# GYM@HOME

2018 / 2019

KETTLER

## TRACK
The indoor
running revolution

## COACH
Experience rowing like
you're on the water

## FITNESS ON THE GO
Accessories on the go

# TRACK

## KETTLER ENERGY DECK

## EXPANDED THERMOPLASTIC POLYURETHANE – LIGHTWEIGHT RUNNING GEAR, PERFECT FOR EASY RUNNING

Considered the ultimate material for a sole, it is now used in our ergonomic cushioning element on our treadmills: Infinergy® – made by BASF.

The KETTLER ENERGY DECK revolutionises treadmill cushioning.

The KETTLER TRACK features joint-friendly and low-noise running deck cushioning, plus the amazing rebound effect that returns the impact energy with every step you take, thanks to Infinergy®.

This means: higher speed, better performance and the most agile running style ever.

"The KETTLER TRACK S10 takes the running feel to a new level. Infinergy® cushioning provides a strong force for pushing off, allowing for a natural and dynamic feel for both beginners and experienced runners. Highly recommended!", Urs Weber, Runner's World.

### KETTLER ENERGY DECK
Made with Infinergy® by BASF

**□ · BASF**
We create chemistry
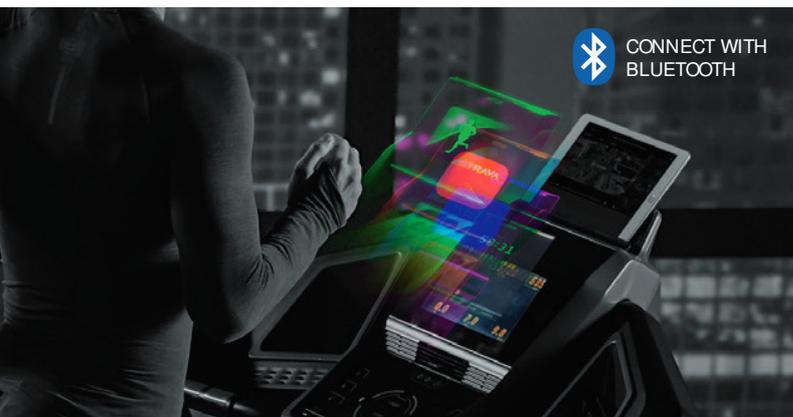
## COMPATIBLE WITH MANY APPLICATIONS, INCLUDING ZWIFT AND KETTMAPS

CONNECT WITH BLUETOOTH

Stay connected to a KETTLER TRACK treadmill with Bluetooth® technology - for use with apps, sports watches and the heart rate monitor. Simply share your workouts with others via the sports community of your choice. The KETTLER TRACK treadmill is compatible with various applications, thanks to the latest Bluetooth® standard, including the KETTMaps training software for an unrivalled running experience.

## COMFORT AND ERGONOMICS

The many pioneering features of the KETTLER TRACK series, such as the fan, speakers for your playlist, the cockpits and intuitive menus of our sophisticated training software are the reason why the series is considered the absolute global benchmark in the area of home fitness. KETTLER TRACK treadmills combine outdoor and indoor running, perfect for runners across all performance levels.

START
STOP

A table with all technical specifications can be found on pages 26-27

# FULL OF ENERGY
# FULLY COMPATIBLE

PLAY

## KETTLER TRACK S10

The KETTLER TRACK S10 has plenty to offer: KETTLER ENERGY DECK cushioning creates an energy impulse with every step you take. Charge your run! This means: more kilometres at the same performance level, with less strain on your joints. The high-end training computer, with its intuitive menus, keeps you posted with information on speed, incline and much more. Bluetooth® SMART is an easy way for you to network and document your workout sessions using the most common running apps. Share your run!

