

intenza

450 SERIES ELLIPTICAL TRAINER _____INTENZAfitness.COM



Elliptical Features

- Display Readouts
 - Heart Rate Monitoring
 - On—The—Fly
 - Power Saving System
 - MYE Audio Kit Options
 - Uni—Dial™ Control
 - C—SAFE Standard Power
 - C—SAFE Connectivity
 - Display Type
 - InCare™ Online
 - Language
 - Screensaver
 - Wi—Fi Capability
 - USB Connectivity
- HR, Watt, Time, Incline, Calories, Distance, SPM, Level, Workout Summary, Workout Profile
 - Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability
 - Allows switching to other workout programs during exercise
 - Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements
 - Optional accessories support MYE audio receiver
 - Complete access and control of user interface features and settings with the convenience of the Uni—Dial™
 - Standard C—SAFE power supports the power supply of external tools
 - Optional connectivity facilitates data transfer (available by demand)
 - Industrial grade 12" colour TFT LCD display for longer life time
 - Large white light LED message centre easily provides all needed information
 - Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
 - 21 countries are offered
 - Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
 - Supports InCare™ Online, software updates
 - For setting and software upgrade

Performance Features

- 3—Phase Generator
 - Belt Drive
 - Bottom Bracket
 - Incline
 - Maximum User Weight
 - Maximum Watts
 - Minimum Watts
 - Pedal to Pedal distance
 - Resistance Levels
 - Step—up Height
 - Stride Length
 - User Height Range
- Self powered hybrid generator delivers consistent performance for a smooth and quiet workout
 - Belt drive system for smoother, quieter performance. Minimise maintenance. Service made quick and easy
 - High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
 - 16 levels (13°—40°)
 - 181kg (400 lbs)
 - 630 Watts (Level 40 at 150 SPM)
 - 15 Watts (Level 1 at 40 SPM)
 - 6cm (2.3")
 - 40 resistance levels meets new European EN957—9 standards
 - 35cm (13.7")
 - 52—55cm (20.4—21.6")
 - 147—193cm (4'9" to 6'5")

Workout Options

- Fitness Test
 - Quick Start
 - Advanced Program
 - Target Program
 - HR Control
 - Race
- Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhyiming
 - Quick Start is a manual workout.
 - 10 Preset programs: 1:3 interval, 1:2 interval, 1:1 interval, 3 step interval, Easy Hill, Rolling Hills, Peak, Hill Step, HIIT Beginner, HIIT Advanced
 - 3 Target programs: Time (1—99 mins), Distance (1—99.9 km), Calories (10—2500 Kcals)
 - 3 Target programs: Time (1—99 mins), Distance (1—99 km), Calories (10—2500 Kcals)
 - 4 heart rate control programs in constant power mode—HR Zone, Interval, Hill, Cardio Strength
 - Race program offers a fun challenge by racing against existing champion for 500M, 1K, or 2K races

ComfortFit™ Features

- Accessories Holder
 - Ergo Bar Control Centre
 - Foot Pedals
 - Frame
 - Incline
 - Upper Body Moving Arms
 - Water Bottle Holders
- Conveniently placed accessories holder for portable music players and mobile phones
 - Ergonomically positioned contact heart rate sensors, incline and resistance adjustment buttons at your finger tips for ease—of—use
 - Ergonomic designed oversized foot pedals with soft grip to enhance stability and comfort during workout
 - Robust frame structure designed to ensure stability and durability. Aluminum front post offers aesthetic appeal
 - Training with incline enhances workout variety while increases workout results to include different muscle groups
 - Synchronizing upper body and lower body movement increase overall total body fitness
 - Twin water bottle holders support 1 litre water bottles

Product Dimensions

- Foot Print
 - Product Dimensions
 - Product Net Weight
 - Shipping Dimensions
 - Shipping Gross Weight
- L x W: 209 x 84cm (83 x 33")
 - L x W x H: 209 x 84 x 172cm (83 x 33 x 66")
 - 186kg (410 lbs) ◦ 183.5kg (404 lbs)
 - L x W x H: 220 x 78 x 100cm (87 x 31 x 39")
 - 251kg (553 lbs) ◦ 248.5kg (547 lbs)