

# EX-220

## ELLIPTICAL

### Introducing the EX-220 Elliptical Trainer: A home fitness revolution

Discover the ultimate fitness solution with our EX Series Ellipticals. Engineered for durability, reliability, and lasting performance, our exclusive EX Series ellipticals bring the quality of a fitness center workout to your home. With advanced technology and user-friendly features, achieving your fitness goals has never been easier or more enjoyable.



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# EX-220 ELLIPTICAL

## HIGHLIGHTS

### Power Ramp Technology

Vectra Power Ramp technology adjusts the shape of the elliptical path your feet travel so you can target specific muscles or all major lower body muscle groups.

### Proper Biomechanics and Variable Stride

Our elliptical path perfectly mimics a natural running stride allowing exercisers to keep their heels down and ergonomically correct workout.

### Preset Workouts

10 preset workouts help you tailor your exercise to your fitness goals and stay challenged. Built-in Work Out Accelerators suggest ways to get more out of your workout.

### Full Body Workout

Moving handlebars activate your core, arm and lower body muscles for a total body workout.

### Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless Heart Rate Monitoring\*. Works with any Polar® compatible wireless heart rate transmitter (sold separately).



## FEATURES

- Variable Stride
- Workout Accelerators
- Target Heart Zone Display
- Large Center Storage Compartment
- Reading Rack
- Sure Grip Mobile Phone & Tablet Holder

\* The Heart Rate and Heart Zone features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.

## SPECIFICATIONS

Power Ramp Movement: Motorized variable

Power Ramp Elevation Range: 15° - 25°

Handlebars: Moving

Heart Rate Monitoring\*: Touch sensor and wireless with any Polar® compatible chest strap transmitter (*not included*)

Number of Workout Metrics: 13

Preset Workouts: 10

User IDs: 2

Resistance System: Magnetic

Resistance Levels: 16

Console Display: 5" high contrast LCD

Power Ramp & Resistance Controls: Tap style Dome Keys

Dimensions: 76" L x 29" W x 65" H / 194 cm L x 74 cm W x 165 cm H

Weight: 214 lbs / 97 kg

Max User Weight: 400 lbs / 182 kg

Power: 120 V

Warranty: Lifetime frame and welds, 5-yr parts and wear items, 3-year console, 1-year labor



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