

A ReNegade exercise bike is shown in a gym setting. The bike has a digital display at the top with the brand name 'ReNegade' and several control buttons. A large, glowing yellow fan is attached to the front of the bike. The background is a brick wall with blue lighting.

ROCK SOLID CONSTRUCTION FOR INTENSIVE USE

ReNegade

EVOCARDIO

What is HIIT-training?

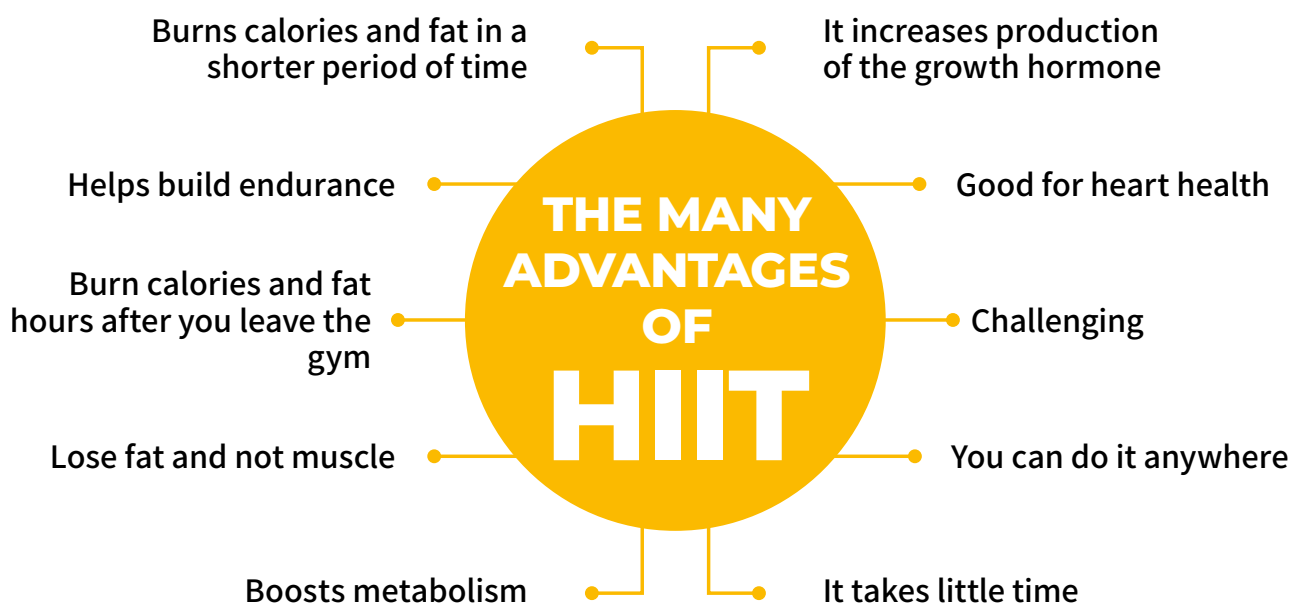
High Intensity Interval Training or HIIT is defined as short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests. This type of intense training causes a sort of metabolic disturbance which can result in the body burning calories at a higher rate up to 48-72 hours later.

HIIT workout sessions can help to increase muscle building and make fat burning more effective. Nevertheless, this type of workout lasts less than half an hour and you only need to do two to three HIIT sessions per week. This way you will achieve convincing results, without any stamina training. Despite the comparatively short time needed, you can double the effectiveness of your fat burning process with HIIT.

The reason for this is that HIIT demonstrably improves the basal metabolic rate. The blood level of the growth hormones, and that of other hormones which enable muscle building, is raised by doing HIIT. In addition to this, HIIT lowers the blood fat, insulin and blood sugar levels. So not only does it improve how you look and your level of fitness, it is also very good for your health in general. For this and other reasons, HIIT is equally suited both to beginners and to those experienced in working out.

HIIT, what is it good for?

