



# CARDIO

## PRODUCT CATALOG

Designed for enjoying your life

[www.steelflexfitness.com](http://www.steelflexfitness.com)





# Steel Mind, Flex Body

Simple is the best. It is not a slogan. It is our top principle. Listen to yourself, and your body, they will tell you the correct way to build up your physical health. Exercise equipment can produce unnecessary limitations, but at Joong Chenn, we insist the user is the key: thus all exercise equipment should be ease of simple use for the users' action on the equipment and not restrict the user.

Simple is best, therefore we adopt the correct technology for the user in every piece of Steelflex equipment that we design. Because we believe that people's natural function of movement is the best method for their body, Steelflex products do not interfere with this function during the use of our equipment. We provide equipment that is comfortable, safe, and a great exercise experience. Our products not only have an outstanding design, but we are sure once you use them they will bring you an enjoyable experience. Welcome to the Steelflex World!

# Our Company History

- **1980** - Renda Enterprise was found, producing free weight products based on OEM/ODM
- **1983** - Joong Chenn Industry Co., Ltd. was established. Main products are Dumbbells and weight products.
- **1985** - 1985 Started our own brand of weight products "WECK".
- **1991** - Joint venture with BODY SOLID and developing Home Gym and Bench Selling products worldwide via "BODY SOLID" brand.
- **1993** - New factory built in Nantou; main products are Home Gym and Bench.
- **1998** - To supply the complete series of products, developing the cardio products such as treadmill and bicycle. The National Athletic Sports in Taiwan selected JCI as their free weight training equipment.
- **2000** - Body Solid G1S received the award "BEST BUY" from American's consumer reporting magazines.
- **2001** - Second new factory built in Nantou, main production are Home Gym, Treadmill and Bicycle. China factory built in April and mainly produces Home Gym products.
- **2002** - ISO certified and created own brand "STEELFLEX".
- **2003** - Created own brand "Fitnex" and received the award of "It's very well made in Taiwan" and "TSMA award".
- **2004** - Established the new sales department "SBU" in Shanghai.

● **2011** -



PT10



MDC2000 awarded the prize of the "19th

Taiwan Excellence Award".

● **2012** -



M3DBR awarded the prize of the "20th Taiwan Excellence Award".

● **2013** -



T70



CF SG



HRM1700 awarded

the prize of the "21th Taiwan Excellence Award " and CF SG won the " TaiSPO Innovation's Stage of Excellence Competition".

● **2018** -



PB10



PR10 awarded the prize of the "26th Taiwan Excellence Award".

● **2019** -



PT20 awarded the prize of the "27th Taiwan Excellence Award".

● **2023** -



FPR112 was awarded the 31st Taiwan Excellence Award and was invited to the Taiwan Excellence Pavilion at FIBO 2023.

● **2026** -



Elliptical PES10 received the 34th Taiwan Excellence Award

## **. Smart -**

High technology and humanity design.

## **. Safety -**

Strong structure for safety use.

## **. Simplicity -**

Aesthetically pleasing with ease of use.

# About Steelflex Fitness

People have high expectations for health and mental happiness from exercise. To achieve this goal Joong Chenn established in 1983 with intention to design innovative fitness products for all users. Our products have passed ISO9001, CE and ETL certification. We work towards designing our fitness products with 3 concepts (Simplicity, Safety and Smart) as our main object. We are continuously improving the quality of life for all of our users and this is our motivation.

