

E7 Cross Trainer

SKU: **GG-CT-004**



25 resistance levels with a 50cm stride length deliver a smooth, natural training experience for all fitness levels. The E7 Cross Trainer is self-powered, removing the need for mains connection while offering durability, comfort, and a wide range of workouts.

Key Features

- 50cm stride length and oval pedal path for smooth, natural movement
- Self-powered electromagnetic system for cordless operation
- Resistance output up to 400 watts to challenge beginners and elite athletes
- One-touch control panel for quick adjustments and programme selection
- Heart rate monitoring via chest belt or built-in hand pulse sensors
- Multiple workout programmes including intervals and fitness tests
- Robust commercial-grade build for heavy-duty environments
- Ergonomic design with bottle holder, storage, and reading shelf



Technical Specifications

Weight	105 kg
Length / Depth	204 cm
Height	181 cm
Width	68 cm
Max User Weight	182 kg

Screen Type	LED
Power Required	Self Generating

