



Bowflex T56 Treadmill



The latest generation of running training with the Bowflex Treadmill 56 - the foldable Bowflex T56 offers a stable treadmill construction and guarantees a high sense of safety during intensive training sessions. The Bowflex T56 impresses with its 3 HP DC motor, a maximum speed of 20 km/h, negative incline of up to -5% and high-quality construction, making it an asset to any home fitness studio. Not only beginners, but also ambitious runners will get their money's worth. With the 22-inch touchscreen console, individual workouts, guided coaching, streaming entertainment and more can be completed daily in conjunction with JRNY™ - the digital fitness and entertainment platform.

CHF 3'999.00

Equipment:

- 3 HP continuous power motor with digital drive system
- electronically adjustable incline -5 to +20
- Unique decline function (negative incline down to -5°): positive effect on blood sugar levels: a low blood sugar level can reduce the risk of type II diabetes. Positive effect on LDL cholesterol levels: LDL cholesterol is a risk factor for arterial disease
- Speed electronically adjustable from 0.5-20km/h in 0.5km fine increments
- Foldable - SoftDrop™ folding system - reduces the space required by more than 40%
- Running surface 152 x 56cm
- Comfort Tech™ cushioning - provides a softer landing and additional suspension when walking
- 22" (55.9cm) HD touchscreen (Samsung) - seemingly unlimited possibilities and interactions: the large full-color touchscreen offers many functions and can be adjusted to different angles
- 13 training programs
- Display of time, speed, incline, distance, heart rate, calories
- Tablet or smartphone required to access various third-party apps - training apps such as **Zwift or Kinomap can be used by connecting the smartphone, tablet or SmartTV to the console via



Bluetooth

- The display is in English and cannot be adapted to other languages
- *JRNY™ - the digital fitness and entertainment platform - the training app *JRNY offers numerous functions to optimize training and increase motivation. With a JRNY membership, on-demand courses and real-time coaching sessions can be completed and numerous outdoor routes can be followed with JRNY Experience. The JRNY membership delivers personalized workouts every day. Intelligent recommendations based on the individual fitness level ensure optimal training motivation. The recommendations automatically adapt to your personal progress. The JRNY subscription also gives you access to various streaming services in the app. Be entertained by movies and series on Netflix, Amazon Prime or Disney+ during your workout (separate memberships/subscriptions required). *JRNY™ is only available in English.
- WiFi compatible (required for start-up)
- Bluetooth compatibility connects accessories such as heart rate chest straps and synchronizes training data with popular fitness apps
- Hand pulse sensors
- Extended handlebar grip - provides a comfortable grip for maximum incline training
- Speed and incline buttons attached to the side mount
- handlebar-mounted quick adjustment buttons for incline and speed
- 8 quick selection buttons for speed
- 8 quick setting buttons for incline
- emergency stop
- transport rollers
- Height compensation
- Water bottle holder
- Holder for storing tablet or smartphone
- USB charging station for charging smartphone or tablet
- Minimum room height: User height + 54cm

Use: home use, payload 181.4kg

Device dimensions: L215.8 x W100.5 x H177.7cm, folding dimensions: L114 x W97 x H181cm, weight 152.4kg

Accessories: integrated receiver for Bluetooth chest strap transmitter, arm chest strap

Options: Bluetooth transmitter belt, floor protection mat

Warranty: 1 year full warranty, 2 years on labor and spare parts

*JRNY™ - Membership:

Daily personalized training

Experience a tailored training program with real-time coaching that automatically adjusts as you get stronger.

Explore virtual destinations

Travel through more than 200 stunning virtual courses at your own pace or experience them together with your virtual coaching.

Real-time virtual coaching

Achieve every single training goal with the guidance of a friendly virtual coach.

On-demand classes

Sweat it out with world-class coaches who inspire you. Experience a variety of time ranges and class types.

2 month free trial of JRNY™ included - at the end of the free trial, JRNY membership automatically



renews at current membership rates until canceled. JRNY is only available in English. Manage or cancel your membership directly via your Apple ID or Google account. The app can also be used in the free version.

****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 held. Zwift is available from both Google Play and the App Store.

Engine power: 3 HP DC motor

Training programs: 13

Pulse-controlled programs: keine

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, water bottle holder, tablet holder.

Foldable: Yes

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Insert: Home