

Features

iFIT > **COACH**



New Day, New Workout

iFit® Coach Bluetooth Smart Enabled*

Engage in a whole new fitness experience as certified personal trainers take your exercise all around the world. With iFit® Coach, you'll be led through an expansive collection of global workouts and an ever-growing library of limit-pushing workout classes, getting you moving and sweating on and off your machine. Connect your tablet to this treadmill via Bluetooth and start working out with your own personal trainer that will automatically adjust the incline and speed on your equipment, matching the terrain wherever you go.

- World-Class Personal Trainers
- Global Workouts and Studio Classes
- Personalized Nutrition
- Extensive Connected Tracking



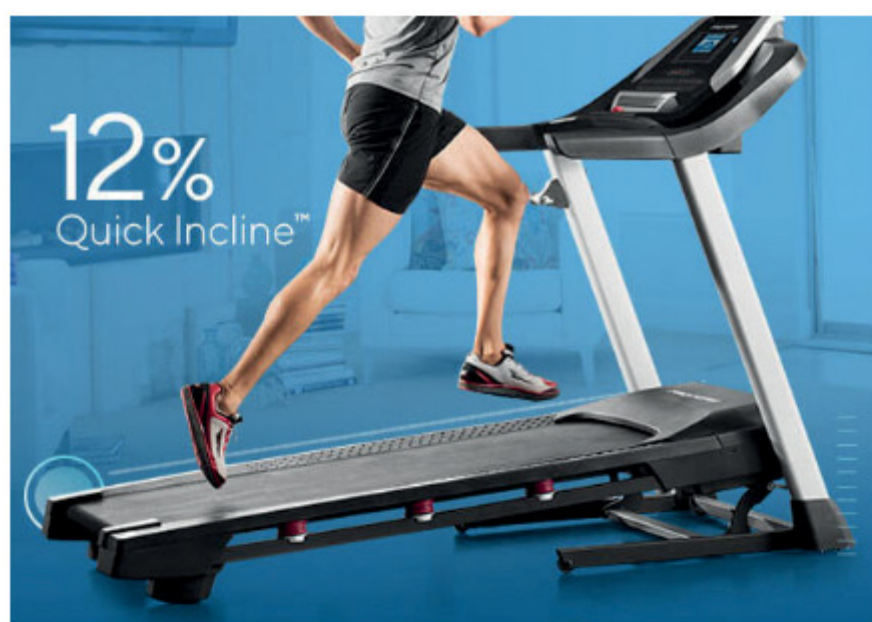
Run Free

20" x 60" Tread Belt

Because your in-home workout experience should be a comfortable one, ProForm® designed a roomy deck so you won't feel confined as you walk, jog, and run.

The 60-inch length gives your legs plenty of room to get moving. And the 20-inch width allows your upper-body comfortable elbow room. To ensure our treadmills are top quality, we test each belt for one million cycles at double the user weight before release.

- Roomy Deck Area
- Maintenance-Free Tread Belt



Burn Twice the Calories

0 - 12% Digital Quick Incline™ Control

We consider incline training the treadmill game changer—you can literally prepare your body for those challenging uphill routes.

The ProForm® 705 CST offers powered, automatic incline adjustability. When you train with incline, you know you're giving your legs the best workout possible on a treadmill.

- 0 - 12% Incline Range
- Motorized, Instant Adjustability



Sometimes You Just Need to Sprint

0 - 12 MPH Digital QuickSpeed® Control

Thanks to a bigger motor size and faster flywheel gear ratio, the 705 CST rocks a top speed of 12 mph.

Our in-home efficiency booster means you can run every day without using excessive amounts of electricity. And the convenient QuickSpeed® buttons let you adjust your intensity instantly, so you can stay focused through every step of your workout.

- 0 - 12 MPH Speed Range
- Single Button Speed Change