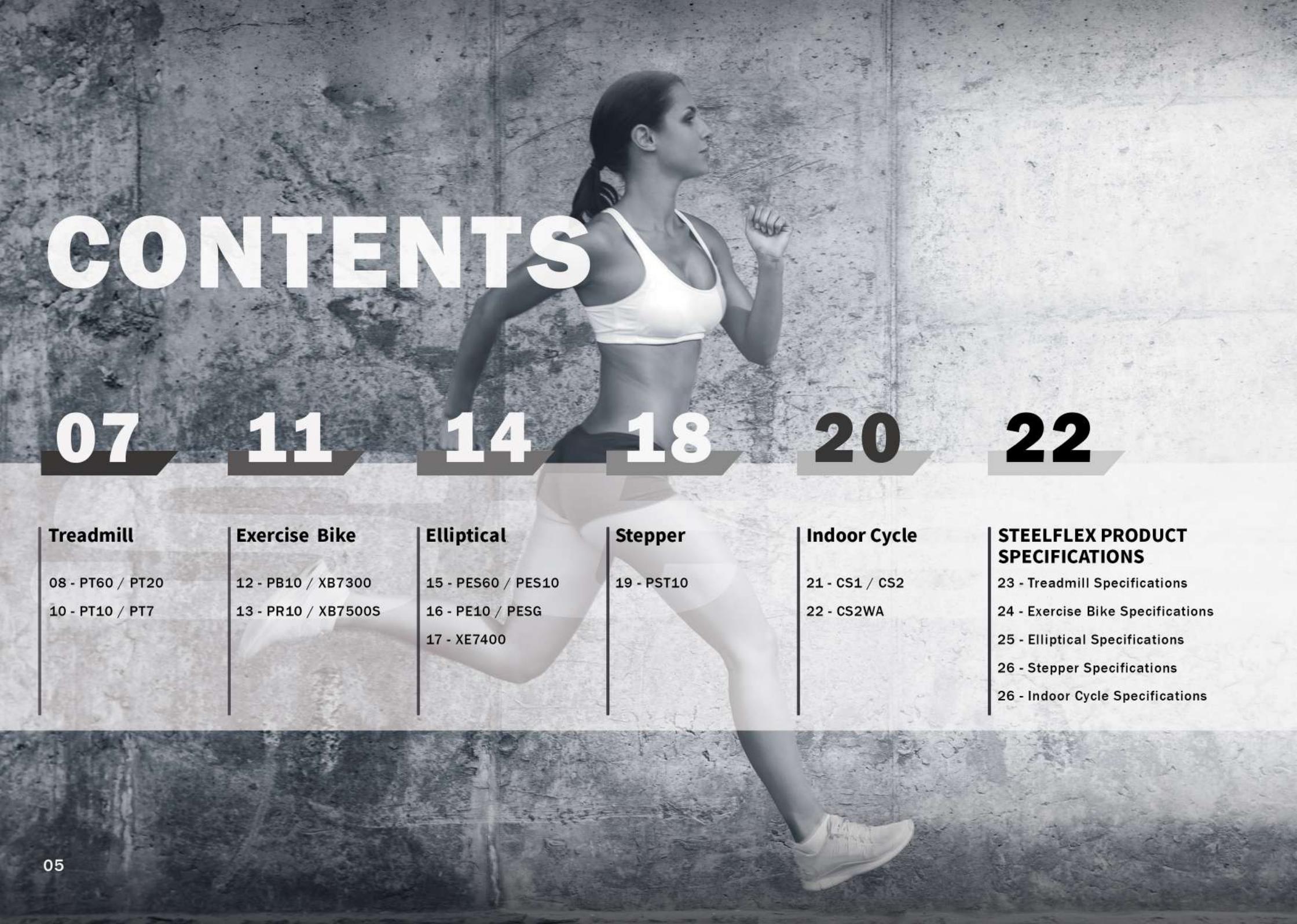
# Markets We Serve



## Steelflex Service Assurance

Joong Chenn is dedicated to manufacturing the highest quality equipment and will continue to develop innovative and patent-protected products. Steelflex products are sold in more than 100 countries worldwide. Our commitment to our customers is achieved with a confidence in knowing that we will provide the highest satisfaction of service while producing the highest quality of products. The end result is a product designed to improve your health and everyday quality of life.

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# STEELFLEX

## FITNESS CARDIO



# P Series - Features

## STEEFLEX FITNESS CARDIO



● Heavy Gauge Steel Frame



● Large Running Surface



● Powerful 5HP Motor System



● Incline -3%~15%



● Easy Access User Controls

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



-Console-



-Console-

## PT60 Treadmill

Equipped with a state-of-the-art 21-inch touch screen console and an intuitive user interface, the Steelflex PT60 is designed to elevate your cardio experience. Crafted from the same high-grade steel as the PT20, this full commercial-grade treadmill ensures exceptional safety and stability, making it the ultimate choice for long-term investment.

