



Renegade HIIT Runner ARUN50



The new way of running with the Renegade HIIT Runner helps burn fat and calories faster and more efficiently than any other previous fitness concept with its innovative toe running approach. The ARUN050 Renegade HIIT Runner offers sophisticated steel construction, reliable stability and limitless functionality in an energy-efficient design. The innovative patented curve design better conforms to the stride and encourages running on the balls of the feet, both reducing joint stress and improving performance. The running surfaces contain a soft, shock-absorbing cover that provides just the right amount of cushioning and shock absorption to handle high loads. The Renegade HIIT Runner ARUN050 is a motorless treadmill and uses no electricity, instead running on energy generated by the user's own movement. Whether you are a beginner or a top level professional, the ARUN050 instantly adjusts to your desired speed. Walk, jog, stop, jump, instantly, without intervention, except simply moving your body forward and backward without touching any buttons. No limits, no controls, just RUN.

CHF 3'499.00

The special shape of the Renegade HIIT Runner ARUN50 slat treadmill allows exercisers to propel the belt under their own power. Automatically and in a natural way, you can regulate the speed from normal gait to jogging to sprinting. This works without making any adjustments. This technique gives the user up to 30% more calories burned. The treadmill does not require electricity. The slat technology generates a natural running feeling. It works smoothly. The particularly light slat design allows the runner to adjust the running speed easily and quickly.



The curved shape is innovative. It automatically makes the runner move the foot in a very natural way. The stride length adjusts and the foot is rolled over the ball of the foot. This is extremely comfortable and gentle on the joints.

The running surface has been developed in such a way that it is possible to walk on it even with a low own weight. The design in combination with special plastic materials together creates exactly the right suspension and damping. The device thus withstands the highest load and promises a long service life.

Features:

- **4 manually adjustable levels of** intensity control allow the user to choose the feeling they want, from free running pace to comprehensive sled push training
- Possibility of running, jogging, racing, sprinting and sled pushing functions
- LCD screen (battery-assisted) with built-in heart rate receiver displays all workout data in easy-to-read format - display time, distance, calories, heart rate, speed, watts, intensity
- 7 training programs including 20/10 and 10/20 intervals and 4 target settings
- running surface L160 x W44cm in curve design
- curved running surface for good running ergonomics
- robust steel frame with low positioned cross handle for complete sled push training
- durable, non-slip PU rubber slats with robust 608zz slat bearings
- non-motorized treadmill powered exclusively by a user's legs - no cable, no electricity
- own drive, thus up to 30% higher calorie consumption
- no maximum speed and users do not have to wait for the belt to reach the desired speed
- ergonomic handle design for a natural arm and hand position for a comfortable workout
- rubberized running surface absorbs the damaging impact on joints and connective tissue without compromising proper running mechanics
- siped technology generates a natural running feeling
- walking and running like in nature
- large adjustable, self-leveling anti-slip foot stoppers provide stability and comfort
- rear built-in handle and integrated wheels for easy transportation
- low maintenance

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

equipment dimensions: L171 x W82 x H165cm, weight 135kg

accessories: integrated receiver for chest strap transmitter

options: Pulse transmitter belt, floor mat

Warranty: 2 years on labor and spare parts in home use, 1 year on labor and spare parts in light institutional use

Engine power: Non motorized treadmill

Speed: self-determined speed limit

Tread: 160 x 44 cm

Gradient: No

Training computer: LCD screen (battery-supported)

Displayed values: Display of time, distance, calories, heart rate, speed, watts, intensity

Training programs: 7



Pulse-controlled programs: keine

User-defined programs: keine

Hand pulse sensors: No

Pulse receiver: 5khz

Multimedia: Drink holder

Foldable: No

Accessories: integrated receiver for chest strap transmitter

Options: Transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 171 x W 82 x H 165 cm

Device weight: 135 kg

Payload: approx. 150 kg

Insert: Home to light institutional use

Warranty: 2 years on labor and spare parts in home use, 1 year on labor and spare parts in light institutional use.

Features: 4 manually adjustable resistance levels for a free running pace to a comprehensive sled pushing workout