



## Xterra Fitness XE78 Crosstrainer



Exclusive to Shark Fitness - the XE78 crosstrainer from XTerra Fitness - great value for money and the ideal introduction to crosstrainer training. The XE78 crosstrainer helps realize workout goals regardless of fitness level. The crosstrainer is best suited to improve your fitness, burn calories or strengthen your cardiovascular system. An easy-to-read LCD training console offers extensive training programs and displays all important performance data.

**CHF 799.00**

### Equipment:

- electronic permanent magnet brake system
- flywheel mass approx. 5,6kg
- step length 40,6cm
- Pedal distance (Q-factor): 10cm - The **Q-factor** describes the pedal distance. While in walking the pedal distance is 120 - 150 mm, in running it is lower and is 80 - 100 mm. A low Q-factor offers advantageous ergonomics during running training on the elliptical trainer.
- Training computer with LC window (131x67mm)
- console display of profile, time, speed, revolutions per minute, distance, calories burned, heart rate
- 24 resistance levels electronically adjustable
- load regulation: speed-dependent
- Manual program
- 4 programs for beginners
- 4 programs for advanced users
- 4 programs for sports
- 1 pulse controlled training program
- Recovery pulse measurement
- sleep mode: after 4 minutes of inactivity, the XE88 elliptical trainer automatically switches to standby mode
- telemetric heart rate measurement (integrated pulse receiver)
- hand pulse sensors on the fixed upper body bars
- forward and backward motion sequence for different muscle stresses



- ergonomic handle bars for upper body training
- large pedals for a safe stand
- non-slip treads with profile
- movable pedals that support the natural rolling of the heels
- transport wheels
- power supply through adapter
- water bottle holder
- Tablet holder

Use: home use, payload: approx. 120kg

Equipment dimensions: L145 x W52 x H160cm, weight 49.5kg

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

Options: Pulse transmitter belt (recommendation Polar T34)

Warranty: 2 years on labor and spare parts, 10 years on frame (ride time excluded)

Brake system: electronically controlled magnetic brake system

Flywheel: 5,6 kg

Current-dependent: Yes

Stride length: 40.6 cm

Gradient: No

Resistance levels: 24

Training computer: LCD display

Displayed values: Profile, time, speed, revolutions per minute, distance, calories burned, heart rate

Training programs: 14

Pulse-controlled programs: 1

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: 5khz

Multimedia: Tablet holder

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 145 x W 52 x H 160 cm

Device weight: 49,5 kg

Payload: approx. 120 kg

Insert: Home

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