



# ESX Touchscreen Elliptical Owner's Guide



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# THANK YOU FOR SELECTING TRUE

In 1981, Frank Trulaske launched TRUE Fitness®, and began manufacturing hand-crafted treadmills.

His team's obsession with quality has propelled TRUE to the top of the fitness industry and has created one of America's oldest, largest and most respected fitness equipment manufacturers.

Over the years, TRUE has designed, developed, patented and fabricated many new cutting-edge innovations for their products. Such advancements include groundbreaking new features, state-of-the-art manufacturing components, and technological breakthroughs.



"OUR ORIGINAL GOAL WAS TO BUILD THE WORLD'S BEST FITNESS EQUIPMENT, AND TODAY WE BELIEVE WE'RE DOING IT!"

-FRANK TRULASKE

While TRUE has expanded its line of products, intensive quality control standards guarantee excellence in every phase of production. This results in the finest products available in the marketplace.

TRUE is the choice for workouts among beginners, rehab patients and top athletes worldwide.

Today TRUE Fitness offers a full line of premium elliptical trainers, treadmills, upright and recumbent bikes, and flexibility equipment.



# REVIEW FOR YOUR SAFETY

## IMPORTANT SAFETY INSTRUCTIONS

*When using this exercise machine, basic precautions should always be followed, which includes the following:*

Read and understand all instructions and warnings prior to use.

Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

Obtain proper instruction prior to use.

Inspect the elliptical for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.

Do not wear loose or dangling clothing while using the elliptical.

Care should be used when stepping on or stepping off the elliptical.

Disconnect all power before servicing the elliptical.

Do not operate the elliptical in damp or wet locations.


Do not exceed maximum user weight of 350 lbs.

Keep children and animals away.

This machine is intended for residential use only.

Set up the elliptical with at least 40 inches behind the machine to allow better clearance of the pedals.

All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment, death or serious injury could occur.

*Quick Start* into a manual workout by pressing  .

*Select a different workout* by pressing the workout keys.

Press  to do a manually-controlled workout.

*Accept each setting and move to the next one* by pressing  .

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*Adjust your exercise workload* by using the   keys

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**Cleaning the console: use only a clean, soft cloth. Plain water is the recommended cleaner. Do not use normal household cleaners such as Formula 409 or Simple Green. In cases of extreme need of cleaning, an alcohol-based glass cleaner may be used in small amounts. Do not spray the cleaner directly on the console; spray it on the cleaning cloth first.**

STARTING UP

DURING  
YOUR  
WORKOUT

CLEANING THE  
TOUCHSCREEN

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**Specifications/Features/Software are subject to change**

# BASIC OPERATION

## IN THIS CHAPTER:

STRIDE ADJUSTMENT

MIX3 DEMO

UPPER EXERCISE ARMS

THE ESX TOUCHSCREEN USING THE  
EXERCISE ARMS

HEART RATE MONITORING

CONTACT HEART RATE

Chapter 1: Basic Operation

Chapter 2: Pre-Set Workouts

Chapter 3: Heart Rate Control

Chapter 4: Designing An Exercise Program

All workouts have a default time. You may choose a different workout time using the   keys.


Set your weight before every workout. This allows the elliptical to calculate METs and to estimate your calorie consumption more accurately.

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Press the Stride Length keys at any time to adjust from 17 to 26 inches. The default stride length at startup is 21 inches.

### *Auto Stride*

Auto Stride automatically changes stride length as your pedaling speed changes, similar to what naturally occurs while running. Auto Stride works in all workout programs.

Press the  key to turn on Auto Stride.

Press  again to turn it off.

If you stop pedaling in the middle of your workout, the elliptical console will pause, stopping the workout timer. Simply begin pedaling again to resume your workout.

If the elliptical is paused or not used for 30 minutes, the console will go to sleep. It will remain like this indefinitely. To wake it up, touch the screen or start pedaling.

WORKOUT  
TIME

SETTING  
YOUR  
WEIGHT

STRIDE  
ADJUSTMENT

WORKOUT  
PAUSE

SLEEP MODE



# MIX3 DEMO

## CHAPTER ONE: BASIC OPERATION

Try out mix3™ with this two-minute, twenty-second demo program. Press and hold the mix3 key for two seconds. The elliptical will guide you through six different mix3 exercises, each lasting between 20 and 25 seconds.

### MIX3 DEMO



You have four hand and arm options when exercising. Many exercisers use all four options during their workout:

### *Use the upper-body exercise arms with pedaling*

The exercise arm's motion complements your body's natural rhythm, encouraging extra exercise from your upper body and making for natural and well-balanced motion.

Grasp the exercise arms in a position so that you are well-balanced and your arm motion is comfortable. Grip the handles with a relaxed, not tight, grip.

You can use the exercise arms for balance, or you can use them for significant upper-body exercise. Any power you apply to them will be accurately recorded by the elliptical console.



### USING THE EXERCISE ARMS

### *Use the exercise arms alone*

Stand on the side steps, off the pedals, and use the exercise arms for a pure upper body workout. Try a variety of hand positions on the rotating handgrip. One can work different muscle groups just by changing hand positioning.



### *Use the balance bar*

Grasp the balance bar with a relaxed grip, for a lower body only workout.



### *Keep your hands free*

Use caution with this method, as this requires good balance and exercise form.

