

# X SERIES XE395 ELLIPTICAL

# SPIRIT



The XE395 was designed with 20 levels of electronic incline and 3 foot pedal angle settings to keep your workout challenging and effective. Proper ergonomics and biomechanics, a solid feel, important workout data feedback, and effective programs will help you stick with your exercise routine and achieve your long term fitness goals.

## FEATURES

- 7.5" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays
- Electronic incline provides 20 levels of adjustment to modify your elliptical pedal pattern
- Remote Handlebar Toggles for both resistance and incline allow for secure workout changes without taking your hands off the handlebars
- Dual track system with concave roller wheels 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 FIT App to monitor and record your workout data



SPIRITFIT APP

COMPATIBLE WITH



MyFitnessPal



MapMyFitness



Fitbit



Record



iHealth



# CONSOLE FEATURES

As with any product, a major importance is the user interface. We focused on making everything easily accessible and comfortable: adjustable console angle, muscle and heart rate LED profiles, tablet friendly reading rack, adjustable cooling fan, and integrated speakers with audio jack to keep you encouraged to workout longer.



- SYNC YOUR WORKOUTS
- MULTIPLE USER PROFILES
- PROGRAM SELECTION
- TRACK YOUR WORKOUTS
- 3 DIFFERENT DISPLAYS



# EQUIPMENT SPECIFICATIONS

<b>Console</b>	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 FIT App
<b>Programs</b>	Manual, Hill, Fat Burn, Cardio, Strength, Interval, User 1-2, HR 1-2
<b>Heart Rate</b>	Contact & Telemetric, Heart Rate Transmitter Strap Included
<b>Resistance/Incline</b>	20 Levels, 20 Levels
<b>Handlebar Toggles</b>	Yes, Resistance & Incline
<b>Track System</b>	Dual Rail
<b>Stride Length</b>	20"
<b>Flywheel</b>	30 lbs.
<b>Handle Bars</b>	Multi Position Grip - Coated
<b>Adjustable Foot Pedals</b>	Yes (3 Levels)
<b>Dimensions</b>	76" x 29" x 64"
<b>Product Weight</b>	216 lbs.
<b>Max User Weight</b>	400 lbs.

# WARRANTY INFORMATION

## Residential Warranty

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



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM