

MADE IN GERMANY

ERGOFIT

Qualität in Bewegung.



PRODUCTS

Qualität in Bewegung –
that is ERGOFIT.
Welcome!

Thank you for your interest in our company and our products. Have a look at this catalog and see what distinguishes ERGOFIT. Besides our experience, our innovative capacity and our values, it is the quality of our products that makes a difference. This commitment to quality has been our main driving force in the past and it will be in the future. On this you can always rely.



Michael Resch (Managing Director)



ERGOFIT – Quality Made in Germany

4

Made in Germany, that's what we stand for: And that's what our customers love about our family business and our high-quality products.

CARDIO

12

For professional use: Our stationary equipment for cardio-vascular workout meets the most stringent demands. And is still so easy to handle.

VECTOR

34

Developed for the most different demands: ERGOFIT's power equipment contains our long-time experience in the production of high-quality training devices. They allow a healthy muscle build-up training and impress by the typical ERGOFIT operating comfort, a small space requirement and their optimal price-performance ratio.

TORSO

50

Diagnostics and workout in one device: A healthy body posture reduces the stress on the spinal column and significantly contributes to health and wellbeing. The ERGOFIT TORSO LINE focuses on a healthy and effective workout of the supporting torso muscles.

SYSTEM

56

New approaches for workout control and documentation: With the Vitality System, ERGOFIT has developed a system that allows for individualized, health-oriented workout.

OVER 70 YEARS OF ERGOFIT WITH PRODUCTION IN GERMANY

“At ERGOFIT we are no philosophers. We are practical-minded, clever craftsmen, technicians, scientists and economists working together for a common goal.”

Michael Resch (Managing Director ERGOFIT)

“100 % made in Germany” that is our philosophy at ERGOFIT Because the traditional family business set itself a clear goal already at its foundation stage: to create new standards in the industry. How did we get there? Uncompromising quality. To ensure such quality, the company manufactures all cardio and strength workout equipment completely in Germany. This also applies for the required individual components. As far as possible, they are manufac-

ured directly at our production sites in Pirmasens, Germany. The result is a vertical level of manufacturing that is not easy to find elsewhere. This, combined with a unique understanding of customer needs and future developments, makes **ERGOFIT** the Specialists in medical fitness training in Germany. But there are even more factors that guarantee the **ERGOFIT QUALITY**. For example, after we first receive your order, all machines are customized to meet



ERGOFIT in Pirmasens: Here on 9.000m², innovative fitness equipment of unique



Full-service quality management system
for medical products
Guideline 93/42/EEC, Annex II



Step by step, the apprentices learn how to handle the materials in the ERGOFIT training workshop



From the raw material to the ready-to-use machine

your special needs. We always guarantee that: The cardio and strength equipment is shipped to you completely assembled by our own fleet. The machines are set up at their final location and are ready for use. Our own field service and the internal service team guarantee for perfect customer support throughout the life cycle of the machine.

Another factor for consequent quality assurance is the internal training of young people to become part of our business administration and technical department. This is our way at ERGOFIT to address our social responsibility.

The **ERGOFIT** quality management system is **DIN EN ISO 13485** certified.



“Made in Germany” quality is created: Craftsmanship that guarantees for outstanding quality

MADE IN GERMANY

FROM INNOVATION TO STANDARD



1973: The first ERGOFIT exercise bike

The Willi Resch KG was founded in 1947. It specialized in manufacturing machines for shoe production. At the beginning of the 1970s, the company started looking for new future markets. Since the former managing director Hans Resch was involved with sports and medicine, the company focused on the opportunities associated with cardio training. In 1973

the Willi Resch KG presented its first exercise bike for therapeutic use. Thanks to the unprecedented quality, it soon became a success. **Thanks to the unprecedented quality, it soon became a success. In 1981, the next milestone followed: The company presented the first in the world ergometer with eddy current brake. Today this system has become a standard for exercise bikes.** Thanks to continuous research and development, the company, now called **ERGOFIT**, has found its way not only into the therapeutic sector, but also into the fitness industry.

Today, ERGOFIT is a recognized specialist in medical fitness training. We offer cardio and strength machines, training systems and indivi-

dual concepts for tailor-made health training. All products are characterized by high reliability, easy operation, first-class quality and precise measurement.

ERGOFIT is also a certified manufacturer of medical products. These are of particular interest for customers from the physiotherapy industry, as well as for hospitals and rehabilitation centers. The products of our subsidiary, **cardiowise**, fulfill the specific requirements of cardiological rehabilitation; our innovative pulling resistance system – **ivo Trainer** – on the other hand, is also used in performance sports.