Have you ever wondered why it is so effective at helping you reach your goals, whether that be weight loss or increasing your cardiovascular fitness? This is why:



The Renegade series does not need power, so you can place it anywhere and train in an environment-friendly way. These devices are powered by the user. This is for a reason, the environment is important!

ReNegaDe Air Bike AB100

The Renegade air Bike is an upright stationary exercise bike with handles, also known as a fan bike. The resistance is provided by a fan wheel that exponentially increases wind resistance as you pedal harder. The intensity of exercise on the Renegade Air Bike is completely dependent on the person exercising.

You can exercise your lower and upper body at the same time, or exercise your legs or arms independently, simply by resting your feet on pegs in the center of the fan wheel.

Out of all fitness equipment available for losing weight, air Bikes are the most popular, because they are light and easy-to-use.

The Renegade Air Bike is a great way to exercise conveniently and efficiently, especially in the comfort of own home. It's easy to use and a good machine for burning fat.



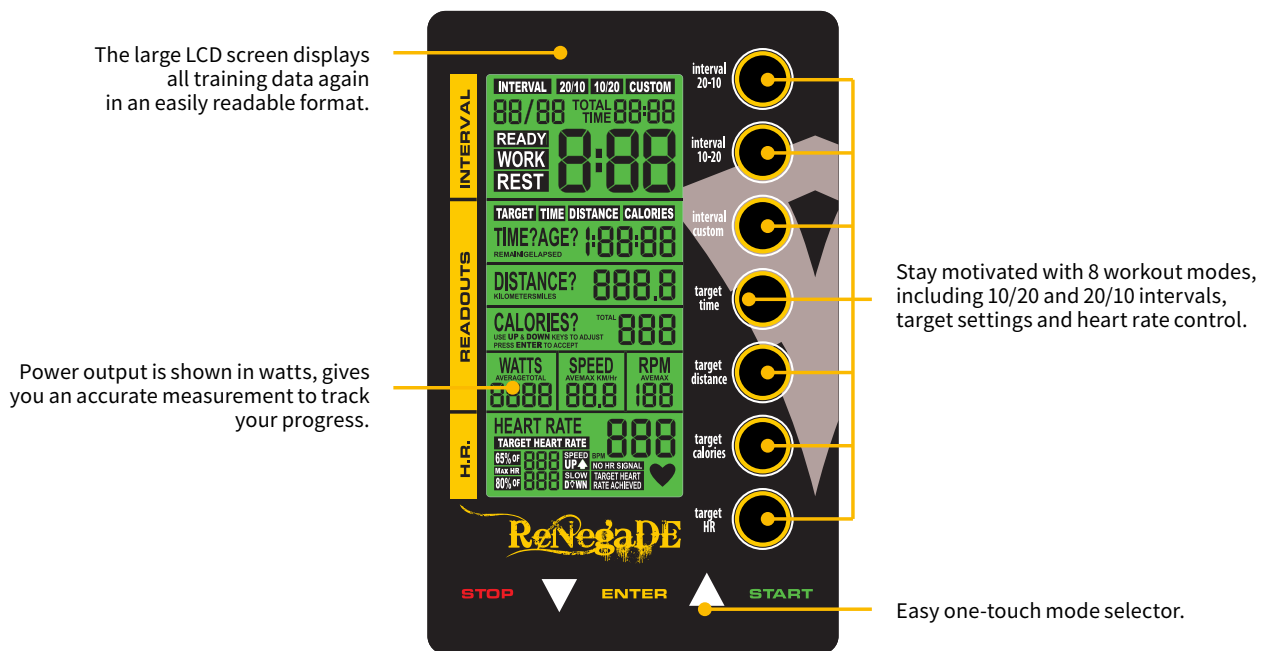
DIMENSIONS

Device (L x W x H)	123 x 67.5 x 142 cm
Net/gross weight	76.5 kg / 81 kg
Max. user weight	160 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Spare parts	6 months

A detailed overview of your workout data



What differentiates the ReNegaDe from other brands?

Net weight of 72 kg and a max. user weight of 150 kg

This means that we use thicker metal tubes for stronger frame structure design than others.

