

Surge of Chi[®] Exerciser Mark 4

Comparison with FlexxiCore Passive Exerciser



The Surge of Chi Exerciser Mark 4 and its cousin, the FlexxiCore, share the same motor and the same basic movement of the leg cradle. The main differences are summarised here:

1. The FlexxiCore has a **redesigned casing**, which **sits slightly lower** - the height of the leg cradles is about 0.5 cm lower than the Surge of Chi – which is considered to be an ideal height therapeutically.
2. Both products have a **high specification control module with LCD display** showing speed, session time remaining, and the ability to toggle between manual mode and the 3 preset Auto-mode formats.
3. The FlexxiCore has **three pre-set programmes with automated speed changes** that vary over a 15-minute session. They cover a broader range of speeds, including higher speeds, than the Surge of Chi – though the manual mode of the Surge of Chi does give you the full 80 – 160 RPM speed range of the FlexxiCore.
4. In contrast the Surge of Chi has two pre-set programmes with automated speed changes; the 3rd Auto-mode is just for the **vibration and infra-red massage functions** – the leg cradle does not swing in this mode.
5. The Surge of Chi's three Auto-modes are summarised here:
 - **Auto 1** mode changes both swing speed and vibration frequency 12 times per minute – lots of variation of swing speed between 83 and 119 and 9 levels of vibration frequency.
 - **Auto 2** mode changes both swing speed and vibration frequency 4 times per minute, and is more relaxing than Auto 1.
 - **Auto 3** is just for vibration and infra-red – the cradle does not swing. The vibration frequency changes 4 times per minute.

Both models have the same robust DC motor, the same swing configuration (with slightly elliptical travel) and the same mechanics. The FlexxiCore has a more stylish casing and we recommend it if you are looking for the best pure-play passive exerciser with the classic "chi-machine" swing function. If you want to enjoy the extra massage functions of the Surge of Chi Exerciser Mark 4, this all-in-one product offers these special features for a slightly higher price than the FlexxiCore – but still very reasonable for a single unit with all these functions.