



XT10
TRAINER

An all-new concept in total body fitness, the XTrainer delivers muscle activation superior to any other cardio product.

Since 1981, SportsArt has led the fitness industry with innovative design, creative engineering solutions, and world class manufacturing. The result is unique products with enhanced features that benefit all users.



TRAINER

SportsArtFITNESS

Rotational handles allow a variety of different training angles and movements while eliminating wrist stress

Fingertip control buttons allow quick and easy resistance changes to either, or both, the upper and lower body training components

Independent arm movement provides positive and negative resistance thereby maximizing training effect

Patented reclining seat back provides exceptional comfort and customized fit

Patented drive system delivers smooth and consistent resistance

Convenient step-through access is inviting, and non-threatening to users

XT10 TRAINER

State-of-the-art display features advanced programming, heart rate control, and Personal CardioAdvisor™

Lower body resistance is independent of upper body, resulting in more effective training results



Programs	Feedback	Electronics Package
Random	Calories	Tri Color Dot Matrix
Cardio/Wt Loss	Distance	Oversize LED's
Conditioning	Mets	Personal CardioAdvisor™
Advanced Conditioning	CAL/Hr	Heart Rate Control
Manual	WATTS	
Quick Start	Time	
	Leg RPM	
	Arm RPM	



Performance & Quality		General Specifications	
Eddy-Current Resistance	Welded Steel Frame	Length	72"
Independent arms with positive and negative resistance	Electrostatically Applied Powder Coat Finish	Width	32"
Fingertip controls for upper and lower body resistance	Automotive Grade Poly-v Belt	Height	47"
Certifications TÜV ISO 9001/9002, ASQC, ETL-C, CE	Self-Generating Power Supply w/ Trickle Charger	Max. User Weight	450 lbs.
		Unit Weight	340 lbs.
		Residential Warranty	Lifetime bumper to bumper mechanical, 3 years electronics, 1 year labor <i>* Excludes wear items and damaged parts caused by poor maintenance.</i>