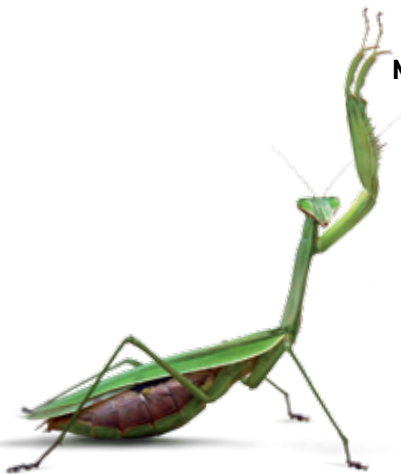




KETTLER has been awarded the title "Most Innovative Brand 2010" in the fitness equipment category by PLUS X AWARD for the second time in succession.



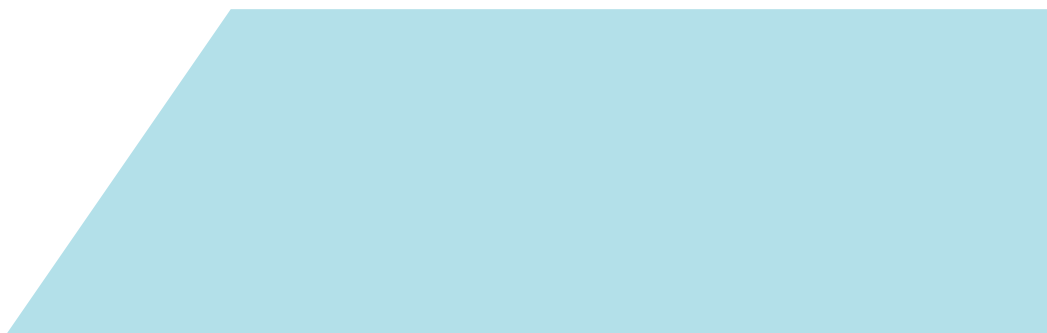
MANTIS RELIGIOSA

DEVOURS HER MATE.

ELYX



DEVOURS YOUR CALORIES.



KETTLER

**YOUR BODY IS UNIQUE.
MAKE THE MOST OF IT!**



TRACK PERFORMANCE

Enjoy every kilometre! Top technology for challenging, varied running.

- Back-lit training computer with 3D matrix display, 16 programs and PC interface
- Electric motor with 2.5 hp continuous power, 0.8-18 km / h speed and 0 - 12% gradient
- 145 x 51cm running surface



Product video: www.kettler-sport.net



WORLD TOURS 1.0

KETTLER World Tours compatible



low-noise



impact-reducing



space-saving



TRACK MOTION

Innovative technology and modern design for relaxed jogging and walking.

- Back-lit training computer with 3D matrix display and 8 programs
- Electric motor with 2.0 hp continuous power, 1-16 km / h speed and 0 - 12 % gradient
- 132 x 48cm running surface, folding capability



PACER

- Training computer: prior settings possible, resistance profiles including pulse-related training, blue back-lit LCD display for time, speed, distance, energy consumption and pulse rate
- Powerful electric motor with 1.6 hp continuous power
- Direct-selection buttons for gradient and speed control



JUST LIKE CROSS-COUNTRY RUNNING

LOW-NOISE, WITH EFFECTIVE IMPACT-DAMPING TECHNOLOGY AND POWERFUL MOTORS – THE NEW GENERATION OF TRACK TREADMILLS FULFILLS THE DREAM OF RELAXED RUNNING OR WALKING TO THE HIGHEST STANDARD.

- Space-saving and convenient: easy to raise and lower using gas cylinder
- Practical: Easy Roller system for safe handling



Impressive: clearly structured control panel with easy, intuitive operation and direct-selection buttons for gradient and speed. Varied programs designed by sports scientists to motivate the user.



ELYX 7



THE NEW SPECIES

ELYX – HIGH-END MECHANICS AND INNOVATIVE DESIGN PERFECTLY COMBINES PHYSICAL FITNESS WITH A MODERN LIFESTYLE. SOPHISTICATED ERGONOMICS, MADE IN GERMANY.

■ ■ ■ MADE IN GERMANY



ELYX 7

The new ELYX generation – one of the most advanced training systems worldwide. The perfect synthesis of training for stamina and for all large muscle groups.

