

KETTLER

Precision Fitness Ergometers

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Made in Germany

Your questions answered...



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John Lewis

Ergometers ...your questions answered!

Q What is an Ergometer?

An Ergometer is a special type of fitness machine. It's special because of the precise way it measures performance. Most fitness machines only allow you to exercise at fixed levels of resistance, for example 0 – 10. KETTLER Ergometers offer you many more stages of workout and at the same time independently regulate the resistance to your exact requirements, taking into consideration height, weight, BMI and age. You can then see your performance rating, precisely displayed in Watts (units of power output). The result: you see accurate feedback of your training data.

Q Why Choose an Ergometer made by Kettler?

KETTLER Ergometers are manufactured in Germany, so you can be sure the build quality is the best available. They are also amongst the most precise machines on the market. Most ergometers have a tolerance level of +/- 10%, but KETTLER ergometers have a tolerance level of no more than +/- 5%. The level of accuracy is extremely high. To ensure this precise calibration each Ergometer is individually tested at the end of the production process and supplied with a calibration certificate to prove its superior performance.

Q Are Ergometers used in Rehabilitation?

Often, during rehabilitation from injury or illness, patients are required to increase their performance levels gradually. This involves close monitoring of the heart rate. The precision of KETTLER Ergometers, make them ideal for rehabilitation purposes. The machine can calculate, monitor and adjust the exact intensity required for each individual.



Q Can Ergometers be used for Elite Performance Athletes?

If you exercise to a structured training programme, you need to know exactly how hard you are working. Simply enter your data and your KETTLER Ergometer calculates precisely what you need to do to achieve your goals. Everything is relevant to you and your individual requirements.

Q What makes Kettler Ergometers a cut above the rest?

- KETTLER ergometers feature the latest cutting edge technology. The electronically controlled induction brake system operates without moving parts. This makes it very durable and trouble free.
- New, high tech training computers designed by Siemens feature state-of-the-art technology to ensure perfect harmony of mechanics, electronics and ergonomics.
- The very best manufacturing quality that German engineering can offer, resulting not only in beautifully designed and aesthetically pleasing Ergometers, but very strong and durable machines that comfortably support 150 KG (23.6 STONE) user weight.

Q Is my KETTLER Ergometer backed up with a good warranty?

Kettler Precision Ergometers are backed up by a truly outstanding warranty. As well as giving 6 years "no strings" cover on all components including electronic parts, Kettler also give peace of mind by covering all potential labour costs for 6 years. To register your 6 year warranty simply fill out your warranty registration card located inside the box and send it to the required address*.

* Subject to terms and conditions. This does not effect your statutory rights.

SIEMENS technology

Siemens and KETTLER have worked together on the design of all the Ergometer range. The result is a stunning range of features including back lit VGA / LCD displays for clear feedback; a massive variety of training programmes that can be tailored to your individual goals; multiple user memory that can store each person's training data; and the most precise training feedback available. Whether you are new to physical exercise, or a seasoned professional, KETTLER Ergometers in conjunction with Siemens technology, are sure to make your training time enjoyable and worthwhile.

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PRIDE **E**

- Tilting VGA / LCD console with integrated Siemens technology
- 10 training programmes including heart rate controlled
- Target zone training options include fat burn, cardio fitness and manual option
- 4 user memory plus guest
- Precise resistance measurement range of 0-400 Watts
- Calibration certificate proves machine's precision performance
- Integrated POLAR compatible pulse receiver for use with chest strap (included)
- 8 KG flywheel ensures extra smooth movement
- Vertical and horizontal seat adjustment
- Maximum user weight 150KG / 23.6 stone
- Built dimensions: L115 x W54 x H125cm
- Product Weight: 46kg
- Manufactured in Germany



UNIX **E**

- Tilting VGA / LCD console with integrated Siemens technology
- 48 training programmes including heart rate controlled
- Target zone training options include fat burn, cardio fitness and manual option
- 4 user memory plus guest
- Precise resistance measurement range of 0-400 Watts
- Calibration certificate proves machine's precision performance
- Integrated POLAR compatible pulse receiver for use with chest strap (included)
- 22 KG flywheel for extra smooth movement
- EXT Extended Motion ensures extra stride length from a very compact crosstrainer. The result is a longer and smoother stride length, reducing the impact on joints, and is similar to what you would expect on larger commercial crosstrainers -but without the need for extra floor space.
- Max user weight 150 KG / 23.6 stone
- Built dimensions: L144 x W56 x H162cm
- Product Weight: 88kg
- Manufactured in Germany



COACH **E**

- 12 training programmes including heart rate controlled
- Precise resistance measurement range of 0-500 Watts
- Calibration certificate proves machine's precision performance
- Integrated POLAR compatible pulse receiver for use with chest strap (included)
- Continuous display of 8 functions
- Visual and audible alarm for upper pulse limit
- Flywheel 6 KG
- Pulse recovery fitness test, target settings and average values at end of session
- Target zone training options include fat burn, cardio fitness and manual option
- Additional strength and fitness exercises possible using included padded board
- Unit stands on its end to ensure small footprint, saving floor space
- Max user weight 130 KG / 20.5 stone
- Built dimensions: L206 x W53 x H67cm
- Product Weight: 53kg
- Manufactured in Germany

Should I choose an Exercise Bike?

Exercise bikes are ideal if you want to start gently and gradually build up your fitness levels. If you have never exercised regularly before, or are restarting your training programme after a prolonged break, exercise bikes are ideal to get you started. They help increase your cardio-vascular fitness (heart and lungs), as well as help tone your lower body muscles.

Should I choose a Crosstrainer?

Crosstrainers give an excellent all-round workout and help to build both upper and lower body muscles. In addition, they are excellent for improving cardio-vascular fitness. Crosstrainers can also help improve balance and posture, because when using the machine, you are exercising most body parts.

Should I choose a Rower?

Rowing machines are excellent for improving your cardio-vascular fitness and, just like cross trainers, they also help improve the upper and lower muscle groups. However they can be used by most people, regardless of ability. Whether you would like to gently improve your cardio-vascular fitness over a lengthy period of time, or you are a serious athlete who is looking to maintain overall muscle tone and high cardio-vascular performance; a rowing machine is extremely versatile and will be a great addition to your training routine.

German precision engineering at its best!



KETTLER ERGOMETERS are designed in collaboration with IPN Institute, Cologne, Germany. The Institute has a team of forty experienced and specially trained coaches from the world of sports, nutrition and science.



Made in Germany



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We reserve the right to make technical changes. All sizes and weights are approximate values.