

M30 ELLIPTICAL

With one of the smallest footprints on the market, the M30 is a space-friendly total body trainer built with you in mind. Implement variety into your workout with TRUE's own virtual training program, Cardio360™. The innovative side steps allow not only safe entry and exit from the machine, but also unparalleled versatility by providing the industry's first upper-body only workout. The M30 delivers a total body workout with all the features you need to stay motivated and reach your fitness goals.

CARDIO 360®

a guided workout to engage the upper, core, and lower body with varying resistance.

FEATURES

- One of the smallest equipment footprints available
- TRUE's Cardio 360® virtual personal trainer that gives you a customized full body workout
- Innovative side steps for safe entry and exit from the machine or a complete upper-body-only workout
- TRUE's HRC® Cruise Control technology to maintain your target heart rate from beginning to end

SPECIFICATIONS

DIMENSIONS (L X W X H)

42" x 30" x 64" / 107 cm x 76 cm

Q-FACTOR

2" / 5 cm

STEP-UP HEIGHT

9" / 23 cm

PRODUCT WEIGHT

275 lbs / 125 kg

COLOR

Silver/Black

CONSOLE OPTIONS



EMERGE



XM30 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	6' / 1.8 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360®
	Resistance Source	Eddy Current Brake
	Maximum Workload	300 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	21" / 53 cm
	Footpad	Molded Anti-Slip with Textured Pattern
	Exercise Arms	Protective Dipped Foam
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLE		Emerge
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
REGULATORY APPROVALS		ETL UL1647, CSA, EN957
EXTRAS	Accessories	Water Bottle Holder, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	42" L x 30" W x 64" H / 107 cm x 76 cm
	Active Footprint	70" L x 30" W x 64" H / 177 cm x 76 cm x 163 cm
	Q-Factor	2" / 5 cm
	Machine Weight	275 lbs. / 125kg
	Maximum User Weight	300 lbs. / 136 kg
	Step-Up Height	9" / 23 cm
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Residential
	Frame	Lifetime
	Parts	5 Years
	Labor	1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



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M50 ELLIPTICAL

The sleek, curved profile of the M50 Elliptical brings a modern, polished look to home cardio equipment. Featuring ergonomic multi-grip handles and orthopedic cushioned footpads, the M50 Elliptical is equipped with premium user-focused features. Paired with TRUE's Heart Rate Control technology, HRC Cruise Control and Cardio 360 training programs, the M50 Elliptical truly maximizes your fitness investment. Plus with one of the smallest footprints on the market, it's a great choice for the space-conscious consumer.

CARDIO 360®

a guided workout to engage the upper, core, and lower body with varying resistance.

FEATURES

- TRUE's HRC® Cruise Control to maintain your target heart rate throughout a workout
- Ergonomic multi-grip handles for a safe and strong upper body routine
- Orthopedic cushioned footpads for a low impact, joint-friendly experience
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness and lifestyle goals

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STEP-UP HEIGHT

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XM50 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	6' / 1.8 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360®
	Resistance Source	Eddy Current Brake
	Maximum Workload	300 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	21" / 53 cm
	Footpad	Orthopedic Cushioned Soft Grip Footpads
	Exercise Arms	Ergonomic Multi-Grip Handle
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLE		Emerge
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
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