

# ELLIPTICALS



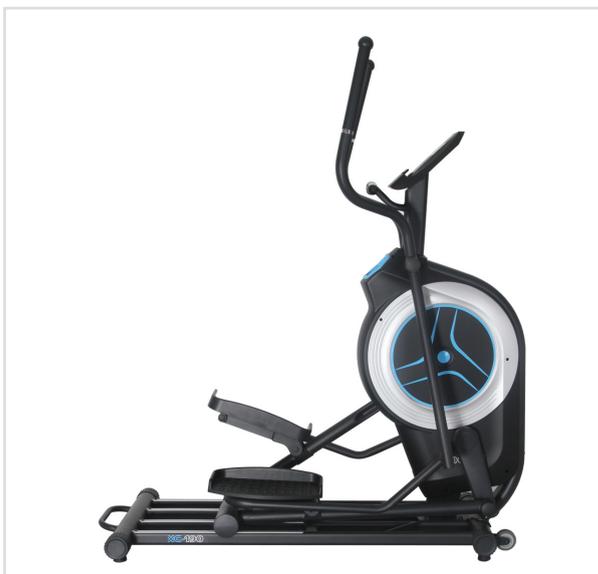
## XC-190



### HIGH CALORIE BURNER

The Compact Trainer XC-190 combines body balance repositioning with a long strider, offering a walk / strider exercise without negative impact on the lower body,

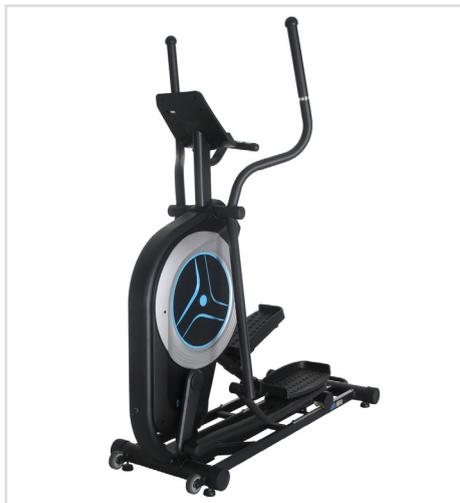
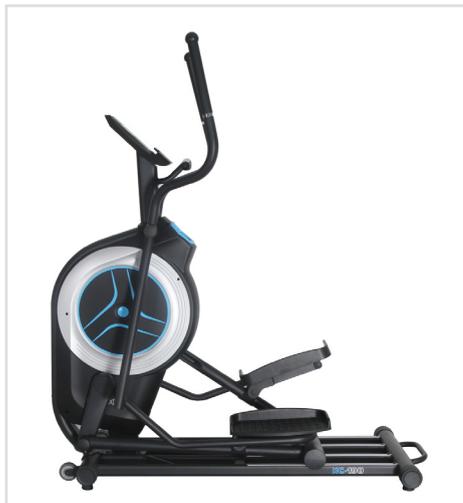
A serious Zero-Impact Workout Elliptical Trainer that burns Double Calories !



PRODUCT ID  
SKU : 20502  
EAN : 5412002205027



[www.dkn-technology.com](http://www.dkn-technology.com)



The heart of the XC-190 is its silent magnetic resistance that supports HITT (High Intensity Training).

The Two Stage Drive system creates a great feeling of inertia. And the higher transmission ratio offers a smooth forward and backward motion.

The XC-190 is equipped with a repositioning and balance system for a Zero Impact Work-Out!

Its 540mm stride and 50mm Q-factor mean you can use this elliptical both

for walking and jogging, making this trainer a great alternative to low impact treadmills.

This compact trainer combines traditional elliptical exercise with low impact walking and jogging.

This Stride / Walk combination allows you to target different lower body muscle groups in a single workout.

The upper body workout on the XC-190 is pretty impressive. To train the upper body and the abs at the same time, the XC-190 features a dual action multigrip handlebar.

This high quality handlebar allows you to comfortably grab different positions to focus on the different muscles of the upper body and trunk.

The XC-190 offers you a wide range of programs, including Manual, Hill Interval, Goal (time, distance, calories), 12 Programmed Runs in 3 work-out levels, Constant Watt, Heart rate and advanced Cardio Training (My Zone HR training).

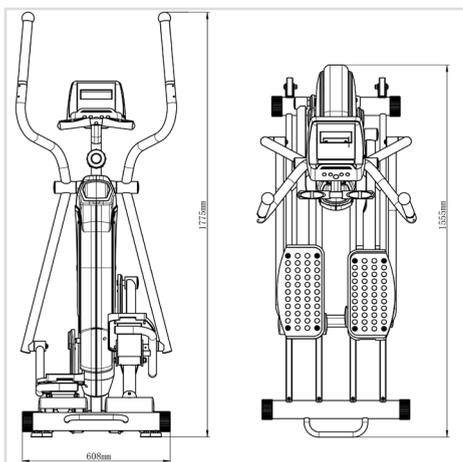
There are also 4 programmable user profiles.

The blue backlit LCD backlight shows Time, Speed, Distance, Tempo, Total calories burned, Watts, Level and Heart rate.

**SPECS**

Max user limit	130 kg
Dimensions	156 x 61 x 177 cm
Weight	54 kg
Flywheel	10 kg
Resistance levels	32
Programmed Runs	12
Timer	v
Speed	v
Distance	v
Calories	v
Watt	v
User memory	4
User profile	v
Transport wheels	v

Kinomap, iConsole+, Vescape, Bitgym



**OPTIONS**



20222 Floor mat 200 x 100 cm



20409 Bluetooth Cheststrap

DKN-Technology  
Zwaarveld 58  
9220 Hamme  
Belgium

Tel + 32 52 210315  
sales@dkn-technology.com

BE-0474.286.250

