

Runner's World Names Top Treadmills: FreeMotion Incline Trainer™ i7.7 is Honored
*FreeMotion Invents New Fitness Category with Steep-Incline
Exercise Machine for the Home*

(COLORADO SPRINGS, CO, January 17, 2008)—*Runner's World* named the FreeMotion Incline Trainer i7.7 as one of its "Top Treadmills" in the magazine's annual treadmill review, published in the February 2008 issue.

Runner's World, which has increasingly published articles on the benefits of hill training, wrote about the FreeMotion Incline Trainer i7.7: "If you're looking to run up the side of a mountain in the comfort of your own home, this is the treadmill for you."

"The first of its kind to go to a 30 percent grade, the Incline Trainer offers a unique and intense training experience that's ideal for anyone looking to do Pikes Peak or similar mountain races."

The new FreeMotion™ Incline Trainer i7.7 inclines from 0 to 30 percent. Most home treadmills reach maximum inclines of 10 percent, and even club treadmill top out at 15 percent. QuickTouch™ buttons that increase the incline in 3% increments and an arrow key allows adjustments in 0.5% increments. The dramatic incline, a speed range of 0.5 to 12 mph, a 22-inch wide by 60-inch long treadbelt and a commercial grade 5 hp motor combine to make the most versatile product for cardio exercise on the market.

FreeMotion Fitness, a brand of fitness products for the commercial fitness market, created the Incline Trainer for commercial fitness centers and elite training facilities in 2000. The success of FreeMotion's commercial Incline Trainer was so strong that the company launched a line of products designed specifically for the light commercial market, such as hotels, fire stations and community centers as well as the premium home consumer. The Incline Trainer i7.7 is part of this new offering, which launched in January 2008.

With incline training, recreational and elite runners can improve their race times. Researchers at the University of Athens found that runners who added hills to their training runs increased their sprint speed by 3.5 percent.

Interval hill training on the Incline Trainer can also help athletes in all sports where short bursts of speed are crucial, such as soccer, tennis, basketball and football.

Perfect for both training and weight loss, the Incline Trainer activates muscles not typically used during regular cardio training, burning significantly more calories. A study conducted at Utah State University compared walking for 20 minutes at two miles per hour with zero incline, to walking at the same speed and duration at a 25 percent incline on the Incline Trainer. Testers walking at 25% incline burned 3 times the calories.

The FreeMotion Incline Trainer i7.7 allows users to connect their MP3 players to the treadmill's console and play their favorite music through the built-in sound system. Integrated speakers and a secure shelf mean users won't worry about losing their headphones or dropping their MP3 players while running.

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The FreeMotion Incline Trainer also offers the optional Workout TV console. The 7" flat-panel LCD screen is integrated directly into the console and the screen is strategically positioned to offer a crisp, bright picture and comfortable viewing. The controls are within close reach so the user can change channels and volume easily.

Additional features for FreeMotion Incline Trainer i7.7 include:

- QuickTouch™ Incline—easily changes the incline from 0 to 30 percent with the touch of a button.
- Speed and Motor— runs at 0.5 to 12 MPH with a 5.0 HP DRVS™ DC motor system.
- Integrated Workout Fan—cools the user with three settings: low, medium and high.
- Heart Rate Monitor—provides a quick, accurate heart rate reading with easy-grip sensors in the handlebars or the included Polar® - compatible wireless chest strap.
- 350 lb. User Capacity
- Home Warranty—Lifetime frame and motor, 10 years parts and 2 years labor.

MSRP for the FreeMotion Incline Trainer i7.7 is \$4,999 and at specialty retailers such as Gym Source, Busy Body, Fitness Headquarters and Fitness in Motion. For more information about this and other FreeMotion Fitness products, visit www.freemotionfitness.com.

(Note: The FreeMotion Incline Trainer i7.7 is model # VMTL83907)

ABOUT FREEMOTION FITNESS

FreeMotion Fitness is committed to making products of incomparable quality and performance in the commercial industry today. It offers wall-to-wall solutions with FreeMotion functional equipment, FreeMotion Cardio and FreeMotion EPIC strength. They also provide the FreeMotion i.Tonic Whole Body Vibration Platform, FreeMotion Circuit Training programs and FreeMotion Group and Personal Training.

FreeMotion Fitness has recently integrated its patented commercial features into a new line of light commercial and premium home equipment.

FreeMotion Fitness is based in Colorado Springs, Colorado.

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