



XT-523 Elliptical XT Series

TECHNICAL SPECIFICATIONS:

- High quality, silent and maintenance free magnetic brake system.
- Self-generated (does not require power connection).
- Stride length: 20"
- Tilting ramp from 0 to 15% to increase exercise performance.
- Pulse measurement by contact sensors incorporated in the handlebar for a comfortable and immediate reading of the pulse.
- 7 "backlit LCD monitor with time, speed, distance, heart rate, watts, resistance level and calorie indicators.
- Keys for Quick resistance adjustment keys on the console panel.
- Manual and Program Operation.
- 12 Programs.
- 24 Levels of resistance.
- 4 customizable USER programs.
- 4 HRC heart rate control programs to automatically control exercise intensity and keep effort within selected heart rate limits.
- RECOVERY recovery test that helps to control physical condition.
- FITNESS test to know the physical condition of the user.
- Bottle rack included.
- Built-in wheels for easy machine transfer.
- Dimensions: 172x73x164 cm.
- Weight: 93 kg.
- Maximum user weight: 150 kg.
- Semi-intensive use.

