



» Star Trac Elite™ CrossTrainer™

features / specifications

features

- :: **SelectFit™** provides the unique benefit of choosing either a pulling or pushing upper body motion to offer a total body workout
- :: **Disengage Upper Body Arms** to provide a targeted, lower body workout
- :: **Unique Programs** including Total Body Workout, which provides variety in resistance and upper body position, resulting in a true total body workout
- :: **Soft Trac®** pedals provide ultimate shock-absorbing comfort throughout the entire workout
- :: **Efficient Footprint and Approachable, Stable Platform** with minimal step-up height for easy access from all angles
- :: **Star Trac's Popular Personal Fan** creates a more rewarding workout
- :: **User-Friendly Console** featuring large message window, motivational track, 8 user-specific workout programs and multiple cup and accessory holders



specifications

- :: **Model Number:** 6230
- :: **Overall Dimensions:** 70" l x 27" w x 67" h (177.8 x 68.6 x 170.2 cm)
- :: **Overall Weight:** 450 lbs (204 kg)
- :: **User Weight Capacity:** 350 lbs (159 kg)
- :: **Pedal Size:** 17.5" l x 8" w, open ended (45 x 20 cm)
- :: **Distance Between Pedals:** 3" (7.62 cm)
- :: **Step-up Height:** 5" (12.7 cm)
- :: **Electrical:** Self-contained power supply, no external power needed.
An AC adapter is optional
- :: **Certification:** UL/CSA or CE
- :: **Colors:** Frame: Weatherable Silver Shrouds: Slate Gray Accents: Black
- :: **Resistance:** 20 levels of intensity
- :: **HR Monitoring:** Polar® Telemetry and Contact Heart Rate System
- :: **Readouts:** 16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track display; Scrolling: Calories, calories/hour, watts, distance, speed, METs
- :: **Programs:** 8 programs including Quick Start, Dynamic Heart Rate Control®, Constant Heart Rate Control, Total Body Workout
- :: **Standard Features:** Personal cooling fan, Soft Trac pedals, dedicated heart rate display, upper body motion with SelectFit technology, entertainment ready, FitLinxx® certified
- :: **Wireless Data Transfer:** Pro Partner™ technology communicates via infrared (IR) beam with Palm OS® software
- :: **Warranty:** 2-year warranty on parts, 1-year warranty on labor (USA only)*