- Back-lit training computer with TFT display, media player and training schedule
- Rpm-independent induction brake system, 22 kg flywheel mass
- Adjustable stride length, folding mechanism and pulse measurement via hand sensors in the moving hand grips

ELYX 5 (NOT SHOWN)

- Back-lit training computer with 8 programs including pulse-related training
- Rpm-independent induction brake system, 22 kg flywheel mass
- Folding mechanism for space-saving storage

ELYX 3 (NOT SHOWN)

- Back-lit training computer with HeartRateLight and 8 programs
- Motor-adjustable magnetic brake system, 20 kg flywheel mass



Product video: www.kettler-sport.net

TOTAL BODY TRAINING

UNIX – THE PERFECT COMBINATION OF CARDIO FITNESS TRAINING, FAT COMBUSTION AND A TOTAL BODY WORKOUT. ERGONOMICALLY DESIGNED TO BE EASY ON THE JOINTS.

■ ■ ■ MADE IN GERMANY



All items on this page feature integrated pulse receiver!

POLAR
LISTEN TO YOUR BODY

UNIX PX

UNIX M

UNIX M

Compact design with optimal foot plate positioning for natural movement

- Training computer with 2-person memory, permanent display of 10 functions
- Manually adjustable magnetic brake system, 18 kg flywheel mass
- Excentric technology and tilt adjustment of control panel
- Adjustable tilting control panel



Product video: www.kettler-sport.net

UNIX PX

Features unique Extended Motion Technology for a bio-mechanically optimized long, flat stride.

- Back-lit training computer with HeartRateLight and 8 programs
- Electronically adjustable of magnetic brake system, 20 kg flywheel mass
- Adjustable tilting control panel

UNIX P (NOT SHOWN)

- Back-lit training computer with 8 programs incl. pulse-related training
- Electronically adjustable of magnetic brake system, 20 kg flywheel mass
- Excentric technology and tilt adjustment of control panel

CROSSTRAINER

■ ■ ■ **MADE IN GERMANY**

Feel the difference: KETTLER quality, made in Germany, impresses users with its finely engineered joints, ensuring precise rotation and maximum stability.



SATURA E EXT

This crosstrainer has received an award for top quality and design. It features Extended Motion Technology for a flat, particularly long ellipse movement.

- Back-lit training computer with 48 programs and 4-person memory
- Rpm-independent induction brake system, 22 kg flywheel mass
- EXT technology and adjustable tilting control panel

SATURA E (NOT SHOWN)

- Back-lit training computer with 8 programs incl. pulse-related training
- Rpm-independent induction brake system, 22 kg flywheel mass
- Tilt adjustment of control panel



VITO XS

Electricity free crosstrainer with particularly large, easy-to-read LCD display.

- Training computer with large LCD and permanent display for 5 functions
- Manually adjustable magnetic brake system, 14 kg flywheel mass



RIVO M

Compact, easy-to-use design for the beginner in the world of crosstrainers

- Easy-to-use training computer with permanent display for 6 functions and scan operation
- Manually adjustable magnetic brake system, 12 kg flywheel mass



Stiftung Warentest **GOOD (2,2)**
 test 15 training bikes tested
 6x good
 4x satisfactory
 5x poor
 Test magazine issue: 12/2008

ERGOMETER RX7

An ergometer which offers the advantages of precision E-SYS technology and an easy-to-use training computer.

- Back-lit training computer with 48 programs and 4-person memory
- Rpm-independent induction brake system, 10 kg flywheel mass
- Horizontal adjustment and angle adjustment of seat. Backrest covered with breathable fabric
- Ideal for people with back problems and for older people



Product video: www.kettler-sport.net

EVERYTHING UNDER CONTROL

THE UNIQUE KETTLER E-SYS TECHNOLOGY GUARANTEES UTMOST PRECISION AND FINE-TUNED TECHNOLOGY FOR CARDIO-FITNESS TRAINING, PREVENTION OR REHABILITATION. INCLUDES PC INTERFACE.



ERGOMETER X7

Utmost precision for cardio-fitness training to the highest standards. Varied strain profiles and 4-person memory make this the ideal family ergometer.

