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Eclipse 1100hr a elliptical trainer manual

Some of the best qualities of the Eclipse 1100 HR/A Elliptical trainer that satisfied customers have pointed out are that it is streamlined and quiet. Not only did the advertisement claim it, the elliptical comments said the same thing! This reasonable unit is an essential purchase for any household's health equipment and will allow the whole family to get by. The patented Orbital Liaison System - The patented orbital link system is an unparalleled innovation feature that makes the 1100 HR/A Elliptical trainer an exceptional choice for home training equipment. This link system component is what allows the Eclipse 1100 HR/A Elliptical Trainer to provide a perfectly fluid elliptical workout every time you use it. The result is that despite the reasonable price, the stride of the Eclipse 1100 HR/A Elliptical Trainer is calm and comfortable due to the low impact natural support it offers. You can achieve a full range of motion while you train on this elliptical trainer. The Expanded Electronic Package - At no cost to you, you get ten training platforms that are already pre-programmed in the Eclipse 1100 HR/A Elliptical Trainer. Two control programs are also included to monitor your heart rate. Using these controls, you can plan a workout that achieves your cardio goals, but does it safely. These workouts are provided in addition to a user-friendly but high-tech computer system that allows you to track your calories, distance, speed and time from your exercise routine. A Heart Monitoring Focus Bar - The Eclipse 1100 HR/A Elliptical Trainer has a focus bar that provides support and additional features. Built into the focus bar are heart rate monitors that keep an eye on your heart rate through your fingers. The heart rate is displayed at every moment of your workout so you can monitor your aerobic stress. The Eclipse 1100 HR/A Elliptical Trainer Review - Negative Facets - The only negative that users have recognized is that The Eclipse 1100 HR/A Elptical Trainer would be a more efficient unit if it were not battery powered. If the device could be run from the wall current, it would cut off maintenance and make the trainer more reliable. The Eclipse 1100 HR/A Elliptical Trainer - Product FeaturesSleek and silent elliptical trainer with patented orbital binding system. Offers a smooth elliptical pattern with a natural low-impact stride. Large slip-resistant pedals designed for stability and Enough foot, fitness computer tracks time, speed, distance, and calories burned. LCD window with 12 pre-defined workout programs, a manual program, a user program, and a heart rate control program. Measures 22.5 x 64 x 41 inches (W x H x D). Supports up to 275 pounds. Weighs 90 pounds.1 year guaranteed. A 15-inch stride length, a water bottle holder and a reading holder. A set of lower wheels for easy transport. © 1996-2014, 1996-2014, Inc. or its subsidiaries Length 3'9 (47.5 in)Width 2'2 (26.5 in)Height 5 (61 in)Weight 100 poundsThe Eclipse 1100 HR is a very compact elliptical trainer. It is very portable and comes with wheels at the base of the elliptical trainer. Simply tilt the elliptical trainer forward and turn it in front of your TV. Once you've done it, just take it back to your bedroom. Adjustable Resistance/PeddlersElectronicElectronic Adjusting Not Changes Automatically depending on the program you choose. Large sliding-resistant foot platforms for stability and sufficient space for the feet. The variable magnetic resistance system is fairly reliable and allows the user to adjust from 10 different predefined programs while pressing a button. This makes it ideal for all members of your family. I like the fact that you can program the 1100 HR to automatically adjust its strength. StrideElliptical stride15 Diameter strideDisplay/control panelLCD screenSpeedDistance traveledTimeCalories burnedPulsePrograms10 programs predefined2 heart rate-controlled programsin this price range, you have trouble finding an elliptical trainer with 10 programs and 2 heart rate-controlled programs. The scheduled workouts that the Eclipse 1100 HR provides is what sets it apart from other units in this price range. Just choose a workout, enter the length, and you leave. At each interval, the resistance will change depending on the time from the time of the entry. The Eclipse 1100 HR offers a variety of training programs such as hiking, peaking and endurance training that can test even the toughest athlete. FrameSturdy and sustainably builtCompact, solid construction. Made from massive steelMaximum user weight: 275 poundsA very sturdy and robust elliptical trainer. I like the fact that the Eclipse 1100 HR can handle up to 275 pounds. Heart rate monitorYesPulse sensors located on the action bars handleDual action bars- YesThe Eclipse 1100 HR gives you the ability to use the linked action system, dual action handlebars or stationary focus bar. It depends on the type of training you want. Guarantee and service1. andeleded within 5 to 10 days via UPS30 gauranteeAs return day with the Smooth ME, the Eclipse 1100 HR has exceptional customer service. Fitness Quest's customer support is superior and they are very sensitive to your questions. Even questions and email requests were returned quickly. Price/profitability390.95 includes shipping to (excluding Hawaii and Alaska). Additional shipping charges may apply to other countries. Priced at \$390.95, you'll have a hard time finding an elliptical trainer with the same durability and variety as the Eclipse 1100 HR. Dollar for a dollar, this elliptical trainer is hard to beat. If you are on a tight budget and need to find an elliptical trainer that is difficult enough to last with the necessary necessary to entertain you, that the Eclipse 1100 HR is for you. All elliptical characteristics have been examined and the conclusion is that this elliptical machine is exactly what the doctor ordered. If you don't have money to burn, it's an elliptical trainer that's worth watching. Special FeaturesThe Eclipse 1100 HR uses a system called the Orbital Linkage System. The OLS essentially provides a complete elliptical range without the feeling of drop off while keeping the range oval as opposed to up and down. Given the size of the frame, most elliptical trainers in this price range tend to go up and down as opposed to an elliptical movement. There is also a reverse motion on the Eclipse 1100 HR. You have the option to move forward or go back. Each one works different muscle groups. The Eclipse 1100 HR also has roulette wheels under the frame for easy transport. If portability is a problem, this elliptical trainer weighs only 100 pounds and can be easily transported from room to room. 1 2 Content Table 3 4 5 6 7 8 9 10 11 12 14 14 1 Content Table 2 3 4 5 6 7 8 9 10 11 12 13 13

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