

# 200 ELLIPTICAL

TRUE Fitness designs cardio equipment with the facility and their users in mind and the CS200 Elliptical captures those dynamics. The CS200 Elliptical is packaged in a powerful compact design that takes less space and delivers more than other elliptical machines. The patented core drive allows for safe and easy entry and exit and low step-up height. TRUE'S exclusive Cardio 360™ total body workout provide variety and guidance for any level of use.

**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)

61" x 34.5" x 85" / 55 cm x 87 cm x 165 cm

### Q-FACTOR

2" / 5 cm

### STEP-UP HEIGHT

9" / 23 cm

### PRODUCT WEIGHT

340 lbs / 154 kg

### COLOR

Black

Extended Handrails with Molded Rubber, Moisture-Resistant Grips



Non-Slip Rubber with Textured Pattern Side step design



### TWO WINDOW LCD DISPLAY

Standard two window LCD display console featuring 12-15 programs, HRC Heart Rate Control® cruise control, CSAFE power.

## CONSOLE OPTIONS

# 200 SERIES



## CS200 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating
	Drive System	Core Drive™
	Total Body Workout	Cardio 360 (upper body, lower body, total body)
	Resistance Source	Hybrid Self-Generating Brake
	Workload Range	30 - 450 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	21" / 53 cm
	Footpad	Molded Anti-Slip with Textured Pattern
	Exercise Arms	Sweat Resistant Custom Dipped Material
	Handrail Design	Extended Handrails with Moisture Resistant Grips
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
	CONSOLE	Display
Programs		9
HRC Workouts		1
Cardio 360		Standard
HRC Cruise Control		Standard
CSAFE Power		Standard
SAFETY	Diagnostic	Standard
	Side Steps	Standard
	Extended Handrails	Standard
REGULATORY APPROVALS	Activity Guard (removable)	Standard
EXTRAS	Accessories	ETL UL1647
PHYSICAL SPECIFICATIONS	Water Bottle Holder, Accessory Tray, Reading Rack/Tablet Holder	
	Footprint	61" L x 34.5" W x 65" H / 55 cm x 87 cm x 165 cm
	Active Footprint	72" L x 34.5" W x 65" H / 183 cm x 87 x 165 cm
	Q-Factor	2" / 5 cm
	Machine Weight	340 lbs / 155 kg
	Maximum User Weight	350 lbs / 159 kg
	Step-Up Height	9" / 23 cm
Portability	2 Front Transport Wheels & Removable Handles	
WARRANTY	Warranty Classification	Vertical Market 6-8 hours usage per day
	Frame	Lifetime
	Parts	5 Years
	Labor	1 Years

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



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