

## XTRAINER XT20

THE XT20 IS A TOTAL BODY WORKOUT MACHINE THAT COMBINES INDEPENDENT LOWER AND UPPER BODY RESISTANCE, WHICH HAS BEEN PROVEN TO PROVIDE BETTER TRAINING RESULTS THAN ANY OTHER CARDIO PRODUCT.



- BIDIRECTIONAL OR BILATERAL INDEPENDENT UPPER BODY MOTION/RESISTANCE
- 270° ROTATIONAL HANDLES PROVIDE A VARIETY OF TRAINING OPTIONS AND INCLUDE FINGERTIP CONTROLS FOR BOTH LOWER AND UPPER BODY RESISTANCE
- 20 LEVELS OF RESISTANCE
- COMFORTABLE 6-POSITION RECLINING SEAT BACK
- ROTATIONAL HANDLES REDUCE WRIST STRESS
- FINGERTIP RESISTANCE CONTROL
- EASY ACCESS STEP-THROUGH DESIGN
- COMFORTABLE RECLINING SEAT BACK
- QUICK & EASY PEDAL STRAP ADJUSTMENT

OVERALL WEIGHT	DIMENSIONS	RESISTANCE LEVEL	MAXIMUM USER WEIGHT
161 Kg	1830 X 870 X 1230 MM	20 LEVELS	227 Kg

### FEATURES AND SPECIFICATIONS

#### FEEDBACK.

CALORIES , DISTANCE , TIME , SPEED , CALORIES PER HOUR , METS , WATTS , LEG RPM , ARM RPM , HEART RATE (ACTUAL AND TARGET) , RESISTANCE LEVELS

#### WORKOUT PROGRAM

RANDOM , CARDIO HRC , WEIGHT LOSS HRC , CONDITIONING , ADVANCED CONDITIONING , MANUAL , QUICK START

#### ACCESSORIES

- CSAFE PORT (STANDARD)
- HR TRANSMITTER BELT (OPTIONAL)

#### WARRANTY