SPEC



VIDEO



## PT20 Treadmill

Full commercial treadmill PT20 features a user-friendly design of one-touch control. The dot-matrix LED display screen with colorful switch assists exercisers with convenient operation. The shock-proof design of the PT20 provides a low-impact cardio workout also offers more comfort for operators during intense exercise. Every detail of treadmill PT20 is designed with ergonomics, and its heavy-gauge steel construction increases stability.

SPEC



VIDEO



# P Series - Features

## STEELFLEX FITNESS CARDIO



### Unique Button Design

Using the one-touch keys of speed and elevation provide users to easily operation and highly recognition.



### High Efficient Motor System

Energy saving motor system saves 30% power effectively for better performance.



### Large Running Surface

P Series feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### Non End Cap Design

Non-end cap and half-round edge design not only have sleek look but also decrease the chance for injury.



### One-piece Bottom Structure

Integrated bottom frame structure increase product's durability also brings you a different aesthetic experience.



### Low Step-up Height

Low step-up design helps users for easily accessible.



## PT10 Treadmill

The 4HP ECO-AC servomotor allows for pair operation. The exercise program brought the sense of achievement that causes to conquer workout challenges. The wellness program accommodates operators who require stability. Treadmill PT10 provides a specific reverse function for better recovery from fatigue, and bilateral handrails reassure the exerciser. The one-piece deck promotes the stabilization of machines. A unique design without rear end caps reduces the damage of accessories. The oversized LED monitor with a touch user interface is designed for operation conveniently.

-Console-

SPEC



## PT7 Treadmill

The 5HP AC motor provides ample power source for running. To enhance the stabilization of constructions, the deck adopts a one-piece design. For extending the durability of components, treadmill PT7 is designed without rear end caps. The extra-large monitor with a touch button is easy to operate. A specific cone design of the shock absorber decreases reaction forces for the runner and increases the longevity of accessories.

-Console-

SPEC



# EXERCISE BIKE

STEEFLEX FITNESS CARDIO



STEEFLEX FITNESS CARDIO



## PB10 Upright Bike

The PB10 offers seven independent monitors and eight exercise programs that assist operators in figuring out the selection of workouts. An electrically controlled resistance with a commercial-grade 450W self-generator power supply design facilitates exercisers to enhance workout efficiency from riding. The engineering of resistance is in thirty level adjustments. Ergonomically designed handles allow more comfortable riding in sitting and standing postures. The quality upholstery involves a stepless adjustment.



-Console-

SPEC



VIDEO



## XB7300 Upright Bike

The commercial-grade upright bike XB7300 with a standard warranty allows withstanding rigorous utilization in the health club. Bike XB7300 features a self-generator power supply design that provides more convenience for operation and installation. The delicate coated finish of the mainframe and heavy-gauge steel construction promotes durability.



-Console-

SPEC



RECUMBENT BIKE



-Console-

SPEC

VIDEO



## PR10 Recumbent Bike

The PR10 offers seven independent monitors and eight exercise programs that assist operators in figuring out the selection of workouts. An electrically controlled resistance with a commercial-grade 450W self-generator power supply design facilitates exercisers to enhance workout efficiency from riding. The engineering of resistance is in thirty level adjustments. A semi-tilt adjustment of upholstery in ergonomics allows smoother movements of the hip joint. An exclusive, innovative design of backrest and upholstery ensure the hip and back stay in place.



-Console-

SPEC



## XB7500S Recumbent Bike

The high-quality recumbent bike XB7500S provides eight programs for cardio workout variations. And a dot-matrix LED console display allows mastering the fitness feedback immediately and conveniently. The adjustable seat mechanism helps exercisers fit in a proper workout position to increase endurance.

# Elliptical - Features

## STEELFLEX FITNESS CARDIO



### Multi-Grip Handlebars

Multi-angle moving handlebars provide comfort and variety training for users.



