



REX Recumbent Elliptical

Features

- Super smooth exercise movement.
- Total body exercise, the legs move in a natural orbital motion
- and the arms in a smooth arc.
- Optimized kinetic energy for added ease of use.
- Bi-directional resistance helps create balance between reciprocal
- muscle groups.
- Low profile seat back for increased core recruitment.
- Features Tele-Rail® system to create a silky smooth slowing
- and transition at each end of the range.
- Dual position hand grips.
- Fit-Key™ technology, optional.
- Heart Rate compatible with most wireless technology.

Performance

- Resistance system-3 phase combination generator and eddy current brake with resistance output of 5 to 2000 watts.
- Computer adjustable in .1 increments with 200 levels of resistance.
- Starting wattage of 7 with low minimum rpm to begin.

Programs

- Manual - One Button Quick Start.
- Heart Rate - Machine adjusts workload to maintain target heart rate.
- Constant Work - With wattage as a baseline, machine maintains constant workload independent of pedal speed.
- Iso-Strength - for strength training.
- Random - Infinite number of program profiles.
- Hill Profiles - 7 hill programs with over 20 levels of intensity.

Feedback

- Heart rate, time, rpm, calories, distance, level, watts, METS.

Dimensions

Height 55"

Length 73"

Width 28"

Weight 299 lbs.

User capacity 450 lbs.

Color

- Frame - Silver powder coated

- Covers - Metallic Gray with UV Protection

Power

- Self-generating with auto recharge battery back up. Low voltage AC adaptor, optional.

Warranty

- 3 years parts, 1 year labor.

Order Code

REX7001

MADE IN USA