



The unique suspension design delivers an exceptionally smooth feel along with unmatched accessibility. Plus, cord-free operation gives you freedom of placement.

- Durable Suspension Elliptical frame minimizes noise and maintenance
- Self-powered generator offers placement versatility
- Heavy-gauge steel frame ensures durability
- Large, cushioned pedals ease joint stress
- Narrow pedal spacing promotes good posture
- Bright LED display is readable at any angle
- Wireless receiver and contact grips enable heart rate training

**SUSPENSION ELLIPTICAL TRAINER**

FRAME	Heavy-gauge welded steel
RESISTANCE SYSTEM & RANGE	Two-stage self-generating, 1 - 25
HEART RATE	Contact grips, wireless receiver
HANDLEBARS	Foam grip dual action with contact heart rate grips
PEDALS	Oversized with cushioned footpads
PEDAL SPACING	5.1 cm / 2"
STRIDE LENGTH	53.4 cm / 21"
STEP-ON HEIGHT	23 cm / 9"
DIMENSIONS (L X W X H)	185.8 x 74.8 x 163.5 cm / 73.2" x 29.5" x 64.4"
PRODUCT WEIGHT	140 kg / 308 lbs.
USER WEIGHT CAPACITY	182 kg / 400 lbs.
STANDARD FEATURES	Reading rack and bottle holder
COMMERCIAL WARRANTY	Lifetime frame, 5-year generator, 5-year parts, 2-year labor
* For light commercial use. Some limitations apply	

**CONSOLE**

DISPLAY TYPE	10x14 dot-matrix LED profile display, 16 alphanumeric LEDs with scrolling feedback, 4 customizable feedback LEDs and HR zone display
WORKOUT FEEDBACK	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, Heart Rate, Target HR, % Max HR, Profile
PROGRAMS	Classic (Manual, Interval, Fat Burn, Random), Watts (Constant Watts, Interval Watts, Hill Watts), Goal (Time Goal, Distance Goal, Calories Goal), HRT (HRT Weight Loss, HRT Interval) - 12 total



Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.

