



ADW SPORTS



STIL-FIT<sup>INT.</sup>

Fitness | Design | Interior

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## Fitness meets Design

The philosophy at STIL-FIT is to integrate fitness equipment as lifestyle products into every living ambience. By offering a wide range of products with great design we want to contribute to our customers personal fitness and a healthy lifestyle.

Our products are technically sophisticated, innovative and are characterized by highest-quality materials and great attention to detail.

Made in Germany

For more information go to: [www.stil-fit.com](http://www.stil-fit.com)



Fitness | Design | Interior

# The STIL-FIT Ergometer

## Innovative and unique – for your best performance

### Workout in style – anytime and anywhere

Thanks to its elegant look, the outstanding design and its compact dimensions the ergometer fits perfectly in any living environment. The successful combination of form and function will make our ergometer the eye-catcher in your house, home gym or office.

### Functional and as individual as you are

We used real street bikes as role model in order to transfer the advantages and possibilities on our ergometers. Perfect ergonomics with multiple adjustment options, a very comfortable seating position and a small Q-factor. Furthermore, we incorporated real biking components that can be exchanged according to your requirements and wishes. (Saddle, pedals, handgrips and the handle bar)

- Exclusive and timeless Design
- No external power necessary
- Very quiet with a good runout
- slender body

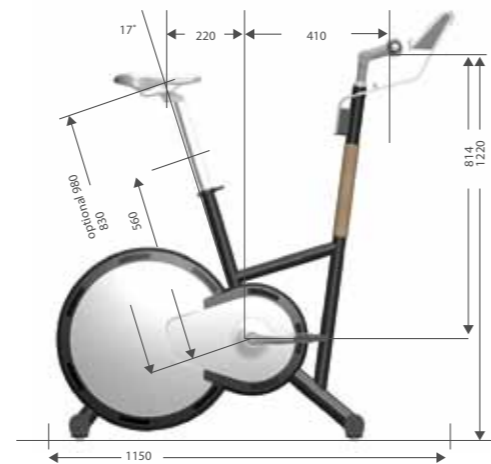


### Made in Germany

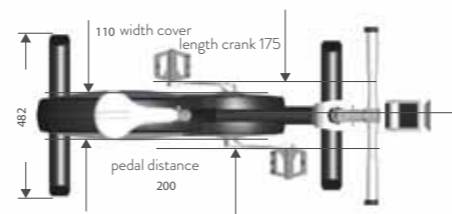
Development and production are located in Munich. To make sure the products meet our requirements the final assembly, quality control and the shipping department are located in Munich, too.

### Cardio training strengthens body and mind

If you want to do an intense and effective workout you are just right using our Ergometers. Cardio training strengthens the cardiovascular system, burns fat effectively and supports muscle growths, thus boosting health and wellbeing - a highly effective whole-body training.

