VAPOR LATERALX

✓ TRUE[®]

Move in a different direction. Add new dimension and excitement to your cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and high caloric burn all in a space-efficient design.

FEATURES

- Adjustable side to side and stepping motion
- Adjustable lateral 3-D motion
- Adds muscle confusion with 10 varying planes of motion
- Great for sports, rehab and stability training, working the hips, thighs and glutes
- Advanced Programming

SPECIFICATIONS

DIMENSIONS (L x W)

DRIVE SYSTEM Front Drive

PRODUCT WEIGHT 388lbs / 176kg

Matte Black

42"L x 63"W / 106cm x 160cm

COLOR

CONSOLE OPTIONS



UNITE 16" TOUCHSCREEN



UNITE 10" TOUCHSCREEN



UNITE LED LED CONSOLE



Active side-to-side motion increases caloric expenditure by up to 27% and increases hip muscle activation





VAPOR LATERALX

Lateral Width Adjustments Print Brive Print Brite	TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (110V required with non-LED consoles)
Dive System Front Dive Resistance Levels Substance Levels Su		Cord Length	12' / 3.7M
Resistance Levels Adjustable Stride Leght 20 - 28" 5.08 cm - 71.12 cm		Lateral Width Adjustments	10
Refune R		Drive System	Front Drive
		Resistance Levels	30
		Adjustable Stride Length	20" - 28" / 50.8 cm - 71.12 cm
Frame Construction Robotically Welded Heavy-Sauge Steel		Electronically Adjustable Lateral Width	Yes
Pedal Spacing 1.8" / 4.8 cm Handlebar Design Multigrip and Converging Path Handlebars Side Steps Standard Quick Starts 3 (Narrow, Medium, Wide) Fingertip Controls on Moving Handlebars Work Mandlebar Lock-out Option Ves Unique to Product Workouts 3 (X-Mode, Quadpower, Thigh Toner)) Quick Starts 3 (Narrow, Hedium, Wide) Contact Heart Rate Monitoring Ves Wireless Heart Rate Monitoring Polor Compatible Bluetooth WALLABLE CONSOLES Unite 16" and Unite 10" Consoles CONTROL, LEG SHAPER, MHA, QUICK START, ROLLING FILLES, BRICE HILL, TARGET HRC, TIME GOAL, WITTUAL RINDS WORKOUTS Unite 16" and Unite 10" Consoles SHAPER, MHA, QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WORKOUT SWorkout Boosters X-MODE, THIGHTONER, AND QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WATER SHAPER, MHA, QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WATER SHAPER, MHA, QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WATER SHAPER, MHA, QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WATER SHAPER, MHA, QUICK START, ROLLING HILLS, SINGE HILL, TARGET HRC, TIME GOAL WATER SHOPPITONAL STEP PHYSICAL SPECIFICATIONS Footprint 42"L & STW / UBG.ms 180cm PHYSICAL SPECIFICATIONS Footprint 42"L & STW / UBG.ms 180cm Water Bottle Holder, Reading Rack / Tablet Holder Robotically welded and reinforced steel frame, molded step with TRUE logo surface Water Bottle Holder, Reading Rack / Tablet Holder Robotically welded and reinforced steel frame, molded step with TRUE logo surface Will be shown with the structure of the surface steel frame, molded step with TRUE logo surface Water Bottle Holder, Reading Rack / Tablet Holder Robotically welded and reinforced steel frame, molded step with TRUE logo surface Water Structure William Wi		Workload Range	40-600 Watts
Handlebar Design Multigrip and Converging Path Handlebars Standard 3 (Narrow, Medium, Wide) 7 (ves		Frame Construction	Robotically Welded Heavy-Gauge Steel
Side Steps		Pedal Spacing	1.8" / 4.6 cm
Prince P		Handlebar Design	Multigrip and Converging Path Handlebars
Fingertip Controls on Moving Handlebars Moving Handlebars Moving Handlebar Lock-out Option Moving Handlebar Lock-		Side Steps	Standard
Moving Handlebar Lock-out Option Ves Unique to Product Workouts 3 (X-Mode, Quadpower, Thigh Toner)) Quick Starts 3 (Narrow, Medium, Wide) Contact Heart Rate Monitoring Ves Wireless Heart Rate Monitoring Ves Wireless Heart Rate Monitoring Vireless Advanced Heart Rate Monitorin		Quick Starts	3 (Narrow, Medium, Wide)
Unique to Product Workouts 3 (X-Mode, Quadpower, Thigh Toner)) Quick Starts 3 (Narrow, Medium, Wide) Contact Heart Rate Monitoring Yes Wireless Heart Rate Monitoring Polar' Compatible Bluetooth Unite 18", Unite 10", and Unite LED WORKOUTS Unite 18" and Unite 10" Consoles CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS LED Console SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS EXTRAS Accessories Water Bottle Holder, Reading Rack / Tablet Holder PHYSICAL SPECIFICATIONS Footprint 42"L x 85" W / 106cm x 160cm Maximum User Weight Maximum User Weight Assembly Beight Maximum User Weight Step-Up Height 7 '23 cm Portability Foots Frame 7 Years 1 Years 1 Years 1 Years 3 Years		Fingertip Controls on Moving Handlebars	Yes
