

600 Series

625AT Arc Trainer

625AT Total Body Arc Trainer is created for demanding users in demanding environments. It burns up to 16% more calories than competing ellipticals or cross-trainers, reduces knee strain by 83%, and improves muscular endurance by 38%*.



Dedicated AV controls at users' fingertips

STANDARD DISPLAY

A split-level display keeps workout programs and metrics at eye level, while volume, speed, and incline buttons are built into the console, giving users total control at their fingertips.



E3 VIEW HD OPTIONAL DISPLAY

The 600 Cardio Series also offers optional technology features including iPod®/iPhone® connectivity, the embedded MYE wireless audio receiver, and the E3 View high definition monitor which offers three viewing modes on a 15.6" embedded display.



SPECIFICATIONS

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| Product Name | 625AT |
| Dimensions (L x W x H) | 76" x 32" x 62.5" (193 cm x 81 cm x 159 cm) |
| Resistance Range | Up to 900 Watts at 180 SPM |
| Incline Levels | 21 |
| Stride Length | 24" (61 cm) |
| Max User Weight | 400 lbs (182 kg) |
| Power | Self powered, E3 View available in standard AC voltages, optional AC adapter for full time display |
| Display | Graphic display of profile via 8 x 15 LED matrix; Numeric display of time, distance, calories, calories/hour, METs, Watts, strides per minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level |
| Workouts | Quick Start (Manual Mode), three Weight Loss, three Cardio, two Strength and Heart Rate Control; Workouts have 10 levels and control both incline and resistance |
| Entertainment Options | MYE wireless audio receiver; E3 View embedded HD monitor |
| Made for iPod® Works with iPhone® (optional) | iPod/iPhone integration with 30-pin connector. Users can easily charge an iPod or iPhone, listen to music, switch tracks, and control volume |
| Heart Rate Monitoring | Wireless and Contact Grips |
| Compliance | ETL listed to UL1647, ASTM, EN 957, and CSA; FCC Class B; CE Low Voltage, EMC and RoHS Directives |
| Color | Available in 15 standard frame colors or a virtually unlimited variety of custom colors |



*According to an independent study at the University of Wisconsin-La Crosse

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