

THE
FITNESS
GENERATION

Equipment is just the beginning



SNAPSHOT BROCHURE 2016



About The Fitness Generation

For over 34 years and proudly Australian owned, The Fitness Generation has been supporting the fitness industry with long term partnerships with outstanding global fitness brands including Nautilus TRUE Fitness cardio, Stairmaster Stepmills & Stairclimbers, Schwinn Spin Bikes, Espresso Interactive Bikes, Concept 2 Rowers and Ski Ergometers with a significant acquisition in 2015 of Hoist strength equipment, Freemotion Cardio and Strength equipment, Octane Cardio equipment, Peak Pilates Reformer Beds and Reformer accessories, VASA Ergonomic swim trainers and Power Plate.

Through these partnerships The Fitness Generation is able to provide our customers state of the art innovative commercial grade fitness equipment. Our experienced Account Managers will work with customers to create and customise functional floor plans in line with customer requirements to ensure our customers' are offered every tool available to build healthy and active lifestyle habits for the life of their investment. The Fitness Generation also

offers Certified cycling education and training programs which are nationally certified by Fitness Australia and Physical Activity Australia and national training and education by Master Trainers on Power Plate which are also certified by Fitness Australia.

The Fitness Generation is represented in each state with sales, service, warehousing and logistics which ensures that our customers receive the highest quality after sales service supported by training and consistent maintenance that ensures the safety and integrity of the equipment selected by our customers exceed the high expectations of all fitness equipment users. One of our key core values is that we do not compromise on the quality of our products or our after sales service. We pride ourselves on the fact that our products are safe, reliable, innovative, easy to use and provide the highest level of health and fitness benefits to all users including incapacitated members who require wheelchair access to cardio and strength equipment. We continuously listen, respond, grow and change to meet the needs of our clients and employees.

Our company vision is to distribute, market and service the best global health and fitness brands of cardio, strength and accessory ranges. Our goal is, and has always been, 100% client satisfaction, with no excuses.

Education



The Fitness Generation is a Registered Exercise Provider with Fitness Australia, The Health and Fitness Industry Association. Complete our Power Plate Trainer Academy and earn 5 Fitness Australia CECs.



Master the Art of cycling Indoors. 14 CEC's / 5 PDP's Fitness Australia, ICREPS, Physical activity Australia National Qualification



Peak Pilates® offers a Comprehensive Certification and a Mat Certification. The Comprehensive Certification is a three-level modular program that is designed to deliver the highest quality authentic Pilates education. It is the foundational level of Pilates professional education which covers the mat, reformer, tower, chairs, barrels and auxiliary equipment.

TRUE Fitness

Welcome to the TRUE WORLD. To use a piece of TRUE cardio equipment is to understand this world. This is a place where tradition meets technology; over 30 years of continuous innovation and improvement produces ONE THING - the world's finest cardio equipment. Only TRUE users know - these rugged yet elegant machines are simply the smoothest, quietest, and most durable on the market.

Enter the TRUE WORLD and you will find an updated "base"

concept that is as solid and smooth as ever, with console choices ranging from classic to trendsetting. Welcome to a place where YOU select the machine with the display YOU choose, tailoring each machine to fit your facility's needs and budget. Only in the TRUE WORLD can you find this new console design that not only provides a sleek, cohesive look to your facility, but also provides versatile display options for EVERY piece of equipment.

Beautiful design from the ground up culminates in the brand new 15" touch screen with embedded personal entertainment. TRUE has completely re-invented the user experience with this new integrated technology. Never before has it been this easy to use such an advanced cardio machine.



5 interchangeable consoles

Emerge



Escalate9



Escalate15



Transcend10



Transcend16



TRUE Fitness

Our goal is not to sell the most cardio products in the world, but to deliver the world's best premium equipment for our customers' health and fitness solutions. TRUE Fitness understands that premium commercial fitness equipment can mean the difference between added value and added expense.

All TRUE machines offer TRUE's signature smooth movement, quiet operation and rugged durability. Intelligent engineering ensures that TRUE commercial fitness equipment delivers maximum durability in an economical footprint to maximize valuable real estate in your workout facility. TRUE is the best financial value over time for your facility.

TRUE transforms everyday workouts into extraordinary experiences, with pre-set and custom programs, intuitive controls and unshakable stability. All TRUE total-body elliptical machines, treadmills, bikes, TRUE Stretch stations, and TRUE Strength are intuitively designed with biomechanically correct movements for safe, comfortable and effective workouts.

TRUE commercial fitness equipment is built for facilities that want only the very best for their members. Whether you are a fee based, non-for-profit or personal training facility TRUE quality enhances the reputation of any fitness operation.

TRUE COMMERCIAL FITNESS EQUIPMENT IS BUILT FOR FACILITIES THAT WANT ONLY THE VERY BEST FOR THEIR MEMBERS.



