

# StairMaster® HIITMILL™ & HIITMILL X™



\* Weight plates sold separately

## AND YOU THOUGHT OUR STAIRS WERE TOUGH

From the makers of the toughest workouts in the gym, comes the HIITMill & HIITMill X. Unlike a standard treadmill, these machines are self-powered speed and strength training tools designed to build explosive power when used in a High-Intensity Interval Training program. These High-Intensity machines deliver an effective resistance training platform that captures the benefits of speed and agility training, lateral training and sled training. Users can now push, drive and sprint with the resistance of a sled, safely and with a smaller footprint. These easy to use tools allow users to drive up metabolic intensity and make for a more space efficient solution to alternative training methods. Gear up for one tough and rewarding HIIT workout that members will love to hate.

corehealthandfitness.com

## FEATURES



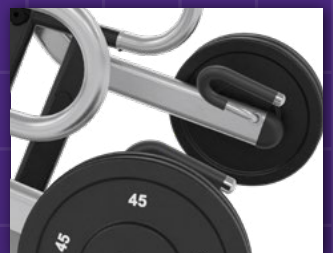
MULTI-GRIP HAND POSITIONING  
WITH WATER BOTTLE AND PHONE  
HOLDER



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 FEATURE RICH HIIT CONSOLE

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 you 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.

## DIMENSIONS

HIITMill	Weight	Width	Length	Height
<b>Boxed</b>	502.7 lbs (228 kg)	40.94" (104 cm)	82.3" (209 cm)	33.86" (86 cm)
<b>Assembled</b>	390.2 lbs (177 kg)	37.3" (94.8 cm)	77.4" (196.6 cm)	65.6" (166.5 cm)
HIITMill X	Weight	Width	Length	Height
<b>Boxed</b>	567.7 lbs (257.5 kg)	40.94" (104 cm)	82.3" (209 cm)	33.86" (86 cm)
<b>Assembled</b>	454.2 lbs (206 kg)	54.9" (139.5 cm)	77.4" (196.6 cm)	65.6" (166.5 cm)



## 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**, when we brought together fitness brands to build our company, we settled for nothing but the best. Four iconic brands that pioneered entire categories and whose machines are still the ones **members ask for by name**. Today, we're committed to continuing the tradition that started decades ago – and that's greatness you can feel good about building your business on.



**CORE HEALTH & FITNESS**