

SPRINTBOK

by





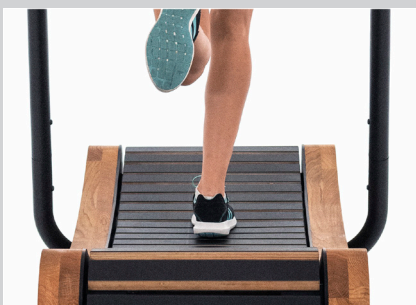
Running the Curve

Running enthusiasts are well acquainted with the advantages of motorless treadmills. Fully powered by the user's legs, the Sprintbok knows no speed limitations. Whether training for endurance, sprint or interval runs – the Sprintbok perfectly absorbs any kind of running training through its ball bearing mounted slats.

The running belt's gentle inward curve renders the motorless treadmill even more benefits for a natural running feel. Shifting the body's center of gravity enables the runner to change rhythm and speed nearly effortlessly.

Compared to motorized models, the Sprintbok guarantees a heightened, more intense and effective treadmill workout, yielding a higher calorie burn, due to higher level of effort.

Distance, sprint and interval runs – all forms of running training can be practiced on the Sprintbok. Exceptionally quiet during use, its cushioned belt reacts instantly to any shift in your speed input. The Sprintbok automatically adapts to all running styles and speeds without any unpleasant, persistent motor noise – this enables fluid change between sprint and slower-paced running.



Suitable for all running workouts: endurance training, sprints & intervals. Adapts to any running style and speed.



Features ball bearing mounted polyurethane wheels for easy handling and 4 height-adjustable feet for a firm stand.



Inclinable 17.3" monitor screen for a clear overview of performance data. Further workout features available in Sprintbok-App.



Highest Quality Materials

62 sound and impact absorbing laminated wood slats guarantee a nearly noiseless running experience. Enjoy a natural, forest running feel, thanks to the absorbent natural rubber, layered between slats and belt. The natural linoleum, laminated wood slats guarantee anti-slip self-propulsion, even with a wet surface.

The powder-coated, black handlebar elegantly accents the Sprintbok's curved design, for a steady grip when required.

The handlebar features the monitor screen at the top, with all cables and electronic engineering stored safely on the inside of the rails.

The Sprintbok engages your running musculature much more intensely than traditional treadmills. The user's continuous, self-determined energy, used to power the treadmill, builds running muscles faster. The weighted, spaced belt and slats provide the perfect, natural running momentum, thanks to the combination of industrial high-quality ball bearings and milled precision rolls which guarantee it's quiet sound when in use.





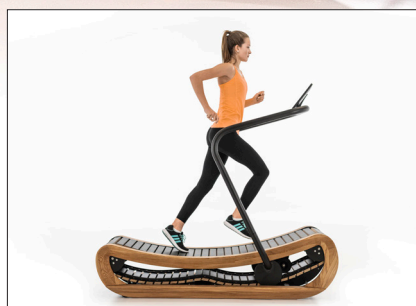
Sprintbok Training

The principle of the motorless Sprintbok treadmill is based on the runner's foot effectively pushing the slat belt backwards at the strike point. The curved belt surface, featuring vertical and horizontal contours, enhances the downward and backward pulling of the belt – ideal for a more natural pace.

Once the foot strikes, the runner's bodyweight contributes to pushing the treadmill belt downwards and backwards. The foot's point of contact is always slightly in front of the body's center of gravity. The high-quality, ball bearing mounted running slats reduce horizontal friction during the strike phase. Less friction when the foot strikes, encourages more muscle engagement.



Easy, intuitive familiarization: start with a simple walk to get a feel for self-powering the treadmill. Once you find your balance at a walk pace, the transition to a comfortable jog is easy.



Picking up speed: shifting your body's center of gravity slightly forward, while running more forward, "into" the curve will increase the running pace.



Train for speed: the Sprintbok instantly reacts to the user's speed increase. The flexible slats ensure minimal strain on the joints.

