



## Spirit XE295 Elliptical



The cult fitness brand Spirit Fitness from the USA now also available in Switzerland exclusively at Shark Fitness - when you choose an XE295 crosstrainer, you choose 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 spacing 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 muscle activation profile are shown directly on the display.

**CHF 1'690.00**

### Equipment:

- electronically controlled magnetic brake system (motor controlled)
- flywheel mass approx. 13,5kg
- step length 50,8cm
- treads inclined inward by 2° - recent sports science research shows that inclining the feet inward by 2° promotes optimal muscle and ligament activity. These findings have been incorporated into the development of the XE395 and the inclination of the treads have been implemented as well
- Pedal spacing (Q-factor): 5cm - The **Q-factor** describes the pedal spacing. While in walking the pedal distance is 120 - 150 mm, in running it is smaller and is 80 - 100 mm. A low Q-factor offers advantageous ergonomics during running training on the elliptical trainer.
- **3-position adjustable pedal tilt angle: 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 stress profile - the console has a display of the muscles being stressed
- display of the current training pulse as a percentage of the maximum heart rate (calculated using the age formula)
- 20 resistance levels electronically adjustable
- resistance level can be controlled by 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 accurately, saved and compared with the next sessions. Workout data can be posted on social media or shared via messenger services. Data matching 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 workout 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 - here the user is in charge of the workout design, Hill - a challenging hill run with steadily increasing load, Fat Burn - a special fat burner workout program, Cardio - the cardio program aims to strengthen the heart muscle and increase blood flow and lung capacity, Strength - high-intensity workout program, Interval - a workout built in intervals. Phases of recovery alternate with phases of the highest intensity
- 2 user programs - programs can be created and saved by yourself
- 2 heart rate controlled programs - pulse controlled training to improve performance
- telemetric heart rate measurement (integrated pulse receiver)
- hand pulse sensors on the fixed handle bars
- forward and backward motion sequence for different muscle strain
- ergonomic handle bars for upper body training
- multi-grips on the handlebars offer a maximum of variability - by alternately pushing and pulling and the possibility to use different grip positions, arms, chest, shoulder and upper back area are comprehensively activated
- large pedals for a safe stand
- non-slip treads with tread pattern
- movable pedals that support the natural rolling of the heels
- swiveling 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

Equipment dimensions: L181 x W74 x H164cm, weight 84.4kg

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 treadmill, bike or elliptical via Bluetooth. Current workout data can be viewed in three different display screens on the device. Easily switch from workout view to internet, social media or email sites via on-screen icons. When the workout is complete, the data is automatically uploaded to the personal calendar for future reference. The Spirit Fit app can share workout data with HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

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Brake system: electronically controlled magnetic brake system

Flywheel: 13,5 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: 10

Pulse-controlled programs: 2

User-defined programs: 2

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 181 x W 74 x H 164 cm

Device weight: 84,4 kg

Payload: approx. 150 kg

Insert: Home

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

Features: 3-position adjustable pedal tilt angle: 0°, 5°, 10°.