

# Marcy ER8000D Cross Trainer (125 GBP)



Location **Scotland, Aberdeenshire**  
<https://www.freeadsz.co.uk/x-460927-z>

## Marcy ER8000D Cross Trainer

Hardly used, practically brand new. Priced at £125 for quick sale. £250 if bought new. The all new Marcy ER8000D Programmable Cross Trainer is a fantastic piece of home fitness equipment for those looking for an effective full body cardio workout. Cross trainers offer a low impact upper and lower body workout to effectively tone and lose weight throughout the whole body.

16 varying levels of magnetic resistance keep your workouts ever challenging and with 12 pre-stored programmes there are many training options available. The clear backlit console display presents a well broken down evaluation of your workouts progression with a basic readout of information showing time, speed, distance, calories and pulse.

Key Product Features - Flywheel Weight: 6kg / 13lbs

- Stride Length: 12 inches / 30cm
- Resistance Levels: 16 levels of magnetic resistance adjusted through the console
- Handlebars: Dual action in conjunction with the pedals for full body workouts and separate fixed bars for bursts of high intensity
- Motion: Forward or reverse motions
- Quality: Silent and smooth operation from flywheel and bearings
- Heart Rate: Telemetric hand pulse grips on the fixed handlebars
- Framework: Solid steel heavy gauge framework
- Certification: GS and TUV Independently Certified to German quality standards (superior to CE alone)
- Leg Levellers: Turn dials on the rear stabiliser for balancing out on uneven floors

- Transport Wheels: Positioned on the front stabiliser

- Console Details

- Console Display: Clear backlit LCD screen with clear glare free readout  
 - Telemetric feedback: Time, speed, distance, calories, watt (energy output), journey, heart rate, pulse, break time

- Pre-Set Workout Programs: 12 pre-set (fat burn, rolling hills, interval training, mountain climb etc...)

- Quick Start Feature: Jump on and go for ease and simplicity

- Heart Rate Control Program: Set your heart rate and the program automatically adjusts the resistance to stay at a consistent rate

- Watt Control: Allows you to set what energy output (how hard you train) and will maintain that level

- Recovery Features: Scores you between 1-6 after a workout to grade your fitness level based on heart rate recovery



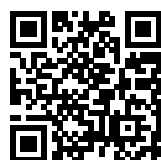
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- Body Fat Calculator: Input your details and hold the heart rate grips for a readout
  - User Input: Set and save gender, age, height and weight for 4