



Spirit Fitness XT285 Treadmill



The cult fitness brand Spirit Fitness from the USA now also available in Switzerland exclusively at Shark Fitness - with the XT285 treadmill from Spirit Fitness, the home becomes a very private jogging track and you remain independent of wind, weather and time. Numerous training programs provide variety. After training, the XT285 can be conveniently folded.

CHF 1'590.00

Equipment:

- 3hp DC motor
- Gradient electronically adjustable 0-12% (motor adjustable in 1% increments)
- Speed electronically adjustable from 1-18km/h in 0.1km/h fine increments
- adjustment of speed and incline on the side arm bars
- space-saving foldable
- running surface 152,5 x 51cm
- running belt 2,5mm
- roller diameter: 6,35 cm (front) / 5,08 cm (rear)
- both sides pre-waxed running deck (25mm)
- cushioning system: 6 elastomers (rubber buffers)
- training computer with 19cm LCD display with blue backlight
- console display of time, distance, speed, incline, calories, pace, 400m laps, pulse, training profiles
- 6 training programs (Manual - manual training design by setting the running speed and incline by the runner himself, Hill - a challenging hill run with steadily increasing load, Fat Burn - a special fat burner training program, Cardio - the cardio program aims at strengthening the heart muscle and increasing blood flow and lung capacity, Interval - a workout built in intervals. Phases of recovery alternate with phases of highest intensity, Strength - high intensity training program.
- 2 pulse-controlled training programs
- telemetric heart rate measurement (integrated pulse receiver)
- hand pulse sensors
- Bluetooth interface for connection with smartphone/tablet
- with the Spirit Fit APP* all training data can be tracked even more precisely, saved and compared



with the next sessions. Workout data can be posted on social media or shared via messenger services. Data matching with prominent fitness apps (e.g. Apple HealthKit, MapMyFitness, Fitbit) is also possible.

- Kinomap** - compatible -the Kinomap app turns training into a motivating, interactive workout experience, whether alone or in competition mode. Over 170'000 varied track kilometers for the different sports have already been uploaded by users
- Zwift compatible***
- Direct selection buttons for speed and incline
- belt stop safety stop
- side treads
- built-in swiveling fan
- integrated loudspeakers
- MP3 player connection
- height/level adjustment
- integrated transport wheels (6 castors)
- robust frame construction
- water bottle holder
- tablet holder
- color: silver/black

Use: home use, payload: approx. 130kg

Unit dimensions: L193 x W89 x H150cm, folding dimensions: L112 x W89 x H189cm, weight 108.6kg

Accessories: integrated receiver for chest strap transmitter, hand pulse sensors, drink holder, tablet holder

Options: POLAR transmitter belt T34

Warranty: 2 years on labor and spare parts, 10 years on motor

Spirit Fit APP* - the Spirit Fit app connects to treadmill, bike or elliptical via Bluetooth. Current workout data can be viewed in three different display screens on the device. Easily switch from workout view to internet, social media or email sites via on-screen icons. When the workout is complete, the data is automatically uploaded to the personal calendar for future reference. The Spirit Fit app can share workout data to HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

Kinomap APP** - the Kinomap APP turns workouts into a motivating, interactive training experience. The APP has videos for the cross trainer, ergometer, treadmill and rowing machine. Via Bluetooth, the Kinomap APP is connected to the training device. Pick a route and ride, run or row as if you were there yourself. The progress of the route can be tracked on the map. Since the videos are geocoded, the APP also adjusts the resistance (on selected models) to the terrain profile of the training route.

Train more than 170'000km alone or in competition with others - the Kinomap videos are uploaded by users. There are already more than 170'000 varied track kilometers available for the different sports. All videos are marked with location data, so you can not only watch the video, but also see on the map where you are and what the terrain profile looks like. The app also displays the most important training data during the workout, so you can keep an eye on your performance while running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can participate in public races or arrange to meet friends for a little race. Kinomap is available in a free basic version on both Google Play and the AppStore. Various license models are available for the full version.

Zwift*** - Zwift combines the fun of video games with the intensity of serious training. Explore the virtual worlds of Zwift in training or group rides and races with a global community that motivates you to get



better every minute. Want to make your cardio workout more interactive and challenging, and combine it with the gamification factor? With selected models from the Cardio portfolio and the Zwift training app, this is now possible! Zwift combines the fun of video games with the intensity of serious training and helps you get faster. Connect in the virtual worlds of Zwift with a community that motivates you every minute. Choose from training plans, group rides, races and much more. Immerse yourself in the Zwift world and get fitter and stronger than ever! Your personal training plan - Looking for a long-term strategy for your next competition? Or just want some targeted coaching for your training? Zwift has sophisticated cycling and running plans that are customized and tailored to your fitness level. You can also create individual workouts in the app to achieve specific goals. Your personal best - virtual training with thousands of other athletes and feedback on the display provide the motivation boost you often need. In addition, since the performance data from the workout (such as rpm and watts) is transferred to the app, points can be collected and real competitions can be contested. Zwift is available on Google Play and in the App Store.

Engine power: 3 HP DC motor

Speed: 1-18km/h in 0,1km/h steps

Tread: 152,5 x 51 cm

Gradient: 0-12% in 1% steps

Training computer: 19cm LCD display with Blue Backlight

Displayed values: Time, distance, speed, incline, calories, pace, 400m laps, pulse, training profiles

Training programs: 6

Pulse-controlled programs: 2

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: 5khz

Multimedia: Spirit Fit APP, Zwift, Kinomap, Bluetooth interface, tablet holder, integrated speakers

Foldable: Yes

Accessories: Fan, drink holder, tablet tray

Options: Transmitter belt, floor protection mat

Folding dimensions (length / width / height): L 112 x W 89 x H 189cm

Dimensions (length / width / height): L 193 x W 89 x H 150 cm

Device weight: 108.6 kg

Payload: 130 kg

Insert: Home

Warranty: 2 years on labour and spare parts (excluding consumables)