

Equipment Features

Covers	Side panels are easy to remove for servicing.
Cable Management	Optional
Accessory Holder(s)	Accessories holders for water bottle, reading communication devices and portable music player.
Transport Wheels	Integrated
Biomechanics	Biomechanics validated by Western Washington University Biomechanics Lab for users of all fitness levels and sizes, from the 5% size female to the 95% size male user. Excellent stability and freedom of movement for users of all sizes.
Bearings and Pivot Points	The smooth feel is optimised by using large bearings and oversized pivot shafts.
Dual Action	Dual action provides both upper and lower body workout. Arms are engaged with pushing and pulling motion to provide the ultimate in total body engagement.
Foot Pedals	Extra-large foot pedals with toe caps enable user to optimise muscle involvement.
Stride Dial™	The pendulum-like swing of the Stride Dial helps users see stride length to determine the muscle groups being worked. As stride length changes, the Stride Dial updates real-time.

Upper-Body Handlebars	Moving
Step-on Platform	Step on platform in the rear are polypropylene for durability. Platform enables the user to step onto the foot pedals while identifying how far the foot pedals may extend from the back of the machine.
Adjustable Stride Length	Naturally adapt stride length without the need to control settings. From zero to 36 inches (91 cm), to match the desired workout for each unique user.

Resistance System

Minimum Watts	20
Maximum Watts	375
Resistance System	Twenty resistance levels ranging from 20 watts (level 1 at 60 SPM, zero stride length) to 375 watts (level 20 at 120 SPM, max stride length).
Resistance Level	1-20

Console Features

Numerical Keypad	Yes
Motion Controls	Yes

QuickStart™	Yes
Console Language(s)	English, Chinese, Danish, Dutch, Finnish, French, German, Italian, Japanese, Korean, Norwegian, Polish, Portuguese, Russian, Spanish, Swedish, Turkish
Units Selection	Metric and U.S. Standard
Maximum Pause Time (Pause)	30 seconds
Preva® Pass Reader	Yes
Maximum Workout Time	Unlimited
Console Type	15 in / 38.1 cm LCD Capacitive Touch Screen
Preset Programmes	Lose Weight Fat Burner Aerobic Be Fit Manual 1-1 Interval 2-1 Interval 4-1 Interval Rolling Hills Mountain Peaks Hill Climb Push Performance 1-4 Interval 1-2 Interval 5 K

Electronic Readouts	Resistance Level Total Distance, Distance Remaining Total Calories Burned, Calories/Min, Calories/Hr, Mets, Watts Time Elapsed, Time Remaining, Time in HR Zone, Segment Time Strides/Min, Average Strides/Min, Total Strides Heart Rate, Average Heart Rate, Max Heart Rate
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Heart rate monitoring

Touch	Hand-held heart rate sensors located on fixed handlebars for increased accuracy and ease of use by exercisers of all sizes
Telemetry	Equipped for heart rate telemetry reading using a chest strap.

Integrated Entertainment Options

Closed Captioning	Yes, CC1-4, Text 1-4 (North America only)
Video decoding	MPEG-2, MPEG-4, H.264
Global TV Support	Integrated tuner - NTSC, ATSC, PAL, SECAM, DVB-T/T2/C
Mobile Device Charger	Yes
Reading Rack	Standard
Personal Viewing System (PVS)	Supports NSTB, PAL, PAL BG Standards, Closed Caption
Video inputs	RF, HDMI (media adapter only - future)

Entertainment Cap / Wireless Receiver	N/A
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Network Capabilities

Diagnostics	Ability to set club parameters, e.g. to limit exercise time and pause time.
CSAFE Enabled	N/A
Wifi	802.11 a/b/g/n, 2.4 GHz MIMO and 5 GHz multiple antenna operation

Equipment Specifications

Minimum Space Between Foot Pedals	2 in / 5 cm
Foot Pedal Dimensions	14 x 8 in / 36 x 20 cm
Step-up Height (footplate at highest position)	N/A
Maximum User Weight	350 lbs / 159 kg
Step-up Height (footplate at lowest position)	6.5 in / 16.5 cm
Standard Frame Colours	Gloss Metallic Silver Black Pearl

Equipment Dimensions & Weight

Height with PVS	81.8 in / 208 cm
Length	80 in / 203 cm
Width	35 in / 89 cm
Height	69 in / 175 cm
Equipment Weight	412 lbs / 187 kg

Delivery Dimensions & Weight

Length	80 in / 203 cm
Width	32 in / 81 cm
Height	67 in / 170 cm
Delivery Weight	495 lbs / 225 kg

Power Requirements

Equipment	Powered
International 240 VAC	Applicable Country-specific power cord
U.S. & Canada 240 VAC	N/A

U.S. & Canada 120 VAC	120V/15A circuit with 5-15R NEMA receptacle
Personal Viewing Screen (PVS)	Integrated
Optional Power Supply	N/A

Regulatory

FCC	FCC
ETL	ETL
CE	CE
EN957	EN 957 / ASTM