

# Appendix A - Technical Specifications

## Specifications

Length:	45" (114 cm).
Width:	31" (79 cm).
Height:	73" (185 cm). With optional A/V monitor 78" (198cm).
Weight of Product:	151 lbs. (60 kg).
Shipping Weight:	173 lbs. (78 kg).
Resistance Type:	Friction Belt and Flywheel.
Programs:	Quick Start, Manual, Nine Programs and Heart Rate Control as well as a Fitness Test.
Console Features:	Upper console: Dot matrix of the profile. Distance, floors, calories, calories per hour, mets, speed and heart rate. Lower Console: LED display of time, speed and level.
Heart Rate Features:	Built-in wireless heart rate receiver (transmitter not included) and contact heart rate monitoring.
Frame Colors:	Standard: Black enclosure with choice of five standard colors. Custom: Unlimited colors available for console upright.
Speed Range:	Minimum - 10 ft/min; Maximum - 150 ft/min. (3 to 46 m/min.)
Maximum User Weight:	400 lbs. (181 kg).
Connectivity:	CSAFE with Fitlinxx Level 3 pending.
Power:	115 VAC $\pm$ 5%, 50/60 Hz, 0.5 amps; or 230 VAC $\pm$ 10%, 50/60 Hz, 0.25 amps. Up to 10 units can be daisy-chained to share one 10-amp outlet.
Other:	Water bottle holder.
Options:	A/V monitor bracket option.

530S Stepper

