



## ENDURANCE™ CARDIO EQUIPMENT HIGHLIGHTS

Body-Solid®'s Endurance™ cardio equipment line combines club-style features and commercial performance in premiere fitness machines created for in-home workout enthusiasts. Known for quality components, precision engineering, and state-of-the-art electronics, the Endurance line of treadmills, elliptical trainers and bikes offer fitness convenience in compact designs at affordable prices. Pre-programmed fitness courses have been developed by professional trainers and fitness experts to deliver superior cardiovascular workouts and fast results.

Endurance cardio product highlights include:

### **E7 & E7HRC Ellipticals**

Endurance **E7** and **E7HRC** ellipticals are built to provide a fluid, natural motion and a superior cardio workout in the comfort and convenience of the home. Users are challenged with 15 levels of smooth, magnetic resistance to achieve peak cardio efficiency and incorporate upper body movements. The Endurance line of elliptical cross trainers offers greater muscular involvement with less perceived exertion. From beginning exercise enthusiasts to experienced athletes, its smooth, elliptical motion and 18.5" stride length ensure a natural method of accomplishing weight-bearing exercise in a non-impact workout. Four input categories, including Program Level, Time, Weight and Age, allow the user to set and monitor each workout to keep pace with an optimal level of fitness. In addition, there is minimal assembly required.

Key features and benefits of the **E7** and **E7HRC** include:

- An 18.5" stride length that elongates performance and maximizes workout efficiency;
- Six main programs which add diversity to workouts and include: Random, Fat Burn, Interval, Hills, Weight Loss and Manual settings;
- Six feedback categories that enable the user to monitor: Calories Per Hour, Heart Rate, Speed, Average Speed, RPM and Distance;
- A large, easy-to-view LED readout to monitor data based upon the user's selection from four input categories: Program Level, Time, Weight and Age;
- Proprietary SynchroStride™ arms that are ergonomically designed to maintain proper posture during exercise and provide dual action, upper body movement;
- A patented linkage for true elliptical motion and a smooth cardio fitness experience;
- A precision-balanced, 15-pound flywheel to ensure quiet operation and fluid motion;
- Extra large pedals which have a non-skid surface and adjust to accommodate users up to 275 pounds;
- A space-efficient design that offers a small footprint and rollaway convenience.

In addition, the **E7HRC** model features a hands-free, wireless Heart Rate Control with a chest strap to monitor progress and meet the goals of a programmed workout. Delivering variable resistance through a regimen of four heart-rate programs, this feature maintains the desired challenge without breaking the smooth, dual-action motion of the workout.

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### **T10 HRC Treadmill**

An ideal choice for fitness enthusiasts of all levels, the commercial rated **T10 HRC** treadmill features a powerful 3.0 horsepower motor, an extra large running surface, and one-touch speed adjustments. The 25 state-of-the-art fitness programs allow for targeting optimum performance levels for running, endurance, distance, fat burning and cardio fitness workouts. Key features and benefits of the **T10 HRC** include:

- A heavy-duty 2" x 3" and 2" x 4" steel frame construction that delivers a rock-solid platform for hardcore cardio workouts. The Endurance T10 is built to withstand constant pounding and jarring;
- A lifetime tread belt and shock-absorbent, low maintenance deck. Unlike other brands, Endurance™ tread belts are guaranteed for life. The ultra low-maintenance phenolic deck employs a SRS (Suspended Running Surface) design supported by a multi-point shock absorption system to keep joints comfortable, even during long marathon sessions;
- An extra thick and durable orthopedic tread belt. Multi-ply tread belts are fusion-seamed for strength, flexibility and smooth travel over the phenolic deck;
- A powerful motor designed to exceed horsepower and performance standards for home-use treadmills. Each motor is protected by P.W.M. (Pulse Width Modulation) technology and air-cooled for efficient performance;
- Bright LED displays for monitoring the running track and providing constant feedback, including heart rate, elevation, time, distance, speed and calories burned;
- Large diameter crowned rollers to drastically decrease wear, substantially increase surface contact and provide superior belt tracking;
- A safety key stop system that allows the user to instantly shut down operation if necessary;
- A poly-v belt drive system that delivers an amazingly quiet workout experience, so the user can watch TV or read a book without being distracted by machine noise;
- Commercial Rated

The **T10 HRC** and **E7/E7 HRC** machines are currently available in fitness specialty retailers, sporting goods stores and commercial outlets. All Endurance™ cardio equipment is supported by Body-Solid®'s exclusive In-Home Lifetime Warranty. More product information and resources are available on the company's website: [www.bodysolid.com](http://www.bodysolid.com).

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