pulsefitness

ESSENTIAL LINE / **CARDIO**

Touchscreen Suspension Elliptical Cross-Trainer

SKU: 277H-AAB

Description

The new Essential Suspension Elliptical Cross-Trainer with 15.6" Touchscreen Console is a commercial-grade, heavy-duty, cardiovascular machine. Designed for high-traffic environments like gyms, health clubs and rehabilitation centres. This cross-trainer is built with professional-grade materials to withstand continuous daily use, offering a low-impact workout that mimics a walking or running movement, reducing stress on both muscles and joints.

Available in self or powered options. Two Console choices are offered with options for motivation, workout tracking, and detailed use information.

The front-drive is located to provide a highly smooth, frictionless rate of acceleration, mimicking the natural gliding motion of a walking stride, that's easy on the joints.

Specifications

Length	182cm	71.65"
Stride Length	53.3cm	21"
Height	180.5cm	71.06"
Width	91cm	35.83"
Step-Up Height	38.5cm	15.16"
Machine Weight	163kg	359.4 lbs
Max User Weight	180kg	397 lbs

Key Features

Oversized pedals

Natural striding motion

'Quick' controls featuring handlebar adjustments

15.6" Touchscreen Console

Actual product specifications may differ due to manufacturing requirements. Pulse Fitness reserves the right to make changes to its products and services, where it considers necessary. 135-2544-1

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Touchscreen Suspension Elliptical Cross-Trainer

Technical Specifications

Drive system

Resistance system (power)
Electromagnetic Braking System (EMS)

Resistance (max)
350W

Flywheel
Magnetic bidirectional

Cushioned pedals
Yes

Product Features

'Quick' controls featuring handlebar resistance adjustments
Yes

Resistance levels
32

Storage bucket/cup holder
Yes - There is provision for a users personal storage. The storage bucket has enough room to deposit items like mobile phones, keys & even a water bottle

Front wheels for easy mobility
Yes

Workouts

Workout programmes
Built in 22 user-defined programs

Programs
Twelve Preset Programs (Age, Level, Weight, Time). Divided in to 16 segments (00:00-99:00) and offering a time based Recovery Function

Manual
Quick Start (Age, Level, Weight, Time, Distance & Calories)

Running
Aerobic Mode – Boosting heart rate and breathing, increases blood flow and lung capacity. Higher levels of exertion, improves cardiovascular health and stamina.

Constant Watt
A Constant Watt program (often called ERG mode or Constant Work) is a smart setting that locks the Suspension Cross-Trainers specific power output, ensuring the user maintains an identical level of exercise intensity, regardless of how fast or slow they workout.

Heart rate programs
The three Heart Rate Programs are intended to be used with a Wireless Chest Band (Heart Rate Transmitter). HRC1 (60% of MHR) is a moderate heart rate workout that targets Fat Loss. HRC2 (70% of MHR) optimizes fat oxidation, making it ideal for weight management. HRC3 (80% of MHR) is a higher heart rate workout that targets Improved cardiovascular function.

User-defined programs
Four programmable User-Defined Programs are available. Users can control Age, Level, Weight and Workout Time (00:00-99:00).

Units
Metric / imperial (switchable)

Structure

Frame construction
All Pulse Fitness products are constructed from durable 3mm (11 gauge) steel that is designed to give exceptional structural integrity and stability even during the most vigorous workout.

Frame protection
Once welded, the frames are treated against corrosion by being grit blasted and zinc pre-treated (for guaranteed durability). They are furnace baked, heat-cured and electrostatically epoxy powdered (which ensures maximum adhesion). This gives them a tough, corrosive-resistant and easy to clean finish, offering unbeatable reliability and longevity.

Frame colour options
Sand black

Operation

Smooth Operation
Pulse Fitness strength products are renowned for their smoothness of operation. This results from our precision-engineered manufacturing processes.

Hand-Grip Assembly
The hand-grips are formed from a slip-resistant, rubber compound that is non-absorbing and wear-and-tear resistant.

Mouldings
The injection-mouldings are durable, high impact thermoplastic housings, which seal internal components, protecting the vital parts against dust and sweat, and are easy to wipe clean.

All rubber coverings are durable and have a high impact resistance; they too, are easy to wipe clean.

Metrics

Level
01 – 32

Power
Watts

Time
00:00 – 99:59 Minutes & Seconds

Total hours
00:00 – 9999:00 Hours

Calories
0 – 999 Kcals

Total distance
0 – 9999 Km

Heart rate
40 – 220 bpm

Speed
0.0 – 99.9 km/h

Safety

Multipurpose handlebars
Yes – Multi-Angle and Perimeter

Moulded rubber foot pads
Yes – Designed to protect polished floors whilst enhancing safety. Moulded rubber foot pads are supplied as standard

Essential Line Console

Workout. Inclusive. The intuitive Essential Line console provides a compelling entry-level range workout experience that is perfect for both exercise rookies and workout regulars alike. With a integrated motivational LED display screen and large 7 segment digits, this Series is a sleek, reliable asset to any facility.

The Essential Line console, is derived from extensive research into what captivates and transforms workouts.

Workout
When compared feature-for-feature, this is simply the best value commercial CV product range money can buy.

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