SXT7000 Total Body Elliptical Product Specifications Order Code: SXT7000-INT

FEATURES

Total body movement	True-to-life, natural walking motion
Optimized torso rotation	Core muscle recruitment for a weight-bearing, low impact workout
Biomechanics	The pivot point of the arm handles are aligned with the knee to provide proper posture and correct positioning
Patented Bio-Flex™ foot beds	Bio-Flex™ technology improves foot and ankle circulation and recruits stabilizing muscles
Oversized foot beds	With safety edge for comfort and stability
Dual handlebars	Moving handles for total body exercise and stationary handles to focus on lower body
Easy entry	Low 9" step up height
Small footprint	Tele-Rail®, telescoping rails, allow for a full size elliptical in only 60 inches of floor space
Easy to transport	Integrated transport wheels
Heart rate monitoring	Contact heart rate and telemetric (chest strap required)

MOVEMENT AND RESISTANCE

Bi-directional movement and resistance	Exercising in forward and reverse provides versatility, helps prolong exercise and promotes reciprocal muscle balance
Low starting resistance	6 watts
Resistance range	191 levels of resistance - 20 levels adjustable in .1 increments
Resistance system	3 phase combination generator & eddy current brake - largest watt range in the industry

INTELLI-FIT™ CONSOLE

7" LCD full color touch screen display	Touch screen with clear, simple screens and large, readable font.
Audible beep	Yes
Tactile buttons	Tactile buttons in addition to touch screen
Resistance levels	191 levels of resistance - 20 levels adjustable in .1 increments
Display feedback	Time, level, distance, METs, heart rate, calories, RPM, watts
One touch quick start	Yes
Control METs - Constant Work Program	Set constant METs level and the workload remains constant throughout the program.
Iso-Strength Program	Isokinetic program for safe, accommodating resistance
Power Burst	8-second burst of high intensity training
Cool down	Automatic cool down begins after each exercise is completed
Administrative mode	User defined settings, metric or US units of measure and other custom settings
User-defined console languages	9 languages - English, Spanish, French, German, Russian, Japanese, Chinese, Italian, Dutch
Download results to USB flash drive	Plug USB flash drive into the Fit-Key® slot to save workout results in a .txt file
CSAFE port and 8-volt DC power port	Yes
USB charger	For phones and other electronic devices

INTELLI-FIT™ CONSOLE (cont.)

Water bottle holder, accessory tray, reading rack	Integrated
Personal Cooling Fan	Integrated dual fans with three speeds

Programs				
	Quick Start	Constant Work - METs	Hills	Heart Fit Test & Training
	Manual	Constant Work - Watts	Fit-Quik®	Power Fit Test & Training
	Heart Rate	Iso-Strength	Random	Stress Test

TECHNICAL SPECIFICATIONS

Power Requirements	Self-generating; low-voltage AC adapter, optional
Maximum user weight capacity	425 lbs.
Unit weight	275 lbs.
Unit size	60" L x 32" W x 63" H
Color	Frame: Charcoal Cover: Charcoal
Manufacturing	Assembled in USA

WARRANTY

Parts	3 years
Labor	1 year

ENHANCEMENTS

Fit-Key® software	Optional Fit-Key® software makes it easy to create specialized programs and track data
Entertainment options	Yes

ACCESSORIES

AC Adapter	Allows the elliptical to be plugged in, so the console remains lit and displays data longer
Polar Chest Strap	Transmits heart rate directly to console - works on all SCIFIT products

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