### Integrated Water Bottle Holder

The water bottle holder large space design can let the users store anything they need during workout.



### Oversized Pedal

Large pedal allows you to adjust your foot position naturally and comfortably.

### Low-impact Pedal

Added low-impact pedal design reduces knee and joints stress and more safety during a workout.

Elliptical



## PES60 Elliptical

## PES10 Elliptical

The PES60 Elliptical represents the next evolution of our trusted design, now equipped with a stunning 21-inch console that elevates the workout experience to a whole new level. Built on the same proven foundation as the PES10, the PES60 features an ergonomic stride design that delivers smooth, natural movement, ensuring effortless workouts while minimizing discomfort and impact-related concerns. The integrated stride suspension system provides a highly realistic stepping sensation while effectively reducing friction and operational noise, creating a quieter and more focused training environment.

Say hello to the PES10 Elliptical! With its ergonomic stride design, your movement feels smooth and natural, making workouts feel like a breeze. Say goodbye to discomfort and any impact-related worries! Moving the machine? No problem! The handy transport wheel at the front makes it super easy to shift and set up wherever you want. The stride also features a clever suspension system that gives you a super realistic feel with each step, all while reducing friction noise for a quieter, more peaceful workout.

-Console-

-Console-

SPEC

SPEC

VIDEO





-Console-

SPEC



VIDEO



## PE10 Elliptical

The combination of biomechanics and engineering has created a fluid elliptical motion path. Elliptical PE 10 is a commercial-grade machine built of heavy-gauge steel for maximum stability. Optimal angle LCD console with blue backlit screen displays the massage of time, distance, calories, pulse, level, speed, RPM, and muscles. Multi-position moving handles are designed for different workout requirements and habits to enhance exercise performance. Oversized pedals accommodate any size user and prevent them from missing a step and falling. The stationary grip features contact heart rate sensors with polar telemetry for checking physical condition during intense cardio training. Dual protection handrails make the entry and exit more convenient while improving safety.



-Console-

SPEC



## PESG Elliptical

An electrically controlled resistance with a commercial-grade 400W self-generator power supply design facilitates exercisers to enhance workout efficiency from stepping. The engineering of resistance is in thirty level adjustments. Twenty-three-inches stride setting with versatile handles increases workout effects for the upper limb. Elliptical PESG can optimal interpret movements of cross-training. The oversized front safeguard exhibits the delicate and solid design of the PESG.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

**X Series**

**ELLIPTICAL**



-Console-

SPEC



## **XE7400 Elliptical**

The XE7400 offers seven independent monitors and eight exercise programs that assist operators in figuring out the selection of workouts. An electrically controlled resistance features a commercial-grade 450W self-generator power supply design. The resistance design is in sixteen level adjustments. Nineteen inches stride setting with the linkage design pedals allows optimum balance and workout performance when activating the cross-training.

# Stepper

STEEFLEX FITNESS CARDIO





-Console-

## PST10 Stepper

The PST10 emulates the realistic climb motion that provides an effective and natural workout for cardiovascular function development. The extra-large handrail with skidproof pedals protects exercisers against any possible slips and falls. The blue backlight LCD screen displays informative workout feedback to help operators master their training process.

SPEC



VIDEO



# Indoor Cycle

## STEEFLEX FITNESS CARDIO

### Creative Elastic Frame Design

We deform the main frame of steelflex CS series to enhance flexible model type and make it more coherent of curved shape also bring the new innovation to customers.



### CS1 Indoor Cycle

SPEC



The CS1 was constructed with 3D dynamic simulation engineering to meet the market requirement and competitiveness. The geometric design of the spinner control makes flexibility and solidity come to balance. Non-slip handles in aesthetics provide various orientations for adjustment. A high-quality belt-driven system of bike CS1 delivers smooth movements and quietness during cardio workouts.



