

CROSSTRAINER SPECS



	Syncross V3	EXT7	IA Trainer	CTR3	Mondeo	Vito XL
Training Computer Display						
Display Type	VGA dot-matrix, blue background illumination	VGA-LCD background illumination	LCD	VGA-LCD background illumination	LCD	LCD
Time measurement	●	●	●	●	●	●
Distance	●	●	●	●	●	●
Total Distance	●	●	●	●	●	●
Speed	●	●	●	●	●	●
RPM	●	●	●	●	●	●
Energy Consumption	●	●	●	●	●	●
Performance Level in Watts	●	●	—	●	—	—
Time / Date	●	●	—	●	—	—
Pulse Readout	●	●	●	●	●	●
Upper Pulse Limit	% , visual & accoustic alarm	% , visual & accoustic alarm	% , visual & accoustic alarm	% , visual & accoustic alarm	% , visual & accoustic alarm	% , visual & accoustic alarm
Average Values at End of Training	●	●	●	●	●	●
Training Computer Programs						
Number of Pre-set Programs	85	48	—	8	8	—
Target Zone Training	●	●	—	●	●	●
Freely Scalable Watt Profile	10	10	—	6	6	—
Heart Rate Controlled	10	5	—	1	1	—
Individual Programs (HRC / Watts)	24 / 20	12 / 20	—	—	—	—
Hill Profile	20	—	—	—	—	—
Count up / Count down	●	●	●	●	●	●
Manual Control	●	●	●	●	●	●
Training Computer Features						
Recovery Pulse Feature w/ Fitness Rating	●	●	●	●	●	●
Sweat resistant foil key pad	●	●	●	●	●	●
PC Interface	USB	USB	—	RS 232	—	—
Integrated Pulse Receiver	●	●	—	●	—	—
Chip Card Reader	●	—	—	—	—	—
User Memory	4 + Guest	4 + Guest	—	—	—	—
Specs						
Brake System	Induction	Induction	Magnetic	Induction	Motorized Magnetic	Magnetic
Drive System	Ribbed Belt	Ribbed Belt	Ribbed Belt	Ribbed Belt	Ribbed Belt	Ribbed Belt
Flywheel Mass	97 lbs.	50 lbs.	45 lbs.	50 lbs.	45 lbs.	45 lbs.
Stride Length	14" - 22"	19"	19"	16"	16"	16"
Resistance Levels - (Max Resistance in Watts)	115 - (600 Watts)	75 - (400 Watts)	10	75 - (400 Watts)	15	10
Power source	Standard US 110 V	Standard US 110 V	AA Batteries	Standard US 110 V	Standard US 110 V	AA Batteries
Assembled Dimensions (LxWxH)	94.5" x 24.5" x 69"	55" x 21" x 64.5"	65" x 21" x 67"	57" x 21" x 60"	59" x 21" x 61.5"	59" x 21" x 61.5"
Max User Weight	400 lbs.	330 lbs.	330 lbs.	330 lbs.	330 lbs.	330 lbs.
Residential Warranty	3 year parts & elec., 2 year labor, lifetime frame	3 year parts & elec., 2 year labor, lifetime frame	3 year parts & elec., 2 year labor, lifetime frame	3 year parts & elec., 2 year labor, lifetime frame	3 year parts & elec., 1 year labor, lifetime frame	3 year parts, 1 year labor, lifetime frame
Full Commercial / Light Commercial Warranty	Full - 2 year parts & elec., 1 year labor, lifetime frame	Light - 2 year parts & elec., 1 year labor, lifetime frame	—	Light - 2 year parts & elec., 1 year labor, lifetime frame	—	—
Din EN Class	957-1/9, SA	957-1/9, HA	957-1/9, HA	957-1/9, HA	957-1/9, HB	957-1/9, HB
Features						
Ball Bearing Pivot Joints	●	●	●	●	●	●
Q-Factor	2"	6.25"	6.25"	7"	7"	7"
Adjustable Foot Plates	—	—	—	●	●	●
Contact Hand Pulse Sensors	●	●	—	●	●	●
Polar Cardio Chest Strap Included	●	●	—	—	—	—