

# XT10/20 XTRAINER

## INSTITUTIONAL/CLUB SERIES

XTrainer



PROGRAMS	ADVANCED FEATURES
Random	270° Rotational handles
Cardio HRC	Fingertip resistance control
Weight Loss HRC	Easy access step-through design
Conditioning	Comfortable reclining seat back
Advanced Conditioning	Oversized water bottle holder
Manual	PERFORMANCE FEATURES
Quick Start	Independent upper and lower body
FEEDBACK OPTIONS	20 levels of resistance
Calories	HEART RATE TOOLS
Distance	Personal CardioAdvisor™
Time	Telemetry Heart Rate, HRC
Speed	MAX USER WEIGHT
Calories per hour	500 lbs.
Mets	WEIGHT
Watts	343 lbs.
Leg RPM	DIMENSIONS
Arm RPM	72" x 31" x 48"
Heart Rate (actual)	HOME WARRANTY
Target Heart Rates	Lifetime mechanical parts
Resistance Levels	5 years electronics
DISPLAY FEATURES	1 year labor
Tri-color dot matrix	COMMERCIAL WARRANTY
LED readouts	Lifetime frame
Numeric keypad	3 years parts
POWER SOURCE	1 year labor
Self-generating	

### 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

Self-generating power source with 2-minute display battery backup



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.