### CS2 Indoor Cycle

SPEC



Indoor cycling bike CS2 was built of heavy-gauge oval tubing for safety and durability. Dual pedals with the toe cage and adjustable strap offer better stability pending the ride. A top-grade saddle with a quality aluminum post provides support and assists in maintaining a correct but natural posture for exercisers.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



SPEC



VIDEO



### CS2WA Indoor Cycle

Challenge yourself and pedal towards your fitness goals like never before with our cutting-edge indoor cycling bike, the CS2WA. Every revolution brings you closer to your best self. It is used alongside the workout application program PHRC to enhance your fitness tracking experience.



-Console-



SPEC



### PSB10-USB Thumb Drive

The PSB10-USB is used in conjunction with the workout application program PHRC. It serves as an exceptional cardio workout assistant, meticulously capturing and analyzing data to assess your physical function and precisely track your training progress.

## PT 60



## PT 20



## PT 10



## PT 7



## Product Name

## Console

21" TFT display with capacitive touch screen

Dot-matrix LED with profile display and 3-window LED display

Dot-matrix LED with profile display and 7-window LED display

Dot-matrix LED with profile display and 7-window LED display

## Display Feedback

Heart rate, Incline, Time, Speed, Calories, Distance, HR zone, BAI

Pulse, METs, Incline, Time Elapsed, Time Remaining, Speed, Calories, Distance-KM, Distance-Mile, Pace

Time, Distance, Speed, Heart Rate, Incline, Calories, Pace

Time, Distance, Speed, Heart Rate, Incline, Calories, Pace

## Programs

Total programs (86)  
Manual, Program(80), Interval, HRC, Real scene mode(3)Total Programs (22)  
Manual(2), Rolling Hill(2), Fat Burn(2), 5K(4), H.R.C, Training(11)Total Programs (16)  
Manual (1), Classic (3), H.R.C (3), Training (GERKIN·USB·C1·2·3), Goal (3), ReverseTotal Programs (15)  
Manual(1), Classic(3), H.R.C(3), Training (GERKIN·USB·C1·2·3), Goal (3)

## Quick Keys

Speed 3/5/8  
Elevation 0/6/12%Speed 3/5/8  
Elevation 0/6/12%Speed : Walk, Jog, Run  
Elevation : Level, Rise, AscendSpeed : Walk, Jog, Run  
Elevation : Level, Rise, Ascend

## Speed

0.8~25 KPH / 0.5~15.5 MPH

0.8~25 KPH / 0.5~15.5 MPH

Exercise Mode : 0.3~24KPH (0.2~15 MPH)  
Safety Mode : 0.3~12KPH (0.2~7.5 MPH)  
Reverse Mode : 0.3~4.8KPH (0.2~3 MPH)Exercise Mode : 0.8~22 KPH / 0.5~13.8 MPH  
Safety Mode : 0.8~11 KPH / 0.5~6.9 MPH

## Incline

-3% ~15%

-3%~15%

0%~15%

0%~15%

## Wireless &amp; Contact Grips

Yes

Yes

Yes

Yes

## Motor

5 HP AC motor with AC frequency conversion

5 HP AC motor with AC frequency conversion

4 HP ECO-AC servo motor with space vector PMSM control

5 HP AC motor with AC frequency conversion

## Cushioning System

Yes

Yes

Yes

Yes

## Rollers

3.5" / 90 mm

3.5" / 90 mm

3" / 76 mm

3" / 76 mm

## Deck

25 mm thick reversible deck

## Step Up Height

26 cm / 10"

26 cm / 10"

19 cm / 7.5"

19 cm / 7.5"

## Belt Type

2-Ply urethane high density conductive / 2.5 mm

2-Ply urethane high density conductive / 2.5 mm

2-Ply urethane high density conductive / 1.6 mm

2-Ply urethane high density conductive / 1.6 mm

## Power Requirements

110V / 220V

110V / 220V

110V / 220V

110V / 220V

## Running Area

156 × 56 cm / 61" × 22"

156 × 56 cm / 61" × 22"

160 × 56 cm / 63" × 22"

160 × 56 cm / 63" × 22"

## Dimensions

214.3 × 93.8 × 152.5 cm / 84.3" × 36.9" × 60"

215 × 94 × 153 cm / 84" × 37" × 60"

214 × 103 × 153 cm / 84" × 40" × 60"

214 × 103 × 153 cm / 83" × 41" × 60"

## Max User Weight

400 lbs. / 180 kg

**PB 10****XB 7300****PR 10****XB 7500S****Product Name****Console**

Dot-matrix LED with profile display and 3-window LED display

Dot-matrix LED with profile display and 1-window LED display

Dot-matrix LED with profile display and 3-window LED display

Dot-matrix LED with profile display and 1-window LED display

**Display Feedback**

Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.

