



Premium Fitness Equipment Since 1981



With one of the smallest footprints on the market, the M30 is a space-friendly total body trainer built with you in mind. Implement variety into your workout with TRUE's own virtual training program, Cardio360™. The innovative side steps allow not only safe entry and exit from the machine, but also unparalleled versatility by providing the industry's first upper-body only workout. The M30 delivers a total body workout with all the features you need to stay motivated and reach your fitness goals.



M30



TRUE[®]

R E S I D E N T I A L

M30 ELLIPTICAL

TECHNICAL SPECIFICATIONS

Power Source 110V/15A

Cord Length 8' (2.4M)

Drive System Core Drive™

Total Body Workout Cardio 360™

Resistance Source Eddy Current Brake

Maximum Workload 300 Watts

Resistance Levels 25

Frame Construction Robotically Welded Heavy-Gauge Steel

Stride Length 21" (53 cm)

Footpad Molded Anti-Slip with Textured Pattern

Exercise Arms Protective Dipped Foam

Side Step Design Non-Slip Rubber with Textured Pattern

Contact Heart Rate Monitoring Yes

Wireless Heart Rate Monitoring Polar® Compatible

AVAILABLE CONSOLE

EMERGE

Cardio 360™

Upper Body Isolation Yes

Lower Body Isolation Yes

Total Body Yes

Cardio 360™ Workouts Yes

SAFETY

Side Steps Standard

REGULATORY APPROVALS

ETL UL1647, CSA

EXTRAS

Accessories Water Bottle Holder, Over Molded Reading Rack/Tablet Holder

PHYSICAL SPECIFICATIONS

Footprint 42"L x 30"W (107 cm x 76 cm)

Active Footprint 70"L x 30"W (178 cm x 76 cm)

Q-Factor 2" (5 cm)

Machine Weight 278 lbs. (126 kg)

Maximum User Weight 300 lbs. (136 kg)

Step-Up Height 9" (23 cm)

Portability 2 Front Transport Wheels

WARRANTY

Warranty Type Residential

Frame Lifetime

Parts 5 Years

Labor 1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.