- Back-lit training computer with 48 programs and 4-person memory
- Rpm-independent induction brake system, 10 kg flywheel mass



Stiftung Warentest **GOOD (2,1)**
 test 15 training bikes tested
 6x good
 4x satisfactory
 5x poor
 Test magazine issue: 12/2008

ERGOMETER X3

Combine weight loss with cardio-vascular training to pre-programmed pulse level.

- Back-lit training computer with 8 programs incl. pulse-related training
- Rpm-independent induction brake system, 8 kg flywheel mass



ERGOMETER EX3

Ergometer with convenient low mounting height and advanced technological features incl. pulse-related training program.

- Training computer with permanent display for 7 functions and HRC program
- Rpm-independent induction brake system, 8 kg flywheel mass

EXERCISE BIKES

GOLF P ECO

Top quality electricity free exercise bike featuring state-of-the-art technology

- Back-lit training computer with 8 programs and HeartRateLight
- Generator-driven magnetic brake system, 9 kg flywheel mass
- Extra low wide mounting area



HeartRateLight as pulse rate indicator

green = optimum training pulse rate

red = training pulse rate too high

blue = training pulse rate not yet reached



GOLF M

The ideal model for the beginner in the Golf series, the most popular KETTLER exercise bike series.

- Training computer with 2-person memory, permanent display for 10 functions and integrated pulse-rate receiver
- Manually adjustable magnetic brake system, 7 kg flywheel mass
- Extra wide low mounting area



THE NEW GOLF GENERATION

THE CLASSIC EXERCISE BIKE IN A NEW DESIGN, FEATURING EXTRA-LOW MOUNTING HEIGHT AND STATE-OF-THE-ART TECHNOLOGY, MADE IN GERMANY.

LOTUS R

- Back-lit training computer with 8 programs incl. pulse-related training
- Motor-adjustable magnetic brake system, 9 kg flywheel mass
- Horizontal adjustment and angle adjustment of seat. Backrest covered with breathable fabric
- Seat position relieves the back

GIRO GT

Speed bike for indoor cycling with particularly robust technology and freewheel feature.

- Back-lit training computer with 12 programs incl. pulse-related training
- Electronically adjustable of magnetic brake system, 18 kg flywheel mass
- Racing saddle, pedals with toe clip



GIRO M

- Easy-to-use training computer with permanent display of 6 functions and scan operation
- Manually adjustable magnetic brake system, 6 kg flywheel mass



POLO M

- Training computer with JUMBO LCD and scan operation
- Manually adjustable magnetic brake system, 7 kg flywheel mass
- Low mounting height



TOTAL BODY WORKOUT

VERSATILE AND SPACE-SAVING. THE MODERN CENTER PULL SYSTEM PROVIDES FOR DEMANDING CARDIOVASCULAR TRAINING WHILE ALSO STRENGTHENING THE UPPER BODY AND LEG MUSCLES.



COACH E

Rowing machine with modern training computer, low-noise seat movement on guide rails and wide range of power training options.

- Training computer with 12 programs incl. pulse-related training and POLAR chest strap
- Rpm-independent induction brake system, 6 kg flywheel mass
- Space-saving storage: simply stand on end. Extra padded surface for power training exercises



Product video: www.kettler-sport.net



■ ■ ■ MADE IN GERMANY

➔ Spreadsheet with technical specifications: see page 14 ff



MULTIGYM

- Range of training options such as latissimus pull, butterfly or bench press
- 80 kg weight block with 16 levels

KINETIC F3

- Range of training options such as latissimus pull, butterfly or bench press
- 3D FLEXMOTION system for various rope-pull exercises
- Extremely compact when set up: only 1.5 m²
- 80kg weight lift in 16 levels (can be extended to 100kg)



KINETIC F3

VARIO

- Effective training for back and abdominal muscles
- Dumb-bell training option
- Both padded rests adjustable to various positions and ergonomically shaped
- Easily foldable to save space



VARIO

TORSO



TORSO

- Effective abdominal muscle and upper body training with dumb-bells
- Both padded rests adjustable to various positions and ergonomically shaped
- Easily foldable to save space

TERGO



TERGO

- Effective back muscle training
- Padded rest adjustable for height and angle
- Easily foldable to save space

