

ERGO-FIT®

Specialist
in medical fitness training!



PRODUCTS

MADE IN GERMANY



Welcome to ERGO-FIT – specialist in medical fitness training in Germany.

Thank you for your interest in our company and our products. Have a look at this catalog and see what distinguishes ERGO-FIT. Besides our experience, our innovative capacity and our values, it is the quality of our products that makes a difference. This commitment to quality has been our main driving force in the past and it will be in the future. On this you can always rely.



Michael Resch
Michael Resch (Managing Director)

ERGO-FIT – Qualität Made in Germany

4

Made in Germany, that's what we stand for: And that's what our customers love about our family business and our high-quality products.

CARDIO

14

For professional use: Our stationary equipment for cardio-vascular workout meets the most stringent demands. And is still so easy to handle.

POWER

36

Entwickelt für unterschiedlichste Ansprüche: In den Kraftgeräten von ERGO-FIT steckt unsere langjährige Erfahrung in der Produktion hochwertiger Trainingsgeräte. Sie ermöglichen ein gesundes Muskelaufbautraining und bestechen durch den für ERGO-FIT typischen Bedienkomfort, einen geringen Platzbedarf und ihr optimales Preis-Leistungs-Verhältnis.

TORSO

50

Diagnostics and workout in one device: A healthy body posture reduces the stress on the spinal column and significantly contributes to health and wellbeing. The ERGO-FIT TORSO LINE focuses on a healthy and effective workout of the supporting torso muscles.

SYSTEM

56

New approaches for workout control and documentation: With the Vitality System, ERGO-FIT has developed a system that allows for individualized, health-oriented workout.

ERGO-FIT



OVER 70 YEARS OF ERGO-FIT WITH PRODUCTION IN GERMANY

“At ERGO-FIT we are no philosophers. We are practical-minded, clever craftsmen, technicians, scientists and economists working together for a common goal.”

Michael Resch (Managing Director ERGO-FIT)

“100 % made in Germany” that is our philosophy at ERGO-FIT. Because the traditional family business set itself a clear goal already at its foundation stage: to create new standards in the industry. How did we get there? Uncompromising quality. To ensure such quality, the company manufactures all cardio and strength workout equipment completely in Germany. This also applies for the required

individual components. As far as possible, they are manufactured directly at our production sites in Pirmasens, Germany. The result is a vertical level of manufacturing that is not easy to find elsewhere. This, combined with a unique understanding of customer needs and future developments, makes ERGO-FIT the Specialists in medical fitness training in Germany.



ERGO-FIT in Pirmasens: Here on 9.000m², innovative fitness equipment of unique



Step by step, the apprentices learn how to handle the materials in the ERGO-FIT training workshop



From the raw material to the ready-to-use machine

But there are even more factors that guarantee the ERGO-FIT quality. For example, after we first receive your order, all machines are customized to meet your special needs. We always guarantee that: The cardio and strength equipment is shipped to you completely assembled by our own fleet. The machines are set up at their final location and are ready for use. Our own field service and the internal service team guarantee for perfect customer support throughout the life cycle of the machine.

Another factor for consequent quality assurance is the internal training of young people to become part of our business administration and technical department. This is our way at ERGO-FIT to address our social responsibility.

The ERGO-FIT quality management system is **DIN EN ISO 13485** certified.



“Made in Germany” quality is created: Craftsmanship that guarantees for outstanding quality



MADE IN GERMANY

FROM INNOVATION TO STANDARD



1973: The first ERGO-FIT exercise bike

The Willi Resch KG was founded in 1947. It specialized in manufacturing machines for shoe production. At the beginning of the 1970s, the company started looking for new future markets. Since the former managing director Hans Resch was involved with sports and medicine, the company focused on the opportunities associated with cardio training. In 1973 the Willi Resch

KG presented its first exercise bike for therapeutic use. Thanks to the unprecedented quality, it soon became a success. **Thanks to the unprecedented quality, it soon became a success. In 1981, the next milestone followed: The company presented the first in the world ergometer with eddy current brake. Today this system has become a standard for exercise bikes.** Thanks to continuous research and development, the company, now called **ERGO-FIT**, has found its way not only into the therapeutic sector, but also into the fitness industry.

Today, **ERGO-FIT is a recognized specialist in medical fitness training.** We offer cardio and strength machines, training systems and individual concepts

for tailor-made health training. All products are characterized by high reliability, easy operation, first-class quality and precise measurement.

ERGO-FIT is also a certified manufacturer of medical products. These are of particular interest for customers from the physiotherapy industry, as well as for hospitals and rehabilitation centers. The products of our subsidiary, **cardiowise**, fulfill the specific requirements of cardiological rehabilitation; our innovative pulling resistance system – **ivo Trainer** – on the other hand, is also used in performance sports.

Intensive tests: All products are thoroughly tested before shipment



Secure packaging – another important factor of quality assurance at ERGO-FIT



Full-service quality management system for medical products

- EN ISO 13485
- Guideline 93/42/EEC, Annex II



Processing of materials - superior craftsmanship and high precision.

THE ERGO-FIT STORY

- 1947** The basis of our success: Foundation of the Willi Resch KG, a marketing and distribution company for machines for the shoe production. Later on, the company produced its own machines.

- 1973** Reaction to the crisis in the shoe production industry: Development of the first bicycle ergometer for the medical field and subsequently – for the fitness industry.

- 1981** A new standard is born: ERGO-FIT builds the world's first Eddy Current Brake, thus creating a standard that was adopted by all other manufacturers and that is still applicable today. Ergo-Fit uses the Eddy Current Brake symbol as company logo.

- 1990/1991** Groundbreaking innovation in the fitness industry: ERGO-FIT develops a line of cardio equipment that enable heart rate controlled workout.

- 1995** Innovation for the workout control: Thanks to the new ERGO-FIT chip card system the workout can now be controlled across multiple devices.

- 2002** ERGO-FIT becomes a full-range supplier: The POWER LINE series gets its own strength workout line.

- 2004** New product offering: ERGO-FIT introduces its new workout and documentation software Vitality System 5.0. It can be used with ERGO-FIT devices as well as with products of other manufacturers.

- 2006** New versatile strength workout equipment: The new POWER LINE 4000 offers minimal footprint and best value for money.

- 2007** ERGO-FIT launches CARDIO LINE 400, a new product line for therapeutic and home use.

- 2008** A back circuit workout system is introduced: ERGO-FIT collaborates with Prof. Dr. Dr. h.c. Schmidtbleicher to develop the TORSO LINE for an effective workout of the trunk muscles.

- 2009** Introduction of CARDIO LINE 4000: ERGO-FIT launches a new generation of cardio devices.

- 2009** Introduction of a circuit workout system with refinancing concept: The ERGO-FIT Vitality Circuit combines chip card workout and smart refinancing.

- 2010** In cooperation with the Fraunhofer Institute for Software and System Engineering ERGO-FIT develops a data interface for the different health sectors.

- 2014** Establishment of the subsidiary company – cardiowise GmbH – an expert in cardiac rehabilitation.

- 2016** ERGO-FIT presents the IVO Trainer – an innovative pulling resistance system for training and therapy

- 2017** ERGO-FIT celebrates its 70th anniversary



SUCCESSFULLY POSITIONED: PHYSIOMEDICO, HANOVER

Physiomedico has made a name for themselves as a specialist in surgical, orthopedic and sports rehabilitation in Hanover. The center offers over 500 sqm of space and the state-of-the-art equipment for preventive, acute and advanced rehabilitation measures.

