



XTrainer XT20

The XT20 is a total body workout machine that combines independent lower and upper body resistance, which has been proven to provide better training results than any other cardio product.

- Bidirectional or bilateral independent upper body motion/resistance
- 270° rotational handles provide a variety of training options and include fingertip controls for both lower and upper body resistance
- 20 levels of resistance
- Comfortable 6-position reclining seat back

Overall Weight	Dimensions	Resistance Level	Maximum User Weight
340 lbs.	72" x 31" x 48"	20 levels of resistance	500 lbs.

FEATURES AND SPECIFICATIONS

FEEDBACK.

Calories , Distance , Time , Speed , Calories per hour , MEIS , WATS , Leg RPM , Arm RPM , Heart Rate (Actual and Target) , Resistance Levels

WORKOUT PROGRAM

Random , Cardio HRC , Weight Loss HRC , Conditioning , Advanced Conditioning , Manual , Quick Start

ACCESSORIES

- Rotational handles reduce wrist stress
- Fingertip resistance control
- Easy access step-through design
- Comfortable reclining seatback
- Quick & easy pedal strap adjustment

WARRANTY

Full Commercial

- Frame: Lifetime
- Parts: 5 Years
- Labor: 1 Year