Intensive tests: All products are thoroughly tested before shipment



Secure packaging – another important factor of quality assurance at ERGOFIT



Processing of materials – superior craftsmanship and high precision.

THE ERGOFIT STORY

- 1947** The basis of our success: Foundation of the Willi Resch KG, a marketing and distribution company for machines for the shoe production. Later on, the company produced its own machines.
- 1973** Reaction to the crisis in the shoe production industry: Development of the first bicycle ergometer for the medical field and subsequently – for the fitness industry.
- 1981** A new standard is born: ERGOFIT builds the world's first Eddy Current Brake, thus creating a standard that was adopted by all other manufacturers and that is still applicable today. ERGOFIT uses the Eddy Current Brake symbol as company logo.
- 1990/1991** Groundbreaking innovation in the fitness industry: ERGOFIT develops a line of cardio equipment that enable heart rate controlled workout.
- 1995** Innovation for the workout control: Thanks to the new ERGOFIT chip card system the workout can now be controlled across multiple devices.
- 2002** ERGOFIT becomes a full-range supplier: The POWER LINE series gets its own strength workout line.
- 2004** New product offering: ERGOFIT introduces its new workout and documentation software Vitality System 5.0. It can be used with ERGOFIT devices as well as with products of other manufacturers.
- 2006** New versatile strength workout equipment: The new POWER LINE 4000 offers minimal footprint and best value for money.
- 2007** ERGOFIT launches CARDIO LINE 400, a new product line for therapeutic and home use.
- 2008** A back circuit workout system is introduced: ERGOFIT collaborates with Prof. Dr. Dr. h.c. Schmidtbleicher to develop the TORSO LINE for an effective workout of the trunk muscles.
- 2009** Introduction of CARDIO LINE 4000: ERGOFIT launches a new generation of cardio devices.
- 2009** Introduction of a circuit workout system with refinancing concept: The ERGOFIT Vitality Circuit combines chip card workout and smart refinancing.
- 2010** In cooperation with the Fraunhofer Institute for Software and System Engineering ERGOFIT develops a data interface for the different health sectors.
- 2014** Establishment of the subsidiary company – cardiowise GmbH – an expert in cardiac rehabilitation.
- 2016** ERGOFIT presents the IVO Trainer – an innovative pulling resistance system for training and therapy
- 2017** ERGOFIT celebrates its 70th anniversary
- 2019** Introduction of the new VECTOR range of power tools with top performance, modern look and connectivity.



VECTOR

EVOLUTION
OF STRENGTH.



VECTOR EVOLUTION OF STRENGTH.

ERGOFIT

DISCOVER THE NEXT LEVEL OF STRENGTH EQUIPMENT

The new **ERGOFIT VECTOR** line is another milestone in the company's history. It provides facilities with high end strength equipment for rehabilitation and fitness. Clearly improved performance, modern look and features such as a fully shrouded weight stack, anodized handlebars, indirect LED illumination or the intuitive connection with

our training software **VITALITY SYSTEM** – the **VECTOR** line is the perfect solution for an effective, comfortable training. The **ERGOFIT VECTOR** line excels in expertise, quality, durability and service so your facility can become a real fitness trend setter.



color variant: anthracite

Make your facility design stand out: Various frame and shroud options and many different upholstery colors give your facility an individual touch.



Contemporary: optional LED illumination sets esthetic accents – choose between blue, red and white



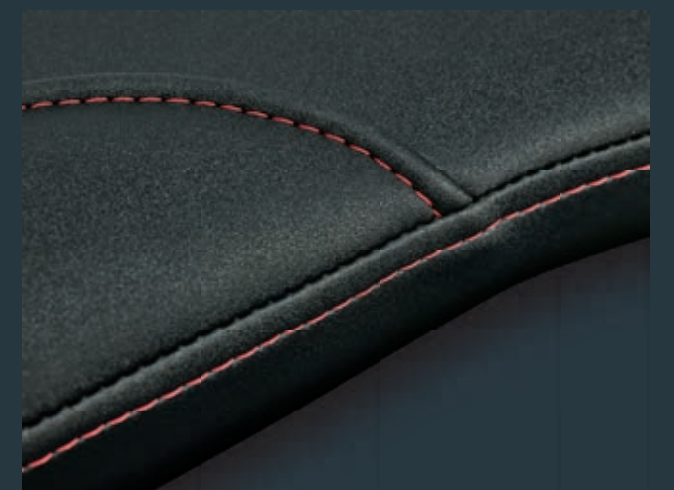
Simple: consistent adjustment of all machines



Rugged: high-quality details



Precise: finely tuned weight increments (2.5 kg)



Stylish: pads with contrasting

VECTOR EVOLUTION OF STRENGTH.

