

**BH**  
Fitness

# XS5 ELLIPTICAL

Signature Series  
Great Gear of the Year Award Winner for 2010



Performance Arc Upper Body Path for a Smooth Motion that Follows the Natural Arm Swing of Running

Striking, Intuitive Red LED Display with 12 Built-In Programs and Comprehensive User Feedback

Built-In Contact and Polar® Wireless Heart Rate Sensors for Accurate HR Monitoring

Hand Rail Mounted Controls Make Resistance Changes Simple, Safe and Convenient

Natural, Biomechanically-Inspired 20" Stride Length

PCS Soft Step Foot Pads with 1/2" Thick Cushion on Oversized, Anti-Skid Pedals to Avoid Toe Numbing and Maintain Secure Use

Active Flex Shock Absorption System with Dynamic Joint Impact Reduction

Dual Aluminum, Anti-Jump Guide Rails Create a Safe, Stable Workout Platform

325 lb. Maximum User Weight Capacity



## SPECIFICATIONS

RESISTANCE: 120V/60Hz

SYSTEM: Magnetic

LEVELS: 16

ERGONOMIC DESIGN: Front Drive

DRIVE SYSTEM: Poly V. Belt

STRIDE LENGTH: 20"

PEDALS: Oversized, Cushioned Anti-Skid Foot Pedals

HANDLEBARS: Performance Arc

FRAME: Transportation Wheels and Dual Aluminum, Anti-Jump Guide Rails

CONSOLE: Red LED Display with Matrix Windows Displays Speed, Distance, Time, Calories and Pulse including Wireless Heart Rate and Program Profile

SAFETY & CONVENIENCE: Contact Heart Rate Sensors, Wireless Heart Rate Strap Optional, Reading Rack, Water Bottle Holder

PROGRAMS: 12 Built-In Programs including Manual, Preset and Heart Rate Control

HOME WARRANTY: Lifetime Frame, 5-Years Parts, 1-Year Labor

MAX USER WEIGHT: 325 lb.

UNIT WEIGHT: 230 lb.

UNIT DIMENSIONS: 75"(L) x 30"(W)