



PRECOR®

# TRM 425 TREADMILL

Your lifestyle is fitness. And your equipment needs to go the distance. The new Precision™ Series Treadmills are commercial models for your home with the design and features favored by fitness center exercisers and owners. New technology uses your preferences and exercise data to deliver a personalized workout experience that promotes better results and saves you time. The Precision Series is club-proven reliability in a treadmill personalized for your home.

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

PRECISION™ SERIES

# TRM 425 TREADMILL

**PRECOR**



## HIGHLIGHTS

### Integrated Footplant Technology™

Exclusive to Precor and used on all of our commercial models, Integrated Footplant Technology™ reduces stress on your knees, ankles and hips by instantaneously adjusting the belt speed to match the slowing and accelerating natural movement of your foot as you run or walk.

### Ground Effects™ Impact Control System

Patented technology from our commercial treadmills, Ground Effects™ Impact Control provides the perfect amount of cushioning by placing precisely engineered shock absorbers along the front of the deck. At the same time, the rear of the deck is more rigid to give you a stable surface for an easy push off and safe running for all types of exercisers.

### Preset Workouts

10 preset workouts help you tailor your exercise to your fitness goals and stay challenged. Built-in warm up and cool down periods.

### Run or Walk Downhill

Treadmill deck adjusts to -2% to simulate running or walking downhill. This provides real world conditioning and the ultimate in terrain variety.

### Heart Rate Monitoring

Add to your workout data with touch sensor and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter (included with purchase).

### SmartRate® Target Heart Zone

When age and weight are entered, SmartRate displays when the exerciser's heart rate is in the fat burn, cardio or peak target zone.\*



## SPECIFICATIONS

### Motor:

### Deck:

### Deck Elevation Range:

### Speed Range:

### Running Surface:

### Handrails:

### Heart Rate Monitoring:

### Number of Workout Metrics:

### Preset Workouts:

### User IDs:

### Console Display:

### Speed & Deck Elevation Controls:

### Dimensions:

### Weight:

### Power:

### Warranty:

3.0 HP Continuous Duty  
Phenolic surface, 1" / 2.54 cm fiberboard, reversible  
2% Decline to 15% Incline  
0.5 - 12.0 mph / 0.8 - 19.3 kph  
22" W x 56" L / 56 cm W x 142 cm L  
Full length SofTouch™  
Touch sensor and wireless with any Polar® compatible chest strap transmitter  
13  
10  
2  
5" high contrast LCD  
Tap style Dome Keys  
79" L x 34" W x 60" H  
204 cm L x 86 cm W x 151 cm H  
358 lbs / 163 kg  
120V  
Lifetime frame and welds  
10-year parts and wear items  
3-year console, 1-year labor

## FEATURES

Ground Effects™ Impact Control System

Integrated Footplant Technology™

Run or Walk Downhill

Wireless Heart Rate Transmitter

Included

SmartRate® Target Heart Zone

Grab-It™ Console Design

Expansive Storage Compartments

Reading Rack

SmartGrip™ Mobile Phone and

Tablet Holder

Headphone Jack

Music Volume Control

No Maintenance Treadmill Belt

WATCH THE VIDEO

\* The heart rate and SmartRate® features are intended for reference only. They may not be accurate for every user or at every speed, and are not intended for use as a medical device. Holding the heart rate handle touch sensor while running may decrease the accuracy of your heart rate reading, and is not recommended.