

# 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.

Extended Handrails with Molded Rubber, Moisture-Resistant Grips



Soft Step Cushioned Footpads

Non-Slip Rubber with Textured Pattern Side step design

## 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



ENVISION WITH COMPASS



EMERGE



ESCALATE

# 400 SERIES



## C400 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V, Self-Generating (with Emerge or Escalate <sup>®</sup> ), 220V Option Available (with Envision <sup>16</sup> )
	Cord Length	10' / 3.0 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360™
	Resistance Source	Hybrid Self-Generating Brake
	Maximum Workload	450 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	21" / 53 cm
	Footpad	Soft Step Cushioned Anti-Fatigue Material
	Exercise Arms	Ergonomic Handles with Moisture-Resistant Sleeves
	Handrail Design	Extended Handrails with Molded Rubber, Moisture-Resistant Grips
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar <sup>®</sup> Compatible
	AVAILABLE CONSOLES	Envision <sup>16</sup> with Compass, Envision <sup>16</sup> , Escalate <sup>9</sup> , Emerge
ASSET TRACKING	EcoFit Compatible	
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
	Extended Handrails	Standard
	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	Footprint	63" 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
	Q-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 <sup>16</sup> , 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.



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