

## CASCADE AIR BIKE UNLIMITED

### Built Tough To Last Long

Commercial quality, the Cascade Unlimited Air Bike is built to be the strongest and most durable air bike ever made. In air bike technology, weight and tough construction matters – as users often engage in high intensity total body workouts in and out of the saddle.

Comfortable and easy to use, the Cascade Air Bike offers unlimited air resistance. Like with all air bikes, the individual controls the intensity as they pedal, push, and pull to meet their own fitness objectives. The large foot pegs also make it simple when users only want a great upper body workout. The Cascade Unlimited model is designed with multi-grip handlebars and pedals with cages.



*Cascade Air Bike Unlimited*

## CASCADE AIR BIKES – KEY PRODUCT FEATURES



### Unlimited Air Resistance

*The durable dual steel fan blades handle the most intense workout.*



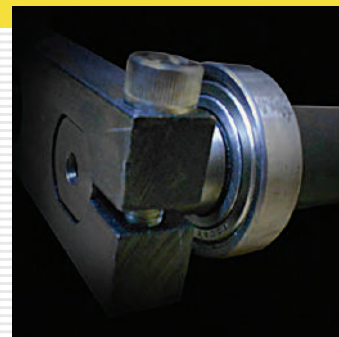
### Console With Interval Programs

*The console offers interval programs for high intensity workouts and displays time, distance, calories, rpm, watts, HIR and speed.*



### Micro-Fit Seat Adjustment

*The 4 way adjustable seat allows for a quick and easy personalized fit.*



### Sealed Bearings

*The commercial grade design is built to last.*



*Cascade Air Bike Unlimited*

### KEY BENEFITS

- Unlimited air resistance
- Commercial quality – extremely durable
- 8 workout programs
- Great value

### SPECIFICATIONS

Length	48.4 in ( 123 cm)
Height	56 in (142 cm)
Width	26.6 in (67.5 cm)
Weight	168.75 lbs (76.5 kg)
Max User Weight	350 lbs (159 kg)



## CASCADE AIR BIKE UNLIMITED MAG

Designed with the same tough durable construction as the standard model, the Cascade Air Bike Unlimited Mag has 8 levels of magnetic resistance at the turn of a dial. This magnetic feature gives users more resistance options than any other air bike. Lower levels are a great workout choice for more de-conditioned users, while the top levels provide exceptional high intensity exercise.

Like all Cascade Air Bike models, the Unlimited Mag offers infinite air resistance with a multi-grip handlebar design, especially versatile for upper body workouts. It has the same tough construction and durable features and it is ideal for both users needing low resistance exercise as well as offering a high intensity heart pumping workout for more conditioned athletes. The large foot pegs also make it simple when users only want a great upper body workout.



Cascade Air Bike Unlimited Mag

## CASCADE AIR BIKE UNLIMITED MAG - KEY PRODUCT FEATURES



### Magnetic Resistance Knob

*Provides 8 levels of magnetic resistance to create more workout options with a greater range of resistance.*



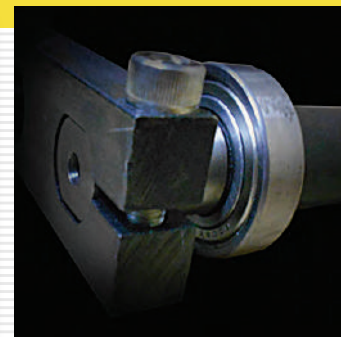
### Console With Interval Programs

*The console offers interval programs for high intensity workouts and displays time, distance, calories, rpm, watts, HIR and speed.*



### Micro-Fit Seat Adjustment

*The 4 way adjustable seat allows for a quick and easy personalized fit.*



### Sealed Bearings

*The commercial grade design is built to last.*

Here are the intensity levels for comparing the CASCADE AIR BIKE UNLIMITED MAG to the standard UNLIMITED model

