



# Empire Home Fitness

## Quick Spec Sheet Seated Ellipticals

	xR6ce	xR6e	xR6	xR4ci	xR4c	xR3ci	xR3c
<b>Key Mechanical Features</b>							
Total body	•	•	•	•	•	–	–
Step-through design	•	•	•	–	–	–	–
Soft grip pedals	•	•	•	–	–	–	–
Stationary foot pegs	•	•	•	–	–	–	–
MultiGrip handlebars	•	•	•	–	–	–	–
Contour seatback	•	•	•	•	•	–	–
Mesh contour seatback	–	–	–	–	–	•	•
Water bottle/accessory holders	•	•	•	•	•	•	•
Seat tilt adjustments	5	5	5	5	5	5	5
Seat height adjustments	20	20	20	15	15	15	15
<b>Electronic Features</b>							
Quick Start	•	•	•	•	•	•	•
My Quick Starts	•	•	–	•	–	•	–
Cool down	•	•	•	•	•	•	•
MOM mode	•	•	–	•	•	•	•
Digital contact heart rate sensors	•	–	–	•	•	•	•
Wireless heart rate monitor	•	•	–	•	–	•	–
HeartLogic Intelligence	•	•	–	•	–	•	–
Now-Zone	•	•	–	•	–	•	–
Resistance levels	20	20	20	20	20	20	20
<b>Workouts</b>							
Number of Programs	10	10	5	12	8	12	8
<b>Preset Resistance Programs</b>							
Manual	•	•	•	•	•	•	•
Random	•	•	•	•	•	•	•
Interval	•	•	•	–	–	–	–
Custom Interval	•	•	•	•	•	•	•
Beginner	•	•	•	•	•	•	•
<b>Goal Programs</b>							
350 Calories	–	–	–	•	•	•	•

750 Calories	-	-	-	•	•	•	•
10k	-	-	-	•	•	•	•
1/2 Marathon	-	-	-	•	•	•	•
<b>Heart Rate-Controlled Programs</b>							
Fat Burn	•	•	-	•	-	•	-
Cardio	•	•	-	•	-	•	-
Heart Rate Interval	•	•	-	-	-	-	-
Heart Rate Custom Interval	•	•	-	•	-	•	-
30:30	•	•	-	•	-	•	-
<b>Workout Boosters</b>							
Chest Press	•	•	•	•	•	-	-
Muscle Endurance	•	•	•	•	•	•	•
Leg Press	•	•	•	•	•	•	•
<b>Product Specifications</b>							
Max user weight	300 lbs 136 kg			300 lbs 136 kg		300 lbs 136 kg	
Footprint	35" x 71" 89cm x 181cm			35" x 53" 89cm x 136cm		24" x 53" 60cm x 136cm	
Product weight	244 lbs 110.7kg			196 lbs 89 kg		161 lbs 73 kg	
<b>Warranty</b>							
Parts	5 years			3 years		3 years	
Labor	1 year			1 year		1 year	