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Curved Manual Treadmill



Curved Manual Treadmill for Sale

- Superfit-5070

Description

Explore the dynamic training potential with our Curved Manual Treadmill available for online purchase. The S-Drive Self-Powered Treadmill encapsulates the essence of a manual treadmill, providing the resistance and functionality of weighted sleds, resistance parachutes, and harness systems, all within a single compact design.

Engineered for utmost versatility and vigorous intensity, the S-Drive allows athletes to execute forward, lateral, and reverse movements, amplifying neuromuscular development and honing agility.

Embrace the unparalleled adaptability of the S-Drive running machine to bolster explosiveness and stamina while perfecting running form.

This cutting-edge, self-powered treadmill caters to a wide spectrum of running proficiencies. Yet, it's specifically tailored for those who seek to challenge their limits - aiming to accelerate faster, move quicker, and elevate their jumps.

The S-Drive Performance Trainer stands alone in its capacity to offer the combined benefits of traditional self-powered treadmills, the resistance of weighted sleds, the speed training of resistance parachutes, and the conditioning of harness systems—all within a conveniently space-efficient model.

Unlock your peak athletic performance and intensity with the S-Drive, where explosive training meets innovation.

The S-Drive Performance Trainer is not only a versatile piece of equipment for those looking to intensify their fitness routine but also an excellent choice for individuals in rehabilitation or senior users focused on maintaining functional health. With full perimeter handrails, it ensures ease of access, making it safer to get on and off the machine.

It starts from a true zero kph, offering a welcoming entry point for users at any level of fitness. The self-powered mechanism of the S-Drive promotes a more natural walking or running motion compared to conventional treadmills, which is particularly beneficial for those recovering from injuries or seeking low-impact exercise options.

The efficacy of the S-Drive is well-established, making it a powerful addition to any circuit training setup. It is adept at enhancing various facets of physical fitness, from building endurance and explosive speed to diversifying workout routines.

Offering a broad spectrum of settings, the manual treadmill invites users to customize their workout difficulty. This flexibility caters to both strength and endurance training, whether within a gym setting or the comfort of one's home.

Ntaifitness is dedicated to crafting high-quality, user-centric fitness equipment suitable for home, commercial, and club commercial environments. Their portfolio encompasses a comprehensive range of cardiovascular and strength training machinery.

Elevate your workout regimen with Ntaifitness's array of exercise machines, which includes exercise bikes, treadmills, ellipticals, and more, designed to meet your fitness goals.

Discover the best deals and prices on treadmills with Ntaifitness. Enjoy everyday low prices when you shop online with us. Experience the Ntaifitness difference today and take the first step towards a healthier, more active lifestyle.

How to use the Curved Manual Treadmill?

Using the Curved Manual Treadmill is designed to be intuitive and adaptive, allowing athletes to seamlessly integrate multi-directional exercises into their training. Here's a guide on how to take advantage of this versatile equipment:

1. **Dynamic Movement:** Athletes can walk or run forward, sprint backwards, or perform side steps on the spacious 60" x 22" track. This versatility mirrors the experience of training on an outdoor track or field, allowing for a natural transition between environments.
2. **Responsive Mechanics:** The S-Drive responds directly to the user's movements, offering instant feedback and allowing for immediate adjustments. This feature is particularly useful for responding to real-time coaching instructions.
3. **Resistance Training:** To intensify cardio workouts, the S-Drive incorporates two unique features:
 4. A harness system mimics the drag of a resistance parachute, ideal for resisted sprinting drills.
A robust handlebar positioned at the front allows users to engage in sled-push exercises, with adjustable resistance settings to cater to different training needs and fitness levels.
5. **Self-Powered Convenience:** As a self-powered unit, the treadmill accommodates users of all ability levels without the need for electrical power, offering placement flexibility within any training space.
5. **Compact Efficiency:** Despite its broad capabilities, the S-Drive occupies no more space than a conventional commercial treadmill, making it a space-efficient solution for any gym or training facility.

The curved design of the treadmill naturally encourages good form and maximizes the benefits of high-intensity interval training (HIIT). It's an exceptional tool for improving cardiovascular endurance, agility, running technique, and overall strength.

While considering the S-Drive for your training or facility, weighing its pros and cons will help determine its suitability for meeting your fitness objectives or accommodating your space and user needs.

Features

- Designed to stand up to the most intense workouts in athletic training environments
- Self-powered with true zero start and unlimited top speed
- Dedicated sled bar and sled brake with 8 resistance settings and equivalent max pushing of 270 lbs.
- Full handrails aid in entry and exit while offering support during lateral movement exercises.
- Parachute brake with 11 resistance settings
- 7-degree incline ideal for sprinting and building strength
- 7" Step-on height
- Low-inertia design offers true-to-life ground reaction forces
- The built-in bar simulates sled pushing and pulling to build explosive power.

Specifications

Technical Specifications

Dimensions (L x W x H)	1950 x 880 x 1500 mm
Drive System	Dual magnetic maintenance-free brakes
Weight(N.W)	122.5 kg
Weight(G.W)	145.2 kg
Running Area	1520 x 510 mm
Resistance System	Magnetic
Resistance Levels	11 parachute, 8 sled
Max weight	182 kg

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