ROCK SOLID
CONSTRUCTION FOR
INTENSIVE USE

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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.

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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:

- Burns calories and fat in a shorter period of time
- It increases production of the growth hormone
- Helps build endurance
- Good for heart health
- Burn calories and fat hours after you leave the gym
- Challenging
- Lose fat and not muscle
- You can do it anywhere
- Boosts metabolism
- It takes little time

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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!
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.
A detailed overview of your workout data

**The large LCD screen displays all training data again in an easily readable format.**

**Power output is shown in watts, gives you an accurate measurement to track your progress.**

**Stay motivated with 8 workout modes, including 10/20 and 20/10 intervals, target settings and heart rate control.**

**Easy one-touch mode selector.**

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**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 Classic ARC100 and the Air Rower Pro ARP100 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 ARPI100 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 / 500. 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 B x H) | 218 x 61.5 x 76 cm |
| NW / GW           | 49.5 kg / 58 kg    |
| Max. user weight  | 160 kg             |

WARRANTY

| Frame | Lifetime |
| Parts | 2 years  |
| Spare parts | 6 months |

Large LCD screen with 8 workout modes including 20/30, 20/10, custom intervals, target settings and SPM control

ARC100: 8 resistance levels to operate manually

ARP100: 16 electrical resistance levels

Lever for easy folding and moving of the rower

Aluminum rails with steel reinforcement Polyacetal (POM) rollers, sealed 608zz ball bearings

Oversized footplates with adjustable straps to get strong support

Nylon fiber integrated wheels and folding mechanism for easier storage

SQ 370mm 2.8 kg super steel fan

Ergonomic handle with high tensile strength nylon pulling strap
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

Large blue LCD screen displays all workout data in easy to read format.
Tracks pulse via optional chest belt.
Tracks time, distance, calories, watts, strokes, SPM and time/500.
8 programs including 20/30, 20/10, intervals, target and SPM control

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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 B x H) | 172 x 82 x 165 cm |
| NW / GW | 158 kg / 198 kg |
| Max. user weight | 160 kg |

WARRANTY

| Frame | Lifetime |
| Parts | 2 years |
| Spare parts | 6 months |