

# PRO FITTER 3D CROSS TRAINER

**Stability**  
**Agility**  
**Mobility**

**user manual**



- Balance
- Endurance
- Strength

- Stability
- Agility
- Mobility



Everything you need to know  
to get the most value out of your  
**Fitterfirst Pro Fitter 3D Cross Trainer!**

*The timeless classic....that's still Awesome!!!*



# Congratulations!

## You've Joined the Pro Fitter Team!

You have now joined thousands of well-balanced people using the Pro Fitter to help increase their physical and mental health. The enclosed Pro Fitter 3D Cross Trainer is completely assembled and ready to go.

Prior to using your new Pro Fitter, please read the following steps:

1. Read and make sure you understand the enclosed instruction sheets and view the entire DVD included in this package
  - DVD Part 1 - General Exercises, 18mins
  - DVD Part 2 - Medical Applications, 10mins

Be certain you completely understand the correct tension setting for the user's weight and skill level (see page 3 or exercise chart).

2. Complete the Warranty registration online at [www.fitter1.com/pages/warranty](http://www.fitter1.com/pages/warranty). This will entitle you to full warranty on your Pro Fitter. **Please note that if you purchased from a store other than Fitterfirst you must complete this warranty form to activate your one-year warranty.**

We are confident you will enjoy this valuable addition to your personal fitness and/or rehabilitation program. We welcome your comments and ideas, if we can improve our service or products in any way, we would love to hear from you.

Satisfaction is guaranteed - try any of our products for 30 days after you receive them. If, for any reason, you are not satisfied with this equipment first notify us then return the product in its original packaging for a refund of the item less shipping costs.

**Very Important:** We can only process returns on items purchased from Fitterfirst directly. Returned products will be accepted by Fitter with a return authorization number assigned by our Calgary Corporate Office. Please contact Fitter International Inc at **1-800-FITTER1** or email us at [sales@fitter1.com](mailto:sales@fitter1.com) for more information.

We appreciate your business and look forward to serving you in the future.

Sincerely,  
The Fitter Team

## Inside This Box

### Pro Fitter 3D Cross Trainer:

- Pro Fitter
- Attachable Soft Ankle Board
- Instructional DVD, Laminated Exercise Chart & Pro Fitter User Manual

### Pro Fitter 3D Cross Trainer Physio Kit:

- Pro Fitter
- Attachable Soft Ankle Board & Hard Ankle Board
- Pair of 51" Balance Aid Poles
- Instructional DVD, Laminated Exercise Chart & Pro Fitter User Manual

# Read This Now, Before Use

## Important Notice:

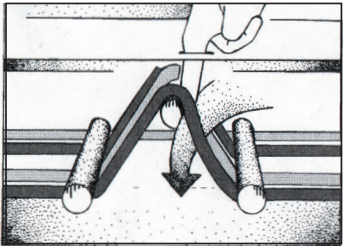
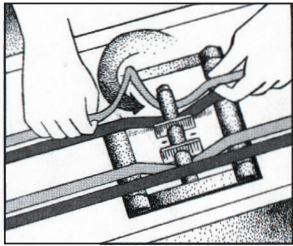
By stepping onto this machine you accept full responsibility for your actions; as you may fall or lose your balance. Expect it to take 1 to 3 minutes of use to initially become familiar with the rhythm of shifting your weight on this device. Always maintain a good heads-up posture, and remember that quality of movement is more important than distance traveled.


## Getting Started


1. Adjust the resistance cord setting appropriate to your weight (refer to diagram below).
2. Gently step up onto the foot pads. Expect the skate to move freely - up to 4”.
3. **Very Important:** Keep your head up and eyes focused in front of you. Do not look down at your feet. Maintain good posture with your hands slightly forward.
4. Start with short, controlled weight transfers from one foot to another. Do not try to travel to the end of the machine until you are familiar with the skill and balance required to operate this machine safely.
5. Read the manufacturer's warning (see page 4), review the exercise chart and view the DVD for proper use.

### PRO FITTER

light heavy ON  
light heavy OFF










ADDING CORDS  + ↑

REMOVING CORDS  - ↓

◀ More Balance Required

More Strength Required ▶

 0 - 70 lbs. 0 - 32 kgs.	  60 - 130 lbs. 27 - 59 kgs.	  100 - 180 lbs. 45 - 82 kgs.	  150 - 320 lbs. 68 - 145 kgs.
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# Manufacturer's Warning

This equipment is designed to enhance the user's balance skills in a controlled environment. The user accepts total responsibility for injury to himself/herself and others. Only use this equipment after you have a complete understanding of its function and intended purpose.

