



E5 ADJUSTABLE-STRIDE CROSS-TRAINER

Versatility keeps workouts fresh and inviting. The E5 Cross-Trainer has an adjustable stride and several other features that create effective low-impact, total-body workouts tailored to fit any exerciser.

Choose between the engaging and interactive Track Connect 2.0 with Enhanced Bluetooth® Console and the intuitive Go Console.

SPECIFICATIONS KEY ● STANDARD — UNAVAILABLE

SPECIAL FEATURES
Heart rate monitoring: Contact heart rate sensors on moving multigrip handles and stationary grips, telemetry heart rate monitoring (wireless chest strap included)
Electronic stride adjustments from 18" to 24"
Link6™ elliptical drive system creates a natural feeling stride that mirrors an exerciser's actual running motion
WhisperStride technology: Maintenance-free ball bearings reduce friction and ensure nearly silent operation, ideal for home use.
Resistance levels: 20
Pedals: oversized non-slip, cushioned pedals
Hand grips: Upper body moving arms with multigrip handles (that feature integrated resistance and stride length controls) and ErgoGrip™ stationary front bar
Accessories: removable dishwasher-safe water bottles and accessory tray
Total Body Trainer coaches the exerciser to train different muscle groups Leg Sculptor™ automatically adjusts stride length every two minutes for a targeted lower-body workout LCD shows muscles being worked, resistance and stride length controls
TECHNICAL SPECIFICATIONS
Resistance levels: 20
Maximum user weight: 400 lbs (181 kg)
Step-up height: 10" (25 cm)
Unit length: 84" (213 cm)
Unit width: 34" (86 cm)
Unit height: 66" (168 cm)
Unit weight: 251 lbs (114 kg)
Power Requirements: Plug-in (all major voltage configurations)
Safety: CE, CSA, FCC, TUV, UL
BASE WARRANTY
Lifetime on frame; 5-year on electrical and mechanical parts; 3-year on console; 1-year on labor (Warranties outside the U.S. may vary)

CONSOLE OPTIONS



Track Connect 2.0 with Enhanced Bluetooth

Go

CONSOLE SPECIFICATIONS

DISPLAY	TRACK CONNECT 2.0	GO
Instructional message center	●	●
WORKOUTS		
Number of workouts	15	13
Classic workouts (Manual, Random, Hill)	●	●
Advanced workouts:		
EZ Resistance, Sport Training	●	●
Fit Test	●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart Rate™)	●	●
Goal workouts (Calories, Distance, Target Heart Rate)	●	●
HIIT: Custom high intensity interval training	●	—
Custom workouts per user profile	3	1
SPECIAL FEATURES		
Quick Start	●	●
Race mode	—	●
Warm Up and Cool Down mode	●	●
User profiles	4	2
Compression entertainment rack	●	—
Mobile device compatibility: Bluetooth® Proximity, NFC, FTMS capability (Enhanced Bluetooth capabilities not compatible with previous models)	●	—
Life Fitness Connect: Extremely accurate workout tracking, Life Fitness™ On Demand classes, adaptive audio coaching, workout creation and more (download from the Apple App Store™ or Google Play™)	●	—
Compatibility with 3rd party apps	●	—
Bluetooth® and NFC connection	●	—
Energy Saver	●	●
LANGUAGES		
Languages: English, Russian, Spanish and German, French	●	—
WORKOUT FEEDBACK		
Incline/Level, Time, Speed (mph, km/h, rpm), Distance, Heart Rate, Target Heart Rate, Calories, Animated Symbols	●	●
CONSOLE WARRANTY		
3-year on electrical and mechanical parts (3V batteries excluded); 1-year on labor (warranties outside the U.S. may vary)	●	●



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