



A RUNNING SURFACE THAT OUTPERFORMS NATURE  
ENGINEERED TO MOVE THE WAY YOU MOVE



# GROUND EFFECTS<sup>®</sup>

## Impact Control System (GFX<sup>®</sup>)

Ground Effects technology overcomes a crucial treadmill problem: How to engineer a running surface that's solid enough to provide maximum stability and pliable enough to absorb high-impact motion. Most treadmill decks flex like an inverted bow to absorb shock. That solves one problem; it reduces stress on joints. But creates a new one: it's difficult to push off—a lot like jogging in the sand.

Precor analyzed the problem and redefined high-impact running as a low-impact sport that didn't have to sacrifice stability or speed. Result: Patented treadmill design that outperforms a natural running surface.

**PRECOR<sup>®</sup>**

# Ground Effects® Impact Control System (GFX)

When you run outdoors, the earth provides rock-solid stability. That's essential for a vigorous, safe running experience. But every time your foot hits the ground, it stresses knees, ankles, hips and other joints—creating discomfort that quickly fatigues the body.

Precor Ground Effects technology revolutionized treadmill deck design with more absorption in the front where the foot hits the belt, added rigidity at the back for a firm push-off, and greater overall stability vital for healthy joints and safe running.

So you experience an enhanced workout that:

- Absorbs high-impact movements.
- Reduces joint stress and minimizes fatigue.
- Supports a solid and controlled push off.

## HOW THIS SCIENCE WORKS NATURALLY WITH THE HUMAN BODY.

### 1 Absorbs shock only where needed

Precor running decks are secured at the back so you get the greatest shock absorption at the front: Right where you need it—where the foot hits the tread—for a smooth, natural running motion. This patented design provides maximum lateral stability across the running surface without compromising the give you need at the front for a comfortable workout experience.

### 2 Supports a strong push-off

A running deck with enhanced stability makes a strong push off possible. That's important because without it, your foot sinks as it pushes off, requiring more energy, increasing fatigue, and diminishing workout results. Precor patented treadmill deck design provides added firmness at the back so you get just the right balance of hardness and absorption for a solid push off with reduced stress to the joints.

### 3 Adjusts to the user's individual needs

Precor innovative technology includes triangular-shaped shock absorbers at the front of the deck. This unique feature progressively absorbs impact based on the runner's weight. The combination of lateral stability and variable shock absorption means that—whether you're training for a marathon or recovering from an injury—you're on a machine that adapts to your build and your workout.

### 4 Promotes workout ease and comfort

Relative Perceived Exertion (RPE) is the difference between how hard your brain says you're working and how hard your heart actually works. If you're jogging, the perceived level of exertion drops when impact to your ankle, knee and other affected joints is reduced. So you experience a more comfortable workout that keeps you motivated and moving toward your fitness goals.

