

X SERIES **XG400** E•GLIDE

SPIRIT



SPIRITFIT APP

COMPATIBLE WITH



MyFitnessPal



MapMyFitness



Fitbit



Record



iHealth



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 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

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

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 FIT App
Programs	Manual, Hill, Fat Burn, Cardio, Strength, Interval, User 1-2, HR 1-2
Heart Rate	Contact & Telemetric, Heart Rate Transmitter Strap Included
Resistance	20 Levels
Handlebar Toggles	Yes, Resistance
Track System	Dual Rail
Stride Length	20"
Flywheel	30 lbs.
Handle Bars	Foam
Adjustable Foot Pedals	N/A
Dimensions	68" x 24" x 66"
Product Weight	207 lbs.
Max User Weight	400 lbs.

WARRANTY INFORMATION

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