Technical Details

- Weight: 120 kg
- Running surface: 160 cm x 45 cm
- Min. running surface height: 32 cm
- Wooden frame width: 8 cm
- 2 polyurethane wheels for easy manoeuvring
- 17.3" tablet incl. with 3 training modes:
 - Free-training, scenery/city runs, fitness trails
- Quiet running noise when in use, thanks to vibration-reducing, natural rubber



H: 160 cm
L: 175 cm
W: 86 cm



160 kg
Unit weight



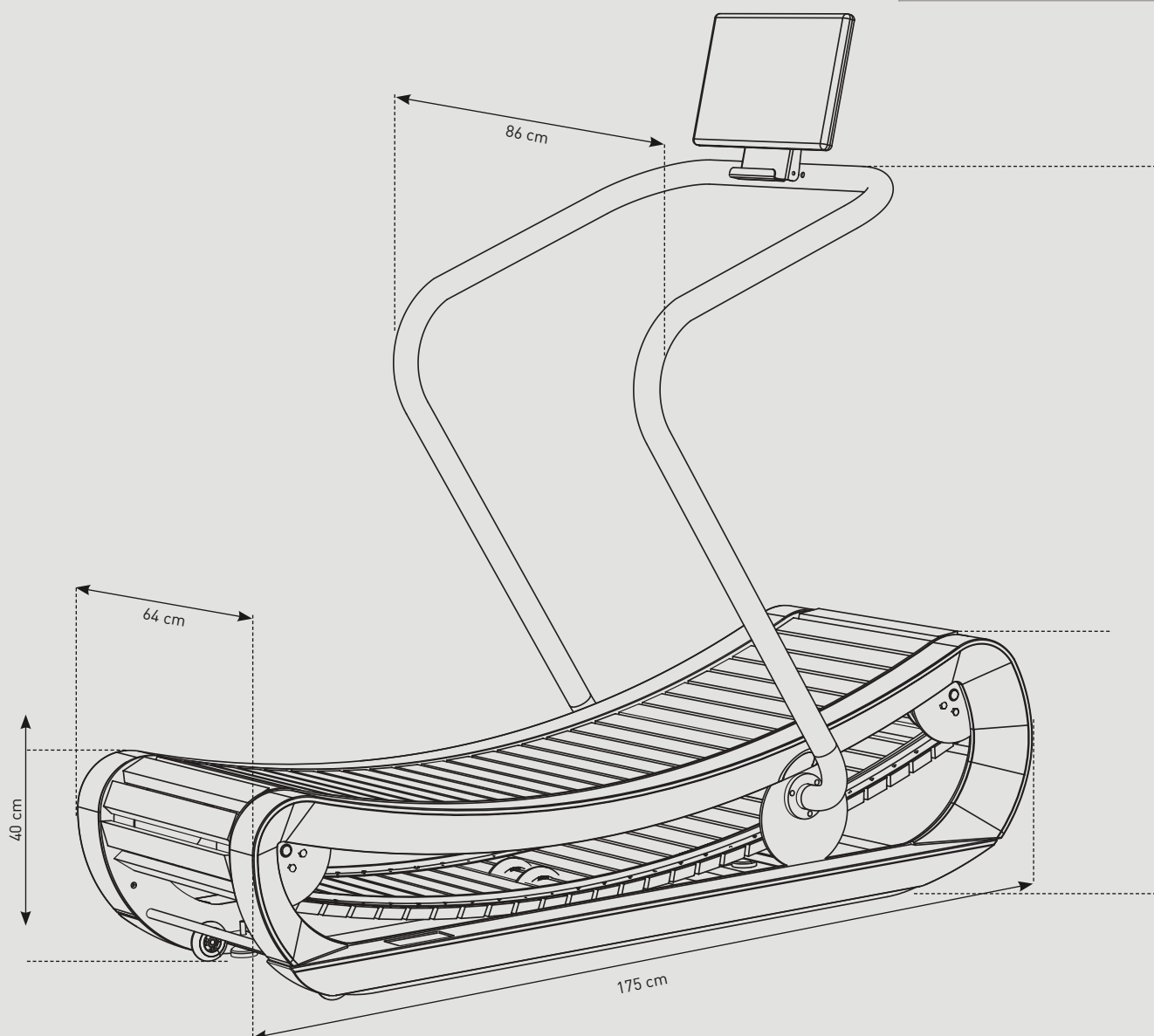
160 kg
Max. user weight



1 Package
250 kg, 180 x 90 x 80 cm



Endurance



Sprintbok Models



Ash



Club



Oak



Shadow



Cherry



Walnut

Model	Order No.	Model	Order No.
Ash	23100	Shadow	23105
Club	23101	Cherry	23102
Oak	23104	Walnut	23103

Included accessories: Owner's manual, accessory bag for safekeeping