

FREEMOTION + iFIT

24 SERIES

MODEL // **FMTM2226**

t24 REFLEX™ TREADMILL

Your members' favorite REFLEX™ Treadmill just got upgraded! With many new features to enhance their experience, including a 24 in / 61 cm HD capacitive touchscreen enabled with iFIT, easier to access 1-STEP™ Controls for quick speed and incline changes, and a speed that goes up to 15 mph / 24 km/h. This treadmill still comes with its proprietary cushioning deck that reduces impact, allowing for a longer, stronger run.





i24 REFLEX™ TREADMILL

HIGH-DEFINITION DISPLAY

Immerse yourself in visually stunning imagery while working out in exotic locations around the globe, or watch a favorite TV program on this high-definition 24 in / 61 cm capacitive touchscreen.

GLOBAL WORKOUTS

Explore the world without leaving the room with thousands of inspiring training videos beautifully filmed in stunning locations around the globe, including 40+ countries and all 7 continents. Your machine's incline will even adjust to match the terrain and instructions of your coach.

STREAM WHILE YOU SWEAT

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.

AUTO-ADJUSTING TECHNOLOGY

Each interactive workout allows your coach to remotely adjust the incline or speed of your treadmill to mirror the on-screen content, creating an immersive and engaging training experience.

A SAFER, HEALTHIER RUNNING EXPERIENCE

Easier on hips, knees, and ankles, the REFLEX™ proprietary cushioning deck absorbs shock to help run longer and stronger. Providing a 52% greater reduction in tibial shock compared to flat surface running,* the REFLEX Deck is the longevity solution for walking or running.

IMPACT-REDUCING CUSHIONING

REFLEX Cushioning has shown to average a 29% greater reduction in impact force compared to running on competitor's treadmills.*

Train with confidence knowing the patented deck tech has also shown to average a 20.5% greater reduction in tibial shock compared to the competition.*

HIIT-FRIENDLY CARDIO

Great for HIIT sessions or anyone who doesn't want to continually tap the speed+ button, quickly adjust your speed or incline with the convenient 1-STEP™ Controls. If you're looking for a more precise speed or incline, hit two back-to-back. For example, pressing '2' and '5' will adjust the speed to 2.5 mph / km/h.

ADVANCED WORKOUT METRICS

Never lose sight of your personal fitness goals with real-time metrics that go beyond traditional feedback, leveraging heart rate, intensity, incline statistics, and more to measure and track your fitness journey.

BEST-IN-CLASS EGYM INTEGRATION

EGYM

EGYM Coach delivers personalized fitness plans that sync directly to your machine, combining intelligent Trainer Prescriptions with iFIT's rich workout library for a seamless, premium experience far beyond basic 3- or 5-star integrations.

*Based on a Freemotion commissioned university study comparing impact of running on a Freemotion REFLEX™ series treadmill, a Life Fitness 95TS, a Precor TRM 835, and flat surfaces.

SPECIFICATIONS

Display Type	24 in / 61 cm High-Definition Capacitive Touchscreen
Resolution	FHD - 1920x1080 ("2k")
Controls	1-STEP™ Incline Controls, 1-STEP™ Speed Controls, Precision Quick Speed Controls
Workout Metrics	Speed, Incline, Distance, Vertical Meters, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time Of Day
Number of Programs	Thousands of Global Workouts and Studio Classes with iFIT
Preset Programs	Limitless iFIT Training Options
Google Maps	Enabled
Console Language(s)	English
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT
TV Tuner	US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready
Entertainment	International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C
Ethernet Requirements	Cat 6 Preferred (Cat 5e or higher required)
WiFi Requirements	Dedicated 10 Mbps for each machine
Video Connections	Coax, HDMI Input
Audio Connections	3.5 mm Audio Out, Bluetooth
Drive Motor	AC 5.0 CHP Commercial Drive Motor
Deck	2-Sided REFLEX™ Deck with Durable Bumper with Progressive Support
Belt	21.5 x 60 in / 54.6 x 152 cm Double Layered Quiet Belt
Rollers	3.5 in / 8.89 cm Spin Balanced Rollers
Elevation System	0% to +15% incline
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible
Emergency Stop	Safety Key and Clip
Workout Fan	Adjustable CrossFlow™ 3-Speed, 8 in / 20.3 cm Fan with AutoBreeze™
Accessory Charging	Wireless charging
Positioning	Large Adjustable Leveling Feet
Transport Wheels	Front-Mounted
Color Options	Flat Black (Custom colors available upon request)
Unit Options	Imperial or Metric
Maximum User Weight	400 lb / 181 kg
Step-up Height	12 in / 30.5 cm
Running Surface	21.5 x 60 in / 54.6 x 152 cm
Speed Range	0-15 mph / 0-24 km/h
Product Dimensions L x W x H	87 x 34 x 66 in 221 x 86.3 x 167.6 cm
Product Weight	619 lb / 280.8 kg
Shipping Dimensions L x W x H	89 x 41 x 30 in 226 x 104.1 x 76.2 cm
Shipping Weight	649 lbs / 294.4 kg
U.S. & Canada	110-120 VAC, 20 Amp, Dedicated Circuit
International	220-240 VAC, 15 Amp, Dedicated Circuit
High-Usage Warranties	Frame 7 Years Parts & Console 2 Years Labor 1 Year Cosmetic & Wear 6 Months