- Level 1 and 2 have less resistance vs. the standard Air Bike Unlimited
- Level 3 is similar to the resistance of the standard Air Bike Unlimited
- Levels 4 – 8 have increased resistance vs. the standard Air Bike Unlimited



Cascade Air Bike Unlimited Mag

### KEY BENEFITS

- Unlimited magnetic air resistance
- Commercial quality – extremely durable
- 8 workout programs
- Great value

### SPECIFICATIONS

Length	48.4 in ( 123 cm)
Height	56 in (142 cm)
Width	26.6 in (67.5 cm)
Weight	168.75 lbs (76.5 kg)
Max User Weight	350 lbs (159 kg)



## CASCADE AIR ROWER MAG

Smooth and a great workout, our Cascade Air Rower Mag combines all the features of our original magnetic rower with the added benefit of progressive air resistance. Easy to read console offers 8 exercise programs with 16 levels of magnetic resistance and heart rate tracking with a swing away design for enhanced viewing. Rolls easily with a standup option for storage.



## CASCADE AIR ROWER MAG – KEY PRODUCT FEATURES



### Fan Combines Air And Magnetic Resistance

Adding air resistance gives more workout options.



### Stand Up Option For Storage

Stands up easily on end for convenient storage.



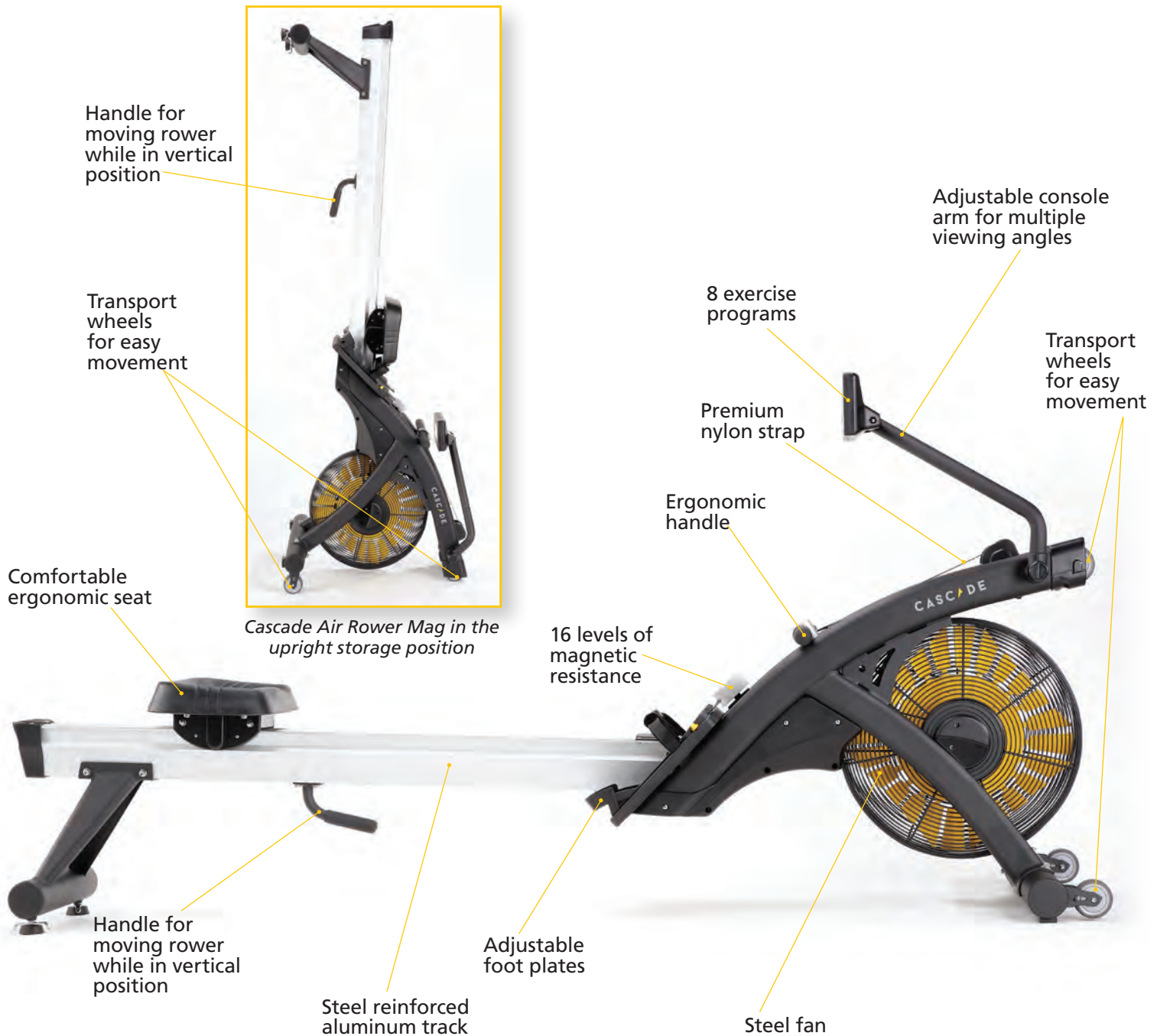
### Comfortable Ergonomic Seat

The contoured ergonomic seat is comfortable to sit on during short or long workouts and glides smoothly.



### 8 Exercise Programs

8 workout programs – exercise feedback includes watts, calories, time, time/500m, distance, strokes/min and HR.



### KEY BENEFITS

- Commercial quality
- Smooth, quiet and a great workout
- Adds progressive air resistance for more workout options
- Rolls easily

### SPECIFICATIONS

Length	85.8 in (218 cm)
Height	28.5 in (72 cm)
Width	24.2 in (61 cm)
Weight	109 lbs (49 kg)
Max User Weight	350 lbs (159 kg)
Shipping Weight	128 lbs (58 kg)

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year





## CASCADE ULTRA RUNNER PLUS

### A MORE EFFECTIVE CURVED TREADMILL

The Cascade Ultra Runner Plus not only gives you all the exercise benefits of a self powered curved treadmill, it gives you the option to add 6 levels of magnetic resistance to add higher intensity interval training. Walk or run at your own pace then add resistance to burn more calories and add variety to your workout.