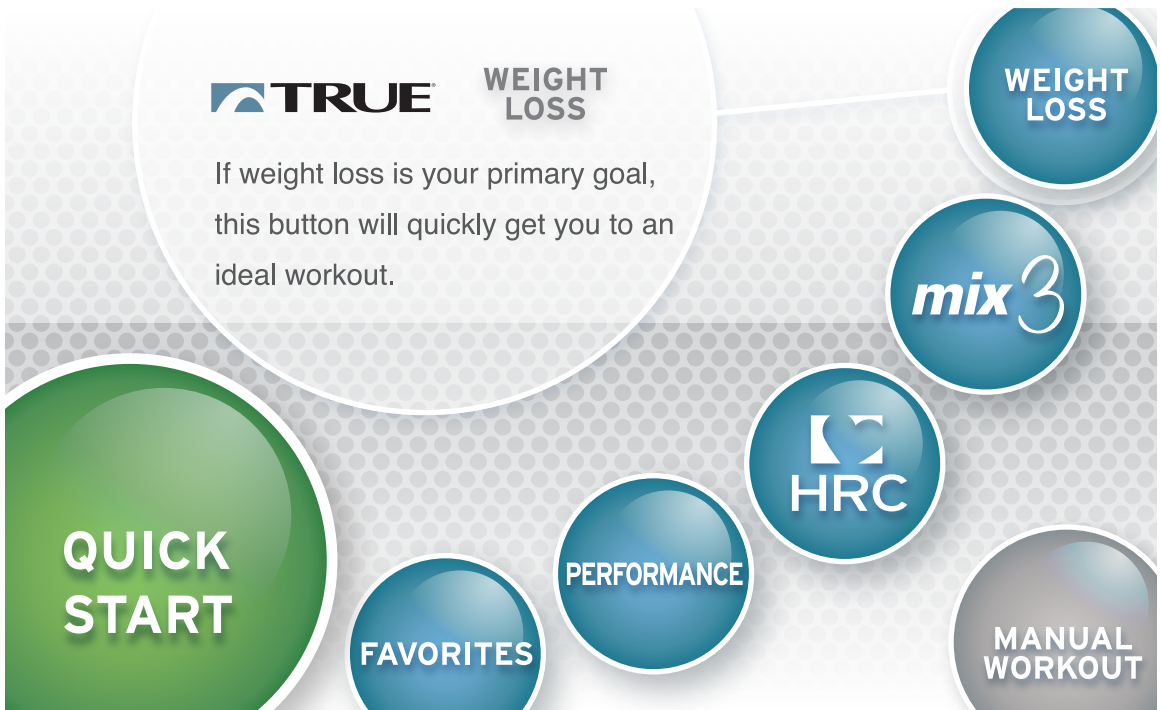
While standing beside the machine, loosen the knob approximately one turn (counterclockwise) and pull knob to disengage pin.

Raise or lower handle to a comfortable height setting from 1 to 5. A position that places the user's hand at or slightly below the shoulder is recommended.

Make certain pin is fully engaged and tighten knob securely (clockwise).

Repeat procedure on opposite side.





### Home Screen:

The ESXt home screen (shown above) lists the basic options for your workout, including:

**Quick Start:** press this button to immediately begin a workout

**Manual Workout:** press this button to enter a manual workout

**Performance:** press this button to enter workouts geared towards improving athletic performance

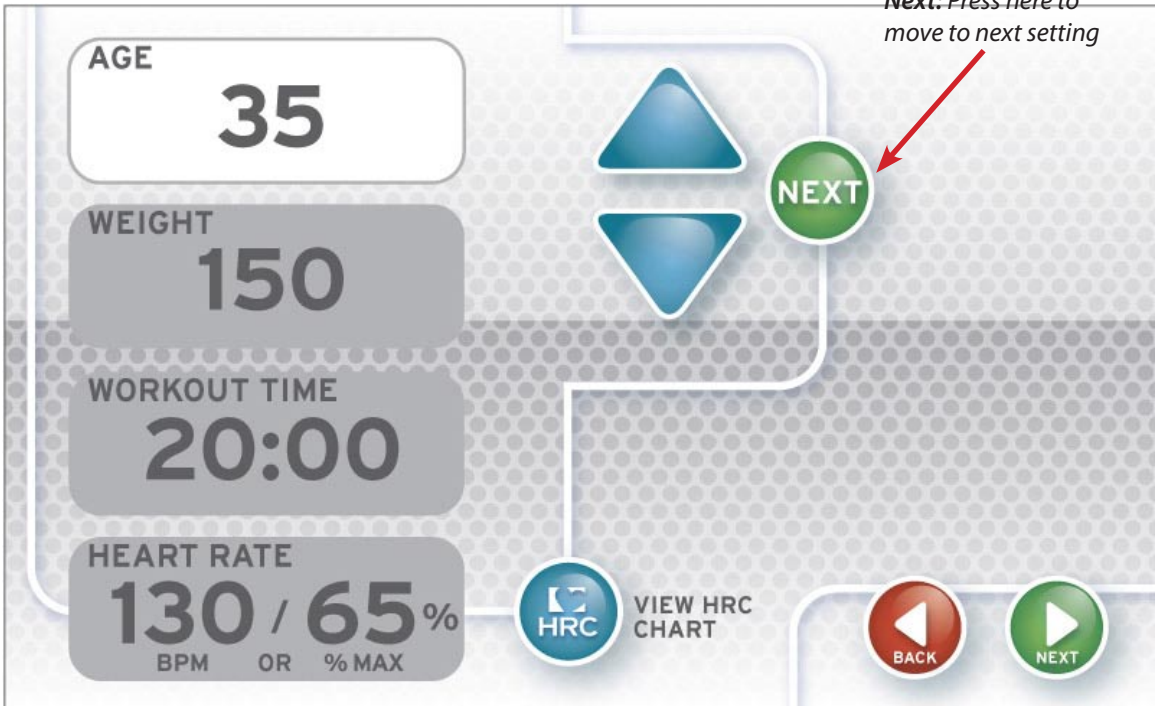
**HRC:** press this button to enter HRC (Heart Rate Control) workouts

