CARDIO WAVE

THINK LATERAL. MOVE LATERAL. ENJOY WAVE.

PATENTS PENDING
Lateral thinking for a Wellness Lifestyle.

Technogym’s aim has always been to research and develop the most innovative and effective solutions to get people moving, fight obesity and to address the negative consequences of sedentary lifestyles and unhealthy eating. The pursuit of Wellness as a lifestyle, combined with the awareness of the needs of the market, have led the Company to research and to patent a new piece of cardio exercise equipment.

CARDIO WAVE™ is aimed at the lower body with a particular focus on the glutes - the core stabilizer muscles - and the lower limbs, the efficacy of which has been tested by users, professional experts and certified University Institutes. The product has had such a ground-breaking effect that it has been hailed as a new milestone in cardiovascular training.
40 years ago, the treadmill was created which symbolized the start of cardiovascular training as we know it. 10 years ago, the elliptical was launched as the ‘ultimate’ in cardio innovation. And today, Technogym® has created CARDIO WAVE™ – a truly unique piece of cardiovascular equipment designed to meet the changing needs of today’s market.

CARDIO WAVE™ is a new concept cardio product that has proven to be highly effective on the glutes, the core stabilizer muscles and the lower limbs providing the perfect answer to facility members’ specific needs.
Enjoy more fun
Enjoy more performance
Enjoy more balance
Enjoy more results
ENJOY MORE FUN.
With four positions to choose from, CARDIO WAVE™ guarantees exciting and stimulating exercises that can be personalized to train specific muscle groups and prevent boredom. The new ACTIVE WELLNESS TV™ takes entertainment to a higher level: music, TV and personal entertainment with iPod.

ENJOY MORE PERFORMANCE.
The combination of high calorie expenditure, efficient cardio workout and lower body strengthening provides an excellent exercise for sports training, particularly those sports that require lateral movements and are demanding on the legs and knees.

ENJOY MORE BALANCE.
The specific multiplanar tridimensional movement helps achieve better body balance, agility and co-ordination, reducing the likelihood of falls and enabling an active lifestyle for all age groups.

ENJOY MORE RESULTS.
The combination of extension, abduction and external rotation is particularly effective on the glutes, quadriceps and hamstrings, helping to tone and shape the lower body.
Technogym® has developed CARDIO WAVE™ for all types of clients, at all levels of physical fitness. This revolutionary product ensures high calorie expenditure combined with deep muscle toning by fully engaging the glutes and lower body muscles. By changing training position, users can choose the focus of muscle activation to best meet their needs. Training in Position 4, for example, also improves co-ordination and proprioception.

## Fun, functional and effective workouts.

<table>
<thead>
<tr>
<th>MUSCLE ACTIVATION IN EACH POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSITION 1</strong></td>
</tr>
<tr>
<td>MAIN MUSCLES ACTIVATED</td>
</tr>
<tr>
<td>• Glutes</td>
</tr>
<tr>
<td>• Quadriceps</td>
</tr>
<tr>
<td>• Hamstrings</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>OTHER MUSCLES ACTIVATED</td>
</tr>
<tr>
<td>Adductors, abductors, calves and tibialis anterior</td>
</tr>
</tbody>
</table>

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**Table:**

- **POSITION 1:** Glutes, Quadriceps, Hamstrings
- **POSITION 2:** Glutes, Quadriceps, Hamstrings
- **POSITION 3:** Glutes, Hamstrings
- **POSITION 4:** Glutes, Core stabilizers, Quadriceps, Hamstrings
Lateral Training: 3 movements in 1.

MULTIPLANAR CARDIO EXERCISE (PATENT PENDING)

Until now all cardio exercise equipment has offered exercise options in a single linear plane of movement. With CARDIO WAVE™ exercise is performed on three different planes of movement simultaneously for a radically new, effective and fun training method.

CARDIO WAVE™ introduces the concept of MULTIPLANAR CARDIO EXERCISE involving the glutes, the core stabilizer muscles and the lower limbs on three different planes of movement, combining EXTENSION, ABDUCTION and EXTERNAL ROTATION. Lateral training is fundamental for everyday activities and sport preparation to avoid injuries and to maximize performance at your best.
Servo-Assisted Movement: easy to use, better results.

CARDIO WAVE™ employs exclusive and Patent Pending biomechanics to guarantee natural, effective and safe movements. The new pedal geometry guides foot positioning to ensure correct ankle, knee and hip movement throughout the complete range of motion, helping to correct faulty joint mechanics and to restore movement function, to improve balance and mobility.

**EFFECTIVE**
The exclusive Patent Pending ERGOSTRIDE feature ensures correct foot alignment and posture is maintained during exercise, thereby optimizing effectiveness.

**EASY**
The new SERVO-ASSISTED MOVEMENT facilitates and drives the movement pattern, ensuring rhythm and coordination are maintained, enabling a higher pace and calorie expenditure.

**COMFORTABLE**
Maximum comfort and ease of use is ensured at all times by Patent Pending SOFTSTRIDE, a unique feature of CARDIO WAVE™.
Lateral Thinking to maximize business opportunities.

