ES700 RECUMBENT BIKE

Including the latest technology available on TRUE products, The TRUE ES700 Recumbent Bike is engineered for comfort, safety and efficiency. The ES700's walk-through design accommodates users of all fitness levels, while an ergonomic-enhanced reclining seat offers one of the most comfortable rides in the industry. A small footprint and no need to connect to power allow you to maximize your workout space. The T9 - 9" touchscreen allows up to six custom profiles so everyone can save their own workouts. It also features the latest in fitness technology and connectivity to revolutionize the user experience, letting them to easily track and manage their workouts through the GymTrakr or RunFit app.

Gym Trakr App
Connectivity and Tracking

RunFit App

FEATURES

- TRUE's HRC® Cruise Control that maintains your target heart rate by increasing or decreasing resistance throughout your workout
- Thumb-operated controls on the contact heart rate handlebars to easily adjust resistance during your workout
- Elastic Mesh Seat for a comfortable biking workout

SPECIFICATIONS

DIMENSIONS (L X W X H)

58" x 26" x 50.5"/ 147.32 cm x 66.04 cm x 128.27 cm

QUICK ACCESS CONTROL

Multi-Function Thumb Controls

DRIVE SYSTEM

Single Stage Drive System with Poly-V Belts

PRODUCT WEIGHT

163 lbs / 74 kg

COLOR

Silver

CONSOLE OPTIONS

EMERGE

T9 TOUCH SCREEN
(GymTrakr / RunFit)

RESIDENTIAL

ES700 RECUMBENT BIKE

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' / 24 M
	Drive Motor	Single Stage Drive System with Poly-V Belts
	Crank	3-Piece Forged Steel Crank System with Sealed Bearings
	Resistance Source	Eddy Current Brake
	Resistance Levels	25 (Emerge), 30 (T9)
	Workload Range	40-450 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedals	Dual Sided and Weighted with Integrated Ratcheting Strap
	Seat	Reclining Fatigue Resistant Elastic Mesh Seat Back with Conforming Lumbar Support and 24 Position Settings
	Handlebar Design	Two Positions with Moisture Resistant Sleeves
	Quick Access Control	Multi-Function Thumb Controls
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible, (Bluetooth on T9)
	Connectivity	App Connectivity via GEM Module prior to starting workout on T9
CONSOLE	Display	T9, Emerge
	Workouts	Quick Start, Manual, Hill Intervals, Rolling Hills, Cardio Challenge, Walk and Run Intervals, Speed Intervals, 5K, 10K, Half Marathon (13.1 mi/21.1 K)
	T9	Console Saves Last Ten Workouts, Up to six (6) Save Workouts Each – If Activated
SAFETY		Reinforced Walk-Through Design
REGULATORY APPROVALS		ETL UL1647, CSA, CE, EN957, FCC, AS4092, C-TICK
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder, Heart Rate Strap
PHYSICAL SPECIFICATIONS	Footprint	58" L x 26" W x 50.5" H / 147.32 cm x 66.04 cm x 128.27 cm
	Machine Weight	163 lbs. / 74kg
	Maximum User Weight	350 lbs. / 159 kg
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Residential
	Frame	Lifetime
	Parts	10 Years
	Console	T9 (7 Years), Emerge (10 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.

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