



RUN YOUR TRAIL AT HOME

The newest addition to the award-winning Paragon line brings together performance and technology for a workout that's the closest thing to hitting the trail without leaving your house. Exclusive AirTrain Technology combines responsive air cushioning with 10 challenge programs to simulate real trail running. Intuitive controls adjust speed and incline at the touch of a button to add challenge, connects via Bluetooth to elevate the exercise experience with all the things that keep you moving. With this unique fusion of performance and technology, the Paragon X is the only treadmill for trail running beginners and enthusiasts who want to take their training further at home.

JOHNSON EXCLUSIVE TECHNOLOGY

At Johnson Health Tech, we invest in technology that completely redefines the exercise experience, helping you reach your fitness goals in smarter, easier and more enjoyable ways. These unique features are exclusive to our premium products, so you won't be able to find them anywhere else.



AirTrain Technology

Our exclusive design features an air cushion system beneath the deck that inflates along with preprogrammed changes in speed and incline based on 10 real trail running competitions across North America, Asia and Europe. You can even choose from grass, dirt, gravel and stone terrain settings to create a feel right for the way you like to run.



Sprint 8

Achieve maximum results in minimum time with our 20-minute HIIT training, proven to burn up to 27% body fat in just eight weeks. Visit Sprint8.com for more information.



FeatherLight Folding

Get the sturdiness of a traditional treadmill with the convenience of a folding frame thanks to our effortless hydraulic folding system that facilitates easy storage between workouts.



Johnson Drive System

Maintain your rhythm with the responsive digital drive system that continuously recalibrates with each footfall. Plus, you can use your treadmill in any room of the house because the motor always runs at low RPMs, which minimizes noise and enhances durability.



FEATURES

- A powerful 3.25 HP motor and a 56 cm / 22" wide deck provide performance and room for intense trail running workouts
- Ultra-modern styling includes open frame, curved console, streamlined I-shaped folding and contoured, chrome-accented design details
- One-touch Run Control starts and stops workouts at the push of a button
- Advanced Bluetooth connects accessories like heart rate straps and syncs workout data with popular fitness apps
- Contact grips provide quick, accurate heart rate feedback
- Device holder keeps streaming entertainment and on-demand exercise classes clearly in view

KEY SPECIFICATIONS

TREADMILL		CONSOLE	
BELT	2.2 mm	DISPLAY	Three White LED Windows
RUNNING AREA	153 x 56 cm / 60" x 22"	WORKOUT FEEDBACK	Time, Distance, Incline, Speed, Calories, Heart Rate
CUSHIONING	Variable Response Cushioning + adjustable air cushioning system	PROGRAMS	Console: Sprint 8, Distance (1k, 5k, 10k, Half Marathon), Calories (300k, 500k, 700k), Interval (Speed Interval, Peak Interval), Performance (Weight Loss, Gerkin), Heart Rate (Target HR, % Target HR), Step (5000, 10000), Cushion Run (Beginner, Obstacle, Challenge, 5K (1), (2), (3), (4), 10K (1), (2), 50K), Custom (Custom 1, Custom 2)
INCLINE RANGE	0 – 15%	ENTERTAINMENT	Device holder, compatible with popular fitness apps
SPEED RANGE	0.8 – 20 km/h / 0.5 – 12 mph	HEART RATE	Contact Grips and Bluetooth HR
EXTRAS	Capacitive touch buttons, one-touch run control, crystal-clear display panel, FeatherLight Folding		
MOTOR	3.25 HP Johnson Drive System		
DIMENSIONS (L x W x H)	206 x 97 x 147 cm / 81" x 38" x 58"		
FOLDED DIMENSIONS (L x W x H)	114 x 97 x 181 cm / 45" x 38" x 71"		
PRODUCT WEIGHT	125 kg / 275 lbs.		
USER WEIGHT CAPACITY	180 kg / 387 lbs.		