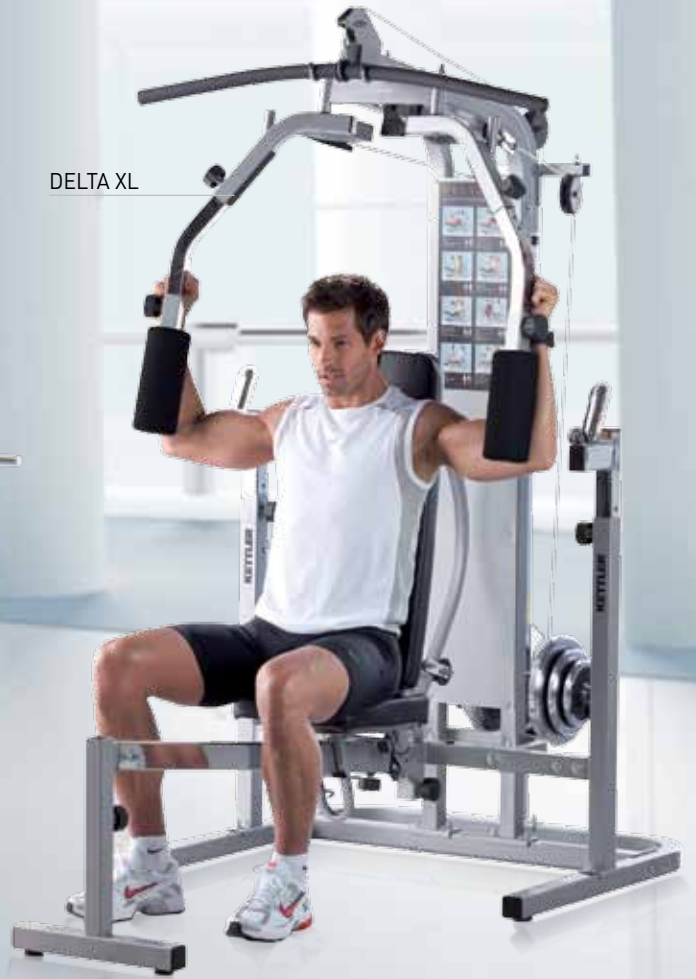
DELTA XL

- Butterfly station with excenter technology and station for latissimus pull
- May be used for reverse bench press
- Easily foldable to save space



Product video: www.kettler-sport.net

DELTA XL



PRIMUS



PRIMUS

- Weight training for dumb-bells and bar-bells
- Bar-bell rest, height adjustable
- Easily foldable to save space

POWER CENTER

KETTLER'S POWER CENTERS ARE COMPACT AND OF TOP QUALITY. THEY ARE ALSO IDEAL FOR BEGINNERS AT POWER TRAINING – GUIDED MOVEMENTS ENSURE AVOIDANCE OF MUSCLE STRAIN.

LINEO



LINEO

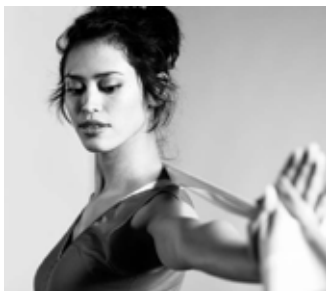
- Effective abdominal muscle training
- Angle and leg rest adjustable to various positions
- Easily foldable to save space





LITTLE “FITNESS WIZARDS”

ALL KETTLER FITNESS ACCESSORIES FEATURE IMPRESSIVE, CERTIFIED PRODUCT QUALITY AND ERGONOMIC DESIGN BASED ON THE LATEST SPECIALIST SCIENTIFIC KNOWLEDGE.



BALANCE-LINE

The exercises aim to strengthen muscles, stabilise your posture and increase your flexibility. Balance training is gentle on both the muscles and your joints because you are not training with weights.



AIR STEPPER



YOGAMAT



WORKOUT-LINE

Suitable for all those who are looking to develop, train, maintain or improve their physical fitness. The Workout-Accessories referred to here develop qualities such as power and stamina.



AEROBIC STEP



WRIST BANDS



POWER-LINE

The development of muscles and an improvement of strength endurance. An important factor for effective weight training is the use of weights that are easy to handle and which offers maximum safety.



