

**CATALOG**  
CARDIOVASCULAR  
EQUIPMENT



**PROGYM**<sup>®</sup>  
FITNESS EQUIPMENT

# AVANT-GARDE TECHNOLOGY COMBINED WITH ATTRACTIVE DESIGNS

## TREADMILLS



## ELLIPTICALS



## STATIONARY BIKES



THE RESULT IS A COMPLETELY NEW EXPERIENCE THAT MOTIVATES ACTION AND GENERATES RESULTS

A young woman with long brown hair tied back, wearing a black and white athletic top and black leggings with a white stripe down the center, is in a starting crouch on a blue track. She is looking directly at the camera with a slight smile. The background is a blurred outdoor setting with a large circular structure.

# TREADMILLS

# P-TR5

## COMMERCIAL TREADMILL

3.5 CHP PEAK 7.0 CHP AC  
7" TFT LCD DISPLAY



**7" TFT LCD DISPLAY**

WITH AUDIO JACK

**WIDE OPEN ERGONOMIC COCKPIT DESIGN**

TO MAXIMIZE THE SAFETY AND CONVENIENCE, FOR A QUICK AND EASY OPERATION



**HANDRAILS**

ERGONOMIC DESIGNED AND RUBBER COATED, FOR A SMOOTH AND SOFT TOUCH



**LOCAL AND WIRELESS HEART RATE MONITORING**

COMPATIBLE WITH POLAR

**STORAGE**

2 INTEGRATED BOTTLE HOLDERS, ONE ON EACH SIDE AND 1 UTILITY TRAY IN THE CENTER, FOR MAXIMUM COMFORT



**POWERFUL ENGINE OF 3.5 CHP PEAK 7.0 CHP AC 220 V**  
CONTINUOUS DUTY ENGINE WITH ELECTRONIC BREAK SYSTEM, FOR A MORE POWERFUL, COMFORTABLE AND RELIABLE RUNNING EXPERIENCE FOR A SMOOTH AND LONG LASTING WORKOUT.



**RUNNING SURFACE OF 550 x 1550mm (22x 61")**  
WITH INTELLIGENT IMPACT ABSORPTION SYSTEM, TWO-PLY INFINITY BELT OF 2.6mm (0.1") THICKNESS



**FULLY WELDED STEEL FRAME**  
WITH MAXIMUM USER CAPACITY OF 180 kg (400lbs)  
**MOTORIZED INCLINATION SYSTEM**  
WITH MULTI-LEVEL ADJUSTMENT

## P-TR5 COMMERCIAL TREADMILL HIGHLIGHTS

### PRODUCT FEATURES

Storage	2 integrated bottle holders, one on each side and 1 utility tray in the center, for maximum comfort
Fan	To keep you cool during the most heated workouts
Heart Rate Monitoring	Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.

### ELECTRONIC FEATURES

Display	7" TFT LCD Screen
Workout Feedback	Time, Distance, Heart Rate (BPM), Calories, Speed, Inclination, METS
Workout Summary	Workout Time, Distance, Average Heart Rate (Bpm), Calories, Average Speed, Max Speed
Performance Features	Quick Start, Preset Workouts, Goal, HRC, Manual, Test, User Mode, Race Mode, Instant Speed, Emergency Stop, Tap Control, Numeric Keypad
Preset Workouts	Rolling, Fat Burn, Aerobic, Hill Interval, Hill Climb, Hill Run
Console Language(s)	English
Units Selection	Metric or Imperial

### PERSONALIZATION FEATURES

User Profiles/ID	The user IDs allows you to store a database of your workout information, and create custom courses based on your own personal preferences and goals.
Password Protect	Allows you to lock and unlock the treadmill.
Workout Log	Your workout data can be uploaded, making it easy to track your goals and achievements.

### TECHNICAL FEATURES

Engine	3.5 CHP PEAK 7.0 CHP AC, with a maximum speed of 22km/h (13.7mph) - Continuous duty engine, for a more powerful, comfortable and reliable running experience for a smooth and long lasting workout.
Break System	Electronic Break
Incline Range	0%-15% (16 LEVELS) - Motorized inclination system with multi-level adjustment
Roller	76mm (3")
Power Supply	220V, Plug In
Frame	Fully welded steel frame with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Cockpit	Wide open ergonomic design with most frequent used control button and hand pulse at reach to maximize the safety and convenience, for a quick and easy operation
Handrails	Ergonomic designed rubber coated handrails for a smooth and soft touch with local heart rate monitoring.
Running Surface Dimension	"550*1550mm (22*61") - Extra wide, extra long running deck, perfect for users of all heights."
Belt Specifications	Two-ply Infinity belt of 2.6mm (0.1") thickness, consisting of a black polyurethane top-layer and an under-layer made of a nylon-polyester weave.
Deck	25.4mm (1") medium-density fiberboard with Laminate/Melamine Surface
Cushion	Intelligent impact absorption cushion systems to reduce impact on your joints for a more comfortable workout and recovery. 25.4mm (1") rubber cushion.
Maximum User Capacity	180kg (400lbs)

### EQUIPMENT SPECIFICATIONS

#### Equipment Dimensions and Weight:

L*W*H	2240*920*1420mm (88*36*56")
Step-up Height	218mm (8.5")
Net Weight	175kg (386lbs)
<b>Shipping Dimensions and Weight:</b>	
L*W*H	2290*970*420mm (90*38*17")
Shipping Weight	186kg (410lbs)

# P-TR3

## COMMERCIAL TREADMILL

2.0 CHP PEAK 4.0 CHP AC  
LCD DOT-MATRIX DISPLAY



**LCD DOT-MATRIX DISPLAY**

BACKLIT LCD SCREEN FOR EASY READING

**LOCAL AND WIRELESS HEART RATE MONITORING**  
COMPATIBLE WITH POLAR

**WIDE OPEN ERGONOMIC COCKPIT DESIGN**

TO MAXIMIZE THE SAFETY AND CONVENIENCE, FOR A QUICK AND EASY OPERATION



**HANDRAILS**

ERGONOMIC DESIGNED AND RUBBER COATED, FOR A SMOOTH AND SOFT TOUCH

**STORAGE**

2 INTEGRATED BOTTLE HOLDERS, ONE ON EACH SIDE AND 1 UTILITY TRAY IN THE CENTER, FOR MAXIMUM COMFORT



**POWERFUL ENGINE OF 2.0 CHP PEAK 4.0 CHP AC 220 V**

CONTINUOUS DUTY ENGINE WITH ELECTRONIC BREAK SYSTEM, FOR A MORE POWERFUL, COMFORTABLE AND RELIABLE RUNNING EXPERIENCE FOR A SMOOTH AND LONG LASTING WORKOUT.



