

APEX CROSS TRAINER

TRUE[®]

Designed based on precise human biomechanics, the Apex Cross Trainer delivers comfortable natural movement and flow, both forward and backward. With MultiGrip handlebars, users can target different upper-body muscles simply by changing the grip; and Converging Path handlebars follow the natural path of the arms when walking or running.

FEATURES

- Electronically adjustable stride from 20"- 28"
- SmartStride[®] technology
- Close pedal spacing
- Low step-up height
- Advanced training 30:30 and MMA

SPECIFICATIONS

DIMENSIONS (L x W)
77" x 33" / 196cm x 84cm

STEP-UP HEIGHT
8" / 20.32cm

UNIT HEIGHT
64" / 162.56cm

PRODUCT WEIGHT
364lbs / 165kg

COLOR
Matte Black



Advanced programs with workout boosters



Optional side steps



SmartStride ergonomics automatically adjusts stride length between 20" - 28" to replicate walking, jogging, and running

CONSOLE OPTIONS



UNITE 22"
TOUCHSCREEN



UNITE 16"
TOUCHSCREEN



UNITE 10"
TOUCHSCREEN



UNITE LED
CONSOLE

APEX CROSS TRAINER

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (100-220V required with non-LED consoles)	
	Cord Length	12' / 3.7M	
	Drive System	Front Drive	
	Resistance Levels	30	
	Adjustable stride lengths	20" - 28" / 51 cm - 71 cm	
	SmartStride® technology	Yes	
	Electronically adjustable stride	Yes	
	Workload Range	40 - 600 watts	
	Frame Construction	Robotically Welded Heavy-Gauge Steel	
	Pedal Spacing	1.8" / 4.6 cm	
	Handlebar Design	Converging Arms	
	Quick Access Control	Yes, fingertip controls on moving handle bars	
	Contact Heart Rate Monitoring	Yes	
	Resistance Source	Hybrid Self-Generating Brake	
	Footpad	Molded Footpad	
	Quiet Motor	Yes	
	Pedal Spacing	1.8" / 4.5 cm	
	Covered Track and Rollers	Yes	
	MultiGrip and Converging Path Exercise Arms	Yes	
	Moving Handlebar Lock-out Option	Yes	
	Side Steps	Optional	
	AVAILABLE CONSOLES	UNITE 22", UNITE 16", UNITE 10", and UNITE LED	
	WORKOUTS	UNITE 22", UNITE 16" and UNITE 10" Consoles	10K, 30:30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS
UNITE LED Console		10K, 30:30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL	
WORKOUT BOOSTERS	UNITE 22", UNITE 16", UNITE 10", and UNITE LED Consoles	X-MODE, GLUTEKICKER, ARMBLASTER	
TOTAL BODY WORKOUT	Upper Body Isolation	Yes	
	Lower Body Isolation	Yes	
	Total Body	Yes	
EXTRAS	Accessories	Water Bottle Holder, Reading Rack/Tablet Holder	
PHYSICAL SPECIFICATIONS	Footprint	77" x 33" / 196 cm x 84 cm	
	Active Footprint	87" x 37" / 221 cm x 94 cm	
	Footprint with side steps (L x W)	87" x 40" / 221 cm x 102 cm	
	Machine Weight	364lbs / 165 kg	
	Shipping Weight	408lbs / 185 kg	
	Maximum User Weight	400 lbs / 181 kg	
	Portability	2 Front Transport Wheels	
WARRANTY	Frame	7 Years	
	Parts	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.

