

# StairMaster® HIIT BIKE™



## THE STATIONARY BIKE GETS A BAD ATTITUDE.

The name known for some of the most demanding workouts in the gym now has a new workout your members will love to hate. Tested to withstand 1400 lbs of force, the StairMaster® HIIT Bike™ offers a robust design and features dual action wind resistance that provides a total body cardio workout. The HIIT Bike is designed to push you past your breaking point and keep working long after you can't.

[corehealthandfitness.com](http://corehealthandfitness.com)

## FEATURES



DUAL ACTION WIND RESISTANCE  
PROVIDES A TOTAL BODY  
WORKOUT



NEW FEATURE-RICH HIIT CONSOLE  
PROVIDES USER FEEDBACK WITH A  
COMPACT, EASY TO READ DISPLAY



ROBUST HEAVY-GAUGE WELDED  
STEEL CONSTRUCTION



UPDATED WITH NEW PEDALS,  
NEW CONSOLE PLACEMENT &  
REDESIGNED HANDLEBARS FOR  
EASIER CONSOLE ACCESS.



# NEW FEATURE RICH HIIT CONSOLE

The new StairMaster® HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect you 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. The HIIT Console now comes standard on StairMaster HIIT products.

# TOUGH ENOUGH FOR CROSSFIT™

The StairMaster HIIT Bike™ was given a warm welcome at the CrossFit games where it put the toughest among us to the test. It proved to rider after rider that this durable, high intensity machine can keep up and will be sure to hold a permanent position in the box. Not everyone is tough enough for CrossFit, but this machine was built for it.



# STAIRMASTER HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. HIIT has seen a massive growth in popularity and many fitness experts believe it is here to stay, due largely in part to its numerous scientifically-backed health benefits, shorter time investment, ability to motivate participants through an engaging group environment and option to incorporate group competition. Have your trainers and coaches HIIT certified by our Master Trainers, 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.



# BUILD ON GREATNESS

At **Core Health & Fitness** we aim to provide our partners a foundation backed by the strongest brands in the industry. Four iconic brands that pioneered entire categories, and whose machines are still the ones **members ask for by name**. Today, we're committed building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.



**CORE HEALTH & FITNESS**