

DON'T GET BORED WITH YOUR WORKOUT

Variation is not only key to stop you from becoming bored with your daily workout but also to stop you from plateauing and obtaining those optimum results.

MONDAY

TUESDAY

WEDNESDAY



Front Five



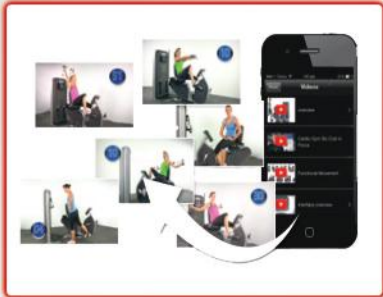
Back Five



Kayaking

THURSDAY

FRIDAY



Download a workout from CARDIOGYM library



Functional and strength training

RESULTS - A 30 Day Trial		
Component	CardioGym Training	Aerobic Training
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 Endurance	+15%	+2%
Overall Strength	+31%	+3%
Flexibility	+8.7%	+1%

www.cardiogym.com

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“CardioGym produced results that were not only aerobically superior but also much better in terms of weight loss, body composition and strength improvement”

THE TOTAL BODY WORKOUT CARDIO GYM®



“In a 30 day trial, CARDIOGYM users lost on average 6 times more body fat than the group using treadmills and ellipticals.”

Dr. Neil Wolkodoff PhD

TIME SAVING

CG3 simultaneously combines cardio and resistance training, with a virtual trainer guiding you through a variety of exercises to give the best total body cardio workout on a machine available. Proven to burn 6 times more body fat than treadmills and ellipticals the results speak for themselves.



SPACE SAVING

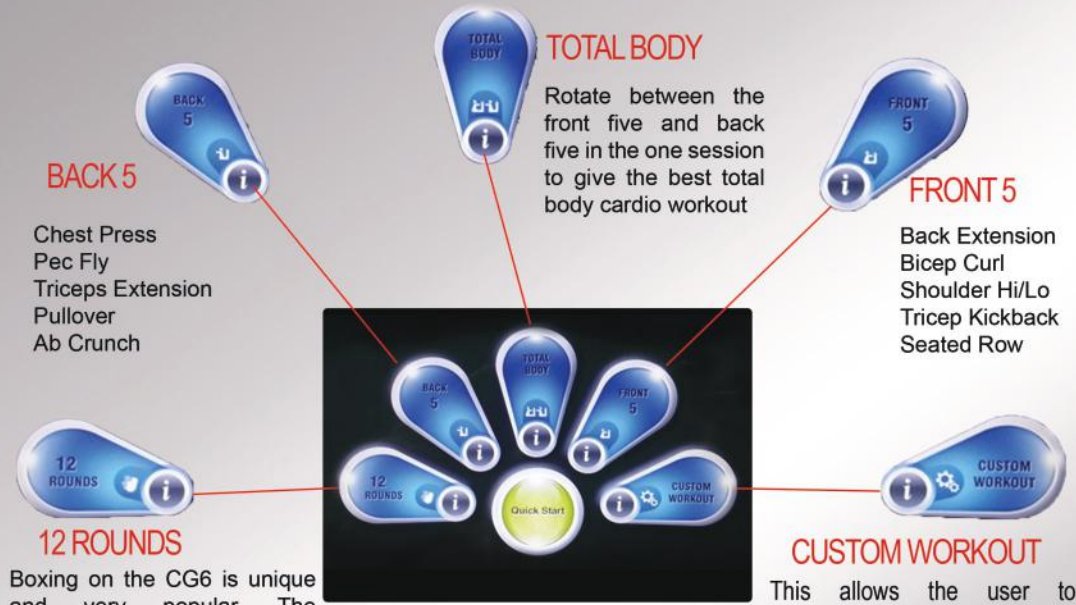
CG3 folds neatly and conveniently into its own stylish cupboard to save on space when not in use and is on wheels for easy transporting.



VARIETY

CG3 is not only the best total body cardio workout available, with the bike folded up you now have a functional trainer that allows for hundreds of strength training exercises using the dual adjustable pulley system. Additional weights are optional.

VERSATILITY



Boxing on the CG6 is unique and very popular. The animated Personal Trainer will have the user doing combinations in a routine that will have them gasping for air.

Intuitive in design and effective in operation. A 7" inch touch screen display featuring the CardioGym virtual trainer guiding you through a variety of challenging exercises to give the best total body workout available on a cardio machine. Set your goals within the console, counting repetitions, time, distance or calories to challenge yourself with every workout.

SELECT A GOAL



Set your workout goal, Time, Calories, Distance or Repetitions.

FOLLOW TRAINER



The virtual trainer will take you through a variety of challenging exercises.

CARDIOGYM LIBRARY



Download a CARDIOGYM trainer workout on your own tablet or phone.