**mix3:** press this button to enter the mix3 “total-body” workouts

**Weight Loss:** press this button to enter workouts geared towards weight loss

**Favorites:** press this button to enter any pre-saved workout programs

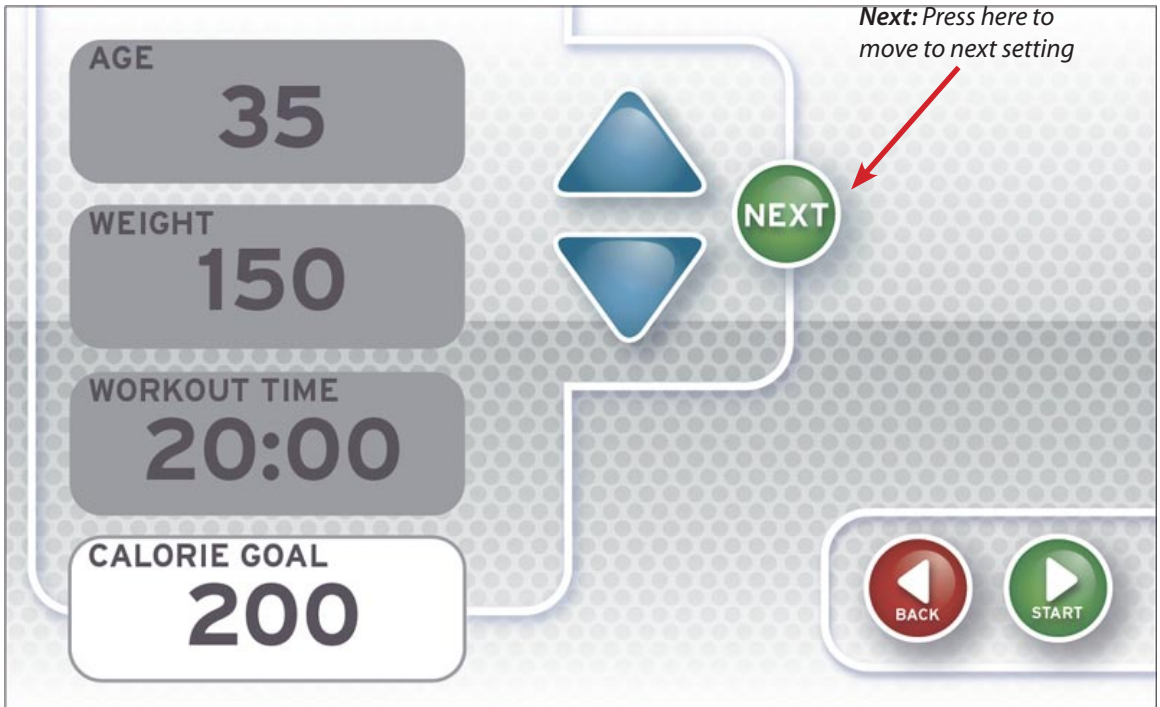
*Next: Press here to move to next setting*



### Workout Setup:

Adjust each setting using the keys and press Next to move to the next setting. Enter your age correctly to use the display's Heart Rate Zone feature (p16). Press lower right Next key to begin your workout. Press back to go back to the Home Screen.

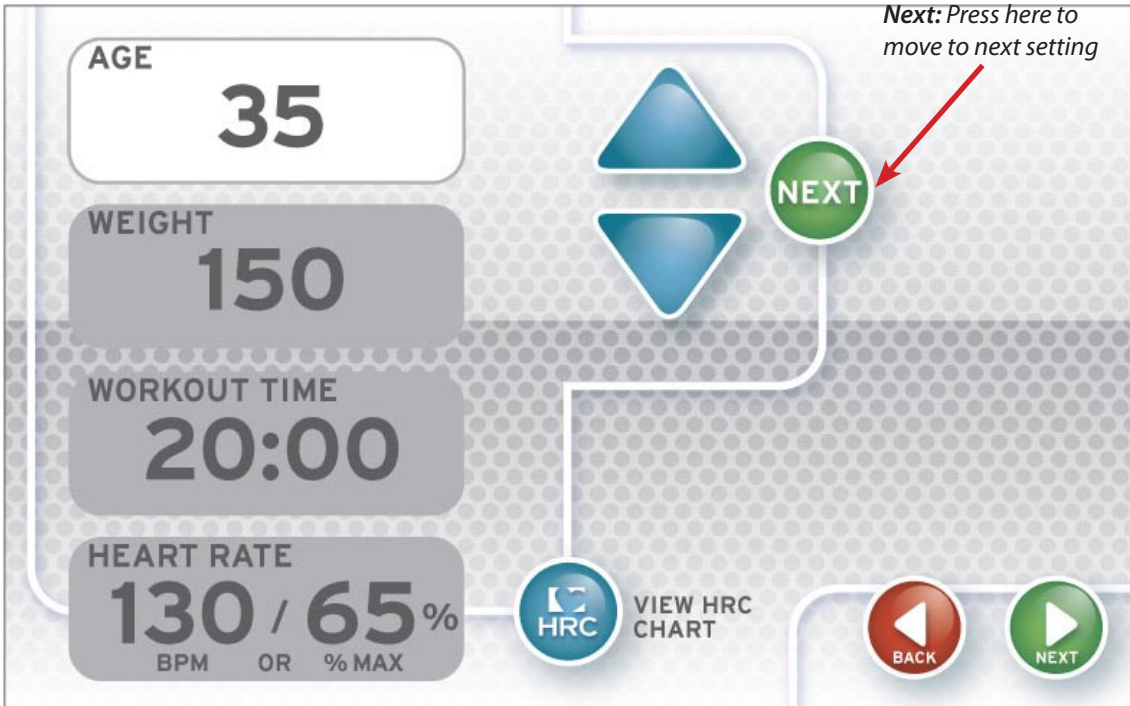
Note that the Target Heart Rate setting is only available in the Heart Rate Control workout.



### Calorie Goal Workout Setup:

This workout will choose a pedaling workload that will burn your choice of calories in your desired workout time. Remember that very high calorie goals may result in pedaling that is too difficult for your level of conditioning. The elliptical suggests a calorie burn rate of eight calories per minute, which is a medium effort workout.

If you choose a calorie goal that is beyond the elliptical's ability to control workload, either too high or too low, the elliptical will not accept that entry.



### Heart Rate Control Workout Setup:

Correctly enter your age to use the Heart Rate Zone features. Make sure you consult with your doctor to choose a proper target heart rate. You should use a transmitter strap for heart rate control; do not use the contact heart rate system.

See Appendix A for more information about Heart Rate Control.



