

LINE › FreeMotion  
TYPE › cardio

# FREEMOTION s7.8



MODEL › SFSR84407  
FEATURE › Variable Stride up to 44"  
OPTION › Upgradable to TV Console



## FEATURES AND BENEFITS

**44-inch Variable Stride** › This patent-pending machine blends the low-impact stride of ellipticals and the calorie burn from incline training. The best part is, you define your stride. No other cardio machine gives you up to 44" of natural striding motion in a small footprint. This unique footpath allows you to engage your hamstrings and glutes for more muscle activation and calorie burning than walking and running. Regardless of your height, you are free to move through YOUR natural range of motion.

**Cooling Fan** › Get more from your workout. The integrated fan offers you cooling comfort, even during intense training, so you can work out longer.

**Stride Ladder™** › Keep up the pace and view your stride in real time. This unique console feature lets you know where you are in your workout and when you need to kick it up a notch to meet your fitness goals.

**Integrated Speakers** › Plug in your iPod® and get pumped up listening to your favorite workout mix. The integrated speakers offer premium sound quality and can be hooked up to additional external speakers.

**Upgradable to Workout TV Console** › Sight and sound combine to give you the ultimate in workout entertainment. With the optional Workout TV upgrade and integrated speakers, you're ready to escape and exercise watching your favorite TV show or movie. You can even watch a favorite video from your mp4 player.

**ERS™** › Custom-designed ERS (Electromagnetic Resistance System) applies consistent resistance to the flywheel.

**Cushioned Gel Pedals** › Foot pedals feature a gel cushion for added stride comfort.

**Heart Rate** › Pulse information is displayed on the console via contact sensors or included Polar® compatible wireless chest strap.



› US/Metric - **NO TV**  
L - 72" / 183 cm  
W - 37" / 94 cm  
H - 66" / 168 cm

› US/Metric - **TV**  
L - 72" / 183 cm  
W - 37" / 94 cm  
H - 72" / 183 cm

**Weight** - 380 lbs. / 172 kg

**Weight** - 385 lbs. / 175 kg

## SPECS › FreeMotion s7.8

MODEL SFSR84407

<b>Resistance</b>	20 levels
<b>Max. User Weight</b>	400 lbs. / 181 kg
<b>Display Type</b>	2 - 12 x 8 workout display matrix, 16 x 50 LCD stride ladder and Quick Program buttons
<b>Display</b>	calories, calories per hour, time, RPM, pulse, distance, resistance, watts, mets
<b>Programs</b>	iFit SD card compatible, 16 preset stride workouts, workout statistics memory

<b>Power Requirements</b>	(US)120 Volt 15 AMP
<b>Light Commercial Warranty</b>	lifetime frame, 3 years parts, 3 years labor
<b>Home Warranty</b>	lifetime frame, 10 years parts, 2 years labor

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