



# M30 TREADMILL

As part of the TRUE Motivation Series, the M30 Treadmill offers you the highest in quality with the smallest impact on your budget. The M30 rivals anything in its class and is the perfect piece of home fitness equipment to help you reach your goals. Plus, with an overall length of just 74", the M30 Treadmill maximizes workout space in your home. Find your motivation today with a M30 Treadmill.

## FEATURES

- A compact footprint of just 74 inches in length that will fit into any home
- TRUE Soft System® that decreases impact and stress on your joints, so you can run longer and farther
- Heart rate tracking and controlled treadmill workouts that maintain your target heart rate by adjusting the machine's speed and incline as you run
- An easy-to-use LCD console for complete control over your progress



## SPECIFICATIONS

### DIMENSIONS (L X W X H)

74" x 29.5" x 54" / 187 cm x 74 cm x 138 cm

### SPEED

0.5 to 12.0 MPH / 0.8 to 19.3 km/H

### INCLINE/DECLINE LEVELS

0% to 15%

### PRODUCT WEIGHT

220 lbs /100 kg

### COLOR

Silver



## CONSOLE OPTIONS



7" M SERIES LCD



## M30 TREADMILL

TECHNICAL SPECIFICATIONS	Power Source	120V/15A
	Cord Length	8' / 24 M
	Drive Motor	3 HP DC
	Belt	Lubricant Infused Siegling Multi-Ply with PVC Coating
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Speed Range	0.5 to 12.0 MPH / 0.8 to 19.3 KMH
	Incline/Decline Range	0% to 15%
	Handrail Design	Protective Dipped Foam Flared Handrails
	Contact Heart Rate Monitoring	Standard
	Wireless Heart Rate Monitoring	Polar® Compatible
CONSOLE	Display	7" Single Window Integrated LCD
	Programs	7
	Custom Workouts	2
	HRC Cruise Control	Standard
	Quick Speed Keys	Standard
SAFETY	Safety Clip	Standard
	Large Straddle Covers	Standard
REGULATORY APPROVALS	ETL UL1647, CSA, CE, EN957	
EXTRAS	Accessories	Water Bottle Holder (2), Accessory Tray, Reading Rack
PHYSICAL SPECIFICATIONS	Footprint	74" L x 29.5" W x 54" H / 187 cm x 74 cm x 138 cm
	Running Surface	58" L x 20" W / 147 cm x 51 cm
	Machine Weight	220 lbs. / 100 kg
	Maximum User Weight	300 lbs. / 136 kg
	Step-Up Height	6.5" / 16 cm
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Residential
	Frame	Lifetime
	Motor	30 Years
	Parts	5 Years
	Labor	1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