And it's not just the fleet of chip card-controlled cardio and weight machines that demonstrates that the center is always up-to-date. The highly motivated team of 8 physiotherapists, sports therapists and receptionists consistently maintain the highest quality standard through constant further education and new offers.



physiomedico in Hannover – Rehabilitation Center for Surgery, Orthopedics and Sports Medicine



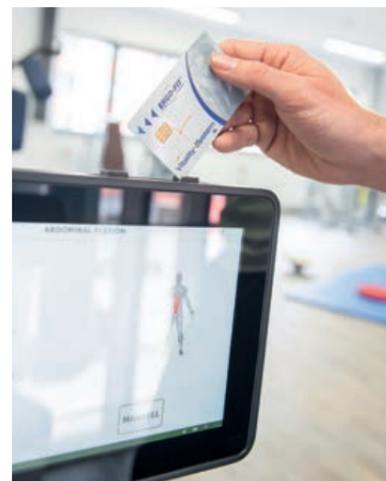
“Medical health training is a topic that is becoming increasingly relevant to our customers. We therefore looked for a competent

partner with a product to match - and we found Ergo-Fit. Its Vitality System meets our requirements perfectly - and more importantly: our members are also thrilled! For us, medical health training and physiotherapy with a focus on orthopedics and sports medicine have become important unique selling points. Although there is a high-priced gym in direct proximity to us, we were able to position ourselves extremely well, and there are now around one hundred members in our tribe - and the trend is becoming increasingly more popular!”

Christian Benekendorff,
physiomedico, Hannover

physiomedico

Rehabilitations-Zentrum für
Chirurgie, Orthopädie und Sportmedizin



FRANCHISE WITH ERGO-FIT: EXCLUSIVE



Exclusive Clubs (Stand 03/2018)

- Bad Dürkheim
- Bergisch Gladbach
- Blieskastel
- Flintbek
- Homburg
- Kleinblittersdorf
- Konz
- Landstuhl
- Lebach
- Lübbecke
- Merzig
- Otterbach
- Ottweiler
- Saarlouis
- Schönenberg
- Schüttorf

In 2009 the innovative medical fitness franchising concept “Exclusive – Medizinisches Fitnesstraining” was founded. Centers that apply this concept differ from “standard equipment” thanks to very consistent specialization. They focus on orthopedic problems, rehabilitation and prevention and also offer 'Generation 50plus' programs. On almost 200 sqm, members enjoy a very individualized and intensive supervision by specialized trainers. Chip-card controlled cardio and workout equipment, as well as a special software for workout control and documentation, are provided by ERGO-FIT and guarantee superior workout support. The workout programs, such as spinal exercises or cardio workout programs, too, focus on the so called 'Best Ager'. In 2011, it became obvious that this concept perfectly meets the needs of today's health care sector. Right after its opening, the second “Exclusive” facility in Ottweiler was named the 'Club of the Month' by body LIFE Germany. Since then fifteen more facilities opened their doors. Nationwide another nine facilities are to be opened soon, and two more – in Europe. In the meantime, a franchise concept has been established in the market – especially for physiotherapists. Unique workout areas, state-of-the-art chip card controlled ERGO-FIT equipment and individual, intensive supervision: This makes the “Exclusive” facilities so successful.



“Personal support and a health-oriented workout that focuses on the individual needs of customers that expect the best: These are the key factors of our innovative concept. But that was only possible with an experienced partner who delivered the suitable equipment and software.

And this partner was ERGO-FIT.”

Gregor Lotz, Management Franchise Exclusive



“I wanted to become successful as independent health care service provider. For me it was most important to provide perfect support to all my customers. With the Exclusive franchising concept this dream became true.”

Henrike Arens, Owner of an Exclusive facility in Merzig

WORKOUT-BASED MEDICAL THERAPY: BGU MURNAU



The emergency hospital **Berufsgenossenschaftliche Unfallklinik Murnau** opened its doors in 1953. Today it is not only an important trauma center – it also provides comprehensive rehabilitation. Many highly qualified therapists in the rehabilitation center provide a demanding and complex rehabilitation program that offers many different options.

Since the summer of 2009, **Vitality System 6.1** from **ERGO-FIT** has been used in this center. The chip-card controlled cardio and strength workout machines securely guide the user through the workout-based medical therapy while the workout data is stored to be documented in the future. In addition to user-friendly operation of the equipment, the chip-card controlled workout system provides optimum care for the patients in everyday training.



- national center with maximum care (level 5 care)
- approx. 1,600 employees

MODERN FACILITIES: PRACTICE FOR PHYSIOTHERAPY, ESENS



Physiotherapie & Medizinische Fitness
Wolfgang Pree



Since 1995, the Pree couple operates a physiotherapy practice directly in the city center in the East Frisian Esens. In 2014, a new practice building was built in the immediate vicinity of the old practice on the site of Wolfgang Pree's parents' former home. It offers 277 sqm of space to use for therapy and medical fitness training. The chip-card-controlled Vitality Circuit by **ERGO-FIT** is used in the approx. 50 sqm of workout area. With the 9 cardio and weight machines, the practice team offers its patients and external customers the opportunity to do something for their health in addition to therapy under physiotherapeutic control. After an extensive market research, the practice team chose **ERGO-FIT** machines and system, because the ease of use and the individual setting options of the system are ideally suited for use in physiotherapy.



"ERGO-FIT machines and system offer exactly what we need as a provider of medical fitness services."

Pree Family, Physiotherapy & Medical Fitness, Esens

- Practice building that offers 277 sqm of space is used for therapy and medical fitness training
- 50 sqm of the workout area

UNIVERSITY OF LEUVEN: GYM AT CAMPUS PELLENBERG

Campus Pellenberg is a department of the **University Hospital of Leuven** and exists in 2018 for exactly 60 years. In the beginning it was mainly used as a sanatorium for the many patients with lung problems as a result of working in the coal mines. After a number of changing destinations of the hospital, it was decided to build Pellenberg campus as a leading rehabilitation center. On March 30, 2018 a new and hypermodern therapy tower was inaugurated.



It has 10 floors and is full of innovations to help patients rehabilitate as optimally as possible. On the fourth floor a large gym was installed with **ERGO-FIT** cardio and power devices that were adapted to the user's needs. Thanks to the Vitality software the patient can train automated. Each patient has a personal fitness badge, so he knows exactly which exercises to do on which fitness device and how often. The information about the training courses will also appear in the medical file, so that the entire multi-disciplinary team can see how the patient is progressing. On a weekly basis, no less than 1,500 hours of therapy are provided by a team of sports therapists, physiotherapists, speech therapists, occupational therapists, nurses, dietitians, psychologists and social workers, always under the supervision of a doctor.



- automated Training by Vitality System software
- providing 1,500 hours of therapy per week

THREE TIMES ERGO-FIT: KLG BERLIN



KLG has three facilities in south Berlin. They closely work together with the 'Zentrum für Gesundheitssport e.V.' that provides rehabilitation programs, as well as functional and prevention sport programs for 1,400 members. Certain programs of the ZGS that are used in the KLG facilities have been awarded with the Sport Pro Gesundheit certification of the Landessportbund Berlin. Highly qualified physical therapists and occupational therapists use the workout area of 1,200 sqm to care for their patients. One of the main focal points are special workout programs for elderly members, supported through chip-card-controlled equipment. Easy operation of the equipment and a clear and simple workout

control supported by a user-friendly workout software are very important for this target audience. Members are actively involved in the workout process and thus gain a better insight in how to improve their health. The production location in Germany, the high quality of the products and the superior customer service were the strong arguments that convinced KLG to choose the **ERGO-FIT** equipment.