**FULLY WELDED STEEL FRAME**

WITH MAXIMUM USER CAPACITY OF 180 kg (400lbs)



**RUNNING SURFACE OF 550 x 1525mm (22x 60")**

WITH INTELLIGENT IMPACT ABSORPTION SYSTEM, TWO-PLY INFINITY BELT OF 2.6mm (0.1") THICKNESS



**MOTORIZED INCLINATION SYSTEM**

WITH MULTI-LEVEL ADJUSTMENT



## P-TR3 COMMERCIAL TREADMILL HIGHLIGHTS

### PRODUCT FEATURES

Storage	2 integrated bottle holders, one on each side and 1 utility tray in the center, for maximum comfort
Fan	To keep you cool during the most heated workouts
Heart Rate Monitoring	Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.

### ELECTRONIC FEATURES

Display	LCD Dot-Matrix with Backlit Screen
Workout Feedback	Time, Distance, Heart Rate (BPM), Calories, Speed, Incline
Workout Summary	Workout Time, Distance, Heart Rate (Bpm), Calories, Speed, Incline
Performance Features	Quick Start, Preset Workouts , Manual, Instant Speed, Instant Incline, Emergency Stop, Tap Control, Numeric Keypad
Preset Workouts	9 Hole, Hill Climb, Hill Run, Interval, Rolling, Weight Loss
Console Language(s)	English
Units Selection	Metric or Imperial

### TECHNICAL FEATURES

Engine	2.0 CHP PEAK 4.0 CHP AC, with a maximum speed of 22km/h (13.7mph) - Continuous duty engine, for a more powerful, comfortable and reliable running experience for a smooth and long lasting workout.
Break System	Electronic Break
Incline Range	0%-15% (16 LEVELS) - Motorized inclination system with multi-level adjustment
Roller	76mm (3")
Power Supply	220V, Plug In
Frame	Fully welded steel frame with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Cockpit	Wide open ergonomic design with most frequent used control button and hand pulse at reach to maximize the safety and convenience, for a quick and easy operation
Handrails	Ergonomic designed rubber coated handrails for a smooth and soft touch with local heart rate monitoring.
Running Surface Dimension	550*1525mm (22*60") - Extra wide, extra long running deck, perfect for users of all heights.
Belt Specifications	Two-ply Infinity belt of 2.6mm (0.1") thickness, consisting of a black polyurethane top-layer and an under-layer made of a nylon-polyester weave
Deck	25.4mm (1") medium-density fiberboard with Laminate/Melamine Surface
Cushion	Intelligent impact absorption cushion systems to reduce impact on your joints for a more comfortable workout and recovery. 25.4mm (1") rubber cushion.
Maximum User Capacity	180kg (400lbs)

### EQUIPMENT SPECIFICATIONS

#### Equipment Dimensions and Weight:

L*W*H	2075*920*1375mm (82*36*54")
Step-up Height	160.3mm (6.3")
Net Weight	160kg (353lbs)

#### Shipping Dimensions and Weight:

L*W*H	2180*895*340mm (86*35*13")
Shipping Weight	171kg (377lbs)

# P-TR2

## LIGHT COMMERCIAL TREADMILL

2.0 CHP PEAK 4.0 CHP AC  
7" TFT LCD DISPLAY



**7" TFT LCD DISPLAY**

BACKLIT LCD SCREEN FOR EASY READING

**WIDE OPEN ERGONOMIC COCKPIT DESIGN**

TO MAXIMIZE THE SAFETY AND CONVENIENCE, FOR A QUICK AND EASY OPERATION



**HANDRAILS**

ERGONOMIC DESIGNED AND RUBBER COATED, FOR A SMOOTH AND SOFT TOUCH WITH INSTANT SPEED AND INSTANT INCLINE BUTTONS.



**STORAGE**

2 INTEGRATED BOTTLE HOLDERS AND 2 UTILITY TRAYS, ONE ON EACH SIDE, FOR MAXIMUM COMFORT



**FULLY WELDED STEEL FRAME**

WITH MAXIMUM USER CAPACITY OF 180 kg (400lbs)



**RUNNING SURFACE OF 550 x 1525mm (22x 60")**

WITH INTELLIGENT IMPACT ABSORPTION SYSTEM, TWO-PLY INFINITY BELT OF 2.6mm (0.1") THICKNESS

**MOTORIZED INCLINATION SYSTEM**

WITH MULTI-LEVEL ADJUSTMENT



**2.0 CHP PEAK 4.0 CHP AC 220 V**

CONTINUOUS DUTY ENGINE WITH ELECTRONIC BREAK SYSTEM, FOR A MORE POWERFUL, COMFORTABLE AND RELIABLE RUNNING EXPERIENCE FOR A SMOOTH AND LONG LASTING WORKOUT.

