

# INDEPENDENT RUNNER

The **Maxfit Maximus Independent Runner** is a premium commercial lower body training machine engineered to develop **explosive leg drive, lower body strength, and functional pushing power** through a biomechanically optimized movement pattern. Designed for smooth force transfer, natural ankle mechanics, and unilateral training capability, the machine delivers powerful lower limb activation with superior stability and movement control.



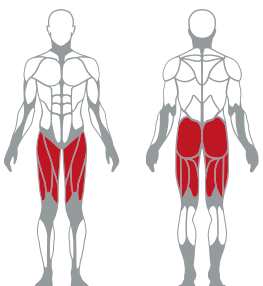
✦ Supports **bilateral, unilateral,** and alternating leg drive training

✦ **Handgrip positions** for ergonomic upper body support

✦ **Independent movement arms** for balanced lower body development

✦ **Articulated anti-slip footplates** for natural ankle alignment

✦ **- Adjustable thrust padding** for optimal starting position



Targets quadriceps, glutes, hamstrings, calves, and lower body pushing muscles

Dimensions (L x W x H): 1951 x 1493 x 1285mm  
Net Weight: 155 kgs