- 3 facilities
- 1,200 sqm therapeutic workout area
- 1,400 members

CARDIO



ERGO-FIT CARDIO LINE 4000 – INNOVATION AND TRADITION

40 years of experience for next generation cardio equipment

In 1973, ERGO-FIT presented the first exercise bike for health training. Just a few years later, the company with its headquarters in Pirmasens (Germany) set new standards that still apply today: they presented the world's first exercise bike with built-in eddy current brake. Since that time ERGO-FIT has worked hard to continuously improve its cardio equipment.

The objective: To provide both trainers and exercisers with a healthy and effective fitness equipment. One example for this is the **CARDIO LINE 4000**: It meets highest demands and is best suited for daily commercial use. It features first class craftsmanship, creative innovations, simple operation and stunning details which ERGO-FIT is famous for.

All products comply with the directives for commercial use. The following versions are available:

- **4000** with monochrome graphic display
- **4100** with panel PC
- **S** Product can be used with Vitality System 6 and Vitality System Light
- **MED*** complies with the medical devices directive 93/42/EEC
- **SP** self-supplied device

* all machines marked with "MED" use the RS232 interface.

Select the custom look for your workout equipment: two different color designs

The CARDIO LINE 4000 is available in the combinations "papyrus white / signal black" and "silver gray / signal black" – as an option for the custom design of your facility.



CARDIO LINE 4000 advantages at a glance:

- Easy operation on all devices using a 4-key-cockpit
- Silent devices for a relaxing workout
- Low initial workout load for use in therapy
- Suitable for people with high body weight
- Long-lasting and low-maintenance



Easy operation:

CARDIO LINE 4000 with graphic display

- 4-key-cockpit with a clearly arranged display
- Quick Start/Stop key – maximum two keys are needed during the entire workout
- Consistent menu navigation



Innovation and technology:

CARDIO LINE 4100 with touchscreen monitor

- Panel PC with touchscreen
- Intuitive and easy operation
- Network capabilities



ERGO-FIT TEST CENTER

The perfect basis for a health oriented workout

Your customers' individual fitness level forms the basis for a workout program that perfectly meets their special workout needs. **ERGO-FIT Test Center** gives you the opportunity to easily and quickly check the fitness level of any exerciser, and the test results can be used to create health-oriented individualized workout programs.

The package

- CYCLE 4000 S or CYCLE 4000 S MED
- Vitality System Light
- Chip card reader
- 3 chip cards

Tests:

- Conconi performance test
- Submaximal test (PWC 130 /150 /170)
- Individually programmable profiles

Workout plans and documentation:

- Creation of versatile workout plans
- Motivation through monitoring of individual results
- Detailed documentation of performance, weight, body fat and blood pressure



Workout planning and creation with the Vitality System



graphical display of workout performance

CARDIO LINE 4000 CIRCLE



CIRCLE 4100



CIRCLE 4000

CIRCLE – UPPER BODY ERGOMETER

The **ERGO-FIT CIRCLE** provides a comprehensive upper body workout while strengthening the cardio-vascular system. Exercises can be performed in forward or backward movement. This prevents an imbalanced workout of the muscles.

The **CIRCLE** can be used in seated position as well as in standing position or while sitting on a stability ball. For alternative workout positions the seat just has to be folded forward. That way the machine does not have to be substantially modified. Thanks to this setting, the upper body ergometer can be easily used by persons sitting in a wheel chair.



The upper body ergometer provides an efficient upper body and cardio workout

The convenient details of this unique cardio device are the result of a cooperation with the Manfred-Sauer-Stiftung. This foundation supports disabled people and its know-how and suggestions helped to optimize the design of the **CIRCLE**. Besides the foldable seat the convenient ball handles, too, were developed based on one of the foundation's suggestions. They were initially used by professional handbikers.

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000/4100 S, 4000/4100 S MED)
Tests	–
Workout programs	Manuell, Manuell Countdown, Cardio, PROFILE
Activation	rpm-independent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	165,5/63,5/152
Weight	approx. 107 kg
RPM	20 – 120 rpm
Performance Range	15 – 400 W
Increments	5 W
Accuracy	10 % (for 4000/4100, 4000/4100 S), 5% bis 200 W, ab 200 W 10 % (for 4000/4100 MED, 4000/4100 S MED)
Max. user weight	200 kg
Specific characteristics	Workout can be performed in forward or backward movement, in sitting or standing position, length of crank handles is variable, diagonal/parallel handle position, innovative ball handle, foldable seat for wheelchair users

CARDIO LINE 4000 CROSS



CROSS 4100



CROSS 4000

CROSS – ELLIPTICAL TRAINER

Elliptical trainers truly are some of the best pieces of cardio equipment you can buy! Similar to jogging, they enable efficient training of the cardiovascular system. Thanks to soft, elliptical pedaling movements, however, the strain on the joints is significantly reduced. No impacts are absorbed, because the foot stays in contact with the machine throughout the whole movement.

The elliptical movement of the **CROSS 4000** is very steep and short. This workout helps to gently improve the basic cardio fitness.



"I used to go jogging. But it was too much stress for my joints. Now I use the CROSS to stay healthy. And I feel great!"

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000/4100 S, 4000/4100 S MED)
Tests	–
Workout programs	Manuell, Manuell Countdown, Profile // 4000 S / S SP / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	rpm-dependent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	190/66/170
Weight	approx. 102 kg
RPM	15 – 200 Steps/min
Performance Range	15 – 200 workload levels
Increments	Increments of 5
Accuracy	–
Max. user weight	200 kg
Specific characteristics	Safety Stop System, Workout with forward and reverse motion

CARDIO LINE 4000

CROSS 4007



CROSS 4107



CROSS 4007

CROSS 4007 – ELLIPTICAL TRAINER

Running regularly is the best way to actively improve cardio-vascular fitness. But the impact stress on the joints often leads to significant problems. This is especially the case for people with higher body weight. Here the elliptical trainer is a good option.

The **ERGO-FIT CROSS 4007** elliptical trainer provides a gentle cardio workout. The **CROSS 4007** uses a front fly-wheel which results in a long and flat angled elliptical movement.



The **CROSS 4007** features spacious foot platforms with straps for easy mounting and a safe and comfortable workout

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4007 S MED + 4107 S MED)
Tests	-
Workout programs	Manuell, Manuell Countdown, Cardio, PROFILE // 4100, 4007 S MED RS: add. Cardio 4107 MED RS: add. Games, entertainment // 4107 S MED RS: add. Cardio
Activation	rpm-dependent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	205/67/170
Weight	approx. 147 kg
RPM	15 – 200 Steps/min
Performance Range	15 – 200 workload levels
Increments	Increments of 5
Accuracy	-
Max. user weight	150 kg
Specific characteristics	Safety Stop System, Workout with forward and reverse motion

CARDIO LINE 4000 CYCLE



CYCLE 4100

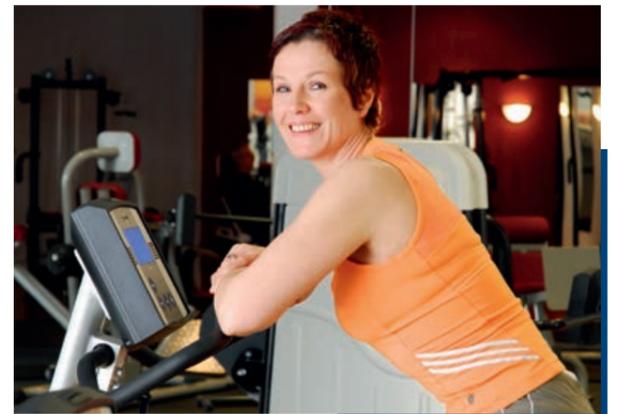


CYCLE – EXERCISE BIKE

The exercise bike is the forefather of all recent ERGO-FIT cardio devices. And the new **CYCLE** is the result of four decades research, development and craftsmanship. As is the ERGO-FIT innovation that became international standard – the Eddy Current Brake.

