

# A HARMONY OF DESIGN & NATURAL MOVEMENT

Created to fit your home like no other, our compact suspension elliptical delivers a harmony of design and natural movement for the most comfortable, smoothest elliptical experience in the industry.

suspension ellipticals



## E50

## E30

<b>STRIDE LENGTH</b>	51 cm / 20"	51 cm / 20"
<b>STEP-ON HEIGHT</b>	23 cm / 9.1"	23 cm / 9.1"
<b>POWER INCLINE</b>	N/A	N/A
<b>FLYWHEEL</b>	N/A	10.5 kg / 23.1 lbs.
<b>RESISTANCE SYSTEMS</b>	Exact Force Induction Brake	ECB magnetic braking system
<b>RESISTANCE LEVELS</b>	30 levels, electronic	20 levels, electronic
<b>PEDALS</b>	Oversized with rubber inserts	Oversized
<b>PEDAL SPACING</b>	6.5 cm / 2.6"	6.5 cm / 2.6"
<b>HANDLEBAR TYPE</b>	Multi-position, dual action	Dual action
<b>EXTRAS</b>	Water bottle holder, accessory tray, stationary handles with heart rate grips and resistance toggles	Water bottle holder, accessory tray, stationary handles with heart rate grips and resistance toggles
<b>DIMENSIONS (L x W x H)</b>	<b>STATIC</b> 148 x 84 x 173 cm / 58" x 33" x 68.1" <b>IN-USE</b> 175 x 84 x 177 cm / 68.9" x 33" x 69.7"	148 x 73 x 166 cm / 58" x 29" x 65" 175 x 73 x 172 cm / 68.9" x 29" x 68"
<b>PRODUCT WEIGHT</b>	133 kg / 293 lbs.	126 kg / 278 lbs.
<b>USER WEIGHT CAPACITY</b>	147 kg / 325 lbs.	126 kg / 278 lbs.
<b>CONSOLE</b>	Choose from four console options to customize your workout experience. See reverse for more information.	Choose from three console options to customize your workout experience. See reverse for more information.

Specifications subject to change without notice. For more information about Matrix Fitness: [matrixfitness.com](http://matrixfitness.com)

## JOHNSON EXCLUSIVE TECHNOLOGIES

At Johnson Health Tech, we invest in advanced technology that completely redefines the exercise experience. These unique features are exclusive to our premium products, so you won't be able to find them anywhere else.



Exact Force Induction Brake offers instant, smooth, precise resistance changes at the push of a button, and with no moving parts, it's quieter and more durable as well.



Suspension Elliptical Technology features a wheel- and track-free design to reduce noise and friction for long-lasting quality while providing a smooth, consistent feel through the ellipse.



**XUR**  
**THE ULTIMATE ENTERTAINMENT**  
 22" HD touchscreen offers our brightest display and easy access to entertainment apps. Available on E50 only.

**XIR**  
**ENTERTAINMENT EXCELLENCE**  
 16" touchscreen offers an HD display and easy access to entertainment apps.

**XER**  
**INTUITIVE APP INTERFACE**  
 10" touchscreen features a clear display and easy access to entertainment apps.

**XR**  
**SIMPLY PERFECT**  
 8.5" LCD makes it easy to check workout data at a glance.

	XUR	XIR	XER	XR
<b>DISPLAY</b>	22" class HD touchscreen	16" class HD touchscreen	10" class touchscreen	8.5" Extra-wide blue LCD
<b>WORKOUT PROGRAMS</b>	● (12)	● (12)	● (11)	● (5)
<b>BLUETOOTH FTMS</b>	●	●	●	●
<b>SPEAKERS</b>	● (5W)	● (5W)	● (3W)	●
<b>USB PORTS</b>	● (2)	● (2)	● (1)	●
<b>HDMI PORT*</b>	●	●	●	●
<b>CONSOLE APPS (SEE BELOW)</b>	●	●	●	●
<b>VIRTUAL ACTIVE INTEGRATED</b>	●	●	●	●
<b>SPRINT 8 INTEGRATED</b>	●	●	●	●
<b>BLUETOOTH HEART RATE</b>	●	●	●	●
<b>BLUETOOTH HR STRAP INCLUDED</b>	●	●	●	●
<b>READING RACK</b>	●	●	●	●
<b>ENERGY SAVER MODE</b>	●	●	●	●
<b>CONSOLE WEIGHT</b>	11 kg / 24 lbs.	5.5 kg / 12 lbs.	4.5 kg / 10 lbs.	3.5 kg / 8 lbs.

\* The term HDMI and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. HDMI cables, media player and devices not included.

## console apps

Availability of apps are subject to change. Some apps are not available in all areas. Additional apps may become available. Workouts and features vary based on model type, console configurations, software versions and options purchased.

\* Available on XUR and XIR only.

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Experience an immersive workout with high-definition destination footage synced to the speed of your workout. Includes two Virtual Active courses.



This scientifically validated high-intensity interval training program burns fat and builds muscle in short workouts that anyone can fit into their schedule.