

# JOG FORMA



## LASTING PERFORMANCE

### OPTIMAL VIEW

The ergonomic display is easy to see from all training positions. Its numerical keypad makes setting up the equipment fast and simple.

### RELIABLE DESIGN

You will enjoy years of stress-free running thanks to the sturdiness and durability of its long life deck.

### ON-THE-FLY HEART RATE MONITORING

The new hand sensors constantly read your heart rate eliminating the need for a chest strap.

### COMFORTABLE AND SAFE

Enjoy the freedom of movement offered by the widest running surface in the line. The Runner Detection System ensures safety by automatically stopping the treadmill when no user is detected.



# FORMA


**JOG FORMA**

**SPAZIO FORMA**

**SYNCHRO FORMA**

Dimensions (L x W x H) (in / cm)	83 x 34 x 59 / 210 x 86 x 150	33 x 31 x 65 / 84 x 79 x 165 (closed) 81 x 31 x 54 / 206 x 79 x 138 (open)	80 x 31 x 65 / 204 x 78 x 164
Equipment weight (lbs / kg)	361 / 164	352 / 160	326 / 148
Max user weight (lbs / kg)	396 / 180	285 / 130	352 / 160
Running surface height above ground (in / cm)	8 / 21	8 / 20	-
Speed (mph - km/h)	0.25 - 11.2 / 0.4 - 18	0.5 - 9.9 / 0.8 - 16	-
Incline (%)	0 - 15	0 - 12	-
Running surface (L x W) (in / cm)	56 x 19 / 151 x 52	56 x 19 / 141 x 48	-
Max. power consumption (VA)	2200	1500	100
Power requirement	100 - 240V ± 10% 50/60Hz	230 Vac ± 10% 50/60Hz	100 - 240V ± 10% 50/60Hz
Heart rate monitoring	Hand sensors, Telemetry*	Telemetry**	Hand sensors, Telemetry*
mywellness® platform connectivity	YES through QR code	NO	YES through QR code
Runner Detection System	YES	NO	-
Difficulty levels	-	-	1 - 12
Resistance at 120 SPM (watts)	-	-	30 - 400


**BIKE FORMA**

**RECLINE FORMA**

Dimensions (L x W x H) (in / cm)	47 x 24 x 55 / 119 x 60 x 139	63 x 24 x 51 / 160 x 60 x 129
Equipment weight (lbs / kg)	135 / 61	178 / 81
Max user weight (lbs / kg)	352 / 160	352 / 160
Difficulty levels	1 - 12	1 - 12
Resistance at 70 SPM (watts)	30 - 350	30 - 350
Power supply (VAC)	90 - 264	90 - 264
Max. power consumption (VA)	50	50
Power requirement	100 - 240V ± 10% 50/60Hz	100 - 240V ± 10% 50/60Hz
Heart rate monitoring	Hand sensors, Telemetry*	Hand sensors, Telemetry*
mywellness® platform connectivity	YES through QR code	YES through QR code

## NEW INTUITIVE DISPLAY

The new matte display with QR code makes your experience simple and intuitive. Choose your workout and use the numerical keypad to set it up. The LED dial helps you check your performance progress during the workout.



\* Analog heart rate chest strap with 5kHz transmission. Band and transmitter not included.

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The Wellness Company