



# Cross Personal



## IN PURSUIT OF THE PERFECT SHAPE

The finest ergonomics an elliptical trainer can offer. The timeless beauty of shiny details. Exciting sessions guided by the interactive console. Cross Personal turns your total body workout into the multisensory experience you deserve.

CROSS PERSONAL - PRODUCT SHEET  
102020UKVER03



## DESCRIPTION

### Why choose Cross Personal

- Turn the Total Body Workout in a multisensory experience
- Delights the eye as much as your health
- Smooth and silent, perfect for any room
- Intense cardiovascular workout with minimum perception of fatigue
- Reach your fitness objectives without giving up on the fun

### Features

- Award-winning design by Antonio Citterio
- Gleaming die-cast aluminium details
- Outstanding biomechanics ensure safe and efficient workouts
- High-quality Dolby Surround speakers
- Live multimedia touch interface makes training intuitive and enjoyable
- Heart rate sensors on each handgrip
- CPR system regulates workload according to your heart rate

### Live Console

The Technogym Live interface brings you irresistible one-on-one Sessions, HIIT Routines, goal-oriented exercises. Moreover: internet, social media, TV, Netflix. And much more.

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## TECHNICAL SPECIFICATIONS

### Dimensions (LxWxH)

194 x 69 x 176 cm  
76 x 28 x 69 in

### Weight

145 kg  
320 lbs

### Max user weight

160 kg  
352 lbs

### Difficulty levels

1 – 25

### Resistance at 70 RPM

40 - 400 Watts

### User height

between 150 and 210 cm

### Power requirements

100 - 240 VAC

### HR monitoring

Hand sensor, telemetry

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## TRAINING PROGRAMS

### 18 Programmes

Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Hills; Hi-low blocks; Cross Training)

### Submaximal test

Fitness Test

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## SERVICES

Pricing is inclusive of VAT, 2 years warranty, transport and installation. Installation by Technogym is a high quality service including assembly and positioning of the equipment, testing and final cleaning of the installation area. Technogym will contact you to confirm the established date and time of delivery.



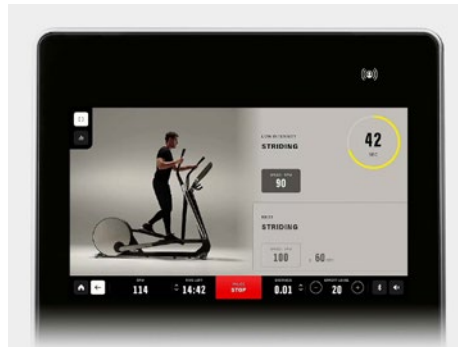
# Technogym Live Console

## LIVE THE FUN



Watch your favourite Netflix series or TV programme on the HD display. Get your groove on with your go-to Spotify or YouTube playlist, or browse the most popular websites.

## ROUTINES



Each Technogym Routine contains a variety of movements and exercises, whose intensity is automatically set up by the equipment. You will receive step-by-step guidance either by video, if you are on the Routine-dedicated screen, or by pop-up messages, if you are enjoying entertainment content.

## OUTDOORS



Let natural and urban landscapes captivate you while you're working out. Be amazed by where your travels around the world can take you.