

M50 ELLIPTICAL

The M50 Elliptical offers a compact design that fits seamlessly into any home. With ergonomic multi-grip handles and cushioned footpads, it provides comfort during your workout. Equipped with TRUE's Heart Rate Control technology and Cardio 360 training programs, the M50 helps you stay on track with your fitness goals. Its small footprint makes it perfect for those looking to save space without compromising on quality. Ideal for entry-level users, the M50 delivers essential features at an affordable price.

FEATURES

- TRUE's HRC® Cruise Control to maintain your target heart rate throughout a workout.
- Ergonomic multi-grip handles for a safe and strong upper body routine.
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness and lifestyle goals.

SPECIFICATIONS

DIMENSIONS (L X W X H)

42" x 30" x 64" / 107 cm x 76 cm x 163 cm

Q-FACTOR

2" / 5 cm

STEP-UP HEIGHT

9" / 23 cm

CONSOLE



EMERGE



CARDIO 360®

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



M50 ELLIPTICAL

| | | |
|---------------------------------------|--------------------------------------|---|
| TECHNICAL SPECIFICATIONS | Power Source | 110V/15A |
| | Cord Length | 6' / 1.8 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 | Orthopedic Cushioned Soft Grip Footpads |
| | Exercise Arms | Ergonomic Multi-Grip Handle |
| | 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 x 163 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 | 276 lbs. / 125 kg |
| | Maximum User Weight | 300 lbs. / 136 kg |
| | Step-Up Height | 9" / 23 cm |
| | Portability | 2 Front Transport Wheels |
| WARRANTY | Warranty Type | Residential |
| | Frame | 25 Years |
| | Parts | 5 Years |
| | Console | 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.

CONSOLE OPTIONS

| | | EMERGE | |
|--------------------|---------------------------------------|--|---|
| CONNECTIVITY | Wireless Heart Rate Monitoring | Polar® Compatible | • |
| | 3.5mm Headphone Jack | | • |
| | Reading Rack/ Tablet Holder | | • |
| | Workouts | Cardio 360 (Cardio 360 Arm Sculptor & Cardio 360 Leg Shaper), Quick Start, Manual, Rolling Hills, Single Hill, Random Hills, Hill Intervals, Calorie Goal, Distance Goal, Target HRC (with HRC Cruise Control) | • |
| SERVICE | Software Update Via USB | | • |
| | Self Diagnostics | | • |
| | Console Warranty | 5 Years | • |
| POWER CONSERVATION | Sleep Mode | Standard | • |
| | LANGUAGES | English | • |



EMERGE

- Quick keys, connectivity, and challenging programs



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