You can tailor the **VECTOR** line to your needs and choose features and equipment that perfectly fit to your day-to-day requirements. The default solution features durable, modern details and can be adapted and certified for medical training environments. Modern touch panels, chip card or wristband control and **VITALITY SYSTEM** training

software – the **VECTOR** strength equipment provides industry-leading connectivity so you can keep track of your members' training and individually support them on their fitness journey. You can choose between 2 color combinations, 9 upholstery versions and optional LED illumination to complete the look of your facility.

Alle Geräte wurden gemäß den Richtlinien für den Einsatz im professionellen Bereich entwickelt. Sie sind in folgenden Versionen lieferbar:

- **VECTOR** default version
- **VECTOR MED*** complies with the medical devices directive 93/42/EEC
- **VECTOR T** with panel PC
- **VECTOR T MED*** with panel PC MED complies with the medical devices directive 93/42/EEC
- **VECTOR CVT** can be used with Vitality System 6 and Vitality System Light with panel PC
- **VECTOR CVT MED*** can be used with Vitality System 6 and Vitality System Light with panel PC, complies with the medical devices directive 93/42/EEC

* all machines marked with "MED" use the RS232 interface.



VECTOR LEG EXTENSION anthracite



VECTOR LEG EXTENSION T MED white



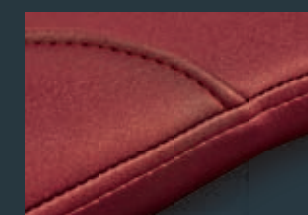
Make your facility design stand out: Various frame and shroud options and many different upholstery colors give your facility an individual touch.



black



Sky



Cherry



Charcoal



Black with red stitching



Sky Black with yellow stitching



Smoke



Cactus



Black with green stitching

VECTOR BACK



BACK EXTENSION

| | |
|-----------------------|--------------------|
| Muscles worked | M. erector spinae |
| Dimensions (L/W/H cm) | 100/120/155 |
| Weight | 235 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



BACK PULL

| | |
|-----------------------|---|
| Muscles worked | M. latissimus dorsi, M. rhomboideus, M. trapezius, M. biceps brachii |
| Dimensions (L/W/H cm) | 120/145/155 |
| Weight | 205 kg |
| Max. weight load | 112,5 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



BUTTERFLY REVERSE

| | |
|-----------------------|---|
| Muscles worked | M. trapezius, M. rhomboideus, M. deltoideus |
| Dimensions (L/W/H cm) | 135/155/155 |
| Weight | 190 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



VECTOR BACK / SHOULDER

LAT PULL

| | |
|-----------------------|---|
| Muscles worked | M. latissimus dorsi, M. trapezius, M. rhomboideus, M. biceps brachii |
| Dimensions (L/W/H cm) | 130/170/240 |
| Weight | 220 kg |
| Max. weight load | 117,5 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



SHOULDER ABDUCTION

| | |
|-----------------------|--------------------|
| Muscles worked | M. deltoideus |
| Dimensions (L/W/H cm) | 120/115/155 |
| Weight | 200 kg |
| Max. weight load | 85 / 90 kg (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



SHOULDER PRESS

| | |
|-----------------------|---|
| Muscles worked | M. deltoideus, M. trapezius, M. triceps brachii |
| Dimensions (L/W/H cm) | 135/135/180 |
| Weight | 210 kg |
| Max. weight load | 107,5 / 112,5 kg (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



ERGOFIT



VECTOR

CHEST/UPPER ARM



BUTTERFLY

| | |
|-----------------------|---|
| Muscles worked | M. pectoralis major, M. pectoralis minor, M. deltoideus |
| Dimensions (L/W/H cm) | 120/155/155 |
| Weight | 200 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



CHEST PRESS

| | |
|-----------------------|--|
| Muscles worked | M. pectoralis major, M. pectoralis minor, M. triceps brachii, M. deltoideus |
| Dimensions (L/W/H cm) | 145/155/155 |
| Weight | 230 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



BICEPS FLEXION

| | |
|-----------------------|--------------------|
| Muscles worked | M. biceps brachii |
| Dimensions (L/W/H cm) | 95/130/155 |
| Weight | 170 kg |
| Max. weight load | 90 / 95 kg (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