## P-TR2 LIGHT COMMERCIAL TREADMILL HIGHLIGHTS

### PRODUCT FEATURES

Storage	Integrated bottle holder and utility tray, one on each side for maximum comfort
Heart Rate Monitoring	To keep you cool during the most heated workouts

### ELECTRONIC FEATURES

Display	7" TFT LCD with Blacklit Screen
Workout Feedback	Time, Distance, Heart Rate (BPM), Calories, Speed, Inclination
Workout Summary	-
Performance Features	Quick Start, Preset Workouts, HRC, User Mode, Manual, Instant Speed, Instant Incline, Emergency Stop, Tap Control, Numeric Keypad
Preset Workouts	P1, P2, P3, P4, P5, P6
Console Language(s)	English
Units Selection	Metric or Imperial

### TECHNICAL FEATURES

Engine	2.0 CHP PEAK 4.0 CHP AC, with a maximum speed of 22km/h (13.7mph) - Continuous duty engine, for a more powerful, comfortable and reliable running experience for a smooth and long lasting workout.
Break System	Electronic Break
Incline Range	0%-15% (16 LEVELS) - Motorized inclination system with multi-level adjustment
Roller	76mm (3")
Power Supply	220V, Plug In
Frame	Fully welded steel frame with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Cockpit	Wide open ergonomic design with most frequent used control button and hand pulse at reach to maximize the safety and convenience, for a quick and easy operation
Handrails	Ergonomic designed rubber coated handrails for a smooth and soft touch with local heart rate monitoring.
Running Surface Dimension	550*1525mm (22*60") - Extra wide, extra long running deck, perfect for users of all heights.
Belt Specifications	Two-ply Infinity belt of 2.6mm (0.1") thickness, consisting of a black polyurethane top-layer and an under-layer made of a nylon-polyester weave.
Deck	25.4mm (1") medium-density fiberboard with Laminate/Melamine Surface.
Cushion	Intelligent impact absorption cushion systems to reduce impact on your joints for a more comfortable workout and recovery. 25.4mm (1") rubber cushion.
Maximum User Capacity	180kg (400lbs)

### EQUIPMENT SPECIFICATIONS

#### Equipment Dimensions and Weight:

L*W*H	2075*920*1375mm (82*36*54")
Step-up Height	165.5mm (6.5")
Net Weight	160kg (353lbs)

#### Shipping Dimensions and Weight:

L*W*H	2255*970*420mm (89*38*17")
Shipping Weight	174kg (384lbs)

# TREADMILLS

	P-TR2	P-TR3	P-TR5
	SPECIFICATIONS / TREADMILLS		
Product Description / Grade	Treadmill / Light Commercial	Treadmill / Commercial	Treadmill / Commercial
<b>PRODUCT FEATURES</b>			
TV System	—	—	—
Fan	—	●	●
Bottle Holder	●	●	●
Utility Tray	●	●	●
Towel Rack	—	—	—
Transportation Wheels	●	●	●
<b>TECHNICAL FEATURES</b>			
Engine	AC 2.0 CHP	AC 2.0 CHP	AC 3.5 CHP
Peak HP	AC 4.0 CHP	AC 4.0 CHP	AC 7.0 CHP
Speed Range	0.8-22km/h (0.5-13.7mph)	0.8-22km/h (0.5-13.7mph)	0.8-22km/h (0.5-13.7mph)
Incline Range	0%-15% (16 LEVELS)	0%-15% (16 LEVELS)	0%-15% (16 LEVELS)
Roller	76mm (3")	76mm (3")	76mm (3")
Power Supply	220V, Plug In	220V, Plug In	220V, Plug In
Running Surface Dimension	550*1525mm (22*60")	550*1525mm (22*60")	550*1550mm (22*61")
<b>DISPLAY FEATURES</b>			
Display	7" TFT LCD with Backlit Screen	LCD Dot-Matrix with Backlit Screen	7" TFT LCD Screen
Multi Media	—	—	Audio Jack
Social Media	—	—	—
Compatibility	—	Polar®	Polar®
Console Language(s)	English	English	English
<b>HEART RATE MONITORING</b>			
Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring
Chest Strap Transmitter	—	Polar® compatible	Polar® compatible
Chest Strap Included	—	—	—
<b>ELECTRONIC READOUTS</b>			
Time	●	●	●
Distance	●	●	●
Heart Rate (BPM)	●	●	●
VO2	—	—	—
Calories	●	●	●
Pace	—	—	—
Speed	●	●	●
Inclination	●	●	●
METS	—	—	●

# TREADMILLS

	P-TR2	P-TR3	P-TR5
<b>WORKOUT SUMMARY</b>			
Workout Time	—	●	●
Distance	—	●	●
Heart Rate (Bpm)	—	●	—
Average Heart Rate (Bpm)	—	—	●
Calories	—	●	●
Speed	—	●	—
Average Speed	—	—	●
Max Speed	—	—	●
Pace	—	—	—
Incline	—	●	—
<b>PERFORMANCE FEATURES</b>			
Quick Start	●	●	●
Preset Workout	6	6	6
Goal	—	—	3
HRC	4	—	4
Test	—	—	1
User Mode	4	—	1
Race Mode	—	—	●
Manual	1	1	1
Instant Speed	●	●	●
Instant Incline	●	●	●
Cool Down	—	—	—
Emergency Stop	●	●	●
Tap Control	●	●	●
Numeric Keypad	●	●	●
<b>PERSONALIZATION FEATURES</b>			
User Profiles/ID	—	—	capacity
Password Protect	—	—	capacity
Workout Log	—	—	capacity
<b>EQUIPMENT SPECIFICATIONS</b>			
<i>Equipment Dimensions and Weight:</i>			
Length	2075mm (82")	2075mm (82")	2240mm (88")
Width	920mm (36")	920mm (36")	920mm (36")
Height	1375mm (54")	1375mm (54")	1420mm (56")
Step-up Height	165.5mm (6.5")	160.3mm (6.3")	218mm (8.5")
Net Weight	160kg (353lbs)	160kg (353lbs)	175kg (386lbs)
<i>Shipping Dimensions and Weight:</i>			
Length	2255mm (89")	2180mm (86")	2290mm (90")
Width	970mm (38")	895mm (35")	970mm (38")
Height	420mm (17")	340mm (13")	420mm (17")
Shipping Weight	174kg (384lbs)	171kg (377lbs)	186kg (410lbs)

A woman with long brown hair in a ponytail, wearing a white tank top and a pink headband, is running in profile. The background is a city skyline at sunset, with a warm orange and yellow glow. The word "ELLIPTICALS" is overlaid in large, white, sans-serif capital letters across the middle of the image.

