

# E720 CYCLE-XT

**SUPREMELY VERSATILE- PERFECT  
FOR EVERY FACILITY**

This multi-function Cycle Cross Trainer operates in both forward and reverse directions for maximum muscle engagement and allows for isolation of core muscle groups.

The brief for our design engineers was to research all aspects of biomechanical use. The new, unique and technologically advanced E-720 Fluid Cycle XT is revolutionising the way people exercise all over the World. This First Degree Fluid Cycle is a fabulous exercise machine that effectively engages almost every muscle in the human body. The results speak for themselves.



**FIRST DEGREE FITNESS**  
FLUID INNOVATION

[www.firstdegreefitness.com](http://www.firstdegreefitness.com)

Total body conditioning can be achieved with the combination recumbent cycle, Seated and Standing Upper Body Ergometer. Instantly adaptable between these three functions. For the professional facility where maximum versatility of equipment is essential. Ideal for group classes and rehabilitation applications.

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## FEATURES AND BENEFITS

- Dual function, upper & lower body ergometer
- 20 levels of patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- Dual use Pedal / Hand Grip (patent applied)
- Operates in forward & reverse direction
- Adjusts to suit any height of user
- High visibility yellow adjustment knobs and levers
- Counter-balanced Main Arm rotates through 360 degrees to allow optimum height adjustment and standing and seated operation
- Low seat height - 54cm (21") swivels for ease of access
- Contoured 'soft-touch' seat with lumbar support
- Built-in Heart Rate reception
- Compact footprint - 121 x 95cm (48 x 37")
- Max user weight: 150kg (330lbs)
- Warranty Metal Frame: 10 years, Polycarbonate Tank & Seals: 3 years, Mechanical Components (of a non-wearing nature): 2 years, All Other Components (of a wearing nature): 1 year

