

# VAPOR XT-ONE



The cross trainer that does it all. The XT-One is an all-in-one machine that lets exercisers walk, run, hike or climb to target different muscles for customized effectiveness. Created with premium materials and innovative design, this elliptical will stand up to every workout while fueling performance and delivering results. The Vapor XT-One gives exercisers the ability to challenge themselves with intense workouts, yet still feel good both during and after their routines.

## FEATURES

- 4 unique workout modes
- Adjustable incline motion
- Exclusive SmartStride Technology
- MultiGrip and Converging Path handlebars
- Programmed workouts

## SPECIFICATIONS

DIMENSIONS (L x W)  
75" x 33" / 191cm x 84cm

DRIVE SYSTEM  
Front Drive

PRODUCT WEIGHT  
395 lbs / 180 kg -  
with steps 427 lbs / 194 kg

COLOR  
Matte Black

## CONSOLE OPTIONS



**UNITE 16"  
TOUCHSCREEN**



**UNITE 10"  
TOUCHSCREEN**



**UNITE LED  
LED CONSOLE**



Converging Path  
handlebars follow the  
natural path of the arms.



Adjustable incline  
and stride length



Optional side steps

## VAPOR XT-ONE

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (110V required with non-LED consoles)
	Cord Length	12' / 3.7M
	Drive System	Front Drive
	Resistance Levels	30
	Resistance Source	Hybrid Self-Generating Brake
	Adjustable Incline Levels	10
	SmartStride® Technology	Yes
	Electronically Adjustable Stride	Yes
	Quiet Motor	Yes
	Adjustable Stride Length	20" - 28" / 50.8 cm - 71.12 cm
	Workload Range	40 - 600 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedal Spacing	1.8" / 46 cm
	Handlebar Design	MultiGrip and Converging Path Handlebars
	Moving Handlebars Lock Out Option	Yes
	Side Steps	Optional
	Quick Access Control	No
	Incline and Stride Controls on Moving Handlebars	Yes
	Contact Heart Rate Monitoring	Yes, on moving handlebars
	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
	UNITE 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
	Quick Starts	Walk, Run, Hike, Climb (available on touchscreen consoles)
WORKOUT BOOSTERS	UNITE 16", 10", and LED Consoles	X-MODE, ARMBLASTER, AND GLUTEKICKER
EXTRAS	Accessories	Cup Holder, Reading Rack / Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	75"L x 33"W / 191 cm x 84 cm
	Footprint with Side Steps	92"L x 40"W / 234 cm x 102 cm
	Active Footprint	92"L x 33"W / 234 cm x 84 cm
	Machine Weight	395 lbs / 180 kg
	Machine Weight with Side Steps	427 lbs / 194 kg
	Shipping Weight	474 lbs / 215 kg
	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.