By stepping onto this equipment the user accepts complete responsibility and acknowledges agreement to these terms:

1. User has read and completely understands operational directions.
2. User has inspected equipment to ensure correct cord tension setting.
3. User has had approval to engage in this activity from his/her doctor.
4. User agrees to safety first - children must have adult supervision. Use Fitterfirst products only for the purposes for which they are intended.
5. User accepts total responsibility and assumes all risk involved in using this equipment, and waives any rights to themselves, their heirs, their executors or any other party to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever, caused by use of this equipment.

## Maintenance

Basic maintenance of your Pro Fitter is important, regardless of whether you use it a little or a lot. Here are tips, which are designed to help you keep your Pro Fitter in top condition.

### Tracks

The Top Tracks of the Pro Fitter 3D Cross Trainer must be cleaned and lubricated regularly to prevent cracking. Simply wipe the track clean, then apply WD-40 (or similar) on the entire track surface. The track should be replaced at first reasonable sign of wear or if cracked.

Bottom Tracks should be cleaned with soap and water only. Refrain from using any lubricants on the Bottom Tracks to prevent slipping. Replace if the grey, non-slip material on the bottom tracks wears away.

### Cords & Tension Adjustment

Inspect at each cleaning. Due to travel around the rollers, fuzzy cords are normal. However, exposed rubber strands indicate cord wear. As you use the Pro Fitter, try switching cords (outer two in the center and center two on the outside) to prolong life. If you see any exposed rubber strands, replace the cord immediately. See page 3 for proper cord setup.

### Rollers

Check all rollers for a smooth rolling action and a firm mounting; there are two rollers on the base and one three-piece roller on the skate. This is basic maintenance and should be a regular routine. If you hear any unusual sounds while using the Pro Fitter, check them out immediately, or have someone else look at the machine if you are unsure.

### Placement

Keep your Pro Fitter in a clear area away from other machines, this is especially important as people become more confident and aggressive when using the machine. In many ways using the Pro Fitter is like participating in skiing or any other sport. Play safe by knowing and maintaining your equipment.

### Safety

Enclosed is your laminated exercise chart. Please keep it visible at all times for new users to read before stepping onto your Pro Fitter. Use your Pro Fitter with care and caution - think safety first. Enjoy your Pro Fitter and all it has to offer for a well balanced, FUNctional exercise and rehabilitation program.

**For replacement parts, see page 13. Only use with Fitterfirst replacement parts.**



## Core Stability

Core stability in your body can be likened to the foundation of a building. It is a stable muscle base, consisting of the abdominal group of muscles, the gluteal muscles and the erector spinae up the sides of the spine. Core stability gives you the 'trunk strength' and flexibility needed to function, injury and pain free, in daily living. Using the Pro Fitter helps improve the harmony of your muscle movement and core stability!

## Proprioception

Proprioception is knowing where your body is in space, which then allows the body's ability to react appropriately to external forces. Often referred to as 'muscle memory' or 'neuromuscular awareness,' proprioception is instrumental to an active, injury-free lifestyle. Highly skilled athletes develop superior proprioception to help them use their muscle strength and endurance more efficiently. Proprioceptive exercises help form the basis for balance, coordination, strength and agility, which are required to overcome injury and improve sports performance. The Pro Fitter integrates muscle development and proprioceptive training efficiently into one activity.

## Unique Design

The unique rocking motion from the Pro Fitter gives you another dimension of movement not found on other products. Rubber mounted foot pads independently flex and rotate to minimize stress to the knee and ankle joints, while improving your stability and confidence. These features allow you to develop precise weight transfer, superior lower leg strength and, for skiers, outstanding edge setting technique.

## Quality

The Pro Fitter's streamlined, lightweight and efficient design weighs 20lbs (9kg) and has been proven durable by professional teams, hospitals and Olympic training centers around the world. The Pro Fitter is made of aluminum with oak sides and solid brass bushings in molded wheels that glide quietly over its rocking base. Quality construction guarantees a low-maintenance machine and long term durability for personal, clinical or institutional use.



