

Elliptical bike Crosstrainer EX40

The **cardiostrong Crosstrainer EX40** is the right choice when you prefer a comfortable and efficient workout. Thanks to a high-quality magnetic brake system and a balance mass of 28 kg, a comfortably constant and above all a joint-gentle concentric run of the **cardiostrong crosstrainer** are provided.


Furthermore, the **cardiostrong Crosstrainer EX40** has cushion pads. These softly absorbed treads make the workout extremely comfortable and allow to renounce shoes, so that muscles and tendons are better reinforced. The **cardiostrong crosstrainer** also has adjustable pedal arms so that several persons of different sizes can exercise with the **EX40**.

The cardiostrong Crosstrainer EX40 is equipped with 19 programs for lasting workout fun. You can adapt the workout to your goals as i.e. stamina training or weight reduction, thanks to four pulse controlled programs. Heart rate can be measured either by hand pulse sensors of the **cardiostrong crosstrainer** or a chest strap that is already included in delivery. In contrast to the **cardiostrong EX30**, the resistance zone of the **EX40** can be varied between 10 and 350 watt as well so that you can adapt continuously your workout to the training successes.

The cockpit of the **cardiostrong crosstrainer EX40** is designed for an efficient workout. Besides a large profile display, distance, calorie consumption, time, speed, watt, and pulse are clearly shown on single displays. Thereby, you get continuously an overview about your current workout with the cardiostrong Crosstrainer EX40 and do not lose sight of your training goals.

Product details: cardiostrong Crosstrainer EX40

- **Technical information - cardiostrong Crosstrainer EX40:**

- Braking system: electronically adjustable magnetic brake
- Output: 10 - 350 W (Adjustable in increments starting from 5 Watt)
- Balance mass according to the manufacturer: 28 kg
- Balance mass according to the standard of Tiedje: 28 kg 
- Gear ratio: 1:8.75
- Stride length: 40 cm
- Stride height: 31 cm , Stride width: 17 cm
- adjustable footplates , ball-bearing mounted joints

- **Computer - cardiostrong Crosstrainer EX40:**

- Levels of resistance: 16
- Display: duration, distance, speed, watts, RPM, calories, heart rate
- Display of exercise profiles via LCD
- Exercise programmes in total: 19 , of which custom: 1 , heart rate controlled: 4
- User memory: 5

- **Features - cardiostrong Crosstrainer EX40:**

- heart rate measurement: hand pulse sensors + chest strap (included)
- Chest strap for the telemetric measurement of the heart rate included
- Power supply: mains adaptor
- Extras: Transport wheels,

- **Crosstrainer of approved cardiostrong-quality**

- Hard-wearing steel construction

- **Modern design**

- Adjustable pedal arms - suitable for different sizes

- **Extremely comfortable cushion-pad treads**

- Integrated pulse receiver

- **Clear display**

- Book file

- Max. user-weight - cardiostrong Crosstrainer EX40: 150 kg

- Dimensions set-up - cardiostrong Crosstrainer EX40: (L) 145 cm x (B) 63 cm x (H) 156 cm