

Coastal Fitness

Better Equipment, Better Prices, Better Value
with Personalized Service

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S7100

PerfectStride™

- Footplates pivot to keep foot in proper position at all stride angles
- Most natural elliptical foot path on the market
- Stride length adjusts as incline changes for optimal range of motion
- Mimics natural gait to ensure ideal posture and proper alignment between knee and hip joints

Versatile

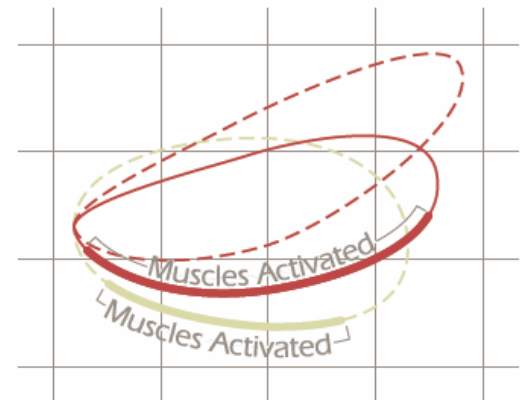
- 20 levels of incline ranging from 18 to 37% with forward/backward pedaling
- Stride adjusts from 20 to 21.5 inches based on incline level
- Multi-position hand grips fit any user and allow different muscle emphasis
- Multitude of programs from SPRINT 8 to Glute Burn

Smooth

- Suspended pedal arms produce less friction and noise
- Footplates are two inches apart for an optimal ergonomic workout position
- Friction-free magnetic resistance system comes with a lifetime warranty
- Primary pivot points use ball bearings instead of bushings for less friction and a longer product life

Accessible

- Suspended pedal arms keep footplates low to the ground
- Comfortable rear hand grips
- Front drive system keeps motor and components out of the way
- Integrated water bottle holder with convenient accessory tray and reading rack



S7100 Suspension Elliptical Level 1
----- Level 20
Traditional Ellipticals

NATURAL FOOT PATH

The S7100 requires more muscle activation, giving you a more effective workout than other cross-trainers. At level 20, though it angles upward, the foot path remains essentially the same. To keep users in the most natural and comfortable position at this higher angle, the stride length increases slightly.

