

# Cross Cycle

DATA SHEET

## TARGET AREAS:

Abdominals, Upper & Lower Arm, Legs.

## DESCRIPTION:

Combines an alternate cross trainer and cycle action. All major muscles and joints of the upper and lower limbs are mobilised along with the deltoid trapezius and pectoralis muscles of the shoulder and chest.

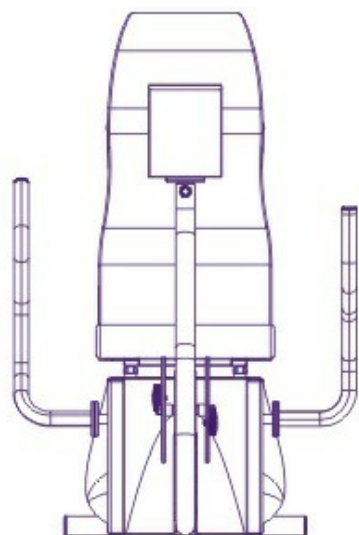
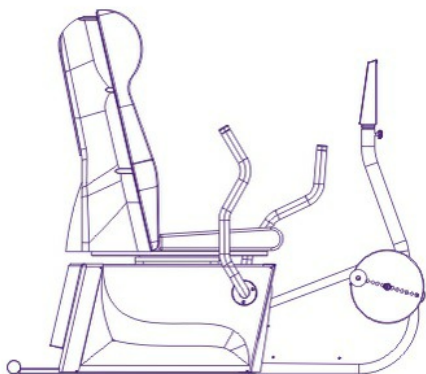
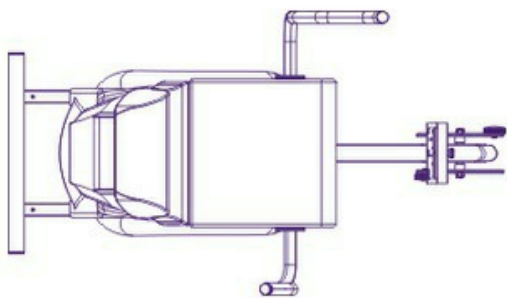
An excellent fat burner and a superb cardio vascular fitness & strengthening machine. Exercise will help boost the heart and respiratory rate, increasing the oxygen transportation around the body. A great warm up machine.

## KEY FEATURES

- Dual function of upper and lower extremity
- Upright design for easy access and optimum utilisation of space
- Power assisted (plug and play installation)
- Adjustable seat ensures correct posture
- Choice of 4.3" or 7" touch screen console offering both manual or programme options



# Technical Specification



Dimensions	
Width	70cm
Depth	140cm
Height	130cm
Weight	90kg
Electrical Specification	
Voltage	220V/240V (110V-USA)
Amps	3 Amps per Table
Plug Cable Length	1.5 metre
Upholstery	
Side Panels	High impact resistant ABS plastic
Covers	Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2



**easytone** POWER ASSISTED EXERCISE



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