



Prescribed for Progress™

SXT7000

UPRIGHT ELLIPTICAL

This total body cross trainer provides a natural total body movement that creates a true-to-life walking cadence.

- Bio-Flex™ footbeds improve foot and ankle circulation
- Pedal movement simulates uneven surface to recruit stabilizing muscles
- True-to-life, natural walking motion
- Optimised torso rotation and core muscle recruitment for a weight-bearing total body workout
- Safe and easy entry for progression to weight-bearing elliptical motion
- Bi-directional exercise
- Very low starting resistance

SXT7000 with Charcoal Covers



SPECIFICATIONS

Specification	SXT7000
Workout Position	Upright
Console	Intelli-Fit
Seat System	n/a
Handgrips & Footbeds	Dual-position handgrips and orthopedic footbeds with patented Bio-Flex™ technology
Easy Entry Step & Handrails	No
Medical CE IIa Certification	No
Contact Heart Rate	Yes
Resistance	Workload levels range from 1 - 20, adjustable in 0.1 increments, providing 191 levels of resistance
Programs	Manual • Iso-Strength • Heart Rate • Constant Work • Random • Hill Profiles • Fit-Quik • Power Burst • Heart-Fit Test • Heart-Fit Training • Power-Fit Test • Power-Fit Training
Feedback	Heart Rate • Time • RPM • Calories • Distance • Level • Watts • METS
Power	Self-generating from just 6 watts with auto recharge and battery back up
Length	152cm
Width	81cm
Height	160cm
Weight	120kg
Max. User Capacity	193kg
Color	Silver powder coated frame and charcoal covers
Warranty	3 years parts