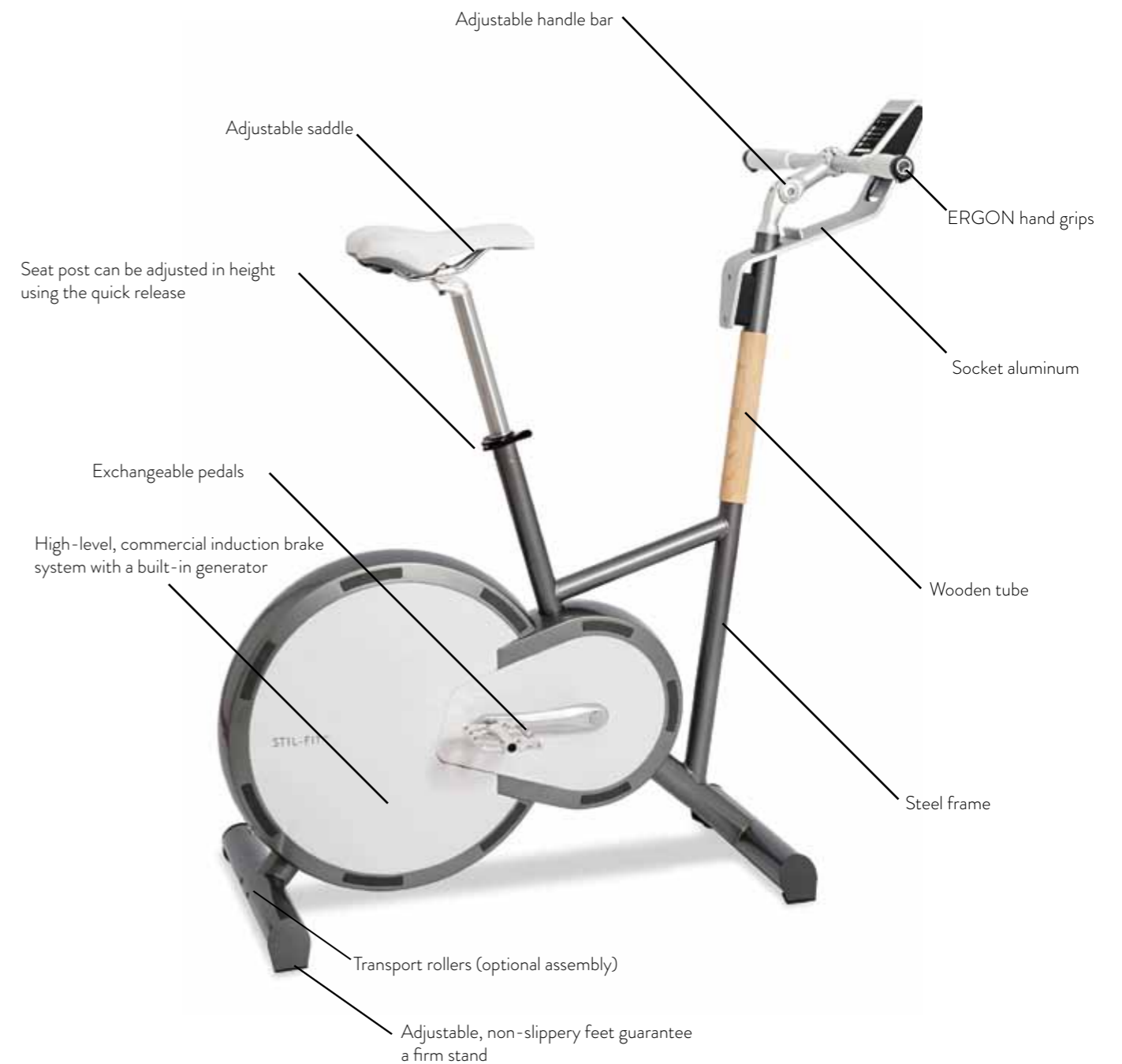


Ergonomics similar to a street bike



# The Ergometers in detail

Thanks to years of experience our ergometers are thought out right down to the last detail. Only top-quality materials are being used and we ensure first-class manufacturing throughout all processes. The core component is the extremely powerful and wear-resistant induction brake that is generator powered and controlled by our own software



# Ergometer SFE-009/2

## Intuitive and efficient Cardio training

### Unique and outstanding Design

The ergometer SFE-009/2 with the elegant on-board trainings computer distinguishes itself from conventional ergometers through its excellent design concept paired with highest quality materials and a perfect finish.

### Powerful Training computer

We have equipped the SFE-009/2 with a 4,3" TFT color touchscreen monitor and a user interface that is self-explanatory and easy to use with a clearly arranged operator guidance system. The trainings computer provides you with a wide range of different programs and gives you the opportunity to store training-data for up to five users.