Practice **STABILITY** in daily living  
to improve **AGILITY** at play and  
enhance **MOBILITY** for life

# Research & Articles



Correct Posture



Incorrect Posture

## Pelvic Stability...A Question of Balance

By Louis Stack, Canadian National Speed Skiing Team 1992-1995

Since developing the Pro Fitter over thirty years ago, I have observed tens of thousands of people using it at consumer and medical conferences around the world. Over the years I have been surprised to observe that approximately one in five people who step onto the Pro Fitter have a problem with muscle imbalance in the trunk, hip and lower back areas.

**“1 in 5...have a problem with muscle imbalance in the trunk, hip and lower back areas.”**

Often, these individuals display a lateral weight shift that involves significant rotation in the lower back and pelvic region. From conversations with them, I have learned that the majority of them have previously experienced some level of trauma to the ankle, knee or hip on the involved side. It has been my observation that this pelvic rotation generally stems from a muscular adjustment made in the trunk region to accommodate the non-weight bearing phase following a lower extremity injury.

The goal of this article is to outline some methods of using the Pro Fitter to help identify and possibly correct this situation, especially in cases where the knee and ankle are normal.

After my own experiences of rehab from knee and foot surgery (1979, 1983) and as a member of the Canadian National Skiing Team (1992), I personally know that pelvic muscular imbalance can lead to improper weight shift when turning on skis. For most skiers this rotation increases the difficulty in turning because they tend to rotate toward and lean back on the tail end of the edging ski. This stance decreases gluteus medius activity, placing more emphasis on hip flexor activity. It also requires a contraction of the lower back muscles on the opposite side to balance movement. Many skiers complain of a weak turning side and of lower back pain. I believe that pelvic rotation and muscular imbalance may be part of the problem.

After observing thousands of Pro Fitter users, it is clear that the majority of people who display pelvic rotation have experienced a previous trauma to the lower extremity on the involved side. Secondly, any of the subjects who report that they have experienced regional pain the lower back on the opposite side. There is ongoing evidence that suggests that the Pro Fitter helps train the trunk and hip girdle muscles to participate in proper stabilization while exercising the lower extremities. With a focus on muscular balance and strength using the Pro Fitter may help achieve improved pelvic posture while decreasing the frequency of regional pain syndromes.





**Power Thrust**



**Forward Rotation**



**Rear Rotation**



**Ab/Adduction**

In a general patient population, the Pro Fitter can easily be used with or without balance aids to evaluate and improve progress.

With your Pro Fitter, try the following steps with your patients and see what conclusions you have:

1. To begin, observe the patient while he/she is using the pro Fitter for the first time. Encourage proper foot placement and upright stance (figure 1). Watch for any postural reactions that may indicate muscular imbalance (figure 2).
2. It is common to see any or all of the following:
  - Looking down
  - Tilted/rotated head and shoulder position
  - Rotation and over-compensation of upper body movement
  - Aggressive use of balance aids when shifting to the involved side
  - Rotated and tilted trunk and pelvic girdle to the involved side
  - Instability in the ankle and/or knee on the involved side
3. On a light tension setting, have the patient perform 8-15 power thrust exercises on each side while observing for the previous indications (figure 3). Muscle fatigue may become apparent with this exercise, resulting in the patient adjusting his/her pelvic position even further to the rear on the involved side. At this point, you will have gathered enough information on the patient's movement patterns to determine which involved muscles require strengthening and which are currently being overused. Other concerns that require further investigation may also be identified. Now you can assign the patient exercises such as power thrust variations (figures 3-6). Position the trunk in such a way that the correct muscle groups can be strengthened while minimizing the involvement of the overused muscle groups.

I hope that this process will give you an additional method to help evaluate muscular strength in the pelvic region. These exercises will help improve the patient's natural muscular movement patterns while giving you some useful new ideas for ways to use your Pro Fitter. You may even notice a decrease in the frequency of regional pain syndrome.

Read more on our blog at [www.fitter1.com](http://www.fitter1.com)

Or check out S.A.M. on our Youtube channel to learn more about balance, training and aging gracefully with gravity!