We use 7 grooved ribbed belt driving system

This means that our system is smoother & quieter than Assault's chain driven system.

We have a forward & backward seat sliding mechanism

This means that users do not have to get off the bike to do the required seat position adjustment.

We have a special locking system of the seat post adjustment

This means that the user can find his ideal height position without the pin's holes limitation.

We have a special crank arm design & security mechanism

This means that there's no quality problem after use.

We have very high-quality pedals

This means that our bicycle qualifies for commercial fitness.

Our console has a Polar 5kHz wireless built-in receiver

This means that the user can use his own 5 kHz compatible chest strap.

We have a multi-grip dual action handlebar design

This means that the user can have more grip options while exercising.

ReNegaDe Air Rower **ARC100/ARP100**

The Evocardio Renegade Air Rower ARC100 Classic and ARP100 Pro are sturdy rowing machines with a very high load capacity.

Of all cardio machines, the rowing machine is one of the best ways to train your entire body. It requires equal effort from both the upper and lower body. Rowing burns calories rapidly, making it a suitable addition to your workout regime if weight loss is your chief priority.

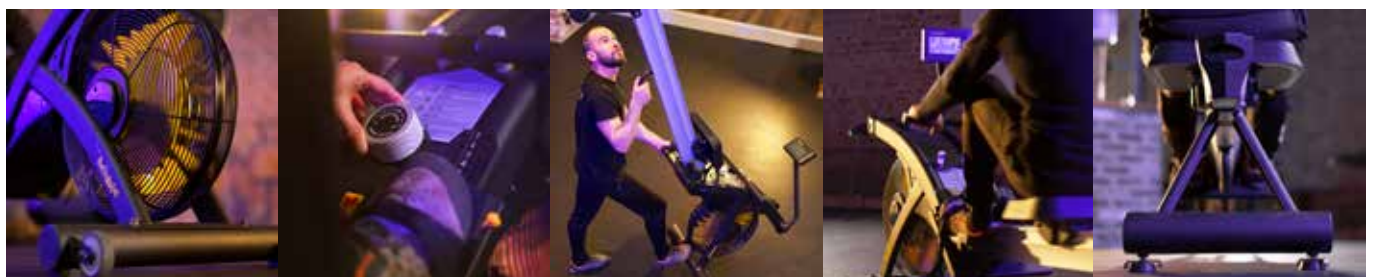
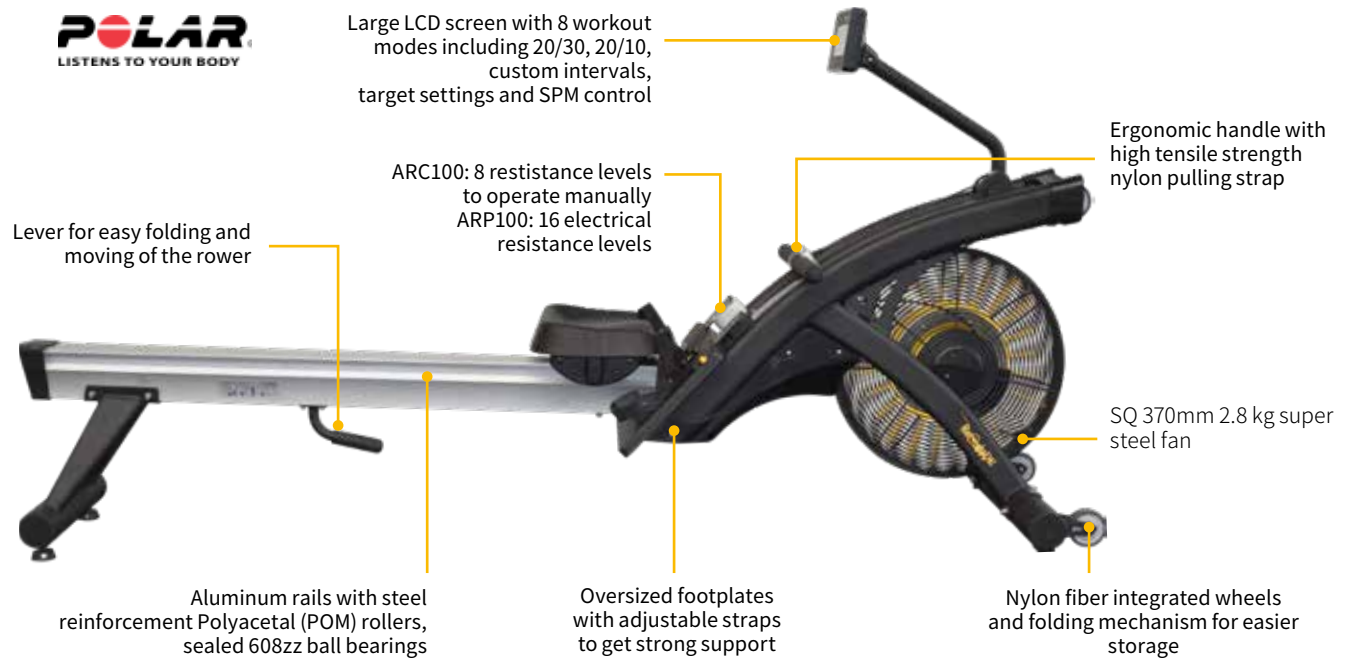
Using the Renegade air rowing machine at home can have great physical benefits. It provides a good aerobic workout since you are using your entire body and can exercise as vigorously as you want; you can also go at your own pace if you need to work your way up to a better level of physical fitness. It's a great tool for rehabilitation as it provides safe movement with no impact. It also allows the area of the injury to move and provide blood flow to the area to aid in recovery.

