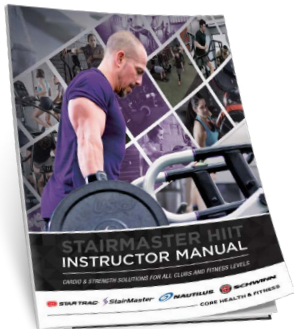




## THIS IS HIIT

Throwdown® knows what it takes to make the toughest workouts; pioneering the stepmill and taking HIIT to the next level. Our innovative line of HIIT products create a complete circuit that can fit in any space; featuring our HIIT Mill® X, HIIT Rower, HIIT Bike and HIIT UBE. Add our BoxMaster or 10G and you've got the best HIIT circuit available.



### HIIT PROGRAMMING

Have your trainers and coaches HIIT certified by our Master Instructors, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.



### TRACK YOUR INTENSITY

Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays.

### HIITMILL® X 9-4680



<b>LENGTH</b>	78 in (197 cm)
<b>WIDTH</b>	55 in (140 cm)
<b>HEIGHT</b>	66 in (167 cm)
<b>RESISTANCE SYSTEM</b>	Magnetic resistance brake with resistance control lever
<b>BELT TYPE</b>	3mm PVC cushioned (compatible with plastic field cleats)
<b>INCLINE RANGE</b>	Fixed 11-degree incline
<b>DECK TYPE</b>	MDF with phenolic coating
<b>RUNNING AREA</b>	23 in Wide
<b>STEP-ON HEIGHT</b>	7.5 in (19 cm)
<b>FARMER'S CARRY LIFT ARMS</b>	Yes
<b>CONSOLE</b>	Throwdown HIIT
<b>POWER REQUIREMENT</b>	Self-powered walking, running and pushing
<b>MAX USER WEIGHT</b>	350 lbs (159kg)
<b>WATER BOTTLE HOLDER</b>	Yes
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel construction
<b>COLOR SCHEME</b>	Black and Silver
<b>FINISH</b>	Electro-static powder-coat
<b>MACHINE WEIGHT</b>	441lbs (220 kg)
<b>SHIPPING DIMENSIONS</b>	40.94 in x 82.3 in x 33.86 in (104 cm x 209 cm x 86 cm)
<b>SHIPPING WEIGHT</b>	553 lbs (251 kg)



### HIITMILL® 9-4670

<b>LENGTH</b>	78 in (197 cm)
<b>WIDTH</b>	38 in (95 cm)
<b>HEIGHT</b>	66 in (167 cm)
<b>RESISTANCE SYSTEM</b>	Magnetic resistance brake with resistance control lever
<b>BELT TYPE</b>	Multi-ply maintenance free
<b>INCLINE RANGE</b>	Fixed 11-degree incline
<b>DECK TYPE</b>	MDF with phenolic coating
<b>RUNNING AREA</b>	23 in Wide
<b>STEP-ON HEIGHT</b>	7.5 in (19 cm)
<b>FARMER'S CARRY LIFT ARMS</b>	No
<b>CONSOLE</b>	Throwdown HIIT
<b>POWER REQUIREMENT</b>	Self-powered walking, running and pushing
<b>MAX USER WEIGHT</b>	350 lbs (159kg)
<b>WATER BOTTLE HOLDER</b>	Yes
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel construction
<b>COLOR SCHEME</b>	Black and Silver
<b>FINISH</b>	Electro-static powder-coat
<b>MACHINE WEIGHT</b>	382 lbs (173 kg)
<b>SHIPPING DIMENSIONS</b>	40.94 in x 82.3 in x 33.86 in (104 cm x 209 cm x 86 cm)
<b>SHIPPING WEIGHT</b>	494 lbs (224 kg)



### HIIT CONSOLE

<b>DISPLAY TYPE</b>	Fixed Segment LCD
<b>DISPLAY AREA</b>	13.8in <sup>2</sup>
<b>BACKLIGHT</b>	Yes
<b># METRICS DISPLAYED</b>	5
<b># PROGRAMS</b>	5
<b>CUSTOM PROGRAMS</b>	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
<b>POWER REQUIREMENT</b>	Power two C cell batteries or an optional external power supply can be ordered
<b>5 GHZ HEART RATE</b>	Yes
<b>Ant+ heart rate</b>	Yes
<b>Ant+ L. board signal</b>	Yes
<b>BLE connectivity</b>	Yes
<b>Multi-language options</b>	No
<b>Quick start options</b>	Yes
<b>Bluetooth data tracking</b>	Yes
<b>USB software upload</b>	Yes

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together some of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

**CORE**  
HEALTH & FITNESS