

# CS3.1 Cardio Strider



## Low Impact Cardio

Unique striding motion reduces stress on knees, hips & back for a one of a kind workout



## 40 Resistance Levels

No matter your fitness level, there's a resistance that matches you now & in the future



## Interactive Console

10 Preset programs with a log of your workout history & settings keep you on track



**Frame** - Heavy-duty steel, matte black with chrome & red details

**Customized Seat** - Adjustable seat height & 3-point back tilt

**Adjustable Handles** - Lock up or down

**Resistance System** - Electro-magnetic flywheel

**Display** - LCD display (plug-in)

**Bluetooth** - Ready to connect to heart rate monitoring devices

**Heart Rate Handles** - Reads heart rate when held

**Built-In** - Tablet holder & water bottle storage

**Max User Weight** - 300 lbs (136 kgs), with locking pin 400 lbs (182 kgs)

**Assembled Weight**  
187 lbs / 85 kgs

**Shipping Weight**  
208 lbs / 95 kgs

### Assembled Dims

W - 36 in    W - 92 cm  
L - 60 in    L - 153 cm  
H - 54 in    H - 138 cm

### Shipping Dims

W - 19 in    W - 49 cm  
L - 66 in    L - 168 cm  
H - 34 in    H - 87 cm

**Residential Warranty**  
Limited Lifetime frame, 5y parts, 1y labor

**Light Commercial Warranty**  
10y frame, 1y parts, 1y labor