TL1000 Traverse



TS1000 Spectrum



CS 900T Treadmill



CS 900E Elliptical



CS900U Upright Bike



CS 900R Recumbent Bike



80055 Stretch Cage



TRUE CS Treadmills, Ellipticals and Bikes are the pinnacle of TRUE precision craftsmanship. These ruggedly beautiful machines offer innovative, user-friendly features that will improve the quality of any user's workout experience. They have been engineered to be reliable, durable and require minimal maintenance. The CS line is the culmination of over 34 years of experience in the commercial treadmill industry.

THE FREEMOTION MISSION

To deliver innovative fitness products that help you train the way you move to ultimately enhance your quality of life. FreeMotion® embraces the profound ideology that fitness equipment should allow you to train the way your body moves. For over a decade, FreeMotion® has stood as the premiere manufacturer of the most innovative equipment in the world. Today, FreeMotion® is the brand of choice for clubs and elite athletes.

As high-level athletes, our FreeMotion founders began to notice a disconnect between how they trained in the gym and how they moved in their sport. They realised that in life, in sport and even in business - WE PUSH. You see, the way people train in the gym does not transfer into our three-dimensional world.

The gym is our home. The finish line is our goal. And pushing past the common, the ineffective and the useless is our passion.

If you are ready for change, then you are in the right place.

If you are ready for progress, then let's get to work.



c11.4 Upright Bike



Freemotion Cardio

The combination of FreeMotion equipment and the progressive programming that supports it provides the client a simple, yet effective training method designed to meet their needs. The FreeMotion methodology targets the entire body so that the training is not only effective, but time efficient as well. Each program is also flexible in scope and function as to allow any individual or group to enhance fitness and performance levels.

i11.9 Incline Trainer

With up to 30% incline, users will recruit more muscle on the i11.9, targeting their quads and glutes. And, to perfect cadence and strengthen their legs for the downhill segments of their next marathon or 10K, the 3% decline adds variety and realistic training to any program. The lift motor, specially designed for the Incline Trainer, delivers 600kg of lift force for consistent deck movement and stabilisation.



i11.9 Incline Trainer

t7.4 Treadmill



i11.9 Incline Trainer



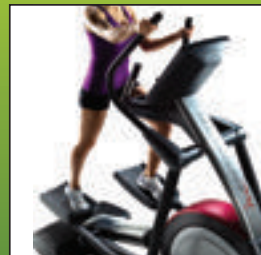
c11.4 Upright Bike



c11.6 Recumbent



570 Interactive Elliptical



Freemotion Live Axis

Introducing Live Axis® by FreeMotion—the world's first cable-based strength training system featuring progressive resistance. Live-sliding pulley technology allows your muscles to stay at optimum activation throughout the entire movement.

Live Axis®



LIVE-SLIDING TECHNOLOGY

Revolutionary live-sliding pulley technology allows your muscles to stay at optimum activation throughout the entire movement. Other strength training equipment varies resistance and muscle activation. LIVEAXIS pulleys move with you to provide the same amount of resistance throughout your movement.

SIMPLY MOVE TO CHANGE POINT OF MUSCLE ACTIVATION.

Live-sliding pulley technology allows you to activate multiple muscles on one machine by simply changing your position. Instantly change the point of muscle activation by moving from side-to-side to front-to-back, and change progression by altering your position during a set.

PROGRESSIVE RESISTANCE

Live-sliding pulley technology allows the user's muscles to stay at optimum activation with never-ending resistance throughout the entire movement.

DUAL SLIDING TRACKS

Each pulley slides across independent tracks to follow your movements and offer a consistent, direct line of pull.

ALUMINUM SWIVEL PULLEYS

Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

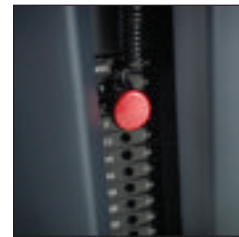


EXERFLEX PRO® CABLE

Offering incredible safety and long cycle life, LIVEAXIS™ products utilize 5/32-inch and 3/16-inch cables rated at 980 lbs. and 2,000 lbs. respectively.

INDEPENDENT ARM MOVEMENT

Each handle moves independently on its own sliding rack, allowing you to perform both bilateral and unilateral movements.



ENCLOSED WEIGHT STACKS

Limits access to moving parts for user safety.

INDUSTRIAL CONSTRUCTION

Equipment is built with 11- and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

ADA COMPLIANT

Many products are compliant with the Americans with Disabilities Act for wheelchair accessibility. The first cable-based system with progressive resistance.



Freemotion Genesis & Genesis Dual

Genesis®

Train your body for all of life's movements with Genesis™—the first full circuit of cable-based strength training that targets your entire body. Change the point of muscle activation by changing your plane of motion.



Genesis DS®

Versatility starts here. Our dual-station strengthline features quick-attach, snap-clip handles and pivot seating allow you to progress your workout from a fully supported sitting position to standing.



