

WOODWAY®

FORCE



**SPORTS DO NOT
BUILD CHARACTER.
THEY REVEAL IT.**

- JOHN WOODEN



“Since 2003, we have used the Force on daily basis for speed development, interval improvements, dynamic leg strength, and lower body rehab. The resistive properties of the Force allow clients to train max power and power endurance in a functional setting, while also allowing the coach to teach skill and sprint mechanics. The manual powered aspect allows the trainer to both challenge & progress each client individually in a group or team based setting. These qualities are unique to the Woodway Force and we have found it to be a one of a kind teaching and training tool.”

Scott Moody
CEO/Founder of AthleteFIT

FORCE

Get ready to seriously train— the WOODWAY Force is like nothing else on the market. The Force has been engineered to give coaches and trainers a new way to train athletes for speed, explosiveness, and anaerobic endurance. As a manual, stationary, sport loading platform, the Force allows athletes to truly push their own limits as they are tethered in place with an adjustable harness. Different from other treadmills in the fact that the Force does not have a motor, but rather utilizes an electro-magnetic braking system, it forces the users to become the “drive” themselves. The brake can simulate any type of load work, and can be easily adjusted from the control panel. Trainers have the ability to add anywhere from 5 to 150 pounds of resistance. In turn, the athletes increase their power output in the gym, and eventually on the field. Without a motor, the Force treadmill uses very little electricity. All it takes is an athlete’s determination and will.



FORCE FUNCTIONALITY // THE ULTIMATE MULTI-TOOL



DYNAMICS
Start a workout the right way.



TONING
Get creative with stairs and lunges.



CORE WORK
Mountain climbers, planks, whatever.

FEATURES

The **electromagnet braking system** takes the place of the treadmill’s motor.

The **self-propelled belt** forces users to work harder in comparison to a traditional treadmill.

Add anywhere from **5-150 pounds of resistance** during a workout.

Engineered to provide users with the **WOODWAY Difference’s** long lasting and shock absorbing design.

Multiple **safety features** ensure a safe workout every time.



SLED PUSH
Jack up the resistance, and GO.

“The main reason I like to use the WOODWAY Force is because you can use it for any fitness level— from weight loss to rehabilitation to elite athlete. That flexibility makes it really useful, plus you get the best workout at any of those levels.”

Paul Robbins
Metabolic Specialist,
Athletes’ Performance



SLED PULL
Harness in, and max out.

BENEFITS

Maximize the acceleration of your athletes.

The harness keeps athletes upright, encouraging **good posture** throughout the workout.

Activating different muscle groups **builds power output** and **increases speed**.

Increase your athletes’ **anaerobic endurance** with extended workouts.

Encourage **friendly competition** with team training, getting better results overall.

SPRINTS
No motor, no problem.



FORCE SOFTWARE // GO BIG OR GO HOME

The WOODWAY Force adds a serious edge for any team utilizing it. Coaches and trainers can up their game to the next level with the Force software upgrades to create the best possible training experience. Additional features for each step up will leave every training facility with more data, programs, and better workouts. Every upgrade contains all the features of the previous one, plus the added features.

FORCE 1.5

Force 1.5’s LCD display board gives trainers and coaches their athletes’ speed, work load, heart rate, and distance. In addition, the software provides multiple readouts displaying time, velocity, work, power, and distance.

FORCE 2.0

Unlike the 1.5 software, Force 2.0 includes a computer where users can pre-program workouts, track results, and measure progress of their athletes. 2.0 has a unique program-editor function and one horizontal load cell attached to the vertical strut. In addition, the 2.0 software also includes a mounted tachometer and the Pacer function, which allows an athlete to “race” himself from a particular workout he previously ran. Data can be easily saved, compared, and graphed to show progress.

FORCE 2.5

Force 2.5 provides coaches and trainers with additional features and ease of use. The base includes four vertical load cells under the running surface, recording vertical force the athletes exert.

FORCE 3.0

Force 3.0 software is fully programmable and has the ability to save and recall these programs for both continuous and interval training protocols that mimic the movements associated with the athlete’s sport. Gait analysis, step length, cadence, and step symmetry can all be tracked, and then exported to a spreadsheet.



Force 2.0, 2.5, 3.0



LEARN MORE ABOUT THE FORCE

SOFTWARE SPECIFICATIONS

*The matrix shows the additional features that each of the software upgrades includes. Despite the different software options, the Force treadmill will have the same product specifications.

● Standard Feature
○ Optional Feature

	FORCE 1.5	FORCE 2.0	FORCE 2.5	FORCE 3.0	
SOFTWARE FEATURES	Computer & Cart with Software Preloaded		●	●	●
	Coded/Non-Coded Polar Heart Rate Pick-up	●	●	●	●
	ANT+ Heart Rate Pick-up	●	●	●	●
	USB Power Supply	●	●	●	●
	Touch Grip Heart Rate Pick-up	●	●	●	●
	Force LCD Display Board	●	●	●	●
	Preprogrammed and Custom Workouts	●	●	●	●
	Fitness Testing	●	●	●	●
	Multiple LED Readouts (speed, incline, distance, calories, time, pace, heart rate, and METs)	●	●	●	●
	Workout Tracking Software	●	●	●	●
	Athlete Log In (ability to track and compare performances)	●	●	●	●
	1 Horizontal Load Cell (attached)		●	●	●
	Save/Compare Data Ability		●	●	●
	Graph Parameters against Time		●	●	●
	4 Vertical Load Cells (separate)			●	●
	Treadmill Tachometer Pacer Function		●	●	●
	Gait Analysis for Sport Specific Research				●
	Step Length				●
	Step Rate (Cadence)				●
	Step Symmetry				●
Data Export to Spreadsheet				●	

Weight: 506 lb. (Shipping Weight 939 lb.)
Dimensions: 38"W x 103"L x 90"H (97 x 262 x 229 cm)
Running Surface Dimensions: 22"W x 68"L (55 x 173 cm)

Speed: No maximum
Incline: None
Warranty: 5 Year Belt, 3 Year All Components, 1 Year Labor

REV 7.21.16