The Air Rower uses a combination of 2 types of resistance: air and magnetic. When you use air as your resistance mechanism, you increase or decrease the resistance according to your own efforts, which means you have a lot less chance of overdoing it or injure yourself.

With the ARC100 classic the 8 magnetic resistance levels are controlled manually while the ARP100 Pro, which has 16 resistance levels, is equipped with an electrical system.

The monitor can track the following workout data: distance, time, calories, watts, number of strokes, SPM and time/500m. It immediately tracks all your data you need in addition to an ideal total-body workout.

The rowing machine is an excellent addition to your training schedule.



DIMENSIONS

Device (L x W x H)	218 x 61.5 x 76 cm
Net/gross weight	49.5 kg / 58 kg
Max. user weight	160 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Spare parts	6 months

An Air Rower with a true performance monitor

CONSOLE CLASSIC

Large LCD screen displays all workout data in easy to read format.

Tracks time, distance, calories, watts, strokes, SPM and time/500.



Tracks pulse via optional chest belt.

8 programs including 20/30, 20/10, intervals, target and SPM control

CONSOLE PRO

Tracks pulse via optional chest belt.

Tracks time, distance, calories, watts, strokes, SPM and time/500.



Large blue LCD screen displays all workout data in easy to read format.

8 programs including 20/30, 20/10, intervals, target and SPM control



EVOCARDIO

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ReNegaDe HIIT Runner **ARUN050**

Evocardio's new way of running helps you burn fat and calories faster and more efficiently than any other fitness concept to date with its innovative toe running approach.

The Renegade HIIT Runner ARUN050 offers superior steel construction, dependable stability, and no-limits functionality in a energy-efficient design.

Innovation patented curve design conforms better to your stride and encourages running on the balls of your feet, both reducing joint impact and improving performance. There's no need for you to adjust the belt tension or replace the deck. This treadmill is the easiest to maintain that you'll find anywhere.

Engineered for light weight and incredible strength, the treads incorporate a soft shock absorbing cover, which provides just the right spring and shock absorption while handling the high loads and long life requirement.

This motorless treadmill uses no electricity, running instead on the energy produced by the user's own movement. Whether you're a beginner athlete or a professional at the highest levels, the ARUN050 can instantly conform to your desired speed, even if you change your output randomly at will.

