



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 9-4710



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

HIIT SKI W/ PLATFORM 9-4710 AND 716-0176



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

