


The Ultimate Cardio Workout

Burn More Calories in
Less Time With HIIT

Step up to new heights on the SMART HIIT Trainer. Combining the movement of climbing stairs with the intensity of boxing, each workout helps you activate more muscles throughout your whole body while burning more calories.

 Burn
Calories

Build 
Strength





What is HIIT?

High-Intensity Interval Training, or HIIT, is a training technique that involves repetitively giving 100% effort for a set amount of time followed by short recovery periods. You'll get and keep your heart rate up, burning more calories and building strength throughout your workout.

Your Full-Body Workout in One, Single Movement

in One, Single Movement



Activate More Muscles

Combining a 10-inch vertical elliptical stepping path with powerful, upper-body punching actions, the SMART HIIT Trainer simulates stair climbing and boxing, allowing you to activate your calves, hamstrings, quads, glutes, biceps, and triceps—all in a single movement.



Unique 10" Vertical Path

Unlike other stepper machines, the SMART HIIT Trainer is designed for your feet to travel on a 10-inch vertical and 5-inch horizontal elliptical path. This motion puts you on track to burning more calories and building more strength.



Smooth Moving

Put your joints at ease while in the middle of a challenging workout. With the SMART HIIT Trainer, your feet never leave the pedals, giving you a zero-impact experience to help reduce stress on your joints and back.

Your Silent Workout Partner

SMR™ Silent Magnetic Resistance

Forget noisy air resistance trainers. The SMART HIIT Trainer brings SMR™ Silent Magnetic Resistance to your training. It's quiet, smooth, and durable so you can focus on your workout—without disturbing your home.





Keep Your Floor Space Yours

One of the biggest concerns people have about in-home fitness equipment is the amount of space it takes up. The SMART HIIT Trainer resolves those concerns. The compact footprint takes up half the space of a normal elliptical exercise machine, leaving you with room to roam.

Discover Trainer-Led Workouts From All Around the World

1-Year iFit® Coach Membership Included

Engage in a whole new fitness experience as certified personal trainers take your exercise all around the world. ProForm® SMART equipment, like the SMART HIIT Trainer, comes fully equipped with a 1-year membership to iFit® Coach, giving you full access to an expansive collection of worldwide workouts that will get you moving and sweating on and off your machine.

*Connect your included 1-year iFit® Coach membership on your Android™ or iOS tablet. Tablet not included. Review your iFit® Coach account on a computer, tablet, or smartphone. After 1 year, subscription auto-renews with fee.

A Step Above the Rest



Smooth Performance

Use the built-in 7" backlit display to swipe through your speed, time, distance, calories burned, heart rate, and more. Large, easy-to-press buttons make it simple to change your resistance level in an instant. Control your workout effortlessly by managing your audio, fan, workout programs, and much more.



Precision Training

Build the strength you need without the hassle. The SMART HIIT Trainer comes equipped with precise Quick Touch controls. Instantly change your resistance level at the touch of a single button.



Tracking Meets Entertainment

We know when you've made up your mind about getting fit, you mean business. So we made sure your workout stats are right in front of you as you work out. And, add entertainment to your training by putting your own tablet into the attached tablet holder.

Compare SMART HIIT Trainers

Step to Your Preference



SMART HIIT Trainer Pro

PFEL01415 (in stock)



SMART HIIT Trainer

PFEL09915 (in stock)

iFit® Coach Included 1-Year Membership INCLUDED	iFit® Coach Included 1-Year Membership INCLUDED
Screen Size 10"	Screen Size 7"
Console Smart HD Touchscreen	Console LED Backlit Display
Programs 34 Workout Apps	Programs 32 Workout Apps
Heart Rate EKG Grip Pulse Sensor with Included Chest Strap	Heart Rate EKG Grip Pulse Sensor
Flywheel Weight 30 Lb. Effective Inertia-Enhanced Flywheel	Flywheel Weight 28 Lb. Effective Inertia-Enhanced Flywheel
Resistance Levels 26 Resistance Levels	Resistance Levels 24 Resistance Levels
Warranty 10-Year Frame, 2-Year Parts, & 1-Year Labor	Warranty 10-Year Frame, 2-Year Parts, & 1-Year Labor