

Proven Results

In a 30 day study comparing the benefits of a combined aerobic / strength machine with regular treadmill and elliptical use, "CardioGym produced results that were not only aerobically superior but much better in terms of weight loss, body composition and strength improvement." Neil Wolkodoff, PhD



IT JUST MAKES SENSE



WHY CARDIOGYM MAKES SENSE?

Why train just 1/2 your body when you can train your whole body?

Why use equipment that takes twice as long to get results?

Why not improve your Cardio and Strength at the same time?

Follow a Real or Virtual Trainer!

CARDIOGYM®

e-mail: info@cardiogym.com website: www.cardiogym.com

CARDIOGYM®

CG6

TOTAL BODY WORKOUT

CARDIOGYM CG6 is the ultimate total body workout machine, simultaneously combining cardio and resistance training.

The virtual trainer guides you through a variety of exercises making it easy for anyone to follow.

Scientifically proven to burn 6 times more body fat than treadmills and ellipticals in a 30 day trial, the results speak for themselves!

Guided Workouts

The Cardiogym CG6 features a 10.1" touch screen user interface with an embedded animated trainer guiding every workout. Instructing exercises, tracking repetition count and controlling the recumbent cycle, the CG6 provides an effective and enjoyable experience for all users.

The innovative Motorized Weight Selection System allows you to select the desired weight through the console for your upper body workout

Scientific Study Results

Component	CardioGym	Treadmill/ Crosstrainer
VO2 Peak	+14%	+4%
Anaerobic Threshold	+17%	+2%
Weight Loss	-4.8 pounds	-1.2 pounds
Body Composition	-3% body fat	-.45% body fat
Strength/Power	+15%	+2%
Strength/Endurance	+31%	+3%
Flexibility	+8.7%	+1%



Bicep Curls



Back Extension



Seated Row



Chest Fly



Chest Press

AND MORE...