Freemotion Epic Selectorised

Introducing the new line of FreeMotion® EPIC Selectorised Equipment. New designs feature a reduced tower height for easier maintenance and to sophisticate the line's look, heavy-duty 11-gauge tubing with a flat-oval design and consistent alignment and footprints for easier floor planning. Several of our pieces feature individual improvements including better ergonomics with overhead rotation on the Rotary Torso, an ergonomically angled pad design for better muscle isolation on the Tricep and Bicep, and a long-lasting coil spring on the Abdominal machine.

MULTIPLE START POSITIONS

Each machine can be set in multiple start positions to fit a wide variety of users. HEAVY-DUTY CABLE Heavy-duty, 1/4-inch cable is rated to 4,200 lb. minimum tensile strength.

PADDED, SEWN VINYL SEATING Comfortable, padded seating make the rigors of each workout easier to handle. **ADJUSTABLE SEAT** Seat adjusts to multiple positions to accommodate all user heights.

ADJUSTABLE THIGH, BACK PADS Padding adjusts in height and swivel to fit a wide variety of users.

UNILATERAL ARM & LEG MOVEMENTS Arms and legs move independently for single or dual-limb movements.

BOLT DOWN STRAPS Allow you to secure your equipment by bolting it to the floor.

MOLDED FLOOR PROTECTORS Made of molded rubber, these guards protect the floor.

ENCLOSED WEIGHT STACKS Limits access to moving parts for user safety.



Freemotion Epic Plate Loaded

Providing your clients with an effective, comfortable workout and your club with durable, low-maintenance machines was at the core of our Plate Loaded Series' development. Precision pivot bearings ensure each rep is smooth and natural, adjustable padded seating fits a wide variety of users, and each machine is built with 11-gauge steel tubing to withstand the test of time.

MULTIPLE START POSITIONS HEAVY DUTY FOAM GRIP

High-density foam grips provide a comfortable, secure grip throughout every set.

PRECISION PIVOT BEARINGS

Every rep is smooth and natural so the only resistance you feel are the weights, not the machine.

NICKEL-PLATED WEIGHT PLATE STORAGE BARS

The durable steel storage bars are nickel-plated to withstand corrosion, rust and heavy use.

INSTRUCTION CHART

Located on the side of the machine, this chart instructs the user how to perform the chest press and which muscles they will activate throughout the set.

ADJUSTABLE, PADDED SEAT

The padded seat can be quickly adjusted to the height of your choice for ultimate comfort and convenience.

ERGONOMIC BACKSEAT DESIGN

Sit comfortably and work out with proper back positioning with a backseat designed to support you throughout every set.

INDUSTRIAL CONSTRUCTION

Equipment is built with 11-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

LINE-X® PLATFORM*

The large platform is coated with textured Line-X coating for stable foot positioning and advanced durability.

*Available on F304, F308, F309 models.



EPICF800



EPICF801



EPICF802



EPICF803



EPICF804



EPICF806



EPICF807



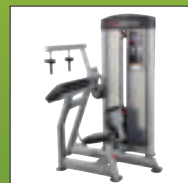
EPICF809



EPICF810



EPICF811



EPICF812



EPICF813



EPICF815



EPICF816



EPICF817



EPICF818



EPICF819



EPICF820



Chest F300



Row F301



Shoulder F302



Lat Pull Down F303



Leg Press F304



Incline Chest Press F305



Wide Chest Press F306



Low Row F307



Calf F308



Rear Kick F309



Hoist Strength

HOIST® Fitness Systems have a long-standing reputation within the fitness industry for innovative design, personalised features, quality craftsmanship and durability, and safety.

Technological advancements in the design of strength training equipment has resulted in more functional, unsupported, ground-based equipment that better mimics our activities of daily living. These pieces join free weight training in allowing more unrestricted, natural joint movements and may be instrumental in establishing or maintaining normal muscle function. While these training modalities are conducive to healthier joint movement, they also require greater levels of joint integrity and spinal stabilisation that most individuals simply do not possess. The influx of these pieces into the market however, has created an aggressive trend towards functional training and sports conditioning. Dynamic adjustment is the essence behind the design of the ROC-IT™ line.



Crunch Rockdale, Sydney



Les Mills, Auckland



MotionCage

ROC-IT™ Pin Loaded



ROC-IT™ Plate Loaded



MotionCage



Racks



Benches



Technical Specifications

Dynamic adjustment is the essence behind the ROC-IT™ line from HOIST®. Using ROX™ technology, the user becomes an integral part of the exercise by continuously adjusting the position of the user with the movement of the exercise arm. As a result, the ROC-IT™ line embodies a unique training experience that achieves the unrestricted joint movement and core activating benefits with the stabilising benefits of machine-based equipment.

MotionCage

This functional training system sports exercise station that can be countlessly configured to best suit your facility layout and needs. Configuration can include Squat Rack, a Jammer Station, Dual Pulley, Boxing Station, Rebounder Station, Suspension Training. With integrated storage for kettle bells and medicine ball. Great for Personal Training individuals or entire class.



