

CLUB SERIES

ELLIPTICAL CROSS-TRAINER

1



TOTAL-BODY EXERCISE

A natural feeling 18 in. (45.7 cm) stride length and moving arms based on proper biomechanics combine to offer a total-body, low-impact workout.

2



HEART RATE MONITORING

Lifepulse digital heart rate monitoring hand sensors are conveniently placed on the moving arms. Polar telemetry (chest strap included) provides accurate, hands-free heart rate monitoring.

3



ERGOGRIP

ErgoGrip stationary handlebar provides stability during lower-body only workouts

The Club Series Elliptical Cross-Trainer is the home version of our popular health club model. An instinctively natural elliptical motion is the result of extensive biomechanics research and testing. The smooth motion is inviting and motivating for any home exerciser.



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ELLIPTICAL CROSS-TRAINER

SPECIFICATIONS

HEART RATE MONITORING

Polar® Telemetry (chest strap included)

Lifepulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)

WORKOUTS

Manual, Quick Start

Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate

Interval Workouts: Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse

Cross Train Aerobics and Cross Train Reverse Workout Modes

Goal Workouts: Calories, Distance, Time, Time in Zone

Fit Test Protocol: Fit Test

Customized Cool Down

DISPLAY READOUTS

Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed

4 language choices

DISPLAY TYPE

LED: Alphanumeric message center, workout profile and lower level time/level display

Numeric keypad

SPECIAL FEATURES

Apple™ and Android™ charging via universal USB port

Classic Stride Technology with 18" (45.7 cm) stride length

Oversized Non-slip Pedals

Rear Wheels for Easy Mobility

On-the-Fly Programming

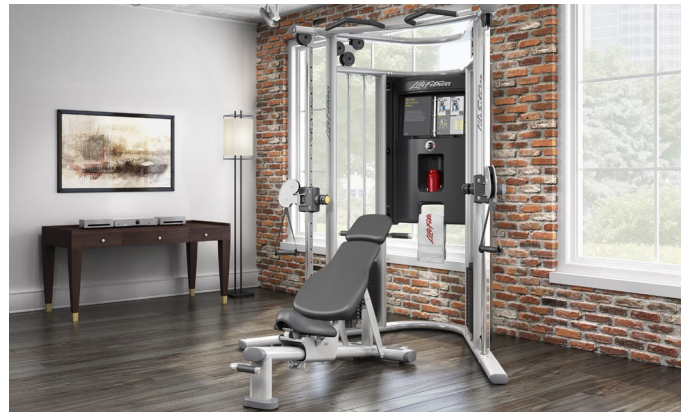
25 Resistance levels

Welded Steel Frame

TECHNICAL SPECIFICATIONS

Power Requirements	Plug-in (all major voltages)
Auto Start: Brings power to console when user begins pedaling	Standard
Length	83 in. (211 cm)
Width	28 in. (71 cm)
Height	61 in. (155 cm)
Unit Weight	235 lbs (106 kg)
Maximum user weight	350 lbs (160 kg)
WARRANTY	
Lifetime warranty on frame; 3-year on parts; 1-year on labor	Standard

TAKE YOUR HOME WORKOUT TO ANOTHER LEVEL



THE G7 HOME GYM

Strength training is a great way to improve overall health and enhance balance and stability. Add a G7 home gym to your exercise routine. The Cable Motion machine is extremely versatile and allows for nearly limitless workout possibilities.

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