Upper and lower handlebar positions accommodate all user sizes and facilitate different exercises, including sled conditioning. Premium anti-slip molded rubber slats with sealed bearings create an exceptionally quiet and smooth running surface and reduce friction wear and tear. The ultimate training tool, the Cascade Ultra Runner Plus is fully commercial and built to last.



### CASCADE ULTRA RUNNER PLUS - KEY PRODUCT FEATURES



#### Console With Interval Programs

Console has interval programs for high intensity workouts and displays time, distance, calories, watts, HR and speed. Built in wireless heart rate receiver.



#### Premium Aluminum Slats

Slats have exceptional durability with extruded aluminum alloy core, pure vulcanized rubber, and sealed cartridge bearings.



#### Easy To Adjust Lever

Lever has 6 levels of magnetic resistance to control the workout intensity. Range allows you to go from free running to a sled push.



#### Rear Handle

Handle makes it so easy to pick up and move the Ultra Runner.

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## ULTRA RUNNER PLUS FEATURES



### KEY BENEFITS

- Commercial quality - extremely durable
- Unlimited HIIT workouts with 6 levels of magnetic resistance
- Improve power, speed, endurance and agility
- Dual handlebars for high and low pushes

### SPECIFICATIONS

Length	74" (188 cm)
Width	34" (86 cm)
Height	62" (158 cm)
Weight	335 lbs (152 kgs)
Running Surface	63" x 19" (160 cm x 48 cm)
Maximum User Weight	350 lbs (159 kg)





## CASCADE ULTRA RUNNER

### A MORE EFFECTIVE CURVED TREADMILL

The Cascade Ultra Runner not only gives you all the exercise benefits of a self powered curved treadmill, it gives you the option to add 4 levels of magnetic resistance to add higher intensity interval training. Walk or run at your own pace then add resistance to burn more calories and add variety to your workout.

