



HIITMILL® X 9-4680

Unlike a standard treadmill the StairMaster® HIITMill X is a self-powered speed and strength training tool designed to build explosive power when used in a High-Intensity Interval Training program. This High-Intensity machine delivers an effective resistance training platform that captures the benefits of speed and agility training, lateral training and sled training. Users can now push, drive and sprint with the resistance of a sled, safely and with a smaller footprint. These easy to use tools allow users to drive up metabolic intensity and make for a more space efficient solution to alternative training methods. Gear up for one tough and rewarding HIIT workout that members will love to hate.



STAIRMASTER 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.



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.



HIITMILL® X 9-4680

LENGTH	78 in (197 cm)
WIDTH	55 in (140 cm)
HEIGHT	66 in (167 cm)
RESISTANCE SYSTEM	Magnetic resistance brake with resistance control lever
BELT TYPE	3mm PVC cushioned (compatible with plastic field cleats)
INCLINE RANGE	Fixed 11-degree incline
DECK TYPE	MDF with phenolic coating
RUNNING AREA	23 in Wide
STEP-ON HEIGHT	7.5 in (19 cm)
FARMER'S CARRY LIFT ARMS	Yes
CONSOLE	StairMaster HIIT
POWER REQUIREMENT	Self-powered walking, running and pushing
MAX USER WEIGHT	350 lbs (159kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel construction
COLOR SCHEME	Black and Silver
FINISH	Electro-static powder-coat
MACHINE WEIGHT	441lbs (220 kg)
SHIPPING DIMENSIONS	40.94 in x 82.3 in x 33.86 in (104 cm x 209 cm x 86 cm)
SHIPPING WEIGHT	553 lbs (251 kg)



HIIT CONSOLE

DISPLAY TYPE	Fixed Segment LCD
DISPLAY AREA	13.8in ²
BACKLIGHT	Yes
# METRICS DISPLAYED	5
# PROGRAMS	5
CUSTOM PROGRAMS	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
POWER REQUIREMENT	Power two C cell batteries or an optional external power supply can be ordered
5 GHZ HEART RATE	Yes
ANT+ HEART RATE	Yes
ANT+ L. BOARD SIGNAL	Yes
BLE CONNECTIVITY	Yes
MULTI-LANGUAGE OPTIONS	No
QUICK START OPTIONS	Yes
BLUETOOTH DATA TRACKING	Yes
USB SOFTWARE UPLOAD	Yes