



## 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.
- Pulse measurement by wireless receiver system included in the marker, radio frequency at 5.3kHz (pulse transmitter belt not included). This system allows you to comfortably control your heart rate in high intensity exercises.
- 7 "backlit LCD monitor with time, speed, distance, heart rate, 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: 185x72x171 cm.
- Weight: 93 kg.
- Maximum user weight: 180 kg.
- Intensive use.