# ELLIPTICALS

**P-E5**

**COMMERCIAL ELLIPTICAL  
CROSS TRAINER**

SELF-POWERED GENERATOR SYSTEM  
LED DOT-MATRIX DISPLAY





**LED DOT-MATRIX DISPLAY**  
HIGH DURABILITY  
**LOCAL AND WIRELESS HEART RATE MONITORING**  
COMPATIBLE WITH POLAR



**ERGONOMIC HANDLESBARS**  
BOTH STATIONARY AND MOVING HANDLEBARS, RUBBER COATED FOR A SMOOTH AND SOFT TOUCH



**PLASTIC FOOT PEDALS**  
SHOCK ABSORBENT MOTION FOR A SMOOTH AND LOW IMPACT CARDIO WORKOUT



**400 WATTS GENERATOR**  
ELECTROMAGNETIC, SELF-POWERED GENERATOR SYSTEM,  
NO EXTRA POWER REQUIRED



**STORAGE**  
INTEGRATED BOTTLE HOLDER AND UTILITY TRAY, FOR  
MAXIMUM COMFORT



**FULLY WELDED STEEL STRUCTURE**  
WITH MAXIMUM USER CAPACITY OF 160 kg (355lbs)

## P-E5 COMMERCIAL ELLIPTICAL CROSS TRAINER HIGHLIGHTS

### PRODUCT FEATURES

Storage	Integrated bottle holder and utility tray, for maximum comfort
Fan	To keep you cool during the most heated workouts
Heart Rate Monitoring	Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.
Transportation Wheels	Built-in transport wheels in the back stabilizer tube, so you can move the elliptical easily and whenever you like.

### ELECTRONIC FEATURES

Display	LED Dot-Matrix Display
Workout Feedback	Time, Distance, Heart Rate (Bpm), Calories, Speed, Level (Resistance Level), Rpm (Revolutions/Minute), Watts, METS
Workout Summary	Workout Time, Distance, Calories, Average Speed, Average Watts, Average METS
Performance Features	Quick Start, Preset Workout, Goal, HRC, Test, Manual, Tap Control, Numeric Keypad
Preset Workouts	P1, P2, P3
Console Language(s)	7 languages: English, Spanish, French, Italian, German, Dutch, Portuguese
Units Selection	Metric or Imperial

### PERSONALIZATION FEATURES

User Profiles/ID	The user IDs allows you to store a database of your workout information, and create custom courses based on your own personal preferences and goals.
Password Protect	Allows you to lock and unlock the treadmill.
Workout Log	Your workout data can be uploaded, making it easy to track your goals and achievements.

### TECHNICAL FEATURES

Transmission System	Rear Poly V Belt Drive - For a smooth, vibration free performance, in a single compact drive, which is resistant to heat and abrasion so leading to a longer service life.
Transmission Ratio	1:8.8
Resistance System / Break System	Electromagnetic - Self-generating brake, provides high torque capabilities with exceptionally low drag to provide an exceptionally broad resistance range with superbly smooth operation, requires no backup battery in order to efficiently power the elliptical.
Resistance Range	Minimum - 25 Watts / Maximum - 400 Watts
Resistance Levels	20
Flywheel	242mm (9.5") / 14.5kg (32lbs)
Power Supply	Self-powered Generator System
Frame	Fully welded steel structure with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Handlebars	Ergonomic designed multi-position handlebars with dual contact heart rate monitoring and rubber coated handrails, for a soft touch feeling
Pedals	Enlarged & impact-absorbing, fully welded steel pedals with a non-skid surface
Stride Length	483mm (19")
Maximum User Capacity	160kg (355lbs)

### EQUIPMENT SPECIFICATIONS

<b>Equipment Dimensions and Weight:</b>	
L*W*H	2465*725*91820mm (97*28.5*72.5")
Net Weight	175kg (386lbs)
<b>Shipping Dimensions and Weight:</b>	
L*W*H	1775*550*1223mm (70*30*48")
Shipping Weight	195kg (430lbs)

**P-E4**

**COMMERCIAL ELLIPTICAL**

SELF-POWERED GENERATOR SYSTEM  
LED DOT-MATRIX DISPLAY



**LED DOT-MATRIX DISPLAY**  
HIGH DURABILITY  
**LOCAL AND WIRELESS HEART RATE MONITORING**  
COMPATIBLE WITH POLAR



**ERGONOMIC HANDLEBARS**  
BOTH STATIONARY AND MOVING HANDLEBARS, RUBBER  
COATED FOR A SMOOTH AND SOFT TOUCH



**STORAGE**  
INTEGRATED BOTTLE HOLDER, UTILITY TRAY AND TOWEL  
RACK, FOR MAXIMUM COMFORT



**400 WATTS GENERATOR**  
ELECTROMAGNETIC, SELF-POWERED GENERATOR SYSTEM,  
NO EXTRA POWER REQUIRED



**FULLY WELDED STEEL STRUCTURE**  
WITH MAXIMUM USER CAPACITY OF 140 kg (310lbs)



**PLASTIC FOOT PEDALS**  
SHOCK ABSORBENT MOTION FOR A SMOOTH AND LOW  
IMPACT CARDIO WORKOUT

## P-E4 COMMERCIAL ELLIPTICAL HIGHLIGHTS

### PRODUCT FEATURES

Storage	<i>Integrated bottle holder, utility tray and towel rack, for maximum comfort</i>
Fan	<i>To keep you cool during the most heated workouts</i>
Heart Rate Monitoring	<i>Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.</i>
Transportation Wheels	<i>built-in transport wheels in the back stabilizer tube, so you can move the elliptical easily and whenever you like.</i>

