



NordicTrack FS14i Free Strider



Three machines in one - very specific results with three different training functions in one! The FreeStrider FS14i combines the movements of a treadmill, an elliptical trainer and a stepper. With the FreeStrider FS14i you have the impression of floating in the air.

CHF 3'790.00

More or less intensity with inclines from -10% to +10%

Train on your FreeStrider FS14i on - or + inclines and work specific muscle groups such as your glutes or calves. Take part in training sessions in which our iFit® coaches transmit the incline live, so to speak: the FreeStrider FS14i adjusts itself automatically, so you don't have to worry about it, just stay focused on your training.

Intuitive and easy to use

Transform your training: change your stride length without having to press any buttons. Your device follows you intuitively. Make fluid and natural walking or running movements!

14-inch color touch screen

This 14" HD color touch screen offers a lot of interaction and entertainment, so monotony during your workout is a thing of the past.

iFit® Bluetooth® Smart access

With the revolutionary interactive training program iFit® Technology* you get more out of your workout on the Nordic Track training device. A new workout every day (personalized workouts), automatically track your progress, experience real-life runs with Google Maps (virtual tracks) or compete with friends, or tailor your workouts to your specific goals (virtual (personal) training). *Separate iFit subscription required.

Features:

- mains-powered drive



- 14-inch (35.5cm) color touchscreen displays speed, incline, distance, heart rate, time and calories. With Android navigator for wireless surfing on the Internet
- -10 to +10% incline - the more you increase the incline, the more you work your thighs and buttocks: To burn more calories, increase intensity or improve muscle tone, simply adjust the ramp.
- 24 resistance levels
- Stride length up to 81cm (auto adjustable)
- Pedal size 49 x 18cm
- Pedal height at minimum incline 6cm
- Pedal height at maximum incline 32cm
- Q-factor (pedal distance) 2.8cm - the **Q-factor** describes the pedal distance. While the pedal distance for walking is 120 - 150 mm, it is less for running and is 80 - 100 mm. A low Q-factor offers advantageous ergonomics for running training on the elliptical trainer
- In-home personal training - in combination with an iFit membership, you have access to more than 400 training programs and sports sessions around the world. All data directly on the Android console of your home fitness device and with iFit® - train smarter and achieve faster results. You can create your own fitness program, download training sessions automatically, and edit your customer account (iFit Premium account required to access the programs, additional subscription, videos in English)
- Quick Start function
- One-Touch Resistance Control - instantly adjust the resistance with a simple gesture to change the difficulty of your workout
- Adjustment options (console control) for incline and resistance on the handles
- Solid steel frame construction for maximum stability
- high-quality powder coating for a long-lasting good appearance and easy cleaning
- soft-grip handles for easy cleaning and durability
- front transport castors
- Height adjustment
- Tablet holder adjustable in inclination
- AutoBreeze fan
- 2 speakers
- MP3 connection - with the integrated Intermix Acoustics 3.0 sound and your MP3 player, you can listen to your favorite music while training
- Bottle holder

Application: Home use , Payload: approx. 135kg

Device dimensions: L149 (training requirement 230cm) x W75 x H188cm, weight 115kg

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

Option: floor mat, iFit subscription (1 user), iFit family subscription (up to 5 users) (activation code and installation instructions will be sent after ordering)

Warranty: 2-year full warranty (excluding consumables)

Brake system: electronically controlled magnetic brake system

Flywheel: 9 kg

Current-dependent: Yes

Stride length: adjustable up to 81cm



Gradient: -10 to +10% slope

Resistance levels: 24

Training computer: 14-inch color touchscreen

Displayed values: Speed, inclination, distance, pulse, time and calories

Training programs: 35 without membership, 400+ with membership

Pulse-controlled programs: Yes

User-defined programs: Yes

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: iFit platform, Bluetooth interface, USB port, cup holder, integrated speakers

Accessories: integrated receiver for chest strap transmitter

Options: Floor mat, iFit subscription, iFit family subscription

Foldable: No

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 149 (training requirement 230 cm) x W 75 x H 188 cm

Device weight: 115 kg

Payload: approx. 135 kg

Insert: Home

Warranty: 2 years complete warranty

Features: solid steel frame construction, high quality powder coating, soft grip handles