



impulse

ECE7 Cross Trainer

Key Features

- Moving arms for full body workout and stationary handlebars (with heart rate sensors) to isolate lower body.
- 20 Resistance Levels
- Bottle & book holder
- 16 Workout Programs
- Comprehensive display feedback: time, watt, distance, calories, RPM, speed, resistance, HR, incline, steps.

Warranty	
Frame	7 Years
PCB	2 Years
Controller	2 Years
Brake	2 Years

Specification	
SKU	IF-ECE7
Max User Weight	150kg
Weight	133.5kg
Dimensions	1765mm x 815mm x 1800mm
Pedals	Standard
Brake	Self-generated, 60RPM, 350 watt
Resistance Levels	20
Stride Length	20"
Pedal Spacing	75mm
Brake	Eddy Current Brake, 350 watt
Bearing	TPI
Power Requirements	DC 24V Power Supply
Heart Rate	Contact & Telemetric
Display	6 LED window + 16 x 8 Dot Matrix
Readouts	Time, Watt, Distance, Calories, RPM, Speed, Resistance, HR, Incline, Steps
Programs	7 Preset, 3 Heart Rate, 3 Goal, 1 user defined, Quickstart, Cooldown