



It just makes sense



cardiogym.com

WHY CARDIOGYM MAKES SENSE?

Why train just 1/2 your body when you can train your whole body?

Why use equipment that takes twice as long to get results?

Why not improve your Cardio and Strength at the same time?

Guided Workouts

The CardioGym CG6 features a 10.1" touch screen user interface with an embedded animated trainer guiding every workout. Instructing exercises, tracking repetition count and controlling the recumbent cycle, the CG6 provides an effective and enjoyable experience for all users.



PROVEN RESULTS

In a 30 day study comparing the benefits of a combined aerobic / strength machine with regular treadmill and elliptical use, "CardioGym produced results that were not only aerobically superior but much better in terms of weight loss, body composition and strength improvement."

Neil Wolkodoff, PhD

SCIENTIFIC STUDY RESULTS

Component	CardioGym	Treadmill / Crosstrainer
VO2 Peak	+14%	+4%
Anaerobic Threshold	+17%	+2%
Weight Loss	-4.8 pounds	-1.2 pounds
Body Composition	-3% body fat	-.45% body fat
Strength/Power	+15%	+2%
Strength/Endurance	+31%	+3%
Flexibility	+8.7%	+1%



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