



Keeping South Florida Healthy
& Fit for over 25 Years!



SPIRIT FIT APP

COMPATIBLE
WITH



MapMyFitness



Fitbit



Record



Health



XG400 E•GLIDE

The XG400 features our patented direct drive technology and a heavy thirty pound flywheel to create a fluid and friction free motion unlike any elliptical trainer on the market. The XG400 is smooth even at high stride rates, making it the perfect product for sprint training or interval training. Whether you are looking to improve athletic performance or general conditioning, this trainer will help you achieve your goals.

FEATURES

- 7.5" bright blue backlit LCD screen with separate Muscle Activation Profile and HR % Profile LED displays
- Dual track system with concave roller wheels and aluminum rails for added stability and durability
- Contact and wireless heart rate monitoring options make your workouts more effective (chest strap transmitter included)
- Adjustable cooling fan and dual speakers with audio jack for comfort and entertainment
- Bluetooth compatible with SPIRIT FIT App to monitor and record your workout data



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WWW.COASTALFITNESS.COM



- Sync Your Workouts
- Multiple User Profiles
- Program Selection
- Track Your Workouts
- 3 Different Displays

EQUIPMENT SPECIFICATIONS

Console	7.5" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile, Tablet Friendly Reading Rack, Adjustable Console Angle, Adjustable Fan, Speakers w/3.5mm Audio Jack, Bluetooth SPIRIT FIT App
Programs	Manual, Hill, Fat Burn, Cardio, Strength, Interval, User 1-2, HR 1-2
Heart Rate	Contact & Telemetric, Heart Rate Transmitter Strap Included
Resistance	20 Levels with Safety Hand Brake
Handlebar Toggles	Yes, Resistance
Track System	Dual Rail
Stride Length	20"
Flywheel	30 lbs.
Handle Bars	Foam
Adjustable Foot Pedals	N/A
Dimensions	68" x 24" x 66"
Product Weight	207 lbs.
Max User Weight	400 lbs.

WARRANTY INFORMATION

Residential Warranty: Frame/Brake: Lifetime, Parts: 10 yrs, Labor: 1 yr



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