Comfortable handlebars accommodate all user sizes and facilitate different exercises. Premium anti-slip molded rubber slats with sealed bearings create an exceptionally quiet and smooth running surface and reduce friction wear and tear. The ultimate training tool, the Cascade Ultra Runner is fully commercial and built to last.

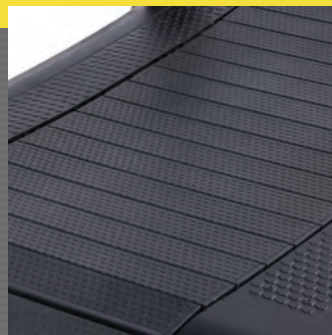


### CASCADE ULTRA RUNNER - KEY PRODUCT FEATURES



#### Console With Interval Programs

Console has interval programs for high intensity workouts and displays time, distance, calories, watts, HR and speed. Built in wireless heart rate receiver.



#### Premium Anti-Slip Slats

Anti-slip heavy duty rubber molded slats have exceptional durability with sealed cartridge bearings for smooth and quiet exercise.



#### Easy To Adjust Lever

Lever has 4 levels of magnetic resistance to control the workout intensity. Range allows you to go from free running to a sled push.



#### Rear Handle

Handle makes it so easy to pick up and move the Ultra Runner.

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## ULTRA RUNNER FEATURES

Large LCD screen with 7 workout modes, including 20/10, 20/30, custom intervals, 4 target settings



Easy to adjust 4 position intensity lever from free running to HIIT workouts

### KEY BENEFITS

- Commercial quality - extremely durable
- Unlimited HIIT workouts with 4 levels of magnetic resistance
- Improve power, speed, endurance and agility
- Comfortable ergonomic handlebars

### SPECIFICATIONS

Length	67" (171 cm)
Width	31" (79 cm)
Height	66" (168 cm)
Weight	289 lbs (131 kg)
Running Surface	63"x 17" (160 cm x 44 cm)
Maximum User Weight	350 lbs (159 kg)



