



# product information

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## 770A and 770AT Arc Trainers

The introduction of the 770A and 770AT represent the next step in completing the 625 and 770 product families.

The 770 Arc Trainers bring forward the uncompromising biomechanics of the 750 Arc Trainers including the same motion, range of motion, and resistance range. These products also feature the 4.3" Touch Screen of the 770T and introduce a unique training aid called the Muscle Map™ as well embedded MYE receivers and the embedded E3 View Monitor.

The table on the following page gives a direct comparison of 625 to 770 Arc Trainers. Areas of differentiation appear in blue and orange.

The first shipments will begin February 6<sup>th</sup> for standard and embedded MYE units. 770 Arc Trainers with E3 View will be available domestically beginning February 21 with the international DVB version following in Q2.



Improvements include refinement to water bottle holder and utility storage that make reach much easier for the user. The water bottle holder is now centrally located in front of the user. The 770A features handlebars that are more streamlined than those of the 770A. All 770AT Arc Trainers are equipped with cruiser grips.



Product	625A	625AT	770A	770AT
Incline	21 Levels (0-20)	21 Levels (0-20)	21 Levels (0-20)	21 Levels (0-20)
Stride Length	24"	24"	24"	24"
Resistance range	Up to 900 W	Up to 900 W	Up to 900 W	Up to 900 W
Resistance Levels	101 (0-100)	101 (0-100)	101 (0-100)	101 (0-100)
Cruiser Handles	Yes	No	Yes	Standard
Water Bottle Holder	Center, front	Center, front	Center, front	Center, front
Utility Tray	Yes	Yes	Yes	Yes
<b>Display</b>				
Dot Matrix of Profile	8 x 15	8 x 15	8 x 15	8 x 15
Time	X	X	X	X
Distance	X	X	X	X
Calories	X	X	X	X
Cal	X	X	X	X
HR	X	X	X	X
Watt	X	X	X	X
MET	X	X	X	X
Stride /Min.	X	X	X	X
Resistance	X	X	X	X
Heart Rate	X	X	X	X
4.3" Touch Screen	No	No	Yes	Yes
Made for iPod/Works with iPhone	NA	NA	Yes	Yes
Full iPod Control	NA	NA	Yes	Yes
Personal Entertainment Monitor	Optional – Embedded ATSC and DVB Available Q2	Optional – Embedded ATSC and DVB Available Q2	Optional - Embedded	Optional – Embedded
Embedded Wireless Receiver	Optional	Optional	Optional	Optional
Two-speed fan	No	No	Yes	Yes
Workouts	8 Standard + Heart Rate Control	8 Standard + Heart Rate Control	12 Total	12 Total
Goal Types				
Time	X	X	X	X
Calories			X	X
Quick Start	Yes	Yes	Yes	Yes
Adaptive Power Training Mode	No	No	Yes	Yes
Manual Constant Power Mode	No	No	Yes	Yes
Muscle MAP	No	No	Yes	Yes
			Not available with E3 View	Not available with E3 View
Stride Rate and Target Indicator	No	No	Yes	Yes

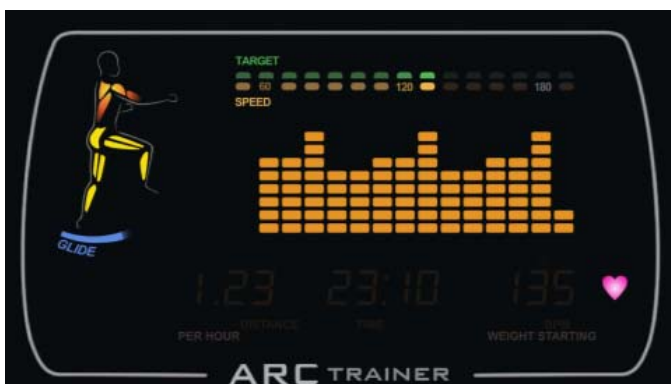


## Display Highlights

The upper display of the 770 Arc Trainers have some new enhancements included to help the user get the most out of their training. These include the Muscle Map™ and the Stride Rate and Target Indicator.

### Muscle Map™

The Muscle Map is a graphic representation of the relative effort put forth by the various lower body muscle groups. The graphing effect utilizes an algorithm derived from EMG data that looks at resistance, incline, and stride rate. The colors transition from yellow (low intensity) to orange to red to flashing red (high intensity).



## Workouts

The 770 Arc Trainers introduce a new notion to what we had traditionally called “Programs.” Going forward we will be using the term Workout. Keep the following progression in mind:

- Exercises make up a Workout.
- ➡ Workouts make up a Program

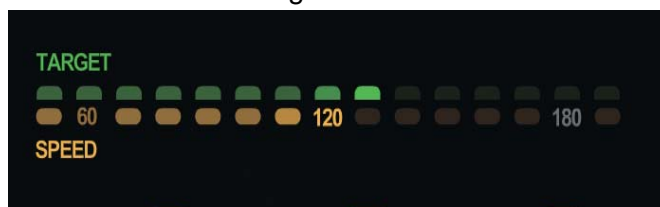
The 770 Arc Trainers have five categories of workouts as well as gender selection.

The categories are:

- Weight Loss
- Strength
- Shaping
- Cardio
- Power

The table on the following page shows the various categories with their icons and the icons of the workouts.

Workouts now include an added element in suggesting an optimum stride rate. The Stride Rate and Target Indicator atop the LED display provides an added piece of information and inspiration to drive the user to maintaining a Workout specific speed. For instance, the Strength Interval Workout will provide a target stride rate of 120 strides / minute during the work interval and 80 strides / minute during the rest interval.





		Program Groups						
		Female	Male	Program 1	Program 2	Program 3	Program 1 alt gender	Program 2 alt gender
Weight Loss								
Strength								
Shaping								
Cardio								
Power								