But it's the smart details that make the **CYCLE** the perfect device for use in the health sector: The step-through design makes it easier for persons with knee or hip problems to get on the machine. A low initial workout level of 15 watts allows for a low impact workout. That means that even beginners can perform an effective workout without exhausting themselves.

All **CYCLE** devices are intended for therapeutical use and their seat can be adjusted in horizontal and vertical direction. So every patient will find the right seat position. Adjustable crank arms for the exercise bike are optional.



*Attention to detail:
The step-through design is the healthy fitness solution for senior users or persons with knee and hip problems.*

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000/4100 S, 4000/4100 S MED)
Tests	Conconi (with Vitality System for 4000/4100 S, S SP, S MED), Interval test 130/150/170
Workout programs	Manuell, Manuell Countdown, Gearshift, Profile, Test // 4000 S / S SP / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	rpm-independent + rpm-dependent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	118/54/145
Weight	approx. 64 kg
RPM	20 – 120 rpm
Performance Range	15 – 600 W
Increments	5 W
Accuracy	10 % (for 4000/4100, 4000/4100 S), 5 % bis 400 W, ab 400 W 10 % (for 4000/4100 MED, 4000/4100 S MED)
Max. user weight	180 kg
Specific characteristics	step-through design, gearshift

CYCLE 4000

CARDIO LINE 4000 MIX



MIX 4100



MIX 4000

MIX – ELLIPTICAL TRAINER

In cooperation with the University of the Saarland ERGO-FIT has developed the MIX, a very special workout machine: The innovative elliptical trainer enables workout in semi-reclined position which is especially gentle on joints and vertebrae. The unique workout position reduces the pressure on the intervertebral lumbar disks by up to 61 %. And you will see measurable workout results already at a low workload and heart rate.

The MIX machine is suited for patients with constraints that make it necessary to start very slowly into a health-oriented fitness workout. The MIX is the perfect workout solution for obese exercisers and exercisers with knee and hip problems.



Tailored stress-free workouts with the MIX solution

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000 S, S MED)
Tests	-
Workout programs	Manuell, Manuell Countdown, Profile // 4000 S / S SP / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	rpm-independent + rpm-dependent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	200/100,5/166
Weight	approx. 131 kg
RPM	20 – 120 Steps / min
Performance Range	25 – 400 W (for Cardio / System), 1 – 29 Workload levels (for Manuell)
Increments	-
Accuracy	-
Max. user weight	200 kg
Specific characteristics	Workout with forward and reverse motion

CARDIO LINE 4000 STAIR



STAIR 4100

STAIR – STEPPER

The ERGO-FIT Stepper STAIR 4000 is a popular classic cardio machine. No matter what age, it provides intensive low-impact workout to everyone, helping to sustainably improve cardio vascular fitness. And regular fitness workout tones thighs, calves and glutes. Large continuous safety grips provide stable position and support.



"The Stair is a compact workout device that simulates healthy everyday stair climbing. The Stair is my favorite machine for improving the cardiovascular system."

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000/4100 S, 4000/4100 S MED)
Tests	-
Workout programs	Manuell, Manuell Countdown, Profile // 4000 S / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	Speed control
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	110/77/181
Weight	approx. 93 kg
RPM	15 – 155 Stufen /min
Performance Range	15 – 155 Workload levels
Increments	Increments of 5
Accuracy	-
Max. user weight	200 kg
Specific characteristics	-

STAIR 4000

CARDIO LINE 4000 TRAC



TRAC 4100



TRAC 4000

TRAC – TREADMILL

It is the numerous thought-through details that make our treadmills the perfect workout equipment: With a very low entry (19 cm) they are ideally suited for patients with knee problems, and thanks to the low initial speed of 0.2 km/h they can be used for therapeutic purposes. The continuous handrails provide utmost safety. The proven deck and belt system absorbs the high impacts and reduces the stress on the affected joints. The result: the best running experience and a low-impact cardio workout.

Depending on the model, the adjustable incline simulates uphill and downhill running with an incline between -5 % and +20 %. With its maximum speed of 25 km/h the **TRAC** also meets the expectations of most ambitious exercisers.

ERGO-FIT treadmills are long lasting low-maintenance devices.



Safety first: An emergency stop button and an integrated safety clip make sure that in case of an emergency, the treadmill can be stopped right away.

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., km/h, kcal, add. Points (for 4000 / 4100 S, 4000 / 4100 S MED)
Tests	Conconi (with Vitality System for 4000/4100 S, S SP, S MED), Interval test 130/150/170
Workout programs	Manuell, Manuell Countdown, Profile, Test // 4000 S / S SP / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	Speedsgesteuert
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	210 / 82,5 / 140
Weight	approx. 210 kg / MED approx. 235 kg
RPM	-
Performance Range	0,2 – 25 km/h
Increments	0,1 k/mh
Accuracy	Speed +/- 5 %, Incline +/- 10 %
Max. user weight	200 kg
Specific characteristics	Incline 0 % – 20 % (for ALPIN), -5 % – 115 % (for TOUR), continuous safety handrail, safety cord, emergency stop

CARDIO LINE 4000 RECUMBENT



RECUMBENT 4100



RECUMBENT 4000

RECUMBENT – EXERCISE BIKE

Step-through design and a low initial load of 15 watts: These two features make the **ERGO-FIT RECUMBENT 4000** an ideal solution for any health-oriented workout program.

The recumbent exercise bikes with a maximum user weight of 200 kilogram are an interesting alternative to the traditional exercise bikes. The ergonomic backrest and the adjustable seat reduce the stress on the spine. The smooth motion and the proven **ERGO-FIT** Eddy Current brake provide a gentle, comfortable cardio workout.



Comfortable workout:
The exerciser's recumbent position can be easily adjusted

Technical Specifications

Display parameters	Watt, Pulse, Time, Dist., l/Min, kcal, add. Points (for 4000/4100 S, 4000/4100 S MED)
Tests	–
Workout programs	Manuell, Manuell Countdown, Gearshift, Profile, Test // 4000 S / S SP / S MED RS: add. Cardio 4100 / S / MED RS: add. Games, entertainment // 4100 S / S MED RS: add. Cardio
Activation	rpm-independent + rpm-dependent
Standards and directives	Please contact us to get more details about all relevant standards and directives.
Dimensions (L/W/H cm)	160/54/125
Weight	approx. 79 kg
RPM	20 – 120 U/min
Performance Range	15 – 600 W
Increments	5 W
Accuracy	10 % (for 4000/4100, 4000/4100 S), 5 % bis 400 W, ab 400 W 10 % (for 4000/4100 MED, 4000/4100 S MED)
Max. user weight	200 kg
Specific characteristics	step-through design, gearshift

CARDIO LINE 4000 CYCLE 407/457 MED



PROFESSIONAL TECHNOLOGY FOR DIAGNOSTICS AND THERAPY

CARDIO LINE 400 MED focuses on professional use in therapeutic contexts: It complies with the medical devices directive 93 /42 / EEC and provides a specific cardio workout. It includes high-precision workout control, reliable performance diagnostic and options for cardio-vascular diagnostics.

Accurate intensity and workout control is a given. And since **ERGO-FIT** medical devices comply with **DIN EN ISO 13485**, they are low-maintenance and have a very low noise emission.

DIE VORTEILE DER CARDIO LINE 400 MED

- Easy operation with only four keys
- Extra-wide step-through
- High stability and reliability up to user weight of 180 kg
- Horizontally and vertically adjustable seat (CYCLE 457 with gas pressure spring)
- Heart rate controlled workout
- Individually programmable user profiles (incline, load and heart rate for CYCLE 457), WHO profile



Easy operation: In order to start/stop the workout or to select profiles and workout parameters you need only four buttons



First choice for diagnostic and therapeutic purposes in clinics and health care facilities: Using the standard RS 232 interface of the CYCLE 457 MED an ECG device can be connected for effective analysis and control of the exerciser's vital signs.

