



COMMERCIAL



FREEMOTION®



CARDIO

FREEMOTION® FITNESS was founded in 1999, based on a simple, yet bold observation: One-dimensional training doesn't carry over to a three-dimensional world. We live in a place where twisting, turning and moving in all planes is a natural occurrence. This observation resulted in the fitness breakthrough of FreeMotion®. Training the body should be consistent with its functional design and basic human movement patterns. The focus of every FreeMotion® product line targets flexibility, strength, stability and balance through replicating natural movements.



THE FREEMOTION® CARDIO LINE delivers sophisticated technology, convenient console controls and sleek designs. Each product features a beautiful, 10" touch screen with a built-in web browser Powered by Android™ and iFit® Technology, the most interactive workout programming available. With the latest innovations and product designs, FreeMotion® is the premier brand users demand to get the results they want.

› **i11.9 INCLINE TRAINER**
Domestic | FMTK74810
International | FMTK74810-INT

› **t11.8 REFLEX TREADMILL**
Domestic | FMTL70810
International | FMTL70810-INT

› **e11.6 ELLIPTICAL**
Domestic | FMEL84410
International | FMEL84410-INT

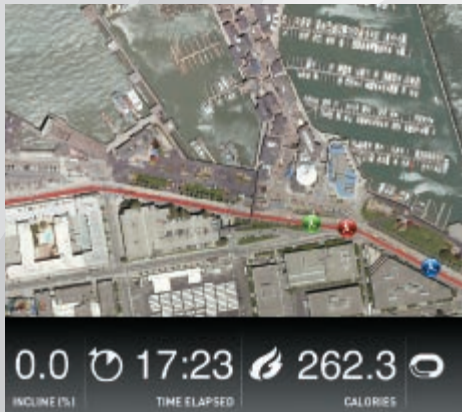
› **c11.6 RECUMBENT BIKE**
Domestic | FMEX82510
International | FMEX82510-INT

› **c11.4 UPRIGHT BIKE**
Domestic | FMEX82410
International | FMEX82410-INT



**10" FULL-COLOR TOUCH SCREEN WITH BROWSER
POWERED BY ANDROID™**

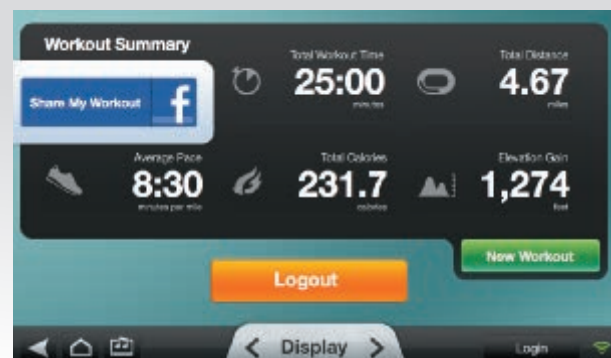
Browse the web* during any workout! With the built-in 10" full-color touch screen and browser Powered by Android™, every FreeMotion® Cardio machine delivers the ultimate motivation to your gym members. Now, they can check the news, read email, watch sports highlights, get on Facebook® and more! Plus, with wireless connectivity and a USB connection, console software is upgradable for the life of the product.



WORKOUTS POWERED BY GOOGLE MAPS™ Across the street or around the world—draw a map and iFit® Technology turns it into a workout! Powered by Google Maps™, workouts recreate the route, automatically adjusting the incline or decline to match the terrain. The equipment does what the street does! Choose a pre-drawn workout or draw a map anywhere in the world! Users can watch their progress on Google Maps™ satellite, map or street view. Plus, with competitions against other iFit® community members, users can race and compare times with people from around the world!

FEATU

TRACK AND SHARE RESULTS Track nutrition, weight goals, event training and other activities on iFit.com. Simply login to any FreeMotion® Cardio machine and workout results from any map, Jillian Michaels or manual workout are automatically uploaded in real time and stored on the user's individual account. Plus, for extra motivation, users can share workouts and interact with Facebook® friends!