CHROME DUMB-BELLS



KETTLE BALL



CHAMP 5.0 OUTDOOR

- Blue, anti-dazzle, weatherproof 22 mm ALU-TEC compound table top with 55 mm aluminium-profile frame
- Stable carriage construction of 50 mm square tubing and 4 rubberized double wheels
- Easily foldable to save space
- Folding mechanism with 2-point interlock safety lock
- Ball and bat pocket



MATCH 5.0 OUTDOOR

- Blue, anti-dazzle, weatherproof 22 mm ALU-TEC compound table top with 25 mm aluminium profile frame
- Self-tensioning net with integrated ball and bat holder
- Stable carriage construction with 4 swivelling wheels
- Folding mechanism with 2-point interlock safety lock



MADE IN GERMANY



THE ONLY ONE WITH ALUMINIUM „UNDERBODY PROTECTION“

THE ORIGINAL ALU-TEC COMPOUND TABLE TOP GUARANTEES LONG-TERM WEATHERPROOFING AND IMPRESSIVE PLAYING QUALITY.



CROSSTRAINERS		ELYX 7	ELYX 5	ELYX 3	SATURA E EXT	SATURA E	UNIX PX	UNIX M	VITO XS	RIVO M
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•	•	•	•	•	•
	Pulse measurement	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: chest strap	Hand sensors, ear clip Extra: cardio pulse set	Hand sensors
	Integrated POLAR compatible pulse receiver (5 kHz)	•	•	•	•	•	•	•		
	Average values at end of training session	•	•	•	•	•	•	•		
	User memory	4			4 + Guest				2	
	No. of training programs	48	8	8	48	8	8			
	Target-zone training (FAT / FIT / MANUAL)	•	•	•	•	•	•			
	Pulse-related training programs	5	1	1	5	1	1			
	Freely set performance programs	10	6	6	10	6	6			
	Individual performance programs	20		Training recording	20		Training recording			
	Individual pulse-related programs	12			12					
TECHNICAL FEATURE	Manual resistance control	•	•	•	•	•	•	•	•	•
	PC interface	USB	USB		USB	USB				
	Brake system / performance control	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep	Induction / rpm indep
	Flywheel mass (in kg)	22	22	20	22	22	20	18	14	12
	Size when set up L / W / H (in cm)	200 / 70 / 180	200 / 70 / 180	200 / 70 / 180	162 / 56 / 161	162 / 56 / 156	144 / 56 / 162	144 / 56 / 152	136 / 53 / 154	132 / 68 / 163
	Maximum load (in kg)	150	150	150	150	150	150	150	130	110

ERGOMETERS		ERGOMETER RX7	ERGOMETER X7	ERGOMETER X3	ERGOMETER EX3	COACH E
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•	•
	Pulse measurement	Incl. chest strap	Incl. chest strap	Incl. chest strap	Ear-clip, Extra: cardio pulse set	Incl. chest strap
	Integrated POLAR compatible pulse receiver (5 kHz)	•	•	•		•
	Upper pulse-rate limit (display in %, visual and audible alarm)	•	•	•	•	Display in % + vis. and aud. alarm No. of training programs
	No. of training programs	48	48	8	2	12
	Target-zone training (FAT / FIT / MANUAL)	•	•	•	•	•
	Pulse-related training programs	5	5	1	1	4
TECHNICAL FEATURE	BMI	•	•			
	Cool-Down	•	•			
	User memory	4 + Guest	4 + Guest			
	PC interface	USB	USB	USB	RS 232	
	Brake system / performance control	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent	Induction / rpm independent	Induction / speed-dep. to 500 watts
	Flywheel mass (in kg)	10	10	8	8	6
	Size when set up L / W / H (in cm)	150 / 61 / 105	115 / 53 / 133	100 / 53 / 128	105 / 53 / 128	205 / 53 / 67
	Horizontal seat adjustment	•	•	•	•	
	Maximum load (in kg)	150	150	130	130	130
Low mounting height	•	•		•		

