

# E821 ELLIPTICAL

## PERFORMANCE SERIES

E821 Elliptical



### KEY FEATURES

17"-26" electronically adjustable stride length allows the user to find the stride that fits their body and workout style

Vari-Stride™ programs slowly increases stride length for greater calorie burn and works multiple muscle groups in one session

Dual-action motion provides a total body workout

Heart rate telemetry and heart rate control programming allow you to train more effectively

MyFlex™ pedal cushioning system provides a comfortable workout platform



The E821 features a state-of-the-art dot matrix display with CardioAdvisor™ heart rate system. Bright LED readouts give the user valuable feedback on their workout and multiple programs provide variety so workouts never get boring.

PROGRAMS
Interval
Glute (x3)
Random (x10,000)
Track
Manual
Cardio HRC
Weight Loss HRC
ZoneTrainer™
Vari-Stride™ (x3)
FEEDBACK OPTIONS
Workout Level
Strides per minute
Time
Heart Rate
Stride Length
Calories
Distance
Calories per hour
Total Strides
DISPLAY
Dot Matrix with LEDs
ActivZone™ Icon

HEART RATE TOOLS
Telemetry Heart Rate, HRC
CardioAdvisor™
ZoneTrainer™
ADVANCED FEATURES
Dual-action total body motion
MyFlex™ cushioning system
WEIGHT
128 Kg
DIMENSIONS
2010 × 620 × 1730 mm
MAX USER WEIGHT
130 Kg