"Simply the best – perfect ergonomics, low mounting position and certified accuracy according to medical standards make the compact CARDIO LINE 400 the ideal workout machine for diagnostic purposes"



Technical Specifications

	CYCLE 407 MED	CYCLE 457 MED
Display parameters	Watt, Pulse, Time, km/h, DIST., l/Min, kcal	
Tests	–	PWC 130, PWC 150, PWC 170
Workout programs	Manuell, Cardio, Countdown, WHO-Profil	Manual, Cardio, Countdown, Profile, User profile, WHO Profile, ECG selection, Test
Schnittstellen	–	RS 232
Activation	rpm-independent	
Standards and directives	Please contact us to get more details about all relevant standards and directives.	
Increments	5W	
Supply voltage	220 – 240 V~	
Inertia	11 +/- 2 kg · m ²	
Dimensions (L/B/H cm)	120/62/140	
Weight	approx. 55 kg	
RPM	20 – 120 l/min	
Performance Range	15 – 400 W	
Accuracy	5%, DIN VDE 0750-238	
Max. user weight	180 kg	
Pulsmessung	1 channel, ECG accuracy, with POLAR transmitter (not included)	

POWER



POWER LINE 4000



POWER LINE 4000 – SYSTEMATIC HEALTH ORIENTED WORKOUT

State-of-the-art strength equipment by ERGO-FIT

With POWER LINE 4000 you can specifically workout all relevant muscles. Other advantages are the compact design, the small footprint, easy operation and best value for money.

ERGO-FIT strength equipment is also available as medical device and is thus suitable for therapeutic and medical use. All POWER LINE machines are equipped with as few adjustments as necessary. This is an advantage for trainers / therapists and facilitates their every

day work. As medical equipment the devices feature small weight increments of 2.5 kilograms. They are equipped with movement restrictors that prevent excessive stress during workout.

All POWER LINE devices can be equipped with the workout and documentation software Vitality System. You can select either LCD color display or touchscreen monitor operation.

All products comply with the directives for commercial use. The following versions are available:

- 4000 classic strength training equipment
- 4100 S with Panel PC – product can be used with Vitality System 6
- MED* complies with the medical devices directive 93/42/EEC

Make your facility design stand out:

Various frame and shroud options and many different upholstery colors give your facility an individual touch.



Example: white frame and white trim



Example: black frame and white shrouds



2.5 kg additional weight for all MED products



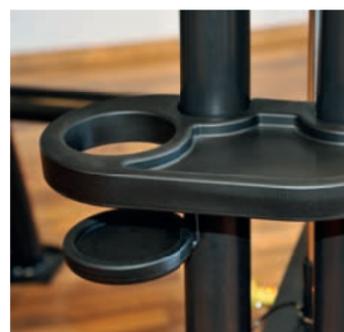
Innovative accessories for the SQUAT PRESS



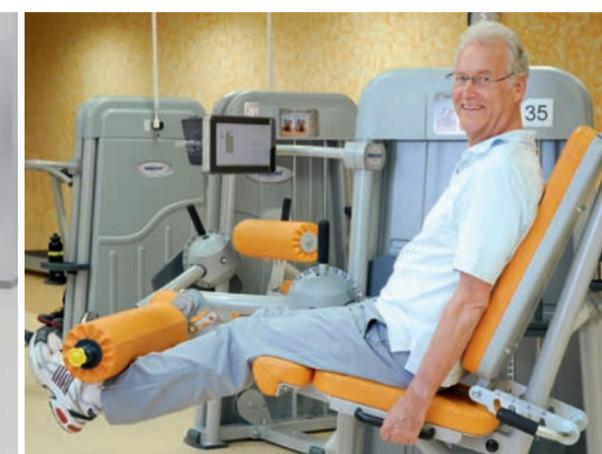
Yellow markings on all adjustment elements



Movement restrictors



Everything at hand – Accessory tray with integrated water bottle holder



Example: gray frame and gray shrouds

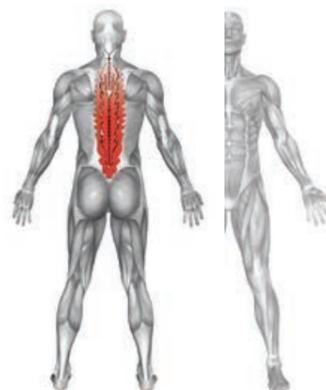
POWER LINE 4000 BACK

ERGO-FIT offers four machines for a healthy workout of the back muscles, the most important muscles for body stabilization and flexibility: **BACK EXTENSION**, **BACK PULL**, **BUTTERFLY REVERSE** and **LAT PULL**. They target the specific back muscles.



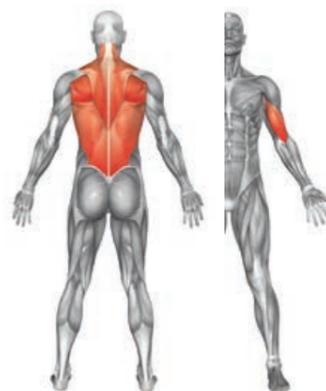
BACK EXTENSION

Muscles worked	M. erector spinae
Dimensions (L/W/H cm)	100/120/155
Weight	242 kg
Max. weight load	100 / 102,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



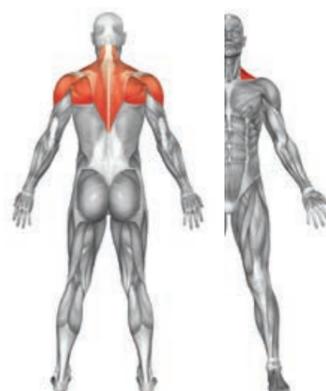
BACK PULL

Muscles worked	M. latissimus dorsi, M. rhomboideus, M. trapezius, M. biceps brachii
Dimensions (L/W/H cm)	120/145/155
Weight	212 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



BUTTERFLY REVERSE

Muscles worked	M. trapezius, M. rhomboideus, M. deltoideus
Dimensions (L/W/H cm)	135/155/155
Weight	197 kg
Max. weight load	60 / 62,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



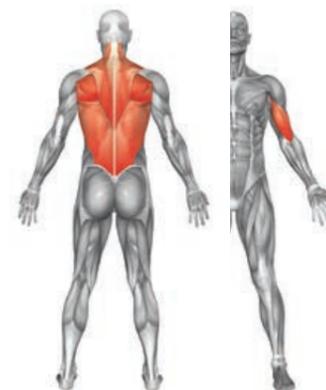
POWER LINE 4000 BACK / SHOULDER



The **SHOULDER ABDUCTION** and **SHOULDER PRESS** machines strengthen the shoulder muscles. This leads to a correct posture and prevents neck and back problems.

