

# ES700 ELLIPTICAL

TRUE's ES700 Elliptical is engineered with commercial-grade materials and boasts a sleek, dynamic design made to inspire and engage. Tone your muscles and increase your endurance with a cross-trainer designed to give users the most natural movement available on an elliptical. TRUE's ES700 is equipped with all of the user-friendly interactive and patented TRUE features you need for your home fitness routine. Choose the 9" T9 touchscreen console to experience the latest in Bluetooth technology and share your workout using the GymTrakr App. The touchscreen also has six individual profiles with the ability to save six different workouts each. That is a total of 36 unique workouts giving you the ability to set up the ES700 Elliptical based on your desired goals.



GymTrakr App  
Connectivity and Tracking

## 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
- AutoStride™ technology that gives you the most natural and effective movement possible
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness and lifestyle goals

### SPECIFICATIONS

#### DIMENSIONS (L X W X H)

49" x 32.5" x 64.2" / 124.46 cm x 82.55 cm x 163.06

#### Q-FACTOR

2" / 5 cm

#### STEP-UP HEIGHT

7" / 18 cm

#### PRODUCT WEIGHT

281 lbs / 127 kg

#### COLOR

Silver/Black

### CONSOLE OPTIONS



**T9 TOUCH SCREEN**  
(GymTrakr)



**EMERGE**



## ES700 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' / 24 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	16"/41 cm to 27"/69 cm .5"/1 cm / 41 cm to 69 cm; 1 cm increments
	Auto Stride™	Yes
	Footpad	Orthopedic Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)
	Exercise Arms	Ergonomic Multi-Grip Handle, Optional Rotating Handles Optional Ergonomically Designed Rotating Handles with Upper-Body Only Capability Height Adjustment
	Handrail Design	Extended Handrails with Molded Rubber, Moisture Resistant Grips
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible, (Bluetooth on T9)
	Connectivity	App Connectivity via GEM Module prior to starting workout on T9
	AVAILABLE CONSOLES	Display
Workouts		Quick Start, Manual, Hill Intervals, Rolling Hills, Cardio Challenge, Walk and Run Intervals, Speed Intervals, 5K, 10K, Half Marathon (13.1 mi/21.1 K)
Saved Workouts		Console Saves Last Ten Workouts
Six (6) User Profiles		Up to six (6) Save Workouts Each – If Activated
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
	Extended Handrails	Standard
	TRUE Lock™	Standard
REGULATORY APPROVALS		ETL UL1647, CSA
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder, Heart Rate Strap
PHYSICAL SPECIFICATIONS	Footprint	49" L x 32.5" W x 64.2" H / 12446 cm x 82.55 cm x 163.06 cm
	Active Footprint	75" L x 32.5" W / 190.5 cm x 82.55 cm
	Q-Factor	2" / 5 cm
	Machine Weight	272 lbs. / 124 kg
	Maximum User Weight	350 lbs. / 159 kg
	Step-Up Height	7" / 18 cm
Portability		2 Front Transport Wheels & Removable Handles
WARRANTY	Warranty Type	Residential
	Frame	Lifetime
	Parts	7 Years
	Console	T9 (7 Years), Emerge (7 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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