Ouick Starts 5 (Narrow, Medium, Wide) Contact Heart Rate Monitoring Ves Wireless Heart Rate Monitoring Volar Compatible Bluetooth Wireless Heart Rate Monitoring Volar Compatible Bluetooth WIRELECONSOLES Unite 16" and Unite 10" Consoles CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS ELED console SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS EXTRAS Accessories Water Bottle Holder, Reading Rack / Tablet Holder PHYSICAL SPECIFICATIONS FOOtprint Administry Weight Maximum User Weight Shipping Weight Maximum User Weight Step-Up Height Step-Up Height Portal Bills (Step-Up Height) Step-Up Height Portal Bills (Step-Up Height) Step-Up Height Parts (Step		Moving Handlebar Lock-out Option	Yes
Contact Heart Rate Monitoring Wireless Heart Rate Monitoring Wirels Heart Rate Monitoring Wir		Unique to Product Workouts	3 (X-Mode, Quadpower, Thigh Toner))
WIRELAND WORKOUTS WORKOUTS Unite 16" and Unite 10" Consoles Unite 16" and Unite 10" (A 2001 CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS Water Bottle Holder, Reading Rack / Tablet Holder Robotically welded and reinforced steel frame, molded step with TRUE logo surface Physical Specifications Machine Weight 42" Lx 63" W / 106cm x 160cm Maximum User Weight 400 lbs / 181 kg Step-Up Height 9" / 23 cm Portability Frame 7 Years Parts 3 Years		Quick Starts	3 (Narrow, Medium, Wide)
WORKOUTS Unite 16" and Unite 10" Consoles WORKOUTS Unite 16" and Unite 10" Consoles Unite 16" and Unite 10" Consoles Unite 16" and Unite 10" Consoles LED Console LED Console Workout Boosters EXTRAS Accessories PHYSICAL SPECIFICATIONS PHYSICAL SPECIFICATIONS Maximum User Weight Maximum User Weight Action Weight Maximum User Weight Action Weight Maximum User Weight Action Weight Action Weight Action Weight Maximum User Weight Action Hills, SINGLE HILL, TARGET HRC, TIME GOAL, ARDIO CHALLENGE, DISTANCE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, LARDIO CHA		Contact Heart Rate Monitoring	Yes
WORKOUTS Unite 16" and Unite 10" Consoles 10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS 10K, 30 30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL Workout Boosters X-MODE, THIGHTONER, AND QUADPOWER Water Bottle Holder, Reading Rack / Tablet Holder Robotically welded and reinforced steel frame, molded step with TRUE logo surface Machine Weight Accessories Machine Weight Shipping Weight Maximum User Weight 400 lbs / 181 kg 9" / 23 cm Portability Frame 7 Years Years 3 Years		Wireless Heart Rate Monitoring	Polar® Compatible Bluetooth
LED Console SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL Workout Boosters X-MODE, THIGHTONER, AND QUADPOWER EXTRAS Accessories Water Bottle Holder, Reading Rack / Tablet Holder DPTIONAL STEP Robotically welded and reinforced steel frame, molded step with TRUE logo surface PHYSICAL SPECIFICATIONS Footprint Ac"L x 63"W / 106cm x 160cm Machine Weight Shipping Weight Maximum User Weight 400 lbs / 181 kg Step-Up Height 9" / 23 cm Portability Frame Prats 3 Years 1 Years	AVAILABLE CONSOLES		Unite 16", Unite 10", and Unite LED
SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL Workout Boosters X-MODE, THIGHTONER, AND QUADPOWER EXTRAS Accessories Water Bottle Holder, Reading Rack / Tablet Holder PHYSICAL SPECIFICATIONS Footprint 42"L x 63"W / 106cm x 160cm Machine Weight Shipping Weight Maximum User Weight 9" / 23 cm Portability 5" / 23 cm Portability 2 Front Transport Wheels WARRANTY Frame 7 Years Parts 3 Years	WORKOUTS	Unite 16" and Unite 10" Consoles	
Accessories Water Bottle Holder, Reading Rack / Tablet Holder PHYSICAL SPECIFICATIONS PHYSICAL SPECIFICATIONS PHYSICAL SPECIFICATIONS Footprint 42"L x 63"W / 106cm x 160cm Machine Weight 388 lbs / 176 kg Shipping Weight Maximum User Weight 400 lbs / 181 kg Step-Up Height 9" / 23 cm Portability 2 Front Transport Wheels WARRANTY Parts 3 Years		LED Console	
PHYSICAL SPECIFICATIONS Footprint 42"L x 63"W / 106cm x 160cm Machine Weight 388 lbs / 176 kg Shipping Weight 400 lbs / 181 kg Maximum User Weight 2 front Transport Wheels WARRANTY Parts 3 Years		Workout Boosters	X-MODE, THIGHTONER, AND QUADPOWER
PHYSICAL SPECIFICATIONS Footprint 42"L x 63"W / 106cm x 160cm	EXTRAS	Accessories	Water Bottle Holder, Reading Rack / Tablet Holder
Machine Weight 388 lbs / 176 kg	OPTIONAL STEP		Robotically welded and reinforced steel frame, molded step with TRUE logo surface
Shipping Weight Maximum User Weight 400 lbs / 181 kg	PHYSICAL SPECIFICATIONS	Footprint	42"L x 63"W / 106cm x 160cm
Maximum User Weight		Machine Weight	388 lbs / 176 kg
Step-Up Height 9" / 23 cm Portability 2 Front Transport Wheels WARRANTY Frame 7 Years Parts 3 Years		Shipping Weight	
Portability 2 Front Transport Wheels WARRANTY Frame 7 Years Parts 3 Years		Maximum User Weight	400 lbs / 181 kg
WARRANTY Frame 7 Years Parts 3 Years		Step-Up Height	9" / 23 cm
Parts 3 Years		Portability	2 Front Transport Wheels
	WARRANTY	Frame	7 Years
Labor 2 Years		Parts	3 Years
		Labor	2 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

*Study conducted by Minnesota State University Mankato going from lateral width 1 to lateral width 10.

