TRUE

400 ELLIPTICAL

The C400 Elliptical uses a small and compact footprint allowing you to place this elliptical machine in tight spaces where a traditional front or rear-drive elliptical might not work. Plus, your users will love the unique Cardio 360™ programming that acts like their own personal trainer in the machine, walking them through a 20-minute, total-body workout that no other elliptical on the market can deliver.

CARDIO 360™

a guided workout to engage the upper, core, and lower body with varying resistance.

FEATURES

- Self-Generating
- Core Drive® System
- Hybrid Self-Generating Brake
- 21" Stride Length
- Non-Slip Rubber Side Steps

SPECIFICATIONS

DIMENSIONS (L X W X H)

63" x 32" x 64" / 160.02 cm x 81.28 cm x 162.56 cm

Q-FACTOR

2.5" / 6.35 cm

STEP-UP HEIGHT

8" / 20.32 cm

PRODUCT WEIGHT

340 lbs / 154 kg

COLOR

Charcoal/Black



CONSOLE OPTIONS



ENVISION



COMPASS



EMERGE



ESCALATE

Non-Slip Rubber with Textured Pattern Side step design

400 SERIES



C400 ELLIPTICAL

	TECHNICAL SPECIFICATIONS	Power Source	110V, Self-Generating (with Emerge or Escalate ^s), 220V Option Available (with Envision ¹⁶)
		Cord Length	10' / 3.0 M
Resistance Sub Modernam Windows 450 Motor Assider Markins 450 Motor 450 Motor First Construct 257 Fide Longs 217 50 mm First Construct 217 50 mm 450 Motor First Construct 217 50 mm 450 Motor First Construct 150 Motor 150 Motor First Start Restance 150 Motor 150 Motor MALIAST START REST RESTANCE Environmental Start Restance 150 Motor COMSIDES 150 Motor 150 Motor COMBINES 150 Motor 150 Motor COMPRISON 150 Motor 150 Motor COMPRISON 150 Motor 150 Motor CONTRAL SERVICE 150		Drive System	Core Drive™
Prime Pri		Total Body Workout	Cardio 360™
		Resistance Source	Hybrid Self-Generating Brake
		Maximum Workload	450 Watts
Fortish Am Fo		Frame Construction	Robotically Welded Heavy-Gauge Steel
Function American Design Function American	_	Stride Length	21" / 53 cm
Handrail Design Stirle Step Design Side Step Design Side Step Design Non-Stilp Rubber with Textured Pattern		Footpad	Soft Step Cushioned Anti-Fatigue Material
Side Step Design Nor-Silip Rubber with Textured Pattern Contact Heart Rate Monitoring Pose Contact Heart Rate Monitoring Pose		Exercise Arms	Ergonomic Handles with Moisture-Resistant Sleeves
Contact Heart Rate Monitoring Yes Wireless Heart Rate Monitoring Polar® Compatible Wireless Heart Rate Monitoring Polar® Compatible Wireless Heart Rate Monitoring Envision™ with Compass, Envision™, Escalate®, Emerge ASSET TRACKING Eorif Compatible Cardio 360™ Upper Body Isolation Yes Cardio 360™ Upper Body Isolation Yes Cardio 360™ Cardio 360™ Sudandra Cardio 360™ Sudandra Cardio 360™ Sudandra Cardio 360™ Sudandra Cattivity Guard (removable) Standard Catti		Handrail Design	Extended Handrails with Molded Rubber, Moisture-Resistant Grips
AVAILABLE CONSOILES Wireless Heart Rate Monitoring Polar® Compatible AVAILABLE CONSOILES Excrit Compatible ASSET TRACKING Eccrit Compatible Cardio 360™ Upper Body loalsting Yes Cardio 360™ Upper Body loalsting Yes SAFETY Side Steps Standard Extended Handrails Standard ACKINIY Guard (removable) Standard REGULATORY APPROVAL ETL ULI 547, CSA, CE, EN957, FCC EXTRAS Accessories Weter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder SPECIFICATIONS Footprint 50° 1.63 ± 50° m SPECIFICATIONS Footprint 50° 1.63 ± 50° m ALALIVE Footprint 74° Lx 32° W x 64° H / 187.98 cm x 81.28 cm x 162.56 cm PURS ALIVE Footprint 50° 1.63 ± 50° m GABACHINE Footprint 50° 1.63 ± 50° m Mackinian Weight 40° 185 ± 188 kg Mackinian Weight 40° 185 ± 188 kg Mackinian Weight 60° 120° 120° 120° 120° 120° 120° 120° 12		Side Step Design	Non-Slip Rubber with Textured Pattern
AVAILABLE CONSIDE Envision® with Compass, Envision®, Escalate®, Emerge ASSET TRACKING Ecofit Conpatible Cardio 360™ Upper Body Isolation Yes Cardio 360™ Upper Body Isolation Yes SAFETY Side Steps Standard Extraction Activity Guard (removal) Standard REGULATORY APPROVATION Macrosomic ET ULI 1647, CSA, CE, EN957, FCC EXTRAS Accessorie Meric Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXPERIENTATION SPECIFICATIONS SELECTION SPECIFICATIONS ACCESSORY Footprint 4"1 x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm EXPERIENTATION SPECIFICATION SP	_	Contact Heart Rate Monitoring	Yes
ASEI TRACKING EoFit Compatible Cardio SQD™ Upper Bookly Isolation Yes Lower Bookly Isolation Yes SAFETY Side Step Stendard EXTERY Side Steps Stendard Activity Guard (removable) Stendard EXTERA Activity Guard (removable) Stendard EXTERAS Accessories Veter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTERAS Accessories Veter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTERAS Accessories Veter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTERAS Accessories Veter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTERAS Accessories Veter Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PASCELIFICATIONS Foreities Veter Bottle Holder G. Fictor 4" L x 32" Wx 64" H / 187.96 cm x 81.28 cm x 162.56 cm G. Fictor 4" L x 32" Wx 64" H / 187.96 cm x 81.28 cm x 162.56 cm G. Brain Watchine Weight 400 lbs / 184 kg G. Step-Up Hair Watchine Weight 4" 20 32" cm		Wireless Heart Rate Monitoring	Polar® Compatible
