



## Spirit Fitness XT385 Treadmill



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively from Shark Fitness - the XT385 premium treadmill from Spirit Fitness combines elegant design, durable construction and a wide range of adjustment options for your personal training. The XT385 is foldable and designed for maximum durability to withstand the rigors of frequent running. The XT385 from Spirit Fitness is the ideal training partner and makes every workout an experience.

**CHF 1'990.00**

**The Spirit Fitness XT385 treadmill was awarded the grade "Good (90.7%)" by the "ETM Testmagazin - Das Verbrauchermagazin für Haus und Garten". You can read the full test report [here](#).**

### Features:

- 3.5 HP DC motor
- Electronically adjustable gradient 0-15% (motorized adjustment in 1% increments)
- Speed electronically adjustable from 1-18 km/h in 0.1 km/h fine increments
- Speed and incline can be adjusted on the side arm bars
- Foldable to save space
- Running surface 152.5 x 56cm
- running belt 2.5mm
- wheels 6.35cm diameter
- pre-waxed running deck on both sides (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, average speed, laps, segment time, average heart rate, heart rate, training profiles
- Muscle strain profile - the console has a display of the strained muscles
- Display of the current training heart rate as a percentage of the maximum heart rate (calculated using the age formula)
- 6 training programs (Manual - manual training design by setting the running speed and incline by



the runner himself, Hill - a demanding hill run with a constantly increasing load, Fat Burn - a special fat burner training program, Cardio - the cardio program aims to strengthen the heart muscle and increase blood flow and lung capacity, Interval - a workout built up in intervals. Phases of recovery alternate with phases of maximum intensity, Strength - high-intensity training program

- 2 pulse-controlled training programs
- 2 user 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. The training data can be posted on social media or shared via messenger services. Data synchronization with prominent fitness apps (e.g. Apple HealthKit, MapMyFitness, Fitbit) is also possible.
- Kinomap-APP\*\* - compatible - the Kinomap-APP turns training into a motivating, interactive training experience, whether alone or in competition mode. Over 170,000 varied route kilometers for the various sports have already been uploaded by users
- Zwift-compatible\*\*\*
- Direct selection buttons for speed and incline
- Belt stop safety stop
- Side treads
- built-in swivel fan
- integrated speakers
- MP3 player connection
- height/level adjustment
- integrated transport castors (6 castors)
- robust frame construction
- water bottle holder
- tablet holder
- Color: silver/black

Use: home use, payload: approx. 150kg

Device dimensions: L207 x W94 x H152cm, folding dimensions: L108 x W94 x H184cm, weight 128.5kg

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

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

**Spirit Fit APP\*** - the Spirit Fit app connects to the treadmill, bike or elliptical trainer via Bluetooth.

Current training data can be shown in three different display screens on the device. Switch easily from the workout view to internet, social media or email sites via icons on the screen. When the workout is finished, the data is automatically uploaded to the personal calendar for later reference. The Spirit Fit app can share workout data with HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

**Kinomap APP\*\*** - the Kinomap app turns training into a motivating, interactive workout experience. The app provides videos for cross trainers, ergometers, treadmills and rowing machines. The Kinomap APP is connected to the training device via Bluetooth. Choose a route and cycle, run or row as if you were there yourself. You can track your progress on the map. As the videos are geocoded, the app also adjusts the resistance (on selected models) to the terrain profile of the training route.

Train more than 170,000 km alone or in competition with others - the Kinomap videos are uploaded by



users. There are already over 170,000 kilometers of varied routes available for the various 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 that you can keep an eye on your performance while you are running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can take part in public races or arrange to meet up with friends for a little race. Kinomap is available in a free basic version from 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. Would you like to make your cardio training 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 to 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 before! Your personal training plan - Are you looking for a long-term strategy for your next competition? Or simply want targeted coaching for your training? Zwift has sophisticated cycling and running plans that are individually tailored and adapted to your fitness level. You can also create individual training sessions in the app to achieve specific goals. Your personal best performance - virtual training with thousands of other athletes and feedback on the display often provide the necessary motivational boost. As the performance data from the training (such as rpm and watts) is transferred to the app, points can also be collected and real competitions can be contested. Zwift is available from both Google Play and the App Store.

Engine power: 3.5 HP DC motor

Speed: 1-18km/h in 0.1km/h steps

Tread: 152,5 x 56 cm

Gradient: 0-15% in 1% steps

Training computer: 19cm LCD display with blue backlight

Displayed values: Zeit, Distanz, Geschwindigkeit, Steigung, Kalorien, Tempo, durchschnittliche Geschwindigkeit, Runden, Segmentzeit, durchschnittliche Herzfrequenz und Herzfrequenz

Training programs: 6

Pulse-controlled programs: 2

User-defined programs: 2

Hand pulse sensors: Yes

Pulse receiver: 5khz

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

Foldable: Yes

Accessories: Getränkehalterung, Sendergurt

Options: Floor protection mat

Folding dimensions (length / width / height): L 108 x W 94 x H 184cm

Dimensions (length / width / height): L 207 x W 94 x H 152 cm

Device weight: 128.5 kg

**The Shark  
Fitness Company**



**Shark Fitness AG**  
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and Wil (SG)

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Payload: 150 kg

Insert: Home

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