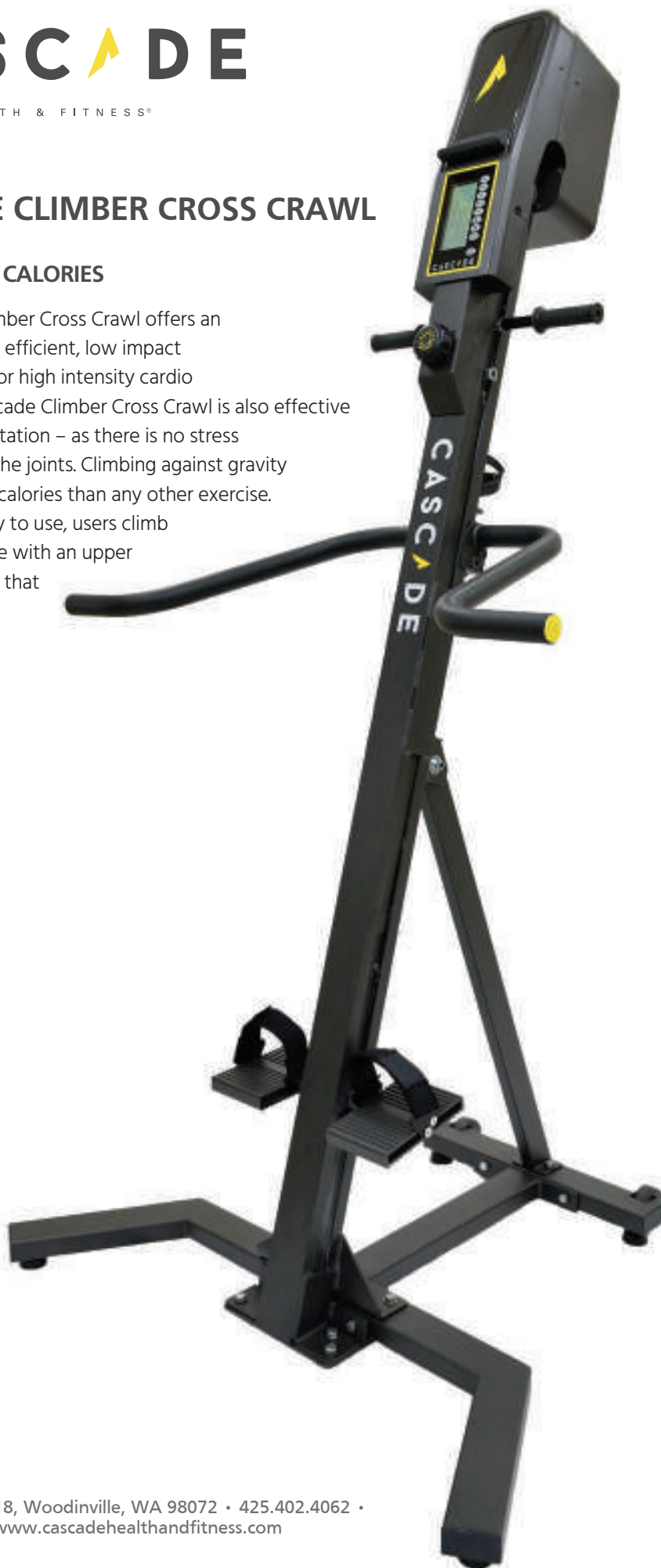
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## CASCADE CLIMBER CROSS CRAWL

### BURNS MORE CALORIES

The Cascade Climber Cross Crawl offers an exceptional time efficient, low impact workout. Great for high intensity cardio training, the Cascade Climber Cross Crawl is also effective for injury rehabilitation – as there is no stress or pounding on the joints. Climbing against gravity also burns more calories than any other exercise. Smooth and easy to use, users climb at their own pace with an upper body movement that creates total body exercise.



### KEY PRODUCT FEATURES



#### Comfortable Handles

Quick release handles with 3 hand positions to choose from.



#### Easy to Read Console

Easy to read console with 6 program options displays time, steps, step height, cadence, calories, heart rate, steps/min, level, and distance. Bluetooth built-in.



#### Transport Wheels

Quickly and easily move the Cascade Climber.



#### 16 Levels of Resistance

Resistance has 16 levels to accommodate high and low intensity workouts.

## CLIMBER CROSS CRAWL FEATURES

### PROGRAMS

manual, interval, distance,  
time, calories, steps

### CONSOLE FEEDBACK

time, steps, level, step height  
(avg/max), cadence (avg/max),  
distance, steps/min (avg/max),  
calories, hr (avg/max)

### KEY BENEFITS

- Cross Crawl movement pattern
- Great for high intensity interval training (HIIT)
- Works both the lower and upper body
- Burns more calories
- Non-impact - effective for rehab

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Depth:	41"
Width:	46"
Height:	92.5"
Weight:	144 lbs.
Shipping Weight:	154 lbs.
Max User Weight:	350 lbs.





## CASCADE COMPASS



### COMPASS MODEL INCLUDES

- 16 Levels of Automatically Adjustable Resistance
- HR Monitor/Strap
- Dual Sided SPD Pedals
- 14 Workout Programs

The Cascade Compass offers 14 program options as well as the traditional spin capability. Built with the same high quality quiet magnetic resistance system as our Cascade bikes, the

Compass lets you increase or decrease resistance at the touch of a button or select from 14 different exercise programs.