Octane Fitness

As the only fitness manufacturer in the world dedicated exclusively to cross trainers, we quickly have become an established leader in this highly competitive industry. Precise focus and proven performance clearly distinguish the company, and benefit you with innovative, award-winning products; dedicated resources; uncompromised quality; and personalized customer service for cross trainers.



Pro4700

The best cross trainer available that fits every user due to its adjustable stride length from 46cm to 66cm. This top-of-the-line powerhouse is loaded with exclusive Octane Fitness Workout Boosters, SmartStride® and advanced programming to fuel every workout with exceptional comfort and challenge that drive valuable results.

Easy for first-time user and is smartly designed to simplify navigation of entertainment and workout options with a fingertip, so exercisers can easily track intensity and progress without having to toggle between screens.

Exclusive to Octane, the Touch Screen features a split screen that simultaneously displays entertainment and live workout stats, so exercisers can easily track intensity and progress without having to toggle between screens.

Pro3700

The preferred model by health club members, Octane's incredibly popular Pro3700 is known for delivering the absolute best-feeling workouts. Some of the many advantages are Converging Path™ & Multigrip™ handlebars, biomechanically correct pedal spacing and 2 available stride lengths in 1 machine.

xR6000

Satisfy the demand for comfort, challenge and variety on the cardio floor with the unique xRide cross trainer, delivering incredible effectiveness to everyone from beginners to athletes. Research shows that users activate 343% more glutes and burn 23% more calories on the xR6000 compared to a recumbent bike, plus the Active Seat Position™ accommodates any size user by allowing more range of motion.

LX8000

Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and great caloric burn. Some of the many advantages are adjustable lateral 3-D motion, 27% increase in caloric expenditure and adds muscle confusion with 10 varying planes of motion.



xR6000



Touch Screen

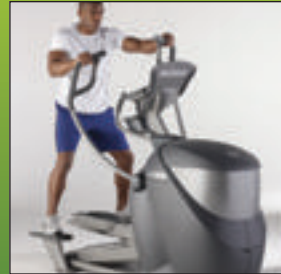


Pro4700 Cross Circuit

Elliptical Pro4700



Elliptical Pro3700



Recumbent XR6000



Lateral LX8000



Technical Specifications

Upper-Body Ergonomics Patented, One-of-the-Kind Converging Path and MultiGrip handlebars that better engage the upper body and assist with fitting every exerciser better.

The Active Seat Position™ accommodates any size exerciser, by offering more tilt and height adjustments for the perfect fit to maximise comfort and variety.

LCD Experience - please every member with individual LCD viewing screens for the ultimate workout experience.

Powerstroke™ Distinct from recumbent bikes, the longer ellipse motion challenges muscles differently with forward and backward directions, longer range of motion and great glute involvement.





**REDEFINING “BEST IN CLASS”
YET AGAIN WITH THE NEW
& INNOVATIVE TOUR DE
FRANCE COMMERCIAL
INDOOR CYCLING BIKE.**



Give your members something they've only experienced outdoors—until now!

Whether your members are beginners or seasoned cyclists, the new Tour de France Indoor Cycle brings a new element of excitement to both your cardio floor and indoor cycling studio.

The innovative Tour de France Indoor Cycle combines the unique features of the FreeMotion® S Series Indoor Cycles with the engaging, interactive console of the popular home-use Tour de France bike. With superior technology and advanced engineering, your members will line up to challenge themselves and receive a truly realistic outdoor cycling experience.

INNOVATIVE DESIGN

The Tour de France bike is designed to accommodate a wide variety of users and features the same design specs as the FreeMotion® S Series—including precision geometry for a personalized fit, patented adjustment knobs for ease of use, and pop-pin height adjustments for safety.



INCLINE/DECLINE

Equipped with a motorized terrain-replicating feature controlled by built-in video workouts, the Tour de France bike seamlessly declines and inclines from -10% to +20% as the ride topography changes.



**EDDY CURRENT
MAGNETIC RESISTANCE**

Eddy current magnets provide smooth, adequate resistance to match the steepest of hills. Nothing touches the flywheel so the system is maintenance-free and without need for replacement parts.



GATES CARBON DRIVE™ SYSTEM

First introduced to indoor cycling on the FreeMotion® S Series bikes, the maintenance-free Carbon Drive system delivers the quiet, smooth ride of a belt drive but with the strength and efficiency of a chain drive. The Carbon Drive system, combined with a 5:1 gear ratio, perimeter-weighted flywheel, and freewheel feature—give the Tour de France bike the smoothest, most realistic outdoor-bike feel. The carbon belt has a 5-year manufacturer's warranty.



OUTDOOR RIDE FEEL

The Tour de France bike features drop handlebars for multiple hand positions, dual-sided pedals, and an ergonomic gear shifting system that allows riders to adjust to every incline, decline and resistance level.