Time, Distance, Speed, Heart Rate, Work Level, Watt, METs, Calories

Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.

Time, Work Level, Distance, Watt, Speed, Heart Rate, Calories, METs

**Programs**

8 programs  
Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1&2

8 Programs  
Manual, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Weight Loss, Rolling

8 programs  
Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1&2

8 Programs  
Manual, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Weight Loss, Rolling

**Tension Control**

Program control

Program control

Program control

Program control

**Resistance Levels**

30

16

30

16

**Resistance System**

ECB resistance

ECB resistance

ECB resistance

ECB resistance

**Power Requirements**

Self-generated

Self-generated

Self-generated

Self-generated

**Watt**

10~400 Watts (30~90 RPM)

20~450 Watts (30~90 RPM)

10~400 Watts (30~90 RPM)

20~450 Watts (30~90 RPM)

**Pedals**

Self-balancing with easy adjust straps

**Fore / Aft Seat Adjustments**

N/A

N/A

Yes

Yes

**Vertical Seat Adjustments**

Yes

Yes

N/A

N/A

**Transport Wheels**

Yes

Yes

Yes

Yes

**Wireless & Contact Grips**

Yes

Yes

Yes

Yes

**Max User Weight**

400 lbs. / 180 kg

**Dimensions**

125 × 65 × 152 cm / 49" × 26" × 60"

108 × 60 × 132 cm / 43" × 24" × 52"

178 × 76 × 143 cm / 70" × 30" × 56"

144 × 82 × 129 cm / 57" × 32" × 51"

Product Name

**PES 60**



**PES 10**



**PE 10**



**PE SG**



**XE 7400**



Product Name	PES 60	PES 10	PE 10	PE SG	XE 7400
Console	21" TFT display with touch screen	Dot-matrix LED with profile display and 4-window LED display	5.5" LCD display with LED backlight	Dot-matrix LED with profile display and 3-window LED display	Dot-matrix LED with profile display and 1-window LED display
Display Feedback	N/A	Time, Distance, Calories, Pulse, Level, Speed, RPM.	Time, Distance, Calories, Pulse, Level, Speed, RPM.	Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.	Time, Distance, Speed, Heart Rate, Work Level, Watt, METs, Calories
Programs	N/A	10 programs Manual, Cardio, Interval, Fat Burn, Training, Custom, Goal(3), HRC	10 programs Manual, Cardio, Interval, Fat Burn, Training, Custom, Goal(3), HRC	8 programs Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1 & Custom 2	8 programs Manual, Weight Loss, Fat Burn, Interval, Rolling, Random, Heart Rate Control, CV Workout
Tension Control	Program control	Program control	Program control	Program control	Program control
Resistance Levels	N/A	30	30	30	16
Resistance System	ECB resistance	ECB resistance	ECB resistance	ECB resistance	ECB resistance
Power Requirements	N/A	110V / 220V	110V / 220V	Self-generated	Self-generated
Watt	N/A	10~400 Watts (30~90 RPM)	10~400 Watts (30~90 RPM)	10~400 Watts (30~90 RPM)	20~450 Watts (30~90 RPM)
Stride Length	53 cm / 21"	58 cm / 23"	58 cm / 23"	58 cm / 23"	48 cm / 19"
Transport Wheels	Yes	Yes	Yes	Yes	Yes
Wireless & Contact Grips	Yes	Yes	Yes	Yes	Yes
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Dimensions	193.7 × 75.1 × 165.8 cm / 76.3" × 29.6" × 65.3"	193.7 × 75 × 170.3 cm / 76" × 29.5" × 67"	195 × 65 × 166 cm / 77" × 26" × 65"	194 × 75 × 166 cm / 76" × 30" × 65"	222 × 75 × 164 cm / 87" × 30" × 65"

