

# E720 CYCLE XT

## MULTI-FUNCTION CROSS TRAINER

### **DF** Compact, flexible function designed for rehab and medical applications

This commercial ergo offers maximum operational versatility including recumbent cycling, seated or standing hand cranking, and wheel chair access. Medically approved and trusted by leading health practitioners, the E720 is perfect for total body reconditioning and rapid recovery progression.

With options to engage virtually every muscle group, an E720 Cycle XT workout targets strength, endurance, intensity, stability, flexibility and balance. The counter balance arm rotates 360 degrees to support upper and lower body training and development of reciprocal muscle group balance.

This compact unit supports almost every user type and floor space. From its low swivel seat for ease of entry and exit to its extended range of mobility exercises, the E720 Cycle XT removes any pre-existing age and ability barriers.

### **DF** Variable fluid resistance for neuromuscular system development

The E720 Cycle XT enables you to train smarter, not harder. Its bidirectional, cross training optionality challenges a user's existing neuromuscular patterns for enhanced kinaesthesia and strength.

Powered by FDF's patented fluid innovation technology, its 20 levels of water resistance offer refined and more finite increments for patient safety and skill development.

The ergo's continuous catch on the arm crank, even with rapid change of direction protects the user from strain or impact to major joints. The E720 Cycle XT is an inclusive training device, allowing both disabled and non-disabled users to benefit from a cardiovascular and resistance based workout.

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INSPIRED BY REAL LIFE*



# PRODUCT HIGHLIGHTS

# E720 CYCLE XT



- + Dual function upper and lower body ergometer
- + Medically approved, designed for both able and disabled users
- + Bi-directional pedal/hand grip for complete muscle engagement
- + 20 levels of patented water resistance for finite increment control
- + Durable, polycarbonate twin tank
- + Operational versatility enabling seated, standing and wheel chair access
- + Low seat height with swivel – 54cm [21"] for easy entry/exit
- + Interactive Performance Monitor with USB Connectivity, and heart rate reception
- + Compact footprint – 121cm x 95cm



## DESIGNED FOR MEDICAL APPLICATIONS



## ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT [FIRSTDEGREEFITNESS.COM](http://FIRSTDEGREEFITNESS.COM)



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