

# VAPOR LATERALX



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

DRIVE SYSTEM  
Front Drive

PRODUCT WEIGHT  
388lbs / 176kg

COLOR  
Matte Black



Converging Path handlebars engage the upper body and custom-fit exercisers.

## CONSOLE OPTIONS



**UNITE 16\"/>**



**UNITE 10\"/>**



**UNITE LED  
LED CONSOLE**



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



Ten adjustable width levels for a greater variety of movements.

## VAPOR LATERALX

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (110V required with non-LED consoles)
	Cord Length	12' / 3.7M
	Lateral Width Adjustments	10
	Drive System	Front Drive
	Resistance Levels	30
	Adjustable Stride Length	20" - 28" / 50.8 cm - 71.12 cm
	Electronically Adjustable Lateral Width	Yes
	Workload Range	40-600 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedal Spacing	1.8" / 4.6 cm
	Handlebar Design	Multigrip and Converging Path Handlebars
	Side Steps	Standard
	Quick Starts	3 (Narrow, Medium, Wide)
	Fingertip Controls on Moving Handlebars	Yes
	Moving Handlebar Lock-out Option	Yes
	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
AVAILABLE CONSOLES		Unite 16", Unite 10", and Unite LED
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
	LED Console	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
EXTRAS	Accessories	Water Bottle Holder, Reading Rack / Tablet Holder
OPTIONAL STEP		Robotically welded and reinforced steel frame, molded step with TRUE logo surface
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	Frame	7 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.



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