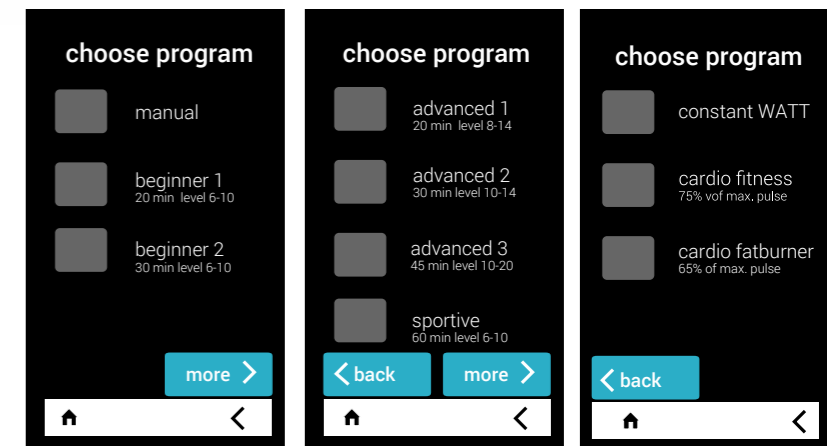
## The Training Computer



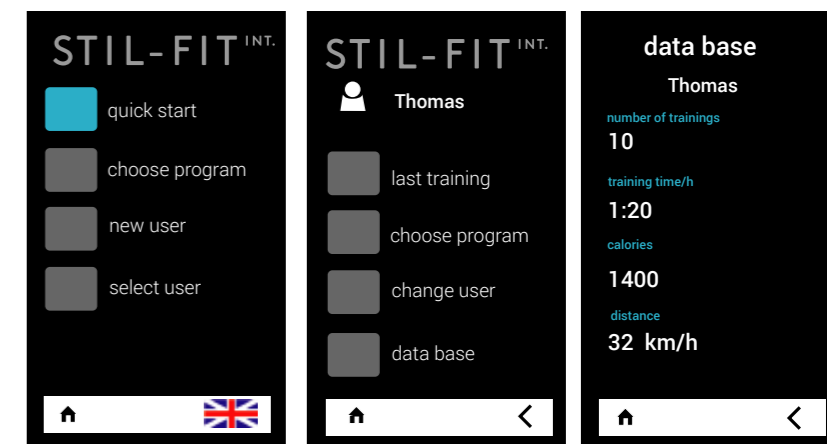
- Quick Start
- Data storage for five users
- Intuitive operator guidance



4,3" TFT Touch Screen with glass front



Program Overview



Start Screen

User Profile

Data Storage

# Ergometer SFE-012

## Motivating and entertaining

### Controlled via tablet-PC

The innovating model SFE-012 is completely controlled by a tablet-PC (e.g. iPad or Galaxy Tab) and will make your workout a lot more enjoyable and efficient. Benefit from the large and clear display, a great number of trainings programs, a sophisticated analysis tool and your personal entertainment program.

### Connected training for maximum motivation

During your workout all features and functions of the tablet-PC can be used without restrictions. While you check your emails, schedule your day, read the news or watch a movie the App is running in the background storing all necessary training data.

### Free app – always up-to-date

The STIL-FIT App is available for free download at the App store for iOS and Android. Our software connects the ergometer within a few steps to your home WLAN.



Tablet mount

## The STIL-FIT App

### Training screen

During work out all figures are shown in a clear manner



Available for



- Tablet-controlled
- Clear display and easy operation
- Full entertainment while working out
- Analysis tool & Data storage
- Free app



### Training programs and powerful analysis tool

The ergometer provides a great variety of training programs. The app includes our analysis tool that stores all data for a countless number of users. With this tool you can keep track of all your training data, your progress and compare your training sessions.

MADE IN GERMANY

Timeless  
Unique  
Efficient

## The Ergometer in comparison

	Ergometer SFE-009/2	Ergometer SFE-012
Brake system	Commercial induction brake with generator	Commercial induction brake with generator
Performance	50 - 400 Watt	50 - 400 Watt
Trainings Computer	4,3" TFT Touch Screen Monitor	STIL-FIT International App available for iOS and Android
Computer Programs	Manual Mode with 32 levels 2 cardio programs Watt program- adjustable in steps of 5 Watt 5 Hill programs	Manual Mode with 32 levels 5 cardio programs Watt program- adjustable in steps of 5 Watt 10 Hill programs
Heart rate measuring	Chest belt (5 kHz) (not part of the delivery)	Chest belt (5 kHz) (not part of the delivery)
Languages	German, English	German, English, French
Data storage	5 user	endless number of users
Traininganalysis	no	yes
Tranportation rollers	part of the delivery, (optional assembly)	part of the delivery, (optional assembly)
Weight	38 kg	38 kg
Dimensions	L/W/H: 115 x 50 x 120 cm	L/W/H: 115 x 50 x 120 cm
Feet	4 height adjustable feet	4 height adjustable feet
Bearings	SKF bearings	SKF bearings
Power supply	no external power supply necessary	no external power supply necessary
Available accessories	Shimano combi pedal extended seat post, chest belt	Shimano combi pedal extended seat post, chest belt

