

Cross Cycle Plus

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

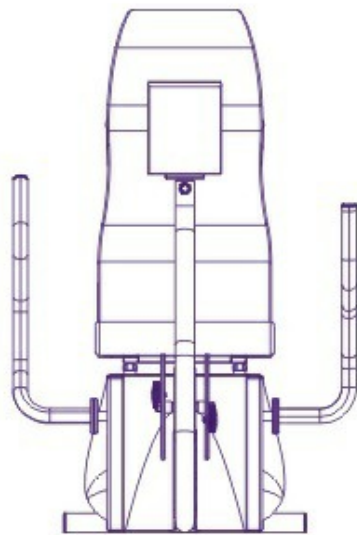
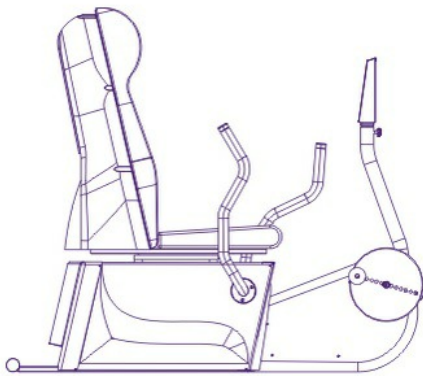
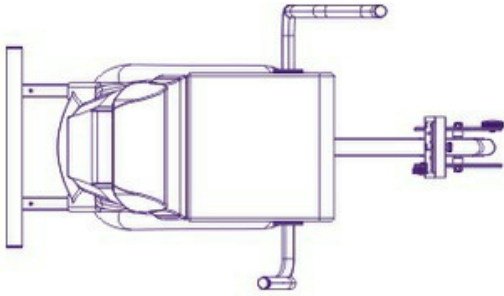
- Swivel seat & drop down arms for easy transfer
- Feedback includes effort (both left & right), distance, power and calories
- Swivel foot plates (optional) with heel raise for secure positioning
- 7" touch screen console offering both manual or programme options



Swivel foot plates with heel raise and hook & loop fastening



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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