

AMT™ 100i Self-Powered

Self-Powered Adaptive Motion Trainer™ adapts to the users stride length naturally for a free running feel without the impact to customize each user's workout for optimal results.

Features

Training	<ul style="list-style-type: none"> Naturally adjust stride length without the need to control settings. From zero to 27 inches (69 cm), to match the desired workout for each unique users. Twenty resistance levels ranging from 20 watts (level 1 at 60 SPM, zero stride length) to 375 watts (level 20 at 120 SPM, max stride length). The Durable 3-phase generator system with no contacting parts to reduce friction and wear provides 20 levels of reliable resistance. The smooth feel is optimized by using large bearings and oversized pivot shafts. Dual action provides both upper and lower body workout. Arms are engaged with pushing and pulling motion to provide the ultimate in total body engagement.
Display	<ul style="list-style-type: none"> Stride length graphic helps the user see their adjustable stride and determine the active muscle groups. The pendulum-like swing of the monitor moves with the right and left footplate. Note higher calorie burn with longer strides. As the newest member of the Experience Series, AMT offers seamless integration with Cardio Theater options. Bio-feedback center with SmartRate® provides dedicated feedback on heart rate and calories to end users. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training. Numeric keypad makes data entry and Cardio Theater control easy. Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product. Offers wide choice of metrics and user defined languages and units of measure for readouts. QuickStart™ for user convenience lets user begin workout with the push of a single button.
Frame	<ul style="list-style-type: none"> Biomechanics validated by Western Washington University Biomechanics Lab for users of all fitness levels and sizes, from the 5% size female to the 95% size male user. Excellent stability and freedom of movement for users of all sizes. Step-on platform in the rear is polypropylene for durability. Platform enables the user to step onto the foot plates while identifying how far the foot pedals may extend from the back of the machine. Footplates with toe cups enable user to optimize muscle involvement. Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame. Footplates are glass-reinforced polypropylene and self-draining. Foot space is 14.5 inches (37 cm) long. Critical pivots are no-maintenance sealed bearing design. Other pivots incorporate self-lubricating bushings. Side panels are easy to remove for servicing.
Diagnostics	<ul style="list-style-type: none"> Ability to set club parameters, e.g. to limit exercise time and pause time. CSAFE ready and FitLinxx compatible.
Heart Rate	<ul style="list-style-type: none"> Has handheld heart rate and is equipped for heart rate telemetry reading using a chest strap. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.
Other Features	<ul style="list-style-type: none"> Caloric measurements and all other metrics developed for accuracy by Emily Cooper, MD, of Seattle Performance Medicine, using gas exchange measurements for users of all ages, sizes and fitness levels Accessory holders for water bottle, portable music, reading material and more.
Warranty	<ul style="list-style-type: none"> Seven years frame, 5 years display face assembly, 2 years parts and 1 year labor. One year for battery in self-powered units. Warranties outside the U.S. and Canada may vary.
4 programs with direct access	<ul style="list-style-type: none"> On the fly program changes without losing data <u>Manual</u> <u>Fat Burner</u> <u>Interval</u> <u>Heart Rate Control</u>; a Basic heart rate driven program
Electronic Readouts	<p>% Complete, Average heart rate*, Average speed, Calories, Calories per hour, Calories per minute, CrossRamp incline, Goal, Heart rate*, Language, Maximum heart rate*, METS, Profile, Resistance levels, Segment time, SmartRate®*, Speed, Strides per minute, Target heart rate*, Time, Time elapsed, Time in heart rate zone*, Time remaining, Total strides, Units, Watts, Workout summary</p> <p>* Requires use of chest strap or touch grips</p>

Weights and Measures

• Maximum stride length	27 in (69 cm)	• Minimum stride length	Climber motion 0 in (0 cm)
• Length	74 in (188 cm)	• Maximum workout time	240 minutes
• Width	28 in (71 cm)	• Minimum space between footplates	4 in (10 cm)
• Height without PVS	69 in (175 cm)	• Regulatory Approvals	FCC, ETL, CE, EN957
• Weight	445 lbs (202 kg)	• Maximum user weight	350 lbs. (159 kg)
• Shipping Weight	520 lbs (236 kg)	• Resistance levels	1-20 (20-375 watts)
• Footplate dimensions	14.5 x 7.5 in (37 x 19 cm)	• Maximum pause time	30 seconds
• Height of footplate at highest position	18.5 in (47 cm)	• Height of footplate at lowest position (step up)	5.5in (14 cm)
• Height with PVS	80.5 in (204.5 cm)	• Box dimensions	52 in long, 32 in wide, 60 in high plus 5 in for pallet

Power

- Self-powered. Cordless, so it can be placed anywhere on the floor.
- Optional power supply available if owner expects long time periods of no use or desires display to be continuously lit longer than 30 seconds after workout ends. The power supply extends the maximum pause time to two minutes.
- Generator provides ability to exercise even at low or zero battery levels.