 [Fitterfirst - The Return of S.A.M.](#)



# Stroke Rehabilitation Using A Pro Fitter

By Margaret Johnstone FCSP, Scotland

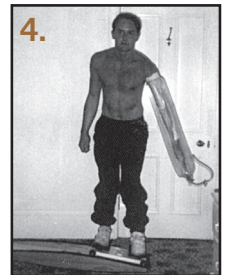
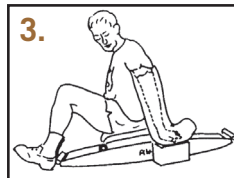
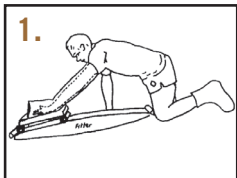
The Pro Fitter can assist in a planned program of stroke rehabilitation. In early stroke rehabilitation the early stroke patterns must be advanced until reflexes are re-integrated into cortical control. After the client is well versed in spasticity inhibiting and rolling patterns, progress to kneeling and crawling activities. **Then, using the Pro Fitter and the necessary air splint, assign specialized exercises to assist recovery from the brain damage of stroke.** To limit the development of spasticity the anti-gravity muscles must be inhibited; the forearm and hand must be used in extension patterns, and the rest of the body used in flexion patterns.

The following photos and illustrations show some of the very useful exercises I have used with stroke-damaged patients. Many of the patients are quite capable of using the Pro Fitter in kneeling and sitting positions but with some I would not risk balanced standing and rocking from side to side. The boy shown here took several weeks to master this exercise after rehabilitation was started. He hoped to get back to skiing.

I have written a handbook for therapists called *Therapy For Stroke, Building On Experience* published by Churchill Livingstone, Edinburgh London, Melbourne, New York and Tokyo, 1991. It gives an introduction to the pressured garments while presenting a practical way to advance through motor sensory loss.

## 1. Crawling Positions

With air splints in position to inhibit flexor tone in the forearm/hand and with a small inflatable boot to inhibit the extension of the ankle, the Pro Fitter is used to allow the client to push the arm forward in the required inhibiting position.



Other books by Margaret Johnstone FCSP, on stroke rehabilitation include: *Restoration of Motor Function in the Stroke Patient - A Physiotherapist's Approach*; *The Stroke Patient - A Team Approach*; *Home Care for the Stroke Patient - Living in a Pattern*; *Restoration of Normal Movement After Stroke*. All published by Churchill Livingstone.

Tension (or resistance) against this forward thrust is given by the weakest of the four tension cords hooked underneath the Pro Fitter. As weight is withdrawn from the forward thrust, the Pro Fitter's resistance then assists the arm back into the starting position. This is a valuable exercise with ease of repetition.

## 2. Side to Side Thrust

With the legs in the inhibiting flexion pattern and keeping the trunk straight, laterally shift on the Pro Fitter from the knees to the trunk. This combines lateral trunk stretching with a useful shoulder exercise. The involved hand may require a stabilizing strap over the pro fitter's platform to keep the hand in proper position.

## 3. Sitting Position

Sitting on the Pro Fitter Offers several ways of presenting valuable exercise. As illustrated here, pulling the bodyweight forward towards the heels brings in a useful hamstring exercise. The hamstrings are invariably very weak and must be reeducated to rehabilitate stability of the knee. Thrusting forward on the stabilized hand helps to exercise the whole affected side of the body in a total inhibiting pattern, providing the heels assist in the pull forwards.

## 4. Standing Position

Toward the end of rehabilitation, some clients may be ready to tackle exercise 4, but I would not attempt it with the elderly. The young man illustrated here was keen to get back to skiing, two years after a stroke. He took several weeks to master this exercise and it was obvious that his balance and motivation improved remarkably well with use of the Pro Fitter.



# Balance Problems Found Treatable by Training

From Tribune News Service (USA), Reprinted in China Post (Taiwan), December 1992

So many people who slowly lose the ability to maintain their balance can reverse much of that decline through a program of exercise and balance training, a study has found.

***In generally healthy people as old as 90, exercise and balance training can reduce the tendency to fall by 50 percent, according to the study.***

Approximately one-third of older people experience a fall each year, with one in 20 falls resulting in serious injury. Each year, about 250,000 Americans fracture their hip, resulting in long-term disability, pain, and in 10 percent of hip fractures, death.

"Falls and impaired mobility are critical problems for older people," said Dr. Leslie Wolfson, Chairman of the Department of Neurology at the University of Connecticut Health Center in Farmington.

