

# CORE

## HEALTH & FITNESS

2017 PRODUCT CATALOG | 2017 PRODUCT CATALOGUE

 **STAR TRAC**  **StairMaster**  **NAUTILUS**  **SCHWINN**

CORE HEALTH & FITNESS



## HIGH INTENSITY

Decades after pioneering the **toughest workout in the gym**, our machines are still the ones members choose to push themselves to the limit. Today, we add new innovations to StairMaster's portfolio that make hearts pound, lungs burn and **keep members coming back to the workouts they love to hate.**

**NEW INNOVATION.  
MORE PERSPIRATION.**



## STAIRMASTER® PRODUCTS

HIITMill™

HIITMill X™

Gauntlet™

FreeClimber™

AirFit™

AirFit UB™

BoxMaster®





# StairMaster

Since the development of the first stepping machine in 1983, StairMaster has grown into a legendary name in the gym.

Over the past 30 years, we've expanded our product line and with it, our reputation for performance, comfort and the most innovative climber experience in the gym.

Today, we continue to elevate our standards, offering a wide range of high-quality solutions that deliver real workouts and real results. After all, the most demanding fitness enthusiasts won't settle for anything less – and neither will we.

## Featured Product

### HIITMill™

Model 9-4590

**Overall Weight - 390 lb(177 kg)**

**Width - 38" (95 cm)**

**Length - 78" (197 cm)**

**Height - 66" (167 cm)**

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Extra wide 23" belt width for lateral training and max stability under load
- Optional monitor coming in 2017

### HIITMill X™

Model 9-4640

**Overall Weight - 430 lb(195 kg)**

**Width - 55" (140 cm)**

**Length - 78" (197 cm)**

**Height - 66" (167 cm)**

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Farmer's Carry lift arms (HIITMill X only)
- 3mm cushioned turf belt compatible with plastic field cleats
- Optional monitor coming in 2017



\*Weight plates (sold separately)



# SPARTAN™

Visit [www.spartan.com](http://www.spartan.com) for more information and a map of events.

The Spartan Race community is as resilient as they come and so it makes sense that Spartan would partner with StairMaster, the toughest workout in the gym. The Sprint, Super and Beast are a series of challenging Spartan races held each year around the world. In 2016 there were over 100 events globally, and the Spartan Race Championships were broadcast on NBC in the US.

# SPARTAN YOUR CLUB

 **SPARTAN** +  **StairMaster**

OFFICIAL STEP CLIMBING EQUIPMENT OF SPARTAN RACE



**6**

**SPARTAN TRAINING PROGRAMS**

**1**

**STAIRMASTER GAUNTLET**

*\*Available on the StairMaster Gauntlet 10" and 15" embedded screens.*

Learn more at: [stairmaster-spartan.com](http://stairmaster-spartan.com)





## Gauntlet™

Model 8G

**Overall Weight - 343 lb(156 kg)**

**Step Surface - 9" deep 22" wide (23 cm x 56 cm)**

**Width - 34" (86 cm)**

**Length - 58" (147 cm)**

**Height - 89" (226 cm)**

- Available with all 3 OpenHub™ console options
- Includes the Landmark Challenge Program, where users climb well-known landmarks from around the world like the Eiffel Tower, the Statue of Liberty and the Taj Mahal. Standard console programs are also included. Spartan programs are available on 10" and 15" embedded screens
- Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones
- Hot bar with stop button, Heart Rate, and level control
- Revolving staircase with eight steps: 8"(20cm) high, 9"(23 cm) deep and 22"(56 cm) wide
- Step rate: 24-162 steps per minute
- User weight capacity 350 lb(159 kg)

### Console Options



15" Embedded  
Touchscreen



10"  
Touchscreen



LCD



PVS (for LCD  
& 10")



