

# SUSPENSION ELLIPTICAL TRAINER

versatile

smooth

accessible

## S7100

### PerfectStride™

- Footplates pivot to keep foot in proper position at all stride angles
- Most natural elliptical foot path on the market
- Stride length adjusts as incline changes for optimal range of motion
- Mimics natural gait to ensure ideal posture and proper alignment between knee and hip joints

### Versatile

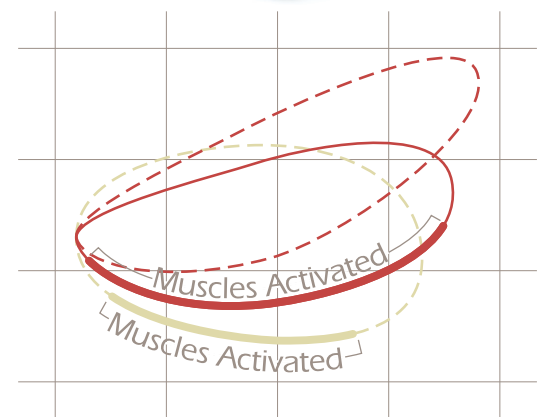
- 20 levels of incline ranging from 18 to 37% with forward/backward pedaling
- Stride adjusts from 20 to 21.5 inches based on incline level
- Multi-position hand grips fit any user and allow different muscle emphasis
- Multitude of programs from SPRINT 8 to Glute Burn

### Smooth

- Suspended pedal arms produce less friction and noise
- Footplates are two inches apart for an optimal ergonomic workout position
- Friction-free magnetic resistance system
- Primary pivot points use ball bearings instead of bushings for less friction and a longer product life

### Accessible

- Suspended pedal arms keep footplates low to the ground
- Comfortable rear hand grips
- Front drive system keeps motor and components out of the way
- Integrated water bottle holder with convenient accessory tray and reading rack



**S7100**  
Suspension Elliptical  
Level 1  
Level 20

Traditional  
Ellipticals

### NATURAL FOOT PATH

The S7100 requires more muscle activation, giving you a more effective workout than other cross-trainers. At level 20, though it angles upward, the foot path remains essentially the same. To keep users in the most natural and comfortable position at this higher angle, the stride length increases slightly.



# Benefits of our Variable Stride

## More Variety

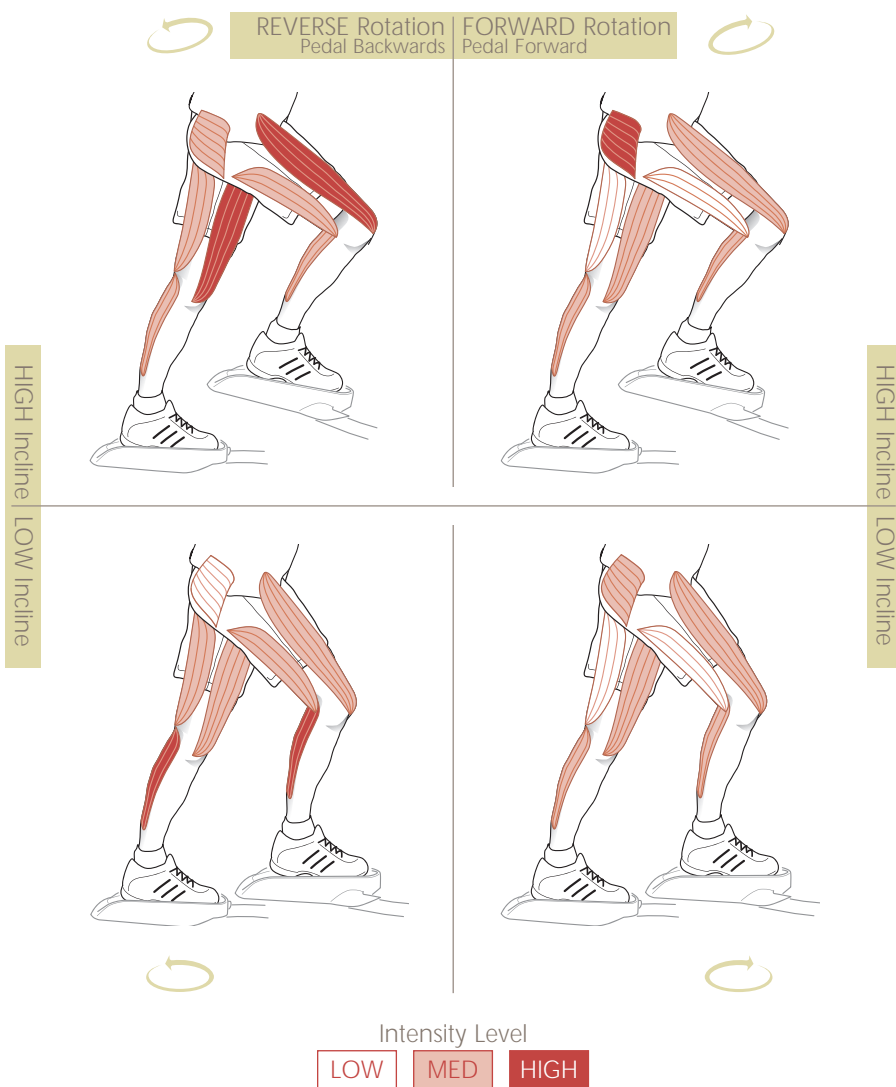
Research shows that variety in your exercise routine increases the likelihood that you'll stick to it. More importantly, variety keeps muscles "confused," minimizing the "plateau effect" that occurs when you do the same motion over and over again and, thus, producing greater results.

## Ability to Increase Intensity

By increasing the incline level, you increase the exercise intensity. This allows you to achieve a higher level of aerobic fitness and, thus, burn more calories than you would if no incline were available.

## Muscle-Targeting Workouts

Different combinations of direction (pedaling forward or backward) and incline angle (levels 1 to 20) emphasize different muscle groups. Refer to the chart below.



## feature

### S7100 Suspension Elliptical™ Trainer

resistance system	ECB Motor-Operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt
incline angle	18% to 37%
frame	Heavy Gauge Steel Welded
pedals	Large Cushioned
stride length	51 - 55 cm / 20" - 21.5"
pedal spacing	5 cm / 2"
step-up height	22 cm / 8.5" at Lowest Incline
power	Plug-In
dimensions (L x W x H)	156 x 76 x 165 cm / 61.5" x 30" x 65"
product weight	109 kg / 240 lbs.
max. user weight	147.5 kg / 325 lbs.



## feature

### Console

console and programs	BLUE BACKLIT LCD W/ UPPER DISPLAY SPRINT 8, CLASSIC: Manual, Intervals, Fat Burn, Random, Watts, SCULPTOR: Glute Burn, Calf Toner, Quad Toner, Total Body, 3 HRT Programs, 5 Custom User Programs, Integrated Reading Rack
console feedback	Incline, Distance, Time, Strides/Minute, Resistance, Watts, Calories, METS, Heart Rate, Percent of Max HR, Profile Display
heart rate	Contact & Telemetric
program levels	20

All product specifications are subject to change.



1600 Landmark Drive ▪ Cottage Grove, WI 53527