Wolfson's study, supported by the National Institute on Aging in Bethesda, MD., is one of eight around the country aimed at improving gait and balance in the elderly, said Dr. Evan Hadley, Associate Director for Geriatrics at the Institute.

"We think it's a very promising line of research, and could point the way to techniques to keep people independent and avoid the need for nursing homes," Hadley said. Wolfson's three-year study on reducing the risk of falling, only recently completed and not yet published, grew out of an earlier study published in the November issue of the journal *Neurology*.

The Neurology study compared 34 people whose average age was 34 and with 234 people whose average age was 76. Using a special electronic device called a computerized dynamic posturography platform, Wolfson placed people in a closed space where the floor they stood on would move and rotate up, down, forward and back. Sometimes the walls would move in sync with them, and other times the walls would remain motionless ticking their eyes and making it more difficult to stay upright.

"It would be like getting on a bus and having it stop suddenly," Wolfson said.

The study found that elderly people kept their balance almost as well as younger people when the platform remained relatively steady, but were less steady when the platform began swaying in various directions.

But people aged 80 and over did only slightly worse than people aged 70, suggesting that age-related loss of balance is negligible, Wolfson concluded.

Older people got better at maintaining their balance the longer they were tested, suggesting that they could benefit from training, he said.

That insight led Wolfson to conduct his second study to see how exercise and balance training would improve elderly people's balance.

In the second study, 108 people aged 70 and older, all of them in relatively good health, were trained for three months with weights and exercises on padded surfaces. Trained coaches stood nearby to catch them in case they fell.

Wolfson found that after three months of training, the people almost lost their balance only half as often as they did before the study.

***The take-home message for seniors: their sense of balance can be improved.***

The first thing you look for is medically treatable diseases, Wolfson said. For instance, treating Parkinson's disease can improve balance. And many medications can worsen a person's sense of balance if a doctor doesn't adjust the dosage, Wolfson added.

Strengthening exercises can be done under the direction of a physical therapist or in a senior exercise program, said Wolfson. He recommended walking and stair-climbing for seniors trying to improve their sense of balance.



# Torso and Hip Muscle Activity and Resulting Spine Load and Stability While Using The Pro Fitter 3D Cross Trainer

By Priyanka Banerjee, Stephen H.M. Brown, Samuel J. Howarth, and Stuart M. McGill - University of Waterloo, Journal of Applied Biomechanics, 2009, 25. 73-84

**ABSTRACT:** The Pro Fitter 3D Cross Trainer is a labile surface device used in the clinic and claimed to train spine stability. The purpose of this study was to quantify the spine mechanics (compression and shear forces and stability), together with muscle activation mechanics (surface electromyography) of the torso and hip, during three Pro Fitter exercises. Trunk muscle activity was relatively low while exercising on the device (<25%MVC), Gluteus medius activity was phasic with the horizontal sliding position, especially for an experienced participant. Sufficient spinal stability was achieved in all three exercise conditions. Peak

spinal compression values were below 3400 N (maximum 3188 N) and peak shear values were correspondingly low (under 500 N).

***The exercises challenge whole-body dynamic balance while producing very conservative spine loads. The motion simultaneously integrates hip and torso muscles in a way that appears to ensure stabilizing motor patterns in the spine. [...]***



## Is It Possible to Prevent an ACL Rupture?

By C. Cerulli, C. Asia, G. Bensi, & M. Proietto - Terni, Italy

COMBINED CONGRESS OF THE INTERNATIONAL ARTHROSCOPY ASSOCIATION AND THE INTERNATIONAL SOCIETY OF THE KNEE

The purpose of this study is to establish whether a precise proprioceptive gymnastic program can reduce ACL rupture due to a cutting mechanism.

**MATERIAL & METHOD:** We followed two groups of 300 soccer players for two seasons (1987-89). The conditions of the players were equal: semi-professional and amateur league, no previous knee injuries, grass fields, similar shoes, age 17-25 years.

Athletes were examined before the competitive season. A clinical evaluation determined ligamentous laxity (Veli's score), knee stability (also using KT-1000), presence of lower limb paramorphism and isokinetic evaluation (Cybex II).

Both groups A and B underwent the same training program with one variant; Group B performed proprioceptive daily exercises on

a Freeman board (wobble board). At the termination of the observation period we compared cases of ACL rupture caused by a cutting mechanism.

