



REACH YOUR PEAK

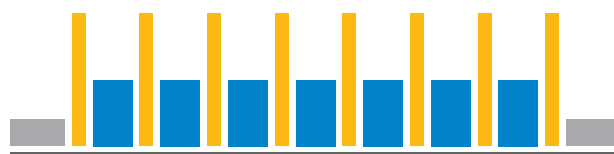
Designed for busy people who need to get more out of their exercise time at home, Peak Trainer engages the whole body to maximize muscle tone and burn more calories than other cardio platforms. Integrated Sprint 8 HIIT programming is scientifically proven to significantly reduce fat and build muscle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



MAXIMUM RESULTS. MINIMUM TIME.

SPRINT 8



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.*

*Individual results vary.

30 SEC Sprint Interval - Peak Intensity Effort

90 SEC Recovery Interval - Easy Active Recovery

×8 HIIT Sets

PEAK TRAINER HT5.0



FRAME		CONSOLE	
FRAME TYPE	Peak Trainer	DISPLAY	14 cm / 5.5" LCD track display + 3 LED windows
RESISTANCE SYSTEM	ECB & fan resistance	WORKOUT FEEDBACK	Time, Calorie, Distance, Heart Rate, RPM, Resistance
RESISTANCE LEVELS	10	PROGRAMS	5 Total Programs Including: Calorie, Weight Loss, Distance, Manual, Sprint 8
HIKE STRIDE LENGTH	30.5 cm / 12" Vertical	USB PORT	Charging (up to 2 amp) & software updates
STEP-ON-HEIGHT	25.4 cm / 10"	SPEAKERS	3 Watt
PEDAL SPACING	6.4 cm / 2.5"	EXTRAS	Water bottle holder, device rack, accessory storage, audio jacks, fan, heart rate grips
PEDAL TYPE	Oversized with rubber inserts		
HANDLEBAR TYPE	Dual action & stationary heart rate grips		
DIMENSIONS (L x W x H)	118 x 71 x 168 cm / 46.5" x 28" x 66"		
PRODUCT WEIGHT	70.4 kg / 155 lbs.		
USER WEIGHT CAPACITY	136 kg / 300 lbs.		