### Custom mix3 Workout Setup:

Customize each exercise's workout time from 15 seconds to 99 minutes. Reducing the workout time below 15 seconds will set it to zero, and the exercise will be deleted from the sequence of mix3 exercises.

### Pre-set Workouts Available Under Weight Loss and Performance keys:

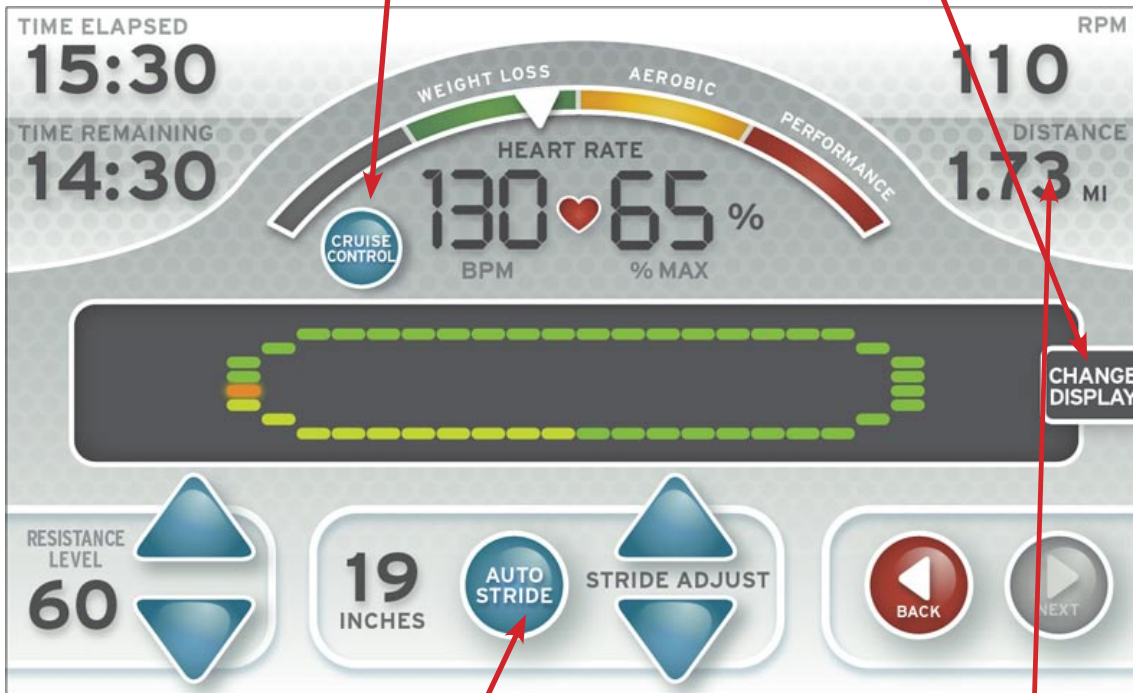
One Big Hill, Intervals, and Sport Intervals. These workout profiles expand and compress as you adjust different workout times. See Chapter Four for more detail.



### Normal Run Mode Screen:

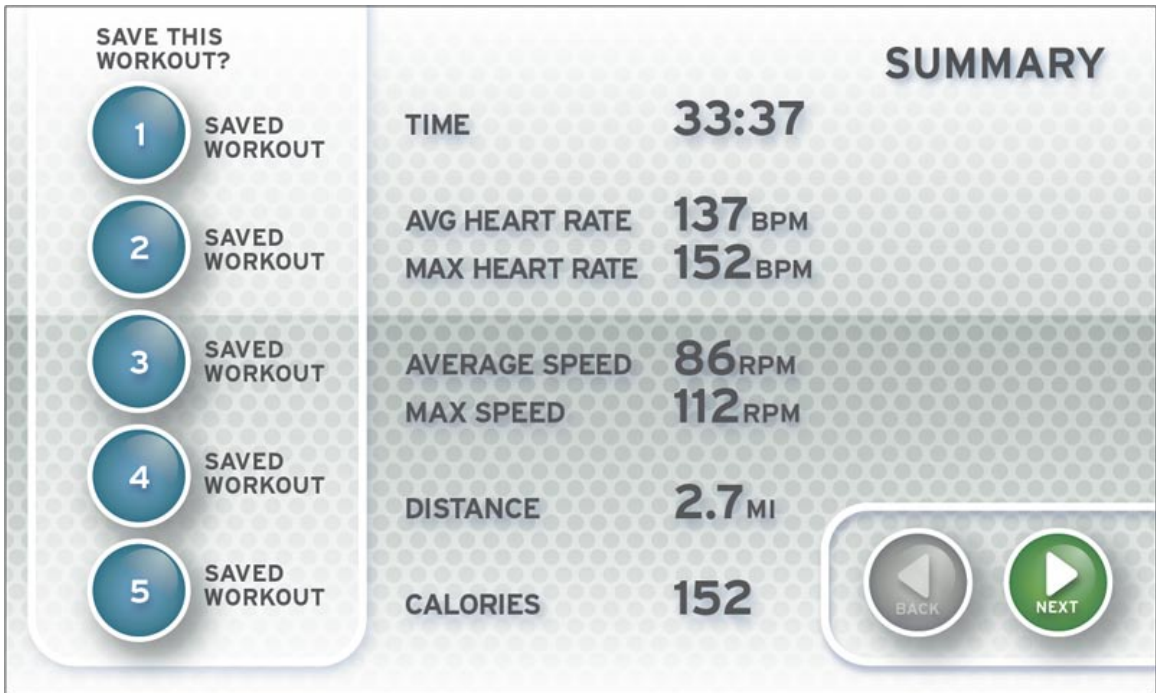
**Cruise Control:** Selects Constant Heart Rate Control.

**Change display:** Changes screen from progress display to heart rate display



**Auto Stride:** Automatically selects stride length based on speed and workload

**Distance:** An estimate of your distance for a comparable amount of calories expended.



### Workout Summary:

If you want to save the Workout Setup settings of your workout -- workout time, workout selection, and body weight -- press one of the Save Workout buttons. This will replace any previous saved workout you may have under that selection.

