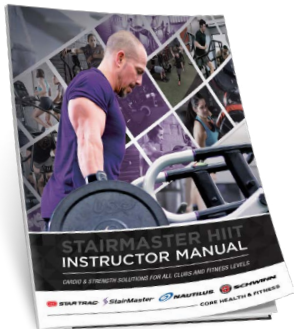




## THIS IS HIIT

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 BIKE 9-4650

<b>LENGTH</b>	51 in (130 cm)
<b>WIDTH</b>	29 in (74 cm)
<b>HEIGHT</b>	58 in (147 cm)
<b>RESISTANCE TECHNOLOGY</b>	Dual action wind resistance
<b>SEAT</b>	Airfit Saddle
<b>SEAT ADJUSTMENT</b>	Height - pop pin, Fore/Aft - micro-adjustment
<b>PEDAL SYSTEM</b>	Morse Taper
<b>WATER BOTTLE HOLDER</b>	Yes
<b>COLOR SCHEME</b>	Wrinkle Black
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel construction
<b>FINISH</b>	Electro-static powder-coat
<b>CONSOLE</b>	Throwdown HIIT
<b>POWER REQUIREMENT</b>	NA
<b>MAX USER WEIGHT</b>	350 lbs (159kgs)
<b>USER HEIGHT RANGE</b>	4 ft 11 in to 6 ft 8 in (150 to 203 cm)
<b>MACHINE WEIGHT</b>	146 lbs (66kg)
<b>SHIPPING DIMENSIONS</b>	50 in x 21 in x 27 in (127 cm x 53 cm x 68 cm)
<b>SHIPPING WEIGHT</b>	168 lbs (76 kg)



### HIIT UBE 9-4660

<b>LENGTH</b>	70 in (178 cm)
<b>LENGTH WITHOUT RAMP</b>	48 in (121 cm)
<b>WIDTH</b>	36 in (92 cm)
<b>HEIGHT</b>	Up to 73 in (178 cm)
<b>SEAT</b>	Removable bench for seated or standing workouts
<b>RESISTANCE LEVELS</b>	Dual action wind resistance
<b>TRANSMISSION</b>	Twin belt transmission
<b>TRANSPORT WHEELS</b>	Yes
<b>CONSOLE</b>	StairMaster HIIT
<b>POWER REQUIREMENT</b>	NA
<b>MAX USER WEIGHT</b>	350 lbs (159 kg)
<b>WATER BOTTLE HOLDER</b>	Yes
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel construction
<b>COLOR SCHEME</b>	Silver
<b>FINISH</b>	Electro-static powder-coat
<b>STORAGE</b>	Removable bench storage
<b>MACHINE WEIGHT</b>	320 lbs (145 kg)
<b>SHIPPING DIMENSIONS</b>	31 in x 59 in x 42 in (79 cm x 150 cm x 107 cm)
<b>SHIPPING WEIGHT</b>	388 lbs (176 kg)



### HIIT ROWER 9-4690

<b>LENGTH</b>	96 in (244 cm)
<b>WIDTH</b>	26.5 in (68 cm)
<b>SEAT HEIGHT</b>	14 in (35 cm)
<b>MONORAIL LENGTH</b>	53.7 in (137 cm)
<b>DRIVE SYSTEM</b>	Nickel plated steel chain
<b>RESISTANCE TECHNOLOGY</b>	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
<b>CHAIN OR CORD</b>	Nickel-Plated Steel Chain
<b>CHAIN/CORD HOUSING</b>	Partially Enclosed
<b>CONSOLE</b>	Throwdown HIIT
<b>MAX USER WEIGHT</b>	350 lbs (159kg)
<b>WATER BOTTLE HOLDER</b>	Yes
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel and aluminum construction
<b>COLOR SCHEME</b>	Wrinkle Black
<b>FINISH</b>	Electrostatic Powder Coating for long lasting durability
<b>STORAGE</b>	Disconnecting at center point
<b>MACHINE WEIGHT</b>	82 lbs (37 kg)
<b>SHIPPING DIMENSIONS</b>	22 in x 57 in x17 in (56 cm x 145 cm x 43 cm)
<b>SHIPPING WEIGHT</b>	90 lbs (41 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



### BOXMASTER PRO 9BM-K9601

HEIGHT	82 in (208 cm)
WIDTH	33 in (84 cm)
LENGTH	30 in (76 cm)
# STRIKING PADS	12
# TOWERS	1
USER HEIGHT RANGE	5 ft to 6 ft 10 in (152.4 cm to 208 cm)
MAX USER WEIGHT	NA
KICK PAD OPTION	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Black/Red
MACHINE WEIGHT	222 LB (100 KG)
SHIPPING DIMENSIONS	20in x 70in x 21in (51cm x 178cm x 53cm)
SHIPPING WEIGHT	246 LB (112 KG)



OPTIONAL BASEPLATE 400-1120



OPTIONAL KICK PAD 731-5674



### BOXMASTER PRO QUAD 9BM-K9604

HEIGHT	82 in (208 cm)
WIDTH	75 in (185 cm)
LENGTH	73 in (183 cm)
# STRIKING PADS	12
# TOWERS	4
USER HEIGHT RANGE	5 ft to 6 ft 10 in (152.4 cm to 208 cm)
MAX USER WEIGHT	NA
KICK PAD OPTION	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Black/Red
MACHINE WEIGHT	1214LB (551 KG)
SHIPPING DIMENSIONS	88in x 88in x 44in (224cm x 224cm x 112cm)
SHIPPING WEIGHT	1293 LB (586 KG)



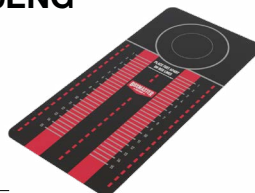
OPTIONAL KICK PAD 731-5674



### EDUCATION STAND 9-BMES-60ENG

The Education Stand has been designed to make the whole boxing experience easy and fun for beginners and also provide dynamic workouts for the more experienced. There are 3 QR Codes for varying experiences giving you multiple options when working out.

HEIGHT	58.7 in (1492 mm)
WIDTH	15.7 in (400 mm)
LENGTH	15.7 in (400 mm)



### STANCE MAT 731-9445

This Stance Mat has been designed to simplify a difficult problem when learning the basics of boxing, balance and foot placement. We at Boxmaster have taken the guess work out of it, whether you have a southpaw or orthodox stance, simply place your feet on the lines, fully extend your arms so they make contact with the pads, bend your knees, hands up, chin down and you're good to go.

HEIGHT	.12 in (3 mm)
WIDTH	51 in (1295 mm)
LENGTH	106 in (2692 mm)



### HIIT SKI 9-4710

<b>LENGTH</b>	85 in (216 cm)
<b>WIDTH</b>	20 in (52 cm)
<b>DEPTH</b>	16 in (40 cm)
<b>DRIVE SYSTEM</b>	HMPE Cord
<b>RESISTANCE TECHNOLOGY</b>	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
<b>CHAIN OR CORD</b>	Cord
<b>CHAIN/CORD HOUSING</b>	Partially Enclosed
<b>CONSOLE</b>	Throwdown HIIT
<b>MAX USER WEIGHT</b>	350 lbs (159kg)
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel and aluminum construction
<b>COLOR SCHEME</b>	Matte Black
<b>FINISH</b>	Electrostatic Powder Coating for long lasting durability
<b>MACHINE WEIGHT</b>	52 lbs (23 kg)

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five 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.

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