

# E3x Suspension Elliptical



- LED console display is easily navigated by users of all experience levels
- Contralateral action with tapered, dual action handlebars mimics the body's true movement and proper fit
- Low 9.5" step-on height for easy accessibility
- Self-powered system provides cost-savings and freedom of placement within facility
- Constant Rate of Acceleration and our patented suspension design delivers a perpetually smooth motion free of wheels and tracks
- Ergo Form™ Grips with integrated resistance controls enhances comfort and accessibility to key functions
- Removable disk for easy serviceability
- 53.3 cm / 21" stride length accommodates all users for a comfortable, efficient, and natural workout

## CONSOLE

Display Type	Alphanumeric LED with profile display
Display Feedback	Time, distance (kilometers or miles), calories, calories per hour, level, speed, RPM, heart rate, METs, Watts, Profile
Languages Available	English, German, French, Italian, Spanish, Dutch, Portuguese, Swedish, Finnish
Resistance Range	1-25
Workouts	Manual, rolling hills, target HR, interval training, constant watts, fat burn, random, fitness test
CSAFE Ready-FitLinxx™ Certified	Yes
Netpulse Compatible	Yes
IPTV Compatible	No
On-The-Fly Program Change	Yes
One-Button Start	No
Integrated Vista Clear™ Television Technology	No
FITCONNECTION™ Ready	Yes
WiFi	No
Nike + iPod Compatible	No
Personal Fan	No
USB Port	Yes
Virtual Active™ Compatible	No
Asset Management Compatible	No
mPower Workout Tracking and Fitness Network Compatible	No
Pause Function	Yes
Bottle Holder	Yes
Reading Rack	No

## FEATURES

Stride Length	53.3 cm / 21"
Contact & Telemetric HR	Yes

FEATURES	
Footpad Insert	No
Pedal Spacing	6.4 cm / 2.5"
Handlebar Design	Multi-position dual action / Custom ergo-bend stationary
Remote Buttons	Yes
Resistance System	Brushless Generator

FRAME	
Available Colors	Iced Silver or Matte Black

TECH SPECS	
Power Requirements	Self-Powered - Powered 100v-240v - 50/60Hz AC
Minimum Watts	5 Powered / 21 Self-Powered
Minimum RPM	10 Powered / 25 Self-Powered
Assembled Dimensions	178 x 74 x 174cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs
Assembled Weight	181.2 kg / 398 lbs
Shipping Weight	193.5 kg / 425 lbs