

TRUE[®] CARDIO

M30

R E S I D E N T I A L



PREMIUM FITNESS EQUIPMENT SINCE 1981

M30 ELLIPTICAL

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 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' / 2.4 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360™
	Resistance Source	Eddy Current Brake
	Maximum Workload	300 Watts
	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
SAFETY	Side Steps	Standard
REGULATORY APPROVALS		ETL UL1647, CSA, EN957
EXTRAS	Accessories	Water Bottle Holder, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	42" L x 30" W x 64" H / 107 cm x 76 cm
	Active Footprint	70" L x 30" W x 64" H / 177 cm x 76 cm x 163 cm
	Q-Factor	2" / 5 cm
	Machine Weight	275 lbs. / 125kg
	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.

