PRECOR®

TRM 445 TREADMILL

Your lifestyle is fitness. And your equipment needs to go the distance. The 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 445 TREADMILL

445

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WATCH THE VIDEO

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.

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:	3.0 HP Continuous Duty
Deck:	Phenolic surface, 1" / 2.54 cm fiberboard, reversible
Deck Elevation Range:	2% Decline to 15% Incline
Speed Range:	0.5 - 12.0 mph / 0.8 - 19.3 kph
Running Surface:	22" W x 56" L / 56 cm W x 142 cm L
Handrails:	Full length SofTouch™
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 Controls
Dimensions:	79" L x 34" W x 60" H 204 cm L x 86 cm W x 151 cm H
Weight:	358 lbs / 163 kg
Power:	120V
Warranty:	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
- Software Upgrade Capable
- No Maintenance Treadmill Belt

* 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.

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