



PRECOR®

# TRM 445 TREADMILL

Your lifestyle is fitness. And your equipment needs to go the distance. The new Precision™ Series Treadmills are commercial models for your home with the design and features favored by fitness center exercisers and owners. New technology uses your preferences and exercise data to deliver a personalized workout experience that promotes better results and saves you time. The Precision Series is club-proven reliability in a treadmill personalized for your home.

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

PRECISION™ SERIES

# TRM 445 TREADMILL

**PRECOR**

## HIGHLIGHTS

### Integrated Footplant Technology™

Exclusive to Precor and used on all of our commercial models, Integrated Footplant Technology™ reduces stress on your knees, ankles and hips by instantaneously adjusting the belt speed to match the slowing and accelerating natural movement of your foot as you run or walk.

### Ground Effects™ Impact Control System

Patented technology from our commercial treadmills, Ground Effects™ Impact Control provides the perfect amount of cushioning by placing precisely engineered shock absorbers along the front of the deck. At the same time, the rear of the deck is more rigid to give you a stable surface for an easy push off and safe running for all types of exercisers.

### Preset Workouts and Customizable Display

Personalize your workout with 23 preset workouts and 16 that you create. Customize the capacitive touch display to show the data most important to you.

### Run or Walk Downhill

Treadmill deck adjusts to -2% to simulate running or walking downhill. This provides real world conditioning and the ultimate in terrain variety.

### Preva® Integration

Your workout data can be uploaded to the Preva mobile app making it easy to track your goals and achievements.

### Lever style Motion Controls

Just like the Precor models in health clubs, lever style controls for deck elevation and speed are responsive, intuitive and easy to use while on the treadmill.

### Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless heart rate monitoring. Works with any Polar® compatible wireless heart rate transmitter (included with purchase).

### SmartRate® Target Heart Zone

SmartRate helps you stay in your fat burn, cardio or peak target zone for a more efficient cardio and weight loss workout.

## SPECIFICATIONS

### Motor:

### Deck:

### Deck Elevation Range:

### Speed Range:

### Running Surface:

### Handrails:

### Heart Rate Monitoring:

### Number of Workout Metrics:

### Preset Workouts:

### User IDs:

### Console Display:

### Speed & Deck Elevation Controls:

### Dimensions:

### Weight:

### Power:

### Warranty:

3.0 HP Continuous Duty  
Phenolic surface, 1" / 2.54 cm fiberboard, reversible

2% Decline to 15% Incline  
0.5 - 12.0 mph / 0.8 - 19.3 kph  
22" W x 56" L / 56 cm W x 142 cm L

Full length SofTouch™  
Touch sensor and wireless with any  
Polar® compatible chest strap transmitter

27  
23 + 16 exerciser created  
4

7" color LCD graphic display  
Lever style Motion Controls  
79" L x 34" W x 60" H

204 cm L x 86 cm W x 151 cm H  
358 lbs / 163 kg  
120V

Lifetime frame and welds  
10-year parts and wear items  
3-year console, 1-year labor

## FEATURES

Ground Effects™ Impact Control System

Integrated Footplant Technology™

Run or Walk Downhill

Personalized Suggested Workouts

Wireless Heart Rate Transmitter Included

SmartRate® Target Heart Zone

Grab-It™ Console Design

Capacitive Touch Buttons

Expansive Storage Compartments

Reading Rack

SmartGrip™ Mobile Phone and Tablet Holder

USB Port and Device Charging

Headphone Jack

Music Volume and Play Controls for Apple® Devices

Preva® Integration

Software Upgrade Capable

No Maintenance Treadmill Belt



WATCH THE VIDEO