



Keeping South Florida Healthy
& Fit for over 20 Years!



ES700 ELLIPTICAL

TRUE's ES700 Elliptical is engineered with commercial-grade materials and boasts a sleek, dynamic design made to inspire and engage. Tone your muscles and increase your endurance with a cross-trainer designed to give users the most natural movement available on an elliptical. TRUE's ES700 is equipped with all of the user-friendly interactive and patented TRUE features you need for your home fitness routine. Choose the 9" T9 touchscreen console to experience the latest in Bluetooth technology and share your workout using the GymTrakr App. The touchscreen also has six individual profiles with the ability to save six different workouts each. That is a total of 36 unique workouts giving you the ability to set up the ES700 Elliptical based on your desired goals.

FEATURES

- TRUE's HRC Cruise Control to maintain your target heart rate throughout a workout
- AutoStride™ technology that gives you the most natural and effective movement possible
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness and lifestyle goals
- 16" -27" Adjustable Stride (.5" increments)

SPECIFICATIONS

DIMENSIONS (L X W X H)

49" x 32.5" x 64.2"

Q-FACTOR

2"

STEP-UP HEIGHT

7"

PRODUCT WEIGHT

281 lbs



CARDIO 360

a guided workout to engage the upper, core lower body with varying resistance.

T9 TOUCH SCREEN

(GymTrakr)



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ES700 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A	
	Cord Length	8' / 24 M	
	Drive System	Core Drive™	
	Total Body Workout	Cardio 360®	
	Resistance Source	Eddy Current Brake	
	Maximum Workload	300 Watts	
	Frame Construction	Robotically Welded Heavy-Gauge Steel	
	Stride Length	16" to 27" .5" increments	
	Auto Stride™	Yes	
	Footpad	Orthopedic Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)	
	Exercise Arms	Ergonomic Multi-Grip Handle, Optional Rotating Handles Optional Ergonomically Designed Rotating Handles with Upper-Body Only Capability Height Adjustment	
	Handrail Design	Extended Handrails with Molded Rubber, Moisture Resistant Grips	
	Side Step Design	Non-Slip Rubber with Textured Pattern	
	Contact Heart Rate Monitoring	Yes	
	Wireless Heart Rate Monitoring	Polar® Compatible, (Bluetooth on T9)	
	Connectivity	App Connectivity via GEM Module prior to starting workout on T9	
	AVAILABLE CONSOLES	Display	T9, Emerge
		Workouts	Quick Start, Manual, Hill Intervals, Rolling Hills, Cardio Challenge, Walk and Run Intervals, Speed Intervals, 5K, 10K, Half Marathon (13.1 mi/21.1 K)
		Saved Workouts	Console Saves Last Ten Workouts
Six (6) User Profiles		Up to six (6) Save Workouts Each – If Activated	
Cardio 360™	Upper Body Isolation	Yes	
	Lower Body Isolation	Yes	
	Total Body	Yes	
SAFETY	Side Steps	Standard	
	Extended Handrails	Standard	
	TRUE Lock™	Standard	
REGULATORY APPROVALS		ETL UL1647, CSA	
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder, Heart Rate Strap	
PHYSICAL SPECIFICATIONS	Footprint	49" L x 32.5" W x 64.2" H / 12446 cm x 82.55 cm x 163.06 cm	
	Active Footprint	75" L x 32.5" W / 190.5 cm x 82.55 cm	
	Q-Factor	2" / 5 cm	
	Machine Weight	272 lbs. / 124 kg	
	Maximum User Weight	350 lbs. / 159 kg	
	Step-Up Height	7" / 18 cm	
Portability		2 Front Transport Wheels & Removable Handles	
WARRANTY	Warranty Type	Residential	
	Frame	Lifetime	
	Parts	7 Years	
	Console	T9 (7 Years), Emerge (7 Years)	
	Labor	1 Year	