07886-900

KETT MAPS

CONNECT WITH BLUETOOTH

## KETTLER ENERGY DECK

# OUTPUT: WATTS
# RUNNINGFEEL: LIKE
# RUNNINGONCLOUDS

#run4İtness #energyreturn #gym@home

## KETTLER TRACK S8

A treadmill that will keep you on your toes. The KETTLER ENERGY DECK running surface will make you feel like you are running on clouds. The list of professional functions will keep even the most ambitious runners happy: Exciting features like the high-end training computer, speakers and a fan for perfect running sessions.

07886-800

KETT MAPS

CONNECT WITH BLUETOOTH

*KETTLER ENERGY DECK*

A table with all technical speciİcations can be found on pages 26-27

**YOUR LAZY SELF? YOU CAN OUTRUN IT!**

▶ PLAY

## KETTLER TRACK S6

It's time to release the brakes and give your exercising free rein. Running on the KETTLER TRACK S6 is even more joint-friendly now, thanks to its special running surface cushioning technology. With the high-end training computer with excellent connectivity to sports apps, you can combine running fun with straightforward fitness tracking.

07886-600

KETT MAPS    ✳ CONNECT WITH BLUETOOTH

*KETTLER ENERGY DECK*

## KETTLER TRACK S4

Watch your fitness grow with the KETTLER TRACK S4. Because the KETTLER ENERGY DECK cushioning makes for an extra light running style. And also because of the many features that are there for you every step of the way: Training computers with intuitive operation will help you keep going, just like the speakers and the integrated fan.

07886-400

KETT MAPS    ✳ CONNECT WITH BLUETOOTH

▶ PLAY

## KETTLER

Everything's running smoothly. That's because the KETTLER ENERGY DECK is equipped with perfect cushioning that boosts your run through energy impulses. The high-end training computer with intuitive menus and the Bluetooth SMART interface, as well as the speakers and the fan, ensure that the KETTLER TRACK S2 has everything you will ever need for your running sessions: great enjoyment!

07886-200 (without image)

KETT MAPS    ✳ CONNECT WITH BLUETOOTH

# WATER POWER

## COACH H₂O

Water power. Experience the fascination of hydropower, the intensity-dependent water resistance, that will take you a little bit closer to a top shape with every stroke you take. With the new Coach H$_2$O you will have everything aboard that you will need for your rowing workout. The training computer with its clearly arranged LCD display and continuous display for eight training scores will give you digital control of your training level. The precisely crafted aluminium dual-rail makes for an extra smooth and realistic rowing motion.

07975-500

KETT MAPS

CONNECT WITH BLUETOOTH

MADE IN GERMANY

▶ PLAY

A table with all technical specifications can be found on pages 26-27

# COACH 10

Regattacourse@home. The all new COACH 10 will add extra traction to your workout. The precisely crafted aluminium dual-rail allows for a particularly authentic rowing motion with narrow leg support. The illuminated multi LCD display with continuous display for nine training scores is your companion throughout your workout sessions. Via Bluetooth® you are able to access sports apps or your pulse monitor to make sure you stay on top of things while rowing.

07975-450

**KETT MAPS**

**CONNECT WITH BLUETOOTH**

**MADE IN GERMANY**

▶ **PLAY**

REGATTACOURSE@HOME

## COACH 6

Increase your stroke rate. We have developed the ergonomic properties and the design of the new COACH 6 in cooperation with professional rowers, to make your dry practice feel like you're in a real racing boat. The rpm-dependent induction brake with 25-400 watts can be individually adjusted, to adapt the COACH 6 to your performance.

07975-400

**KETT MAPS**

**CONNECT WITH BLUETOOTH**

**MADE IN GERMANY**

## COACH 2

Experience the flow. Go for it with the COACH 2. The precisely crafted rails of the aluminium dual-rail allow for smooth ergonomic rowing motions, even if you are two metres tall. During training, the board computer will display all important parameters, while Bluetooth® SMART connects to the pulse monitor or your sports watch.