BUILT-IN WIRELESS CONTROLS Connect each machine wirelessly to Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision and Fantaay™ audio broadcasting. Built-in compatibility eliminates the need for other hardware or wires. **ENTERTAINMENT CHARGING STATION** Charge an iPod®**, MP3 Player or phone during any workout with this convenient charging station. A headphone jack allows the user to listen to their music and Jillian Michaels during an iFit Live™ Workout.

**iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included.
iFit Live™ Technology is built-in to FreeMotion® Cardio. Google and Google Maps are registered trademarks of Google, Inc.



i11.9 INCLINE TRAINER



FEATURES & BENEFITS

DIRECT REAR VELOCITY SYSTEM › This self-cooling, 5.0 CHP high-torque, brushless AC speed control motor is positioned at the back of the machine for a smoother running surface and easier maintenance. **INCLINE AND DECLINE TRAINING** › With up to 30% incline, users will recruit more muscle on the i11.9, targeting their quads and glutes. And, to perfect cadence and strengthen their legs for the downhill segments of the next marathon or 10K, the 3% decline adds variety and realistic training to any program. The lift motor, specifically designed for the Incline Trainer, delivers 1500 lbs. of lift force for consistent deck movement and stabilization. **9 BUILT-IN WORKOUTS** › Preset workouts deliver competition, weight-loss, map and HD video workouts to help users of all levels reach their goals. Quick console controls make it easy to get started! **EXTRA-LONG, CUSHIONED DECK** › Featuring a commercial, double-layered, double-sided deck, the i11.9 Incline Trainer is built to last. Users can stretch out their stride with the 22" x 60" 2-ply, maintenance-free treadbelt and feel the incredible joint protection with built-in isolator cushioning. **QUICK WORKOUT CONTROLS** › Quickly adjust speed, incline and decline with these convenient console controls. Members can personalize their workout with the touch of a button instead of scrolling through settings found on other equipment.

PRODUCT SPECIFICATIONS

New Workout Features	iFit® Enabled, 10" Touch Screen with Browser Powered by Android™
Dimensions (LW)	78" x 33" (198 cm x 84 cm)
Weight Capacity	400 lbs. (181 kgs)
Warranty	7-Year Frame & Motor, 1-Year Parts & Labor 1-Year Console
Built-In Wireless Controls	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.

OTHER FEATURES

- › iFit® Enabled
- › 10" Touch Screen with Browser Powered by Android™
- › 0 – 12 MPH 1-Step™ Speed Control
- › 0 – 30% 1-Step™ Incline Control
- › -3 – 0% 1-Step™ Decline Control
- › Set-a-Goal Workout Center
- › (2) 4" AutoBreeze™ Workout Fans
- › Compatible Music Port for iPod®* with Charging Dock
- › USB Charging Station for Phone or MP3 Player
- › 3.5" Crowned, Spin-Balanced Rollers
- › Dual-Grip Heart Rate Monitor
- › Compatible with Polar® Wireless Chest Strap**
- › 17" FreeVision™ HDTV – Optional Upgrade



Domestic | FMTK74810

International | FMTK74810-INT

FREEMOTION | INCLINE TRAINER



t11.8 REFLEX TREADMILL



FEATURES & BENEFITS

REFLEX™ CUSHIONING › Built like a snowboard for strength and flexibility, the deck responds to the user's movement, absorbing impact at the heel and maintaining stability at toe off. The wood core dampens vibration and flexes to cushion every foot strike while the outer coating bonds everything together for outstanding durability and structural integrity. **5.0 CHP AC COMMERCIAL PRO MOTOR** › Dynamically spin-balanced and extensively tested for superior performance in vibration and noise, this brushless AC motor is an essential part of our smoothest, quietest, most powerful drive system. **QUICK WORKOUT CONTROLS** › Quickly adjust speed, incline and decline with these convenient console controls. Members can personalize their workout with the touch of a button instead of scrolling through settings found on other equipment. **8" AUTOBREEZE™ WORKOUT FAN** › Integrated into the console, this built-in fan adjusts to cool the user's core or face, automatically adjusting the cooling speed to match the workout's intensity. Low, medium and high settings are also available. **SET-A-GOAL WORKOUT CENTER** › Users can personalize workouts with this built-in training center. Simply input distance, time or calorie targets and the t11.8 Treadmill adjusts the incline and decline to reach the goal!