### ELECTRONIC FEATURES

Display	<i>LED Dot-Matrix Display</i>
Workout Feedback	<i>Time, Distance, Heart Rate (Bpm), Calories, Speed, Level (Resistance Level), Rpm (Revolutions/Minute), Watts, METS</i>
Workout Summary	<i>Workout Time, Distance, Calories, Average Speed, Average Watts, Average METS</i>
Performance Features	<i>Quick Start, Preset Workout, Goal, HRC, Test, Manual, Tap Control, Numeric Keypad</i>
Preset Workouts	<i>P1, P2, P3</i>
Console Language(s)	<i>7 languages English, Spanish, French, Italian, German, Dutch, Portuguese</i>
Units Selection	<i>Metric or Imperial</i>

### TECHNICAL FEATURES

Transmission System	<i>Rear Poly V Belt Drive For a smooth, vibration free performance, in a single compact drive, which is resistant to heat and abrasion so leading to a longer service life.</i>
Transmission Ratio	<i>1:10.3</i>
Resistance System / Break System	<i>Electromagnetic Self-generating brake, provides high torque capabilities with exceptionally low drag to provide an exceptionally broad resistance range with superbly smooth operation, requires no backup battery in order to efficiently power the elliptical.</i>
Resistance Range	<i>Minimum - 25 Watts - Maximum - 400 Watts</i>
Resistance Levels	<i>20</i>
Flywheel	<i>242mm (9.5") 14.5kg (32lbs)</i>
Power Supply	<i>Self-powered Generator System</i>
Frame	<i>Fully welded steel structure with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance</i>
Handlebars	<i>Ergonomic designed multi-position handlebars with dual contact heart rate monitoring and rubber coated handrails, for a soft touch feeling</i>
Pedals	<i>Enlarged &amp; impact-absorbing, fully welded steel pedals with a non-skid surface</i>
Stride Length	<i>483mm (19")</i>
Maximum User Capacity	<i>140kg (310lbs)</i>

### EQUIPMENT SPECIFICATIONS

<b>Equipment Dimensions and Weight:</b>	
L*W*H	<i>1998*700*1511mm (79*27.5*59.5")</i>
Net Weight	<i>92kg (203lbs)</i>
<b>Shipping Dimensions and Weight:</b>	
L*W*H	<i>1800*430*805mm (71*17*32")</i>
Shipping Weight	<i>100kg (220lbs)</i>

**P-E3**

**LIGHT COMMERCIAL ELLIPTICAL**

SELF-POWERED GENERATOR SYSTEM  
LED DOT-MATRIX DISPLAY



**LED DOT-MATRIX DISPLAY**  
HIGH DURABILITY  
**LOCAL AND WIRELESS HEART RATE MONITORING**  
COMPATIBLE WITH POLAR



**ERGONOMIC HANDLEBARS**  
BOTH STATIONARY AND MOVING HANDLEBARS, RUBBER  
COATED FOR A SMOOTH AND SOFT TOUCH



**STORAGE**  
INTEGRATED BOTTLE HOLDER  
AND UTILITY TRAY, FOR MAXIMUM COMFORT



**FULLY WELDED STEEL STRUCTURE**  
WITH MAXIMUM USER CAPACITY OF 140 kg (310lbs)



**PLASTIC FOOT PEDALS**  
SHOCK ABSORBENT MOTION FOR A SMOOTH AND LOW  
IMPACT CARDIO WORKOUT



**250 WATTS GENERATOR**  
ELECTROMAGNETIC, SELF-POWERED GENERATOR  
SYSTEM, NO EXTRA POWER REQUIRED

## P-E3 COMMERCIAL ELLIPTICAL HIGHLIGHTS

### PRODUCT FEATURES

Storage	Integrated bottle holder and utility tray, for maximum comfort
Heart Rate Monitoring	Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.
Transportation Wheels	Built-in transport wheels in the back stabilizer tube, so you can move the elliptical easily and whenever you like.

### ELECTRONIC FEATURES

Display	LED Dot-Matrix Display
Workout Feedback	Time, Distance, Heart Rate (Bpm), Calories, Speed, Level (Resistance Level), Rpm (Revolutions/Minute), Watts, METS
Workout Summary	-
Performance Features	Quick Start, Preset Workout, HRC, Manual, Tap Control
Preset Workouts	Random, Weight Loss, CV Workout, Hill Intervals
Console Language(s)	English
Units Selection	Metric or Imperial

### TECHNICAL FEATURES

Transmission System	Front Poly V Belt Drive - For a smooth, vibration free performance, in a single compact drive, which is resistant to heat and abrasion so leading to a longer service life.
Transmission Ratio	1:10.3
Resistance System / Break System	Electromagnetic - Self-generating brake, provides high torque capabilities with exceptionally low drag to provide an exceptionally broad resistance range with superbly smooth operation, requires no backup battery in order to efficiently power the elliptical.
Resistance Range	Minimum - 25 Watts / Maximum - 250 Watts
Resistance Levels	40
Flywheel	242mm (9.5") / 14.5kg (32lbs)
Power Supply	Self-powered Generator System
Frame	Fully welded steel structure with two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Handlebars	Ergonomic designed multi-position handlebars with dual contact heart rate monitoring and rubber coated handrails, for a soft touch feeling
Pedals	Articulating, enlarged & impact-absorbing, fully welded steel pedals with a non-skid surface, for gentle movement to reduce lower back stress
Stride Length	500mm (20")
Maximum User Capacity	140kg (310lbs)

### EQUIPMENT SPECIFICATIONS

<b>Equipment Dimensions and Weight:</b>	
L*W*H	1660*605*1625mm (65*24*64")
Net Weight	104kg (229lbs)
<b>Shipping Dimensions and Weight:</b>	
L*W*H	1425*545*818mm (56*22*32")
Shipping Weight	112kg (247lbs)



