



Empire Home Fitness

Quick Spec Sheet



X30 Frame with all consoles (page 2)

Resistance System:	ECB Motor-operated Permanent Magnet
Drive Train:	Supersilent Poly-V Belt
Flywheel:	23 lbs. Balanced
Frame:	Heavy Gauge Steel Welded
Pedals:	Oversized Cushioned Footpads
Stride Length:	20"
Power:	Plug-in
Dimensions:	73.5"L x 30"W x 66.5"H
Folded Dimensions:	Does Not Fold
Product Weight:	191 lbs
Max. User Weight:	300 lbs.
Home Warranty:	Lifetime - Frame Lifetime - Magnetic Brake 3 Years - Electronics and Parts 1 Year - Labor



Empire Home Fitness

Quick Spec Sheet



Elliptical Consoles

Simple Console

Programming:	LCD Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain, Integrated Reading Rack
Console Feedback:	Watts, Distance, Time, Heart Rate, Calories, RPM, Program, Level
Heart Rate:	Contact
Program Levels:	16

Deluxe Console

Programming:	BLUE BACKLIT LCD SPRINT 8, Manual, Intervals, Fat Burn, Mountain, Random, Watts, Integrated Reading Rack
Console Feedback:	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate
Heart Rate:	Contact
Program Levels:	20

Premier Console

Programming:	BLUE BACKLIT LCD w/ UPPER DISPLAY SPRINT 8, Manual, Intervals, Fat Burn, Mountain, Random, Watts, 5 Custom User Programs, 3 HRT® Programs, 3 Goal Programs, Integrated Reading Rack
Console Feedback:	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate
Heart Rate:	Contact & Telemetric
Program Levels:	20