

# Elliptical bike EX90

The EX90 is the premium model of the elliptical series of cardiostrong. It combines most modern technology for a maximum of comfort and training efficiency. Thanks to its robust construction, the cardiostrong elliptical EX90 is ideal for a challenging workout at home as well as semi-professional use. Weight loads of up to 130 kg and regular, intensive workouts are no problem with the cardiostrong elliptical.

Comfortable workout thanks to an innovative construction of cardiostrong elliptical.

The cardiostrong elliptical EX90 has an extraordinarily space-saving design. The flywheel is connected to the foot pedals by a joint system. The course of motion of the cardiostrong elliptical EX90 is extremely comfortable and joint-gentle. Furthermore, the stride length of the cardiostrong elliptical can be easily electronically adjusted. There are 5 stride lengths between 45 cm and 65 cm allowing users of different sizes to adjust the EX90 to their requirements.

Moreover, the stride length adjustment offers a varied workout, because you can simulate motions from walking to running. This is how you can exercise very efficiently different muscle groups with the cardiostrong elliptical EX90.

The cardiostrong EX90: user-friendliness and diversion while exercising

It is not only the pedals providing a varied workout. The cardiostrong elliptical EX90 is also equipped with 19 different training programs for a motivating and diversified workout. There are 4 pulse controlled programs, so that you exercise efficiently according to your needs with the {var.bezeichnung}. Precise stamina workout or fat burning? Using the cardiostrong elliptical EX90, it is no problem at all! The heart rate is measured by integrated hand pulse sensors or via an optionally available chest strap.

The training computer of the cardiostrong elliptical is characterized by a large, clear LCD display and its easy operation. By means of a turning wheel, you choose easily and comfortably your desired settings. You can vary the stride length of the cardiostrong elliptical EX90 by means of practical hot keys - at all times.

The equipment of the cardiostrong elliptical EX90 fulfills all requirements.

Besides a robust construction and the intuitive training computer, the cardiostrong elliptical EX90 also convinces by further equipment. Transport wheels are also included as well as drinking bottle holder on grip height. Furthermore, the cardiostrong elliptical EX90 is equipped with a safety function by which hand and feet pedals can be adjusted.

All in all, the cardiostrong elliptical EX90 is an outstanding fitness machine, convincing both beginners and pros.

## Product details: cardiostrong elliptical EX90

- Technical information - cardiostrong elliptical EX90:
  - Braking system: electronically adjustable magnetic brake
  - Output: 10 - 350 W (Adjustable in increments starting from 5 Watt)
  - Stride length: 45 - 65 cm
  - Stride width: 11 cm
- Computer - cardiostrong elliptical EX90:
  - Levels of resistance: 16
  - Display: duration, distance, speed, watts, RPM, calories, heart rate
  - Display of exercise profiles via LCD (extra large)
  - Exercise programmes in total: 19 , of which custom: 1 , heart rate controlled: 4
- Features - cardiostrong elliptical EX90:
  - heart rate measurement: hand pulse sensors + chest strap (optional, sold separately)
  - Chest strap for the telemetric measurement of the heart rate optional, sold separately
  - Power supply: mains adaptor
  - Extras: Transport wheels, drinking bottle holder
- Extraordinary design
- Joint-gentle, comfortable course of motion
- Space-saving dimensions
- Hot keys for electronic adjustment of stride length - excellent for exercising different muscle groups or users of different sizes
- Stride lengths: 45 cm/ 50 cm/ 55 cm / 60 cm/ 65 cm
- Intuitive operation with few boutons
- Recovery function for evaluation of your fitness after the workout
- Massive construction for high load capacity
- Big, comfortable pedals
- Safety button for fixing pedals
- Max. user-weight - cardiostrong elliptical EX90: 130 kg
- Dimensions set-up - cardiostrong elliptical EX90: (L) 132 cm x (B) 83 cm x (H) 165 cm