FREEMOTION

t22.9 REFLEX™ TREADMILL

MODEL # **FMTL70920**



22 SERIES POWERED BY IFIT®

Exclusively on content-driven cardio machines from Freemotion, your members can explore the world through thousands of coach-led workouts, right from the cardio floor. Powered by iFit, the 22 SERIES keeps users engaged with vivid imagery, motivational coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.

Deliver the best-in-class cardio experience with the REFLEX Treadmill, the preferred treadmill of boutique studios around the world. Its proprietary cushioning deck reduces impact and enables a longer, stronger, and healthier run.

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Powered By iFIT





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PRODUCT FEATURES

A SAFER, HEALTHIER RUNNING EXPERIENCE
Easier on hips, knees, and ankles, the REFLEX™ proprietary cushioning deck absorbs shock to help users run longer and stronger. Providing a 52% greater reduction in tibial shock compared to flat surface running,* the REFLEX Deck is the longevity solution for walking or running.

LIMITLESS TRAINING OPTIONS
Access thousands of on-demand workouts led by expert fitness instructors from around the world. With more than five crews filming training content in-studio and on all seven continents, workout boredom is a thing of the past.

HD INTERACTIVE TOUCH DISPLAY WITH BUILT-IN TV TUNER
This high definition 22-in (55 cm) touch display adds tech luxury to this machine. It is where the workout comes to life, with readouts and customized workouts that never lose sight of personal fitness goals. Alternatively, watch your favorite TV program.

INTERACTIVE AND ENGAGING WORKOUT EXPERIENCE
A near-endless library of iFit coaching sessions led by more than 100 top trainers who motivate and inspire users to continually push themselves. With Google Maps™, users may also create an endless supply of real-time, interactive routes.

AUTO-ADJUSTING
The interactive training experience leads users up 15% inclines as the program automatically controls the treadmill's incline and speed, giving an immersive, engaging experience.

1-STEP™ CONTROLS
Get instant response and immediate action with easy to understand, 1-STEP™ Controls. The easy read and accessible controls are made for personal trainers and HIIT workout classes.

PRECISION QUICK SPEED
In-between speeds are achieved by pressing the 1-STEP™ Controls back-to-back. For instance, pressing '2' then '5' will take you to 2.5 mph (4 km/h) instead of repeatedly tapping the SPEED button. It's the training details like Precision Quick Speed that give you the workout advantage.

HEART RATE MONITORING
Get real-time data during the workout with built-in EKG grips. Results let members know when they're in the ideal heart-healthy zone. Also compatible with Ant+ and Polar®.

STAY CONNECTED
Connect your bluetooth headphones or us the 3.5 mm audio out to follow the iFit trainer. Charge your device using the USB port.

SPECIFICATIONS

Display Type	22 in (55 cm) HD Capacitive Touchscreen Built-in TV Tuner* (Available Soon)
Workouts	Thousands of Coach-Led, Unlimited with Google Maps
Featured Languages	EN, also DE, ES, FR, IT, PT, RU, ZH
Entertainment	HDMI, MPEG-2, MPEG-4 US & Canada: H.264 (AVC) International: H.265 (HEVC)
Audio Connections	Bluetooth, 3.5 mm headphone jack
Connectivity	Ethernet or Wifi minimum: 10 Mbps per unit (Dedicated Ethernet recommended)
Elevation System	0% to +15% incline
Speed Range	0-15 mph (0-24 km/h)
Drive Motor	AC 5.0 CHP Commercial
Deck	Two-Sided REFLEX™ Deck
Running Surface/Belt	Double Layered Quiet Belt 21.5 x 60 in (54.6 x 152 cm)
AutoBreeze™ Fan	Adjustable, 3-Speed, 8-in (20.3 cm) CrossFlow™ Fan
Heart Rate Monitoring	EKG Pulse Sensors, ANT+ and Polar Compatible
Accessories Holder(s)	Phone/Accessories Tray, Bottle Holder
Step-Up Height	12 in (30.5 cm)
Maximum User Weight	400 lbs (181 kg)
Product Weight	619 lbs (280.7 kg)
Product Dimensions (L x W x H)	87.7 x 34 x 66 in (222.8 x 86.3 x 167.6 cm)
Shipping Weight	649 lbs (294.4 kg)
Shipping Dimensions (L x W x H)	89 x 41 x 30 in (226 x 104 x 76 cm)
Certifications	cTUVus, FCC/IC, BQB

*NTSC, PAL, SECAM etc.

PRODUCT OPTIONS		
	Units	**Metric || Imperial**
	Power	**120 VAC, 20 Amp || 240 VAC, 15 Amp**
	Color	**Black || White || Red || Yellow**

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WARRANTIES

CARDIO: HIGH-USAGE - 22, 10, & 8 SERIES	US & CANADA	INTERNATIONAL
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
CARDIO: LOW-USAGE - 22, 10, & 8 SERIES**	**US & CANADA**	**INTERNATIONAL**
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	3 Years	3 Years
Labor	3 Years	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
TV ATTACHMENTS	**US & CANADA**	**INTERNATIONAL**
MYE Digital LCD TV	3 Years	3 Years
MYE TV Controller & Wireless Receiver	2 Years	2 Years
MYE Wireless Transmitter	5 Years	5 Years
INDOOR BIKES	**US & CANADA**	**INTERNATIONAL**
Frame (not including coatings)	7 Years	7 Years
Belt	5 Years	5 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
FUSION	**US & CANADA**	**INTERNATIONAL**
Frame (not including coatings)	10 Years	10 Years
Parts	2 Years	2 Years
Ropes and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
STRENGTH/BENCHES/RIGS/RACKS/ATTACHMENTS	**US & CANADA**	**INTERNATIONAL**
Frame (not including coatings)	10 Years	10 Years
Parts	3 Years	3 Years
Cables and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days
FREE WEIGHTS	**US & CANADA**	**INTERNATIONAL**
Urethane-coated Weights (repair or replace at our discretion)	3 Years	3 Years
Rubber-coated Weights (repair or replace at our discretion)	2 Years	2 Years

*Includes Non-warning Decals, Deck Rails, Pulse Grips, USB, Audio Jack, Handrails, Motor Hood, Fan Levers, Water Bottle Holders, Pedals, Pedal Straps, Seats, Handles/Levers/Knobs, Hand Grips, Removable Trays, Weight Pins, Springs, Belts (except Walking Belts), Accessories, Rust on Any Metal Components.

