



## THROWDOWN HIIT SKI

The Throwdown HIIT SKI replicates the exhilarating motions of cross-country skiing within the confines of the gym. Its sleek design and user-friendly interface make it an enticing addition to any workout space. As one of the few fan-based resistance machines that train upper-body endurance, the HIIT SKI works harder against you the harder you work, taxing your arms, legs, core and cardio! Whether you're a seasoned athlete or just starting your fitness journey, the HIIT SKI's ability to provide a dynamic full-body workout is undeniably impressive.



### TRACK YOUR INTENSITY

Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays.



### HIIT PROGRAMMING

Have your trainers and coaches HIIT certified by our Master Instructors, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.



### HIIT SKI 9-4890

<b>HEIGHT</b>	85 IN (216 CM)
<b>WIDTH</b>	20 IN (52 CM)
<b>DEPTH</b>	16 IN (40 CM)
<b>DRIVE SYSTEM</b>	HMPE CORD
<b>RESISTANCE TECHNOLOGY</b>	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
<b>CHAIN OR CORD</b>	CORD
<b>MAX USER WEIGHT</b>	350 LBS (159 KG)
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel and aluminum construction
<b>COLOR SCHEME</b>	Matte Black
<b>FINISH</b>	Electrostatic Powder Coating for long lasting durability
<b>MACHINE WEIGHT</b>	52 LBS (23 KG)



### HIIT SKI W/ PLATFORM 9-4890 AND 716-0176

<b>HEIGHT</b>	85 IN (216 CM)
<b>WIDTH</b>	23 IN (59 CM)
<b>DEPTH</b>	50 IN (127 CM)
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel and aluminum construction
<b>COLOR SCHEME</b>	Matte Black
<b>MACHINE WEIGHT</b>	95 LBS (43 KG)

At Core Health & Fitness, we bring innovative health and fitness solutions to the global market. We're home to (commercial fitness) brands like StairMaster, Nautilus, Throwdown, Star Trac, Schwinn, and Wexer. Offering a combination of equipment, trainer education, and digital fitness solutions, we press into the future of fitness to ensure the creation of quality products and programming that meet the needs of an ever-evolving industry. Beyond products, installation, customer service, and support, Core can also provide financing options and a variety of partner connections who can build out your entire space, no matter the size.