**PST 10****Product Name**

Console	5.5" LCD display with LED backlight
Display Feedback	Level, Program, Pulse, Calories, Watt, Distance, SPM, Speed, Time, Step
Programs	Total Programs (9) Manual, Time, Distance, Calories, Step, Heart Rate Control, Cardio, Fat Burn, Interval
Tension Control	Program control
Resistance Levels	16
Resistance System	Non-wear magnetic resistance
Power Requirements	Self-generating
Watt	20~400 Watts (30~90 RPM)
Drive System	Strap
Transport Wheels	Yes
Fore/Aft Levelers	Yes
Pedal Size	29 × 18 cm / 11" × 7"
Step Up Height	42.5 cm / 17" (Footplate at highest position)
Distance Between Pedals	8cm / 3"
Step Range	30 cm / 12"
Wireless & Contact Grips	Yes
Max User Weight	400 lbs. / 180 kg
Dimensions	121 × 83 × 161 cm / 47" × 33" × 63"

**CS1****CS2****CS2WA****PSB10-USB****Product Name**

Console	N/A	N/A	LCD display with backlight	N/A
Display Feedback	N/A	N/A	RPM, Time, Distance, Speed, Heart rate, Level, Calories, Watt	N/A
Flywheel	46 lbs. / 21 kg one piece steel flywheel	46 lbs. / 21 kg one piece steel flywheel	46lbs / 21kg one piece steel flywheel	N/A
Post	Aluminum	Aluminum seat and handle post	Aluminum	N/A
Drive System	Durable V-belt	Durable V-belt	Durable V-belt	N/A
Resistance & Brake	Unlimited tension adjustment knob with direct-contact brake system	Unlimited tension adjustment knob with direct-contact brake system	Unlimited tension adjustment knob with direct-contact system	N/A
Transport Wheels	Yes	Yes	Yes	N/A
Crank	3 pieces professional cranks. Unique star-shape crank design	3 pieces professional cranks. Unique star-shape crank design	3 pieces professional cranks. Unique star-shape crank design	N/A
Seat Adjustment	Horizontal and vertical	Horizontal and vertical	Horizontal and vertical	N/A
Handlebars adjustment	Horizontal and vertical	Horizontal and vertical	Horizontal and vertical	N/A
Saddle	Professional pressure-relieving seat pad.	Professional pressure-relieving seat pad.	Professional pressure-relieving hollow seat pad.	N/A
Max User Weight	330 lbs. / 150 kg	330 lbs. / 150 kg	330 lbs. / 150kg	20g
Dimensions	124 × 60 × 128 cm / 49" × 24" × 50"	112 × 60 × 117 cm / 44" × 24" × 46"	110 × 60 × 126 cm / 43" × 24" × 50"	6.6 × 4.4 × 1.1 cm / 2.6" × 1.7" × 0.4"

# CARDIO

# Steelflex

[www.steelflexfitness.com](http://www.steelflexfitness.com)



## INTERNATIONAL

3F28, No.5, Shin-Yi road., Sec.5,  
Taipei,Taiwan  
Tel : +886-2-27209982  
Fax : +886-2-2722-9750  
E-mail : [joong@ms13.hinet.net](mailto:joong@ms13.hinet.net)  
<https://www.steelflexfitness.com>

## USA

Fitness Master Inc.  
11419 Mathis Avenue #200  
Farmers Branch, Texas 75234  
Office & Fax : 214-350-8884  
Toll Free : 855-846-0087  
Email : [info@fmiamerica.com](mailto:info@fmiamerica.com)  
<https://fmiamerica.com>

## CHINA

Steelflex Fitness Equipment Trade Co., Ltd  
608A, No. 1055 Pingcheng Road, Jiading Town,  
Jiading District, Shanghai, China  
Tel : +0086-021-63514782  
<http://www.steelflex.com.cn>