

TRUE[®] CARDIO RESIDENTIAL

M30



PREMIUM FITNESS EQUIPMENT SINCE 1981

M30 ELLIPTICAL

With one of the smallest footprints on the market, the M30 is a space-friendly total body trainer built with you in mind. Implement variety into your workout with TRUE's own virtual training program, Cardio360™. The innovative side steps allow not only safe entry and exit from the machine, but also unparalleled versatility by providing the industry's first upper-body only workout. The M30 delivers a total body workout with all the features you need to stay motivated and reach your fitness goals.



M30 ELLIPTICAL

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| TECHNICAL SPECIFICATIONS | Power Source | 110V/15A |
| | Cord Length | 8' (2.4M) |
| | Drive System | Core Drive™ |
| | Total Body Workout | Cardio 360™ |
| | Resistance Source | Eddy Current Brake |
| | Maximum Workload | 300 Watts |
| | Frame Construction | Robotically Welded Heavy-Gauge Steel |
| | Stride Length | 21" (53 cm) |
| | Footpad | Molded Anti-Slip with Textured Pattern |
| | Exercise Arms | Protective Dipped Foam |
| | Side Step Design | Non-Slip Rubber with Textured Pattern |
| | Contact Heart Rate Monitoring | Yes |
| | Wireless Heart Rate Monitoring | Polar® Compatible |
| | AVAILABLE CONSOLE | |
| Cardio 360™ | Upper Body Isolation | Yes |
| | Lower Body Isolation | Yes |
| | Total Body | Yes |
| SAFETY | Side Steps | Standard |
| REGULATORY APPROVALS | | ETL UL1647, CSA, EN957 |
| EXTRAS | Accessories | Water Bottle Holder, Over Molded Reading Rack/Tablet Holder |
| PHYSICAL SPECIFICATIONS | Footprint | 42"L x 30"W (107 cm x 76 cm) |
| | Active Footprint | 70"L x 30"W (178 cm x 76 cm) |
| | Q-Factor | 2" (5 cm) |
| | Machine Weight | 275 lbs. (125kg) |
| | Maximum User Weight | 300 lbs. (136 kg) |
| | Step-Up Height | 9" (23 cm) |
| | Portability | 2 Front Transport Wheels |
| WARRANTY | Warranty Type | Residential |
| | Frame | Lifetime |
| | Parts | 5 Years |
| | Labor | 1 Year |

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