PRODUCT SPECIFICATIONS

New Workout Features	iFit® Enabled, 10" Touch Screen with Browser Powered by Android™
Dimensions (LW)	87" x 39" (221 cm x 99 cm)
Weight Capacity	400 lbs. (181 kgs)
Warranty	7-Year Frame & Motor, 1-Year Parts & Labor 1-Year Console
Built-In Wireless Controls	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.

OTHER FEATURES

- › iFit® Enabled
- › 10" Touch Screen with Browser Powered by Android™
- › 0–12 MPH 1-Step™ Speed Control
- › 0 – 15% 1-Step™ Incline Control
- › –3 – 0% 1-Step™ Decline Control
- › 9 Built-In Workouts, Manual Mode
- › Compatible Music Port for iPod®* with Charging Dock
- › USB Charging Station for Phone or MP3 Player
- › 22" x 60" 2-Ply, Maintenance-Free Treadbelt
- › 3.5" Machined, Spin-Balanced Rollers
- › Dual-Grip Heart Rate Monitor
- › Compatible with Polar® Wireless Chest Strap**
- › 17" FreeVision™ HDTV – Optional Upgrade



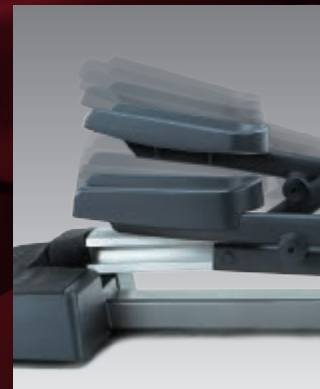
Domestic | FMTL70810

International | FMTL70810-INT

FREEMOTION | REFLEX TREADMILL



e11.6 ELLIPTICAL



FEATURES & BENEFITS

INCLINE/DECLINE RAMP › Target more muscle with the exclusive design of this front drive elliptical. The adjustable ramp modifies the pedal path with inclines up to 20% that mimic a stepper movement, targeting calves and quads. The -3% decline replicates a skier motion to focus on glutes and hamstrings. **REAR-ACCESS DESIGN** › To maximize floor space and increase user safety, the e11.6 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. **NATURAL FOOTPATH** › The unique footpath of this elliptical features an extra-long stride length and close pedal arrangement so the user feels comfortable and natural throughout each stride. **ERS™ ELECTRONIC RESISTANCE SYSTEM** › Instantly adjust the resistance with this sophisticated system. Engineered to be quiet and smooth, ERS™ delivers accurate, consistent resistance at the touch of a button. **SET-A-GOAL WORKOUT CENTER** › Users can personalize workouts with this built-in training center. Simply input distance, time or calorie targets and the e11.6 Elliptical adjusts the resistance to reach the goal!

PRODUCT SPECIFICATIONS

New Workout Features	iFit® Enabled, 10" Touch Screen with Browser Powered by Android™
Dimensions (LW)	74" x 30" (188 cm x 76 cm)
Weight Capacity	400 lbs. (181 kgs)
Warranty	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console
Built-In Wireless Controls	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.

OTHER FEATURES

- › iFit® Enabled
- › 10" Touch Screen with Browser Powered by Android™
- › 22" Stride Length
- › 9 Built-In Workouts, Manual Mode
- › 20 Digital Resistance Levels with In-Handle and 1-Step™ Controls
- › In-Handle Incline/Decline Ramp Controls
- › Quiet Flexonic® Belt Drive System
- › Upper-Body Workout Arms
- › Oversized, Traction-Control Pedals
- › 4" AutoBreeze™ Workout Fan
- › Compatible Music Port for iPod®* with Charging Dock
- › USB Charging Station for Phone or MP3 Player
- › Dual-Grip Heart Rate Monitor
- › Compatible with Polar® Wireless Chest Strap**
- › 17" FreeVision™ HDTV – Optional Upgrade



