

# PEAK TRAINER HT5.0



## REACH YOUR PEAK

Designed for busy people who need to get more out of their exercise time at home, Peak Trainer engages the whole body to maximize muscle tone and burn more calories than other cardio platforms. Integrated Sprint 8 HIIT programming is scientifically proven to significantly reduce fat and build muscle in efficient 20-minute workouts anyone can fit into their schedule.

- Ideal for low-impact, high-intensity workouts that maximize calories burned and improve overall muscle tone
- Exclusive suspension design provides a smooth exercise experience that mimics the feel of real hiking
- Ideally positioned arms engage the upper body and core for a full-body exercise experience
- Wheel- and track-free design reduces friction, noise and wear
- High-quality components provide lasting durability
- Compact footprint fits home workout areas more comfortably than larger treadmills and ellipticals



## MAXIMUM RESULTS. MINIMUM TIME.



Integrated Sprint 8 high-intensity interval training burns fat and builds muscles in a way that other workouts can't, trimming body fat by up to 27% and significantly lowering bad cholesterol after just eight weeks of three 20-minute workouts per week.\*

\*Individual results vary.

**30 SEC** Sprint Interval - Peak Intensity Effort

**90 SEC** Recovery Interval - Easy Active Recovery

**×8** HIIT Sets

Specifications subject to change without notice.

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| FRAME                  |   | CONSOLE          |   |
|------------------------|---|------------------|---|
| FRAME TYPE             | Peak Trainer                              | DISPLAY          | 14 cm / 5.5" LCD track display + 3 LED windows  |
| RESISTANCE SYSTEM      | ECB & fan resistance                      | WORKOUT FEEDBACK | Time, Calorie, Distance, Heart Rate, RPM, Resistance                                    |
| RESISTANCE LEVELS      | 10  | PROGRAMS         | 5 Total Programs Including: Calorie, Weight Loss, Distance, Manual, Sprint 8            |
| HIKE STRIDE LENGTH     | 30.5 cm / 12" Vertical                    | USB PORT         | Charging (up to 2 amp) & software updates   |
| STEP-ON-HEIGHT         | 25.4 cm / 10"                             | SPEAKERS         | 3 Watt  |
| PEDAL SPACING          | 6.4 cm / 2.5"                             | EXTRAS           | Water bottle holder, device rack, accessory storage, audio jacks, fan, heart rate grips |
| PEDAL TYPE             | Oversized with rubber inserts             |                  |   |
| HANDLEBAR TYPE         | Dual action & stationary heart rate grips |                  |   |
| DIMENSIONS (L x W x H) | 118 x 71 x 168 cm / 46.5" x 28" x 66"     |                  |   |
| PRODUCT WEIGHT         | 70.4 kg / 155 lbs.                        |                  |   |
| USER WEIGHT CAPACITY   | 136 kg / 300 lbs.                         |                  |   |

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