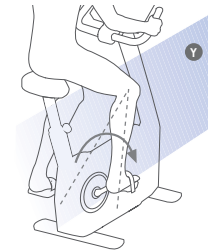


Cardio Wave.

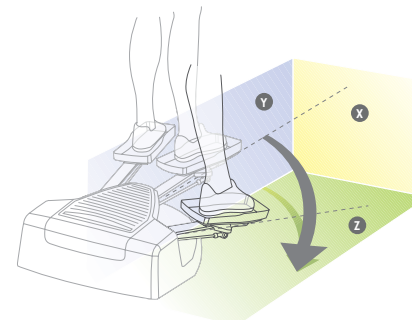
CARDIO WAVE™ is a new generation product that has radically changed the approach to cardiovascular training by introducing a new lateral, multiplanar movement, thus widening the scope of cross-training.

MULTIPLANAR CARDIO EXERCISE

Until now all cardio exercise equipment has offered exercise options in a traditional linear plane of movement. With CARDIO WAVE™ exercise is performed on three different planes of movement simultaneously for a radically new, effective and fun training method, providing an alternative to traditional linear movement.



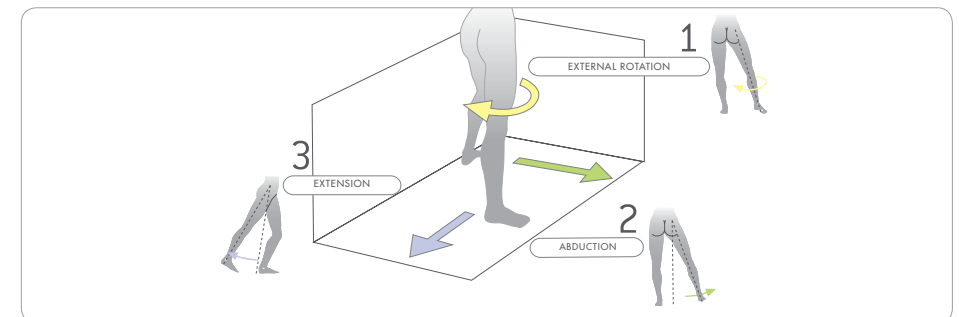
Single plane exercise



Multiplanar exercise

LATERAL TRAINING: 3 MOVEMENTS IN 1

CARDIO WAVE™ introduces the concept of **MULTIPLANAR CARDIO EXERCISE**, involving the glutes, the core stabilizer muscles and the lower limbs on three different planes of movement, combining extension, abduction and external rotation. Lateral training is fundamental for everyday activities and sport preparation to avoid injuries and to maximize performance.



CARDIO WAVE™ ensures natural, effective and safe movements. The new pedal geometry guides foot positioning to ensure correct ankle, knee and hip alignment throughout the complete range of motion. Movement function is enhanced, as is balance and mobility.



SERVO-ASSISTED MOVEMENT

The exclusive **ERGOSTRIDE*** feature ensures correct foot alignment and posture are maintained during exercise, thereby optimizing effectiveness.

The new **SERVO-ASSISTED MOVEMENT** facilitates and drives the movement pattern, ensuring rhythm and coordination are maintained, enabling a higher pace and calorie expenditure. Maximum comfort and ease of use is ensured at all times by **SOFTSTRIDE***, a unique feature of **CARDIO WAVE™**.



MAXIMUM MUSCLE ACTIVATION

CARDIO WAVE's lateral movement engages all gluteal, core stabilizer and lower limbs muscle groups. Altering body position while exercising on **CARDIO WAVE™** changes relative muscle emphasis and provides selective conditioning for more muscles.

*[patent pending]



POSITION 1

MAIN MUSCLES ACTIVATED:
glutes, quadriceps



POSITION 2

MAIN MUSCLES ACTIVATED:
glutes, quadriceps, hamstrings.



POSITION 3

MAIN MUSCLES ACTIVATED:
glutes, hamstrings.



POSITION 4

MAIN MUSCLES ACTIVATED:
glutes, core stabilizers,
quadriceps, hamstrings.