Domestic | FMEL84410

International | FMEL84410-INT

FREEMOTION | ELLIPTICAL 

c11.6 RECUMBENT BIKE



FEATURES & BENEFITS

ADJUSTABLE SEAT WITH LUMBAR SUPPORT › This sophisticated seat not only adjusts back and forth into 21 positions for a customized fit, it features a chair-like design with proper back support. **STEP THRU™ DESIGN** › Get on and off the bike easily with this smart design that eliminates the traditional bike base altogether. **ERS™ ELECTRONIC RESISTANCE SYSTEM** › Instantly adjust the resistance with this sophisticated system. Engineered to be quiet and smooth, ERS™ delivers accurate, consistent resistance at the touch of a button. **3-PIECE CRANK** › Enjoy a smoother, more comfortable ride. Separating the spindle from the crank creates a stronger, more durable design and a more realistic biking experience. **QUIET BELT DRIVE SYSTEM** › Featuring a self-tensioning, precision Flexonic® belt, the drive system requires no idler pulley. There's less maintenance, a smoother pedal motion and a dramatic noise reduction.

PRODUCT SPECIFICATIONS

New Workout Features	iFit® Enabled, 10" Touch Screen with Browser Powered by Android™
Dimensions (LW)	67" x 29" (170 cm x 74 cm)
Weight Capacity	400 lbs. (181 kgs)
Warranty	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console
Built-In Wireless Controls	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.



OTHER FEATURES

- › iFit® Enabled
- › 10" Touch Screen with Browser Powered by Android™
- › 9 Built-In Workouts, Manual Mode
- › Set-a-Goal Workout Center
- › Extra-Wide, Self-Leveling Pedals
- › 20 Digital Resistance Levels with In-Handle and 1-Step™ Controls
- › 4" AutoBreeze™ Workout Fan
- › Compatible Music Port for iPod®* with Charging Dock
- › USB Charging Station for Phone or MP3 Player
- › Dual-Grip Heart Rate Monitor
- › Compatible with Polar® Wireless Chest Strap**
- › 17" FreeVision™ HDTV – Optional Upgrade

Domestic | FMEX82510

International | FMEX82510-INT

FREEMOTION | RECUMBENT BIKE



c11.4 UPRIGHT BIKE



FEATURES & BENEFITS

QUICKLIFT™ SEAT › For easy, secure seat adjustments, users simply lift the lever and the telescoping seat rises automatically to meet the desired height. To lower the seat, simply lift the lever and press down. Twenty-six positions are available to customize a workout experience for users of all shapes and sizes. **ERS™ ELECTRONIC RESISTANCE SYSTEM** › Instantly adjust the resistance with this sophisticated system. Engineered to be quiet and smooth, ERS® delivers accurate, consistent resistance at the touch of a button. **3-PIECE CRANK** › Enjoy a smoother, more comfortable ride. Separating the spindle from the crank creates a stronger, more durable design and a more realistic biking experience. **MULTI-GRIP HEART RATE MONITOR** › Whether seated upright or leaning forward, users have four contact points for monitoring their heart rate. Pulse information can be displayed on the console via contact sensors or a Polar® wireless chest strap**. **QUIET BELT DRIVE SYSTEM** › Featuring a self-tensioning, precision Flexonic® belt, the drive system requires no idler pulley. There's less maintenance, a smoother pedal motion and a dramatic noise reduction.

PRODUCT SPECIFICATIONS

New Workout Features	iFit® Enabled, 10" Touch Screen with Browser Powered by Android™
Dimensions (LW)	40" x 27" (102 cm x 69 cm)
Weight Capacity	400 lbs. (181 kgs)
Warranty	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console
Built-In Wireless Controls	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.

