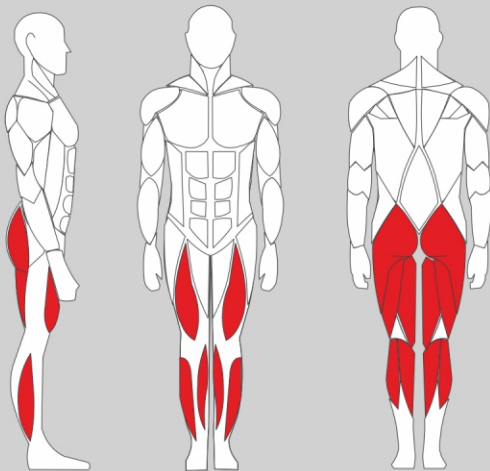


450 ETi2S

◆ Conceived to provide a natural and stable workout, the Intenza 450 ETi2S Series Elliptical Trainer seamlessly mimics the timing and gait of natural running. Ergonomic handlebars are raised to a comfortable height for holding in a standing position and the pedalling motion adapted to emulate the movement of legs while running on the ground. Intuitively smooth and low—impact movement prevents stress to joints whilst providing a total body workout.

◆ **MUSCLE WORKED:**
Quadriceps, Hamstrings, Shins, Calf muscles, Glutes



Display readouts	<ul style="list-style-type: none"> HR, Incline, Pace, Time, Calories, Distance, SPM, workout summary, level, Workout Profile
Heart rate monitoring	<ul style="list-style-type: none"> Polar®-coded wireless telemetry technology: built-in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability
Display type	<ul style="list-style-type: none"> Large white light LED message centre easily provides all needed information.
On-the-fly	<ul style="list-style-type: none"> Allows switching to other workout programs during exercise
Belt drive	<p>Performance Features:</p> <ul style="list-style-type: none"> Belt drive system for smoother, quieter performance. Minimize maintenance. Service made quick and easy
3-Phase generator	<ul style="list-style-type: none"> Self powered hybrid generator delivers consistent performance for a smooth and quiet workout
Bottom bracket	<ul style="list-style-type: none"> High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Incline	<ul style="list-style-type: none"> 16 levels
Max user weight	<ul style="list-style-type: none"> 181kg
Pedal to pedal distance	<ul style="list-style-type: none"> 2.3"
Resistance levels	<ul style="list-style-type: none"> 40 resistance levels meets new European EN 957-9 standards
Step up height	<ul style="list-style-type: none"> 13.7"
Stride length	<ul style="list-style-type: none"> 20.4"-21.6"
Fitness test	<p>Workout options:</p> <ul style="list-style-type: none"> Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand-rhyming
Target program	<ul style="list-style-type: none"> 3 Target programs: Time (1-99 mins), Distance (1-99km), Calories (10-2500 Kcal)
Advance program	<ul style="list-style-type: none"> 10 Preset programs
HR control	<ul style="list-style-type: none"> 4 heart rate control programs in constant power mode—HR Zone, Interval, Hill, Cardio Strength
Accessories holder	<p>Comfort features:</p> <ul style="list-style-type: none"> Yes
Ergo bar control centre	<ul style="list-style-type: none"> Manual stick shift for speed and incline adjustment at an easy-access position during workout
Efficient adjustment	<ul style="list-style-type: none"> Hot keys for increasing, or decreasing, speed and step-height quickly
Foot pedals	<ul style="list-style-type: none"> Ergonomically designed oversized foot pedals with soft grip to enhance stability and comfort during workout.
Frame	<ul style="list-style-type: none"> Robust frame structure designed to ensure stability and durability.
Incline	<ul style="list-style-type: none"> Training with incline enhances workout variety which increases workout results to include different muscle groups.
Upper body moving arms	<ul style="list-style-type: none"> Synchronizing upper body and lower body movement increase overall total body fitness.
Dimensions	<p>Overall dimensions:</p> <ul style="list-style-type: none"> 83" x 33" x 66"