The ergometers are available in black and white.



The wooden cover is available in black, marple and walnut.



# STIL-FIT Functional Trainer

## Multifunctional training with exceptional Design

A high-end gym equipment for private and professional use



Additional Lat pulldown unit

### Benefit from our sophisticated design

- Optimizes the available space thanks to the compact dimensions.
- The handles can be swiveled and independently positioned at any height.
- The distance between both handles is 90 cm – thus allowing for an additional variety of workouts.
- Markings at the sliding rails allow an easy height adjustment.
- Due to our special weight stack the minimum starting weight is 1,25 kg and the maximum weight 42,5kg per handle.

### MADE IN GERMANY

Handles steplessly adjustable



#### Dimensions / Weight

Width: 126,5 cm  
 Height: 210 cm  
 Housing depth: 31 cm  
 Total depth: 40 cm  
 Weight stack: 85 kg  
 14 weights at 5 kg  
 5 weights at 2,5 kg  
 Starting weight: 2,5 kg  
 Total weight: ca. 150 kg

#### Technical details

Transmission: 2:1  
 Extension length in double pull: 2,2 m  
 Extension length in single pull: 3,2 m

#### Included Accessories

Handles made from wood, with ball bearings and leather strips.  
 User manual with workout booklet

### Effective, versatile and perfect for a full-body workout

The multiple adjustment possibilities in combination with a wide range of available accessories offers an unlimited number of workouts. You can specifically and individually exercise every muscle, but also address whole muscle groups – designed to maximize your strength, increase your power and improve your coordination.

### ESSENCE



### PURE



## STIL-FIT AB Trainer AB Training in style



The proven and well-known AB Trainer gets a brand new and unique redesign by STIL-FIT. Thanks to its ergonomic and elegant shape and the use of wood it will add style to your apartment or gym. During your workout the head rests on a high value leather cushion, which supports your body and guarantees a smooth movement.

### Constitutional and effective

Working out with an AB Trainer is especially effective as you can precisely target all abdominal muscle parts. Strengthening the body's core is essential for maintaining a good composure and an upright walk.

To prevent the AB Trainer from slipping during exercise it is equipped with a rubber insert at the bottom.

## STIL-FIT Fascia Roller Effective and long-lasting

According to the latest studies, the fascia training is essential for a holistic training. The fascia acts as an enveloping and stabilizing element of the entire musculature and can be stimulated and activated by targeted training.

### The benefits

- Direct activation and regeneration of the muscles.
- Improves coordinative abilities
- Improves performance, mobility and flexibility of the muscles
- Prevents muscle pain and avoids typical injuries
- Stimulates the blood circulation
- Increases your overall performance and wellbeing



Our Design 'fascia roller' is made from Walnut wood, covered with artificial leather and reinforced by two aluminium rings. Great looks combined with exclusive materials.

## STIL-FIT Backstretch Relaxation for your back

After an intensive workout with our products the BACK Stretch is perfect to release tension and stretch your back and spine. It also makes a positive contribution to the reduction of a painful back and neck.

Just lay down, relax and breathe continuously and smoothly for about five minutes. You can use the BACK Stretch in two different positions.





