



# HEART ZONES



# MEET TREAD

## Group Technology for Group Treadmill Workouts



**Heart Zones TREAD** is a group treadmill workout using wearables, Heart Zones apps, and companion run and walk program. This is turnkey solution that takes your participants to a new level of cardio fitness.

**Small Group Training:** New program, new revenue stream with SGT.

**In the Club:** Adaptable both in a studio application or anywhere your club's cardio floor.

**Music:** Listen to upbeat tempo stride-matched music as your coach leads the workout.

**Results:** Individualized for each participant.

**Live Data:** Big Board displays pace, steps-per-minute, Kcal, heart rate, incline, and more.

**Individualized:** Each participant's zones and data personalized to their fitness level.

**Post Workout:** Receive post class email with individual results data.

**Web Portal:** Heart Zones Connect, the web portal, stores all the tread workout data in the cloud.

**Why?** Motivation, goal achievement, weight loss, enhanced endurance, and tons of fun.

Whether you are training or coaching for a race or just for the health of it, try **Heart Zones TREAD** to help you be a better runner, a better coach, and a more fit walker. Call for a free 15-minute demo and learn more. Get started: low cost, education and turn-key solution.

**More Information Contact:**

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