capture FUSION Team Training videos for digital signage and social media posts
- » Send email to first week attendees with package and unlimited class options and promotion / discount

WEEK OF FUSION PROGRAMMING

WEEKS 2

PROGRAM MANAGER

- » FUSION Coaches to receive FUSION Coaching Focus E-mail 1 (better name for this?)
- » Meet with each FUSION Coach to discuss Coaching Focus and check in on the success of first week of classes

MARKETING TEAM

- » Implement ongoing marketing campaign
- » Gather videos, photos and testimonials to use in ongoing marketing

WEEKS 3

PROGRAM MANAGER

- » FUSION Coaches to receive FUSION Coaching Focus E-mail 2 (better name for this?)
- » Meet with FUSION Coaches as a group to discuss Coaching Focus and share ideas / feedback

MARKETING TEAM

- » Marketing Launch Call #4
- » Gather videos, photos and testimonials to use in ongoing marketing

ON-GOING

PROGRAM MANAGER

- » Share your successes with Freemotion! We would love to hear how your FUSION Program is going. Send updates, feedback, videos, and pictures to Jill Drummond.

MARKETING TEAM

- » Share your successes with Freemotion! We would love to hear how your FUSION Program is going. Send updates, feedback, videos, and pictures to Jill Drummond.

EXTENSIVE COACH TRAINING

We have your coaches covered with an extensive and thorough training to get them knowledgeable and ready to deliver engaging and motivating Fusion Classes.



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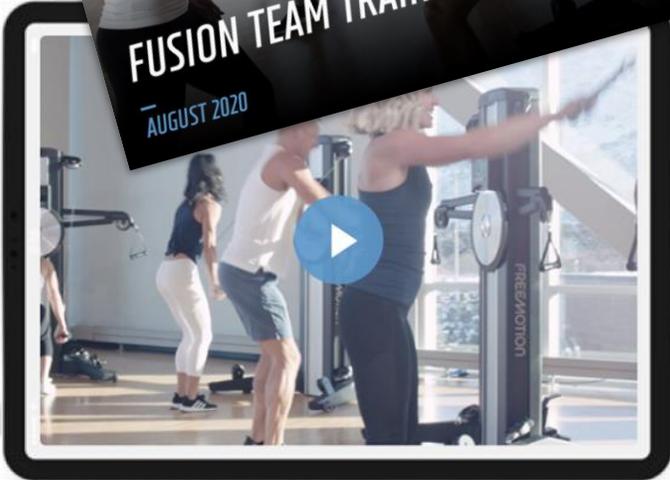
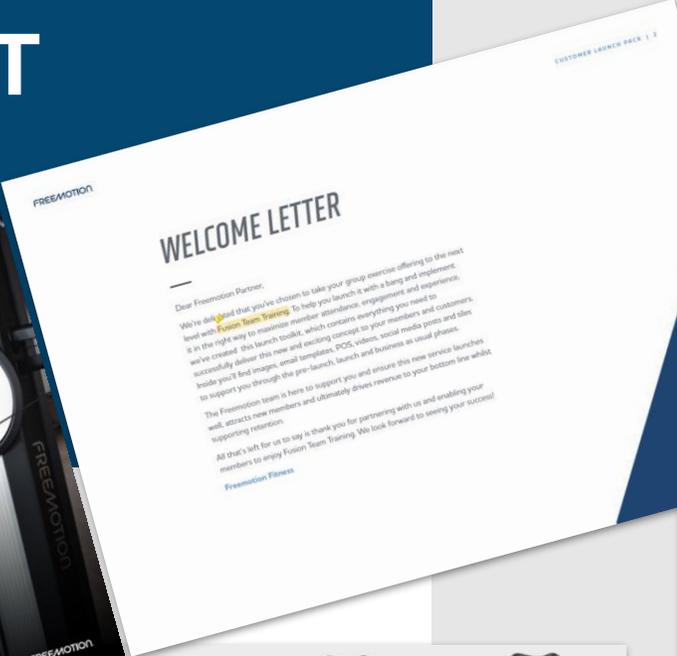
- WELCOME TO THE FREEMOTION FAMILY** // PG 03
The Freemotion Story
- FREEMOTION PERFORMANCE STANDARDS** // PG 04
Freemotion Fusion CST Coach Training Intro
- FREEMOTION FUSION CST** // PG 06
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Physiology
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Cueing Watts
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High Intensity Build
AMRAP Challenge
900 Reps
Rep it Out
Endurance Strong
Beast Mode
Killer HIIT
Strength Grind
Speed Play
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FREEMOTION.



***CUSTOMER
FUSION TOOLKIT***

FUSION TOOLKIT





FREEMOTION®

THANK YOU

A woman with blonde hair, wearing a blue tank top, is shown from the chest up. She is looking slightly to her left with a focused expression. The background is blurred, suggesting an outdoor setting. The word 'FREEMOTION' is overlaid in white, bold, sans-serif capital letters across the center of the image. A registered trademark symbol (®) is located at the end of the word.

FREEMOTION®