**RESULTS:** Group A: 67 cases (22.3%) of all ACL tears; diagnosis done using clinical evaluation, arthroscopy and MRI or ST-Scan.

Group B: 10 cases (3.3%) of ACL tears.

***CONCLUSIONS: By following an adequate proprioceptive exercise program, a decrease of 19% of ACL tears caused by a cutting mechanism was obtained.***

***Proprioceptive exercises serve to stimulate ACL and to give better control muscle tone-throwism and joint movement coordination, these being important factors in preventing ACL rupture.***

For more information on ACL Rupture, check out a Fitter team member's ACL Journey on the Fitterfirst Blog:

[fitter1.com/blog/news/acl-journey](http://fitter1.com/blog/news/acl-journey)



# The Scientific and Clinical Application of Elastic Resistance

## Chapter 8 - Speed and Agility Training with Elastic Resistance

By Phillip Page, MS, PT, ATC, CSCS, Todd S. Ellenbecker, MS, PT, SCS, OCS, CSC, James W Matheson, MS, PT, CSCS, and George J. Davies, MEd, SCS, ATC, CSCS, 2003

Agility Drills with Elastic Resistance  
Programmable agility drills allow the athlete to know beforehand what movement coordinations will be required. Examples of these types of agility drills include lateral shuffles, carioca, and figure-eight running. Elastic resistance can be used with these drills as a dynamic form of resistance to increase lower extremity strength and power. Balance is a very important part of agility training (Costello and Kreis 1993).

Without adequate balance skills, athletes may not be able to maintain control of their bodies when quick directional changes are performed. **The Fitter, which uses four elastic cords for resistance, is an excellent device for sport-specific balance drills.** Athletes using the Fitter should keep their knees bent and use an elastic tension that allows a controlled side-to-side motion to be performed. Ski poles can serve as balance aids when athletes are learning to use this agility training device.

## Education and Rehabilitation of the High-Performance Knee Arthroplasty Patient

By Arnold D. Scheller, MD, Heather Hayden, PT, DPT, MS, Edward Lacerte, MEd, PT, SCS, L/ATC, CSCS, and James Gaydos, MSPT on June 1, 2006

Total knee arthroplasty (TKA) is indicated when functional impairment results from disabling knee pain, degenerative changes, or trauma. Conservative measures to maintain knee function in patients with knee pain have failed, and total knee replacements are being performed in younger, more active, more demanding patients. Rehabilitation is critical to the success of these active patients. Advances in component design, fixation method, and operative techniques all affect the rehabilitative program.

**A Pro Fitter can be introduced to emphasize lateral weight shifts, thereby developing improved balance and agility with side to side motion. The Pro Fitter can also be used in a forward-to-backward motion, thus, recruiting quadriceps, hamstring, and hip extensors cocontractions to maintain balance in the sagittal plane.** Adjustments in the stimulus versus the recovery period can be made to maximize the benefits of these and other proprioception exercises.

Phase III, Weeks 7 to 14: Power Phase  
[...] Increasing balance, coordination, and proprioception is accomplished through exercises and activities that enhance sensory feedback with changes in joint and limb position. This is initiated with even-plane activities, advancing to tri-plane activities, and leading eventually to elevated and uneven surfaces. There are plenty of commercially available products, with limitations based on patient tolerance and therapist imagination. [...]



# Conquering The Sedentary Lifestyle

By Deborah Overman, Cardio Conditioning, R&D, Physical Therapy Products Online on Jan 17, 2019

Humans are inventors. Throughout history, humans have been inventing machines and devices to improve their work capacity. Wheels, levers, and pulleys were some of the first. Hydro, fire, steam, coal, and fossil fuel-powered machines added to their efficiency. Computers and their applications are the newest invention used in daily life around the world. The human capacity to develop new ways of reducing physical work seems limitless.

Consequences of Convenience

**Not all the effects of this inventiveness are beneficial. One consequence of it is the reduction in the need for humans to move their bodies for work, school or fun.** This is illustrated by a statistic published in 1969 that reported 40% of school-age children walked or rode their bikes to school. By 2001, that number had dropped to 13% as more children were driven to school. Sedentary patterns aren't just limited to the United States. Other countries are seeing similar trends of declining physical activity. In Japan, for example, a study of more than 2,000 adults older than age 40 years showed that 50% of waking time was sedentary. [...]

