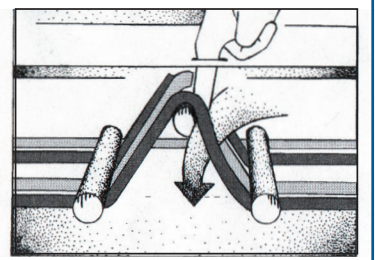
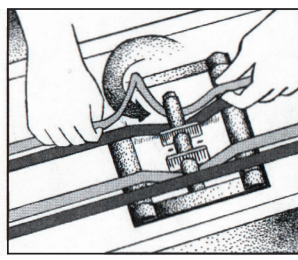


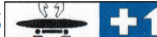
PRO FITTER 3D CROSS TRAINER

THE ULTIMATE SKI TRAINER

exercise chart



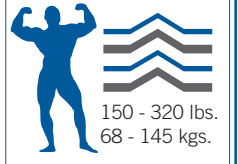
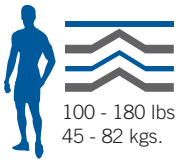
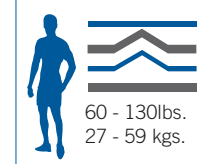
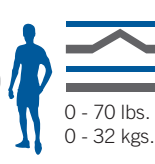
ON OFF



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.



SCAN HERE FOR MORE INFO & EXERCISE VIDEOS

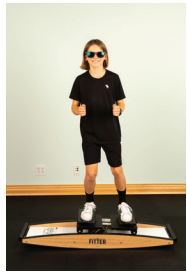
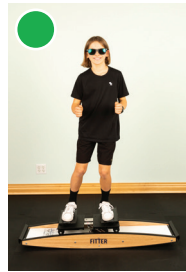
BEGINNER
Basic exercises

INTERMEDIATE
Requires good form & control

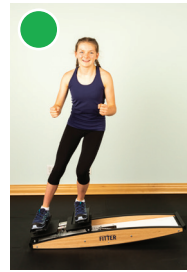
ADVANCED/PRO
Use extreme care or a spotter

BASICS Learning the basics of the Pro Fitter is easy. The most important point is to always maintain good body posture with a heads up position. Start on a flat, smooth surface in a clear area. If necessary use a wall bar, ski poles or have a spotter for additional support.

1. Check the machine for proper tension setting based on your weight (see chart above).
2. Gently step onto the foot pads with feet centrally positioned. Concentrate on upright posture. If possible, use a mirror or window to see your reflection. Keep your head up!
3. Gently transfer your weight from one foot to the other with a smooth flowing motion. **DO NOT** fight the machine - work with it.



4. As your rhythm increases you will get closer to the bumpers at each end. Good posture is more important than lateral distance travelled.
5. Always maintain good upright posture with eyes focused in front of you, work to keep hips, knees and ankles in alignment throughout the movement.
6. Congratulations! You have mastered the basics of using a Pro Fitter!



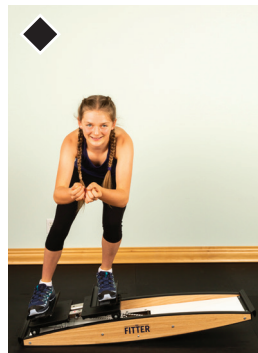
FUNDAMENTALS Challenge yourself on the Pro Fitter for muscular balancing, trunk and leg strengthening, injury rehabilitation and ski conditioning



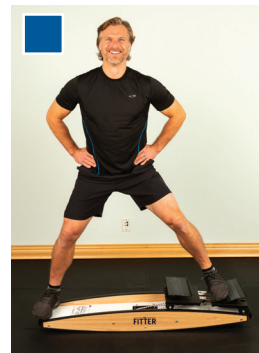
SLALOM
hip rotator quads calves
While stabilizing upper body, control rapid weight transfer between feet with limited upper body movement. Focus on proper foot placement by pushing on the inner side of the weighted foot. Keep the skate near the middle of the track.



