

HLT 2500

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 proves this claim (www.helixco.com/study), you'll begin to see why this bold claim may actually be an understatement.

Traditional, "linear" cardio products only work your muscles in one plane. The patented Helix Motion™ Technology, the only 360° lateral motion 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.

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.

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

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

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

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 360° Helix Motion™ Technology has been granted numerous U.S. and international patents.



Helix®
World's First Lateral Trainer™

THE MOST EFFECTIVE CARDIO PRODUCT EVER BUILT™

Easy to read display features multiple professionally designed programs and feedback on Time, Calories, RPM, Distance, HR, Level, Mets, and Watts.



Ergonomically designed handlebars allow multiple, comfortable positions to accommodate different size users and different styles of use.



Integrated transport wheels make moving a snap.

Convenient, easy to reach water bottle holder.

Super-smooth and quiet drive system is self-generating. No electricity required!

SPECS AT A GLANCE

Unit Dimensions: W: 42" (107cm); L: 36" (92cm); H: 62" (158cm)

Boxed Dimensions: W: 18" (45.72cm); L: 39" (99cm); H: 28" (71.12cm)

Unit Weight: 172 lbs, 78.18 kg

Max User Weight: 325 lbs (148 kg)

Light Commercial Warranty: 3 years parts, 1 year labor

Residential Warranty: 5 years parts, 1 year labor

Power Requirements: Self-generating

Resistance Method: Electro-magnetic

Resistance Levels: 16

Display: Dot matrix with LED

Feedback: Time, RPM, Calories, Distance, HR, Level, Mets, Watts

Programs: Quick Start, Manual, Random, Interval, HR Control, Valley, Rolling, Mountain, Olympian



A 4-point leveling system will adjust to provide stability on any flooring.

Facilities appreciate the extremely compact 36" x 42" footprint — smaller than an upright cycle.

Large stabilizer bars provide stability and security for all users.

