

Great Workout Experience › The FreeMotion Incline Trainer offers a unique treadmill experience with incline ranges exceeding traditional treadmills.



FREEMOTION FITNESS™

Demonstrated Benefits of **Incline Training**

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Enhance Weight Loss › Walking at inclines greater than 15% is more effective at burning fat than walking or running on a flat surface.

Burns Fat Calories › Incline training burns calories from fat vs. carbohydrates burned in intense aerobic training.

Lower Exertion, Higher Fat Burn › Compared to running on a flat surface, users walking at 2 MPH between 16% and 18% incline burn 30% more fat and at 21% incline burn 70% more fat.

Recruit More Muscles › Incline training recruits more muscles than training on a flat surface.

Increased Cardio Gains › Users can achieve similar heart rates while walking at an incline as compared to running on a flat surface, resulting in similar gains in cardiovascular fitness.

Less Joint Impact › Users experience less joint impact training at an incline while burning the same or higher calories as high-impact running on a flat surface.

Reduces Injury Risk › Training at an incline with slower speeds reduces risk of injury while still offering cardio benefits.



For more information, please contact FreeMotion Fitness
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