# ELLIPTICALS

	P-E3	P-E4	P-E5
	SPECIFICATIONS / TREADMILLS		
Product Description / Grade	Elliptical / Light Commercial	Elliptical / Commercial	Elliptical Cross Trainer / Commercial
	PRODUCT FEATURES		
TV System	—	—	—
Fan	—	●	●
Bottle Holder	●	●	●
Utility Tray	●	●	●
Towel Rack	—	●	—
Transportation Wheels	●	●	●
	TECHNICAL FEATURES		
Transmission System	Front Poly V Belt Drive	Rear Poly V Belt Drive	Rear Poly V Belt Drive
Transmission Ratio	1:10.3	1:10.3	1:8.8
Resistance System / Break System	Electromagnetic	Electromagnetic	Electromagnetic
Resistance Range	Minimum - 25 Watts / Maximum - 250 Watts	Minimum - 25 Watts / Maximum - 250 Watts	Minimum - 25 Watts / Maximum - 250 Watts
Resistance Levels	40	20	20
Flywheel	242mm (9.5") / 14.5kg (32lbs)	242mm (9.5") / 14.5kg (32lbs)	242mm (9.5") / 14.5kg (32lbs)
Power Supply	Self-powered Generator System	Self-powered Generator System	Self-powered Generator System
Stride Length	500mm (20")	483mm (19")	483mm (19")
Maximum User Capacity	140kg (310lbs)	140kg (310lbs)	160kg (355lbs)
	DISPLAY FEATURES		
Display	LED Dot-Matrix	LED Dot-Matrix	LED Dot-Matrix
Multi Media	—	—	—
Social Media	—	—	—
Compatibility	Polar®	Polar®	Polar®
Console Language(s)	English	7 languages: English, Spanish, French, German, Italian, Portuguese, Dutch	7 languages: English, Spanish, French, German, Italian, Portuguese, Dutch
Units Selection	Metric or Imperial	Metric or Imperial	Metric or Imperial
	HEART RATE MONITORING		
Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring
Chest Strap Transmitter	Polar® compatible	Polar® compatible	Polar® compatible
Chest Strap Included	—	—	—
	ELECTRONIC READOUTS		
Time	●	●	●
Distance	●	●	●
Heart Rate (BPM)	●	●	●
VO2	—	—	—
Calories	●	●	●
Pace	—	—	—

# ELLIPTICALS

	P-E3	P-E4	P-E5
<b>ELECTRONIC READOUTS</b>			
Speed	●	●	●
Level (Resistance Level)	●	●	●
Rpm (Revolutions/Minute)	●	●	●
Watts	●	●	●
METS (multiples of Resting Oxygen uptake)	●	●	●
<b>WORKOUT SUMMARY</b>			
Workout Time		●	●
Distance		●	●
Heart Rate (Bpm)		—	—
Average Heart Rate (Bpm)		—	—
Calories		●	●
Speed		—	—
Average Speed		●	●
Pace		—	—
Average Watts		●	●
Incline		—	—
Average METS		●	●
<b>PERFORMANCE FEATURES</b>			
Quick Start	●	●	●
Preset Workout	4	6	6
Goal	—	3	3
HRC	1	6	6
Test	—	1	1
Manual	1	1	1
Tap Control	●	●	●
Numeric Keypad	●	●	●
<b>PERSONALIZATION FEATURES</b>			
User Profiles/ID	—	—	capacity
Password Protect	—	—	capacity
Workout Log	—	—	capacity
<b>EQUIPMENT SPECIFICATIONS</b>			
<i>Equipment Dimensions and Weight:</i>			
Length	1660mm (65")	1998mm (79")	2320mm (91")
Width	605mm (24")	700mm (27.5")	690mm (27")
Height	1625mm (64")	1511mm (59.5")	960mm (38")
Net Weight	104kg (229lbs)	92kg (203lbs)	112kg (247lbs)
<i>Shipping Dimensions and Weight:</i>			
Length	1425mm (56")	1800mm (71")	2310mm (91")
Width	545mm (22")	430mm (17")	720mm (28")
Height	818mm (32")	805mm (32")	968mm (38")
Shipping Weight	112kg (247lbs)	100kg (220lbs)	141kg (311lbs)



STATIONARY  
BIKES

# P-R5

## COMMERCIAL RECUMBENT BIKE

SELF-POWERED GENERATOR SYSTEM  
7" TFT LCD DISPLAY



**7" TFT LCD DISPLAY**  
LOCAL AND WIRELESS HEART RATE MONITORING  
COMPATIBLE WITH POLAR



**MULTI-POSITION HANDRAILS**  
RUBBER COATED FOR A SMOOTH AND SOFT TOUCH



**FULLY WELDED STEEL STRUCTURE**  
MAXIMUM USER CAPACITY OF 180 kg (400lbs)



**STORAGE**  
2 INTEGRATED BOTTLE HOLDERS, ONE ON EACH SIDE AND 1  
ACCESSORY TRAY IN THE CENTER, FOR MAXIMUM COMFORT



**400 WATTS GENERATOR**  
ELECTROMAGNETIC, SELF-POWERED GENERATOR SYSTEM,  
NO EXTRA POWER REQUIRED



**STEP-THROUGH DESIGN**  
ERGONOMIC SEAT WITH MOLDED SEAT BOTTOM AND  
BACK WITH SLIDE SYSTEMS AND ADJUSTABLE PEDALS

## P-R5 COMMERCIAL STATIONARY BIKE HIGHLIGHTS

### PRODUCT FEATURES

Storage	2 integrated bottle holders, one on each side and 1 accessory tray in the center, for maximum comfort
Fan	To keep you cool during the most heated workouts
Heart Rate Monitoring	Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.
Transportation Wheels	built-in transport wheels in the front, so you can move the bike easily and whenever you like.

