

OMEGA Z

OMEGA Z-02



EXPERIENCE PULSE-POUNDING SIMPLICITY

Only Omega Z combines clean design and essential programming for a simple, smart exercise experience that fits your home. Exclusive PulseTrain programming delivers a challenging, engaging workout that leads to measurable cardiovascular improvement. You can even use our @Zone app to train with and compete against running enthusiasts all over the world. Crisp design and an open frame create a minimalist aesthetic that's as impressive as it is understated, and an intuitive console provides clear feedback to make sure nothing stands between you and your ideal workout.



FEATURES	
Model Number	Omega Z-02
Running Area	140 x 53 cm / 55" x 21"
Cushioning System	Variable Response Cushioning
Incline Range	0 – 12%
Speed Range	0.8 – 20 km/h / 0.5 – 12 mph
Extras	One-touch Start, Energy Saver Mode, Bottle Holder, Tablet/Reading Rack
DRIVE SYSTEM	
Motor	3.0 HP

CONSOLE	
Display	3 LED Windows with Multiple Colors
Workout Feedback	Time, Distance, Incline, Speed, Calories, Heart Rate
Programs	Distance, Calories, Interval, Performance, Heart Rate, Step, Pulse Train, Custom
Entertainment	Compatible with Other Popular Fitness APPs
Workout Tracking	Bluetooth 4.0 FTMS
Heart Rate	Contact Grips and Bluetooth HR
TECH SPECS	
Assembled Dimensions (L x W x H)	183 x 89 x 144 cm / 72" x 35" x 57"
Folded Dimensions (L x W x H)	103 x 89 x 169 cm / 41" x 35" x 67"
Product Weight	93 kg / 205 lbs.
Max User Weight	159 kg / 350 lbs.



TURN UP THE BEAT ON YOUR WORKOUT

Our exclusive PulseTrain programming uses your heart rate and the universal language of color to keep you motivated and on track for your goals. Whether you choose endurance training, aerobic training, threshold training or anaerobic training, the console will continually check your heart rate and use vivid colors to let you know if you're on pace or if you need to work a little harder, right for the way you like to run.



MAXIMUM RESULTS, MINIMUM TIME

Get results you can see in the mirror in no time with our 20-minute HIIT program, proven to reduce body fat by up to 27% in just eight weeks. Best of all, our smart fitness technology automatically adjusts pace or resistance for each interval. Visit Sprint8.com for more information.



TEST YOURSELF AGAINST THE BEST

Our @Zone app keeps your Sprint 8 workouts fresh and motivating by letting you compete against fellow exercise enthusiasts. After you complete a workout, check the leader board to find out how your results stack up against friends and others from around the world.