LAT PULL

Muscles worked	M. latissimus dorsi, M. trapezius, M. rhomboideus, M. biceps brachii
Dimensions (L/W/H cm)	130/170/240
Weight	227 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



SHOULDER ABDUCTION

Muscles worked	M. deltoideus
Dimensions (L/W/H cm)	120/115/155
Weight	207 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



SHOULDER PRESS

Muscles worked	M. deltoideus, M. trapezius, M. triceps brachii
Dimensions (L/W/H cm)	135/135/155
Weight	217 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



POWER LINE 4000 CHEST / UPPER ARM

POWER LINE 4000 UPPER ARM / ABS

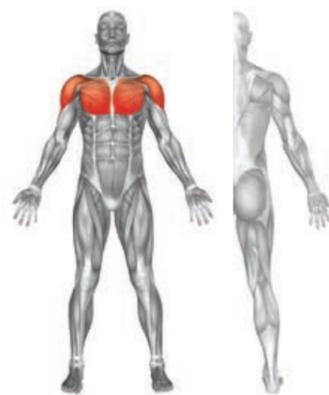


One of the most important antagonists of the back muscles are the chest muscles. They prevent muscular imbalance. **BUTTERFLY** and **CHEST PRESS** strengthen the chest muscles. Strong muscles in the upper arm facilitate every day life. **BICEPS FLEXION** and **TRICEPS EXTENSION** provide an effective workout of the major upper arm muscles.

BUTTERFLY



Muscles worked	M. pectoralis major, M. pectoralis minor, M. deltoideus
Dimensions (L/W/H cm)	120/155/155
Weight	207 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



TRICEPS EXTENSION

Muscles worked	M. triceps brachii
Dimensions (L/W/H cm)	105/110/155
Weight	192 kg
Max. weight load	60 kg / 62,5 (MED)
Weight increments	5 kg / 2,5 (MED)



CHEST PRESS

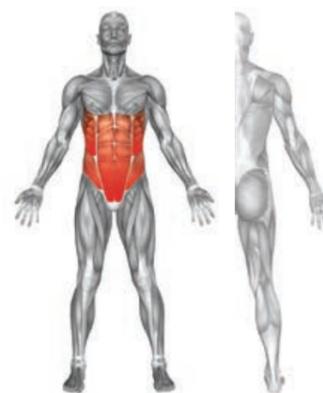


Muscles worked	M. pectoralis major, M. pectoralis minor, M. triceps brachii, M. deltoideus
Dimensions (L/W/H cm)	145/155/155
Weight	237 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



ABDOMINAL FLEXION

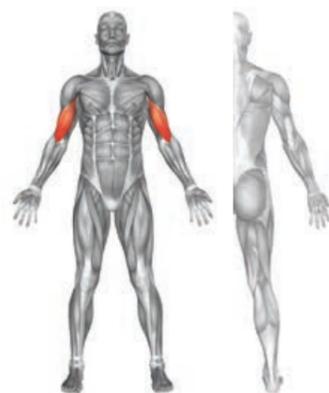
Muscles worked	M. rectus abdominis, M. obliquus internus, abdominis, M. obliquus, externus abdominis
Dimensions (L/W/H cm)	105/130/155
Weight	227 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



BICEPS FLEXION

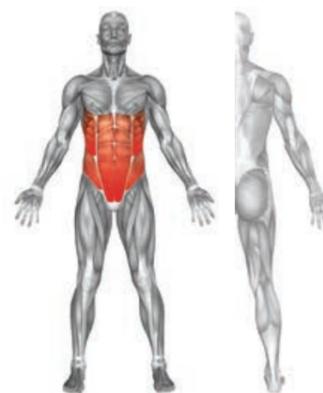


Muscles worked	M. biceps brachii
Dimensions (L/W/H cm)	95/130/155
Weight	177 kg
Max. weight load	60 / 62,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



ABDOMINAL TORSION

Muscles worked	M. obliquus internus, abdominis, M. obliquus externus, abdominis
Dimensions (L/W/H cm)	135/100/155
Weight	177 kg
Max. weight load	60 / 62,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



POWER LINE 4000 PELVIS

Strong pelvic muscles stabilize the pelvis and improve hip flexibility. **ABDUCTOR, ADDUCTOR** and **HIP EXTENSION** allow targeted training of all relevant muscle groups.



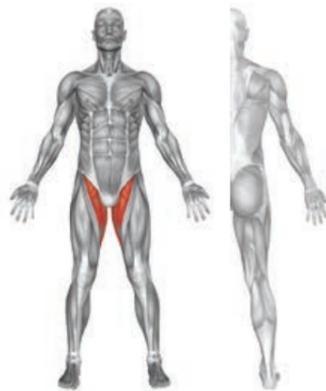
ABDUCTOR

Muscles worked	M. gluteus medius, M. gluteus minimus, M. gluteus maximus, M. tensor fasciae latae
Dimensions (L/W/H cm)	140/130/155
Weight	222 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



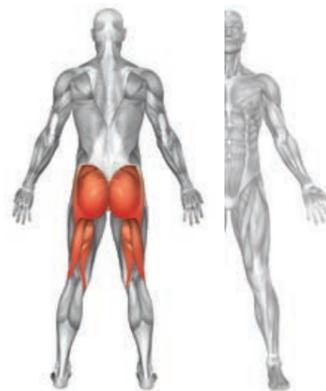
ADDUCTOR

Muscles worked	M. gracilis, M. adductor brevis, longus bzw. magnus, M. pectineus
Dimensions (L/W/H cm)	175/125/155
Weight	222 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



HIP EXTENSION

Muscles worked	M. gluteus maximus, M. gluteus medius, M. gluteus minimus, Mm. ischiocrurales
Dimensions (L/W/H cm)	100/125/155
Weight	177 kg
Max. weight load	60 kg / 62,5 (MED)
Weight increments	5 kg / 2,5 (MED)



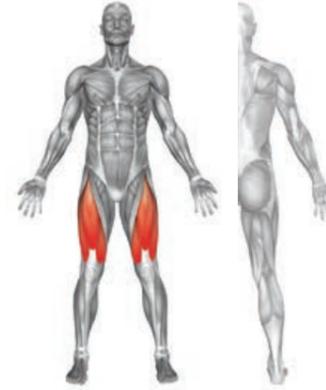
POWER LINE 4000 TIGHS

A balanced hamstring and quadriceps workout helps to prevent knee problems and injuries, as well as premature aging of the joints. Even existing problems can often be alleviated. **LEG EXTENSION, LEG FLEXION** and **LEG PRESS** strengthen the thighs.



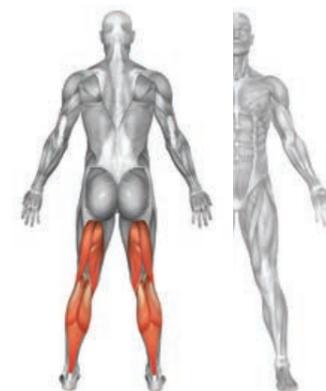
LEG EXTENSION

Muscles worked	M. quadriceps femoris
Dimensions (L/W/H cm)	105/140/155
Weight	272 kg
Max. weight load	100 / 102,5 kg (MED)
Weight increments	5 kg / 2,5 (MED)

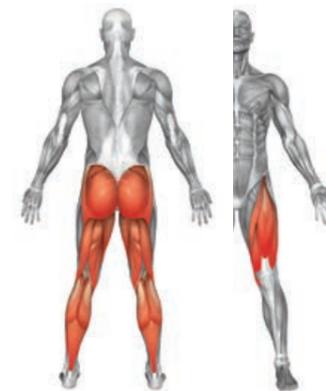


LEG FLEXION

Muscles worked	Mm. ischiocrurales, M. gastrocnemius
Dimensions (L/W/H cm)	105/145/155
Weight	262 kg
Max. weight load	75 / 77,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



Muscles worked	M. quadriceps femoris, Mm. ischiocrurales, M. gluteus maximus, medius und minimus + je nach Übung M. gastrocnemius, M. soleus
Dimensions (L/W/H cm)	240/100/155
Weight	422 kg
Max. weight load	172,5 / 175 kg (MED)
Weight increments	7,5 / 5 / 2,5 kg (MED)



POWER LINE 4000 MULTIFUNCTIONAL

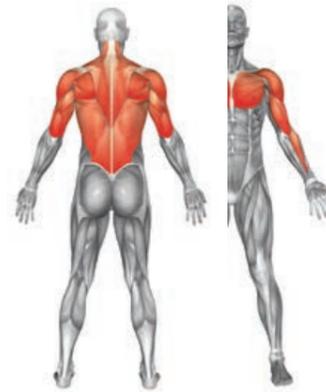


All machines of the Multifunctional product line provide various comprehensive exercises for different muscle groups. By adjusting the start position you can even focus on different parts of one muscle.