EASE OF MAINTENANCE

The Tour de France bike is one of the most maintenance friendly bikes on the market. This bike was built to sweat on. The maintenance-free magnetic carbon belt, rust-resistant aluminum frames and hidden stainless steel hardware make the bike easy to maintain without the time and expense of replacement parts.



WATTS MEASUREMENT

Now you can track your training intensity like the pros and fine-tune your power output for a better benchmark performance. The built-in power meter displays power output (watts) for the purest indication of your cycling performance. The FreeMotion Tour de France bike individually calibrates the power display for precision readouts.



**TOUCH SCREEN CONSOLE
FEATURING iFIT® AND
GOOGLE MAPS™**

The high-resolution touch screen console gives riders multiple screen options. iFit® enables riders to upload and track their personal workout data, and Google Maps™ provides an endless supply of real-time, interactive rides to keep your members engaged and excited for their next adventure.



**LIGHTWEIGHT,
ALUMINUM FRAME**

Resistant to rust, this lightweight aluminum frame is maintenance friendly and easy to move between classes. All hardware is hidden stainless steel to further prevent rust from salty conditions.



Healthstream Cardio

ENCORE SERIES delivers the leading features in providing the most intuitive and pleasant fitness experience that represent in ergonomic and biomechanical design from industry top designers to enable every movement naturally and smoothly, and most used controls at the finger tips to make everything so simple.

Whether you are an experienced athlete or a beginning exerciser, everyone wants the ability to get a quick, easy and complete workout. And that's exactly what Encore series is all about. With the optimized space usage, each Encore Strength piece welcomes users of all levels with quick easy adjustments for efficient workout

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AN EXPERIENCED
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ETC 7
ENCORE Treadmill

Healthstream Cardio

ENCORE offers light commercial equipment designed for the smart institutional customer who cares about performance and long term value....and that is what **ENCORE** delivers!

ENCORE offers compact designs without compromising commercial grade specifications, while maximizing floor space for up to 12% improved utilization as compared to other commercial equipment.

All new designs are based on the proven Impulse "R" series. Encore incorporates commercial quality critical components that have been field tested for thousands of hours in real commercial environments.



ECU7
ENCORE Upright Bike

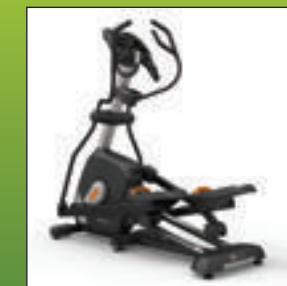
Encore ETC 7 Treadmill



Encore ECU7 Upright



Encore ECE7 Elliptical



Encore ECR7 Recumbent



Healthstream Strength

Developed by The Fitness Generation in conjunction with several of the worlds' leading commercial manufacturers, Healthstream Commercial is the fastest growing brand in the Australian commercial fitness market with a large variety of Health Clubs throughout Australia selecting Healthstream Commercial as their equipment of choice.

The Healthstream strength range includes the Ultimate, Studio and Sterling brands. The Healthstream strength range incorporate "Parabolic Press Arms" for the pushing movements in the three ranges. When working the shoulders and chest, the natural movement of the arms is toward the midpoint at full extension (like a parabola). Weight machines that do not incorporate this movement are not fully working the muscle. A straight or linear movement only works the outer portion of the muscle. Independent press arms are able to identify any strength disparity between left and right sides of the body and also ensure greater rotation of the shoulder joint increasing joint strength and flexibility.

These brands offer a wide range of specific commercial standard strength equipment designed to be used across all market sectors from Health Club's to PT Studio's through to the Corporate and Health sector. All Healthstream strength products are ISO9001:2000, ISO14001, ISO10015 and OHSAS 18001 certified.



Ultimate Range
Lat Pulldown/Mid Row



Ultimate Range
Shoulder Press

Healthstream Strength

Ultimate Range

The Ultimate product range is the top of the line commercial strength range that offers ergonomic advantages and is best suited to clients who require exceptional functional strength equipment. Key features include oversized, padded handgrips which make pressing exercises more comfortable, to the rotational grip technology that provides complete and independent arm movement that enables a natural, user-defined path of motion.

Studio Range

The Studio product range offers an affordable range of pin loaded equipment that suits clients who operate a facility that requires commercial strength equipment on a budget. Key features include small grips for pulling exercises that make heavy loads more comfortable and with its minimal footprint, it is perfect for sites where space is a premium.

Sterling Range

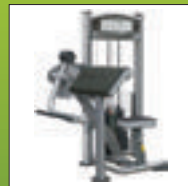





Robust, effective and aesthetically appealing, this professional plate loaded line is designed to reproduce the feeling of using free weights. The application of advanced biomechanics ensures that our equipment follows the body's physiological movement. The Sterling product range is our plate loaded range consisting of 16 strength options. Functional, safe and stylish would be the best way to describe this range.



