

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.

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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

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

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:	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	USB Port and Device Charging
Personalized Suggested Workouts	Headphone Jack
SmartRate® Target Heart Zone*	Music Volume and Play Controls for Apple® Devices
Grab-It™ Console Design	Preva® Integration
Capacitive Touch Buttons	Software Upgrade Capable
Expansive Storage Compartments	No Maintenance Treadmill Belt
Reading Rack	
SmartGrip™ Mobile Phone and Tablet Holder	

[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 also decrease the accuracy of your heart rate reading, and is not recommended.