

CardioWall®

MOTIVATIONAL
FITNESS
TECHNOLOGY

**A HIGHLY COMPELLING,
SUPER-VERSATILE TOOL
FOR FUNCTIONAL TRAINING
AND SPORTS FITNESS.**

FUNCTIONAL & FLEXIBLE

Used with hands, gloves, soft weights, med balls, ViPR, BOSU and more, CardioWall can simulate a huge range of functional training exercises. Ideal for circuit training, where the built-in timer keeps everything on track and the intensity high.

MOTIVATIONAL

Every routine is a game, challenging users to beat their previous best score, their friends or the leaderboard. A 'blank canvas' for PT's who can create their own stimulating routines for clients.

SOCIALLY ENGAGING

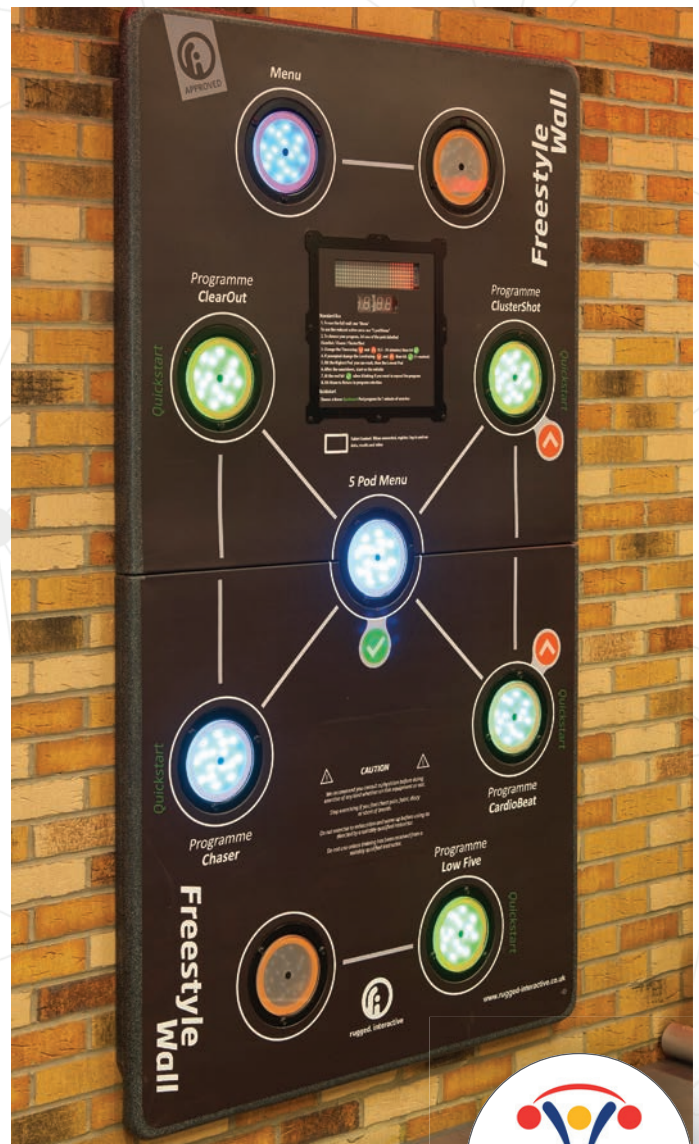
Publish latest PT routines and use as the centre of group functional training.

ACCESSIBLE & INCLUSIVE

Users of any age and ability enjoy and benefit from using the CardioWall. One-touch starts, clearly spoken instructions and uncomplicated displays ensure the CardioWall is easy to use too.

DISTINCTIVE & BRANDABLE

The CardioWall's graphics panel is fully rebrandable with your own design, logo or organisational style. Visually striking, it is sure to capture the attention when touring prospective members.





9 multi-colour bulletproof LED pods

Dual scoreboard / timer display

5 core programs with over 100 user adjustable variations*

Built-in sound effects and voice commands

Isolate pods to play on confined areas (e.g. higher / lower / central)

Tough moulded body and rebrandable graphic panels

FitMakr Pro performance analysis tool and touchscreen monitor (optional)

IFI-accredited graphics for widest accessibility

**Subject to continuous improvement*



INSTALLATION & MAINTENANCE

Size: 2125mm (H) x 1220mm (W) x 55mm (D)

Weight: 42kg

Supply: 110-230V AC ~ 60-50Hz ~ MAX:5A

Warranty: 1 year on electronics and graphics panel, 3 years on all other parts.

Regulatory requirements: CE Approved

Other: Standard wall-mounted installation ensures it will not move when hit hard. All parts designed for easy maintenance. Replacement LED pods can be swapped out by staff in seconds.

6 PROGRAMMES

ClearOut. For repetitive exercises, stamina building and core stability.

Chaser. A pure speed & reaction challenge, testing peripheral vision too.

ClusterShot. A high intensity challenge of speed and visual awareness. Develops hand-eye coordination.

Combat. A direct dual between you and 'the other guy' – intense and great fun. (Requires two connected CardioWalls.)

CardioBeat. A version of the 'bleep test,' a perfect measure of your stamina and hand-eye coordination - the first port of call for PT's with a new client.

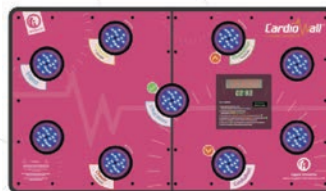
LowFive. For squats, sit-ups, press-ups and plank.

Manufactured in the UK



Compact/Compact Duo.

Half size CardioWalls ideal for schools, youth gyms or mobile PTs. An excellent stimulus for team-based relay activities and sports training.



Landscape.

Ideal for ball-sports, wheel chair users and younger children. Effective for improving peripheral vision and lateral movement.

OTHER FORMATS

Portrait.

Higher/lower pods can be isolated for users with limited reach and for floor-work



Mobile options.

Mobile, detachable stands are available for the Compact, Portrait and Landscape CardioWalls.

