

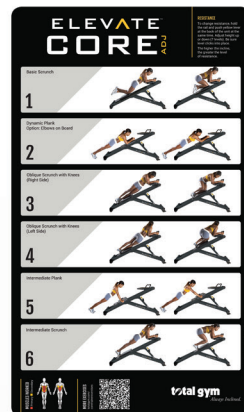
SCRUNCH Forearm Pad features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.



Incline Release Lever to move between seven levels of resistance.

Anchor Feet with Bolt Holes for safety and stability.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Rolling Padded Glideboard allows for multiple progression options.

Rubber Foot Plate for safety and comfort.

PRODUCT SPECIFICATIONS

IN USE	72" x 33" x 51" [L/W/H] (1.8 m x .83 m x 1.29 m)
FLOOR SPACE	12 square feet [1.1 square meters]
UNIT WEIGHT	88 lbs (40 kg)
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	31 inches [787 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Adjustable Core™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the ELEVATE Adjustable Core helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight.
- 2.** Provides dedicated area for planking off of the floor.
- 3.** Rolling glideboard offers option to increase instability for further strengthening.
- 4.** Ability to progress or regress exercises by changing body position.
- 5.** Includes link to exercise library with additional and advanced exercise options.
- 6.** Designed to be bolted to gym floor for designated plank area.

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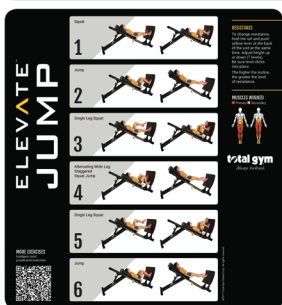


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Incline Release Lever to move between seven levels of resistance.

JumpOMeter allows quick visual measurement progression of plyometrics.



Curved Platform follows anatomic curve of hip to foot ratio ensuring proper biomechanics throughout plyometric movements.

Slide Distance Regulator to control range of motion.



Safety Lock enables users begin exercise in a safe and comfortable position.

Variable Band Resistance (VBR) allows for an additional 10-70 lbs of resistance.



Anchor Feet with Bolt Holes for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	104" x 33" x 68" [L/W/H] (2.6 m X .8 m X 1.7 m)
FLOOR SPACE	24 square feet (2.2 square meters)
UNIT WEIGHT	230 lbs [105 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
INSTALLATION	Designed to be bolted to the floor
CAPACITY	Maximum user weight capacity of 400 lbs [180 kg]
BODYWEIGHT RESISTANCE	50% - 80% BWR
BANDS	Additional 10 – 70 lbs VBR
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Jump™ builds explosive power and develops lower body muscle mass with two primary movements, the squat and the squat jump. Uniquely designed to facilitate plyometric exercises leveraging both linear bodyweight resistance and band variable resistance, the Jump produces both concentric and eccentric loading of the muscles – allowing users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner. Able to accommodate all levels of fitness, the ELEVATE Jump supports the spine during traditional squat exercises so that users can comfortably control the descending and ascending phases of the squat, while providing an opportunity for advanced variations including single-leg squats and staggered stance squats.

1. Provides concentric and eccentric force utilizing both linear bodyweight resistance (BWR) and variable band resistance (VBR).
2. Four resistance bands can be engaged to allow for an additional 10-70 lbs resistance in 10 lb increments.
3. Pneumatic brake protects joints during plyometric movements.
4. Angled glideboard provides comfort and support for the upper body.
5. Includes link to exercise library with additional and advanced exercise options.

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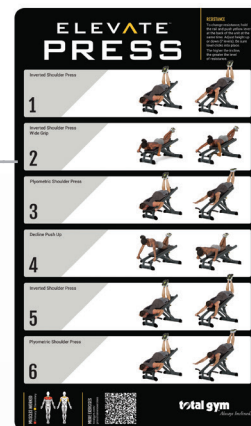
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Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Incline Release Lever
to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.



Anchor Feet with Bolt Holes
for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	66" x 39" x 41" (L/W/H) [1.7 m X 1.0 m X 1.0 m]
FLOOR SPACE	14 square feet [1.4 square meters]
UNIT WEIGHT	116 lbs [53 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	33 inches [840 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Press™ introduces a totally new way to do a shoulder press by placing users in an inverted position. Seven adjustable levels allow users to select a percentage of their own bodyweight as resistance. The Press also allows users to perform a decline push-up.

1. Designed for intuitive use and success in performing press up.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pressing as little as 15 percent of their own bodyweight up to 50 percent.
4. Allows for plyometric movements.
5. Ability to progress a decline push-up.
6. Inverted position stabilizes shoulder girdle and reduces spinal compression and shoulder impingement.