VECTOR

UPPER ARM/ABS

TRICEPS EXTENSION

| | |
|-----------------------|--------------------|
| Muscles worked | M. triceps brachii |
| Dimensions (L/W/H cm) | 105/110/155 |
| Weight | 200 kg |
| Max. weight load | 90 kg / 95 (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



ABDOMINAL FLEXION

| | |
|-----------------------|--|
| Muscles worked | M. rectus abdominis, M. obliquus internus, abdominis, M. obliquus, externus abdominis |
| Dimensions (L/W/H cm) | 105/130/155 |
| Weight | 220 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



ABDOMINAL TORSION

| | |
|-----------------------|---|
| Muscles worked | M. obliquus internus, abdominis, M. obliquus externus, abdominis |
| Dimensions (L/W/H cm) | 135/100/155 |
| Weight | 170 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



ERGOFIT



VECTOR PELVIS

VECTOR THIGHS

ERGOFIT



ABDUCTOR

| | |
|-----------------------|---|
| Muscles worked | M. gluteus medius, M. gluteus minimus, M. gluteus maximus, M. tensor fasciae latae |
| Dimensions (L/W/H cm) | 140/130/155 |
| Weight | 215 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



LEG EXTENSION

| | |
|-----------------------|-----------------------|
| Muscles worked | M. quadriceps femoris |
| Dimensions (L/W/H cm) | 105/140/155 |
| Weight | 265 kg |
| Max. weight load | 112,5 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



ADDUCTOR

| | |
|-----------------------|--|
| Muscles worked | M. gracilis, M. adductor brevis, longus bzw. magnus, M. pectineus |
| Dimensions (L/W/H cm) | 175/125/155 |
| Weight | 215 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



LEG FLEXION

| | |
|-----------------------|---|
| Muscles worked | Mm. ischiocrurales, M. gastrocnemius |
| Dimensions (L/W/H cm) | 105/145/155 |
| Weight | 255 kg |
| Max. weight load | 117,5 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



HIP EXTENSION

| | |
|-----------------------|--|
| Muscles worked | M. gluteus maximus, M. gluteus medius, M. gluteus minimus, Mm. ischiocrurales |
| Dimensions (L/W/H cm) | 100/125/155 |
| Weight | 177 kg |
| Max. weight load | 95 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



SQUAT PRESS

| | |
|-----------------------|--|
| Muscles worked | M. quadriceps femoris, Mm. ischiocrurales, M. gluteus maximus, medius und minimus + je nach Übung M. gastrocnemius, M. soleus |
| Dimensions (L/W/H cm) | 100/240/155 |
| Weight | 415 kg |
| Max. weight load | 200 kg |
| Weight increments | 7,5 / 2,5 kg (MED) |



VECTOR MULTIFUNCTIONAL

VECTOR CHEST/UPPER ARM

ERGOFIT



PULL UP/DIP

| | |
|-----------------------|-------------------------------|
| Muscles worked | gesamte Oberkörper-muskulatur |
| Dimensions (L/W/H cm) | 81/120/215 |
| Weight | 210 kg |
| Max. weight load | 90 kg / 95 kg (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



CABLE CROSSOVER

| | |
|-----------------------|---|
| Muscles worked | depending on exercise different Muscle groups |
| Dimensions (L/W/H cm) | 91/338/218 |
| Weight | 250 kg |
| Max. weight load | 2 x 75 kg |
| Weight increments | 5 kg |



SEATED DIP

| | |
|-----------------------|---|
| Muscles worked | M. triceps brachii, M. pectoralis major, M. trapezius, M. pectoralis minor, M. deltoideus |
| Dimensions (L/W/H cm) | 162/117/155 |
| Weight | 210 kg |
| Max. weight load | 90 / 95 kg (MED) |
| Weight increments | 7,5 / 2,5 kg (MED) |



CABLE TOWER

| | |
|-----------------------|---|
| Muscles worked | depending on exercise different Muscle groups |
| Dimensions (L/W/H cm) | 120/290/220 |
| Weight | 530 kg |
| Max. weight load | 2 x 100 kg, 2 x 75 kg |
| Weight increments | 5 kg |



CABLE

als Wand- oder als Standmodell erhältlich



| | |
|-----------------------|---|
| Muscles worked | depending on exercise different Muscle groups |
| Dimensions (L/W/H cm) | 86/41/225 <small>Wall model</small> |
| Weight | 126 kg <small>Wall model</small> |
| Max. weight load | 75 kg |
| Weight increments | 5 kg |



