



## Spirit Fitness XE195 Elliptical



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively from Shark Fitness - the XE195 elliptical trainer from Spirit Fitness is the entry-level model in the X-Series and is suitable for beginners through to ambitious home athletes. The XE195 impresses with its good workmanship, the joint-friendly motion sequence and the feature-rich training computer.

CHF 1'290.00

The XE195 is the perfect entry-level model and has all the advantages of a Spirit cross trainer: it stores your training logs and offers numerous optimization and individualization options for your training, in addition to all kinds of biometric data, such as pulse measurement or muscle strain profile, and is made of high-quality materials. A 19 cm LCD control panel with blue backlighting provides all the necessary information. A built-in fan provides cooling and the small distance between the pedals (5 cm) ensures a workout that is easy on the joints and hips.

### Features:

- Electronically controlled magnetic brake system (motor-controlled)
- Flywheel mass approx. 11kg
- stride length 50.8cm
- treads inclined inwards by 2° - the latest sports science studies show that inclining the feet inwards by 2° promotes optimum muscle and ligament activity. These findings have been incorporated into the development of the XE195 and the inclination of the treads has also been implemented
- Tread distance (Q-factor): 5cm - The **Q-factor** describes the pedal distance. While the distance between the feet when walking is 120 - 150 mm, this is less when running and is 80 - 100 mm. A low Q-factor offers advantageous ergonomics for running training on the elliptical trainer
- Training computer with 19cm blue backlit LCD window (131x67mm)
- Console display of revolutions/min, calories, time, distance, resistance, METs, watts, heart rate
- Console can be adjusted in inclination and adapted to body size
- 20 electronically adjustable resistance levels
- Load regulation: speed-dependent
- Bluetooth interface for connection to smartphone/tablet



- with the Spirit Fit APP\*, all training data can be tracked even more precisely, saved and compared with the next sessions. The training data can be posted on social media or shared via messenger services. Data synchronization with prominent fitness apps (e.g. Apple HealthKit, MapMyFitness, Fitbit) is also possible.
- Programs: Manual - here the user is in charge of training design, Hill - a challenging hill run with steadily increasing exertion, Fat Burn - a special fat burner training program, Cardio - the cardio program aims to strengthen the heart muscle and increase blood flow and lung capacity
- Pulse-controlled programs - pulse-controlled training to improve performance
- telemetric heart rate measurement (integrated pulse receiver)
- Hand pulse sensors on the fixed handlebars
- forward and backward movement sequence for different muscle strain
- Ergonomic handlebars for upper body training
- Large pedals for a secure footing
- non-slip treads with profile
- movable pedals that support the natural rolling of the heels
- pivoting fan
- transport wheels
- power supply via adapter
- water bottle holder
- tablet holder

Use: home use, payload: approx. 120kg

Device dimensions: L179 x W55 x H164cm, weight 78kg

Accessories: integrated receiver for chest strap transmitter, hand pulse sensors

Options: Heart rate transmitter belt (Polar T34 recommended)

Warranty: 2 years on labor and spare parts, 10 years on frame

\*Spirit Fit APP - The Spirit Fit app connects to the treadmill, bike or elliptical trainer via Bluetooth.

Current training data can be shown in three different display screens on the device. Switch easily from the workout view to internet, social media or email sites via icons on the screen. When the workout is finished, the data is automatically uploaded to the personal calendar for later reference. The Spirit Fit app can share workout data with HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

Brake system: electronically controlled magnetic brake system

Flywheel: 11 kg

Current-dependent: Yes

Stride length: 50.8 cm

Gradient: No

Resistance levels: 20

Training computer: 19cm Blue Backlit LCD Display

Displayed values: Revolutions/min, calories, time, distance, resistance, METs, watts, pulse

Training programs: 5

Pulse-controlled programs: 1

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: 5khz



Multimedia: Bluetooth interface, USB port, entertainment APP's, water bottle holder, tablet holder, integrated speakers, AUX.

Foldable: No

Accessories: integrated receiver for chest strap transmitter

Options: Transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 179 x W 55 x H 164 cm

Device weight: 78 kg

Payload: approx. 120 kg

Insert: Home

Warranty: 2 years on labor and spare parts, 10 years on frame