

TRAVERSE LATERAL TRAINER

The Traverse Lateral Trainer offers unique side-to-side movement that gives the user a workout that sculpts the core and lower body. Cardio 360™ programming provides users with a guided interval-style workout.

CARDIO 360™

A guided interval style workout that targets the core, hip and legs with low impact, lateral motion training

Multi-Position and Moisture Resistant [Handlebars](#)

FEATURES

- Self-Generating
- Generator Magnetic Resistance Source
- Dual Stage Drive System
- 30 Resistance Levels
- Multi-Position and Moisture Resistant handlebars

SPECIFICATIONS

DIMENSIONS (L X W)

41" x 41" / 105cm x 105cm

FLYWHEEL WEIGHT

264 lbs / 12kg

STEP-UP HEIGHT

8.25" / 21cm

PRODUCT WEIGHT

225 lbs / 102kg

COLOR

Charcoal/Black

CONSOLE OPTIONS



ENVISION



ENVISION
WITH
COMPASS



EMERGE



ESCALATE



Unique
side-to-side
movement

2-Front transport wheels
for easy portability

TRAVERSE LATERAL TRAINER

TECHNICAL SPECIFICATIONS	Power Source	Self-generated with Emerge and Escalate 9 consoles, External power source with other consoles
	Resistance Type	Generator magnetic
	Resistance Method	Electromagnetic
	Resistance Levels	30
	Total Resistance (Watts)	450 Watts
	Frame Construction	Welded Heavy Gauge Steel
	Handlebar Design	Multi-Position with Moisture Resistant Sleeves
	Drive System	Dual Stage Drive System
	Contact Heart Rate Monitoring	Yes
AVAILABLE CONSOLES	Wireless Heart Rate Monitoring	Polar® Compatible
		Envision ¹⁶ with Compass, Envision ¹⁶ , Escalate ⁹ , Emerge
ASSET TRACKING		EcoFit Compatible
SAFETY	Low Step up Height	Yes
REGULATORY APPROVALS		ETL 1647, CSA, CE, EN 957, FCC
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	41" x 41" / 105cm x 105cm
	Machine Weight	225 lbs / 102kg
	Shipping Weight	235lbs / 106kg
	Maximum User Weight	350 lbs / 159kg
	Step-Up Height	8.25" / 21cm
	Portability	2 Front Transport Wheels
	Flywheel Weight	264 lbs / 12kg
WARRANTY	Warranty Classification	Commercial (all dues paying facilities, regardless of usage)
	Frame	Lifetime
	Parts	3 Years
	Labor	3 Years

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



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