

# 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

# TECHNICAL SPECS

<b>FRAME CONSTRUCTION:</b>	11 Gauge Steel Frame
<b>FRAME COLOR:</b>	Black and silver with corrosion resistant powder coating
<b>DRIVETRAIN:</b>	Self-powered, eddy current resistance
<b>MAX USER WEIGHT:</b>	500 lbs (226.8 kg)
<b>MAX LOAD CAPACITY:</b>	100 lbs (45.35 kg) per arm - HIITMill X only
<b>BELT WIDTH:</b>	Extra-wide 23" belt
<b>INCLINE:</b>	Fixed 11% incline for gravity assisted start up
<b>DISPLAY OPTIONS:</b>	Optional monitor coming in 2017



# 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)



# PRODUCT TRAINING

We created our Master Trainer program to enhance the experience your staff and members have with our equipment. Different facilities have different needs and we customize our protocol to what is best for each customer. Our award-winning programming, offers education to thousands of instructors all over the world every year.



# 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**