

# M50 ELLIPTICAL

The M50 Elliptical offers a compact design that fits seamlessly into any home. With ergonomic multi-grip handles and cushioned footpads, it provides comfort during your workout. Equipped with TRUE's Heart Rate Control technology and Cardio 360 training programs, the M50 helps you stay on track with your fitness goals. Its small footprint makes it perfect for those looking to save space without compromising on quality. Ideal for entry-level users, the M50 delivers essential features at an affordable price.

## FEATURES

- Total Body Workout with lower and upper body Isolation
  - Isolate upper body with convenient side steps.
- Ergonomic multi-grip handles for a safe and strong upper body routine.
- Space-efficient footprint with easy side and rear access.
- TRUE's HRC® Cruise Control to maintain your target heart rate throughout a workout.



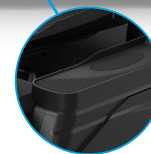
Telemetry Heart Rate Strap Included



Space-efficient footprint



Fixed Handles to Isolate Lower Body



Side Steps to Isolate Upper Body

## SPECIFICATIONS

### DIMENSIONS (L X W X H)

42" x 30" x 64" / 107 cm x 76 cm x 160 cm

### Q-FACTOR

2" / 5 cm

### STEP-UP HEIGHT

8" / 20.32 cm

## CONSOLE OPTIONS



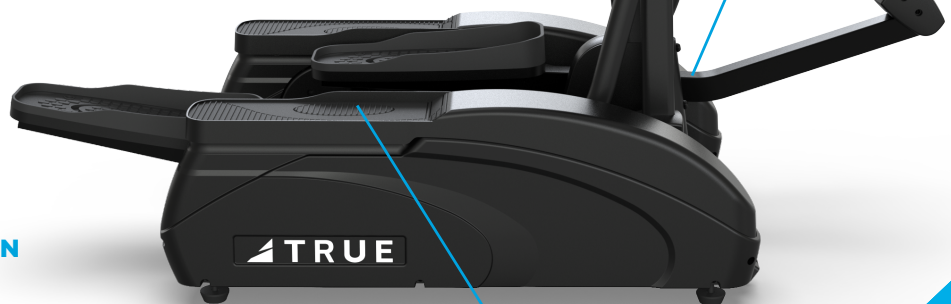
16" TOUCHSCREEN



10" TOUCHSCREEN



EMERGE LED



## M50 ELLIPTICAL

TECHNICAL SPECIFICATIONS	<b>Power Source</b>	110V/15A
	<b>Cord Length</b>	6' / 1.8 M
	<b>Drive System</b>	Core Drive™
	<b>Total Body Workout</b>	Cardio 360°
	<b>Resistance Source</b>	Servo Motor
	<b>Resistance Levels</b>	25 (EMERGE LED), 30 (Touchscreens)
	<b>Workload Range</b>	25-350 Watts
	<b>Frame Construction</b>	Robotically Welded Heavy-Gauge Steel
	<b>Stride Length</b>	21" / 53 cm
	<b>Footpad</b>	Orthopedic Cushioned Soft Grip Footpads
	<b>Exercise Arms</b>	Ergonomic Multi-Grip Handle
	<b>Side Step Design</b>	Non-Slip Rubber with Textured Pattern
	<b>Contact Heart Rate Monitoring</b>	Yes
	<b>Wireless Heart Rate Monitoring</b>	Polar® Compatible
CONNECTIVITY	<b>Connectivity</b>	Direct Connection to 3rd Party FTMS Apps (Touchscreen Only)
	<b>Side Steps</b>	Standard
SAFETY		
REGULATORY APPROVALS		ETL UL1647, CSA, EN957
EXTRAS	<b>Accessories</b>	Water Bottle Holder, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	42" L x 30" W x 64" H / 107 cm x 76 cm x 160 cm
	<b>Active Footprint</b>	70" L x 30" W x 63" H / 177 cm x 76 cm x 160 cm
	<b>Q-Factor</b>	2" / 5 cm
	<b>Machine Weight</b>	276 lbs. / 125 kg
	<b>Maximum User Weight</b>	300 lbs. / 136 kg
	<b>Step-Up Height</b>	8" / 20.32 cm
	<b>Portability</b>	2 Front Transport Wheels
WARRANTY	<b>Warranty Type</b>	Residential
	<b>Frame</b>	25 Years
	<b>Parts</b>	5 Years
	<b>Consoles</b>	Touchscreens 3 Years / EMERGE LED 5 Years
	<b>Labor</b>	1 Year

## CONSOLE OPTIONS

		16" TOUCHSCREEN	10" TOUCHSCREEN	EMERGE LED
CONNECTIVITY	<b>Bluetooth Connectivity</b>	•	•	
	<b>Apps</b>			
	<b>Chest Strap Included</b>	•	•	•
	<b>FTMS App Compatible</b>	•	•	•
	<b>Wireless Heart Rate Monitoring</b>	•	•	•
	<b>3.5mm Headphone Jack</b>	•	•	
	<b>Reading Rack/ Tablet Holder</b>	•	•	•
	<b>Workouts</b>			
	<b>Quick Start Classics (Goal, Hill, Random Level, Plateau, Constant Power) Vision Run (4 videos) Fitness Test Target HRC User Program Intervals (Classic, HIIT, Custom)</b>	•	•	
	<b>Manual, Hill Intervals, Rolling Hills, Half Marathon, Target HRC, Cardio Challenge, Walk and Run Intervals, Speed Ramp, 5K, 10K, Saved Workouts - if activated</b>			•
Saved Workouts	<b>Console saves last ten (10) workouts and can accommodate up to ten (10) user profiles</b>	•	•	
	<b>Ten (10) user profiles with up to six (6) saved workouts - if activated</b>	•	•	
	<b>Touchscreen</b>	•	•	
SERVICE	<b>Software Update Via WiFi</b>	•	•	
	<b>Self Diagnostics</b>	•	•	
POWER CONSERVATION	<b>Sleep Mode</b>	•	•	•



### 16" TOUCHSCREEN

- 16" HD Touchscreen
- User-friendly tabs, connectivity, and built in workouts
- Up to ten (10) user profiles



### 10" TOUCHSCREEN

- 10" HD Touchscreen
- User-friendly tabs, connectivity, and built in workouts
- Up to ten (10) user profiles



### EMERGE LED

- Quick keys, connectivity, and challenging programs

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

\*The stated "Horsepower"/ "continuous Horsepower"(HP/CHP) is a standard reference in the treadmill market, primarily used to aid consumers in making comparisons. This CHP rating is ascertained via lab-based dynamometer tests, which evaluate the mechanical prowess of the motor. Its important to note, however, that the CHP rating is not reflective of the treadmill's working horsepower in a regular home setting. In everyday domestic use, the motor's horsepower doesn't correspond to the CHP value displayed.

