

Quick Summary

The Bodystrong BMT body adaptive motion machine is popular in health clubs.

This low impact cardio trainer supports an infinite range of footpaths: Without needing to adjust settings, trainees can take up to 36" strides!

The machine indicates which muscle groups are being worked with each path length. Additionally the arm bars move to support total body training.



Features

- 1.A total body workout: Users can go from stride to long stride, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.
- 2.Handlebar grip positions: Three distinct positions on the moving handlebars provide a comfortable fit for nearly every user. The rodeo grip has a heart rate sensor built-in that provides monitoring and a stable, comfortable position when focusing on the lower body.
- 3.Longer stride, the new machine increases from 28" (71cm) to a 38" (97cm) stride length to accommodate runners and taller users.
- 4.New right and left grips with 3 distinct positions accommodate smaller hands.

5.Rodeo grip provides stability when focusing on a lower body workout.

6.Support tubes curve out for easy access.

7.Big-sized pedals and toe caps for greater range and no pinching.

8.Handholds allow secure mounting and different usage modes and are equipped with belt guards for safety

New center cover protects frame from liquids and adds a finished look. Large step-up removable platform is easy to position and move.

9.The large drink and accessories shelf is conveniently located with easy access while working out.



Specifications



Now you can Run, Step, Stride, Climb, Jog, Intervals, Forward, Backward, Lunge, Walk, Sprint, Burn fat, Core, Upper body—from everyday exercisers to rehabbing seniors, on this body motion trainer.

Package Size:(L)2100*(W)1250(H)*1520mm

Dimension Size:(L)2000*(W)1100(H)*1700mm

N.W.: 230kgs