Benefits of our Variable Stride

More Variety

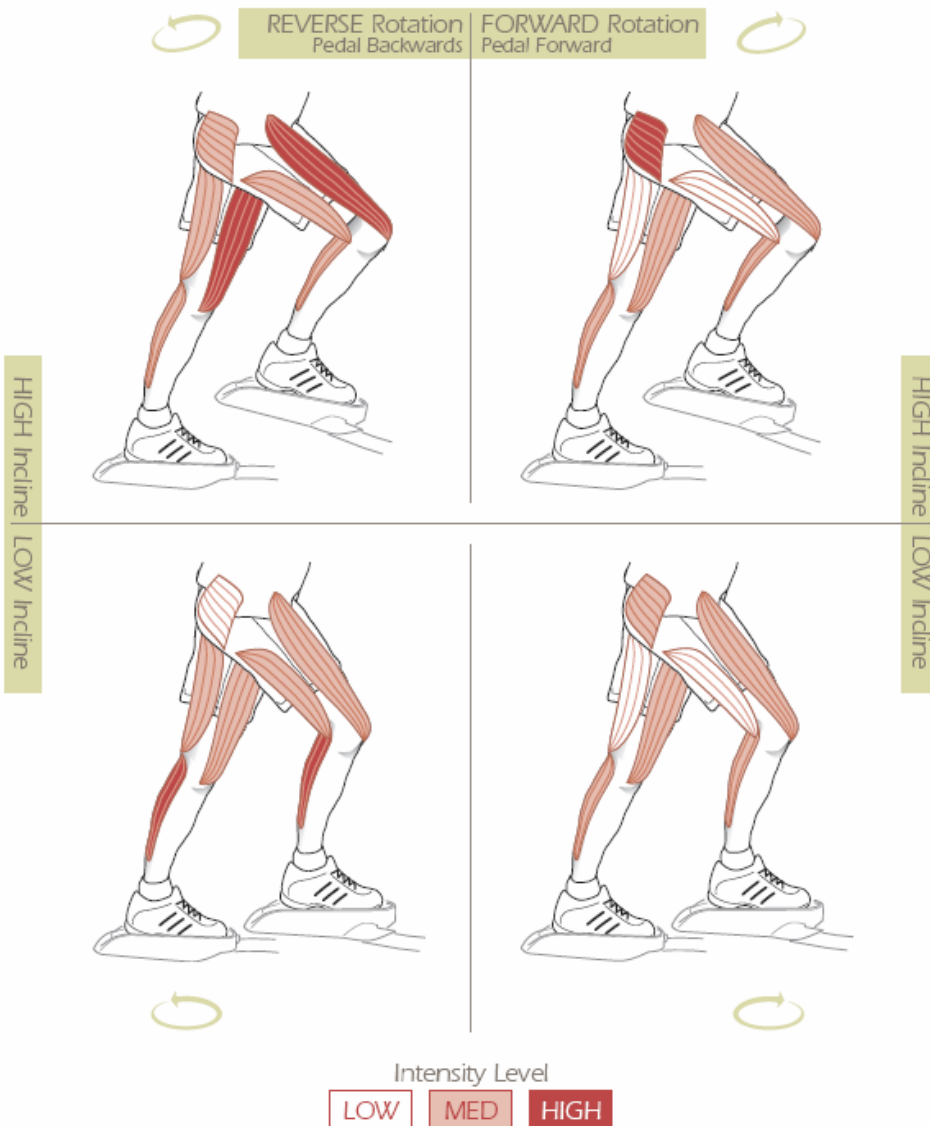
Research shows that variety in your exercise routine increases the likelihood that you'll stick to it. More importantly, variety keeps muscles "confused," minimizing the "plateau effect" that occurs when you do the same motion over and over again and, thus, producing greater results.

Ability to Increase Intensity

By increasing the incline level, you increase the exercise intensity. This allows you to achieve a higher level of aerobic fitness and, thus, burn more calories than you would if no incline were available.

Muscle-Targeting Workouts

Different combinations of direction (pedaling forward or backward) and incline angle (levels 1 to 20) emphasize different muscle groups. Refer to the chart below.



feature	S7100 Suspension Elliptical™ Trainer
resistance system	ECB Motor-Operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt
incline angle	18% to 37%
frame	Heavy Gauge Steel Welded
pedals	Large Cushioned
stride length	20" to 21.5"
pedal spacing	2"
step-up height	8.5" at Lowest Incline
power	Plug-In
home warranty*	Lifetime Frame Lifetime Electromagnetic Brake 5 Years Electronics/Parts 1 Year Labor
dimensions	61.5"L x 30"W x 65"H
product weight	240 lbs.
max. user weight	325 lbs.

feature	Premier Console
console and programs	BLUE BACKLIT LCD W/ UPPER DISPLAY SPRINT 8, CLASSIC: Manual, Intervals, Fat Burn, Random, Watts, SCULPTOR: Glute Burn, Calf Toner, Quad Toner, Total Body, 3 HRT Programs, 5 Custom User Programs, Integrated Reading Rack
console feedback	Incline, Distance, Time, Strides/Minute, Resistance, Watts, Calories, METS, Heart Rate, Percent of Max HR, Profile Display
heart rate	Contact & Telemetric
program levels	20

feature	Deluxe Console
console and programs	BLUE BACKLIT LCD SPRINT 8, Manual, Intervals, Fat Burn, Random, Watts, Glute Burn, Summit Hike Integrated Reading Rack
console feedback	Incline, Distance, Time, Strides/Minute, Resistance, Watts, Calories, METS, Heart Rate, Percent of Max HR, Profile Display
heart rate	Contact