Press Next to exit Workout Summary and return to the Home Screen.

To recall any saved workout, press the Favorites button on the home page and select one of the saved workouts.



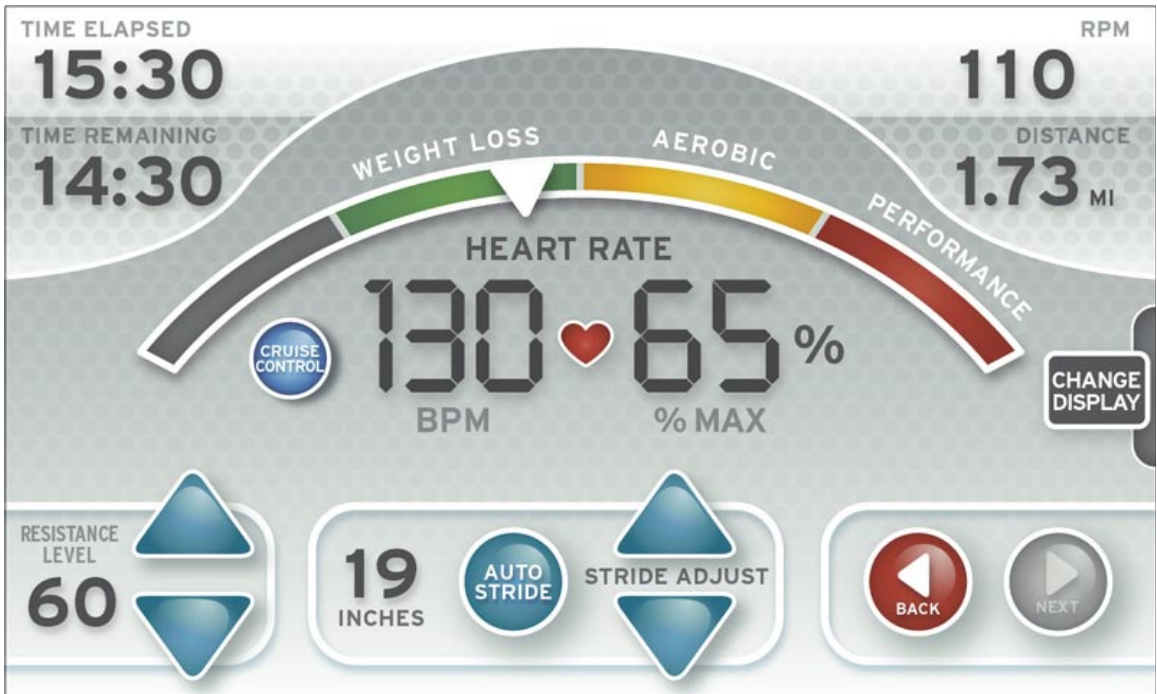
### mix3 Run Mode:

Press mix3 on the Home Screen. Select Dynamic mix3 or Custom mix3. Complete the workout setup settings and press the green Start button to start your workout.

For the duration of your workout, Dynamic mix3 randomly selects one of the eight mix3 exercises:

1. Stride Forward: At a moderate workload, using exercise arms mainly for balance.
2. Push Arms: Actively push your arms on each forward stroke while striding.
3. Stand on Side and Pull Arms: Step off of the pedals and place your feet on the side steps. Pull your arms on each back stroke.
4. Reverse Stride and Bend Your Knees: Step back on the pedals and stride backwards. Bend your knees to maximize your leg muscle usage.
5. Stride Forward and Lift Your Heels: Maximizes calf muscle usage.
6. Pull Arms: Actively pull your arms on each backward stroke while striding.
7. Stand on Side and Push Arms: Step off of the pedals and place your feet on the side steps. Push your arms on each forward stroke.
8. Reverse Stride and Lift Toes: Step back on the pedals and stride backwards. Lift your toes to increase quadricep muscle usage and randomly selects an exercise duration of either 30, 40, 50, or 60 seconds.

During mix3, the Instructor Bar below Motion Man tells you what exercise to perform. Motion Man shows you what muscles you are emphasizing. mix3 timer, to the right of the Instructor Bar, counts down to the end of the current exercise.



### Heart Rate Zone Display:

These are calculated based on an estimated maximum heart rate of 220 minus your age. Therefore they are only available if you enter your age correctly. Note that this estimated maximum heart rate is only an estimate. You must use either a transmitter strap or the contact heart rate system for this display to work. A wireless heart rate strap is preferred.

The ESXt can monitor your heart rate using either a chest strap or the metal grips on the balance bar (called contact heart rate, or CHR, pads). A chest strap transmits your heart rate to the ESXt via a radio signal, and the CHR pads connect to a special computer circuit to detect your heart rate.

Although the ESXt functions fine without using the heart rate monitoring feature, this type of monitoring provides you with valuable feedback on your effort level.

Chest strap monitoring, using a Polar® or compatible transmitter strap (provided), provides the most accurate heart rate data. For this reason, TRUE recommends this method over contact heart rate.

Using either method, the elliptical will display your heart rate as a digital beats-per-minute readout.

The transmitter strap should be worn directly against your skin, about one inch below the pectoral muscles/breast line (see picture below). Women should be careful to place the transmitter below their bra line.



Some moisture is necessary between the strap and your skin. Sweat from your exercise works best, but ordinary tap water may be used prior to your workout if desired.

## HEART RATE MONITORING

### Contact Heart Rate

The contact heart rate (CHR) system lets you monitor your heart rate without wearing a strap.

Gently grasp the contact heart rate pads as shown in picture.

For some users, the ESXt may take up to 45 seconds or more to pick up their heart rate. This is not a health or performance issue; it's due to variations in electrical heart rate signals between different users.

#### For Best CHR Results:

1. Exercise with smooth body motions.
2. Breathe smoothly and regularly, and avoid talking. (Talking will cause unrepresentative heart rate spikes of 5 to 10 bpm.)
3. Grip the pads lightly, not tightly.
4. Make sure your hands are clean, free of both dirt and hand lotions.