Sterling Range
45° Leg Press



Ultimate Range
Weight Assisted
Chin / Dip

Ultimate Range	Studio Range	Sterling Range
<p>Arm Curl</p> 	<p>Lat Pulldown</p> 	<p>Chest Press</p> 
<p>Leg Extension</p> 	<p>Leg Extension</p> 	<p>Power Rack</p> 



Vasa Ergometer

Swim Ergometer

The Vasa Ergometer is a precision training tool designed to improve performance for athletes of all abilities. The "Erg's" accurate performance monitor and patented force measurement system provide precise feedback for time, distance, pace, stroke rate, right & left arm force, and power (watts). If one side is weaker than the other, the monitor displays it. Air resistance from the flywheel can be adjusted to feel like swimming against a current, with a current, or no current.



Kayak Ergometer

The Vasa Kayak Ergometer delivers outstanding results for kayak-specific endurance and anaerobic power. Its variable wind resistance accurately replicates the feeling of paddling in the water. Its patented force measuring system and electronic monitor provide accurate measurement of time, distance, pace, stroke rate, left and right arm force, and power (watts).



Swimmer Trainer

The Vasa Trainer is simply the best strength training machine for swimmers, triathletes, surfers, paddlers, physical therapists and other top athletes.

Develop true swim-specific strength. Correct stroke flaws and transfer proper technique to the water. Gain strength quickly and results faster. Great for rehab and preventing injuries. Targeted exercises strengthen exactly the muscles you want.

Ropeflex

Ropeflex® machines deliver the benefits of both isokinetic and aerobic exercise. Our rope-pulling machines are based on simple, time-proven principles of rope climbing while reducing the risk of this traditionally dangerous activity to nearly zero.

Individuals of any age and athletic ability can benefit from our unique rope technology safely and comfortably. Preferred by Cain Valasques UFC Champion and quarterback Terrelle Pryor.



Wolf



Vortex



Ibex Rope Climber



Dryx Rope Climber



Ox2



Expresso Interactive Bike

There's Cardio. And then there's Expresso.

The Expresso HD Upright Bike is the coolest and most fun piece of cardio equipment ever imagined. A powerful motivator for all fitness levels, Expresso HD keeps exercisers engaged, improving and loyal. Challenges bring the community together working towards a common goal. Not to mention it's a killer showpiece for your home or fitness facility. The Expresso HD Upright Bike is our most popular model and the gold-standard in interactive cycling.



Expresso HDU Upright Bike

Road

With over 40 virtual tours ranging from easy to difficult, there's a road for every rider. Whether you're new to cardio or a seasoned cyclist, you will be sure you will be getting more than a workout. Expand your horizons and explore everything from coastal runs and forest getaways, to Mayan ruins and outer space!

Motion Control Handlebars

Outdoor bikes have handlebars that can turn and shift. Cardio bikes should too! Expresso HD Motion Control Handlebars steer and shift just like an outdoor bike, engaging your upper body and your mind throughout your workout.

Active Resistance

Feel the terrain as you ride. With Active Resistance, pedal intensity changes as you climb or descend. Shift through 30 gears, just like a road bike, for fine grained control of your workout.

My Expresso

My Expresso is your online portal that keeps you motivated and working towards improving your health and overall fitness. Sign in to track your ride history and stats over your entire career on your Expresso Bike! With My Expresso you can connect to MyFitnessPal, Humana Vitality and other third party apps for added training tactics.

Challenges

Whether you are an elite cyclist or a first time exerciser, you will love the fun competitive options on your Expresso Bike. Find what motivates you. Track self improvements or take on the world. Achieve your goals and then bring the next challenge.

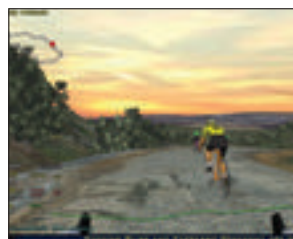
Technical Specifications

23" HD Display

Bigger is better. Especially when you can back it into less floor space. This EnergyStar[®] certified, state-of-the-art, LED Backlit LCD monitor from HP delivers stunning graphics that bring workouts to life.

Giada Foundation

Giada is a world leader in gaming computers. The bullet-proof base unit in Expresso HD is manufactured to withstand the harshest environments imaginable while delivering spectacular graphics and monstrous processing power.

