

# XT10/20 XTRAINER

## INSTITUTIONAL/CLUB SERIES

XTrainer



PROGRAMS
Random
Cardio HRC
Weight Loss HRC
Conditioning
Advanced Conditioning
Manual
Quick Start
FEEDBACK OPTIONS
Calories
Distance
Time
Speed
Calories per hour
Mets
Watts
Leg RPM
Arm RPM
Heart Rate (actual)
Target Heart Rates
Resistance Levels
DISPLAY FEATURES
Tri-color dot matrix
LED redouts
Numeric keypad

ADVANCED FEATURES
270° Rotational handles
Fingertip resistance control
Easy access step-through design
Comfortable reclining seatback
Oversized water bottle holder
PERFORMANCE FEATURES
Independent upper and lower body
20 levels of resistance
HEARTRATE TOOLS
Personal CardioAdvisor™
Telemetry Heart Rate, HRC
MAX USER WEIGHT
500 lbs.
WEIGHT
343 lbs.
DIMENSIONS
83" x 33" x 56"
HOME WARRANTY
Lifetime mechanical parts
5 years electronics
1 year labor
COMMERCIAL WARRANTY
Lifetime frame
3 years parts
1 year labor

### KEY FEATURES

Tri-color dot matrix display with multiple program options

Rotational handles allow a variety of different training angles and movements while eliminating wrist stress

Fingertip control buttons on the handles allow quick and easy resistance changes to upper and/or lower body components

Lower body resistance is independent of upper body resistance, allowing users to receive more effective training results



XTrainer features an easy to use tri-color dot matrix display featuring professionally designed programs. This visually stimulating display features Personal CardioAdvisor™ and multiple feedback options.