

## KH 690 COMMERCIAL CROSS TRAINER

### SPECIFICATIONS :

#### Drive:

- Pull Motor System with poly V-belt
- Resistance System: New Technology silent programmable magnetic resistance system
- Resistance Level: 32 levels

#### Monitor:

- Advanced Computer with 15" LED display
- Display Readouts: Time, Distance, Speed, Level, Calories, Pulse & Watts
- 10 programs

#### Special Features:

- Adjustable stride for ultimate workout
- Both forward and reverse motions offer various workout options
- Heavy-gauge, epoxy, hybrid, steel frame
- Low impact workout
- Long stride & 9 kg of rotating flywheel ensures smooth & dynamic elliptical movement
- Comfy over-sized, non-slip pedals
- Handheld pulse sensors
- Dual action handle bars with high density foam grips
- Accessory tray & built-in reading rack
- Transport wheels
- Swift support
- Bluetooth support
- Adjustable floor levellers
- Maximum User Weight: 150 kgs

