

# 55-1610 Stamina® InMotion® E1000 Elliptical

*The Stamina InMotion E1000 Elliptical trainer is an affordable way to work out at home on one of the most popular machines in the gym. It is compact and lightweight enough to use at home or at the office, and stores easily under a desk or in a closet.*

*Elliptical trainer workouts burn a similar number of calories as jogging but without the risk of injury to the back, knees, hips, or ankles. Since your feet never leave the pedals the Stamina InMotion E1000 Elliptical gives a low-impact workout that is easy on your joints.*

- Adjustable tension to control workout intensity level
- The foot pedals can be worked in a forward or reverse direction to target your lower body in different ways
- Electronic fitness monitor displays number of strides per minute, total number of strides, exercise time, and calories burned or scan all stats
- Sturdy steel construction, non-slip pedals

**Footprint: 20" x 12"**  
**Weight: 24 lbs.**



**Stamina®**  
PRODUCTS, INC.

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