



# SUPERSILM TREADMILL - FITCREW MONZA WITH IWM

SKU: CT-S






## PRODUCT DESCRIPTION

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**?**

We all understand to lose weight we should  
**Eat less and Exercise more**

**How to diet and how much exercise is enough.**  
We usually and unconsciously eat more than our body needed.

**?**

Do you know how long should you exercise today?

Do we have to take the expensive lessons from weight loss center?

IWM makes weight management easy.

**Don't Bound yourself**

IWM makes weight management easy.



**NO!**  
Just trust yourself!  
You can control your weight at home with an intelligent weight management treadmill to achieve your weight-loss plan.





**ONE TOUCH  
EASY TO KEEP FIT**



# What is IWM ?

Intelligent \* Weight \* Management

**IWM** (Intelligent Weight Management) is a unique weight management system that guaranteed to keep you at your target bodyweight based on your body Mass Index. It calculates the calories needed to be burned by the user to maintain proper weight.

This calculation is based on food intake and weight in contrast with standard BMI. The IWM console obtains user weight through wireless transmission from the provided IWM scale. The IWM system generates personal exercise program automatically. It is just like having a personal training consultant.

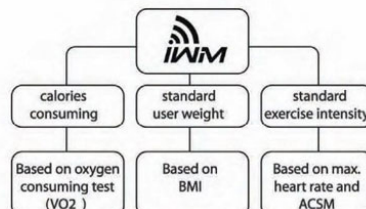
IWM can also be implemented on various categories of CV equipment ranging from treadmills to stationary bikes and cross trainers.




**IWM system will generate a personal exercise program automatically.**  
This custom exercise program is based on the difference between actually weight and the weight of standard BMI for the user size , gender and age.

**IWM not only for people who are over weight.**  
It is also perfect for people who understand weight loss, diet and exercise.


If the actual measured user weight is lower than the standard BMI, the smart IWM program would also suggest an exercise program to reinforce muscle building [ to help reach standard BMI ]





## The Body Mass Index Introduction

The Body mass index (BMI) is a heuristic proxy for human body fat based on an individual's weight and height. BMI does not actually quantify the percentage of body fat. The BMI is defined as the individual's body weight divided by the square of his height. The formula is universally used in medicine. Following is the formula of BMI calculation, kg/m<sup>2</sup>.



$$BMI = \frac{\text{mass (kg)}}{(\text{height (m)})^2}$$

$$BMI = \frac{\text{mass (lb)} \times 703}{(\text{height (in)})^2}$$

$$BMI = \frac{\text{mass (lb)} \times 4.88}{(\text{height (ft)})^2}$$

$$BMI = \frac{\text{mass (st)} \times 9840}{(\text{height (in)})^2}$$

Source: Adapted from WHO.

Category	BMI range-kg/m <sup>2</sup>	BMI Prime	Mass ( weight ) of a 1.8 metres 9 5 ft 11 in ) person with this BMI
Severely underweight	less than 16.0	less than 0.66	less than 53.5 kilograms (8.42st; 118 lb)
Underweight	from 16.0 to 18.5	from 0.66 to 0.73	between 53.5 and 59.9 kilograms (8.42 and 9.43 st; 118 lb and 132 lb)
Normal	from 18.5 to 25	from 0.74 to 0.99	between 60 and 80.9 kilograms (9.4 and 12.74 st; 130 lb and 178 lb)
Overweight	from 25 to 30	from 1.0 to 1.19	between 81 and 96.9 kilograms (12.08 and 15.26 st; 180 lb and 214 lb)
Obese Class I	from 30 to 35	from 1.2 to 1.39	between 97 and 112.9 kilograms (15.3 and 17.78 st; 210 lb and 249 lb)
Obese Class II	from 35 to 40	from 1.4 to 1.59	between 113 and 122.9 kilograms (17.8 and 20.46 st; 250 lb and 286 lb)
Obese Class III	over 40	over 1.6	from 130 kilograms (20 st; 290 lb)

**1** Press the **IWM** button.

**2** Stand on the wireless scale to measure your weight

**IWM**  
Intelligent  
Weight  
Management

IWM will display recommended weight, calories that need to be burned and the length of the workout. IWM will display a customized workout menu for intensity

**3** Enter your AGE, GENDER, HEIGHT

**ONE TOUCH EASY TO KEEP FIT**

**IWM**  
Intelligent  
Weight  
Management

*Enjoy to Fit*

IWM makes weight management easy.

**German PLUS X AWARD 2011**

**PLUS X AWARD**  
Innovation  
BEST PRODUCT OF THE YEAR 2011

**PLUS X AWARD**  
High Quality  
Design  
Functionality

### SUPERSLIM COMPACT STORAGE DESIGN

Unique storage design, folds down quickly and easily into just 35cm in thickness. It can fit in any room - store it away under your bed when not in use. Store it upright with its unique design system in nearly 90° straight for maximum space saving.

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**IWM**  
Intelligent  
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## SMART Anti-Overturn SYSTEM

Unique design of the anti-overturn system can hold the treadmill in nearly 90 straight to save space while folding, also take care the safety during storage. The system automatically turn on while it's folding process. Prevent Unit overturn with it's speical folding design.



## Media Port technology

This technology gives you the opportunity to use your multimedia entertainment while exercising. Connect your MP3 player or USB stick to the console and enjoy your favorite music. Come with built-in speakers, MP3 connection and a USB connection that you can also charge your mobile devices while training.



## Manual Incline

2 steps of incline for different needs of workout.

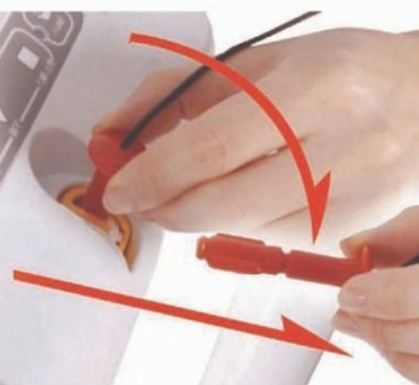


## ADJUSTABLE CONSOLE

Adjustable console for different angle

## Intelligent SAFETY KEY

Only a small movement on safety key, system will detect and cut off power precisely for safety



## 360° HANDLE BAR

Award winning handle bar design, turnable in 360 degree, and capable of holding up to 100 kg per side.



## Fully Assembled

Brilliant design, fully assembled treadmill, no screw and tool needed for user. Simple get it out of box and it's ready to go.



ADDITIONAL  
INFORMATION

More Information

<b>Program</b>	IWM FUNCTION AND SCALE, 20/40/60 MINUTES PRE-SET PROGRAM
<b>Foldable</b>	SuperSlim (Vertical Folding Design)
<b>Warranty</b>	Mainframe: Lifetime, Main Motor: 2 Years, Other parts & labor: 1 Year
<b>Panel Design</b>	IWM, LCD Display, Time, Speed, Distance, Calories, Pulse
<b>Speed</b>	0.8 - 14.0 km/h
<b>Product Dimension</b>	160 x 132 x 81 CM
<b>Max Load</b>	100 KG
<b>Product Weight</b>	61kg
<b>More Information</b>	Intelligent Workout Management (IWM) with digital wireless scale
<b>Motor Power</b>	2.00 CHP DC Motor (Continuous HP)
<b>Incline</b>	Two Section (Manual)
<b>Running Board</b>	Anti-Shock Cushion Deck
<b>Running Area</b>	44 x 125 CM