



Renegade Air Runner ARUN100



Bring a new dimension to your workout with the Air Runner ARUN100 curved treadmill. The fully self-contained, manual ARUN100 offers a unique training experience that requires no electricity. Feel the freedom of this fully manual treadmill while running or walking on the unique curved running surface where you are the motor. The Air Runner ARUN100 challenges the entire body and burns up to 30% more calories than any other treadmill. High intensity intervals are made easy when there are no buttons to reach to increase or decrease speed; this also allows for quick transitions during group workouts. The non-motorized ARUN100 is made possible by the running surface. The slat system is virtually frictionless, allowing the belt to glide smoothly. Combine this with an innovative curved running surface and suddenly users can control their pace at will. Simply start running to accelerate, drift down the curve to slow down. It's all about posture and gravity. You don't have to press a button and wait for the treadmill to speed up. If a user takes longer strides on the curved belt, the speed increases, and if the user simply drifts backwards, the speed decreases. The manual resistance setting allows for workouts ranging from free running pace to all-out sled push training.

CHF 4'499.00

The special shape of the Renegade HIIT Runner ARUN100 slatted treadmill allows the user to propel the belt under their own power. The speed can be regulated automatically and naturally from normal walking to jogging to sprinting. This works without having to make any adjustments. This technique



allows the user to burn up to 30% more calories. The treadmill requires no electricity. The slat technology generates a natural running feeling. It works smoothly. The particularly light slat construction allows the runner to adjust the running speed quickly and easily.

The curved shape is innovative. It automatically encourages the runner to move the foot in a completely natural way. The stride length adapts and the foot rolls 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 can also be used with a low weight. The construction in combination with special plastic materials creates exactly the right suspension and cushioning. The device can therefore withstand the highest loads and promises a long service life.

Features:

- **6 manually adjustable levels** of intensity control allow the user to choose the desired feel, from free running pace to comprehensive sled push training
- Possibility of running, jogging, racing, sprinting and sled push functions
- the ARUN100 has a slightly more curved running surface than the Renegade ARUN50 in comparison - this enables more effective interval and/or resistance training. The more curved running surface allows more power to be applied to the feet.
- LCD screen (battery-powered) with integrated heart rate monitor displays all training data in an easy-to-read format - displaying 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 W48cm in curve design
- curved running surface for good running ergonomics
- robust steel frame with low-positioned cross grip for complete sled push training
- durable, non-slip PU rubber slats with robust 608zz slat bearings
- non-motorized treadmill powered solely by the user's legs - no cables, 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 with 38mm diameter for a natural arm and hand position for a comfortable workout
- low position cross grip for the all-out sled push workout (sled push training)
- the rubberized tread absorbs the damaging impact shock on the joints and connective tissue without compromising proper running mechanics
- Lamella technology generates a natural running feel
- Walking and running like in the great outdoors
- the large adjustable, self-leveling anti-slip footrests ensure stability and comfort
- rear handle and integrated wheels for easy transportation
- low maintenance

Use: home to commercial continuous use, payload: approx. 150kg

Device dimensions: L183 x W93 x H158cm, weight 158kg

Accessories: integrated receiver for chest strap transmitter

Options: Pulse transmitter belt, floor mat

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



Engine power: Non motorized treadmill

Speed: self-determined speed limit

Tread: 160 x 48 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

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