

# Surge of Chi<sup>®</sup> Exerciser Mark 3

## Comparison with FlexxiCore Passive Exerciser



The Surge of Chi Exerciser Mk 3 and its cousin, the FlexxiCore, share the same motor and the same basic movement of the leg cradle. The FlexxiCore has a more stylish casing and a number of added features.

The main differences are listed 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.
2. The FlexxiCore has a **higher specification hand control module, including LCD display** showing speed, session time remaining, etc, and optional selection speed control in both manual and Auto mode formats (see FlexxiCore Technical Details sheet).
3. The FlexxiCore has a **broader range of speeds**: it starts at 80 RPM (80 oscillations per minute) and goes up to 160 RPM. The speed range of the Surge of Chi is about 95 – 150 RPM.
4. The **Auto-modes** of the FlexxiCore allow users to enjoy variable speeds that change automatically during the course of a 15-minute session without needing to use any manual controls. There are 3 different pre-programmed modes to choose from. The Surge of Chi only has the manual mode, with speed adjustable by hand using the dial on the hand controller.

**The main differences seen from the perspective of the Surge of Chi** are as follows:

1. Surge of Chi has no session time control other than the automatic 15-minute cut-off.
2. The Surge of Chi has a dial for adjusting speed, but this cannot be adjusted with such precision as the FlexxiCore, which can be dialled in increments of 1 RPM.
3. The Surge of Chi's slowest speed is not as low as the FlexxiCore, which starts very gently. The FlexxiCore is therefore the most suitable option for people who have challenging health issues and/or are more sensitive – and therefore may prefer or need to use very slow speeds to start with.
4. The Surge of Chi has no auto-modes. The FlexxiCore has three pre-set programmes with automated speed changes over a 15-minute session.

The Surge of Chi has the same robust DC motor, the same swing configuration (with slightly elliptical travel) and the same basic mechanism as the FlexxiCore. With its lower price, it is perfectly adequate for many people – especially those with a tighter budget who are younger and/or reasonably fit & healthy.

For those able to afford the slightly higher price, we recommend the FlexxiCore Exerciser – the best Chi Exercise Machine available on the market globally.



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