



FEATURES & BENEFITS

0–20% 1-STEP™ INCLINE CONTROL › Boost your weight loss with 1-Step™ Incline Controls. These controls make it simple to change the incline so you can reduce impact on your joints, burn fat calories and add variety to your workout. **-3–0% 1-STEP™ DECLINE CONTROLS** › It's the newest revolution to the elliptical workout—walking at a decline! With 1-Step™ Decline Controls you can instantly adjust your decline to stimulate different muscles and add balance to your workout. **10" HIGH DEFINITION FULL-COLOR TOUCH SCREEN DISPLAY** › Your entertainment options are virtually limitless with this luxurious, 10" touch screen. Connect to a wireless network to research the latest in fitness, read news, catch up on email, watch sports highlights, get on Facebook® and more. **IFIT® TECHNOLOGY BUILT-IN** › Featuring workouts Powered by Google Maps™, training with Jillian Michaels, progress tracking and automatic speed and incline controls, this wireless technology is the ultimate workout experience! **1-STEP™ RESISTANCE CONTROLS** › Transform your workouts into progressive training with 26 digital resistance levels. A quick adjustment adds intensity to your workout for faster results! Plus, each adjustment is smooth and natural with SMR™ Silent Magnetic Resistance. **3 HD VIDEO WORKOUTS** › Work out in Hawaii with built-in HD Video Workouts! Sightsee on your touch screen as a personal trainer offers coaching and interesting facts about the surroundings. Your incline and decline adjust to match the terrain. **SET-A-GOAL WORKOUT CENTER** › Personalize your workout with the built-in set-a-goal workout center. Use the console controls to set your desired workout time, distance and calorie burn goal. The elliptical creates a customized workout to help you reach your goals! **SOFT-TOUCH UPPER-BODY WORKOUT ARMS** › Accelerate your weight loss with this total-body, low-impact workout. Upper-body workout arms engage your arms and core as well as your lower body for greater calorie burn, increased muscle tone and unmatched results. **DUAL-GRIP HEART RATE MONITOR WITH POLAR® WIRELESS CHEST STRAP** › Forever change the way you work out by adding heart rate training. The Polar® Wireless Chest Strap automatically communicates your heart rate to the elliptical so you can constantly monitor your workout intensity. Plus, two handgrip heart rate sensors are conveniently built-in to this elliptical's handlebars for intermittent readings. With heart rate training, you get peak performance and maximum weight-loss results. **OVER-SIZED, ADJUSTABLE PEDALS WITH CUSHIONING** › Quickly adjust your toe-to-heel angle to target different muscle groups! Each adjustment tones and sculpts your lower body for more defined results! **400 LB. WEIGHT CAPACITY** › Accommodating up to 400 lbs., this commercial-grade elliptical is built for strength and durability.

e7.7 ELLIPTICAL TRAINER

MODEL › VMEL81911

TYPE › Cardio

FEATURE › 1-Step™ Incline and Decline Controls

TV UPGRADE › FMTV84410



PRODUCT SPECIFICATIONS

Resistance Range	20 Digital Resistance Levels
Max User Weight	400 lbs. (181 kg)
Display Type	10" High Definition full-color capacitive touch
Display	Speed, Pace, Time, Resistance, Distance, Vertical Feet, Calories, Calories/Hour, Heart Rate, Watts, RPM
Workout Programs	Manual, 2 Map, 2 Competition, 2 Weight Loss, 3 Hd Video, iFit® Technology Built-in
Warranty	<ul style="list-style-type: none"> › Lifetime Frame › 3-Year Parts › 1-Year Console › 3-Year Labor



877.363.8449 › www.freemotionfitness.com