POWER LINE 4000 BENCHES

ERGOFIT

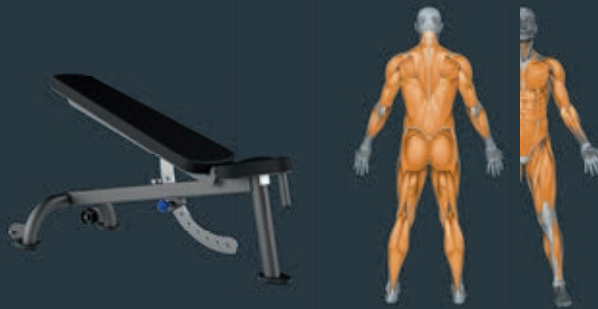


FLAT BENCH



| | |
|-----------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 105/60/40 |
| Weight | 25 kg |

MULTI BENCH



| | |
|-----------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 135/60/100 |
| Weight | 35 kg |

MULTI PRESS



| | |
|---------------------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 170/210/220 |
| Weight | 150 kg |
| Handle and weights not included | |

SQUAT RACK



| | |
|---------------------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 175/120/175 |
| Weight | 65 kg |
| Handle and weights not included | |

OLYMPIC FLAT BENCH



| | |
|---------------------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 160/125/125 |
| Weight | 50 kg |
| Handle and weights not included | |

OLYMPIC INCLINE BENCH



| | |
|---------------------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 160/125/135 |
| Weight | 45 kg |
| Handle and weights not included | |

ABDOMINAL BENCH



| | |
|-----------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 145/60/75 |
| Weight | 60 kg |

BACK BENCH



| | |
|-----------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 135/80/75 |
| Weight | 50 kg |

SCOTT BENCH



| | |
|-----------------------|--|
| Muscles worked | depending on the exercise different Muscle groups |
| Dimensions (L/W/H cm) | 85/80/110 |
| Weight | 45 kg |

TORSO



TORSO LINE

Diagnostics and workout

The torso muscles are most important for health and wellbeing. The supporting torso muscles are the basis for a good body posture and they reduce the stress on the spine. With its **TORSO CHECK** and **TORSO LINE** product lines **ERGOFIT** provides a comprehensive program for scientific diagnosis and efficient prevention as well as targeted treatment of back problems. The **TORSO LINE** workout program has been developed in cooperation with **Prof. Dr. Dr. hc Schmidtbleicher**.

With **TORSO CHECK**, you can check all relevant torso muscles in reference to the major spine movements:

