

FACT SHEET

XTrainer Study



> FACTUAL FINDINGS

A university study on the effectiveness of the XTrainer proved:

- The XTrainer burns more calories than treadmills, ellipticals and cycles with less perceived exertion – this means a better workout without working harder
- Overall muscle activation in the upper body is greater on the XTrainer than on other cardio equipment
- At the moderate pace of level 7/40 rpm arms and level 3/80 rpm legs the XTrainer generates the same metabolic cost as walking at 4.0 mph and 10% incline on a treadmill
- When compared to the dependent, dual-action resistance system of elliptical trainers it was found that the XTrainer's independent resistance system provides a better overall workout
- The XTrainer offers muscle recruitment superior to any other cardio product

WHO BENEFITS FROM THE XTRAINER?

CLUB MEMBERS

- A full body workout from one machine means less time in the gym and less waiting in line to use multiple machines
- Users can customize their workout with shift-on-the-fly fingertip control buttons and rotational handles that target multiple muscle groups
- Equipped with multiple programs and advanced features to bring variety to an everyday workout
- Highly motivational because great results are delivered in a shorter period of time
- CardioAdvisor™ displays user's heart rate as well as target heart rate for cardio and weight loss for more efficient training

ELITE ATHLETES

- Unique independent dual action motion with 20 resistance levels allows athletes to train their entire body at a high metabolic cost
- Effective interval training is achieved through independent action, and bi-directional resistance on upper body movements
- Rotational handles help target specific muscle groups for focused training

SENIORS AND DECONDITIONED USERS

- Low impact design is easy on joints
- Low starting resistance levels are ideal for deconditioned users
- Adjustable reclining seat back allows room for users of all sizes
- Convenient step through design creates an easy access path to the seat for comfort and convenience
- Quick start and uncomplicated programming options are less intimidating

CONCLUSION

The XTrainer from SportsArt Fitness offers an array of innovative features that have never before been found on one machine. By developing this new category of fitness equipment SportsArt Fitness has created a machine that provides a highly customizable total-body workout that is more efficient than any other cardio product. The XTrainer can be used to quickly and easily create user-specific training programs for seniors, elite athletes, deconditioned users and everyone in-between.