**INNOVATION**
- LATERAL TRAINING: the only product that provides training for lateral movements.
- Best exercise for glutes, core stabilizer, abdominal and leg muscles.
- Fun and functional.

**EFFICIENCY**
- High caloric expenditure and muscle toning in less time.
- Reduced footprint (up to 30% less than Elliptical, comparable to a Recumbent bike).

**CLIENTS**
- No impact.
- Easy, effective, fun.
- Solution for all client targets.

**BUSINESS**
- Increases your client attraction and retention.
- Provides renewed interest within your facility.
Think lateral. Move later.
More fun and entertainment in your facility.

CARDIO WAVE™ has an intrinsic rhythm that captivates users and makes them want to move, creating a unique synergy between them and the equipment. The new ‘Made for iPod’ feature makes training even more fun, enabling users to listen to their own music or watch their favourite videos and films while training. Active Wellness TV™ and headphones for private listening ensure that users are provided with the ideal combination of fun and entertainment.
For the first time Near Infrared Spectroscopy has been used to study muscle activation whilst using cardio equipment.
Cardio Wave’s scientific support

**MAXIMUM MUSCLE ACTIVATION AND TONING**
CARDIO WAVE™ Lateral Movement – in association with the Ergostride Pedal System - combines abduction, extension and external rotation movements which ensures for the complete engagement of all gluteal, core stabilizer and lower limbs muscle groups. Changing the body position while exercising on CARDIO WAVE™ varies relative muscle emphasis and provides selective conditioning for more muscles.

**MAXIMUM CALORIE EXPENDITURE**
CARDIO WAVE™ reduces the length of the workout because it bridges cardiovascular and muscular training: by engaging large muscle groups in a dynamic way, it facilitates high oxygen consumption and caloric expenditure. The new Servo-Assisted Movement enables a higher pace, further increasing calorie expenditure.

**MAXIMUM KNEE SAFETY AND INJURY PREVENTION**
Studies show that the forces and torques on the knee are lower on CARDIO WAVE™ than with other popular training activities. This means that all user groups can use it safely and effectively. The unique pedal geometry guides correct ankle, knee and hip movement throughout the complete range of motion, helping to correct faulty joint mechanics and restore movement function.

The independent scientific research was conducted over a three-year period by university laboratories in Europe and in the United States to evaluate the effects of CARDIO WAVE™ training on aerobic conditioning adaptations, muscle activation, joint forces and torques, oxygen consumption and caloric expenditure.
CARDIO WAVE™ is now available with the new ACTIVE WELLNESS TV™, to make cardio training more fun and functional. The new interface has been developed to make interaction easy and enjoyable for every type of user, from inexperienced to advanced. New features include:

- **Personal Interface**: It recognizes the type of user, tuning into likes and needs and provides information & entertainment in the format best suited to the person.

- **Full Entertainment**: The system includes built-in TV & radio and is compatible with iPods. Enjoy safe & easy fun with access to all iPod functions directly from the touch-screen, one-handed docking and iPod charging.

- **Fast Navigation Interface**: Time, stress and energy saving direct access to workouts. Number, type and sequence of programs can be modified dynamically according to system feedback on use.

- **Context Aware Interface**: The buttons appear only in the phase when they are needed or when external devices are detected, so interaction is simple and intuitive.

The world's most extensive cardio line: **Excite™ Family Feeling**
A single, identical display on each machine ensures ease of use and supports trainers when introducing the machines to new users.

- **QUICK START**
- **GOAL TRAINING**: TIME, DISTANCE, CALORIES.
- **PROGRAM TRAINING**: TESTS (Fitness Test, Performance Test), CHR, TRAINING ZONE, WEIGHT LOSS, CUSTOM, PROFILES.
- **PLUG&PLAY SYSTEM**: allows members to save their favorite training program directly from the machine onto their Wellness System Key for automatic start-up of the equipment.

A new concept for the entire range.
Cardio Wave™ tools for the optimal in facility performance.

Technogym® has developed a wealth of marketing, promotional and user tools about CARDIO WAVE™, which have been designed to support facilities with their own marketing campaigns.

To find out more about the ‘THINK LATERAL’ CARDIO WAVE™ promotional tools, please visit our website or contact your local Technogym® office*.

* Listed on the back cover of this catalogue.
### TECHNICAL FEATURES

**Give your facility more space**

CARDIO WAVE’s footprint is comparable to that of a Recumbent bike up to 30% less than that of an Elliptical.

<table>
<thead>
<tr>
<th></th>
<th>700iE</th>
<th>700i</th>
<th>700iSP</th>
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<tbody>
<tr>
<td><strong>Power supply:</strong></td>
<td>Powered: 100 ÷ 240 Vac 50/60 Hz</td>
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<tr>
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<tr>
<td><strong>Kind of movement:</strong></td>
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<tr>
<td><strong>Speed (min. / max.):</strong></td>
<td>33 / 310</td>
<td>33 / 310</td>
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<tr>
<td><strong>Goal Training™:</strong></td>
<td>Time, Distance, Calories</td>
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<td><strong>Total no. of programs:</strong></td>
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<td><strong>Energy consumption:</strong></td>
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* = Width x Length x Height while working on the equipment.