Fitness Can Be Fun

[...]A younger person who may be inactive and deconditioned may find fun in using a device that imitates sports, such as the Pro Fitter 3D Cross Trainer from Fitterfirst, Calgary, Alberta, Canada. This device allows the user to integrate the rhythmic weight transfer of skiing, as well as motions that build strength and balance among the 20 functional exercises it provides.

## The Role of the Scapula in the Rehabilitation of Shoulder Injuries

By Michael L. Voight, DPT, OCS, SCS, ATC, and Brian C. Thomson, SPT, 2000

[...] Every exercise program must begin with stretching exercises. Weak muscles cannot be strengthened if their antagonistic counterparts are not stretched (Lexington Clinic Sports Medicine Centre, unpublished data, 1999). Thus, it is important to stretch anterior chest muscles, such as the pectoralis major and minor and others that contribute to the rounded-shoulder posture, which inhibits scapulohumeral rhythm (Lexington Clinic Sports Medicine Centre, unpublished data, 1999). With a correct posture, facilitated by stretching, restoration of motion and scapular-strengthening exercises can begin. **Some core techniques that can be used to restore motion and scapular stability are the scapular clock, towel slide, standing weight shift with the Pro Fitter** (Fitter International Inc, Calgary, Alberta, Canada), scapular PNF patterns, and lawnmower exercises. [...]

For the Pro Fitter standing weight shift, the patient stands with the hands placed on the Pro Fitter. Instruct the patient to lean forward and shift weight from the right upper extremity to the left upper extremity. This facilitates motion, proprioception, and scapular stabilization (Figure 6).



Figure 6. Standing weight shift

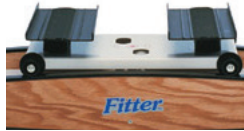
# Accessories & Parts

## Pro Fitter Identification - Which Parts Will Work With Your Older Unit?

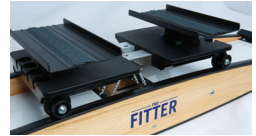
Most replacement parts will work with a Gen1 model but if you're not sure please contact us at 800-348-8371 or email us at sales@fitter1.com for assistance. You can identify your unit most easily by the skate. The Soft Ankle Boards and Hard Ankle Boards will only fit a Gen 2 skate.



Soft Ankle Board



Gen 1 - White Skate



Gen 2 - Black Skate

## Accessories

### Soft Ankle Board

An attachable accessory that provides a more stable surface for standing upper body, and sitting core exercises. Attaches over top of the footpads to remove the independent action of the feet.

### Hard Ankle Board

An attachable accessory that provides a more stable base for standing, upper body or core exercises, and is ideal for early rehabilitation or seniors.

### Balance Aids

These lightweight 51" poles are self-standing with 9 inch bases, for individuals with limited balance or in early rehabilitation for added safety and support.

## Replacement Parts

### Top & Bottom Tracks

Sold in pairs (top tracks & bottom tracks sold separately).

### Tension Cord Kit

Contains two heavy & two light tension cords.

### Rebuild Kit

Contains the two most used parts on the Pro Fitter: Top tracks (pair) & tension cords (two heavy and two light).

### Mount Replacement Kit

Contains 4 replacement rubber mounts and grip tape.

### Wheel Rebuild Kit

Contains 4 wheels with bushings, spacers, washers & end caps.

### Axle Kit

Contains a wheel rebuild kit plus 2 replacement axles.



Hard Ankle Board



Balance Aids



Tension Cord Kit



Wheel Replacement Kit



Mount Replacement Kit



Top Tracks (Pair)

# Testimonials

**“This machine allows you to do a variety of exercises for a full body workout in a short period of time. Making it not only effective, but efficient!”**

After just a couple of weeks of using the Pro Fitter, I have noticed improved balance, tighter glutes, quads, hamstrings, calves and core. This has helped knock out the remaining back discomfort I was having that was caused from my glutes not working and a core that wasn't quite strong enough! This machine allows you to do a variety of exercises for a full body workout in a short period of time. Making it not only effective, but efficient! In my busy day, this is exactly what I need. The Pro Fitter is my new favourite piece of home exercise equipment.

