

# APEX CROSS TRAINER

**TRUE**<sup>®</sup>

Designed based on precise human biomechanics, the Apex Cross Trainer delivers comfortable natural movement and flow, both forward and backward. With Multi-Grip handlebars, users can target different upper-body muscles simply by changing the grip; and Converging Path handlebars follow the natural path of the arms when walking or running.

## FEATURES

- Electronically adjustable stride from 20"- 28"
- SmartStride<sup>®</sup> technology
- Close pedal spacing
- Low step-up height
- Advanced training 30:30 and MMA

## SPECIFICATIONS

DIMENSIONS (L x W x H)  
77" x 33" / 196cm x 84cm

STEP-UP HEIGHT  
8" / 20.32cm

PRODUCT WEIGHT  
364lbs / 165kg

COLOR  
Matte Black

## CONSOLE OPTIONS



**UNITE 16"  
TOUCHSCREEN**



**UNITE 10"  
TOUCHSCREEN**



**UNITE LED  
CONSOLE**



Optional side steps



Smartstride ergonomics automatically adjusts stride length between 20" - 28" to replicate walking, jogging, and running.



Advanced programs with workout boosters.



## APEX CROSS TRAINER

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (100-220V required with non-LED consoles)
	Cord Length	12' / 3.7M
	Drive System	Front Drive
	Resistance Levels	30
	Adjustable stride lengths	20" - 28" / 51cm - 71cm
	SmartStride® technology	Yes
	Electronically adjustable stride	Yes
	Workload Range	40 - 600 watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedal Spacing	1.8" / 4.6 cm
	Handlebar Design	Converging Arms
	Quick Access Control	5-Button
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible Bluetooth
	Resistance Source	Hybrid Self-Generating Brake
	Footpad	Molded Footpad
	Quick Starts	Yes (Walk, Jog, Run)
	Quiet Motor	Yes
	Pedal Spacing	1.8" / 4.5cm
	Covered Track and Rollers	Yes
MultiGrip and Converging Path Exercise Arms	Yes	
Moving handlebar Lock-out Option	Yes	
Side Steps	Optional	
AVAILABLE CONSOLES	Unite 16", Unite 10", and Unite LED	
WORKOUTS	Unite 16" and Unite 10" Consoles	10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS
	LED Console	10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL
WORKOUT BOOSTERS	Unite 16", Unite 10", and LED Consoles	X-MODE, GLUTEKICKER, ARMBLASTER
TOTAL BODY WORKOUT	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
EXTRAS	Accessories	Water Bottle Holder, Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	77" x 33" / 196cm x 84cm
	Active Footprint	87" x 37" / 221cm x 94cm
	Footprint with side steps (W x L)	87" x 40" / 221cm x 102cm
	Machine Weight	364lbs / 165kg
	Shipping Weight	408lbs / 185kg
	Maximum User Weight	400 lbs / 181 kg
	Portability	2 Front Transport Wheels
WARRANTY	Frame	7 Years
	Parts	3 Years
	Labor	2 Years

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