EXERCISE BIKES		LOTUS R	GOLF P ECO	GOLF M	POLO M	GIRO GT	GIRO M
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•	•	•	•
	Pulse measurement	Ear-clip, cardio pulse set optional	Hand sensors Extras: ear-clip, cardio pulse set	Hand sensors Extras: chest strap	Hand sensors Extra: cardio pulse set	Hand sensors Extra: cardio pulse set	Hand sensors
	Upper pulse-rate limit	Percentage display + vis. and audible alarm	Percentage display + vis. and audible alarm	Percentage display + vis. and audible alarm	Vis. alarm		Vis. alarm
	Average values at end of training session	•	•				
	No. of training programs	8	8			12	
	Target-zone training (FAT / FIT / MANUAL)	•	•	•	•	•	
	Freely set performance programs	1	1			1	
TECHNICAL FEATURE	Manual resistance control	•	•	•	•	•	•
	Brake system / Performance control	Magnetic (motor contr./rpm dependent)	Magnetic (motor contr./rpm dependent)	Magnetic (motor contr./rpm dependent)	Magnetic (motor contr./rpm dependent)	Brake shoes / rpm dependent	Magnetic (motor contr./rpm dependent)
	Flywheel mass system (in kg)	10	9	7	7	18	6
	Resistance control	1 - 15 Computer controlled	1 - 15 Computer controlled	1 - 10 manual	1 - 10 manual	1 - 32 Computer controlled	1 - 8 manual
	Horizontal seat adjustment	•	•	•		•	
	Size when set up L / W / H (in cm)	150 / 61 / 105	110 / 53 / 135	110 / 53 / 135	105 / 53 / 128	102 / 53 / 113	86 / 59 / 142
	Power supply	Power connection 230 Volt	Generator	Batteries	Batteries	Generator	Batteries
	Maximum load (in kg)	130	150	150	130	150	110
	Low mounting height	•	•	•	•		

TREADMILLS		TRACK PERFORMANCE	TRACK MOTION	PACER
TRAINING COMPUTER	Time, distance covered per session, speed, energy consumption	•	•	•
	Pulse measurement by hand sensors	•	•	•
	Integrated POLAR compatible pulse receiver (5 kHz)	•	•	•
	User memory	•		
	Pulse-related programs	4	2	1
	Incline / speed controlled programs	6 / 6	3 / 3	3 / 3
	Speed min. / max. (in km/h)	0,8 - 18	1 - 16	1 - 16
	Motor-driven setting of incline (in %)	0 - 12	0 - 12	0 - 10
	Count-Up / Cool-Down	•	•	•
TECHNICAL FEATURE	PC interface	•		
	Electric motor: continuous power	2,5 HP	2,0 HP	1,6 HP
	Size of running surface L / W in cm (approx.)	145 / 51	132 / 48	132 / 48
	Size when set up L / W / H in cm (approx.)	202 / 88 / 136	186 / 84 / 137	182,5 / 80 / 134
	Size when folded for storage L / W / H in cm (approx.)	106 / 88 / 185	94 / 84 / 171	94 / 80 / 157
	Maximum load (in kg)	140	130	120
Shock-absorbing system	SHOCK ABSORBER	SHOCK ABSORBER	SHOCK ABSORBER	

POWER STATIONS		KINETIC F3	MULTIGYM	DELTA XL	PRIMUS
TRAINING COMPUTER	Butterfly	•	•	•	
	Reverse butterfly			•	
	Bench press seated	•	•		
	Bench press seated (flat and inclined bench)			•	•
	Latissimus rope frame	•	•	•	
	Double cable pulley	•	•		
	Rowing	•	•		
	Leg extension	•	•	•	•
	Leg curl	•	•	•	•
	Knee bends			•	
Biceps curl pad			•	Accessory	
TECHNICAL FEATURE	Weight blocks	5 - 80 kg (16 x 5kg)	5 - 80 kg (16 x 5kg)		
	Max. load	80 kg	80 kg	Weight rest 150 kg leg curl 60 kg	Weight rest 150 kg leg curl 40 kg
	Max. user weight	150 kg	150 kg	150 kg	130 kg
	Size when set up (L / W / H in cm)	180 / 106 / 215	181 / 109 / 200	230 / 100 / 200	203 / 101 / 108
	Size when folded (L / W / H in cm)			100 / 100 / 200	75 / 101 / 163
	Colour	Light grey / black	Light grey / black	Silver / black	Silver / black