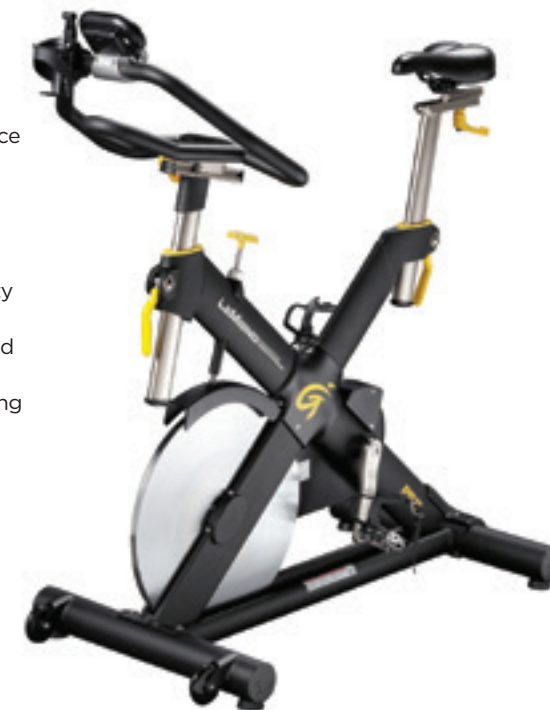


Lemond Revmaster

Revmaster Pro

The RevMaster Pro exercise bike, designed in partner with three-time Tour de France champion Greg LeMond, offers a set of sophisticated upgrades built to maximize comfort and withstand the rigors of the club environment. For HOIST, one of our paramount goals is developing bikes that provide the appropriate fit for a broad range of riders.

Unlike any other group cycling bike, the RevMaster Pro allows four-way adjustability of the height and fore-aft, with micro-adjustments possible on the seat and handlebars. This feature combined with a narrow crank width, ensures a customized fit that closely replicates a road bike- for even the most discriminating riders. The next-generation x-frame features greater corrosion resistance and a guaranteed long life. Plus, a two-piece bottom bracket cartridge and individual flywheel assembly pieces promise ease of service.

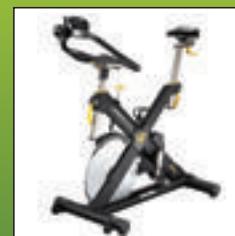


Revmaster Sport

The RevMaster Sport exercise bike, designed in partner with three-time Tour de France champion Greg LeMond, offers our traditional superior frame design, paired with many unique features to provide maximum comfort and customization.

For HOIST, one of our paramount goals is developing bikes that provide the appropriate fit for a broad range of riders. Unlike any other indoor cycling bike, the RevMaster Sport allows four-way adjustability of the height and fore-aft, with micro-adjustments on the seat and handlebars.

Revmaster Pro



Revmaster Sport



Recumbent Trainer



Technical Specifications

Secure seat lock: Bottom seat post lock keeps users from sliding seat post completely off the bike for added safety and security.

Improved Corrosion Resistance: New aluminum components.

Custom Cranks: Strong BMX custom cranks & bottom bracket designed to withstand greater force loads than conventional bikes.

Kevlar Belt: A Kevlar belt instead of a chain. The result is a smooth and QUIET ride. Our belt never needs to be replaced or oiled like most chain bikes.



Schwinn AD8

The new Schwinn Airdyne AD8 leverages the iconic Schwinn air resistance reputation of durability and performance and updates it with a design and feature set in perfect alignment with today's unique fitness challenges and environments. Whether you use it to bring your WODs to a new level at your local CrossFit box or require the perfect total body cardio workout machine for your home; the new Schwinn Airdyne AD8 delivers the latest in air resistance technology for effective and efficient workouts.

Technology

- Multi- display LCD console with Calories, Watts, Time, Distance, Speed, RPM, and heart rate readouts
- Airdyne AD8 includes Interval Programs, Target Programs, and Heart Rate level indicators for Fat Burn, Aerobic, and Anaerobic training.
- Heart Rate telemetry enabled

Performance & Quality

- Built with durable commercial grade components to withstand the abuse of continued use in a commercial environment
- Perimeter weighed performance fan for easy start up and smooth ride
- Single stage belt drive system for efficient power transfer, low maintenance, and quiet operation

Comfort & Usability

- Progressive wind resistance system offers infinite levels of challenge
- Multi position hand grips offer a variety of workout options
- Saddle is height and fore / aft adjustable for optimum positioning

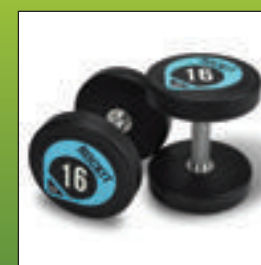


ROCKIT Free Weights

The Fitness Generation are proud to announce new partnership with ROCKIT Fitness. ROCKIT Fitness are manufacturers of premium commercial grade urethane Dumbbells, Barbells, Olympic Plates and Functional Accessories. We can offer your facility complete free weight and functional solution at a reasonable price.



Urethane Dumbbell



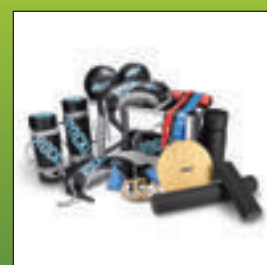
Competition kettlebell



Olympic bar



Functional Accessories



Peak Pilates

At Peak Pilates, we are committed to preserving the integrity and genius of Joseph Pilates' original equipment designs while integrating them with today's technology. The result is a compatible family of equipment - from classic hand-crafted natural and sustainable woods to a new breed of advanced metal designs. Our equipment delivers enhanced product performance, versatility and safety - and just as important, a superior Pilates workout.