## Technical details



PURE



ESSENCE

### Dimensions / Weight

Width: 125,5 cm  
 Height: 210 cm  
 Housing depth: 31 cm  
 Total depth: 40 cm  
 Weight stack: 85 kg  
 14 weights at 5 kg  
 5 weights at 2,5 kg  
 Starting weight: 2,5 kg  
 Total weight: ca. 150 kg

### Technical details

Transmission: 2:1  
 Extension length in double pull: 2,2 m  
 Extension length in single pull: 3,2 m

### Included Accessories

Handles made from wood, with ball bearings and leather strips.  
 User manual with workout booklet



### Ergometer SFE-009/2

Commercial induction brake system with generator  
 50 - 400 watt  
 4,3" touch screen monitor  
 2 cardio programs  
 Manual mode - adjustable in 32 levels  
 Watt program - adjustable in steps of 5 watt  
 6 hill programs  
 POLAR pulse receiver 5 kHz  
 Data storage for 5 users  
 Languages: German, english  
 No external power supply  
 Weight 38 kg  
 Transportation rollers - optional installation

L/W/H: 115 x 50 x 120 cm



### Rower SFR-015

Fluid Technology from FirstDegreeFitness  
 Adjustable resistance by patented two-chamber tank system  
 Watertank 9 - 17 liter  
 Suitable for commercial use  
 4,3" TFT touch screen monitor  
 Manual mode  
 Heart rate control  
 Pace Race program  
 Data storage  
 No external power  
 Pull bar, foot rest and seat made from wood  
 Soft seat cushion made from Neoprene is included  
 Foot plate according to original rowing technology  
 Delivered fully assembled

L/W/H: 196 x 60 x 69 cm - seat height 51 cm



### AB Trainer

Molded wood 15 mm  
 Maple (coloured black) or walnut  
 Brown leather cushion with decorative stitching

L/W/H: 65 x 72 x 59 cm



### Ergometer SFE-012

Commercial induction brake system with generator  
 50 - 400 watt  
 Operated via tablet PC  
 STIL-FIT App available for free download (iOS and Android)  
 5 cardio programs  
 Manual mode - adjustable in 32 levels  
 Watt program - adjustable in steps of 5 watt  
 10 hill programs  
 Analysis tool  
 POLAR pulse receiver 5 kHz  
 Data storage for a countless number of users  
 Languages: German, English, French  
 No external power supply  
 Weight 38 kg  
 Transportation rollers - optional installation

L/W/H: 115 x 50 x 120 cm



### Fascia Roller

Molded wood walnut 8 mm  
 Brown leather cushion with decorative stitching

L/D 33 x 15 cm



### BACK Stretch

Molded wood 15 mm  
 Maple (colored black) or walnut

L/W/H: 50 x 30 x 8,5 cm



## Technical details



PURE



ESSENCE

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 Total depth: 40 cm  
 Weight stack: 85 kg  
 14 weights at 5 kg  
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### BACK Stretch

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L/W/H: 50 x 30 x 8,5 cm

# STIL-FIT<sup>INT.</sup>

## RETAIL PRICES 2022, UAE

All prices are EXW with VAT 5%



STIL-FIT Ergometer PURE (White Edition)

AED 13,700

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STIL-FIT Ergometer PURE (Black Edition)

AED 13,700

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STIL-FIT Rower FLOW ONE - Walnut

AED 16,500

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STIL-FIT Rower FLOW ONE (matt black)

AED 17,100

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STIL-FIT Functional Trainer ESSENCE (Walnut wood)

AED 18,400

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STIL-FIT Lat-Pull Unit (Functional Trainer)

AED 8,100

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STIL-FIT Latbar (walnut)

AED 2,750

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STIL-FIT Functional Trainer - Accessory storage

AED 2,800

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STIL-FIT Biceps / Triceps bar (walnut)

AED 2,300

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STIL-FIT Chop Bar (walnut)

AED 2,300

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STIL-FIT Ankle Strap (leather)

AED 1,750

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STIL-FIT Back Stretch (walnut)

AED 1,900

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# ADW SPORTS

## EXCLUSIVE DISTRIBUTOR OF

STIL-FIT<sup>INT.</sup>



TEQBALL  
WORLD IS CURVED

IMPAGIA<sup>®</sup>

RILEY<sup>®</sup>  
ENGLAND



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