07975-300

**KETT MAPS**

**CONNECT WITH BLUETOOTH**

COACH 2

# SKYLON 4

Experience the smooth running of a 20 kg flywheel mass – extremely smooth movement for a workout that can be as hard as you like. The heart rate zone displayed on the SKYLON 4 ensures that you won't get your blood pumping too fast on the first try.

07691-400

(P)

🇩🇪 MADE IN GERMANY

# SKYLON 3.1

Your training just got even better. The new SKYLON 3.1 elliptical trainer by KETTLER stands out for its incredible quality and movement that is gentle on the joints, as well as the new training computer including a total of 10 programs and the space efficient folding mechanism.

07691-300

(P)

# SKYLON 2

Your ticket to the front wheeler fleet for an ambitious cross trainer workout. No matter which SKYLON: If you have a SKYLON, you have no more excuses.

07691-210

(P)   🅱 CONNECT WITH BLUETOOTH

# IPN COACHING – PERSONAL TRAINER INSIDE

IPN

The IPN test program was developed by leading sports scientists and cardiologists, and it analyses your performance profile and then defines your own personal, optimised exertion intensity, for an efficient workout.

# HIIT TRAINING

H.I.I.T READY

High Intensity Interval Training, HIIT in short, for a more effective and intense workout. Better training progress in less time.

(M)   Manual distance adjustment of the continuous magnet using the turning knob on the machine.

(P)   Program controlled, motor-driven adjustment of the magnets through input on the training computer display.

(E)   Precise, automatic exercise adjustment in 5-watt steps using the training program through an intelligent electromagnet (E brake system)

A table with all technical specifications can be found on pages 26-27

# ABDOMEN LEGS POWER

#cardio #fullbodyworkout #slim #gym@home

## SKYLON 10

Fitness engineered – the cross trainer with the most advanced and highest performing technology available in the area of home fitness. Do you want to push yourself to your limits with HIIT and the most demanding programs? No problem with the SKYLON 10:
A 22 kg flywheel mass is a great introduction and ensures perfectly smooth movement. The cross trainer that is easy to get addicted to. Thanks to uncompromisingly premium quality mechanics and endless program variety, it will give you everything you need – daily if desired.

07691-800

IPN  H.I.I.T READY  (E)  KETT MAPS  CONNECT WITH BLUETOOTH

## SKYLON 6

The cross trainer with the technology of tomorrow. You will never want to get off this cross trainer. What a shame for the other four people who could all train and save their own profiles! Get motivated by your best performance, which is shown on the computer display. Use the WATT performance selection to set new goals for yourself. Give your all. Don't forget to drink and recover!

07691-600    without image

(E)

MADE IN GERMANY

PLAY

## UNIX 10

The UNIX 10 allows you to set performance targets on the training computer and control your energy consumption in your optimal heart rate zone. Bluetooth interface, simple menu navigation and storage space for four people make it easier to control, so you can kick into a higher gear on this cross trainer.

07692-500

**CONNECT WITH BLUETOOTH**

## UNIX 10 EXT

The extended motion technology guarantees very effective movement that is gentle on the joints.

07692-600    without FIG.

**CONNECT WITH BLUETOOTH**

UNIX 10

## PROTECTIVE FLOOR MATS

Rubber mat for protecting the floor and for dampening noise when using workout equipment.

07929-650   140 x 80 cm

07929-600   220 x 110 cm

MADE IN GERMANY

A table with all technical specifications can be found on pages 26-27

MADE IN GERMANY

RIVO 4

UNIX 4

## RIVO4

Keep increasing your performance!
The premium quality and easy to operate training computer with easy menu navigation will show your current performance during your cross training session, and it can also be individually adjusted to your performance using the motor-controlled magnetic brake system with 15 resistance levels.

07692-160

(P)  CONNECT WITH BLUETOOTH

## UNIX4

Don't waste any energy, but rather invest it in your fitness: With the UNIX 4, you can use ten programs to train your strength endurance in your ideal performance zone. The motor-controlled, adjustable magnetic brake system has 15 resistance levels and a 20 kg flywheel mass system to provide just the right amount of resistance force to help you grow and progress.

