



About Ellipticals

Over the last few years elliptical cross trainers are quickly becoming the most popular pieces of cardio equipment for people to add to their home gym. Elliptical training combines the actions of running, cross country skiing and cycling in to one low impact, variety filled whole body exercise. It is a highly effective cross training activity that is viable for anyone

Comparison Chart	1 - 565 EKG	2 - 595 EKG	3 - 690 HR	4 - Orbit Control
Price	£149.00	£159.00	£249.00	£479.00
Resistance Levels	10	10	10	16
Stride Length / Fly Wheel Wgt	15" / 7 kg	16" / 10 kg	16" / 9 kg	19" / 10 kg
Programmes	6	8	10	18
Max User Weight (kg)	115	115	115	135
Warranty	2 Years	2 Years	2 Years	2 Years
Dimensions cm (LxWxH) Assembled/ Folded	122 x 61 x 155	132 x 66 x 155	Ass: 143 x 64 x 146 Fold: 73 x 64 x 146	182 x 71 x 168

1 EXCLUSIVE PROFORM 565 EKG: *See offers on p14 for full details*

Cost: £ 149.00



2 EXCLUSIVE PROFORM 595 EKG

Cost: £ 159.00

A best seller for the last two years, this UK Sweatband exclusive product is a fantastic high specification whole body workout that is sure to get results, and get you the figure you want. The Reflex Step™ foot rails offer superior cushioning to further reduce this incredibly low impact exercise and keep you free from injury.



3 PROFORM 690HR REAR FOLDING

Cost: £ 249.00

Unique and compact space saver™ rear folding elliptical with pre set programmes (including heart rate control options) that provide variation and convenience to every workout. The blue backlit display and integrated hand grip pulse sensors provide constant and accurate feedback with many extra features including games.



4 BREMSHEY ORBIT CONTROL

Cost: £ 479.00

New for the season, this front flywheel cross trainer offers unique super smooth stride action with pivoting footplates to ensure proper action. Multiple programme options and a full colour motivational display are sure to keep you interested and dedicated, and at this incredible price is sure to be a big seller for 2008.



5 YORK X302 DIAMOND

Cost: £ 599.00

A really top quality low impact total body workout. Easy to use, high specification and incredibly stylish elliptical cross trainer that will get you fit. This cross trainer and ergometer represents the pinnacle of quality and performance, with a touch of class thrown in. Everything about it demonstrates your serious attitude to exercise.

from beginners to elite athletes. Fantastic for toning and shaping legs, hips, waist and arms, as well as giving you a full cardiovascular workout, the chance of injury is significantly less than traditional exercises like running. By changing the direction, incline and resistance, you start to work different muscle groups and get the great all over shape you have always wanted. Here you will find a product to suit your every need and every budget.

Comparison Chart	5 - x302	6 - Schwinn	7 - X1 Adv	8 - C85	9 - X5A
Price	£599.00	£819.00	£1,395.00	£1,999.00	£2,595.00
Resistance Levels	16	16	12	16	12
Stride Length / Fly Wheel Weight	16" / 10 kg	18" / 11 kg	20" / 12 kg	19" / 12 kg	to 32" / 20 kg
Programmes	22	21	17	30	17
Max User Weight (kg)	150	135	135	150	158
Warranty	2 Years	2 Years	3 Years	3 Years	3 Years
Dimensions cm (LxWxH) Assembled/ Folded	106 x 59 x 139	168x64x168	165 x 68 x 157	197 x 66 x 169	208 x 68 x 157



6 SCHWINN 438

Cost: £ 819.00

Sturdy and reliable cross trainer with warranty to match. Preset programmes and excellent low impact action driven by the front flywheel added to the easy to use console is sure to give you an all over workout with good resistance range. Your comfort comes first with the build-in 3-speed adjustable fan, water bottle holder and magazine rack.



7 LIFE FITNESS X1 ADVANCED

Cost: £ 1,395.00

The entry level offering from the leading commercial gym company, offering unparalleled quality and fluidity. A beautifully balanced and smooth stride coupled with preset programmes and a great stride length means you get a great whole body workout every time. A complete cross trainer for every need.



8 TUNTURI C85 + FREE SLAMMAN

Cost: £ 1,999.00

This Endurance Light Commercial Elliptical is the ultimate cross trainer for those people who simply want the very best in terms of action and features. Now with the Free SlamMan™ you can work up a sweat then follow it up with a sparring session for a complete body workout. All this is available delivered to your door for under £2k! (*For SlamMan details see p.13*)



9 LIFE FITNESS X5 ADVANCED

Cost: £ 2,595.00

Combining contemporary styling with exceptional versatility, this trainer offers adjustable stride length to benefit multiple users and different muscle groups. Incredibly sturdy and reliable, the silent motion coupled with motivational programmes and constant and accurate feedback helps you reach your fitness goals quicker.