GIANT SLALOM
quads ab stabilizers balance
Use a slower, longer and more controlled weight transfer. Work at travelling further to the bumper on each weight shift. Concentrate on proper foot and ankle alignment (note outer ankle position).



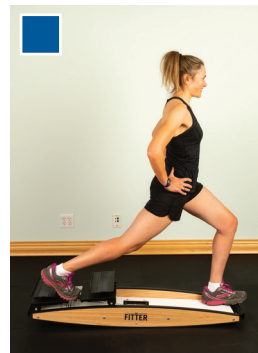
DOWNHILL
abs quads calves lumbar spine
Place feet near outer edge of footpads, tuck chest into thighs and position hands in front of body. By placing Pro Fitter on a lighter tension a slow curving motion can be stimulated. **Keep your head up!**



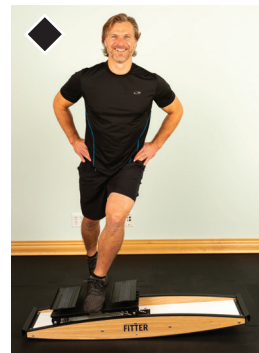
POWER THRUST
glutes & quads lower back balance endurance
Place one foot on the bumper and the other on the foot pad. With a straight back, push the skate out and pull back in a slow, controlled manner. Repeat on both legs.



LEG EXTENSIONS
quads trunk stabilizers balance
With one foot on the bumper and the other across the foot pad, keep weight centred and extend the front leg in a controlled manner. Bend knee slowly to return to starting position. Repeat reps on other leg.



KICK BACK
glutes quads trunk stabilizers balance
In a controlled movement with upright posture, keep weight centred and extend the back leg towards the bumper. Bend knee to return to starting position, repeat reps on other leg.



AB/ADDUCTION
ab/adductor peronei groin hip rotators
Place foot between the center foot pads, with weight primarily on front foot. Slide the skate side to side in a controlled manner. Low resistance recommended.

ADVANCED The following exercises require a good working knowledge of the Pro Fitter. Use caution and common sense with these and all Pro Fitter exercises. Double Black Diamond indicates extreme difficulty. Falls should be expected - USE CAUTION!



SITTING LEG EXTENSION
quads trunk stabilizers hamstrings
Sitting tall on SOB, with heels on bumper or floor hip width apart, push backwards and extend knees. To return pull forward with heels. Can be done with one or both legs.



ABDOMINAL PIKE
back abs shoulders triceps
Standing at one end in a pike position, grip the platform firmly. Keeping the shoulders directly over hands, lower hips into plank then pull SOB back to start position.



SITTING AB
obliques abs core
Sitting on the SOB with feet on the ground and hands grasping the front edge of board, keep head central and rhythmically transfer weight from side to side through hips.



SITTING LUGE
abs hips thighs stomach sides
Sitting on SOB, lean back and engage core. Lift one leg at a time off the floor. Concentrate on keeping the head and heels central. To increase difficulty, lean back as far as possible.



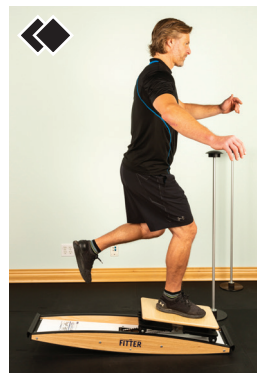
SHOULDERS
abs shoulders triceps stabilizers lats
Standing at one end in a pike position grip the board firmly and draw shoulders away from ears. Keeping body still, push SOB to bumper with shoulder extension. Pull SOB back to starting position to complete rep.



ONE ARM
shoulders rotator cuff
Kneeling behind Pro Fitter, place one hand on the center of SOB with relaxed shoulders. Keeping arm straight and body still, push and pull board from side to side using shoulder complex. (Use light resistance for this exercise.)