07692-400

(P)

## UNIX2

Improve your performance and step up: The UNIX 2 cross trainer by KETTLER has everything a newbie needs for true motivation. The adjustable cockpit and the adjustable foot plates will get you and your partners moving so much that the visual and acoustic warning signals of the pulse tracker can also show you your limits.

07692-200   image similar UNIX 4

(M)   MADE IN GERMANY

## RIVO2

Your training requires hands and feet. The RIVO 2 with its easy to operate training computer shows you your heart rate, pedal rotations per minute, training time, speed, distance and energy consumption. The 12 kg flywheel mass system ensures an even running and is the perfect introduction into the world of cross trainers.

07692-100   image similar RIVO 4

(M)

# A MATTER OF THE HEART

#cardio #gym@home

## ERGO C12

The ERGO C12 pushes you with modern training systems like HIIT, IPN and Challenge Training, and will show you everything you need to know about your current fitness level on the premium colour display. The computer stores the training information of four users plus a guest user and transmits the data via the Bluetooth interface to smartphones, tablet PCs or laptops.

07689-900

H.I.I.T READY | IPN | (E) | KETT MAPS

CONNECT WITH BLUETOOTH

## ERGO C10

The ERGO C10 is the machine that can really show you how you measure up.
The premium quality and durable design provides practically every feature for the wide variety of training programs. The high-end drive system provides for an excellently smooth and quiet run.

Image similar ERGO C12
07689-880

H.I.I.T READY | IPN | (E) | KETT MAPS

CONNECT WITH BLUETOOTH

MADE IN GERMANY

A table with all technical specifications can be found on pages 26-27
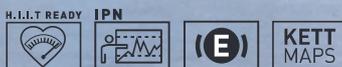
# ERGO



ERGO C8

🇩🇪 MADE IN GERMANY



ERGO S6

## ERGO C8

Performance equals work per time. The ERGO C8 will really make you feel this. The induction brake system has a peak output of up to 400 watts in automatic mode, and it shows this as well. The fitness trainer provides all of the features that you will need for an active and health-orientated workout.

07689-800

(E)

## ERGO C6/S6

There is strength in serenity: The ERGO 6 combines excellently smooth and quiet running, even at a higher step frequency or resistance level. You can keep track of all of the most important performance parameters on the cockpit to effectively control your workout sessions. The ERGO 6 is available with a low step-in or with a sportier frame on the S-variant.

S6: 07689-650
C6: 07689-600    without image

(E)

## GOLF C4/S4

Off the chain! The universal training device for you and your family brings movement home. Specialities like the configurator embedded in the computer allow you to plan your individual training session so you can get closer to your goals faster.

S4: 07689-450    without image
C4: 07689-400

(P)

## GOLF C2

The bike trainer GOLF C2 has everything you need to get started! Easy operation and a continuous display on the training computer combined with the first class running will get more than just your fitness levels going.

Image similar GOLF C4
07689-200

(M)



GOLF C4



EXERCISE BIKES / ERGOMETERS | 13

## AXIOM

Show off your strength on the AXIOM. The backlit display with a heart rate light and profile stress graph will show you where you stand in terms of your performance. This trainer for up to 180 kg can be used by four people to save their personal settings and send their results via USB to a PC for analysis.

07690-670

(E)    🇩🇪 MADE IN GERMANY

## GIRO R3

Go for a ride in your living room. The GIRO R3 is easy on your back and perfect for getting into shape. The magnetic brake system with motor-driven adjustment for 15 resistance levels and a perfectly smooth run are as easy to operate as the high-end training computer with its straightforward menus. The adjustable seat and firm backrest will help you give fitness a solid position in your life.

07689-370

KETT MAPS    (P)    Bluetooth CONNECT WITH BLUETOOTH

## ERGO R10

The trainer with the right settings. Adjustable backrest, breathable cover as well as easy seat adjustment make the R10 the best performance enhancing trainer that will get you fit with a vast amount of programs and features.

