

# PERFORMANCE SERIES ELLIPTICAL

The TRUE Performance Series Elliptical combines commercial-grade materials with a sleek, dynamic design to inspire and engage users at home. Designed to provide the most natural movement available on an elliptical, it helps you tone muscles and boost endurance. Featuring user-friendly interactive elements and patented TRUE technology, it's perfect for your home fitness routine.

Opt for the 9" Touchscreen console to utilize Bluetooth connectivity and track your progress. With six user profiles and up to 36 customizable workouts, it offers tailored fitness experiences. The Performance Series also includes TRUE's HRC Cruise Control to maintain your target heart rate, AutoStride™ technology for smooth, natural movement, and the Cardio 360® program for full-body workouts.

## FEATURES

- TRUE's HRC® Cruise Control to maintain your target heart rate throughout a workout.
- AutoStride™ technology that gives you a natural and effective movement.
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness goals.
- Patented Core Drive™ System centers the elliptical's mechanism under the user's balance point, ensuring natural movement and enhanced stability for a safer workout experience.

## SPECIFICATIONS

### DIMENSIONS (L X W X H)

49" x 32.5" x 64.2" / 124.46 cm x 82.55 cm x 163.06

### Q-FACTOR

2" / 5 cm

### STEP-UP HEIGHT

7" / 18 cm

## CONSOLE OPTIONS



9" TOUCHSCREEN



EMERGE



### CARDIO 360®

Cardio 360® is a guided workout to engage the upper, core, and lower body with varying resistance.



Ergonomic Multi-Grip Handles



Orthopedic Soft Step Cushioned Anti-Fatigue Material



Heart Rate Strap Included



## PERFORMANCE SERIES ELLIPTICAL

TECHNICAL SPECIFICATIONS	<b>Power Source</b>	110V/15A
	<b>Cord Length</b>	8' / 2.4 M
	<b>Drive System</b>	Core Drive™
	<b>Total Body Workout</b>	Cardio 360®
	<b>Resistance Source</b>	Eddy Current Brake
	<b>Maximum Workload</b>	300 Watts
	<b>Frame Construction</b>	Robotically Welded Heavy-Gauge Steel
	<b>Stride Length</b>	16"/41 cm to 27"/69 cm .5"/1 cm / 41 cm to 69 cm; 1 cm increments
	<b>Auto Stride™</b>	Yes
	<b>Footpad</b>	Orthopedic Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)
	<b>Exercise Arms</b>	Ergonomic Multi-Grip Handle, Optional Rotating Handles, Optional Ergonomically Designed Rotating Handles with Upper-Body Only Capability Height Adjustment
	<b>Handrail Design</b>	Extended Handrails with Molded Rubber, Moisture Resistant Grips
	<b>Side Step Design</b>	Non-Slip Rubber with Textured Pattern
	<b>Contact Heart Rate Monitoring</b>	Yes
	<b>Wireless Heart Rate Monitoring</b>	Polar® Compatible, (Bluetooth on 9" Touchscreen)
	Cardio 360®	<b>Upper Body Isolation</b>
<b>Lower Body Isolation</b>		Yes
<b>Total Body</b>		Yes
SAFETY	<b>Side Steps</b>	Standard
	<b>Extended Handrails</b>	Standard
	<b>TRUE Lock™</b>	Standard
REGULATORY APPROVALS	ETL UL1647, CSA	
EXTRAS	<b>Accessories</b>	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/ Tablet Holder, Heart Rate Strap
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	49" L x 32.5" W x 64.2" H / 124.46 cm x 82.55 cm x 163.06 cm
	<b>Active Footprint</b>	75" L x 32.5" W / 190.5 cm x 82.55 cm
	<b>Q-Factor</b>	2" / 5 cm
	<b>Machine Weight</b>	272 lbs. / 124 kg
	<b>Maximum User Weight</b>	350 lbs. / 159 kg
	<b>Step-Up Height</b>	7" / 18 cm
WARRANTY	<b>Portability</b>	2 Front Transport Wheels & Removable Handles
	<b>Warranty Type</b>	Residential
	<b>Frame</b>	25 Years
	<b>Parts</b>	7 Years
	<b>Console</b>	9" Touchscreen (7 Years), EMERGE (7 Years)
	<b>Labor</b>	1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

## CONSOLE OPTIONS

		9" TOUCHSCREEN	EMERGE	
CONNECTIVITY	<b>Bluetooth Connectivity</b>	•		
	<b>App</b>	•		
	<b>Chest Strap</b>	•		
	<b>Headphones</b>	•		
	<b>Gym Trakr App Tracking</b>	•		
	<b>Wireless Heart Rate Monitoring</b>	Polar® Compatible	•	•
	<b>3.5mm Headphone Jack</b>	•		
	<b>Reading Rack/ Tablet Holder</b>	•	•	
	<b>Workouts</b>	Cardio 360 (Cardio360 Arm Sculptor & Cardio 360 Leg Shaper), Quick Start, Manual, Rolling Hills, Single Hill, Random Hills, Hill Intervals, Weight Loss Hills, Glute Buster, Calorie Goal, Distance Goal, Cardio Challenge, Walk and Run Intervals, Speed Intervals, Speed Ramp, Leg Shaper, 5K Workout, 10K Workout, Half Marathon, Gerkin Fitness Test, Custom Ultra, HRC Workouts (Target HRC, Weight Loss HRC, Aerobic HRC, Intervals HRC, HRC Cruise Control)	•	
		Cardio 360 (Cardio 360 Arm Sculptor & Cardio 360 Leg Shaper), Quick Start, Manual, Rolling Hills, Single Hill, Random Hills, Hill Intervals, Calorie Goal, Distance Goal, Target HRC (with HRC Cruise Control)		•
Console Saves Last Ten (10) Workouts		•		
<b>Six (6) User Profiles</b>	Up to six (6) Save Workouts Each - If activated	•		
<b>Touchscreen</b>		•		
SERVICE	<b>Software Update Via USB</b>	•	•	
	<b>Self Diagnostics</b>	•	•	
POWER CONSERVATION	<b>Sleep Mode</b> Standard	•	•	
LANGUAGES	English	•	•	



### 9" TOUCHSCREEN

- 9" HD Touchscreen
- User-friendly tabs, connectivity, and built in workouts
- Up to six (6) user profiles



### EMERGE

- Quick keys, connectivity, and challenging programs



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