- 14 Workout Programs
- Time
- Distance
- Watts/Levels
- Speed/RPM
- Calories – Kcal
- Bluetooth Enabled Console

## CASCADE COMPASS - KEY PRODUCT FEATURES



### Compass Console

14 workout programs - exercise feedback includes time, distance, HR, watts, speed/RPM and calories.



### No-Slip Multi-Position Handlebars

PVC coated handlebars adjust up/down and fore/aft for better fit.



### Comfortable 4 Way Adjustable Seat

Adjusts up/down and fore/aft for better fit.



### Smooth Magnetic Resistance System

Adjust resistance at the touch of a button

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Console displays speed, RPM, time, distance, HR, calories, level and watts and has 14 programs



## COMPASS FEATURES



### KEY BENEFITS

- Quiet smooth magnetic resistance delivers great road feel
- 16 levels of resistance to vary your workout
- Includes HR Monitor/Strap for heart rate training
- Commercial quality – extremely durable
- No friction parts – require very little maintenance

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Length	42" (107 cm)
Height	42" (107 cm)
Width	23" (58 cm)
Weight	96 lbs (44 kg)
Max User Weight	350 lbs (159 kg)



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## CASCADE PRO POWER



### PRO POWER MODEL INCLUDES

- Bluetooth/ANT+ Power Console
- HR Monitor/Strap
- Dual Sided SPD Pedals
- 16 Levels Of Adjustable Resistance At Your Fingertips (Lever)

### WITH BLUETOOTH/ANT+ POWER CONSOLE

The Cascade Pro Power lets you train with power for top cycling performance. Using a smooth magnetic resistance system, with no friction parts for wear and tear, the Cascade Pro Power is extremely quiet and low maintenance. The Pro Power console has an easy to read backlit screen that displays watts, heart rate, calories, resistance, speed, cadence, distance, and time. Use to record workout data with ALA Fitness App on your iPhone and ANT+ technology sends out data for applications to read. Also includes wireless heart rate monitor.



### BLUETOOTH/ANT+ POWER CONSOLE

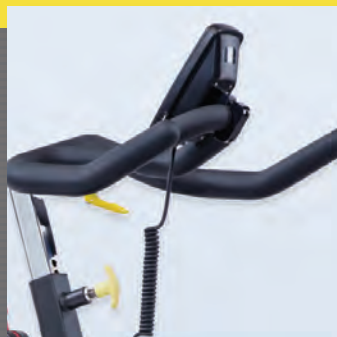
- Power – watts
- Heart Rate - current, average and maximum
- Calories – Kcal
- Level – resistance 1-16
- Speed – current, average and maximum
- Cadence – current, average and maximum RPM

## CASCADE PRO POWER - KEY PRODUCT FEATURES



### Smooth Magnetic Resistance System

Precision flywheel and smooth magnetic resistance system delivers a smooth quiet ride and great road feel. With no friction parts to wear and tear, Cascade group exercise bikes are extremely durable and require very little maintenance.



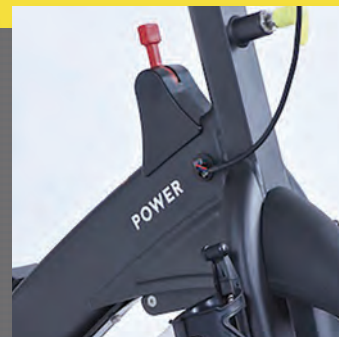
### No-Slip Multi-Position Handlebars

PVC coated handlebars adjust up/down and fore/aft for better fit.



### Comfortable 4 Way Adjustable Seat

Adjusts up/down and fore/aft for better fit.



### Cascade Pro Power – 16 Levels Of Resistance

Power at your fingertips. Cascade Pro Power resistance lever adjusts easily to give you 16 levels to vary the intensity of your workout – train with interval's from 30 watts to 1,000 plus watts for the most intense rider.

