

L A T E R A L HLT3000 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 **HLT3000 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.**

Health 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

HLT3000 • 3D

- LED and dot matrix display
- 8 programs, including Helix Intervals and HIIT Intervals (Random has unlimited programs)
- Built-in Quick Start function
- 16 levels of resistance
- Pedal direction guidance
- Workout history tracking
- Feedback: Time, Calories, RPM, Distance, HR, Level, METS, Watts
- Self-generated power
- Polar compatible heart rate receiver



SPECS AT A GLANCE

Resistance Type: Generator Magnetic

Resistance Method: Electro-magnetic

Resistance Levels: 16

Total Resistance (watts): 300

Max User Weight: 300 lbs / 136kg

Unit Weight: 194 lbs / 88kg

Package Weight: 225 lbs / 102kg

Market: Light Commercial, non-dues paying facilities only;

4 hours per day maximum usage. Intended for hotel fitness, small-to-medium apartment/condo communities, physical therapy, small-to-medium corporate wellness, fire and police fitness. Not intended for schools, community centers, correctional facilities, HIIT training, HIIT classes or any CrossFit-type facilities. If you have a question whether your facility fits the intended usage model for this product, please contact Helix.

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: Self-generated

Warranty – Parts: 3 years Commercial;

5 years Residential upon owner registration

Warranty – Labor: 1 year (USA and Canada only)

