



# BXT116 Treadmill

*Built to exceed expectations.*



## MACHINE FEATURES

- » 7.5" Full Color Backlit LCD Display
- » Integrated Handrail Controls
- » Speeds up to 12 MPH
- » 15% Motorized Incline
- » 20" x 60" Running Path
- » Comfort Tech™ Deck Cushioning
- » Powerful 3.75 CHP Motor
- » SoftDrop™ Folding System
- » Integrated Media Rack
- » Water Bottle Holder

## WHAT IS THE BXT116?

### Meet Your Fitness JRNY Coach

Introducing Bowflex JRNY™, the personalized coaching technology that integrates with your BXT216 to create daily, custom workouts and provide in-workout coaching and personalized feedback that encourages and drives users through their workout.\*

### Explore the World™ App

Automatically adjusts to your speed as you run through virtual courses, exotic locales, and stunning trails from around the globe.†

### Integrated Controls

Easy to navigate, soft and responsive gel buttons ensure that you have everything within reach. Your incline, speed and programming are now just a touch away.

### Built-in Motivation

The integrated calorie-focused burn rate console displays your calories burned per minute pushing you to go further and faster in less time.

\*JRNY™ app subscription required. †3 free courses available. Unlock more with Explore the World™ app subscription.



## WHY BXT116?

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| <p><b>Guided Coaching</b><br/>Integrates with the JRNY™ App and delivers in-workout coaching, custom running workouts, and more.†</p> | <p><b>Explore the World™ App</b><br/>Travel the globe from the comfort of home.</p> | <p><b>Premium Feature Set</b><br/>Featuring 3.75 CHP Motor, in-reach button controls, and 15% motorized incline.</p> | <p><b>Space Saving</b><br/>20" x 60" running path and convenient SoftDrop™ folding system.</p> |
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†JRNY™ app subscription required.

## TECHNOLOGY

- » Bluetooth® Connectivity
- » Sync with JRNY™ App
- » Explore the World™ App Available
- » 9 Workout Programs
- » Real-Time Custom Programming
- » Integrated Heart Rate Contact Grips
- » Telemetry Heart Rate Tracking
- » 3-Speed Fan
- » USB Charging Port
- » In-Console Speakers

## MACHINE SPECS

### Dimensions

84.5" L x 36.3" W x 55.2" H

### Maximum User Weight

375 lbs.

### Assembled Product Weight

280 lbs.

### Power Source

Included AC Adapter

### Warranty

15 Years Frame & Motor  
5 Years Parts  
2 Years Labor



Integrated Controls



SoftDrop™ Folding System



20" x 60" Running Path

## JRNY™ APP

**Individualized Runs:** Receive fresh, custom workouts every day that auto-adjust time and intensity as you get better.\*

**Real-Time Feedback:** Personalized, real-time feedback and tracking celebrates your accomplishments with virtual rewards, motivation, and more.\*

**Virtual Coaching:** Every run is led by Vi, the friendly, virtual coach that provides real-time fitness tips and speed targets to keep you on track, helping you reach success.

**Explore the World While You Run:** Stay engaged by exploring dozens of virtual courses and stunning trails that automatically adjust to your running speed.\*\*

\*Separate subscription required. \*\*3 free courses available. Unlock more with Explore the World™ app.

