

APEX CROSS TRAINER

TRUE

Designed based on precise human biomechanics, the Apex Cross Trainer delivers comfortable natural movement and flow, both forward and backward. With MultiGrip handlebars, users can target different upper-body muscles simply by changing the grip; and Converging Path handlebars follow the natural path of the arms when walking or running.

FEATURES

- Electronically adjustable stride from 20"- 28"
- SmartStride® technology
- Close pedal spacing
- Low step-up height
- Advanced training 30:30 and MMA

SPECIFICATIONS

DIMENSIONS (L x W)
77" x 33" / 196 cm x 84 cm

STEP-UP HEIGHT
8" / 20.32 cm

UNIT HEIGHT
64" / 162.56 cm

PRODUCT WEIGHT
364 lbs / 165 kg

COLOR
Matte Black



Advanced programs with
workout boosters

Optional side steps

SmartStride ergonomics
automatically adjusts
stride length between 20"
- 28" to replicate walking,
jogging, and running

CONSOLE OPTIONS



UNITE 22"
TOUCHSCREEN



UNITE 16"
TOUCHSCREEN



UNITE 10"
TOUCHSCREEN



UNITE LED
CONSOLE

APEX CROSS TRAINER

TECHNICAL SPECIFICATIONS	Power Source	Self-Generating (100-220V required with non-LED consoles)
	Cord Length	12' / 3.7M
	Drive System	Front Drive
	Resistance Levels	30
	Adjustable stride lengths	20" - 28" / 51cm - 71cm
	SmartStride® technology	Yes
	Electronically adjustable stride	Yes
	Workload Range	40 - 600 watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedal Spacing	1.8" / 4.6 cm
	Handlebar Design	Converging Arms
	Quick Access Control	Yes, fingertip controls on moving handle bars
	Contact Heart Rate Monitoring	Yes
	Resistance Source	Hybrid Self-Generating Brake
	Footpad	Molded Footpad
	Quiet Motor	Yes
	Pedal Spacing	1.8" / 4.5cm
	Covered Track and Rollers	Yes
	MultiGrip and Converging Path Exercise Arms	Yes
	Moving Handlebar Lock-out Option	Yes
	Side Steps	Optional
	Asset Management	Ecofit
AVAILABLE CONSOLES	UNITE 22", UNITE 16", UNITE 10", and UNITE LED	
WORKOUTS	UNITE 22", UNITE 16" and UNITE 10" Consoles	10K, 30:30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, DRAW YOUR OWN, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL, VIRTUAL RUNS
	UNITE LED Console	10K, 30:30, 5K, CALORIE GOAL, CARDIO CHALLENGE, DISTANCE GOAL, HALF MARATHON, HILL INTERVALS, HRC CRUISE CONTROL, LEG SHAPER, MMA, QUICK START, ROLLING HILLS, SINGLE HILL, TARGET HRC, TIME GOAL
WORKOUT BOOSTERS	UNITE 22", UNITE 16", UNITE 10", and UNITE LED Consoles	X-MODE, GLUTEKICKER, ARMBLASTER
TOTAL BODY WORKOUT	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
EXTRAS	Accessories	Water Bottle Holder, Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	77" x 33" / 196 cm x 84 cm
	Active Footprint	87" x 37" / 221 cm x 94 cm
	Footprint with side steps (L x W)	87" x 40" / 221 cm x 102 cm
	Machine Weight	364 lbs / 165 kg
	Shipping Weight	408 lbs / 185 kg
	Shipping Dimensions	74" L x 30" W x 35" H / 188 cm x 76 cm x 89 cm
	Maximum User Weight	400 lbs / 181 kg
	Portability	2 Front Transport Wheels
COMMERCIAL WARRANTY	Frame	7 Years
	Parts	3 Years
	Labor	2 Years
	Consoles	3 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



truefitness.com | 800.426.6570 | 636.272.7100

©2025 TRUE Fitness Technology, Inc

REV 8-21-2025