



# PROFORM CARDIOHIIT H14 (DISPLAY SET)

SKU: PFEL01420-INT

PRO-FORM



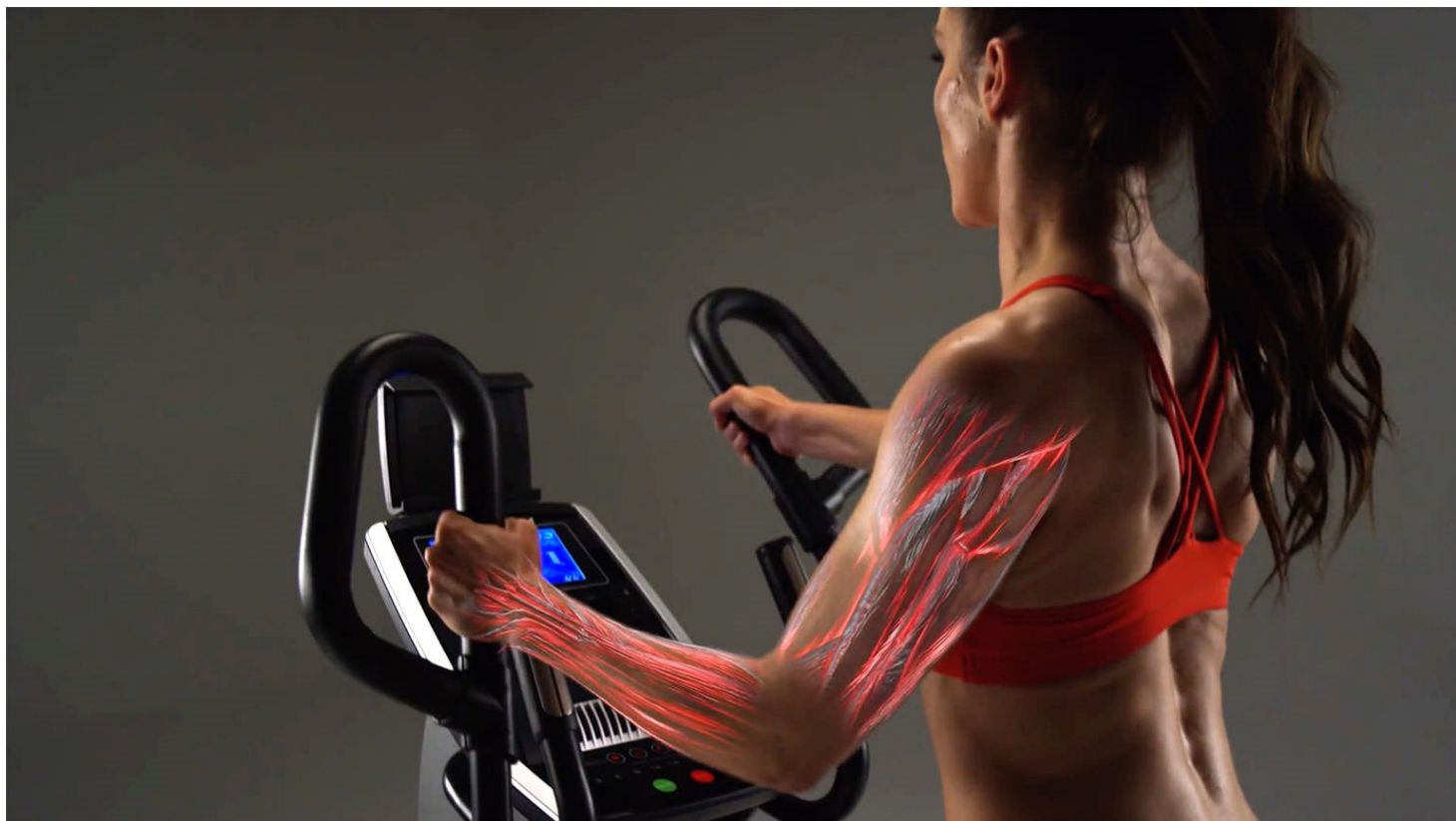
## The Ultimate Cardio Workout



## What is HIIT?

High Intensity Interval Training, or HIIT, is a training technique that involves repetitively giving 100% effort for a set amount of time followed by short recovery periods. You'll get and keep your heart rate up, burning more calories and building strength throughout your workout.

## Your Full-Body Workout in One, Single Movement



### Intense 10" Vertical Climbing Path

Unlike other stepper machines, the HIIT Trainer



### Smooth Moving

Put your joints at ease while in the middle of a





is designed for your feet to travel on a 10-inch vertical and 5-inch horizontal elliptical path. This motion puts you on track to burning more calories and building more strength.

challenging workout. With the HIIT Trainer, your feet never leave the pedals, giving you a zero-impact experience to help reduce stress on your joints and back.

### Your Silent Workout Partner



**1/2**  
**THE SPACE**  
OF AN ELLIPTICAL



### Keep Your Floor Space Yours

One of the biggest concerns people have about in-home fitness equipment is the amount of space it takes up. The HIIT Trainer resolves those concerns. The compact footprint takes up half the space of a normal elliptical exercise machine, leaving you with room to roam.



## A Step Above the Rest



## Smooth Performance

Use the built-in 14" display to swipe through your speed, time, distance, calories burned, heart rate, and more. Large, easy-to-press buttons make it simple to change your resistance level in an instant. Control your workout effortlessly by managing your audio, fan, workout programs, and much more.

ADDITIONAL  
INFORMATION

[More Information](#)



<b>Crank Arm / Stride Length</b>	Hybrid motion 10" Vertical, 5" Horizontal
<b>Panel</b>	14" full colour touchscreen display
<b>Warranty</b>	Mainframe: Lifetime, Other parts: 1 Year
<b>Other Features</b>	Combines an elliptical and a stepper into one compact design
<b>Flywheel Weight</b>	14kg
<b>Level Of Resistance</b>	26 Digital Resistance Levels
<b>Product Dimension</b>	132 L x 76 W x 162 H cm
<b>Max Load</b>	137kg
<b>Product Weight</b>	104 kg
<b>More Information</b>	Multi-Function Handlebars
<b>Incline</b>	None