

# HT5.0



## REACH YOUR PEAK

Designed for busy people who need to get more out of their exercise time at home, Peak Trainer engages the whole body to maximize muscle tone and burn more calories than other cardio platforms. Integrated Sprint 8 HIIT programming is scientifically proven to significantly reduce fat and build muscle in efficient 20-minute workouts anyone can fit into their schedule.

- Ideal for low-impact, high-intensity workouts that maximize calories burned and improve overall muscle tone
- Exclusive suspension design provides a smooth exercise experience that mimics the feel of real hiking
- Ideally positioned arms engage the upper body and core for a full-body exercise experience
- Wheel- and track-free design reduces friction, noise and wear
- High-quality components provide lasting durability
- Compact footprint fits home workout areas more comfortably than larger treadmills and ellipticals

## SPECIFICATIONS

FEATURES		CONSOLE	
Frame	Peak Trainer	Display	5.5" LCD track display + 3 LED Window
Hike Stride Length	30.5 cm	Workout Feedback	Time, Calorie, Distance, Heart Rate, RPM, Resistance
Flywheel	8 kg	Programs	5 Total Programs Including: Calorie, Weight Loss, Distance, Manual, Sprint 8
Pedals	Oversized with Rubber inserts	Heart Rate	Contact Grips
Step-on Height	25.4 cm	Extras	Water bottle holder, device rack, accessory storage, audio jacks, fan, heart rate grips, USB port, 3 watt speaker
Pedal Spacing	6.4 cm		
Resistance System	ECB Magnetic Brake		
Resistance Levels	10		
Dimensions (L x W x H)	118 x 71 x 168 cm		
Folded Dimensions (L x W x H)	102 x 67 x 171 cm		
Product Weight	70.4 kg		
User Capacity Weight	136 kg		
Power Requirements	Adapter		

## MAXIMUM RESULTS. MINIMUM TIME.



Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way fad workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week.\*

- 30 SEC** Sprint Interval - Peak Intensity Effort
- 90 SEC** Recovery Interval - Easy Active Recovery
- ×8** HIIT Sets

\*Individual results vary.