

## 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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