## FreeClimber™

Model 8FC

**Overall Weight - 155 lb(70 kg)**

**Step Range - 1" to 14" (2.5 cm to 36 cm)**

**Width - 27" (69 cm)**

**Length - 43" (110 cm)**

**Height - 68" (173 cm)**

- Available with all 3 OpenHub™ console options
- 10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer
- Electronically controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones
- Patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a comfortable, biomechanically correct movement
- Step range 1" to 14" (2.5 cm to 36 cm)
- Step rate: 26-174 steps per minute

### Console Options



15" Embedded  
Touchscreen



10"  
Touchscreen



LCD



PVS (for LCD  
& 10")



## AirFit™

Model 9-4580

**Overall Weight - 124 lb(56 kg)**

**Frame Finish - Steel Frame in Hammertone Black**

**Width - 29" (74 cm)**

**Length - 51" (130 cm)**

**Height - 58" (147 cm)**

- Dual-action wind resistance provides a total body workout
- Feature-rich console incorporates the most popular tools for user feedback time, RPM, heart rate, watts, METs, calories, and distance
- Robust, heavy gauge welded steel construction
- The StairMaster AirFit™ was given a warm welcome at the 2014 & 2015 CrossFit Games where it put the toughest among us to the test
- Backed by a full commercial warranty
- User compatible size range typically 4'11" to 6'8" (150 to 203 cm) tall
- User weight capacity 350 lb(159 kg)



\*Shown with optional ramp accessory

## AirFit UB™

Model 9-4570

**Overall Weight - 320 lb(145 kg)**

**Frame Finish - Steel Frame in Hammertone Black**

**Width - 36" (92 cm)**

**Length - 70" (178 cm)**

**Max Height - 73" (178 cm)**

- Adjustable tower accommodates a wide variety of workouts and user sizes
- Integrated bench for seated workouts can be removed to accommodate standing or wheelchair workouts
- Adjustable cranks for varied range of motion and bilateral or unilateral motions
- Feature-rich console incorporates the most popular tools for user feedback time, RPM, heart rate, watts, METs, calories, and distance
- Wheelchair accessible ramp option allows wheelchair access and meets ADA criteria. The removable ramp's unique mounting system adds only 22" (56 cm) to the total length of the machine
- User weight capacity 350 lb(159 kg)



## **BOXMASTER®**

The BoxMaster® is a new form of boxing style conditioning that will wow your clients. With the ability to cater to all types of members, the BoxMaster will excite and encourage greater participation in boxing style fitness training.

For the first time ever, the BoxMaster creates the ultimate boxing training station. The key to its design is the spring system attached to each pad. These springs have been designed to replicate punching a focus mitt, by offering a slight “give” in the pads on impact. Each pad has been positioned specifically to replicate different styles of punching, allowing the participant to throw any punch, or any combination of punches. The result is a significant reduction in the risk of injury to both the members and the instructor while delivering an unparalleled boxing experience.

This truly unique product, combined with its effective programming, will change the face of boxing for fitness. In roughly 30 minutes you will experience a workout like no other. A 5-minute warm up followed by 7 active punching rounds and 7 active recovery rounds each 90 seconds long. Through the course of this workout you will hit every aspect of conditioning training both aerobically and anaerobically in an interval format like no other.

### **TRAINING & PROGRAMMING**

The BoxMaster® comes with a total education program including a training manual and digital marketing kit. Instructor workshops are available to teach your staff effective training programs that accomplish total body conditioning with an exciting 30 minute, 7 round system. BoxMaster® fitness programs can be an effective way to attract new members and generate revenue for your facility.



## BoxMaster®

Model 9BM-9401

**Overall Weight - 246 lb(112 kg)**

**Width - 33" (84 cm)**

**Length - 30" (76 cm)**

**Height - 82" (208 cm)**

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Optional base and optional kick pad available (sold separately)



\*Shown with optional kick pads

## BoxMaster® Quad

Model 9BM-9404

**Overall Weight - 1305 lb(593 kg)**

**Width - 75" (185 cm)**

**Length - 73" (183 cm)**

**Height - 82" (200 cm)**

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- 4 towers for an effective small group exercise environment
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Optional kick pad available (sold separately)