



True Fitness Hit Series Traverse Lateral Trainer

With the side-to-side motion of the TRUE Traverse, users will get a workout like no other — sculpting your core and lower body. The TRUE Traverse provides smooth motion for a better workout in less time. With unique programming features, such as the Cardio 360 workout, users will activate more muscle groups than on other cardio machines. The TRUE Traverse is manufactured with the same high quality and craftsmanship that TRUE has been known for in the fitness industry for over thirty-four years. Experience high-intensity training on the TRUE Traverse.

SPECIFICATIONS:

Type	Commercial
Power Source	Self-generated with Emerge and Escalate 9 consoles, External power source with other consoles
Resistance Source	Generator magnetic
Resistance Method	Electromagnetic
Resistance Levels	30
Total Resistance (Watts)	450 Watts
Handlebar Design	Multi-Position with Moisture Resistant Sleeves
Heart Rate	Polar® Compatible
Machine Weight	225 lbs / 102kg
Shipping Weight	235lbs / 106kg
Max. User Weight	350 lbs / 159kg
Step-Up	8.25" / 21cm
Foot print	41" x 41" (105cm x 105cm)
Portability	2 Front Transport Wheels
Warranty	-Life time on structural frame. -3 years on electrical and electronic parts. -3 years on console electronics. -90 days on connectivity parts.



Envision Console



Emerge Console

