



XG400 E•GLIDE



NOW WITH BLUETOOTH FTMS

CONNECTS TO:



SPIRIT+



ZWIFT



KINOMAP



FITBIT*



APPLE
HEALTH
KIT*



MAP MY
FITNESS*

AND MORE!

*CONNECTS VIA SPIRIT+ APP

The XG400 features our patented direct drive technology and a heavy thirty pound flywheel to create a fluid and friction-free motion unlike any elliptical trainer on the market. The XG400 is smooth even at high stride rates, making it the perfect product for sprint training or interval training. Whether you are looking to improve athletic performance or general conditioning, this trainer will help you achieve your goals.

FEATURES

- 7.5" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays
- Remote Handlebar toggles for resistance allow for secure workout changes without taking your hands off the handlebars
- Dual-track system with concave roller wheels and aluminum rails for added stability and durability
- Contact and wireless heart rate monitoring options make your workouts more effective (chest strap transmitter included)
- Adjustable cooling fan and dual speakers with audio jack for comfort and entertainment
- Bluetooth compatible with SPIRIT+ App to monitor and record your workout data

SPIRIT | 40 YEARS

7.5" Blue Backlit LCD

Muscle Activation Profile

Tablet-Friendly Reading Rack

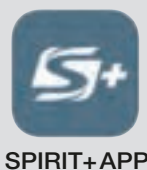
Adjustable Cooling Fan

Program Keys

Heart Rate % Profile

Integrated Speakers

Audio Input Jack



- Set fitness goals
- Track workout progress
- Review workout history
- Share with other fitness apps
- Unlock achievements
- Stay motivated

EQUIPMENT SPECIFICATIONS

Console	7.5" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Tablet-Friendly Reading Rack, Adjustable Console Angle, Adjustable Fan, Speakers w/3.5mm Audio Jack, Bluetooth SPIRIT+ App
Programs	Manual, Hill, Fat Burn, Cardio, Strength, Interval, User 1-2, HR 1-2
Heart Rate	Contact & Telemetric (chest strap included)
Resistance	20 Levels with Safety Hand Brake
Handlebar Toggles	Yes, Resistance
Track System	Dual Rail
Stride Length	20"
Flywheel	30 lb
Handle Bars	Foam
Foot Pedals	6.8" pedal spacing (Q-Factor), 2-degree inversion, cushioned
Dimensions	68" L x 24" W x 66" H
Product Weight	207 lb
Max User Weight	400 lb

WARRANTY INFORMATION

Ver 5.0

Residential Warranty: Frame/Brake: Lifetime, Parts: 10 years, Labor: 1 year



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