

# FUNCTION



Forward Facing Exercises

Reverse Facing Exercises

Kayak Rowing



Functional Workouts



Optional Swivel Seat for Easy access

Cross Training Workouts

# SCIENTIFICALLY PROVEN



by leading US experts Dr. Neil Wolkodoff, Jeff Miller, Julianne Butler

## RESULTS - A 30 Day Trial

Component	CardioGym Training	Aerobic Training <small>(Treadmill or Cycle)</small>
VO2 Peak	+14%	+4%
Anaerobic Threshold	+17%	+2%
Weight Loss	-4.8 pounds	-1.2 pounds
Body Composition	-3% body fat	-0.45% body fat
Strength Endurance	+15%	+2%
Overall Strength	+31%	+3%
Flexibility	+8.7%	+1%

## WHAT THIS ALL MEANS

- 3x increase in VO2 max (oxygen utilization)
- Dramatic increase in fitness levels
- Clear winner on the weight loss scales
- 6x more Body Fat Loss
- 10x increase in Strength/Endurance
- Amazing overall core strength improvements
- 8x more Flexibility

Dr. Neil Wolkodoff PhD says "Cardio Gym produced results that were not only aerobically superior but also much better in terms of weight loss, body composition and strength improvement".

\*The Fitness Effects of a Combined Aerobic/Strength Machine; Neil Wolkodoff, PhD

## CG6 SPECIFICATIONS

### CONSOLE

- Display Type: Integrated 10.1" Touch Screen
- Display Feedback: Total Time, Interval Time, Distance, Calories, Speed, RPM, Watts, METs, Resistance, Current Exercise, This Count, Last Count, Total Count, Heart Rate
- User Unit Selection: Yes - Lbs/Kg, Mi/Km
- Workouts: Upper Body: Front 5, Back 5, 12 Rounds, Custom Workout, Fit Stream | Lower Body: Manual, Pyramid, Hill Climb, Interval, Random, Constant Watts, Heart Rate - Aerobic, Fat Burn, Custom
- On-the-fly programming: Yes
- Communications: CSAFE ready
- Keypad: Durable dome keys
- Advanced Club Settings: Diagnostics - Cumulative and resettable, default settings
- USB Connectivity: Fit Stream - MPEG4, AVI supported | Software upgrade

### FEATURES

- Contact Heart Rate: Yes
- Wireless Heart Rate: Yes - Polar Telemetry
- Cable System: Bi-Lateral
- Attachments: Comfort grip single handles, Cable Kayak bar
- Weight Stack: Twin 75lbs Stacks, Heavy weight upgrade (45lbs)\*
- Rotary Motion: Yes
- Accessories: Water Bottle and Accessory holder, Reading Rack, Valuables Storage
- Walk Through Access: Yes
- Wrap Around Seat Adjustment: Yes

### FULLY PATENTED DESIGN

AUTHORIZED DISTRIBUTOR

# CARDIOGYM®

[www.cardiogym.com](http://www.cardiogym.com)  
[info@cardiogym.com](mailto:info@cardiogym.com)

# EXERCISE SMARTER Not Harder



# CARDIOGYM®



# CG6

# FEATURES



## ROTARY MOTION

Keep workouts and the body balanced with this unique feature that allows the cycle to rotate easily from a forward facing position to a rearward facing position. Target the Back, Shoulders and Biceps while facing the front and engage the Chest, Abdominals and Triceps while facing the rear.



## OPTIONAL SWIVEL SEAT

Turn your seat to the side for easier access to get on and off the CG6, designed for the elderly and disabled.



## FUNCTIONAL MOVEMENT

Dual swivel pulleys with independent weight stacks provide smooth upper body action from a single seated position. Push, Pull, Punch, even Kayak, achieve unlimited exercise variety while strengthening the important stabilizer muscles vital for everyday life.



## UPLOAD

The evolution of cardio exercise combined with the speed of technology is catered for with upload Capability. The exercise routines and visual interaction on the monitor will ensure the CG6 will satisfy the wants and needs of members and their personal trainers alike.



## TRAINER WORKOUT VIDEOS

Upload real trainer workouts videos to watch through the console for more variation to your training.



## MOTORISED WEIGHT SELECTION SYSTEM

Ground breaking technology which allows you to select your upper body weight resistance through the touch screen console, making it more convenient and safer.

# MEMBER RETENTION IS EVERYTHING

**IN10CT™** puts new meaning into group training... **INtense 10 Body Part Circuit Training.**

Exciting new training category that **crushes the boredom of cardio.**

**Invigorates the members** with a more satisfying pump after training.

**Upload programs** specific for your members and branded with your identity.

**Scientifically proven** to be the best on the CV floor for fat burn, strength and flexibility.

The most time efficient workout ever – offer your clients a **total body express workout**

**Core focused workouts** ensure all demographics of members benefit from its diversity.

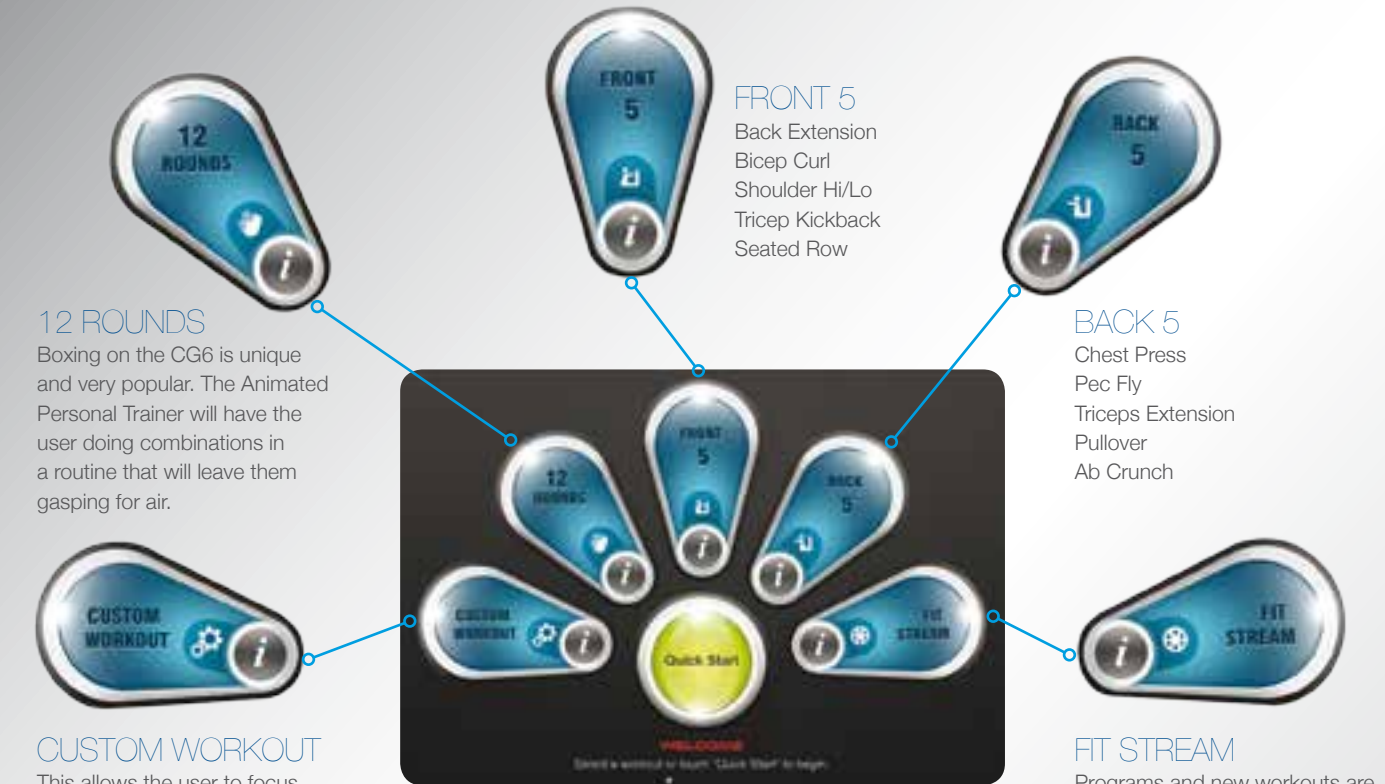
**Unique Boxing program** appeals to the growing cult engaging in mixed martial arts.

Customizing each member's workout is an **endless source of variety.**

**A personal trainer's dream** ...unlimited workouts to tailor for the client.



# VERSATILITY



## CG6 HOME SCREEN

Intuitive in design, effective in operation. A 10.1 inch color touch screen display rivaling the best in modern smart phones provides the perfect window to every workout. Club members ranging from beginners to elite athletes will benefit from the multitude of features available including Guide Videos, Informational Windows, Quickset Goals, Cycle Metrics, Repetition Counts and most importantly the virtual instructor that directs and encourages throughout every workout.

A secondary hard button control is also located below the touch screen interface for convenient access to the most common operations and also provides a simple alternative for inexperienced touch screen users.



Goal Screen



Workout Screen



Workout Summary