



TRM 223 TREADMILL

Looking for fitness equipment that feels great, is reliable, lasts for years and keeps you engaged? The new Energy™ Series Treadmills provide a fitness center quality workout in the convenience of your home. With technology adapted from our commercial-grade models, these treadmills have design and convenience features that will help you reach your fitness goals faster and enjoy your workouts more.



WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

ENERGY™ SERIES

TRM 223 TREADMILL



HIGHLIGHTS

Energy Stride™ Technology

Energy Stride™ Technology uses the patented deck mounting system from our commercial treadmills to reduce stress on your joints by giving areas of the deck optimal amounts of underfoot cushioning and rigidity for the most comfort throughout your stride.

Structurally Sound Design

The non-folding design provides a more structurally sound and stable platform than folding types. Mechanical and electrical components are designed and tested for years of reliability and trouble free operation.

Preset Workouts

10 preset workouts help you tailor your exercise to your fitness goals and stay challenged. Built-in warm up and cool down periods.

3 HP Motor and No Maintenance Design

Powerful 3 HP continuous duty motor runs cool and quiet providing plenty of power and torque when you want it--such as during interval training when you need to speed up and slow down in a hurry. 100% no maintenance design means you won't need periodic service calls.

Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter (sold separately).

SmartRate® Target Heart Zone

SmartRate helps you stay in your fat burn, cardio or peak target zone for a more efficient cardio and weight loss workout.



SPECIFICATIONS

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| Motor: | 3.0 HP Continuous Duty |
| Deck: | Phenolic surface, 1" / 2.54 cm fiberboard |
| Deck Elevation Range: | 0% - 15% Incline |
| Speed Range: | 0.5 - 12.0 mph / 0.8 - 19.3 kph |
| Running Surface: | 20" W x 57" L / 51 cm W x 145 cm L |
| Handrails: | Full length |
| Heart Rate Monitoring: | Touch sensor and wireless with any Polar® compatible chest strap transmitter |
| Number of Workout Metrics: | 13 |
| Preset Workouts: | 10 |
| User IDs: | 2 |
| Console Display: | 5" high contrast LCD |
| Speed & Deck Elevation Controls: | Tap style Dome Keys |
| Dimensions: | 81" L x 33" W x 60" H 206 cm L x 82 cm W x 152 cm H |
| Weight: | 238 lbs / 108 kg |
| Power: | 120V |
| Warranty: | Lifetime frame and welds 5-year parts and wear items 3-year console, 1-year labor |

FEATURES

Energy Stride™ System
SmartRate® Target Heart Zone
Grab-It™ Console Design
Expansive Storage Compartments
Reading Rack

SmartGrip™ Mobile Phone and
Tablet Holder
Headphone Jack
Music Volume Control
No Maintenance Treadmill Belt

[WATCH THE VIDEO](#)