When using a heart rate control workout, True strongly recommends using chest strap monitoring. These workouts work best with the extra accuracy gained from a chest-contact heart rate monitoring system.



### CONTACT HEART RATE (HAND-TOUCH HEART RATE)

# PRE-SET WORKOUTS

IN THIS CHAPTER:

WORKOUT CHOICES

HILL WORKOUT PROFILES

INTERVAL WORKOUT PROFILES

Chapter 1: Basic Operation

**Chapter 2: Pre-Set Workouts**

Chapter 3: Heart Rate Control

Chapter 4: Designing An Exercise Program

The hill workout is:

- **One Big Hill**, with the workload gradually increasing to a maximum at the halfway point, then decreasing gradually to the end.

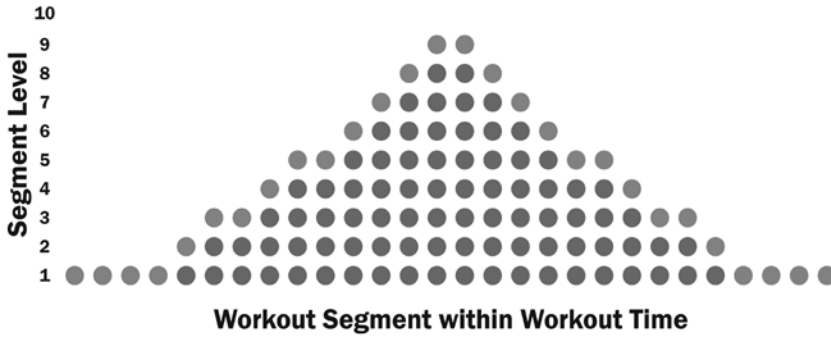
*Each workout segment can have a value between 1 and 8. The overall workout can be adjusted to 16 possible levels.*

### HILL AND INTERVAL WORKOUTS

The two interval workouts are:

- **Easy intervals**, with a moderate change between work and rest intervals.
  - **Sport intervals**, with a large change between work and rest intervals.
-





HILL  
WORKOUT  
PROFILES

### ONE BIG HILL



## EASY INTERVALS



## SPORT INTERVALS

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## Weight Loss

By pressing the “Weight Loss” key, users have the option of choosing one of three separate programs that assist users in achieving their weight loss goals. These programs are:

Heart Rate Control  
Calorie Goal  
Easy Intervals

## Performance

By pressing the “Weight Loss” key, users have the option of choosing one of three separate programs that assist users in achieving their weight loss goals. These programs are:

Sports Intervals  
Upper-Body  
One Big Hill

WEIGHT LOSS

PERFORMANCE

# HEART RATE CONTROL

IN THIS CHAPTER:

INTRODUCTION TO HRC

TYPES OF HRC

IMPORTANT POINTS ABOUT HRC

Chapter 1: Basic Operation

Chapter 2: Pre-Set Workouts

**Chapter 3: Heart Rate Control**

Chapter 4: Designing An Exercise Program

TRUE's HRC workouts allow the ESX Touchscreen to monitor your relative exercise intensity by way of your heart rate, and automatically adjust the workload to keep you at your target heart rate and thus your desired exercise intensity.

Your heart rate is a good measure of your body's exercise stress level. It reflects differences in your physical condition, how tired you are, the comfort of the workout environment, even your diet and emotional state. Using heart rate to control workload takes the guesswork out of your workout settings.

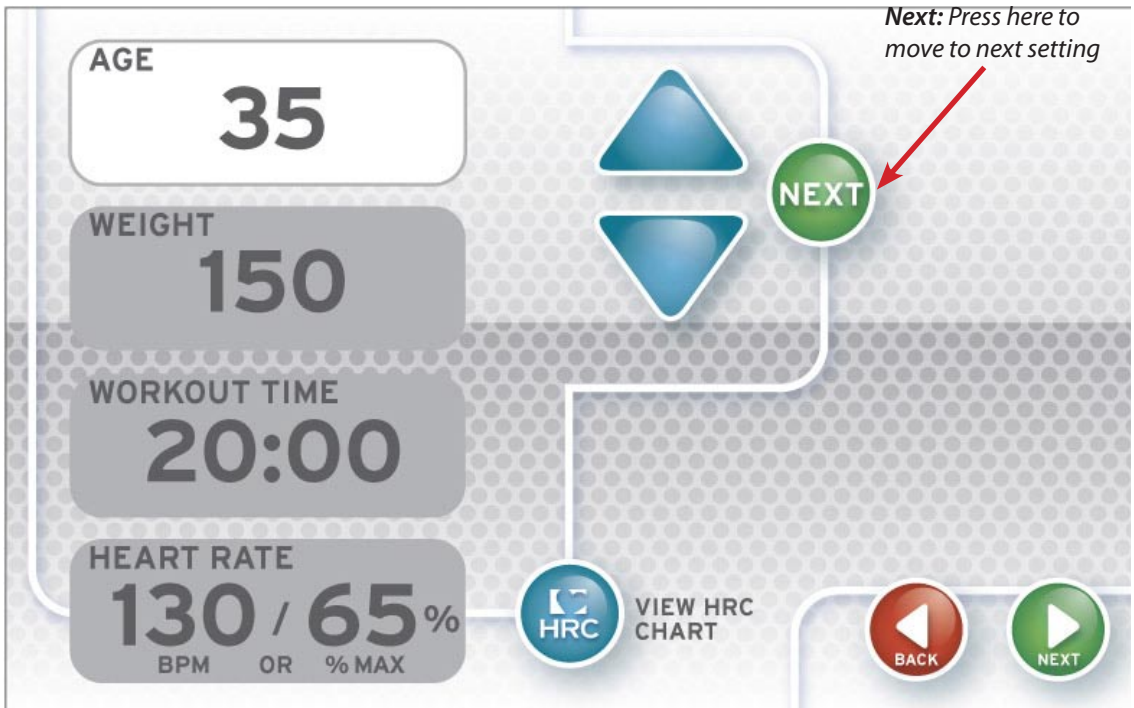
Consult your physician before using HRC workouts for advice on selecting a target heart rate range. Also, it is important to use the ESX Touchscreen for several workouts in the manual mode while monitoring your heart rate. Compare your heart rate with how you feel to ensure your safety and comfort.

