

600 Series

625A Arc Trainer

625A Lower Body Arc Trainer is created for demanding users in demanding environments. It burns up to 16% more calories than competing ellipticals or cross-trainers, reduces knee strain by 83%, and improves muscular endurance by 38%*.



Dedicated AV controls at users' fingertips



Adjustable incline to target various muscle groups

Easy forward access

24" Stride

STANDARD DISPLAY

A split-level display keeps workout programs and metrics at eye level, while volume, speed, and incline buttons are built into the console, giving users total control at their fingertips.

SPECIFICATIONS

Product Name	625A
Dimensions (L x W x H)	76" x 32" x 62.5" (193 cm x 81 cm x 159 cm)
Resistance Range	Up to 900 Watts at 180 SPM
Incline Levels	21
Stride Length	24" (61 cm)
Max User Weight	400 lbs (182 kg)
Power	Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display
Display	Graphic display of profile via 8 x 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Workouts	Quick Start (Manual Mode), three Weight Loss, three Cardio, two Strength and Heart Rate Control; Workouts have 10 levels and control both incline and resistance
Entertainment Options	MYE wireless audio receiver; E3 View embedded HD monitor
Heart Rate Monitoring	Wireless and Contact Grips
Compliance	ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives
Color	Available in 15 standard frame colors or a virtually unlimited variety of custom colors



Exercise

Entertainment

Escape

E3 VIEW HD OPTIONAL DISPLAY

The 600 Cardio Series also offers optional technology features including the embedded MYE wireless audio receiver and the E3 View high definition monitor which offers three viewing modes on a 15.6" embedded display.

*According to an independent study at the University of Wisconsin-La Crosse

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