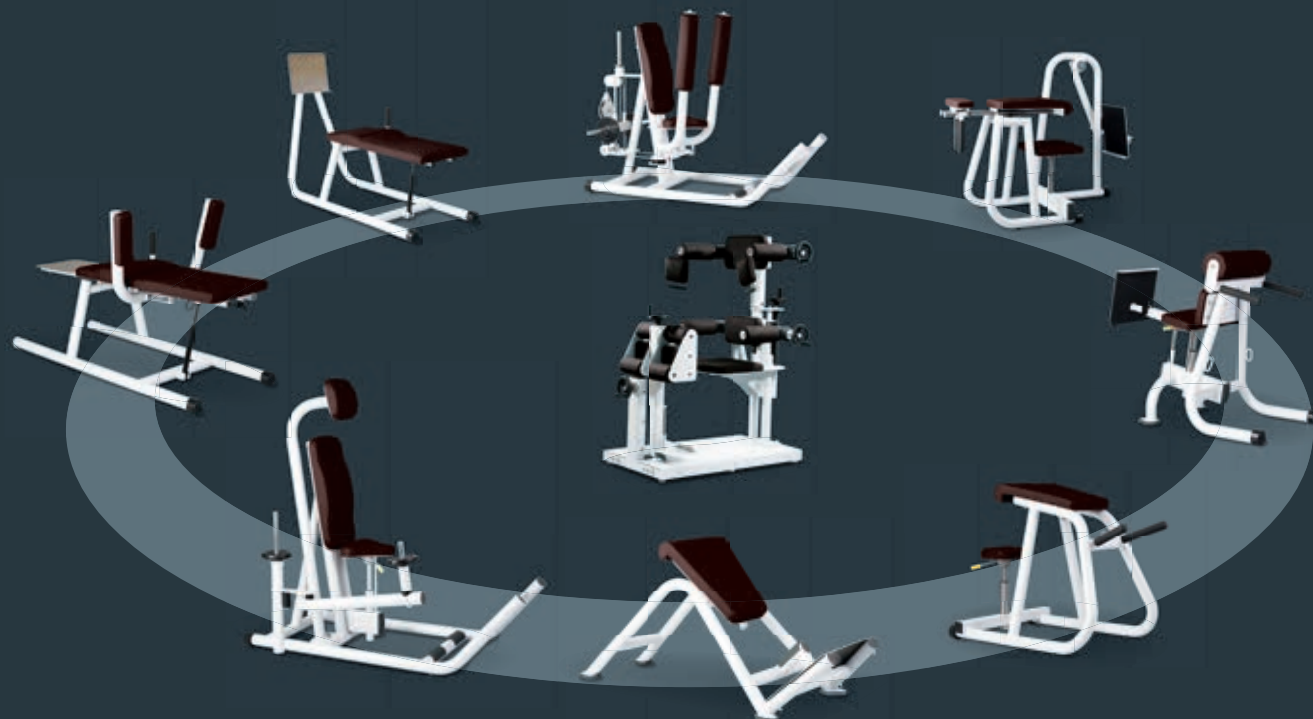


- Flexion and stretching
- Bending right and left
- Rotation

YOUR ADVANTAGES

- With the test system and the workout circle, you can find new customers.
- The **TORSO CHECK** and the resulting workout programs set you apart as expert facility for back problems.
- You strengthen customer loyalty and gain more revenue by offering regular checks and clear graphical analyses.
- All machines can be easily adjusted with the pneumatic spring.

Maximum strength results and comparison of both sides reveal deviations and imbalances. This provides important information for a health-oriented workout with **TORSO LINE**.



The **TORSO LINE** – a diagnostic machine and eight training benches for effective training of the back muscles

ERGOFIT

ERGOFIT TORSO CHECK AND ERGOFIT TORSO LINE:

Effective torso workout

1. THE TORSO CHECK

The isometric strength measurement of the **TORSO CHECK** provides important data concerning your customers' individual torso strength in relation to the three major spine movements. After you have adjusted the **TORSO CHECK** to the person to be checked, you can perform 6 measurements.

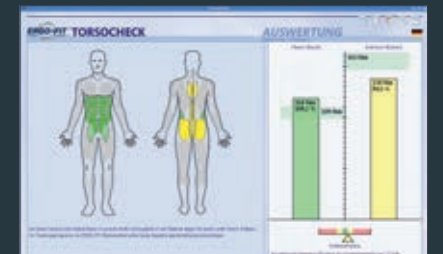


2. ANALYSIS and RESULTS

The strength curves of the different measurements are displayed in a graphic. The results are compared to corresponding reference data (age, gender, body weight) taken from a comprehensive database. This results in an individual fitness level of the person. By comparing the result of two measurements (e.g. Flexion and Stretching) muscular imbalances become immediately obvious.



Both results are displayed in an easy to understand graphic with color labeling (green, yellow, red) and point system (1–18). When a second test is performed, changes become immediately obvious.



3. PERSONAL WORKOUT PLAN

After the analysis each patient gets his or her personal workout plan. It is based on the test results and on up-to-date information concerning prevention of health problems. The workout plans can be customized and amended.



Training program developed by Prof. Dr. Dr. hc. Dietmar Schmidtbleicher, senior professor for movement and training sciences at the Institute of Sports Sciences at the university of Frankfurt.

„Back problems have become a widespread disease. **TORSO CHECK** and **TORSO LINE** let you perform targeted pain treatment. They may even prevent surgeries.“

Prof. em. Dr. Dr. hc. Dietmar Schmidtbleicher

TORSO LINE

Back Circle

The 8 **TORSO LINE** benches and the **TORSO CHECK** test station form an ideal basis for a comprehensive torso workout based on the **TORSO CHECK** analyses. And all this on amazingly small floor space: You need only 30 sqm to create your own workout area that targets back muscles.

TORSO CHECK



With **TORSO CHECK** you can check the maximum strength of the torso muscles in reference to the major spine movements:

- Flexion and stretching
- Bending right and left
- Rotation

Together with the **TORSO CHECK Software** you receive a comprehensive testing package that helps you reveal muscular deficiencies and imbalances.

| | |
|-----------------------|---|
| Muscles worked | – |
| Dimensions (L/W/H cm) | 137/94/128 |
| Weight | 136 kg |
| Setting options | individually to each adjustable body height |

BENCHES

HIP BENCH



| | |
|-----------------------|---|
| Muscles worked | Hip |
| Dimensions (L/W/H cm) | 189/93/122 |
| Weight | 90 kg |
| Setting options | Leg length, upper body padding, headrest cushion with handles |