PLANK
chest/shoulders deltoids & triceps abs stabilizers
Do a basic push-up from the feet or knees. Move the skate from side to side. It is important to keep the head central with weight equally on both hands



90° ONE LEG
quads glutes hip stabilizers balance
Start with both feet facing the end of the Pro Fitter. Once you have good rhythm, carefully unweight one foot. Please use a spotter



LATERAL ONE LEG
quads glutes balance hip stabilizers
On the platform, start moving the skate with both feet. Once you have good rhythm, carefully unweight one foot. **This exercise is extremely difficult and requires a spotter.**



45° BOTH LEGS
abs quads & glutes balance lumbar spine
Stand on platform at 45° angle. With smooth rhythm, push equally on both legs. Variation combining with deep knee bends.



ANKLES
calf & ankle stability balance proprioception
Keep knees straight pushing skate forward with toes and pulling back with heels. Concentrate on using only the ankles and calves, all other muscles are relaxed.



KNEES
quads hamstrings knee stabilizers
Stand centrally on the platform facing the end of the Pro Fitter. With concentration on the knee joint, drive the skate forward then pull it back with the hamstrings.



STOMACH PIKE
abs lumbar core
In the same position as the KNEES exercise keeping the legs straight, push your feet forward with your stomach and then pull back again with lower spine muscles, knees should not bend.

WARNING - Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any party to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.

PRO FITTER 3D CROSS TRAINER



SCAN  HERE



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

The balance, rhythm and strengthening I get from Pro Fitter is great from training at home or on the road and it's fun!

Kirsten Culver, World Speed Skiing Champion, Utah

I never thought that Pro Fitter would become a must in my life, but it is. Everything goes fine, I improve every day... for a senior customer.

Victor Beaumilliers, Montreal, Quebec

I think the Pro Fitter is an outstanding balance fitness machine... 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, Massachusetts

What's in it for you?

Pro Fitter enhances your mental and physical performance by challenging your mind and body as you condition for sports, daily activities and general health. For millions of people, **Pro Fitter has bridged the gap between traditional conditioning and sport performance.** Whether you're into low-impact recreational activities or high adrenaline sports, they all require multi-directional movement (MDM) responses.

Using Pro Fitter develops strength and endurance while improving the functional elements of balance, coordination, timing, spatial awareness and motor skills, all of which are needed to achieve your maximum potential. **Most importantly, Pro Fitter brings the concept of FUN to fitness.** You love your sports because they are mentally stimulating and physically challenging. You will love Fitter products for exactly the same reasons!



Benefits

CORE STABILITY

- Improved trunk, glute and erector spine muscles
- Increased flexibility
- Working towards being injury and pain free

PROPRIOCEPTION

- Build efficient muscle strength and endurance
- Basis for balance, coordination, strength and agility
- Development of muscles



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

Other Great Fitterfirst Products

SLANT BOARD



The Slant Board is an effective device for stretching, performance enhancement and injury prevention. Targets the calf, hamstring and hip muscles.

PRO BALANCE BOARDS



Tri-level Balance Boards are excellent for improving balance and coordination. They are great for improving sports performance and decreasing rehabilitation time.

BONGO BOARD



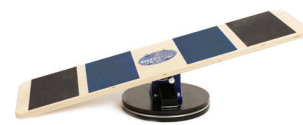
The Bongo Board is a highly challenging, fun product. You will develop new skills and lightening fast reflexes. Falls should be expected!

ACTIVE OFFICE BOARD (AOB)



Stability, Rotation & Function - SRF is unique in that it allows rotation through dynamic movement. Dancers and skaters (to name a few) will find the SRF invaluable.

EXTREME BALANCE BOARD PRO



The Extreme Board Balance Board Pro gives you the ability to train balance and coordination, and build lower body strength and mobility at a higher level.

EXERCISE BALLS



Exercise Ball Chairs should be in every office and home! They bring strength to your core, confidence to your balance and a smile to your face.