Peak PilateSystem Deluxe® (PPS)

The world's first 3-in-1 marriage of the essential Pilates equipment-Reformer, Cadillac and Mat System plus the brilliance of our folding design. Our patented Peak PilateSystem Deluxe is hands-down the most streamlined and hardworking portable Pilates equipment available.

The PPS is very robust but can be folded and moved by one person. Contemporary brushed aluminum design combined with unique patented features make the Peak PilateSystem ideal for the sophisticated home user, studio or health club. The Deluxe model combines the Reformer, Tower and Mat.



<p>Classic Reformer</p> 	<p>Total Workout</p> 	<p>MVe Reformer</p> 	<p>Fit Reformer</p> 	<p>MVe Tower System</p> 
<p>PPS Deluxe</p> 	<p>Chairs</p> 	<p>Barrels</p> 	<p>Classic Cadillac Reformer</p> 	<p>Accessories</p> 

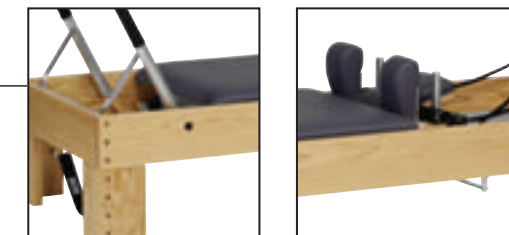
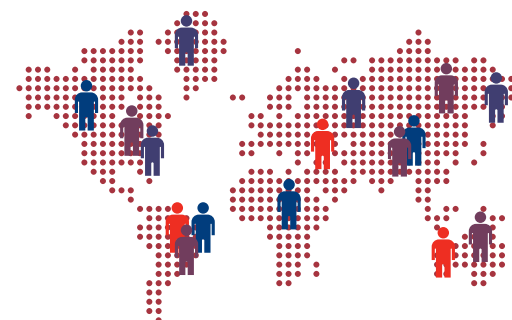
Technical Specifications

Our carriages are constructed from 13-ply Baltic birch with hardwood veneers throughout. Shoulder pads conform to ensure full comfort and support for both reclining and standing positions. And our machines are completely finished, top to bottom. Mortise and Tenon construction far superior to dowel pins or metal fasteners, our method turns out equipment that's crafted like fine furniture and designed to last a lifetime.

60
Represented in
60 countries worldwide

30
More than 30 Official
Peak Pilates Education
Centres worldwide

90
More than 90 Master
Instructors worldwide



Power Plate

As the global leader in whole body vibration technology, Power Plate redefines optimal health and wellness equipment for every age and ability.

Manufactured to the highest health and safety standards, each Power Plate is precisely engineered to apply the science behind the body's natural response to destabilisation. The Power Plate platform uses a consistent, safe and controlled level of vibration that moves in three directions (up and down, front and back, and side to side).



POWER PLATE Pro5™

Welcome to the future of your fitness and health

Built on decades of research and development in the field of whole body vibration training, the Power Plate pro5 brings the latest, most effective technology to your training. With a wide range of frequency and time settings, you can increase vibration levels incrementally. The pro5 has been proven in commercial settings for wellness, beauty, fitness, active aging, sports performance, medicine and rehabilitation.

POWER PLATE Pro7™

The most advanced vibration training made simple

The pro7 is the first commercial vibration training device to feature an integrated LCD touch screen with Functional Interactive Training (F.I.T.) software, taking clients effectively through every stage of their Power Plate program. Equipped with embedded proMOTION™ multidirectional cables with variable resistance and the largest Power Plate platform available.



Consumer Range

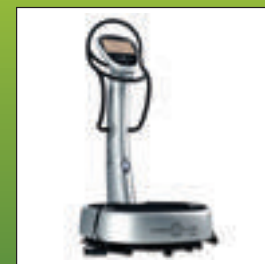
My3



My5



My7



Commercial Range

Pro5



Pro6



Pro7



Technical Specifications

Power Plate equipment and training protocols are built on decades of science and research. See how whole body vibration can make an immediate and lasting difference in the way you train - and the success of your health and fitness aspirations.



BRING BETTER HEALTH HOME WITH THE CONSUMER POWER PLATE EQUIPMENT - MY3, MY5, MY7.

PERSONAL POWER PLATE™

- Set frequency of 35 Hz
- Low and High vibration settings
- A 30 or 60 second timer
- Remote control for easy operation
- Includes soft travel case to protect your Personal Power Plate from wear and tear in transit
- Weighs in at only 16.5kg, making it perfect for transporting to PT sessions or taking with you on holidays



Cardiovascular



Strength



Indoor Cycling



Weight Plates, Barbells and Dumbbells

ROCKIT

High Intensity Training



Interactive Cycling



Functional Training



Weight Plates, Barbells and Dumbbells

ROCKIT

High Intensity Training



Pilates and Specialist



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