**For non-dues paying facilities with machine usage of 6 hours or less per day.

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SPECIFICATION REQUIREMENTS

NETWORK CONNECTIVITY

Freemotion requires a minimum of Category 5e (Cat5e) twisted pair ethernet cable. Freemotion recommends Category 6 (Cat6) twisted pair ethernet cable to ensure stable and efficient connection.

Freemotion requires all switching devices to be capable of handling up to 10/100/1000 Mbps, and a dedicated network connection for each connected fitness product. All connected products, whether on WiFi or via Ethernet, should be on a secure and protected network capable of providing a minimum bandwidth of 10 Mbps per unit.

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POWER REQUIREMENTS INCLINE TRAINER AND REFLEX™ TREADMILL

WARNING: Failure to follow may cause unexpected behavior of the treadmill or other machine malfunctions.



110-Volt Treadmill Applications

Voltage range: 100-120 VAC, 60 Hz | Freemotion treadmills require an individual branch circuit using a NEMA 5-20R isolated ground (pictured), or similar receptacle. The hot, neutral, and ground wires must each be independently isolated (not looped or tied to other circuits).



220-Volt Treadmill Applications

Voltage range: 200-240 VAC, 50/60 Hz | Freemotion treadmills require an individual branch circuit using an CEE 7 (pictured), NEMA 6-20R, or similar receptacle. Two hot and the one ground wires must be independently isolated (not looped or tied to other circuits).

Do not modify the plug provided with this product as it will void the warranty and may damage the product. If it will not fit your electrical outlet, have a qualified electrician install the appropriate outlet in your facility.

ELECTRICAL APPLICATIONS

Electrical supply may fluctuate in your area. To ensure the product's stable performance, we require the following wiring gauges based on the distance between the single treadmill and the panel.

DISTANCE	WIRE SIZE
100-150 ft | 30-45 m	10 Gauge | 6 mm^2
150-200 ft | 45-60 m	8 Gauge | 10 mm^2
More than 200 ft | 60 m	6 Gauge | 16 mm^2

When designing a facility or installing new Freemotion equipment into a facility, it is important to have the correct electrical power provisions for the equipment to operate safely and correctly. Each treadmill must be furnished with an Individual Branch Circuit. Circuits for 110-Volt models must include a 20-amp circuit breaker and individual 20-amp isolated ground receptacles for each treadmill. Circuits for 220-Volt must include a 15-amp circuit breaker and individual 15-amp isolated ground receptacles for each treadmill. The US-based NEC requires that each outlet has dedicated conductors of at least 12 AWG (American Wireless Gauge) for line, neutral, and ground for 20-amp service. Larger conductors (10 AWG) may be required for long branch circuits or high temperatures to prevent voltage drop. Dedicated outlets must not share a line, neutral, or ground conductors with other outlets. This means that a single breaker, one hot wire, one neutral wire, and one ground wire are connected from the panel to a single electrical load, in this case, one treadmill.

ALL CIRCUITS FOR TREADMILLS SHOULD NOT SHARE A NEUTRAL GROUND. Each neutral wire and each ground wire should be tied back to the panel directly. This should help to avoid three problems commonly experienced:

1. **Overloading the Circuit Breaker** – With only one treadmill connected to a single circuit breaker in the electrical panel, the smaller circuit breaker in the treadmill will trip first if there is an over-current situation due to abnormal treadmill operation. If more than one treadmill is wired to the same panel breaker, the additional current requirements may frequently overload and trip the panel breaker, even though the treadmills are operating normally.
2. **Overloading the Neutral Wire** – If there are multiple treadmills connected to the same neutral wire, even if each hot conductor is wired to separate breakers, there is a risk of overloading the neutral wire, possibly resulting in a dangerous situation (could overheat and cause a fire) and/or more commonly, low voltage at the outlet. As a result of the low voltage the amperage (AMPS) goes up to keep up with the current demand. With the high amounts of current comes high heat, which will damage the electrical components such as the power board, console, and other small components within the treadmill.
3. **Low Voltage at the Outlet** – A few things can cause this; the most common is too many treadmills on one circuit (or neutral wire), which overloads and heats the wire, causing the voltage at the outlet to drop. This also happens if the wire size is too small or the distance from the panel to the outlet is too far. Low voltage at the outlet can only be measured when the load is at its peak. The voltage may be sufficient when all the treads are off but lower significantly when they are all operating and drawing 20-amps. Low voltage causes problems for the drive motor, power board, and motor controller, resulting in unexpected behaviors of the treadmill.

The benefits of an Isolated Ground (IG) – The primary reason for using an IG is to provide a noise-free (electromagnetic interference) ground return, separate from the equipment grounding return. The IG provides an isolated, separate ground path for the ground reference in the treadmill. The IG also helps eliminate the potential for a "ground loop," which can cause electromagnetic interference.

NOTE: DO NOT share TV Power Supplies with Treadmill 20A Circuits. Failure to follow these requirements may cause unexpected behavior of the treadmill or other machine malfunctions. We recommend that you meet with a qualified electrician to meet your individual needs best.