### ELECTRONIC FEATURES

Display	7" TFT LCD Display
Workout Feedback	Time, Distance, Heart Rate (Bpm), Calories, Speed, Level (Resistance Level), Rpm (Revolutions/Minute), Watts, METS
Workout Summary	Workout Time, Distance, Calories, Average Speed, Max Speed, Average Watts
Performance Features	Quick Start, Preset Workout, Goal, HRC, Test, User Mode, Race Mode, Manual, Tap Control, Numeric Keypad
Preset Workouts	Rolling, Fat Burn, Aerobic, Hill Run, Hill Climb, Hill Interval
Console Language(s)	English
Units Selection	Metric or Imperial

### PERSONALIZATION FEATURES

User Profiles/ID	The user IDs allows you to store a database of your workout information, and create custom courses based on your own personal preferences and goals.
Password Protect	Allows you to lock and unlock the treadmill.
Workout Log	Your workout data can be uploaded, making it easy to track your goals and achievements.

### TECHNICAL FEATURES

Transmission System	Poly V Belt Drive - For a smooth, vibration free performance, in a single compact drive, which is resistant to heat and abrasion so leading to a longer service life.
Transmission Ratio	1:8.1
Resistance System / Break System	Electromagnetic - Self-generating brake, provides high torque capabilities with exceptionally low drag to provide an exceptionally broad resistance range with superbly smooth operation, requires no backup battery in order to efficiently power the bike.
Resistance Range	Minimum - 25 Watts / Maximum - 400 Watts
Resistance Levels	20
Flywheel	242mm (9.5") / 14.5kg (32lbs)
Power Supply	Self-powered Generator System
Frame	Step-thru design - Fully welded steel structure, two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance
Handlebars	Ergonomic designed multi-position handlebars with dual contact heart rate monitoring and rubber coated handrails, for a soft touch feeling
Seat	Seat has 20 levels of adjustments, sliding seat mechanism and ergonomic molded seat design with pin locking system, for easy height/distance adjustments
Pedals	5 levels adjustment straps
Maximum User Capacity	180kg (400lbs)

### EQUIPMENT SPECIFICATIONS

<b>Equipment Dimensions and Weight:</b>	
L*W*H	1872*640*727mm (74*25*29")
Step-up Height	225mm (8.9")
Net Weight	75kg (165lbs)
<b>Shipping Dimensions and Weight:</b>	
L*W*H	1960*740*787mm (77*29*31")
Shipping Weight	106kg (234lbs)

# P-U5

## COMMERCIAL UPRIGHT BIKE

SELF-POWERED GENERATOR SYSTEM  
7" TFT LCD DISPLAY



**7" TFT LCD DISPLAY**  
LOCAL AND WIRELESS HEART RATE MONITORING  
COMPATIBLE WITH POLAR



**MULTI-POSITION HANDRAILS**  
RUBBER COATED FOR A SMOOTH AND SOFT TOUCH



**FULLY WELDED STEEL STRUCTURE**  
MAXIMUM USER CAPACITY OF 180 kg (400lbs)



**400 WATTS GENERATOR**  
ELECTROMAGNETIC, SELF-POWERED GENERATOR SYSTEM,  
NO EXTRA POWER REQUIRED



**ERGONOMIC DESIGN**  
ADJUSTABLE SEAT AND PEDALS FOR AN OPTIMUM ADAPTA-  
TION TO EVERY USER



**STORAGE**  
INTEGRATED BOTTLE HOLDER AND UTILITY TRAY, FOR  
MAXIMUM COMFORT



## P-U5 COMMERCIAL UPRIGHT BIKE HIGHLIGHTS

### PRODUCT FEATURES

Storage	<i>Integrated bottle holder and utility tray, for maximum comfort</i>
Fan	<i>To keep you cool during the most heated workouts</i>
Heart Rate Monitoring	<i>Maximize your workout results with local and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter.</i>
Transportation Wheels	<i>built-in transport wheels in the front, so you can move the bike easily and whenever you like.</i>

### ELECTRONIC FEATURES

Display	<i>7" TFT LCD Display</i>
Workout Feedback	<i>Time, Distance, Heart Rate (Bpm), Calories, Speed, Level (Resistance Level), Rpm (Revolutions/Minute), Watts, METS</i>
Workout Summary	<i>Workout Time, Distance, Calories, Average Speed, Max Speed, Average Watts</i>
Performance Features	<i>Quick Start, Preset Workout, Goal, HRC, Test, User Mode, Race Mode, Manual, Tap Control, Numeric Keypad</i>
Preset Workouts	<i>Rolling, Fat Burn, Aerobic, Hill Run, Hill Climb, Hill Interval</i>
Console Language(s)	<i>English</i>
Units Selection	<i>Metric or Imperial</i>

### PERSONALIZATION FEATURES

User Profiles/ID	<i>The user IDs allows you to store a database of your workout information, and create custom courses based on your own personal preferences and goals.</i>
Password Protect	<i>Allows you to lock and unlock the treadmill.</i>
Workout Log	<i>Your workout data can be uploaded, making it easy to track your goals and achievements.</i>

### TECHNICAL FEATURES

Transmission System	<i>Poly V Belt - For a smooth, vibration free performance, in a single compact drive, which is resistant to heat and abrasion so leading to a longer service life.</i>
Transmission Ratio	<i>1:8.1</i>
Resistance System / Break System	<i>Electromagnetic - Self-generating brake, provides high torque capabilities with exceptionally low drag to provide an exceptionally broad resistance range with superbly smooth operation, requires no backup battery in order to efficiently power the bike</i>
Resistance Range	<i>Minimum - 25 Watts / Maximum - 400 Watts</i>
Resistance Levels	<i>20</i>
Flywheel	<i>242mm (9.5") / 14.5kg (32lbs)</i>
Power Supply	<i>Self-powered Generator System</i>
Frame	<i>Fully welded steel structure, two-step powder-coating process, rust-resistant undercoat and cosmetic topcoat for durability and attractive appearance</i>
Handlebars	<i>Ergonomic multi-position handrails with dual contact heart rate monitoring, rubber coated for a smooth and soft touch.</i>
Seat	<i>Seat has 13 levels of adjustments, ergonomic seat design with pin locking system, for easy height adjustments</i>
Pedals	<i>5 levels adjustment straps</i>
Maximum User Capacity	<i>180kg (400lbs)</i>

