

# 7.4AT

7.4AT-03



## GREAT STRIDES IN PERFORMANCE & TECHNOLOGY

Finally, there's a treadmill with the performance to keep up with intense classes, plus the technology to stay in sync with your favorite on-demand fitness. An extra-large running surface, adjustable incline, and a powerful, responsive 3.5 HP motor lets you push your limits in HIIT programs. Advanced Bluetooth connects to multiple devices for streaming playlists, entertainment, on-demand exercise and more through premium speakers. Smart controls make it easy to match instructor cues, and a resettable interval timer keeps you focused on giving your all. When it's this easy to stay in sync, you won't just keep up with the class — you'll outrun your goals.



### FEATURES

Model Number	7.4AT-03
Running Area	153 x 56 cm / 60" x 22"
Cushioning System	Variable Response Cushioning
Incline Range	0 – 15%
Speed Range	0.8 – 20 km/h / 0.5 – 12 mph
Extras	Fan, Speed & Incline Quick Dial Controls, Custom Interval Keys, Energy Saver Mode, Bottle Holder, Audio In/Out Jack, Tablet/Reading Rack

### DRIVE SYSTEM

Motor	3.5 HP
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### CONSOLE

Display	4 LED Windows w/ 8.25" Backlit LCD Screen
Workout Feedback	Time, Distance, Calories, Speed, Incline, Pace, Heart Rate
Programs	Manual, Hill Climb, My First 5K, Fat Burn, Custom, Target Distance, Target Calories, Target Heart Rate, Custom Heart Rate, Sprint 8
Entertainment	Bluetooth Speakers, Compatible with Other Popular Fitness APPs
Workout Tracking	Bluetooth 4.0 FTMS
Heart Rate	Contact Grips and Bluetooth HR

### TECH SPECS

Assembled Dimensions (L x W x H)	193 x 93 x 161 cm / 76" x 37" x 63"
Folded Dimensions (L x W x H)	119 x 90 x 170 cm / 47" x 35" x 67"
Product Weight	146 kg / 321 lbs.
Max User Weight	159 kg / 350 lbs.

**33% FASTER**  
SPEED & INCLINE CHANGES

### FOR INTENSE, IN SYNC HOME WORKOUTS

Perfect for HIIT workouts, Studio Series treadmill motors feature Rapid Sync Technology to respond to changes in speed and incline faster than traditional home treadmill drive systems. With no lags or delays between interval changes, you'll never fall out of step with your fast-paced workout class again.

### GET YOURSELF ON A ROLL

Studio Series treadmills with QuickDial controls let you make swift changes to speed and incline without breaking your stride. Simply roll the right dial forward to increase speed, or roll it back to decrease speed. For hills, roll the left dial forward to simulate climbing the incline, and roll it back to come down the other side.



### AT HOME WITH YOUR FAVORITE STUDIO CLASSES

You'll always be able to access an inspiring studio experience right for your goals and schedule. Whether you love a good run, a smooth-moving elliptical workout or an invigorating ride, you'll discover workouts that pair perfectly with your equipment.

