

The **Most** Effective Cardio Product **Ever** Built™

A bold statement?

Definitely. But, after your first 60 seconds on the Helix, you'll understand why it's true. And, once you read the science that supports this claim (www.helixco.com/study), you'll begin to see why this bold claim may actually be an understatement.

Core: Engages the core while doing cardio — in fact, the Helix creates up to 44% more core activation than traditional cardio, and even strengthens and mobilizes the low back! ➤

Glutes: Intense focus on the glutes (up to 38% greater activation) and hamstrings ➤

Inner Thigh: Traditional cardio products do not, or can not, target the inner thighs. Helix creates up to 42% greater activation of the inner thigh than the leading elliptical trainer. ➤

Traditional, "linear" cardio products only work your muscles in one plane. The Helix lateral motion, the only true lateral trainer™ on the market, trains you in multiple planes, thereby activating far more muscles, and burning far more calories in the process. You'll be amazed at how quickly Helix delivers results.

➤ **Quads:** Amazing, powerful quad workout, yet the no-impact motion is incredibly joint-friendly

➤ **Outer Thighs:** Sculpts the hard to reach outer thighs — by creating up to 43% greater muscle activation than traditional cardio.

➤ **Calves:** Great for shaping calves

➤ **Motion:** The unique Helix motion has been granted numerous US and International patents. You won't find this super-effective motion anywhere else.

Radically Different. Radically Effective.

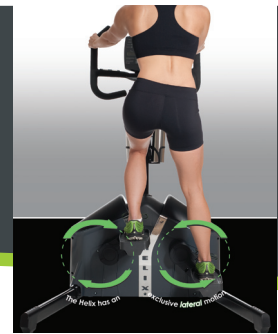
By training MORE muscle groups, and by creating MORE activation within those muscle groups, Helix burns more calories and delivers results FASTER than any other cardio product.



888.435.4926 (888-HELIXCO)
info@helixco.com

About Helix

The patented, bi-directional motion of Helix is circular, which helps ensure that all joints, feet, ankles, knees, and hips, remain in safe, proper alignment while exercising.



Helix is the most important fitness breakthrough since the elliptical trainer. And, as good as ellipticals are, scientific research now tells us that the Helix is dramatically more effective than ellipticals (see www.helixco.com/study for full results). How much more effective? Helix delivers up to 44% greater core activation than ellipticals, while also strengthening your spinal erectors. Helix works the outer thighs up to 43% more effectively than ellipticals, and works the inner thighs up to 42% more effectively than ellipticals.

Helix works the glutes up to 38% more effectively than ellipticals, and delivers target heart rate training up to 23% more effectively than ellipticals.

With such dramatic results, combined with a fun, no-impact, joint-friendly, biomechanically correct movement, it's easy to see why Helix has been featured in Prevention and Shape magazine, and why Helix has become a "must have" product at hundreds of commercial facilities nationally and internationally, including Anytime Fitness, Gold's, World Gym, YMCA's, and multiple colleges/universities.

And, with models to fit almost any budget, and a super compact footprint that is much smaller than treadmills, ellipticals, or recumbent bikes, it's easy to see why more and more residential customers are choosing "the most effective cardio product ever built" — Helix!



> HLT3500

The top of the line Helix, built for health clubs and other high use facilities, but also compact enough (3' x 4') for the discerning residential customer. A dot matrix/LED display offers multiple professionally designed programs and heart rate control, and provides feedback on Time, Calories, RPM, Distance, HR, Level, Mets, and Watts. The self-generating, electro-magnetic power supply delivers 400 watts of total resistance, while the double drive transmission system offers smooth resistance and maximum durability.

Footprint: 3' x 4'

Unit Weight: 225lbs/102kg

Max User Weight: 350lbs/159kg

Commercial Warranty:
3 years parts, 1 year labor.

Residential Warranty:
5 years parts, 1 year labor

(Must be registered at www.helixco.com.)



> HLT3000

Proven in hundreds of commercial facilities worldwide, the HLT3000 is a workhorse for multiple institutional, as well as high-end residential, applications. A dot matrix/LED display offers multiple professionally designed programs and heart rate control, and provides feedback on Time, Calories, RPM, Distance, HR, Level, Mets, and Watts. The self-generating, electro-magnetic power supply delivers 400 watts of total resistance and 16 resistance levels.

Footprint: 3' x 4'

Unit Weight: 200lbs/91kg

Max User Weight: 325lbs/147kg

Commercial Warranty:
3 years parts, 1 year labor.

Residential Warranty:
5 years parts, 1 year labor

(must be registered at www.helixco.com.)



> H1000

With the same patented motion as the commercial Helix models, this premium residential model offers a feature-packed backlit LCD display with 12 programs and feedback on Time, Calories, RPM, Distance, HR, Level, Speed, Temp, and Program. The magnetic resistance with electronic control provides 300 watts of total resistance and 16 resistance levels.

Footprint: 3' x 4'

Unit Weight: 142lbs/64.5kg

Max User Weight: 300lbs/136kg

Power Requirements:
Plug-in 120VAC, 50/60Hz

Warranty (residential use only):
2 years parts, 1 year labor if assembled by the local authorized Helix dealer purchased from



> H905

Patented Helix motion in our most budget-friendly package. The simple, easy to read LCD display offers manual mode only, and the indexed resistance mechanism provides your choice of 8 resistance levels. 300 watts of total resistance.

Footprint: 3' x 4'

Unit Weight: 136lbs/62kg

Max User Weight: 300lbs/136kg

Power Requirements:
AA Batteries (display)

Warranty (residential use only):
2 years parts, 90 days labor if assembled by the local authorized Helix dealer purchased from



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