



## Spirit Fitness XE395 Elliptical



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively from Shark Fitness - when you choose an XE395 cross trainer, you are choosing quality and flexibility in equal measure. As usual with Spirit, you get high-quality workmanship, including sealed roller bearings on the pedals and handles, welded and therefore durable construction, noise minimization and an incredibly small pedal distance of 5cm. To make your workout as comfortable as possible, the resistance can be operated via a quick control, the fan provides cooling, the heart rate and the muscle activation profile are shown directly on the display. **The Spirit XE395 offers individual setting options such as 20 incline levels with a gradient of up to 35 degrees, which ensures a more intensive workout for the leg and gluteal muscles. With the additional adjustable tread plate angle of 0-10°, every user can find their perfect training setting.**

**CHF 1'890.00**

The Spirit Fitness XE395 elliptical trainer offers exercisers a particularly varied training experience. Not only can the resistance be changed at the touch of a button, but an incline can also be set. Hill walking and hill running are possible in the living room or fitness room at home. Integrated speakers provide musical support and motivation. Training performance can be transferred to the Spirit Fit training app via Bluetooth and synchronized with the Apple Healthkit, the Fitbit app or MyFitnessPal.

**The Spirit Fitness XE395 cross trainer was rated "good" (90 %) by the renowned ETM test magazine. The crosstrainer is examined in detail over 12 pages. You can read the entire test report [here](#).**

**Features:**



- Electronically controlled magnetic brake system (motor-controlled)
- Flywheel mass approx. 13.5kg
- stride length 50.8cm
- **treads inclined inwards by 2°** - the latest sports science studies show that an inclination of the feet inwards by 2° promotes optimum muscle and ligament activity. These findings have been incorporated into the development of the XE395 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
- **3-way adjustable inclination angle of the pedals: 0°, 5°, 10°**
- Training computer with 19cm blue backlit LCD window (131x67mm)
- Console display of revolutions/min, calories, time, distance, resistance, METs, watts, pulse
- Muscle strain profile - the console has a display of the strained muscles
- Display of the current training heart rate as a percentage of the maximum heart rate (calculated using the age formula)
- 20 electronically adjustable resistance levels
- **20 electronically adjustable incline levels up to 35°** - for a more intensive workout of the leg and buttock muscles
- Resistance level and incline can be operated via quick control buttons on the upper body bars
- Load regulation: speed-dependent
- Bluetooth interface for connection with 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.
- Kinomap-APP\*\* - compatible - the Kinomap-APP turns training into a motivating, interactive training experience, whether alone or in competition mode. Over 170,000 varied route kilometers for the various sports have already been uploaded by users
- Programs: Manual - where the user is in charge of training design, Hill - a challenging mountain 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, Strength - high-intensity training program, Interval - a workout built up in intervals. Phases of recovery alternate with phases of maximum intensity
- 2 user programs - programs can be created and saved by the user
- 2 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 motion sequence for different muscle strain
- Ergonomic handlebars for upper body training
- multi-grips on the handlebars offer maximum variability - arms, chest, shoulders and upper back are comprehensively activated by alternately pushing and pulling and the option of using different grip positions
- Large pedals for a secure footing
- non-slip treads with profile
- movable pedals that support the natural rolling of the heels
- pivoting fan
- loudspeaker
- audio input



- transport wheels
- double aluminum rail system
- power supply through adapter
- Water bottle holder
- Tablet holder

Use: home use, payload: approx. 150kg

Device dimensions: L194 x W74 x H164cm, weight 100.5kg

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

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.

### **Kinomap APP\*\***

The Kinomap APP turns training into a motivating, interactive workout experience. The app provides videos for cross trainers, ergometers, treadmills and rowing machines. The Kinomap APP is connected to the training device via Bluetooth. Choose a route and cycle, run or row as if you were there yourself. You can track your progress on the map. As the videos are geocoded, the app also adjusts the resistance (on selected models) to the terrain profile of the training route.

Train more than 170,000 km alone or in competition with others - the Kinomap videos are uploaded by users. There are already over 170,000 kilometers of varied routes available for the various sports. All videos are marked with location data, so you can not only watch the video, but also see on the map where you are and what the terrain profile looks like. The app also displays the most important training data during the workout so that you can keep an eye on your performance while you are running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can take part in public races or arrange to meet up with friends for a little race. Kinomap is available in a free basic version from both Google Play and the AppStore. There are various license models for the full version.

Brake system: electronically controlled magnetic brake system

Flywheel: 13,5 kg

Current-dependent: Yes

Stride length: 50.8 cm

Gradient: 20 gradient steps electronically adjustable

Resistance levels: 20

Training computer: 19cm Blue Backlit LCD Display

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

Training programs: 10

Pulse-controlled programs: 2

User-defined programs: 2

Hand pulse sensors: Yes



Pulse receiver: Bluetooth

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: Floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 194 x W 74 x H 164 cm

Device weight: 100,5 kg

Payload: approx. 150 kg

Insert: Home

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

Features: double aluminum rail system, multi-grips on the handlebars, forward and backward movement, 3-way adjustable angle of pedal inclination: 0°, 5°, 10°