



T656-16 TREADMILL

The SENZA™ line encompasses our top tier cardio products, integrated with premium technology and entertainment options that actively engages users by providing an intuitive workout experience that allows them to consume their entertainment, their way. The T656 is our top tier treadmill with -3 to 15% incline range, 0.1 to 15 mph speed range and an integrated 16-inch SENZA™ display.

KEY FEATURES

- 16-inch SENZA™ Touchscreen
- AnyCast screen mirroring technology
- ECO-DRIVE™ motor uses 32% less energy than standard motor
- ECO-Glide™ auto lubrication system



TECHNICAL DETAILS

Unit Weight	453.2 lbs / 206 kg
Dimensions (LxWxH)	84.9 x 35.6 x 59.3 in / 215.6 x 90.5 x 150.6 cm
Running Area	62 x 22 in / 157.5 x 55.9 cm
Speed Range	0.1–15.0 mph / 0.2–24 kph
Incline Range	-3 to 15%
Drive Motor	5.0 HP AC-Servo motor
Max User Weight	500 lbs / 227.3 kg
Step Up Height	10.6 in / 27 cm
Features	CSAFE port Headphone jack with built-in volume control USB port for device charging (x2) Numeric keypad Multi-language support Contact heart rate standard & wireless Polar® HR receiver built-in
Optional Features	SA WELL+™ Integration

TOUCHSCREEN TECHNICAL DETAILS

Screen	TFT Backlit LED Capacitive Touchscreen w/ Anti-Glare
Resolution	1366 x 768
Screen Size	16 in
Aspect Ratio	16:9
Operating System	Android 5.1.1
Contrast ratio	500:1
Processor	NXP Freescale I.MX6 Quad Core, 1GHz
Memory	32GB eMMC
Languages	English, Traditional Chinese, Simplified Chinese, Japanese, German
System Updates	Manual USB or Push (via Wi-fi opt-in)
Brightness	15 Adjustable Settings (300 cd/m2)
Viewing Angle	160° Vertical & Horizontal
Connectivity	Wi-fi (IEEE 802.11 a/b/g/n) LAN Ethernet (10/100Mbps)
Web Browsing	Closed browser, owner/operator determines web page availability
TV Support	ATSC / QAM(64,256) / NTSC DVBT / PAL / SECAM
Inputs	AV (CVBS) Coax
Readouts	Resistance, Stride length, Time, Heart rate, Distance, Calories, Strides per minute
Workout Programs	Manual, Random, Interval, Glute, Hill, Track, Fat Burn, Lifestyle, SENZA™ Journey, Heart Rate, Fitness Programs, 5K Trainer
Features	Bluetooth 4.0 heart rate support Bluetooth-AVRCP iOS & Android music compatible Customizable home screen logo, embedded url on home screen, screen saver images & web pages 13 SENZA™ Journeys