See *Appendix A* for a chart that will help you select a target heart rate.

You should wear a heart rate monitoring chest strap to use HRC. See the "Heart Rate Monitoring" section in *Chapter 1* for a guide to proper usage. It is not recommended that you use the contact heart rate system for HRC workouts.



### WHY HRC IS USEFUL



### Heart Rate Control Workout Setup:

Correctly enter your age to use the Heart Rate Zone features. Make sure you consult with your doctor to choose a proper target heart rate. You should use a transmitter strap for heart rate control; do not use the contact heart rate system.

See Appendix A for more information about Heart Rate Control.

### *Cruise Control*

An easy way to enter a HRC workout is to use the Cruise Control feature. During your workout, *while in any program except mix3 or calorie goal*, when you reach a heart rate that you want to maintain, press the “HRC Cruise Control” button . This will switch you into a HRC workout, setting your current heart rate as the target heart rate.

If the transmitter strap is adjusted or moved while exercising, heart rate monitoring may be temporarily affected.

The transmitter strap sends a low-level radio signal to the ESX Touchscreen so interference from other radio and sound waves (including everything from cordless telephones to loudspeakers) is possible. The good news is that interference is usually quite brief. If you continue to have intermittent heart rate display problems, consult your local service technician, as the transmitter strap batteries may be low.

Make sure you breathe smoothly and regularly.

Talking during your workout usually causes heart rate spikes of five beats per minute or more, so avoid talking as much as possible.

Maintain a smooth striding motion.

Two users wearing the same kind of transmitter at the same time and in close proximity may cause false heart rate display readings.

### CRUISE CONTROL

# DESIGNING AN EXERCISE PROGRAM

IN THIS CHAPTER:

WHAT IS THE F.I.T. CONCEPT?

USING THE F.I.T. CONCEPT

YOUR FITNESS PROGRAM

DETERMINING YOUR NEEDS

BEGINNING YOUR EXERCISE PROGRAM

ESTABLISHING AND MAINTAINING FITNESS

MANAGING WEIGHT

SPORTS TRAINING

Chapter 1: Basic Operation

Chapter 2: Pre-Set Workouts

Chapter 3: Heart Rate Control

Chapter 4: Designing An Exercise Program



The workout portion of your exercise program consists of three major variables: Frequency, Intensity, and Time.

### *Frequency: How Often You Exercise*

You should exercise three to five times a week to improve your cardiovascular and muscle fitness. Improvements are significantly smaller with less frequent exercise.

### *Intensity: How Hard You Exercise*

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range appropriate for your particular needs and physical condition.

Start with exercise that stimulates you to breathe more deeply.

Alternate days of moderate and easy exercise to help your body adapt to new levels of exertion without unnecessary strain.

If you feel out of breath before you have exercised 12 minutes, you are probably exercising too hard.

As your fitness level improves, you will need to increase your workout intensity in order to reach your target heart rate. The first increase may be necessary after two to four weeks of regular exercise. Never exceed your target heart rate zone. Increase the workload on the ESX Touchscreen to raise your heart rate to the level recommended by your doctor.

---

### *METs*

One MET is the amount of energy your body uses when you're resting. If a physical activity has an equivalent of six METs, its energy demands are six times that of your resting state. The MET is a useful measurement because it accounts for differences in body weight.

### *Time: How Long You Exercise*

Sustained exercise conditions your heart, lungs, and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits.

To begin, maintain two to three minutes of steady, rhythmic exercise and then check your heart rate.

The initial goal for aerobic training is 12 continuous minutes.

Increase your workout time approximately one or two minutes per week until you are able to maintain 20-30 continuous minutes at your training heart rate.

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The F.I.T. concept is designed to help you begin a program tailored to your needs. You may wish to keep an exercise log to monitor your progress.

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You can get valuable fitness benefits from your TRUE ESX Touchscreen Using the ESX Touchscreen regularly may increase the ability of your heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. The ESX Touchscreen will also help you develop added muscle endurance and balanced strength throughout your body.

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Calculate your maximum heart rate as a first step in developing your fitness program. The formula to calculate average maximum heart rate for one minute is  $220$  beats per minute minus your age. To find your pulse, locate a vein on your neck or inside your wrist, then count beats for ten seconds, then multiply by six. (See chart in *Appendix A*.)

It's also important to know your target training zone or target heart rate. The American Heart Association (AHA) defines target heart rate as 60-75 percent of your maximum heart rate. This is high enough to condition, but well within safe limits. The AHA recommends that you aim for the lower part of the target zone (60 percent) during the first few months of your exercise program. As you gradually progress, you can increase your target to 75 percent. According to the AHA, "Exercise above 75 percent of the maximum heart rate may be too strenuous unless you are in excellent physical condition. Exercising below 60 percent gives your heart and lungs little conditioning."

YOUR  
FITNESS  
PROGRAM

DETERMINING  
YOUR NEEDS

In addition to monitoring your heart rate as you exercise, be aware of how quickly your heart rate recovers. If your heart rate is over 120 beats per minute five minutes after exercising, or is higher than normal the morning after exercising, your exertion may be too strenuous for your current level of fitness. Reducing the intensity of your workout is recommended.

The age-adjusted target heart rates indicated in the chart in *Appendix A* reflect averages. A variety of factors (including medication, emotional state, temperature, and other conditions) can affect the exercise heart rate appropriate for you.

**Warning:** Consult your doctor to establish the exercise intensity (target heart rate zone) appropriate for your age and condition before beginning any exercise program.

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### *Warm-Up: Slow and Deliberate Exercise*

You are not warmed up until you begin to perspire lightly and breathe more deeply. Warming up prepares your heart and other muscles for more intense exercise and helps you avoid premature exhaustion.

