



Optional touchscreen controls and data sharing with popular fitness tracking apps on your personal phone or tablet.

A BETTER RUN, AT YOUR FINGERTIPS

- Highly-responsive Quick Dial controls and one-touch Interval Keys simplify speed and incline adjustments
- Clear view of your workout feedback on the 9.3" full color display with multiple options for phone and tablet placement
- Powerful 4.0 CHP Johnson Drive System with Rapid Sync Technology delivers faster acceleration and incline changes to maximize the benefits of interval workouts
- Stream on-demand fitness classes and entertainment through integrated speakers, track your heart rate and more with advanced Bluetooth connectivity
- Expansive running surface provides plenty of room for hard sprints and HIIT workouts
- 15% incline lets you add challenge to your run at the touch of a button
- Exclusive, scientifically validated Sprint 8 program burns fat and builds muscle in effective 20-minute workouts
- Change your playlist without breaking your stride with in-reach media controls

KEY SPECIFICATIONS

TREADMILL		CONSOLE	
FRAME	FeatherLight Folding	DISPLAY	16 Digit Alphanumeric LED, 9.3" High contrast TFT Screen + AFG Pro app
RUNNING AREA	55 cm x 152 cm / 22" x 60"	CONNECTIVITY	Bluetooth 4.0 Multi-channel + Bluetooth Audio
CUSHIONING	Variable Response Cushioning	WORKOUT FEEDBACK	Time, Distance, Calories, Speed, Incline, Pace, Heart Rate
MOTOR	4.0 CHP with Rapid Sync Technology	PROGRAMS	10 - (Manual, Fat Burn, Hill Climb, My First 5K, Distance, Heart Rate, Calories, Custom, Sprint 8, Custom HR)
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph	HEART RATE	Contact Hand Grips, Bluetooth 4.0 Compatible Receiver
INCLINE RANGE	0 – 15%	EXTRAS	Bluetooth Speakers, Fan, USB Charging (1A/5V), Speed & Incline Quick Dial Controls, Energy Saver Mode, Accessory Tray, Audio In/Out Jack, Multi-Position Tablet Holders, Media Controls, Custom Interval Keys
DIMENSIONS (L x W x H)	193 x 93 x 162 cm / 76" x 37" x 64"		
PRODUCT WEIGHT	150 kg / 330 lbs.		
USER WEIGHT CAPACITY	158 kg / 350 lbs.		

MAXIMUM RESULTS. MINIMUM TIME.

SPRINT 8

30
SEC

Sprint Interval - Peak Intensity Effort

90
SEC

Recovery Interval - Easy Active Recovery

×8

HIIT Sets

Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way fad workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week. Individual results vary.

Experience the Rapid Sync Motor Advantage

Perfect for HIIT workouts, Johnson motors featuring Rapid Sync Technology respond to changes in speed and incline faster than traditional home treadmill drive systems. With no lags or delays between interval changes, you'll never fall out of step with your fast-paced workout class again.