

ELLIPTICAL TRAINERS



SYNCROSS V³

Elliptical trainers are the newest low impact exercise equipment that meets the overall need to provide fast and effective training session without strenuous impact to the body. With elliptical trainers, you receive the benefits of weight bearing exercises such as jogging or running without the wear and tear on joints, because your feet never leave the footplates! Not only do elliptical trainers provide a great and effective cardiovascular workout but they also offer superior fat burning benefits, even more than a treadmill. Another benefit of elliptical trainers is that you are working out all four limbs equally, so you don't have to concentrate on a specific muscle group in your training session. Since elliptical trainers work out so many muscle groups at the same time with the absence of any impact, they might be the perfect exercise equipment.

Research has shown that elliptical cross trainers offer the needed exercise to maintain healthy bone density and a body's general well being without strain on joints and back.

Our Syncross V³ aims for maximum stability in any training regime through our proprietary steel tunnel tubing and wishbone frame design. The KETTLER® Ergonomic System™ in the Syncross V³ creates a natural sequence of movements through an adjustable stride length, bio-mechanically optimum tread distance and flat ellipse. What this means is that the Syncross V³ offers a totally impact free workout to the most dedicated athlete down to the casual user.

In addition, the Syncross V³ features our revolutionary Dynamic Power System™ which is a motorized slope adjustment system that creates natural terrain profiles that exercises muscle groups other than the ones normally worked out with traditional cross trainers.



Training computer with chip-card reader for storing user-specific data.



The adjustable stride length allows individual control of movement sequence



Biomechanically optimum distance between tread surfaces



- 48 Program training computer with KETTLER® Card Reading/Storing technology with recovery feature
- Key pad control for adjusting resistance in manual program mode
- SIEMENS® electronic VGA and LCD high resolution display with blue backlight display and graphic load profile
- Easy Com™ reading allows the rider to just start & go or guides them through the operations step by step
- The KETTLER® eSYS™ System allows for perfect ergonomic, biomechanical and electronic adjustments for the beginner to the most demanding athlete
- KETTLER® USB interface allows downloads of interactive software and exchangeable pre-set programs from www.kettlerusa.com
- KETTLER® Induktions Brake System™ - adaptable manual or programmable 25-600 watt electro-magnetic resistance range allows for variable users and 115 levels of training with no friction nor wear to brake system components
- 97 lbs Drive System offers a smooth, fluid and effortless glide that provides an ultra low impact and natural elliptical motion eliminating the bouncing up and down of most elliptical trainers
- A 14-22 inch stride length and 400lb weight capacity comfortably accommodates users from 5' to 6'8"
- Wireless Polar® T34 heart rate transmitter included
- Console controlled adjustable incline and decline (-10/+10) allows changes to the elliptical pattern and address additional muscle groups during workout
- The 2" width spacing of the oversized foot platforms and ergonomically correct swing arms assure proper biomechanical body positioning and a comfortable total body workout
- Full Commercial Warranty: 2 years parts, 1 year labor, lifetime frame



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