A good suggestion is a minimum of three minutes. Perspiration on your brow is a good indicator of a thorough warm-up. The older you are, the longer your warm-up period should be.

### BEGINNING YOUR EXERCISE PROGRAM

***Workout: Brisk and Rhythmic Exercise***

The workout trains and conditions your heart, lungs, and muscles to operate more efficiently. Increase exercise in response to your heart rate to train and strengthen your cardiovascular system. Concentrate on moving your arms and legs smoothly.

***Cool-Down: Slow and Relaxed Exercise***

Cooling down relaxes your muscles and gradually lowers your heart rate. Slowly reduce your workload until your heart rate is below 60 percent of your maximum heart rate. The cool down should last at least five minutes, followed by some light stretching to enhance your flexibility.

***Beginning a Fitness Program***

If you cannot sustain 12 continuous minutes in your target heart rate zone, exercise several times a week to get into the habit of exercising.

Try to reach and maintain 60-65 percent of your maximum heart rate. Alternate exercise with periods of rest until you can sustain 12 continuous minutes of exercise at 60-65 percent of your maximum heart rate.

Begin exercising in three to five minute sessions.

---

If you can sustain 12 but not 20 continuous minutes of exercise in your target heart rate zone:

- Exercise three to five days a week.
- Rest at least two days per week.

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate rhythmic exercise.

Begin with 12 continuous minutes. Increase your time by one to two minutes per week until you can sustain 20 continuous minutes.



If you can sustain 20 continuous minutes in your target heart rate zone, begin to increase the length and intensity of your workout:

- Exercise four to six days a week or on alternate days.
- Try to reach and maintain 70-85 percent of your maximum heart rate with moderate to somewhat hard exercise.
- Exercise for 20-30 minutes.

Consistent aerobic exercise will help you change your body composition by lowering your percentage of body fat. If weight loss is a goal, combine an increase in the length of your workouts with a moderate decrease in caloric intake. For weight control, how long and how often you exercise is more important than how hard you exercise.

Exercise four to five times a week.



MAINTAINING  
AEROBIC  
FITNESS

MANAGING  
WEIGHT

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate exercise.

Exercise for 30-45 minutes at 60-65 percent of your target heart rate.

***Here are some tips to achieving your weight management goal:***

Consume most of your dietary calories at breakfast and lunch, and eat a light dinner. Do not eat close to bedtime.

Exercise before meals. Moderate exercise will help suppress your appetite.

Take exercise breaks throughout the day to help increase metabolism (calorie expenditure).

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***When you are training to improve strength and performance:***

Exercise four to five days a week. Alternate exercise days and intervals of hard to very hard exercise with easy to moderate exercise.


Exercise for 30 minutes or longer.

***Warning:*** these strategies are intended for average, healthy adults. If you have pain or tightness in your chest, an irregular heartbeat, shortness of breath or if you feel faint or have any discomfort when you exercise, ***stop!*** Consult your physician before continuing. Remember, every workout should begin with a warm-up and finish with a cool-down.

# TARGET HEART RATE CHART

A GUIDE TO HELP YOU PICK AN  
INITIAL TARGET HEART RATE



 <b>TARGET HEART RATE CHART</b>			
AGE	60%	75%	85%
20	120	150	170
25	117	146	166
30	114	143	162
35	111	139	157
40	108	139	153
45	105	131	149
50	102	128	145
55	99	124	140
60	96	120	136
65	93	116	132
70	90	112	128
75	87	109	123
80	84	105	119
85	81	101	115

<b>WEIGHT LOSS RANGE</b>
<b>AEROBIC TRAINING RANGE</b>
<b>INCREASED PERFORMANCE RANGE</b>

values from ACSM guidelines

Remember to check with your physician before beginning any exercise program. They can help determine an appropriate target heart rate. Medications often affect heart rate.

# SPECIFICATIONS

THE SIZE AND PERFORMANCE ATTRIBUTES  
OF YOUR ESX TOUCHSCREEN

	ESXt
Power Source	Plug-In
Drive System	Core Drive
Resistance Source	Eddy Current Brake
Stride Length	Electronic Adjustment 17"-26" (43 cm - 66cm)
Pedal Spacing	2"
Soft Step Orthopedic Footpads	YES - 2 Sets (Soft and Medium)
Frame	Robotically Welded Steel
Handrails	Extended Handrails for Easy Entry and Exit
Upper-Body / Arms	Ergonomically Designed / Upper-Body Only Capability
Personalized Handle Bar Adjustment	5 Settings
Ergonomic Rotating Handle	360 Degree Rotation
Display Type	7" TFT, 800 x 480 pixels
Key Type	Touchscreen
Data Readouts	Elapsed Time, Time Remaining, RPM, Distance, Heart Rate, % Max Heart Rate, Heart Rate Zone, Calories, METs, Level, Watts
Pause Feature	30 Minute Pause
Contact Heart Rate Monitoring	YES
Wireless Heart Rate Monitoring	Polar® Compatible
HRC (Heart Rate Control)® Workouts	1-Target
HRC Cruise Control™	YES
Programs	Manual, Quick Start, One Big Hill, Easy Intervals, Sport Intervals, Variable Mix3, Custom Mix3, Upper-Body Only, Glute Buster
Manual Workout Resistance Levels	25
Custom Workouts	Custom Mix3
Workout Setup Memory Keys	YES-5
Accessories	Reading Rack and 2 Water Bottle Holders
Footprint	65.5"L x 31.5"W x 62.5"H (166 cm x 81 cm x 160 cm)
Active Footprint	77.5"L x 31.5"W x 62.5"H (190 cm x 81 cm x 160 cm)
Machine Weight	326 lbs (148 kg)
Maximum User Weight	350 lbs
Workload Range	25-300 Watts
Fixed Side Steps	Fixed side straddles allow user to step down on the pedal
Transport Wheels	YES
Transport Handles	YES
Warranty	Frame Lifetime, Parts 10 Years, Labor 1 Year



Founded 1981

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