*L. Gloschat on Nov 21, 2017*

**“I find it an excellent device for conditioning the muscles that are so needed to ski, particularly the lateral thigh and calf muscles.”**

Last July (2016), I underwent a left total knee replacement. I was in physical therapy for about 3 months after the surgery, and as part of that therapy, I used a Pro Fitter 3D Cross Trainer about once a week at the physical therapist. I thought the device was fantastic. I was on skis again less than 6 months from the date of my surgery, and after 3-4 warm-up runs, my confidence was back. I skied 11 days last season, including bumps and trees, and my brother and friends with whom I skied said that I skied better last season than I had in years. This year I bought my own Cross Trainer and I'm using it several times a week. While I have yet to explore all the things this machine can do, I find it an excellent device for conditioning the muscles that are so needed to ski, particularly the lateral thigh and calf muscles. And it's much less expensive than a Skier's Edge. It's so nice to be skiing still at the age of 71 with a new knee.

*Ken Spaulding on Oct 11, 2017*

**“I'm so happy to have made this investment in my health, and to have found Fitterfirst.”**

I love this trainer! I first used it while rehabbing a severe ankle inversion injury and enjoyed practicing my downhill ski movements, so had to have my own. I've now used it regularly for 10 years, for rehab and for cross-training. It's been great for shoulder movements that benefit my yoga practice, mountain biking, and cycling. The leg work has benefited my downhill and telemark skiing. All the movements strengthen my core, without doing dedicated exercises. The Pro Fitter Trainer has helped me rebuild my overall fitness following my injuries and maintain my fitness in ways that would require several pieces of separate equipment otherwise. I'm so happy to have made this investment in my health, and to have found Fitterfirst.

*Liz on July 7, 2014*

**“Fitter is the finest device of its type on the market today ”**

Regarding the Fitter, we regard it as the best such device of its type on the market today and use it as part of our rehabilitation and conditioning programs regularly here with the Forty-Niners ...Again, I want to emphasize that both Jerry Attaway, our Conditioning Coach, and myself feel that the Fitter is the finest device of its type on the market today and we highly respect the ethical nature of your marketing program.

*J. Lindsay McLean, ATC, PT, Head Athletic Trainer for San Francisco Forty Niners, on June 28, 1989*

**“I don’t want to do without the Fitter.”**

With great help from the daily use of Fitter I have not only regained my balance, which is so important when trying to learn to walk again, but I have also managed to rehabilitate my peroneus muscles which otherwise was impossible to do. In my continued training and rehabilitation I don’t want to do without the Fitter. It comes with my warmest recommendation.

*Erik Gundersen, Speedway & Longtrack World Champion, on Mar 28, 1990*

**“We use it as a cardio, balance, core, and strength conditioning system.”**

The Pro Fitter adds fun and challenging exercises to a workout routine. It can be used as a ski conditioning trainer for the avid skier but it is so much more! We use it as a cardio, balance, core, and strength conditioning system. Stand on it, sit on it, or place hands on it. Use it in conjunction with a physio ball for additional challenge and core training. Our trainers and clients love the creativity it adds to an exercise program. It can be used to train the high-power athletes or those folks striving for better health.

*Katrina, PT on Mar 14, 2015*

**“Pro Fitter is the most versatile machine I have used.”**

I think the Pro Fitter is an outstanding balance fitness machine. I own several pieces of home Nautilus equipment, the Panorama Ski Machine, the Skier’s Edge, the SnoBound’r, the Alpine Ski Tone. In particular, the Pro Fitter is the most versatile machine I have used. Not only does the Pro Fitter isolate very specific muscles for many varied activities; it simultaneously focuses, enhances and improves all areas of exercise and athletic ability. Thank you for a beautifully constructed machine with such a smooth action.

*Gail P Barbieri, Duxbery, MA*

**“It works so well!”**

I used Pro Fitter successfully to recover from a chronic hip injury and now I use it to improve my balance and agility on skis. It works so well!

*Dave Irwin, 2 Time Olympian / Crazy Canuck*



## Other Great Products

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Professional Balance Boards



Bongo Board



Pro Active Sit Disc



Extreme Balance Board Pro



Soft Boards



DuraBall Classic Ball



Travel Roller Line



BoBo Balance Line

Disclaimer/Warning: The products presented in this booklet are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. Remember, the best protection from injury is a little common sense.