Cardio 360™ Upper Body Isolation Yes Lower Body Isolation Yes SAFETY Side Steps Standard Extended Handralis Standard Activity Guard (removable) Standard Activity Guard (removable) Standard EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Accessories Water Buttle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder Maccessories Accessories Accessories Accessories Accessories	AVAILABLE CONSOLES		Envision ¹⁶ with Compass, Envision ¹⁶ , Escalate ⁸ , Emerge
Lower Body Isolation Yes SAFETY Side Steps Standard REGULATORY APPROVATION Standard REGULATORY APPROVATION ETL UL1647, CSA, CE, EN957, FCC EXTRAS Accessories Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PHYSICAL SPECIFICATIONS Footprin 63° L x 32° W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm PHYSICAL SPECIFICATIONS Active Footprin 74° L x 32° W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprin 74° L x 32° W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Machine Weight 30 lbs / 154 kg Machine Weight 40 lbs / 158 kg Maximum User Weight 40 lbs / 181 kg Step-Up Height 8' / 20.32 cm WARRANTY Warranty Classificatio Commercial (non-dues paying facilities with less than 8 hours of usage per day) WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day)	ASSET TRACKING		EcoFit Compatible
SAFETY Side Steps Standard REGULATORY APPROVALS Extended Handrails Standard EXTRAS Accessories Bettle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTRAS Accessories Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PHYSICAL SPECIFICATIONS Footprint 3° ½ % 3° ½ % 6° ¾ 1/80° 96 cm x 81.28 cm x 162.56 cm BACKIVE FOOTprint 7° ½ 3.3° ½ % x 6° ¾ 1/87.96 cm x 81.28 cm x 162.56 cm Machine Weight 3° ½ 0/5.35 cm Machine Weight 400 lbs / 164 kg Shipping Weight 400 lbs / 164 kg Maximum User Weight 400 lbs / 181 kg WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day)	Cardio 360™	Upper Body Isolation	Yes
SAFETY Side Steps Schadard Extended Handrails Schadard Activity Guard (removable) Schadard REGULATORY APPRAY EXTEAS Accessories Mare Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTEAS Accessories Mare Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTEAS Accessories Mare Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTEAS Accessories Mare Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder EXTEAS Accessories Mare Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder Accessories		Lower Body Isolation	Yes
Extended Handrails Standard Activity Guard (removable) Standard REGULATORY APPROV I EXTEAS Accessories Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PHYSICAL SPECIFICATIONS Active Footprint 74" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 180.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H		Total Body	Yes
Activity Guard (removable) Standard REGULATORY APPROVALS ETL UL1647, CSA, CE, EN957, FCC EXTRAS Accessories Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PHYSICAL SPECIFICATIONS Active Footprint 74" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm Active Footprint 340 lbs / 154 kg Allos	SAFETY	Side Steps	Standard
ECULATORY APPROVALS ETL UL1647, CSA, CE, EN957, FCC EXTRAS Accessories Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder PHYSICAL SPECIFICATIONS Footprint 74" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm OF-Factor 2.5" / 6.35 cm Machine Weight 340 lbs / 154 kg Shipping Weight 409 lbs / 186 kg Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision) ¹⁸ , Console is 3 years)		Extended Handrails	Standard
PHYSICAL SPECIFICATIONS		Activity Guard (removable)	Standard
PHYSICAL SPECIFICATIONS Active Footprint 74" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm	REGULATORY APPROVALS	}	ETL UL1647, CSA, CE, EN957, FCC
Active Footprint 74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm 0-Factor 2.5" / 6.35 cm Machine Weight 340 lbs / 154 kg Shipping Weight 409 lbs / 186 kg Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision ¹⁶ , Console is 3 years)	EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder
O-Factor 2.5" / 6.35 cm Machine Weight 340 lbs / 154 kg Shipping Weight 409 lbs / 186 kg Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)	PHYSICAL SPECIFICATIONS	Footprint	63" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm
Machine Weight 340 lbs / 154 kg Shipping Weight 409 lbs / 186 kg Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)		Active Footprint	74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm
Shipping Weight 409 lbs / 186 kg Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)		Q-Factor	2.5" / 6.35 cm
Maximum User Weight 400 lbs / 181 kg Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)		Machine Weight	340 lbs / 154 kg
Step-Up Height 8" / 20.32 cm Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)		Shipping Weight	409 lbs / 186 kg
Portability 2 Front Transport Wheels & Removable Handles WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision 16, Console is 3 years)		Maximum User Weight	400 lbs / 181 kg
WARRANTY Warranty Classification Commercial (non-dues paying facilities with less than 8 hours of usage per day) Frame Lifetime Parts 5 Years (Envision ¹⁶ , Console is 3 years)		Step-Up Height	8" / 20.32 cm
Frame Lifetime Parts 5 Years (Envision ¹⁶ , Console is 3 years)		Portability	2 Front Transport Wheels & Removable Handles
Parts 5 Years (Envision ¹⁸ , Console is 3 years)	WARRANTY	Warranty Classification	Commercial (non-dues paying facilities with less than 8 hours of usage per day)
		Frame	Lifetime
Labor 2 Years	_	Parts	5 Years (Envision ¹⁶ , Console is 3 years)
	_	Labor	2 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

