



Keeping South Florida Healthy & Fit for over 25 Years!



## 400 ELLIPTICAL

The C400 Elliptical uses a small and compact footprint allowing you to place this elliptical machine in tight spaces where a traditional front or rear-drive elliptical might not work. Plus, your users will love the unique Cardio 360™ programming that acts like their own personal trainer in the machine, walking them through a 20-minute, total-body workout that no other elliptical on the market can deliver.

### FEATURES

- Self-Generating (or plug in depending on console)
- Core Drive® System
- Hybrid Self-Generating Brake
- 21" Stride Length

### SPECIFICATIONS

#### DIMENSIONS (L X W X H)

63" x 32" x 64"

#### Q-FACTOR

2.5"

#### STEP-UP HEIGHT

8"

#### PRODUCT WEIGHT

340 lbs



Soft Step Cushioned Footpads

CARDIO 360™  
a guided workout to engage the upper, core, and lower body with varying resistance.



### CONSOLE OPTIONS



**ENVISION II**  
16" Touchscreen



**ENVISION II**  
9" Touchscreen



**SHOWRUNNER II**  
16" Integrated LCD



**EMERGE II**  
LED Console



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

# 400 SERIES



## C400 ELLIPTICAL

TECHNICAL SPECIFICATIONS	<b>Power Source</b>	110V, Self-Generating (with Emerge II or Envision II 9"), 100-220V Option Available (with Envision II 16" and Showrunner II)
	<b>Cord Length</b>	10' / 3.0 M
	<b>Drive System</b>	Core Drive™
	<b>Total Body Workout</b>	Cardio 360™
	<b>Resistance Source</b>	Hybrid Self-Generating Brake
	<b>Maximum Workload</b>	450 Watts
	<b>Frame Construction</b>	Robotically Welded Heavy-Gauge Steel
	<b>Stride Length</b>	21" / 53 cm
	<b>Footpad</b>	Soft Step Cushioned Anti-Fatigue Material
	<b>Exercise Arms</b>	Ergonomic Handles with Moisture-Resistant Sleeves
	<b>Handrail Design</b>	Extended Handrails with Moisture-Resistant Grips
	<b>Side Step Design</b>	Non-Slip Textured Pattern
	<b>Contact Heart Rate Monitoring</b>	Yes
	<b>Wireless Heart Rate Monitoring</b>	Polar® Compatible
AVAILABLE CONSOLES	Envision II 16", Envision II 9", ShowRunner II, Emerge II	
ASSET TRACKING	EcoFit Compatible	
Cardio 360™	<b>Upper Body Isolation</b>	Yes
	<b>Lower Body Isolation</b>	Yes
	<b>Total Body</b>	Yes
SAFETY	<b>Side Steps</b>	Standard
	<b>Extended Handrails</b>	Standard
	<b>Activity Guard (removable)</b>	Standard
REGULATORY APPROVALS	ETL UL1647, CSA, CE, EN957, FCC	
EXTRAS	<b>Accessories</b>	Water Bottle Holder, Accessory Tray, Tablet Holder
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	63" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm
	<b>Active Footprint</b>	74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm
	<b>Q-Factor</b>	2.5" / 6.35 cm
	<b>Machine Weight</b>	340 lbs / 154 kg
	<b>Shipping Weight</b>	409 lbs / 186 kg
	<b>Maximum User Weight</b>	400 lbs / 181 kg
	<b>Step-Up Height</b>	8" / 20.32 cm
	<b>Portability</b>	2 Front Transport Wheels & Removable Handles
WARRANTY	<b>Warranty Type</b>	Vertical (Commercial Upon Request)
	<b>Frame</b>	Lifetime
	<b>Parts</b>	5 Years (Envision II and Showrunner II Consoles 3 years)
	<b>Labor</b>	2 Years



561-712-0381



COASTALFITNESS@AOL.COM



COASTALFITNESS.COM