

StairMaster® HIIT Console



TRACK YOUR INTENSITY

The new StairMaster® HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays. The HIIT Console now comes standard on StairMaster HIIT products.

corehealthandfitness.com

FEATURES



SIMPLE, EASY TO READ
BACKLIGHT DISPLAY



EASY TO USE PROGRAMMABLE
TIME, DISTANCE, CALORIES, TIME
INTERVAL, AND CALORIE INTERVAL
PROGRAMS



BLUETOOTH CONNECTIVITY TO
SHARE YOUR INFORMATION TO
YOUR FAVORITE TRACKING APP



DISPLAYS HEART RATE
BROADCAST FROM ANT+ OR
5KHZ HEART RATE STRAPS



ANT+ ALLOWS YOU TO DISPLAY
DATA ON LEADERBOARDS WITH
TRACKING SOFTWARE

STANDARD ON STAIRMASTER® MACHINES



HIITMill

- Multi-grip hand positioning with water bottle and phone holder
- Magnetic resistance brake with resistance control lever
- Extra-WIDE 23" belt width for lateral training and max stability under load
- NEW brake system for improved resistance adjustment



HIIT Bike

- Dual action wind resistance
- Provides a total body workout
- Bright user-friendly led display with key metrics
- Robust heavy-gauge welded steel construction backed by a leading full commercial warranty
- NEW console position & redesigned handle bars for better console access
- NEW pedal design



HIITMill X

- Multi-grip hand positioning with water bottle and phone holder
- Magnetic resistance brake with resistance control lever
- Extra-WIDE 23" belt width for lateral training and max stability under load
- The HIITMill X comes with farmers carry lift arms and 3mm cushioned turf belt for added durability and grip
- NEW brake system for improved resistance adjustment



HIIT UBE

- Low-maintenance twin belt transmission keeps it quiet and ultra smooth
- Fan based system features low start-up resistance, with high output at top end
- Full adjustable crank arm features opposing motion, dual motion and single arm neutral
- Ergonomic grips provide ideal wrist positions for upper body training
- Adjustable tower accommodates wide variety of workouts and user sizes
- Integrated bench of seated workouts can be removed to accommodate standing or wheelchair workouts
- NEW water bottle holder

STAIRMASTER HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. HIIT has seen a massive growth in popularity and many fitness experts believe it is here to stay, due largely in part to its numerous scientifically-backed health benefits, shorter time investment, ability to motivate participants through an engaging group environment and option to incorporate group competition. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.



BUILD ON GREATNESS

At **Core Health & Fitness**, we aim to provide our partners a foundation backed by the strongest brands in the industry. Four iconic brands that pioneered entire categories and whose machines are still the ones **members ask for by name**. Today, we're committed building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.



STAR TRAC®



StairMaster®



NAUTILUS®



SCHWINN®

CORE HEALTH & FITNESS