



Spirit Fitness XE795 Elliptical



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively at Shark Fitness - the XE795 elliptical trainer from Spirit Fitness offers a gentle motion sequence and is recommended for beginners to ambitious athletes. The XE795 from Spirit Fitness impresses with a natural motion sequence, high stability and workmanship as well as a sophisticated training computer. The XE795 can be operated **independently of the mains** - the user generates the power to operate the elliptical trainer themselves using the generator drive - protecting the environment and saving electricity costs.

CHF 1'990.00

The Spirit Fitness XE395 elliptical trainer offers the user a particularly varied training experience. 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.

Features:

- Electronically controlled magnetic brake system (motor-controlled)
- Mains-independent generator drive
- 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 XE795 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



- 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)
- 40 electronically adjustable resistance levels
- Load regulation: speed-dependent
- Programs: Manual - here the user is in charge of training design, Hill - a challenging hill run with steadily increasing load, 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, Fusion - the Fusion training program combines endurance training with strengthening exercises to create a holistic workout.
- 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
- 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
- water bottle holder
- Tablet holder

Use: home to light institutional use, payload: approx. 150kg

Device dimensions: L176 x W57 x H166cm, weight 101kg

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

Option: pulse transmitter belt

Warranty: home: 2 years on labor and spare parts, 10 years on frame: light institutional use: 1 year on labor and spare parts

Brake system: Generator system

Flywheel: 13,5 kg

Current-dependent: No

Stride length: 51 cm

Gradient: No

Resistance levels: 40

Training computer: 19 cm 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: Bluetooth transmitter belt, floor protection mat

Folding dimensions (length / width / height): No

Dimensions (length / width / height): L 176 x W 57 x H 166 cm

Device weight: 101 kg

Payload: approx. 150 kg

Insert: Home to light institutional use

Warranty: 2 years on labor and spare parts, 10 years on frame: light-institutional use: 1 year on labor and spare parts.

Features: double aluminum rail system, forward and backward movement, 3-position adjustable pedal tilt angle: 0°, 5°, 10°.