PULL UP/DIP

Muscles worked	entire upper body musculature
Dimensions (L/W/H cm)	81/120/215
Weight	217 kg
Max. weight load	90 kg / 92,5 kg (MED)
Weight increments	7,5 / 5 / 2,5 kg (MED)



CABLE CROSSOVER

Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	91/338/218
Weight	250 kg
Max. weight load	2 x 75 kg
Weight increments	5 kg



SEATED DIP

Muscles worked	M. triceps brachii, M. pectoralis major, M. trapezius, M. pectoralis minor, M. deltoideus
Dimensions (L/W/H cm)	162/117/155
Weight	217 kg
Max. weight load	100 / 102,5 kg (MED)
Weight increments	5 / 2,5 kg (MED)



CABLE TOWER

Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	120/290/220
Weight	530 kg
Max. weight load	2 x 100 kg, 2 x 75 kg
Weight increments	5 kg



CABLE

available as wall-mounted or stand-alone model

Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	86/41/225 <i>Wallmounted</i>
Weight	126 kg <i>Wallmounted</i>
Max. weight load	75 kg
Weight increments	5 kg



POWER LINE 4000 BENCHES



Bodyweight workout with or without dumbbells complements the machine-based workout with its defined movement patterns. The ERGO-FIT workout benches are an important part of this kind of workout.



FLAT BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	105/60/40
Weight	25 kg

MULTI BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	135/60/100
Weight	35 kg

MULTI PRESS



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	170/210/220
Weight	150 kg
<i>Handle and weights not included</i>	

SQUAT RACK



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	175/120/175
Weight	65 kg
<i>Handle and weights not included</i>	

OLYMPIC FLAT BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	160/125/125
Weight	50 kg
<i>Handle and weights not included</i>	

OLYMPIC INCLINE BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	160/125/135
Weight	45 kg
<i>Handle and weights not included</i>	

ABDOMINAL BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	145/60/75
Weight	60 kg

BACK BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	135/80/75
Weight	50 kg

SCOTT BENCH



Muscles worked	different muscles, depending on exercise
Dimensions (L/W/H cm)	85/80/110
Weight	45 kg

TORSO



TORSO LINE

Diagnostics and workout



The torso muscles are most important for health and wellbeing. The supporting torso muscles are the basis for a good body posture and they reduce the stress on the spine. With its **TORSO CHECK** and **TORSO LINE** product lines **ERGO-FIT** provides a comprehensive program for scientific diagnosis and efficient prevention as well as targeted treatment of back problems. The **TORSO LINE** workout program has been developed in cooperation with **Prof. Dr. Dr. hc Schmidtbleicher**.

With **TORSO CHECK**, you can check all relevant torso muscles in reference to the major spine movements:



- Flexion and stretching
- Bending right and left
- Rotation

YOUR ADVANTAGES

- With the test system and the workout circle, you can find new customers.
- The **TORSO CHECK** and the resulting workout programs set you apart as expert facility for back problems.
- You strengthen customer loyalty and gain more revenue by offering regular checks and clear graphical analyses.
- All machines can be easily adjusted with the pneumatic spring.

Maximum strength results and comparison of both sides reveal deviations and imbalances. This provides important information for a health-oriented workout with **TORSO LINE**.



The **TORSO LINE** – a diagnostic machine and eight training benches for effective training of the back muscles

ERGO-FIT TORSO CHECK AND ERGO-FIT TORSO LINE:

Effective torso workout

1. THE TORSO CHECK

The isometric strength measurement of the **TORSO CHECK** provides important data concerning your customers' individual torso strength in relation to the three major spine movements. After you have adjusted the **TORSO CHECK** to the person to be checked, you can perform 6 measurements.

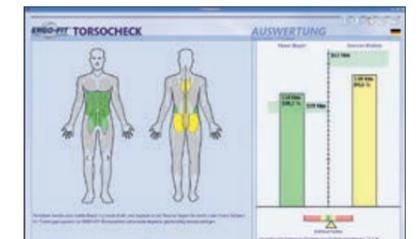


2. ANALYSIS and RESULTS

The strength curves of the different measurements are displayed in a graphic. The results are compared to corresponding reference data (age, gender, body weight) taken from a comprehensive database. This results in an individual fitness level of the person. By comparing the result of two measurements (e.g. Flexion and Stretching) muscular imbalances become immediately obvious.



Both results are displayed in an easy to understand graphic with color labeling (green, yellow, red) and point system (1-18). When a second test is performed, changes become immediately obvious.



3. PERSONAL WORKOUT PLAN

After the analysis each patient gets his or her personal workout plan. It is based on the test results and on up-to-date information concerning prevention of health problems. The workout plans can be customized and amended.



Training program developed by Prof. Dr. Dr. hc. Dietmar Schmidtbleicher, senior professor for movement and training sciences at the Institute of Sports Sciences at the university of Frankfurt.

„Back problems have become a widespread disease. **TORSO CHECK** and **TORSO LINE** let you perform targeted pain treatment. They may even prevent surgeries.“

Prof. Dr. Dr. hc. Dietmar Schmidtbleicher

TORSO LINE Back Circle

The 8 **TORSO LINE** benches and the **TORSO CHECK** test station form an ideal basis for a comprehensive torso workout based on the **TORSO CHECK** analyses. And all this on amazingly small floor space: You need only 30 sqm to create your own workout area that targets back muscles.



TORSO CHECK



With **TORSO CHECK** you can check the maximum strength of the torso muscles in reference to the major spine movements:

- Flexion and stretching
- Bending right and left
- Rotation

Together with the **TORSO CHECK Software** you receive a comprehensive testing package that helps you reveal muscular deficiencies and imbalances.

Muscles worked	–
Dimensions (L/W/H cm)	137/94/128
Weight	136 kg
Einstellmöglichkeiten	individuell an jede Körpergröße anpassbar

BÄNKE

HIP BENCH



Muscles worked	Hüfte
Dimensions (L/W/H cm)	189/93/122
Weight	90 kg
Einstellmöglichkeiten	Beinlänge, Oberkörperpolster, Kopfpolster mit Haltegriffen

FREE HIP BENCH



Muscles worked	Hüfte
Dimensions (L/W/H cm)	110/72/86
Weight	39 kg
Einstellmöglichkeiten	Beinlänge

NECK BENCH



Muscles worked	Nacken
Dimensions (L/W/H cm)	156/81/145
Weight	64 kg
Einstellmöglichkeiten	Sitzhöhe

ROMBO BENCH



Muscles worked	Rücken
Dimensions (L/W/H cm)	156/67/123
Weight	90 kg
Einstellmöglichkeiten	–

CRUNCH BENCH



Muscles worked	Bauch
Dimensions (L/W/H cm)	166/67/115
Weight	50 kg
Einstellmöglichkeiten	Rückenlehne

LOWER CRUNCH BENCH



Muscles worked	Bauch
Dimensions (L/W/H cm)	151/89/97
Weight	60 kg
Einstellmöglichkeiten	Rückenlehne, Armpolster

LUMBAL BENCH



Muscles worked	Rücken
Dimensions (L/W/H cm)	102/68/100
Weight	50 kg
Einstellmöglichkeiten	Beinlänge, Fußauflage

