

PRECOR[®] USA
move beyond[®]

Integrated Footplant™ Technology

Science in Motion



Natural running stride, matched by machine.
Engineered to move the way you move.

Integrated Footplant technology takes one simple fact into account: When you run, the speed of your foot changes.

Precor treadmills register foot speed and recalibrate belt velocity more than 100 times per second, reducing the joint and shoe discomfort common with treadmills that interrupt, rather than support, your natural running stride.

Result: Patented treadmill technology that fully complements your natural running stride.

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How this science works naturally with the human body.

When your heel strikes a treadmill, the foot delivers a powerful spike of energy. Integrated Footplant Technology reads this energy spike and uses the information to make minute belt-speed adjustments as you run.

So your running stride remains fluid, which reduces fatigues, creates a greater sense of ease, and promotes a more energetic, aerobic workout.

Precor Integrated Footplant Technology redefines treadmill design to synchronize machine movements with human motion.

So you experience an enhanced workout that:

- Feels completely smooth and natural.
- Reduces joint stress and minimizes fatigue.
- Maximizes aerobic benefit for heart and lungs.

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- 1 Mimics natural running motion**—When running or walking, the foot accelerates and slows during the course of each step. If exercising outdoors, the ground's firm surface supports the natural acceleration at the beginning of each stride. Precor technology works with this natural acceleration by precisely adjusting belt speed as the foot hits the deck—supporting the natural motion and preventing drag that can pull the foot backwards as the runner moves forward.
- 2 Harmonizes running speed and belt speed**—Precor treadmill design calibrates belt speed so that the treadmill surface shares the stationary benefits of running outside. To do this, equipment software monitors heel strikes and communicates with equipment hardware to adjust motor speed about 100 times a second. The resulting harmony between runner and machine means a smooth, fluid, and rhythmic running experience.
- 3 Promotes workout ease and comfort**—Relative perceived exertion (RPE) is the difference between how hard your brain says you're working and how hard your heart actually works. If you're jogging, the perceived level of exertion drops when impact to your ankle, knee and other affected joints is reduced. Our patented treadmill technology absorbs the impact of each foot strike up to 38% more than other treadmills. So you experience a more comfortable workout that keeps you motivated and moving toward your fitness goals.

