

# HELIX HLT-3500 LATERAL TRAINER



## FEATURES

- Helix Lateral Trainer
- Bi-directional 360° multi-plane Helix Motion® provides complete core & lower body muscle activation (glutes, inner/outer thighs, quads, hamstrings)
- Heaviest Duty Frame and Construction for Full Commercial Use
- State-Of-The-Art TFT Touchscreen Computer With Full Color Screen
- Oversize Foot Plates
- 20 levels of Electronic Resistance
- 8 Exercise Programs
- Resistance Type: Generator Magnetic
- Resistance Method: Electro-magnetic
- Resistance Levels: 20
- Total Resistance: 400 Watts
- Display Type: TFT Touch Full Color
- Programs: Quick Start, Manual, Random, Interval, HR Control, Valley, Rolling, Mountain, Olympian
- Feedback: Time, Calories, Rpm, Distance, HR, Level, Mets, Watts
- Flywheel weight: 26.4 lbs / 12kg
- Max User Weight: 350 lbs / 159kg
- Unit Weight: 225 lbs / 102kg
- Assembled Footprint: 3' x 4' (91.4cm x 122cm)
- Packaging DIMS: 38 x 18 x 29 (96.5 x 45 x 74)
- Power Requirements: Plugs in to 120 VAC 50/60 Hz

## WARRANTY

WARRANTY (PARTS) 3 YEARS COMMERCIAL 5 YEARS RESIDENTIAL  
UPON OWNER REGISTRATION WARRANTY (LABOR) 1 YEAR (USA  
AND CANADA ONLY)