Walk, jog, stop, spring, instantly, with no intervention other than just shifting your body forward and back, not having to touch any buttons. No bounds, no controls, just RUN.



DIMENSIONS

Device (L x W x H)	172 x 82 x 165 cm
Net/gross weight	158 kg / 198 kg
Max. user weight	160 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Spare parts	6 months

ReNegaDe Air Runner **ARUN100**

Incorporate a new dimension into your training with the Curved Treadmill Air Runner ARUN100. The completely self-powered, manual ARUN100 offers a one-of-a-kind workout experience that requires zero electricity. Feel the freedom of this totally manual treadmill while running or walking on the unique curved running surface where you are the motor.

The Air Runner ARUN100 challenges the entire body while burning up to 30% more calories than any other treadmill. High intensity intervals are made easy when there are no buttons to reach for to increase or decrease speed; this also makes for quick transitions during group training.

The non-motorized ARUN100 is made possible by the running surface. The Slat Belt system is near frictionless, which allows the belt to glide smoothly. Combine that with an innovative curved running surface and suddenly users are able to control their pace at will. To speed up, simply start running, to slow down, allow yourself to drift down the curve. It is all about body position and gravity.

No need to push a button and wait for the treadmill to speed up. As a user takes longer strides up the curved belt, the speed increases, and as the user simply drifts back towards the rear, the speed decreases.



DIMENSIONS	
Device (L x W x H)	183 x 93 x 158 cm
Net/gross weight	158 kg / -
Max. user weight	150 kg

WARRANTY	
Frame	Lifetime
Parts	2 years
Spare parts	6 months

ReNegaDe Ski Erg ASKI100/ASKI150

The Renegade Air Ski ASKI100/ASKI150 strengthens the upper body, abdominal, back and leg muscles that are relevant to skiing. As the fitness machine works with an air and magnetic resistance system, the movements are very fluid. This makes training more fun and reduces the risk of injury.

The Air Ski ASKI100/ASKI150 is a very sturdy training machine. This unit relies on a very strong, elastic rope system, requiring only 8 kg to move from bottom to top. The ASKI100 can be fixed to the wall with mounting brackets wherever you want.

Training on the Air Ski ASKI100/ASKI150 can be done kneeling or sitting in front of the machine. This makes the machine ideal for athletes with physical limitations. You control the training resistance yourself: pulling harder accelerates the flywheel and increases the resistance. The different resistance levels (1-14) make it possible to simulate practical training in all conditions.

The robust carriage system with 3 different height positions and a swivel function, Nordic skiing is no longer the only exercise. To adjust the height, lift the ASKI150 slightly to remove the lock pin and place it at the desired height. The 4 mm thick steel mounting bracket allows you to place the ASKI150 in the desired position against the wall.

This unit has several training programs, allowing you to train in a varied and targeted way. The "quick release" handle allows you to quickly switch between different training programs. In addition, the large blue backlit LCD screen is easier to read during training.

The Renegade Air Ski ASKI100/ASKI150 is self-generating so there is no need for electrical cables.

Stainless steel quick-release mechanism design for vertical & horizontal grip handles for different exercises

Ergonomically designed handles offer horizontal and vertical placement options to train different muscles

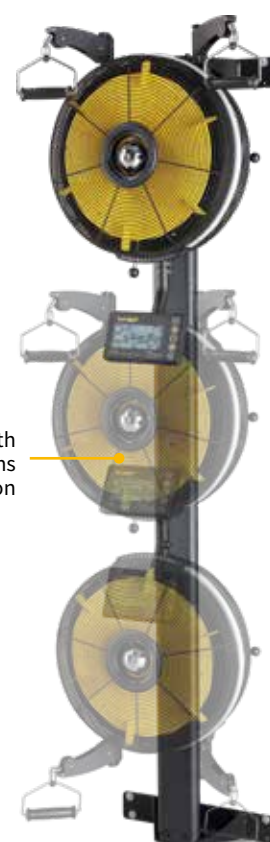
Manual adjustable magnetic resistance system (14 levels) for high intensity training

