

SERIES 3 CONSOLE FEATURES



Features	
Digital tv & radio	Personalised workout programmes
Full internet browsing	Social media connectivity
Cross platform smartphone compatible	Asset management tools
E-scape virtual training video workouts	Marketing services
Full training experience	Pulsemove compatible

ULTIMATE ENTERTAINMENT AND CONNECTIVITY OPTIONS

The Series 3 Console brings a unique and personalised range of entertainment options to each and every user.



Digital TV and Radio

- Users can enjoy their favourite TV show and listen to Radio programmes via the integrated freeview DVB tuner.
- Users can also choose to catch up with their favourite programmes on one of the many Catch Up TV web-services such as BBC's iPlayer or watch a movie or series via their favoured streaming media service such as Netflix.



Fully iOS/Android Smartphone Compatible

- Cross-platform Smartphone compatibility.
- iPod, iPhone Music and Video Playback.
- Users can connect their own smartphone or multimedia device and enjoy their own music or videos while working out (connection also recharges their device).
- Compatible with devices that use an Apple lightning cable.



Internet Browser

- The Series 3 Console has full internet browsing capabilities allowing users to enjoy the web to the full whilst working out.
- Quicklinks bring users to a wide range of key internet hot-sites such as YouTube or Wikipedia.
- Customised favourites also enable each site to provide quick access to their sites, local news, weather and travel.



Stay Connected with all Social Media

- Stay connected with all your friends and followers on Facebook.
- Stay up to date with your favourite celebrity's tweets.



Easy to use graphical interface with multi-touch gesture control.

- Easy to use graphical user interface to make it easy for the user to select their workout goals and entertainment choice service such as Netflix.



Extensive workout options

- Quickstart.
- Time, distance, kcal or video goals.
- Time/distance, dist/speed or time/speed pacer programmes.
- Profile workouts with low, moderate and high intensity options.
- Heart rate controlled workouts.



E-Scape Virtual Video Workouts

- An extensive array of video based running, jogging and biking workouts to engage and motivate your users.
- Available as optional extra.



Personalised Training - PulseMove Ready

- With an inbuilt card reader and PulseMove software users benefit from professionally structured personal workout programmes giving them step by step guidance across their entire cv, strength and flexibility workouts.
- Workout programmes can be set and monitored by your Gym Staff aiding membership retention.
- Users can track their workout progression and new reports.



Customised branding

- Customised Screensavers can be provided, branding your site.



Equipment management

- The Series 3 console provides you with meaningful data enabling you to monitor the usage of your equipment so you can provide the best for your members.

RUN

powered to perform



ERGONOMIC DESIGN

The IFI Accredited Run features ideally placed handle bars and extended side hand grips. The low step-up height of just 280mm makes it easily accessible, while the console position is situated to provide optimum comfort when viewed during the workout.



QUICK CONTROLS

Ergonomically positioned for correct posture during workout, the Run features a 'quick control zone' so you can make speed and elevation adjustments without interrupting your workout.

These controls also feature a highly visible and centrally positioned magnetic kill cord emergency stop.



SPEED, PERFORMANCE & DURABILITY

Benefiting from a smooth but powerful 4hp (peak) motor and running speeds of up to 15mph it will provide unsurpassed workout performance timelessly.

Made from highly durable materials the Run is an ergonomically robust, reliable and low maintenance solution for all gym environments.

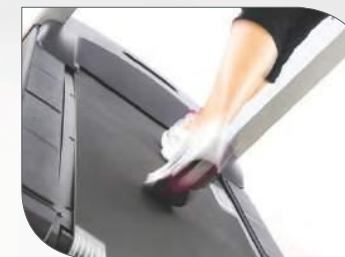


LOW IMPACT RUNNING DECK

The Run boasts a low impact sprung reversible running surface which helps to eliminate the risk of injury by reducing stress on the user's back, legs, knees and ankles. The low deck height complements accessibility for all ability levels.

Running deck and belt:

- A** Flexible sprung deck helps reduce knee and joint stress.
- B** Self-lubricating belt glides over the deck with ease, significantly reducing wear on the motor.



OPTIONAL



CV FEATURES & SPEC

The three-tier solution offers a range for all gym environments, providing the same high quality product in a way that allows the operator to choose the level of entertainment and technology to suit their needs.

1 Series

Sustainable and self-powered with an integrated 7" motivational display screen - Series 1 products eliminate power offering you, the operator, significant savings on energy and infrastructure costs. High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual trainer technology) and an additional 18.5" wired TV screen.

2 Series

Series 2 comes complete with a 10.1" console providing sustainable self-powered, wire free entertainment and motivational workout programs. Choose from self-powered Freeview or wireless TV, plus a range of extras which include smartphone connectivity, additional 18.5" TV screen, PulseMove (Pulse's virtual trainer technology) and E-scape virtual training video workouts.

3 Series

Designed to push the boundaries of the user's workout through an operating system that is tuned specifically to their needs, series 3 comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.



Product Features

	Run			X-Train			L-Train			U-Cycle			R-Cycle			Step		
	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3
PulseMove Professional Compatible*	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PulseMove Tracker Compatible	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mains Power Requirement	■	■	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Languages	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7
Quick Controls	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Auto Start-up	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Resistance Levels	28	31	31	28	40	40	28	40	40	28	40	40	28	40	40	28	40	40
Speed Max (mph)	12	15**	15**	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Integrated Storage Buckets	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
IFH Accredited*	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-

Workouts

Quick Start	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Goals: Time, Distance & Calories	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Pacer Variable: Time, Speed & Distance	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Profile Programs (incl: easy, moderate, advanced)	23	23	23	25	28	28	29	29	29	26	26	26	26	26	26	25	25	25
Fitness Test with V02 Result	■	■	■	-	-	-	-	-	-	■	■	■	■	■	■	-	-	-
Variable Cool Down with Manual Override	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Workout Displays

Profile Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Track Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Speed, RPM/SPM, Calories Used, Heart Rate & Watts	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
METs (shown in workout statistics only)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Units	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Language	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Heart Rate Monitoring

Integrated Hand-Pulse Sensors	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Polar Compatible (chest strap required)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Entertainment

7" Integrated High Contrast Colour Display	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
10.1" Integrated High Contrast Colour Display	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-
18.5" Capacitive Touch Screen Display	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Integrated Wireless TV Receiver	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-
Integrated DVB-T Tuner	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■
Simultaneous TV & Workout Stats Display	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 18.5" Wide Screen Android Touch Screen Display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stereo 3.5mm Headphone Jack	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
iPod® Compatible* with Charging	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○
Integrated iPod® Storage Tray / Mobile Phone Holder	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Warranty

2 Year Standard Warranty	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
3 Year Standard Warranty	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 18.5" Screen - 1 Year Warranty	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Dimensions

Length (cm)	214	214	214	227	227	227	109	109	109	168	168	168	124	124	124	114	114	114
Width (cm)	88	88	88	75	75	75	124	124	124	69	69	69	61	61	61	73	73	73
Height (cm)	160	160	195	161	161	197	159	159	159	121	121	157	147	147	183	176	176	212
Weight (kg)	240	240	249	160	160	169	TBC	TBC	TBC	101	101	110	86	86	95	100	100	109
Max User Weight (kg)	180	180	180	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160

■ Standard ○ Optional
 * Available at an additional cost
 ** 15mph optional

iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.
 Polar® is a registered trademark of Polar Electro Inc.