### EQUIPMENT SPECIFICATIONS

<b>Equipment Dimensions and Weight:</b>	
L*W*H	<i>1317*640*1461mm (52*25*57.5")</i>
Step-up Height	<i>450mm (17.7")</i>
Net Weight	<i>53kg (117lbs)</i>
<b>Shipping Dimensions and Weight:</b>	
L*W*H	<i>1390*735*828mm (55*29*33")</i>
Shipping Weight	<i>78kg (172lbs)</i>

## STATIONARY BIKES

	P-R5	P-U5
<b>SPECIFICATIONS / TREADMILLS</b>		
<i>Product Description / Grade</i>	<i>Recumbent Bike / Commercial</i>	<i>Upright Bike / Commercial</i>
<b>PRODUCT FEATURES</b>		
TV System	—	—
Fan	●	●
Bottle Holder	●	●
Utility Tray	●	●
Towel Rack	—	—
Transportation Wheels	●	●
<b>TECHNICAL FEATURES</b>		
Transmission System	Poly V Belt Drive	Poly V Belt Drive
Transmission Ratio	1:8.1	1:8.1
Resistance System / Break System	Electromagnetic	Electromagnetic
Resistance Range	Minimum - 25 Watts / Maximum - 400 Watts	Minimum - 25 Watts / Maximum - 400 Watts
Resistance Levels	20	20
Flywheel	242mm (9.5") / 14.5kg (32lbs)	242mm (9.5") / 14.5kg (32lbs)
Power Source	Self-powered Generator System	Self-powered Generator System
Seat	20 levels adjustments	13 levels adjustments
Pedals	5 levels adjustment straps	5 levels adjustment straps
Maximum User Capacity	180kg (400lbs)	180kg (400lbs)
<b>DISPLAY FEATURES</b>		
Display	7" TFT LCD	7" TFT LCD
Multi Media	—	—
Social Media	—	—
Compatibility	Polar®	Polar®
Console Language(s)	English	English
Units Selection	Metric or Imperial	Metric or Imperial
<b>HEART RATE MONITORING</b>		
Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring	Local & Wireless Heart Rate Monitoring
Chest Strap Transmitter	Polar® compatible	Polar® compatible
Chest Strap Included	—	—
<b>ELECTRONIC READOUTS</b>		
Time	●	●
Distance	●	●
Heart Rate (BPM)	●	●
Calories	●	●
Speed	●	●
Level (Resistance Level)	●	●
Rpm (Revolutions/Minute)	●	●
Watts	●	●
METS (multiples of Resting Oxygen uptake)	●	●

## STATIONARY BIKES

	P-R5	P-U5
<b>WORKOUT SUMMARY</b>		
Workout Time	●	●
Distance	●	●
Calories	●	●
Average Speed	●	●
Max Speed	●	●
Average Watts	●	●
<b>PERFORMANCE FEATURES</b>		
Quick Start	●	●
Preset Workout	6	6
Goal	3	3
HRC	4	4
Test	1	1
User Mode	●	●
Race Mode	●	●
Manual	1	1
Tap Control	●	●
Numeric Keypad	●	●
<b>PERSONALIZATION FEATURES</b>		
User Profiles/ID	capacity	capacity
Password Protect	capacity	capacity
Workout Log	capacity	capacity
<b>EQUIPMENT SPECIFICATIONS</b>		
<i>Equipment Dimensions and Weight:</i>		
Length	1872mm (74")	1317mm (52")
Width	640mm (25")	640mm (25")
Height	727mm (29")	1461mm (57.5")
Step-up Height	225mm (8.9")	450mm (17.7")
Net Weight	75kg (165lbs)	53kg (117lbs)
<i>Shipping Dimensions and Weight:</i>		
Length	1960mm (77")	1390mm (55")
Width	740mm (29")	735mm (29")
Height	787mm (31")	828mm (33")
Shipping Weight	106kg (234lbs)	78kg (172lbs)

## WARRANTIES FOR CARDIO EQUIPMENT

WARRANTY TREADMILLS		
Grade	Light Commercial	Commercial
Frame	Lifetime	Lifetime
Welding	7 years	7 years
Drive Motor	5 years	7 years
Elevation Mechanism and Rollers	1 year	5 years
Bushing and Bearings	1 year	5 years
Deck and Running Belt	1 year	3 years
Electronic Parts	1 year	5 years
Display Boards	1 year	3 years
Stop Button and other parts, which are not listed	1 year	5 years
Labor	1 year	2 years

Treadmill P-TR2, if used for commercial purposes, will lose all its Warranty

WARRANTY ELLIPTICALS	
Grade	Light Commercial / Commercial
Frame	Lifetime
Welding	7 years
Bushing and Bearings	5 years
Driving Belt	2 years
Electronic Parts	5 years
Display Boards	3 years
Parts, which are not listed	5 years
Labor	2 years

Elliptical P-E3, if used for commercial purposes, will lose all its Warranty

WARRANTY STATIONARY BIKE	
Stile	Recumbent / Upright
Grade	Commercial
Frame	Lifetime
Welding	7 years
Bushing and Bearings	5 years
Driving Belt	2 years
Electronic Parts	5 years
Display Boards	3 years
Parts, which are not listed	5 years
Labor	2 years

OWNER'S MANUAL LANGUAGE	
Language	English

**PROGYM**<sup>®</sup>  
FITNESS EQUIPMENT

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FITNESS EQUIPMENT

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