

ES700 RECUMBENT BIKE

Including the latest technology available on TRUE products, The TRUE ES700 Recumbent Bike is engineered for comfort, safety, and efficiency. The ES700's walk-through design accommodates users of all fitness levels, while an ergonomic-enhanced reclining seat offers one of the most comfortable rides in the industry. With a small footprint, you'll maximize your workout space at home. The T9 - 9" touchscreen allows up to six custom profiles so everyone can save their own workouts. It also features the latest in fitness technology and connectivity to revolutionize the user experience, letting them easily track and manage their workouts through the GymTrakr app.



Gym Trakr App
Connectivity and Tracking

FEATURES

- TRUE's HRC® Cruise Control that maintains your target heart rate by increasing or decreasing resistance throughout your workout
- Thumb-operated controls on the contact heart rate handlebars to easily adjust resistance during your workout
- Elastic Mesh Seat for a comfortable biking workout

SPECIFICATIONS

DIMENSIONS (L X W X H)

58" x 26" x 50.5" / 147.32 cm x 66.04 cm x 128.27 cm

QUICK ACCESS CONTROL

Multi-Function Thumb Controls

DRIVE SYSTEM

Single Stage Drive System with Poly-V Belts

PRODUCT WEIGHT

163 lbs / 74 kg

COLOR

Silver

CONSOLE OPTIONS



EMERGE



T9
TOUCHSCREEN

(GymTrakr)



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TECHNICAL SPECIFICATIONS	Power Source	110V/15A	
	Cord Length	8' / 2.4 M	
	Drive Motor	Single Stage Drive System with Poly-V Belts	
	Crank	3-Piece Forged Steel Crank System with Sealed Bearings	
	Resistance Source	Eddy Current Brake	
	Resistance Levels	25 (Emerge), 30 (T9)	
	Workload Range	40-450 Watts	
	Frame Construction	Robotically Welded Heavy-Gauge Steel	
	Pedals	Dual Sided and Weighted with Integrated Ratcheting Strap	
	Seat	Reclining Fatigue Resistant Elastic Mesh Seat Back with Conforming Lumbar Support and 24 Position Settings	
	Handlebar Design	Two Positions with Moisture Resistant Sleeves	
	Quick Access Control	Multi-Function Thumb Controls	
	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	
	CONSOLE	Display	T9, Emerge
		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)
	T9	Console Saves Last Ten Workouts, Up to six (6) Save Workouts Each – If Activated	
SAFETY		Reinforced Walk-Through Design	
REGULATORY APPROVALS		ETL UL1647, CSA, CE, EN957, FCC, AS4092, C-TICK	
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder, Heart Rate Strap	
PHYSICAL SPECIFICATIONS	Footprint	58" L x 26" W x 50.5" H / 147.32 cm x 66.04 cm x 128.27 cm	
	Machine Weight	163 lbs. / 74kg	
	Maximum User Weight	350 lbs. / 159 kg	
	Portability	2 Front Transport Wheels	
WARRANTY	Warranty Type	Residential	
	Frame	Lifetime	
	Parts	10 Years	
	Console	T9 (7 Years), Emerge (10 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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