OTHER FEATURES

- › iFit® Enabled
- › 10" Touch Screen with Browser Powered by Android™
- › 9 Built-In Workouts, Manual Mode
- › Set-a-Goal Workout Center
- › Extra-Wide, Self-Leveling Pedals
- › 20 Digital Resistance Levels with In-Handle and 1-Step™ Controls
- › Belt Drive System
- › 4" AutoBreeze™ Workout Fan
- › Compatible Music Port for iPod®* with Charging Dock
- › USB Charging Station for Phone or MP3 Player
- › 17" FreeVision™ HDTV – Optional Upgrade



Domestic | FMEX82410

International | FMEX82410-INT

FREEMOTION | UPRIGHT BIKE 

	i11.9 INCLINE TRAINER MODEL# FMTK74810 FMTK74810-INT TV# FMTV74810 FMTV74810-INT	t11.8 REFLEX TREADMILL MODEL# FMTL70810 FMTL70810-INT TV# FMTV74810 FMTV74810-INT	e11.6 ELLIPTICAL MODEL# FMEL84410 FMEL84410-INT TV# FMTV84410 FMTV84410-INT
HEART RATE	Dual-Grip Heart Rate Monitor, Compatible with Polar® Wireless Chest Strap**	Dual-Grip Heart Rate Monitor, Compatible with Polar® Wireless Chest Strap**	Dual-Grip Heart Rate Monitor, Compatible with Polar® Wireless Chest Strap**
PROGRAMS	iFit® Enabled / 3 HD Video, 2 Map, 2 Competition, 2 Weight-Loss Workouts / Manual / Set-a-Goal Workout Center	iFit® Enabled / 3 HD Video, 2 Map, 2 Competition, 2 Weight-Loss Workouts / Manual / Set-a-Goal Workout Center	iFit® Enabled / 3 HD Video, 2 Map, 2 Competition, 2 Weight-Loss Workouts / Manual / Set-a-Goal Workout Center
ENTERTAINMENT	Compatible Music Port for iPod® with Charging Dock / USB Charging Station for Phone or MP3 Player	Compatible Music Port for iPod® with Charging Dock / USB Charging Station for Phone or MP3 Player	Compatible Music Port for iPod® with Charging Dock / USB Charging Station for Phone or MP3 Player
DISPLAY	Speed, Time, Incline, Decline, Distance, Vertical Feet, Calories Burned, Calories/Hour, Pace, Heart Rate	Speed, Time, Incline, Decline, Distance, Vertical Feet, Calories Burned, Calories/Hour, Pace, Heart Rate	Speed, Time, Incline, Decline, Distance, Calories Burned, Calories/Hour, Pace, Heart Rate, Watts, RPM
DISPLAY TYPE	10" Full-Color Touch Screen with Browser Powered by Android™	10" Full-Color Touch Screen with Browser Powered by Android™	10" Full-Color Touch Screen with Browser Powered by Android™
RESISTANCE	N/A	N/A	20 Digital Resistance Levels with In-Handle and 1-Step™ Controls
RESISTANCE SYSTEM	N/A	N/A	ERS™ Electronic Resistance System
SPEED	0 – 12 MPH 1-Step™ Speed Control	0 – 12 MPH 1-Step™ Speed Control	N/A
INCLINE	0 – 30% 1-Step™ Incline Control	0 – 15% 1-Step™ Incline Control	0 – 20% In-Handle and 1-Step™ Incline Controls
DECLINE	-3 – 0% 1-Step™ Decline Control	-3 – 0% 1-Step™ Decline Control	-3 – 0% In-Handle and 1-Step™ Decline Controls
CUSHIONING	Isolator Cushioning	Reflex™ Cushioning	N/A
MOTOR	5.0 CHP Direct Rear Velocity System	5.0 CHP AC Commercial Pro Motor	N/A
TREADBELT	22" x 60" 2-Ply, Maintenance-Free	22" x 60" 2-Ply, Maintenance-Free	N/A
ROLLERS	3.5" Crowned and Spin-Balanced	3.5" Crowned and Spin-Balanced	N/A
DIMENSIONS (LW)	78" x 33" (198 cm x 84 cm)	87" x 39" (221 cm x 99 cm)	74" x 30" (188 cm x 76 cm)
PRODUCT WEIGHT	620 lbs. (281 kgs)	472 lbs. (214 kgs)	480 lbs. (218 kgs)
MAX USER WEIGHT	400 lbs. (181 kgs)	400 lbs. (181 kgs)	400 lbs. (181 kgs)
DOMESTIC POWER REQUIREMENTS	120 v, 20 amp	120 v, 20 amp	120 v, 15 amp,
INTERNATIONAL POWER REQUIREMENTS	240 v, 10 amp	240 v, 10 amp	240 v, 7 amp,
WARRANTY	7-Year Frame & Motor, 1-Year Parts & Labor 1-Year Console	7-Year Frame & Motor, 1-Year Parts & Labor 1-Year Console	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console
BUILT-IN WIRELESS CONTROLS	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.

