

EX-420 ELLIPTICAL

Introducing the EX-420 Elliptical Trainer: Excellence in technology

Meticulously crafted to revolutionize your fitness routine and engineered with proper biomechanics design and a variable stride, our EX Series ellipticals offer an unparalleled full body workout experience that will maximize your results.



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 **EX SERIES**

EX-420 ELLIPTICAL

HIGHLIGHTS

Power Ramp Technology

Vectra Power Ramp Technology adjusts the shape of the elliptical path your feet travel so you can target specific muscles or all major body muscle groups.

Proper Biomechanics and Variable Stride

Our elliptical path perfectly mimics a natural running stride allowing exercisers to keep their heels down through all ranges of motion for a more comfortable, effective and ergonomically correct workout.

Preset Workouts

10 Preset workouts help you tailor your exercise to your fitness goals and stay challenged. Built-in Work out accelerators suggest ways to get more out of your workout.

Full Body Workout

Moving handlebars activate your core, arm and lower body muscles for a total body workout.

Heart Rate Monitoring

Maximize your workout results with touch sensor and wireless heart rate monitoring*. Works with any Polar® compatible wireless heart rate transmitter (included with purchase).

SPECIFICATIONS

Power Ramp Movement: Motorized variable

Power Ramp Elevation Range: 15° - 40°

Handlebars: Moving

Heart Rate Monitoring*: Touch sensor and wireless with any Polar® compatible chest strap transmitter (included)

Number of Workout Metrics: 13

Preset Workouts: 10

User IDs: 2

Resistance System: Electromagnetic

Resistance Levels: 20

Console Display: 5" high contrast LCD

Power Ramp & Resistance Controls: Tap style Dome Keys

Dimensions: 84 x 31 x 67 in / 213 x 79 x 171 cm

Weight: 240 lbs / 109 kg

Max User Weight: 400 lbs / 182 kg

Power: 120 V, 50/60 Hz

Warranty: Lifetime frame and welds, 10-year parts and wear items, 3-year console, 1-year labor

FEATURES

- Variable Stride
- Wireless Heart Rate Transmitter Included
- Workout Accelerators
- Target Heart Zone Display
- Large Center Storage Compartment
- Additional Storage Compartments
- Reading Rack
- Sure Grip Mobile Phone & Tablet Holder

* The Heart Rate and Heart Zone features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device.



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