Coastal Fitness
Since 1999

Keeping South Florida Healthy
& Fit for over 25 Years!

TRUE

GRAVITY CROSS TRAINER

The Gravity Cross Trainer provides comfortable, low-impact movement and flow while also providing upper body ergonomics. With the inclusion of built-in Workout Boosters, the Gravity Cross Trainer stands out as an optimal choice for a diverse range of exercisers.

FEATURES

- 24” Stride Length
- Long-lasting performance
- Multi-Grip and Converging Path handlebars
- Advanced Programs & Workout Boosters

Converging Path handlebars follow the natural path of the arms.

SPECIFICATIONS

DIMENSIONS (L x W)
69"L x 31"W

STEP-UP HEIGHT
9”

DRIVE SYSTEM
Front Drive

PRODUCT WEIGHT
320lbs

CONSOLE OPTIONS

UNITE 22"
TOUCHSCREEN

UNITE 16"
TOUCHSCREEN

UNITE 10"
TOUCHSCREEN

UNITE LED
CONSOLE

Close pedal spacing at only 1.8” aligns the body from head to toe and reduces pressure on the lower back.

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GRAVITY CROSS TRAINER

TECHNICAL SPECIFICATIONS	Power Source	Hybrid Self-Gen Brake
	Cord Length	12' / 3.7M
	Drive System	Front Drive
	Resistance Levels	30
	Stride Length	24" / 61 cm
	Electronically Adjustable Stride	No
	Moving Handlebars Lockout	Yes
	Quiet Motor	Yes
	Workload Range	40-450
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedal Spacing	1.8" / 4.6 cm
	Handlebar Design	Multigrip
	Contact Heart Rate Monitoring	Yes, stationary handlebars
	Wireless Heart Rate Monitoring	Polar® Compatible Bluetooth
	Resistance Source	Hybrid Self-Generating Brake
	Stride Length	24" / 61 cm
	Footpad	Molded Plastic
	Excercise Arms	Multigrip and Converging Path Handlbars
	Covered Track and Rollers	Yes
AVAILABLE CONSOLES		Unite 16", Unite 10", and Unite LED
WORKOUTS	Unite 16" and Unite 10" Consoles	10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS
	LED Console	10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL
WORKOUT BOOSTERS	Unite 16", Unite 10", and LED Consoles	X-MODE, GLUTEKICKER, ARMBLASTER
TOTAL BODY WORKOUT	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Optional
EXTRAS	Accessories	Water Bottle Holder, Reading Rack/Tablet Holder
OPTIONAL STEP		Yes
PHYSICAL SPECIFICATIONS	Footprint	69" L x 31" W / 175 cm x 78 cm (with Steps - 83" L x 37" W / 211 cm x 94 cm)
	Active Footprint	83" L x 34" W / 210 cm x 86 cm
	Machine Weight	320 lbs / 145 kg
	Machine Weight with Side Steps	348 lbs / 158 kg
	Shipping Weight	373lbs / 169kg
	Maximum User Weight	400 lbs / 181 kg
	Step-Up Height	9" / 23 cm
	Portability	2 Front Transport Wheels
WARRANTY	Frame	7 Years
	Parts	3 Years
	Labor	1 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

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