	c11.6 RECUMBENT BIKE MODEL# FMEX82510 FMEX82510-INT TV# FMTV82510 FMTV82510-INT	c11.4 UPRIGHT BIKE MODEL# FMEX82410 FMEX82410-INT TV# FMTV84410 FMTV84410-INT	
HEART RATE	Dual-Grip Heart Rate Monitor, Compatible with Polar® Wireless Chest Strap**	Dual-Grip Heart Rate Monitor, Compatible with Polar® Wireless Chest Strap**	
PROGRAMS	iFit® Enabled / 3 HD Video, 2 Map, 2 Competition, 2 Weight-Loss Workouts / Manual / Set-a-Goal Workout Center	iFit® Enabled / 3 HD Video, 2 Map, 2 Competition, 2 Weight-Loss Workouts / Manual / Set-a-Goal Workout Center	
ENTERTAINMENT	Compatible Music Port for iPod® with Charging Dock / USB Charging Station for Phone or MP3 Player	Compatible Music Port for iPod® with Charging Dock / USB Charging Station for Phone or MP3 Player	
DISPLAY	Speed, Time, Distance, Calories Burned, Calories/Hour, Pace, Heart Rate, Watts, RPM	Speed, Time, Distance, Calories Burned, Calories/Hour, Pace, Heart Rate, Watts, RPM	
DISPLAY TYPE	10" Full-Color Touch Screen with Browser Powered by Android™	10" Full-Color Touch Screen with Browser Powered by Android™	
RESISTANCE	20 Digital Resistance Levels with In-Handle and 1-Step™ Controls	20 Digital Resistance Levels with In-Handle and 1-Step™ Controls	
RESISTANCE SYSTEM	ERS™ Electronic Resistance System	ERS™ Electronic Resistance System	
SPEED	N/A	N/A	
INCLINE	N/A	N/A	
DECLINE	N/A	N/A	
CUSHIONING	N/A	N/A	
MOTOR	N/A	N/A	
TREADBELT	N/A	N/A	
ROLLERS	N/A	N/A	
DIMENSIONS (LW)	67" x 29" (170 cm x 74 cm)	40" x 27" (102 cm x 69 cm)	
PRODUCT WEIGHT	250 lbs. (113 kgs)	200 lbs. (91 kgs)	
MAX USER WEIGHT	400 lbs. (181 kgs)	400 lbs. (181 kgs)	
DOMESTIC POWER REQUIREMENTS	120 v, 15 amp,	120 v, 15 amp,	
INTERNATIONAL POWER REQUIREMENTS	240 v, 7 amp,	240 v, 7 amp,	
WARRANTY	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console	7-Year Frame, 2-Year Parts, 1-Year Labor 1-Year Console	
BUILT-IN WIRELESS CONTROLS	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV	Cardio Theater, Broadcastvision™ Entertainment, MYE™ Entertainment, CardioVision, Fantaay™, FreeVision™ HDTV	

*iPod is a trademark of Apple, Inc., registered in the US and other countries. iPod® not included. **Wireless chest pulse strap not included.



i11.9 | **INCLINE TRAINER**
FMTK74810 | FMTK74810-INT



t11.8 | **REFLEX TREADMILL**
FMTL70810 | FMTL70810-INT



e11.6 | **ELLIPTICAL**
FMEL84410 | FMEL84410-INT





c11.6 | **RECUMBENT BIKE**
FMEX82510 | FMEX82510-INT



c11.4 | **UPRIGHT BIKE**
FMEX82410 | FMEX82410-INT





FREEMOTION® FITNESS

877.363.8449 | 1.435.786.2900

FREEMOTIONFIT.COM

©2013 FREEMOTION® FITNESS

COMMERCIAL

RDIO