

**SCRUNCH Forearm Pad** features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.

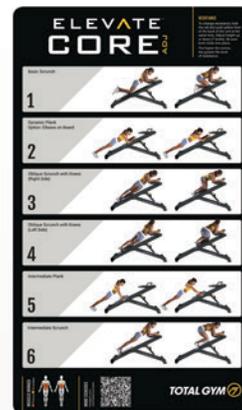


**Incline Release Lever** to move between seven levels of resistance.

**Anchor Feet with Bolt Holes** for safety and stability.



**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



**Rolling Padded Glideboard** allows for multiple progression options.

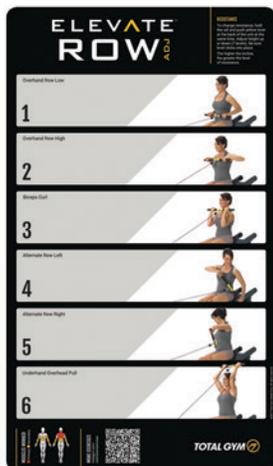
**Rubber Foot Plate** for safety and comfort.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	72" x 33" x 51" [L/W/H] (1.8 m x .83 m x 1.29 m)
<b>FLOOR SPACE</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	88 lbs (40 kg)
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>GLIDEBOARD RANGE OF MOTION</b>	31 inches [787 mm]
<b>WARRANTY</b>	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Adjustable Core™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the ELEVATE Adjustable Core helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight.
- Provides dedicated area for planking off of the floor.
- Rolling glideboard offers option to increase instability for further strengthening.
- Ability to progress or regress exercises by changing body position.
- Includes link to exercise library with additional and advanced exercise options.
- Designed to be bolted to gym floor for designated plank area.



**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.

### Improved Handle Design

features ergonomic grips at both ends providing control and comfort throughout movements.



### Ergonomically Designed Seat

designed for comfort and to encourage proper form.



**Incline Release Lever** to move between seven levels of resistance.



**Anchor Feet with Bolt Holes** for safety and stability.

**Monitor** displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



## PRODUCT SPECIFICATIONS

<b>IN USE</b>	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
<b>FLOOR SPACE REQUIRED</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	106 lbs, 48 kg
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>WARRANTY</b>	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Adjustable Row™ produces a full body workout, integrating a strength component into a fully adjustable cardio machine.

The ELEVATE Adjustable Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight. Note that this version *does not fold*.
2. Adjustable incline body resistance integrates strength with cardio.
3. Smooth consistent load through concentric and eccentric phases.
4. Built for multi-planar movement.
5. Low impact compression on the joints.

**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



**Incline Release Lever** to move between seven levels of resistance.

**JumpOMeter** allows quick visual measurement progression of plyometrics.



**Curved Platform** follows anatomic curve of hip to foot ratio ensuring proper biomechanics throughout plyometric movements.

**Slide Distance Regulator** to control range of motion.



**Safety Lock** enables users begin exercise in a safe and comfortable position.



**Variable Band Resistance (VBR)** allows for an additional 10-70 lbs of resistance.

**Anchor Feet with Bolt Holes** for safety and stability.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	104" x 33" x 68" [L/W/H] (2.6 m X .8 m X 1.7 m)
<b>FLOOR SPACE</b>	24 square feet (2.2 square meters)
<b>UNIT WEIGHT</b>	230 lbs [105 kg]
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>INSTALLATION</b>	Designed to be bolted to the floor
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [180 kg]
<b>BODYWEIGHT RESISTANCE</b>	50% - 80% BWR
<b>BANDS</b>	Additional 10 – 70 lbs VBR
<b>WARRANTY</b>	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

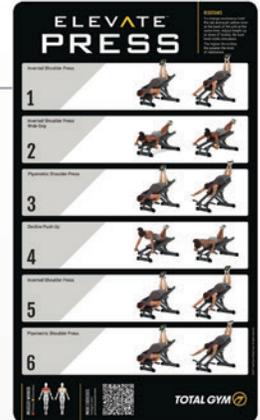
The ELEVATE Jump™ builds explosive power and develops lower body muscle mass with two primary movements, the squat and the squat jump. Uniquely designed to facilitate plyometric exercises leveraging both linear bodyweight resistance and band variable resistance, the Jump produces both concentric and eccentric loading of the muscles – allowing users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner. Able to accommodate all levels of fitness, the ELEVATE Jump supports the spine during traditional squat exercises so that users can comfortably control the descending and ascending phases of the squat, while providing an opportunity for advanced variations including single-leg squats and staggered stance squats.

1. Provides concentric and eccentric force utilizing both linear bodyweight resistance (BWR) and variable band resistance (VBR).
2. Four resistance bands can be engaged to allow for an additional 10-70 lbs resistance in 10 lb increments.
3. Pneumatic brake protects joints during plyometric movements.
4. Angled glideboard provides comfort and support for the upper body.
5. Includes link to exercise library with additional and advanced exercise options.



**Incline Release Lever**  
to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.

**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



**Anchor Feet with Bolt Holes**  
for safety and stability.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	66" x 39" x 41" (L/W/H) [1.7 m X 1.0 m X 1.0 m]
<b>FLOOR SPACE</b>	14 square feet [1.4 square meters]
<b>UNIT WEIGHT</b>	116 lbs [53 kg]
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>GLIDEBOARD RANGE OF MOTION</b>	33 inches [840 mm]
<b>WARRANTY</b>	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Press™ introduces a totally new way to do a shoulder press by placing users in an inverted position. Seven adjustable levels allow users to select a percentage of their own bodyweight as resistance. The Press also allows users to perform a decline push-up.

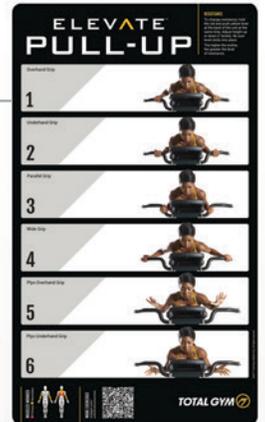
1. Designed for intuitive use and success in performing press up.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pressing as little as 15 percent of their own bodyweight up to 50 percent.
4. Allows for plyometric movements.
5. Ability to progress a decline push-up.
6. Inverted position stabilizes shoulder girdle and reduces spinal compression and shoulder impingement.

**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



### Incline Release

**Lever** to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.



**Anchor Feet with Bolt Holes** for safety and stability.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	70" x 45" x 44" (L/W/H) [1.8 m X 1.1 m X 1.1 m]
<b>FLOOR SPACE</b>	16 square feet [1.5 square meters]
<b>UNIT WEIGHT</b>	120 lbs [55 Kg]
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>GLIDEBOARD RANGE OF MOTION</b>	33 inches [840 mm]
<b>WARRANTY</b>	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Pull-up™ utilizes incline bodyweight resistance to assist users in doing a proper pull-up to strengthen the muscles of the upper body. Built on an adjustable incline with seven levels to select from, the ELEVATE Pull-up allows users to lift approximately 30 percent to 60 percent of their own bodyweight.

1. Designed to successfully allow anyone to perform pull-ups using their own bodyweight.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pulling as little as 30 percent of their own bodyweight up to 60 percent.
4. Enhanced functional performance of daily activities and increased athleticism.
5. Exercises can be progressed or regressed to accommodate all fitness levels.