Large LCD screen displays 7 workout modes including 20/10,20/30, custom intervals, 4 target settings. Built-in both ANT+ & Bluetooth



Heavy-duty 45 cm aluminium fan with cross-bonded aluminium blades

Robust carriage system with 3 different height positions and a swivel function



DIMENSIONS ASKI100

Device (D x W x H)	38 x 62 x 80 cm
Net/gross weight	23 kg / 26.5 kg
Max. user weight	150 kg

DIMENSIONS ASKI150

Device (D x W x H)	38 x 62 x 208 cm
Net/gross weight	61 kg / 72 kg
Max. user weight	150 kg

ReNegaDe Ski Erg ASKI200

The Renegade Air Ski ASKI200 strengthens the upper body, abdominal, back and leg muscles that are relevant to skiing. As the fitness machine works with an air and magnetic resistance system, the movements are very fluid. This makes training more fun and reduces the risk of injury.

The Air Ski ASKI200 is a very sturdy training machine. This unit relies on a very strong, elastic rope system, requiring only 8 kg to move from bottom to top. The robust carriage system has 3 different height positions and a swivel function. To adjust the height, lift the ASKI200 slightly to remove the lock pin and place it at the desired height.

The floor stand, with its non-slip board and transport wheels, is an all-in-one solution that makes the ASKI200 mobile.

Training with the Air Ski ASKI200 can be done kneeling or sitting in front of the machine. This makes the machine ideal for athletes with physical limitations. You control the training resistance yourself: pulling harder accelerates the flywheel and increases the resistance. The different resistance levels (1-14) make it possible to simulate practical training in all conditions.

The Air Ski ASKI200 has several training programs, allowing you to train in a varied and targeted way. The "Quick release" handlebar makes it easy to switch between different training programs. The Renegade Air Ski ASKI200 is self-generating so there is no need for electrical cables.



Stainless steel quick-release mechanism design for vertical & horizontal grip handles for different exercises

Ergonomically designed handles offer horizontal and vertical placement options to train different muscles

Large LCD screen displays 7 workout modes including 20/10,20/30, custom intervals, 4 target settings. Built-in both ANT+ & Bluetooth



Black 2 mm thick mainframe construction with free-standing platform, fitted with a 2.3 mm thick steel anti-slip checker plate



Heavy-duty 45 cm aluminium fan with cross-bonded aluminium blades

Manual adjustable magnetic resistance system (14 levels) for high intensity training

Robust carriage system with 3 different height positions and a swivel function

Integrated wheels for easy transportation



DIMENSIONS

Device (D x W x H)	142 x 62 x 214 cm
Net/gross weight	100.5 kg / 115 kg
Max. user weight	150 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Spare parts	6 months

RUN ROCKET

The Best Equipment for agility training & boosting speed.

The Run Rocket is a portable resisted sprinting system which uses fly wheels to create the resistance for the athletes. With the ability to gear through 30 levels of resistance, the run rocket can be tailored to any athletes training requirements to get the best improvements in speed, power and agility. In addition to this, the run rocket can be used to resist during plyometric jumping and/or broad jumping.

The transport wheels make it a portable system allowing to be used during both indoor and outdoor training session. The system includes a disc loading bar to add mass to the frame ensuring stability and minimal movement during training.

The resistance of the run rocket can be toggled using an adjustment knob, this resistance is represented numerically on the display for ease of repeatability.

With a harness of multiple attachment points, the run rocket allows for various pulling points accommodating for various movement patterns of each sport. The tether has a length of 36.5 meters with an automatic retraction system for ease of function. An athlete can be tethered to more than one Run Rocket to provide lateral resistance or can be used for rotary concentric movements and a large range of other movements.



DIMENSIONS

Device (L x W x H)	94 x 71 x 101.5 cm
Net/gross weight	74.8 kg / - kg
Max. user weight	Niet van toepassing

WARRANTY

Frame	Lifetime
Parts	2 years
Spare parts	6 months

