

L A T E R A L **HLT3500** T R A I N E R  
 • 3D •

# The Most Effective Cardio Product Ever Built™ ...just got an upgrade. It's now more user-friendly for everyone.

By training **more** muscle groups, and by creating **more** activation within those muscles, Helix burns **more fat** and delivers **faster results** than any other cardio product.

The **HLT3500 3D** is the first model designed for all training levels, not just the super fit. It retains the **effectiveness** of other Helix models but introduces advantages that users can feel from the very first second.

First, its mechanical position **decreases starting effort**. Next, its machine-driven positioning facilitates easier movement during workouts. Finally, the patented motion actually **lowers perceived exertion**.



### 3D: A New Dimension in Fitness

Helix 3D isn't just more user-friendly, it represents a revolution in fitness. With a patented motion that works the body in all 3 dimensions of human motion, it trains as nature intended: in full 3D. Working in 3D is not just intuitive, it also confers more comprehensive training benefits, as clinical studies have demonstrated:

**Results that feel "easy":** Test subjects on Helix burned an average of 50-60 more calories per hour than test subjects using other lateral trainers, yet heart rates and perceived intensity remained the same.\*\*

**Healthy joint function:** Knee rotation is key to joint health; Helix 3D models provide the greatest degree of knee rotation of all cardio trainers studied.\*\*

**The most comfortable gait:** Helix 3D models demonstrate a more comfortable gait because they dissipate some of the lateral motion, allowing for complete rotation without undue bending or forcing apart of the hips.\*\*

### Increased muscle activation:

All Helix lateral trainers achieve targeted heart rates more quickly and produce dramatically increased muscle activity when compared to "traditional" cardio like ellipticals.\*

- Vastus Lateralis: 50% more
- Adductors: 42% more
- Gluteus Maximus: 39% more
- Gluteus Medius: 33% more
- Obliques: 55% more
- Rectus Abdominis: 13% more
- Spinal Erectors: 11% more
- Target ♥ Rates: 23% faster

\*2011 clinical study conducted by the Human Performance Research Lab, University of Tampa

\*\*2016 clinical study conducted by the Human Biomechanics and Physiology Laboratory, High Point University



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The state-of-the-art **TFT Touchscreen** is super intuitive, and the great graphics and feedback data will keep users motivated.

- TFT interactive display
- 12 programs (Random has unlimited programs)
- Built-in Quick Start function
- 20 levels of resistance
- Pedal direction indicator as well as guidance
- Workout history tracking
- Feedback: Time, Distance, Calories, RPM, METS, Watt, Level and Pulse
- User-friendly personal data saving function for quick workout access
- Polar compatible heart rate receiver



## SPECS AT A GLANCE

- Resistance Type:** Generator Magnetic
- Resistance Method:** Electro-magnetic
- Resistance Levels:** 20
- Total Resistance (watts):** 400
- Max User Weight:** 350 lbs / 159kg
- Unit Weight:** 225 lbs / 102kg
- Market:** Full Commercial
- Assembled Footprint:** 42" x 42.5" (107cm x 108cm)
- Packaging Dimensions:** 42.5" x 42.5" x 25" (108cm x 108cm x 61.5cm)
- Power Requirements:** 120 VAC 50/60Hz
- Warranty – Parts:** 3 years Commercial; 5 years Residential upon owner registration
- Warranty – Labor:** 1 year