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## PRO POWER FEATURES



### KEY BENEFITS

- Quiet smooth magnetic resistance delivers great road feel
- 16 levels of resistance to vary your workout
- Includes HR Monitor/Strap for heart rate training
- Commercial quality – extremely durable
- No friction parts – require very little maintenance

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Length	42" (107 cm)
Height	42" (107 cm)
Width	23" (58 cm)
Weight	96 lbs (44 kg)
Max User Weight	350 lbs (159 kg)



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## CASCADE PRO

### Quiet Magnetic Resistance

Certified for commercial facilities, the Cascade Pro is a low maintenance, high quality indoor exercise bike built to last for years. Its smooth magnetic resistance system provides an exceptional indoor cycling experience. With no friction parts for wear and tear, Cascade stationary indoor bikes are extremely quiet and low maintenance. An exceptional value, the Cascade Pro delivers both durability and performance.

- **Precision Balanced Belt Driven Flywheel** – durable, quiet, and delivers great road feel
- **Optimal Pedal Width** – narrower pedal crank separation for optimal performance
- **Robotically Welded Frame** – for long lasting performance
- **Low Maintenance Design** – magnetic resistance eliminates old style wearing parts
- **Long Lasting Chrome Plated Seat And Handlebar Tubes**
- **Durable Ball Bearing Bottom Bracket** – for easy service
- **Durable Cranks** – for long lasting performance

## CASCADE PRO – KEY PRODUCT FEATURES



### Smooth Magnetic Resistance System

Precision flywheel and smooth magnetic resistance system delivers a smooth quiet ride and great road feel. With no friction parts to wear and tear, Cascade group exercise bikes are extremely durable and require very little maintenance.



### No-Slip Multi-Position Handlebars

PVC coated handlebars adjust up/down and fore/aft for better fit.



### Comfortable 4 Way Adjustable Seat

Adjusts up/down and fore/aft for better fit.



### Easy To Adjust Resistance

Increase the resistance of your workout with a simple turn of the knob.

## CASCADE PRO FEATURES



### KEY BENEFITS

- Quiet smooth magnetic resistance delivers great road feel
- Commercial quality – extremely durable
- No friction parts – require very little maintenance
- Best Value

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Length	42" (107 cm)
Height	42" (107 cm)
Width	23" (58 cm)
Weight	96 lbs (44 kg)
Max User Weight	350 lbs (159 kg)





## CASCADE RAPTOR FUNCTIONAL TRAINER

### THE ULTIMATE TRAINING DEVICE

The Raptor Functional Trainer will have your muscles burning and heart pumping in no time at all. Target all your favorite muscle groups with the huge range of exercises that can be performed at the high, mid and low positions. Perform ski exercises, pulls, curls, squats, rows and more. There is no limit to the exercises you can perform. Burn calories, improve cardio and build strength like never before. The low impact also makes this unit a great choice for rehab. Built with the same great quality as other Cascade products.

### Workout from 3 Positions



High

Mid

Low



## KEY PRODUCT FEATURES



### Easy to Read Rotating Console

After rotating the fan unit, the console can be rotated as well.



### Progressive Fan Resistance and 14 Levels of Magnetic Resistance

Provides for a wide range of workouts to achieve all fitness goals.



### Transport Wheels

Lower the fan unit to mid or low position and tilt the whole unit back to easily move.



### Two Sets of Handles and Universal Attachment

Quick release connections provided to easily change out handles.

## RAPTOR FEATURES

### PROGRAMS

Target – time, distance, calories, strokes, strokes/minute, Interval – 20/10, 20/30, custom, Quick Start

### CONSOLE FEEDBACK

Time, strokes, heart rate, calories, strokes/minute, Time/500m, watts, distance, level

### KEY BENEFITS

- Great for both cardio and strength workouts
- Excellent HIIT training options
- Low impact workouts
- Wide range of exercises can be performed
- Effective for rehab

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Depth:	50"
Width:	24"
Height:	82"
Weight:	185 lbs.
Shipping Weight:	200 lbs.
Max User Weight:	400 lbs.

