

## 400 ELLIPTICAL

The C400 Elliptical uses a small and compact footprint allowing you to place this elliptical machine in tight spaces where a traditional front or rear-drive elliptical might not work. Plus, your users will love the unique Cardio 360™ programming that acts like their own personal trainer in the machine, walking them through a 20-minute, total-body workout that no other elliptical on the market can deliver.

**CARDIO 360™**  
a guided workout to engage the upper, core, and lower body with varying resistance.

Extended Handrails with **Moisture-Resistant Grips**

### FEATURES

- Self-Generating (or plug in depending on console)
- Core Drive® System
- Hybrid Self-Generating Brake
- 21" Stride Length

### SPECIFICATIONS

#### DIMENSIONS (L X W X H)

63" x 32" x 64" / 160.02 cm x 81.28 cm x 162.56 cm

#### Q-FACTOR

2.5" / 6.35 cm

#### STEP-UP HEIGHT

8" / 20.32 cm

#### PRODUCT WEIGHT

340 lbs / 154 kg

#### COLOR

Charcoal/Black

Soft Step Cushioned Footpads

Non-Slip Side step design



**ENVISION II**  
16" Touchscreen



**ENVISION II**  
9" Touchscreen



**SHOWRUNNER II**  
16" Integrated LCD



**EMERGE II**  
LED Console

# 400 SERIES



## C400 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V, Self-Generating (with Emerge II or Envision II 9"), 100-220V Option Available (with Envision II 16" and Showrunner II)
	Cord Length	10' / 3.0 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360™
	Resistance Source	Hybrid Self-Generating Brake
	Maximum Workload	450 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	21" / 53 cm
	Footpad	Soft Step Cushioned Anti-Fatigue Material
	Exercise Arms	Ergonomic Handles with Moisture-Resistant Sleeves
	Handrail Design	Extended Handrails with Moisture-Resistant Grips
	Side Step Design	Non-Slip Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLES		Envision II 16", Envision II 9", ShowRunner II, Emerge II
ASSET TRACKING		EcoFit Compatible
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
	Extended Handrails	Standard
	Activity Guard (removable)	Standard
REGULATORY APPROVALS		ETL UL1647, CSA, CE, EN957, FCC
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	63" L x 32" W x 64" H / 160.02 cm x 81.28 cm x 162.56 cm
	Active Footprint	74" L x 32" W x 64" H / 187.96 cm x 81.28 cm x 162.56 cm
	Q-Factor	2.5" / 6.35 cm
	Machine Weight	340 lbs / 154 kg
	Shipping Weight	409 lbs / 186 kg
	Maximum User Weight	400 lbs / 181 kg
	Step-Up Height	8" / 20.32 cm
	Portability	2 Front Transport Wheels & Removable Handles
WARRANTY	Warranty Classification	Commercial
	Frame	Lifetime
	Parts	5 Years (Envision Console is 3 years)
	Labor	2 Years

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



truefitness.com | 800.426.6570 | 636.272.7100

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