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Incline Release Lever
to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Anchor Feet with Bolt Holes
for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	70" x 45" x 44" (L/W/H) [1.8 m X 1.1 m X 1.1 m]
FLOOR SPACE	16 square feet [1.5 square meters]
UNIT WEIGHT	120 lbs [55 Kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	33 inches [840 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Pull-up™ utilizes incline bodyweight resistance to assist users in doing a proper pull-up to strengthen the muscles of the upper body. Built on an adjustable incline with seven levels to select from, the ELEVATE Pull-up allows users to lift approximately 30 percent to 60 percent of their own bodyweight.

1. Designed to successfully allow anyone to perform pull-ups using their own bodyweight.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pulling as little as 30 percent of their own bodyweight up to 60 percent.
4. Enhanced functional performance of daily activities and increased athleticism.
5. Exercises can be progressed or regressed to accommodate all fitness levels.

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Folds compactly into upright position for easy storage.



Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Ergonomically Designed Seat designed for comfort and to encourage proper form.

Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



PRODUCT SPECIFICATIONS

IN USE	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	98 lbs, 44.5 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Row™ produces a full body workout, integrating a strength component into a traditional cardio machine.

The Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

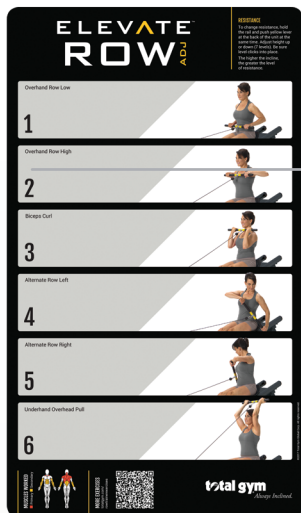
1. Adjustable incline body resistance integrates strength with cardio.
2. Smooth consistent load through concentric and eccentric phases.
3. Built for multi-planar movement.
4. Low impact compression on the joints.
5. Folds compactly into upright position for easy storage.

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Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



Incline Release Lever to move between seven levels of resistance.



Anchor Feet with Bolt Holes for safety and stability.

Ergonomically Designed Seat designed for comfort and to encourage proper form.

PRODUCT SPECIFICATIONS

IN USE	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	106 lbs, 48 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Adjustable Row™ produces a full body workout, integrating a strength component into a fully adjustable cardio machine.

The ELEVATE Adjustable Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight. Note that this version *does not fold*.
- Adjustable incline body resistance integrates strength with cardio.
- Smooth consistent load through concentric and eccentric phases.
- Built for multi-planar movement.
- Low impact compression on the joints.

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Easy Two-Step Folding
and transport wheels for moving unit.

Adjustable Glideboard
promotes optimal spinal alignment and training variations.

LAT Bars promote line-of-pull specificity for arm-cable exercises.

Retractable Dip Bars
fold down when not in use.

Center-pulley Attachment Positions
offer resistance challenges at six levels.

Automatic Rail Locks allow for explosive plyometric jumping.
Hydraulic Rail Lift assists level changes and easy two-step folding.

PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
FOLDED	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
RESISTANCE	1% to 62% of bodyweight
LEVELS	22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

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Encompass™ now part of our ELEVATE series and is the award-winning equipment anchor for GRAVITY®, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and new revenue in commercial facilities around the world.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increases lower extremity ROM.
5. LAT bars promote line-of-pull precision for arm-cable exercises.
6. Includes workout DVD and exercise wall chart.
7. Now comes with Retractable Dip Bars included on unit. Optional accessories for purchase include: SCRUNCH®, Press Bar, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Telescoping Toe Bar, Leg Pulley System, Slide Distance Regulator and Standing Platform.

ACCESSORIES *Sold separately.*

Further refine your Encompass exercise library with additional accessories.



BAPS ADAPTOR

Provides attachment point for Biomechanical Ankle Platform System (BAPS board).



CLOSED CHAIN PLATFORM

For early closed-chain functional movement patterns in a partially loaded environment.



LEG PULLEY SYSTEM

Engage a full complement of leg exercises covering the entire spectrum of resistance training.



PRESS BAR

For military-style press exercises with two grips.



3 GRIP PULL-UP BAR

Facilitates pull-ups in three different grip positions—wide, narrow and hammer grip—for maximum variability.



SCRUNCH

Stretch, strengthen, and stabilize the entire core for targeted abdominal strengthening.



SLIDE DISTANCE REGULATOR

Provides control and safety by enabling you to set the rolling distance of the glideboard.



SQUAT HANDLE BAR

Provides a solid handhold during squat exercises.



STANDING PLATFORM

Promotes proper body alignment while providing dynamic instability toward improving balance, flexibility and coordination.



TELESCOPING TOE BAR

Facilitates many beginning, intermediate, and advanced Pilates movements.



WEIGHT BAR

Add additional standard weight plates to achieve greater weight resistance.

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