



Spirit Fitness XT685 Treadmill



The cult fitness brand Spirit Fitness from the USA exclusively available at Shark Fitness - the XT685 treadmill from Spirit Fitness combines elegant design, durable construction and a wide range of setting options for your personal training. The 22.6cm multicolor backlit LCD display with USB charging port offers 10 preset, 2 user-defined and 4 heart rate programs. With the integrated Bluetooth FTMS you can not only connect to apps such as Zwift and Kinomap, but also to an external heart rate monitor. The Spirit Fitness XT685 is designed for maximum durability and is suitable for use in light institutional environments such as hotels, corporate fitness or fitness rooms in apartment complexes.

CHF 2'690.00

Whether you're training for a marathon or upgrading your home gym. The XT685 treadmill from Spirit Fitness is made to last. Enjoy thousands of miles of uninterrupted use with the durable dual-layer belt, pre-waxed running deck and reliable 4.0 hp PowerMax™ drive motor and spacious 56x 52.5cm running surface. With a variety of preset programs, including a goal-oriented time, calorie and distance series, as well as convenient features like a USB charging port in the console, integrated Bluetooth speakers and an adjustable fan, you can get the most out of everything. A removable, swivel and tilt tablet holder makes it easy to store your phone or tablet and view it for entertainment or virtual fitness classes without obscuring the console's workout data.

Features:

- 4PS DC PowerMax™ drive motor
- 22.6cm multicolor backlit LCD display with USB charging port
- Console display of time, distance, speed, incline, calories, pace, average speed, laps, segment time, average heart rate, heart rate, training profiles
- Direct selection buttons for speed and incline



- Training programs: Manual - manual training design by setting the running speed and incline by the runner himself, Hill - a challenging hill run with a steadily 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. Recovery phases alternate with high intensity phases, Strength - high intensity training program, HIIT, Fusion, 5K, 10k
- Target programs: Calories, time, distance
- 2 user programs
- 4 HR heart rate programs
- Belt stop safety stop
- Electronically adjustable incline 0-15% (motorized adjustment in 1% increments)
- Speed electronically adjustable from 1-20km/h in 0.1 km/h fine increments
- Adjustment options/direct access buttons for speed and incline control on the side arm bars
- running surface 152.5 x 56cm
- Telemetric heart rate measurement (integrated pulse receiver 5kHz, Bluetooth)
- hand pulse sensors
- Bluetooth FTMS for APP connection and connection to smartphone/tablet, Bluetooth-compatible chest strap and headphones
- USB port for charging function
- Headphone connection 3.5mm audio-in
- Kinomap APP compatible
- Zwift compatible
- Safeguard 360™: child safety lock, operating indicator light, safety key activation, handrail lock
- Running belt 2.5mm
- Castors 7.5 cm diameter
- Pre-waxed running deck on both sides (25mm)
- Cushioning system: 6 elastomers (rubber buffers)
- lateral treads
- built-in swivel fan
- integrated speakers
- height/level adjustment
- Integrated transport castors (6 castors)
- robust frame construction
- drinking bottle holder
- detachable, swivel and tiltable tablet holder
- Color: graphite grey

Use: home use to light institutional use, payload: approx. 150kg

Device dimensions: L196 x W92 x H172.5cm, weight 124.5kg

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

Warranty: home use: 2 years on labor and spare parts, 10 years on motor; light institutional use: 1 year on labor and spare parts, 5 years on motor

SPIRIT+ app is designed for users who like to plan their workouts, track progress and set fitness goals. With the SPIRIT+ app, users can store all their training data in one place and share training information with other fitness apps. Athletes can get instant insights during workouts and check real-time stats of their runs, walks and bike rides.

With so many different fitness apps and trackers available on the market, Spirit Fitness wants users to



be able to share workout information with other third-party apps when needed. The ability to share data and connect with a like-minded fitness community is crucial for any athlete, regardless of the sport they are interested in. That's why SPIRIT+ app users can share and export their workout data with other fitness apps such as Apple Health, Google Fit, Fitbit and Map My Fitness (connecting to third-party apps may require a subscription, which is not included in the Spirit Fitness purchase).

Connect directly to third-party FTMS apps

FTMS ("Fitness Machine Service Protocol") is the latest Bluetooth standard for wireless control of cardio fitness equipment such as treadmills, exercise bikes, rowing machines and more. Spirit Fitness has integrated FTMS into its latest product range to enhance the workout experience for users of all ability levels. Connecting to third-party FTMS apps may require a subscription that is not included with your Spirit Fitness purchase.

Zwift is an app for cyclists, runners and triathletes that makes indoor training fun. It enables athletes to achieve their fitness goals in virtual worlds designed for a global community. Two training categories are available for Zwift users: Running and Cycling. Athletes can train on treadmills, connect their stationary exercise bike or a special accessory (smart tablet and app subscription not included).

Kinomap is the world's largest geolocalized video sharing platform with thousands of videos of the world's best routes. It is a subscription-based training app that allows users to access an entire library of videos submitted by other users from around the world. Kinomap pairs with your equipment and responds to the incline and resistance as seen in the video on your screen. The app offers a wide range of compatible equipment, including treadmills, cross trainers, exercise bikes, exercise bikes and rowing machines. With such a variety of cardio workout options, users of all fitness levels will find the workout they love (smart tablet and app subscription not included).

Engine power: 4 HP DC motor

Speed: 0,8-20km/h in 0.1 km/h steps

Tread: 152,5 x 56 cm

Gradient: 0-15% in 1% steps

Training computer: 23cm LCD display with Blue Backlight

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

Training programs: 8

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: No

Accessories: Fan, drink holder, tablet tray

Options: Transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 196 x W 94 x H 149 cm

Device weight: 124,5 kg

Payload: 150 kg

**The Shark
Fitness Company**



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Insert: Home to light institutional use

Warranty: Home use: 2 years on labour and spare parts, 10 years on motor; light institutional use: 1 year on labour and spare parts