FREE HIP BENCH



| | |
|-----------------------|------------|
| Muscles worked | Hip |
| Dimensions (L/W/H cm) | 110/72/86 |
| Weight | 39 kg |
| Setting options | Leg length |

ERGOFIT

NECK BENCH



| | |
|-----------------------|-------------|
| Muscles worked | Nacken |
| Dimensions (L/W/H cm) | 156/81/145 |
| Weight | 64 kg |
| Setting options | Seat height |

ROMBO BENCH



| | |
|-----------------------|------------|
| Muscles worked | Back |
| Dimensions (L/W/H cm) | 156/67/123 |
| Weight | 90 kg |
| Setting options | – |

CRUNCH BENCH



| | |
|-----------------------|------------|
| Muscles worked | Bauch |
| Dimensions (L/W/H cm) | 166/67/115 |
| Weight | 50 kg |
| Setting options | Backrest |

LOWER CRUNCH BENCH



| | |
|-----------------------|--------------------|
| Muscles worked | Bauch |
| Dimensions (L/W/H cm) | 151/89/97 |
| Weight | 60 kg |
| Setting options | Backrest, Arm pads |

LUMBAL BENCH



| | |
|-----------------------|----------------------|
| Muscles worked | Back |
| Dimensions (L/W/H cm) | 102/68/100 |
| Weight | 50 kg |
| Setting options | Leg length, Footrest |

LATERAL BENCH



| | |
|-----------------------|----------------|
| Muscles worked | Torso, lateral |
| Dimensions (L/W/H cm) | 155/69/74 |
| Weight | 50 kg |
| Setting options | pelvis pads |

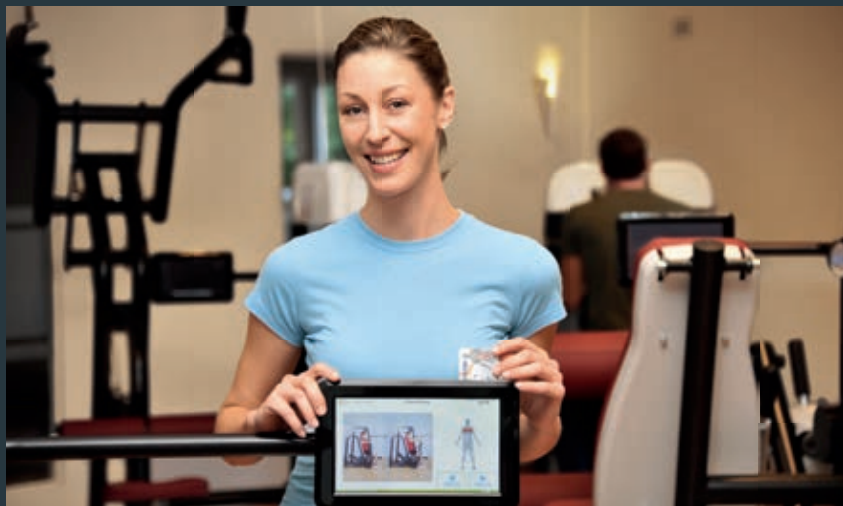
SYSTEM



SYSTEM VITALITY SYSTEM

USE THE SYSTEM TO WORK OUT AND STAY FIT AND HEALTHY

Health-oriented fitness workout can be so easy with the **ERGOFIT Vitality System**. The smart chip card control system enables a healthy workout that keeps your customers motivated. The combination of cardio and strength workout machines with an innovative workout system allows the exercises to be fine-tuned to the individual needs of every exerciser.



The **Vitality System** provides a range of innovative solutions for workout control and documentation, for example on-the-fly customer registration, comfortable data maintenance, detailed personal workout plans and tests, clear visualization of workout results and creation of various statistics. And last but not least: The **Vitality System** is so easy to use.

Smart workout options and best personal support are the key factors for any successful health-oriented training facility.

WORKOUT CONTROL WITH THE VITALITY SYSTEM



Intuitive operation: the TOUCHSCREEN MONITOR

- 10,1" panel PC with touchscreen
- Customizable user interface
- Machines can be connected



Easy operation: Create tailored workout plans for a health-oriented training with only a few clicks or use templates.



Flexibility guaranteed: If necessary, you can supplement your training system with individually tailored free exercises.

ERGOFIT



The **ERGOFIT Vitality System** provides effective workout options and a systematic approach and gives you the opportunity to perfectly support your customers in all fitness aspects so they can easily start with a new healthy life style and stay motivated in the future. Take a look at all the advantages of the **Vitality System**.

