

TRM 445 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.



TRM 445 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 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.

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.

Preva® Integration

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

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 (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
27
23 + 16 exerciser created
4
7" color LCD graphic display
Lever style Motion Controls
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
Personalized Suggested Workouts
Wireless Heart Rate Transmitter Included
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](#)

* The heart rate and SmartRate® features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.