

CARDIO EQUIPMENT



HELIX LATERAL TRAINER HEL-HLT-3500

- Our heaviest duty frame and construction for full commercial use
- Oversize foot plates
- Delivers dramatic results, while keeping the feet, ankles, knees and hips in biomechanically correct alignment
- 55% greater core activation, 36% greater glute activation, target heart rates reached 23% faster, superior results seen in 7 out of 8 muscle groups tested
- Convenient, easy-to-reach dual bottle holders will fit oversize containers
- Self-generating, electro-magnetic resistance delivers 16 resistance levels and 400 watts of total resistance
- 4' x 3' compact size
- Adjustable leveling system helps provide stability
- Quiet, self powered & green. No power source needed and no wires



Overall Weight	Resistance Levels	Width	Length
225 lbs.	16	42"	36"

FEATURES AND SPECIFICATIONS

Power Requirements: Self-generating
Resistance Type: Generator magnetic
Resistance Method: Electro-magnetic
Resistance Levels: 16
Total Resistance (Watts): 400
Display Type: LED & dot matrix
Programs: Quick start, manual, random, interval, heart-rate control, valley, rolling, mountain, olympian

Feedback: Time, calories, RPM, distance, heart-rate, level, mets, watts
Flywheel weight: 26.4 lbs.
Max User Weight: 350 lbs.
Warranty: 3 years parts and 1 year labor