

## CARDIO

PT-1795 · ELLIPTICAL STX



HOME USE



## CHARACTERISTICS

- Get fit at home by practicing one of the most complete exercises. The STX elliptical will make you enjoy an elliptical bike with great features.
- Its reinforced structure provides great stability even when working at an intense pace.
- The pedals, extremely wide and non-slip ensure a safe work.
- Length of the stride: 42 cm.
- The magnetic brake system offers high quality to the exercise and allows a smooth and totally silent work. Besides, this system does not require maintenance as there is no friction and, therefore, no wear.
- This model has an inertia flywheel equivalent to 9 kg that generates a smooth and fluid movement.
- The movable arms incorporate ball bearings in the joints that guarantee a silent movement.
- The different grip points allow you to change your workout positions and achieve a more effective and intense work according to your goals.
- The pulse measurement is performed by contact sensors incorporated in the handlebars for a comfortable and immediate reading of the pulsations during the exercise.
- Monitor with a backlit colour LCD that provides constant information of the basic indicators of the exercise: Time, Speed, Distance, RPM, Calories, Pulse, Watts and SCAN function to display all indicators sequentially.
- The monitor is very easy to use and allows multiple working options. The user can work in Manual mode or access one of the 12 Preset Programs by choosing the training profile and the work intensity that you want to perform (16 intensity levels). There is also the User Program option to design your own training program. Other options on the monitor are the HRC (Heart Rate Control) program, which automatically controls exercise intensity and maintains effort within the selected limits, WATT program (constant watts) designed for specific workouts to maintain a constant effort regardless of the RPM, ideal for rehabilitation exercises, the BODY-FAT program (body mass index) and the RECOVERY TEST (test to control the physical level of the user).

- The monitor has also got a tablet or mobile device support.
- Given the importance of maintaining good hydration during exercise, the bicycle is fitted with a bottle holder.
- Stabilizers in the base to adjust the machine to the irregularities of the ground offering a total stability.
- Built-in wheels in the base facilitate movement of the machine.
- Dimensions: 166 x 70 x 158 cm
- Weight: 58 kg
- Maximum user weight: 150 kg