

Proform Xp Treadmill Manual

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Take your exercise to the next level with the 150i Elliptical. This machine features a 17-inch stride length with a front-drive motor, offering the ideal combination of smooth-action and resistance.

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Get greater results with the 250i Elliptical than with a treadmill or walk around the block. This elliptical machine features a front-drive design with a 17-inch stride, pairing with the padded handles to provide both upper- and lower-body results.

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The treadmill offers you the opportunity to walk indoors without braving dark mornings, cold weather or unfriendly terrain. Most treadmills have an incline option -- with home models going up to a 10 percent grade, standard commercial models going up to 15 percent grade and super-incline trainers reaching about a 30 percent grade.

[What Are The Benefits Of Incline Walking On A Treadmill](#)