LATERAL BENCH



Muscles worked	Rumpf, seitlich
Dimensions (L/W/H cm)	155/69/74
Weight	50 kg
Einstellmöglichkeiten	Beckenpolster

SYSTEM

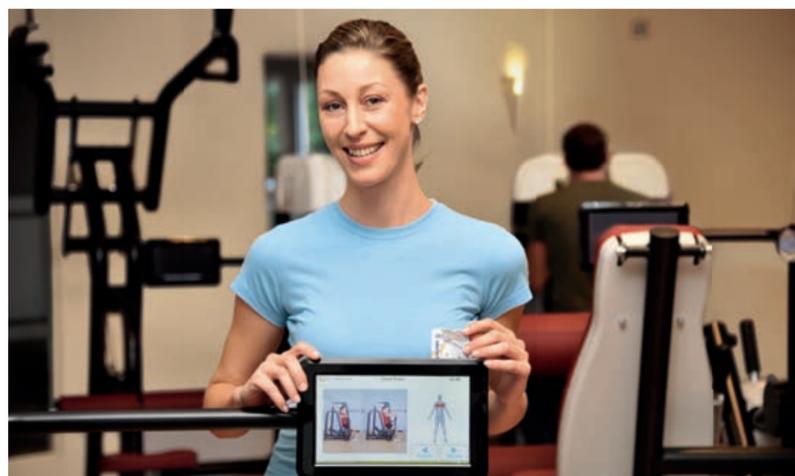


SYSTEM VITALITY SYSTEM



USE THE SYSTEM TO WORK OUT AND STAY FIT AND HEALTHY

Health-oriented fitness workout can be so easy with the ERGO-FIT Vitality System. The smart chip card control system enables a healthy workout that keeps your customers motivated. The combination of cardio and strength workout machines with an innovative workout system allows the exercises to be fine-tuned to the individual needs of every exerciser.



The Vitality System provides a range of innovative solutions for workout control and documentation, for example on-the-fly customer registration, comfortable data maintenance, detailed personal workout plans and tests, clear visualization of workout results and creation of various statistics. And last but not least: The Vitality System is so easy to use.

Smart workout options and best personal support are the key factors for any successful health-oriented training facility.



The ERGO-FIT Vitality System provides effective workout options and a systematic approach and gives you the opportunity to perfectly support your customers in all fitness aspects so they can easily start with a new healthy life style and stay motivated in the future. Take a look at all the advantages of the Vitality System.

YOUR ADVANTAGES

- The systematic workout control enables an effective health-oriented fitness workout.
- Your employees have time to provide personal support
- Your members get personal instructions throughout all workout stages.
- Satisfied customers are loyal customers that recommend your facility.
- You can provide personal support to more exercisers in a short period of time.

ADVANTAGES FOR YOUR MEMBERS

- The system is easy to use and this helps beginners, as well as senior exercisers, to start a healthy workout.
- Exercises are always performed correctly and there is no chance for wrong machine settings.
- Visualization of the individual results makes workout easy.
- Perfect personal support for all exercisers with the Vitality System.
- Easy-to-understand point-based reward system keeps your customers motivated.

WORKOUT CONTROL WITH THE VITALITY SYSTEM



Intuitive operation: the TOUCHSCREEN MONITOR

- 10,1" panel PC with touchscreen
- Customizable user interface
- Machines can be connected



Easy operation: Create tailored workout plans for a health-oriented training with only a few clicks or use templates.



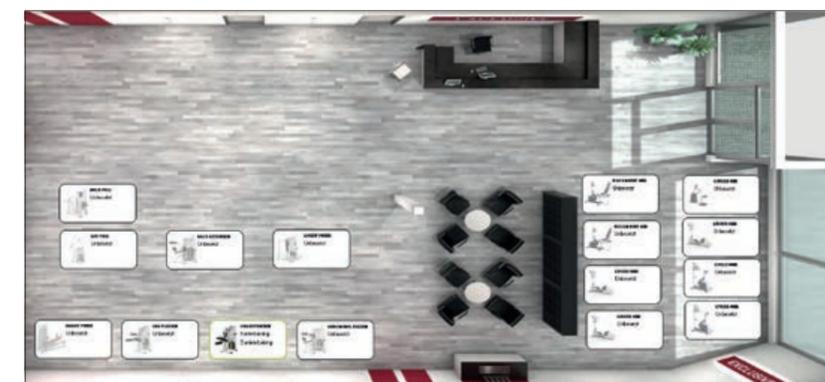
Flexibility guaranteed: If necessary, you can supplement your training system with individually tailored free exercises.

ADDITIONAL OPTIONS

Trend-setting documentation and control

- Live monitoring of the workout space with integrated trainer call via connected devices
- Transmission interface for sending the workout results to physicians and health insurance companies

in cooperation with
Fraunhofer
ISST



The Trainer view of the Vitality System allows you to keep an eye on all machines and exercisers

SYSTEM VITALITY SYSTEM



TEN STEPS TO SATISFIED MEMBERS

Health-oriented fitness workout made easy: for you and your exercisers with the **ERGO-FIT Vitality System**.



1. WELCOME

Member card and workout buddy:

The **Vitality System** supports all common administration programs and at the same time plays the role of a personal trainer, motivator and workout buddy.



2. NEW CUSTOMERS

During the workout:

With only a few clicks, new customers can start their workout. Detailed tests and important customer details further help to optimize the workout.



3. PERSONAL WORKOUT PLANS

Analysis and support:

Based on thorough health checks including cardio and/or strength tests performed during the initial workout trainers/therapists create individual workout plans quickly and easily.



4. LOGGING IN WITH THE VITALITY CARD

Start frei:

Zu Beginn ihres Trainings melden sich Ihre Trainierenden mit ihrer **Vitality Card** am **Coach** an – und erhalten auf einen Blick ihre persönlichen Trainingspläne inklusive Geräteabbildungen zur leichten Orientierung und aktuellem Punktestand zur präzisen Erfolgskontrolle in Eigenregie.



5. DEVICE SETTINGS

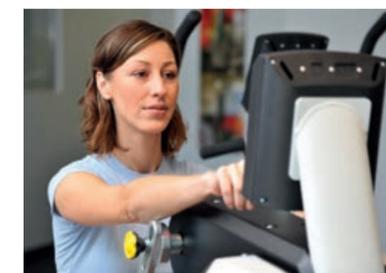
Getting started:

At the beginning of every workout the exerciser logs in with the **Vitality Card**. They immediately see their individual workout plans together with images of the devices so they can easily find their way in the facility. Moreover, they see their current results score.

6. CARDIO WORKOUT

Easy. Convenient:

The **Vitality Card** saves all important workout data for an efficient health-oriented workout: For example, after inserting the card into the cockpit the exerciser will automatically receive the correct heart rate settings.



7. STRENGTH WORKOUT

Personal Training guaranteed:

Perfect support – that's what the **Vitality System** stands for. It recognizes wrong weight settings at every workout stage and in every movement and makes sure that the exerciser performs the exercise correctly



8. MOTIVATION

Sweets for sweat:

The point-based reward system of the **Vitality System** keeps your exercisers motivated and provides a clear overview over the results: For every exercise that has been finished successful (cardio workout, strength workout, courses and individual workout) the exerciser receives workout points.



9. DOCUMENTATION

Success made visible:

At logout the **Vitality System** analyzes all results of the recent workout. The exerciser gets immediate feedback including any achievements and goals reached.



10. SATISFIED MEMBERS

They will come back. It's a promise.

The **Vitality System** provides health-oriented workout with visible success. For your customers. And for you. Because systematic workout with easy-to-understand results can be fun. Your members stay motivated and will come back over and over again.



Specialist
in medical fitness training!



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