



TRM 243 TREADMILL

Looking for fitness equipment that feels great, is reliable, lasts for years and keeps you engaged? The new Energy™ Series Treadmills provide a fitness center quality workout in the convenience of your home. With technology adapted from our commercial-grade models, these treadmills have design and convenience features that will help you reach your fitness goals faster and enjoy your workouts more.



WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

ENERGY™ SERIES

TRM 243 TREADMILL



HIGHLIGHTS

Energy Stride™ Technology

Energy Stride™ Technology uses the patented deck mounting system from our commercial treadmills to reduce stress on your joints by giving areas of the deck optimal amounts of underfoot cushioning and rigidity for the most comfort throughout your stride.

Preva® Integration

Your workout data can be automatically uploaded to the Preva mobile app making it easy to track your goals and achievements.

Preset Workouts and Customizable Display

Personalize your workout with 23 preset workouts and 16 that you create. Customize the capacitive touch display to show the data most important to you.

Lever style Motion Controls

Just like the Precor models in health clubs, lever style controls for deck elevation and speed are responsive, intuitive and easy to use while on the treadmill.

Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter (sold separately).

SmartRate® Target Heart Zone

SmartRate helps you stay in your fat burn, cardio or peak target zone for a more efficient cardio and weight loss workout.



SPECIFICATIONS

Motor:

3.0 HP Continuous Duty

Deck:

Phenolic surface, 1" / 2.54 cm fiberboard

Deck Elevation Range:

0% - 15% Incline

Speed Range:

0.5 - 12.0 mph / 0.8 - 19.3 kph

Running Surface:

20" W x 57" L / 51 cm W x 145 cm L

Handrails:

Full length

Heart Rate Monitoring:

Touch sensor and wireless with any Polar® compatible chest strap transmitter

Number of Workout Metrics:

27

Preset Workouts:

23 + 16 exerciser created

User IDs:

4

Console Display:

7" color LCD graphic display

Speed & Deck Elevation Controls:

Lever style Motion Control

Dimensions:

81" L x 33" W x 60" H

206 cm L x 82 cm W x 152 cm H

Weight:

238 lbs / 108 kg

Power:

120V

Warranty:

Lifetime frame and welds
5-year parts and wear items
3-year console, 1-year labor

FEATURES

Energy Stride™ System

Personalized Suggested Workouts

SmartRate® Target Heart Zone

Grab-It™ Console Design

Capacitive Touch Buttons

Expansive Storage Compartments

Reading Rack

SmartGrip™ Mobile Phone and

Tablet Holder

USB Port and Device Charging

Headphone Jack

Music Volume and Play Controls

for Apple® Devices

Preva® Integration

Software Upgrade Capable

No Maintenance Treadmill Belt

WATCH THE VIDEO