YOUR ADVANTAGES

- The systematic workout control enables an effective health-oriented fitness workout.
- Your employees have time to provide personal support
- Your members get personal instructions throughout all workout stages.
- Satisfied customers are loyal customers that recommend your facility.
- You can provide personal support to more exercisers in a short period of time.

ADVANTAGES FOR YOUR MEMBERS

- The system is easy to use and this helps beginners, as well as senior exercisers, to start a healthy workout.
- Exercises are always performed correctly and there is no chance for wrong machine settings.
- Visualization of the individual results makes workout easy.
- Perfect personal support for all exercisers with the Vitality System.
- Easy-to-understand point-based reward system keeps your customers motivated.

ADDITIONAL OPTIONS

Trend-setting documentation and control

- Live monitoring of the workout space with integrated trainer call via connected devices
- Transmission interface for sending the workout results to physicians and health insurance companies

in cooperation with
Fraunhofer
ISST



The Trainer view of the Vitality System allows you to keep an eye on all machines and exercisers

SYSTEM VITALITY SYSTEM

TEN STEPS TO SATISFIED MEMBERS

Health-oriented fitness workout made easy: for you and your exercisers with the **ERGOFIT Vitality System**.



1. WELCOME

Member card and workout buddy:

The **Vitality System** supports all common administration programs and at the same time plays the role of a personal trainer, motivator and workout buddy.



2. NEW CUSTOMERS

During the workout:

With only a few clicks, new customers can start their workout. Detailed tests and important customer details further help to optimize the workout.



3. PERSONAL WORKOUT PLANS

Analysis and support:

Based on thorough health checks including cardio and/or strength tests performed during the initial workout trainers/therapists create individual workout plans quickly and easily.



4. LOGGING IN WITH THE VITALITY CARD

Start frei:

Zu Beginn ihres Trainings melden sich Ihre Trainierenden mit ihrer **Vitality Card** am **Coach** an – und erhalten auf einen Blick ihre persönlichen Trainingspläne inklusive Geräteabbildungen zur leichten Orientierung und aktuellem Punktestand zur präzisen Erfolgskontrolle in Eigenregie.



5. DEVICE SETTINGS

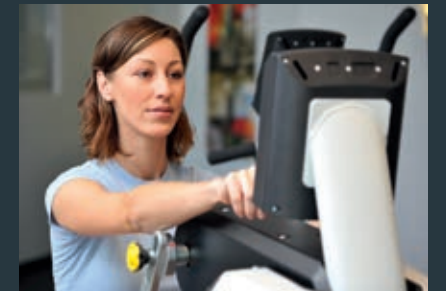
Getting started:

At the beginning of every workout the exerciser logs in with the **Vitality Card**. They immediately see their individual workout plans together with images of the devices so they can easily find their way in the facility. Moreover, they see their current results score.

6. CARDIO WORKOUT

Easy, Convenient:

The **Vitality Card** saves all important workout data for an efficient health-oriented workout: For example, after inserting the card into the cockpit the exerciser will automatically receive the correct heart rate settings.



7. STRENGTH WORKOUT

Personal Training guaranteed:

Perfect support – that's what the **Vitality System** stands for. It recognizes wrong weight settings at every workout stage and in every movement and makes sure that the exerciser performs the exercise correctly.



8. MOTIVATION

Sweets for sweat:

The point-based reward system of the **Vitality System** keeps your exercisers motivated and provides a clear overview over the results: For every exercise that has been finished successful (cardio workout, strength workout, courses and individual workout) the exerciser receives workout points.



9. DOCUMENTATION

Success made visible:

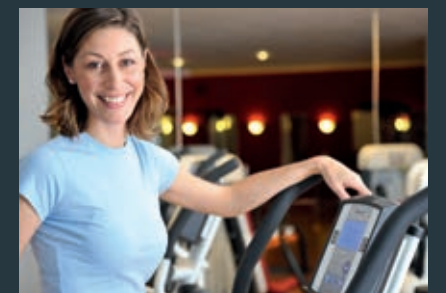
At logout the **Vitality System** analyzes all results of the recent workout. The exerciser gets immediate feedback including any achievements and goals reached.



10. SATISFIED MEMBERS

They will come back. It's a promise.

The **Vitality System** provides health-oriented workout with visible success. For your customers. And for you. Because systematic workout with easy-to-understand results can be fun. Your members stay motivated and will come back over and over again.



ERGOFIT

Qualität in Bewegung.

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