

intenza

450 SERIES ELLIPTICAL TRAINER_____INTENZAfitness.COM



Display Readouts	■ HR, Watt, Time, Incline, Calories, Distance, SPM, Level, Workout Summary, Workout Profile
Heart Rate Monitoring	■ Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability
On—The—Fly	■ Allows switching to other workout programs during exercise
Power Saving System	■ Energy saver mode is used to minimize power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements
MYE Audio Kit Options	■ Optional accessories support MYE audio receiver
Uni—Dial™ Control	■ Complete access and control of user interface features and settings with the convenience of the Uni—Dial™
C—SAFE Standard Power	■ Standard C—SAFE power supports the power supply of external tools
C—SAFE Connectivity	• Optional connectivity facilitates data transfer (available by demand)
Display Type	• Industrial grade 12" colour TFT LCD display for longer life time <ul style="list-style-type: none"> ◦ Large white light LED message centre easily provides all needed information
InCare™ Online	• Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Language	• 23 countries are offered <ul style="list-style-type: none"> ◦ 7 conutries are offered
Screensaver	• Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Wi—Fi Capability	• Supports InCare™ Online, software updates
USB Connectivity	• For setting and software upgrade

Performance Features

3—Phase Generator	■ Self powered hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	■ Belt drive system for smoother, quieter performance. Minimize maintenance. Service made quick and easy
Bottom Bracket	■ High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Incline	■ 16 levels (13°—40°)
Maximum User Weight	■ 181kg (400 lbs)
Maximum Watts	■ 630 Watts (Level 40 at 150 SPM)
Minimum Watts	■ 15 Watts (Level 1 at 40 SPM)
Pedal to Pedal distance	■ 6cm (2.3")
Resistance Levels	■ 40 resistance levels meets new European EN957—9 standards
Step—up Height	■ 35cm (13.7")
Stride Length	■ 52—55cm (20.4—21.6")
User Height Range	■ 147—193cm (4'9" to 6'5")

Workout Options

Fitness Test	■ Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhyming
Quick Start	■ Quick Start is a manual workout
Advanced Program	■ 10 Preset programs: 1:3 interval, 1:2 interval, 1:1 interval, 3 step interval, Easy Hill, Rolling Hills, Peak, Hill Step, HIIT Beginner, HIIT Advanced
Target Program	• 3 Target programs: Time (1—99 mins), Distance (1—99.9 km), Calories (10—2500 Kcals) <ul style="list-style-type: none"> ◦ 3 Target programs: Time (1—99 mins), Distance (1—99 km), Calories (10—2500 Kcals)
HR Control	• 4 heart rate control programs in constant power mode—HR Zone, Interval, Hill, Cardio Strength
Race	• Race program offers a fun challenge by racing against existing champion for 500M, 1K, or 2K races

ComfortFit™ Features

Accessories Holder	■ Conveniently placed accessories holder for portable music players and mobile phones
Ergo Bar Control Center	■ Ergonomically positioned contact heart rate sensors, incline and resistance adjustment buttons at your finger tips for ease—of—use
Foot Pedals	■ Ergonomic designed oversized foot pedals with soft grip to enhance stability and comfort during workout
Frame	■ Robust frame structure designed to ensure stability and durability. Aluminum front post offers aesthetic appeal
Incline	■ Training with incline enhances workout variety while increases workout results to include different muscle groups
Upper Body Moving Arms	■ Synchronizing upper body and lower body movement increase overall total body fitness
Water Bottle Holders	■ Twin water bottle holders support 1 litre water bottles

Product Dimensions

Foot Print	■ L x W	209 x 84cm	83 x 33"	
Product Dimensions	■ L x W x H	209 x 84 x 172cm	83 x 33 x 66"	
Product Net Weight	• 186kg	410 lbs	◦ 183.5kg	404 lbs
Shipping Dimensions	■ L x W x H	220 x 78 x 100cm	87 x 31 x 39"	
Shipping Gross Weight	• 251kg	553 lbs	◦ 248.5kg	547 lbs