

HUMAN CROSS TRAINER



DESCRIPTION

A Cross Trainer that engages the entire body, delivering a higher calorie burn than any other exercise, thanks to the combined motion of the arms and legs. It works your whole body in a smooth, enjoyable, and safe movement. The perfect machine for improving cardiovascular fitness, burning fat, and toning up.

KEY FEATURES

A workout for weight loss and improved coordination

You can perform the exercise either individually or in combination by choosing between a fixed or mobile handlebar. With the fixed handlebar, you work your legs; with the mobile one, you engage your entire body. The mobile handlebar allows for simultaneous movement of the levers and footrests, helping to improve coordination between the upper and lower body.

A movement similar to Nordic walking and cross-country skiing

Like Nordic walking and cross-country skiing, the movement on the Human Cross Trainer is low-impact on the knees and ankle joints. The elliptical motion eliminates the impact phase typical of running, making the exercise smooth and comfortable, even for individuals that are overweight.

TECHNICAL SPECIFICATIONS

Product Code	HEL - 00331
Minimum/Maximum User Height	150 - 205 cm
Length	208 cm
Width	78 cm
Height	169 cm
Equipment Weight	118 kg
Resistance Levels	36
Training Programs	8
Wattage	450 W
Device Charging	USB Port
Number of Speakers	2
Hand Sensors	2