07688-200

IPN    H.I.I.T READY    (E)    KETT MAPS

🇩🇪 MADE IN GERMANY

Bluetooth CONNECT WITH BLUETOOTH

A table with all technical specifications can be found on pages 26-27

## GIRO C1 CLASSIC

Perfect for curves. Including heart curves. This exercise bike, with its manually adjustable magnetic brake system with eight resistance levels and a comfortable upright seat position will help you stay active. The training computer provides you with data about your cardio workout, including the time, speed and energy consumption and many other details. The GIRO C1 Classic – to get your cardiovascular system going.

07689-110

(M)

## GIRO C3/S3

Get going! The bike trainers GIRO C3 and GIRO S3 will make you and your family get a move on. The 4-user memory saves all training data and won't let you go. The GIRO 3 will continue to drive your fitness levels higher with the comfort C model or the sporty S variant.

07689-310 Giro C3 image similar
07689-360 Giro S3 image similar

(P)       CONNECT WITH
          BLUETOOTH

## SEAT UPGRADE

Seat top "FLEXIBLE FOAM"
07929-800

Seat top "3D GEL"
07929-900

You can even exchange the seat without any tools for the even more comfort. We offer two distinct seat technologies for superior comfort: FLEXIBLE FOAM and 3D GEL.

# SWEAT OUT YOUR STRESS

#biketrainer #realbikefeeling #gym@home

▶ PLAY

## RACER S

Be a pro on the saddle for your next competition with the RACER S. The frame ergonomics of the stationary racing device are the same as a racing bike. The seat and handlebar can be vertically and horizontally adjusted just as you like them, so you can ride the most demanding tracks realistically from your own home with the KETTLER WORLD TOURS 2.0 software. You will want to show everyone what you can do on a real cycle!

07988-728

IPN | H.I.I.T READY | (E) | KETT MAPS

🔵 CONNECT WITH BLUETOOTH

A table with all technical specifications can be found on pages 26-27

🇩🇪 MADE IN GERMANY

## RACER 9

The RACER 9 jump-starts every ambitious cyclist. The electronic gearing and the powerful drive with 1,000 watts capacity provide that feeling of being on a racing bike that you need for any good training session. All sport-specific data, including gear display and Pulse Hold functions are at your fingertips via the cockpit, so you can keep your body and the machine perfectly under control.

07988-726

**CONNECT WITH BLUETOOTH***

* only for KETTLER WORLD TOURS 2.0

RACER 9

🇩🇪 MADE IN GERMANY

## RACER 3

RACER 3

If you train on the RACER 3, then you will get properly into gear on the street.
The 32 resistance levels allow you to fine tune your pedalling power. The electricity for the brake system and the supply for the display of course comes from your legs.

07639-600

## RACER 1

The RACER 1 is your entry into the ambitious world of cycling. Anyone who regularly cycles against the 18 kg flywheel with felt brake pad will be called out to the streets to try out the real thing. Hop on and get going!

07639-700   without image

## BLUETOOTH CHEST BELT

Chest belt for direct, wireless heart rate measurement on the chest. Compatible with trainings displays with Bluetooth Low Energy Technology.

07930-610

## SPEED 5

Put your heart in and make it strong:
The SPEED 5 is the high quality studio bike with S-class certification, which can be used to train effectively in every heart rate range. The extra sturdy design with SPD clipless pedals for powerful drive with an 18 kg flywheel mass is built to get your heart rate going.

07639-200

SPEED 5

# YOU CAN
# LIFT IT

#iron #power #gym@home

## MULTIGYM

The MULTIGYM is concentrated energy. Using the
80 kg weight block, you can measure out your
training in 16 steps, doing the butterfly as well as lat
pulldowns or bench presses. This provides you with
a wide variety of workout options for efficient muscle
growth, even if you don't have much space to do it.

07752-850    without image

## MULTIGYM PLUS

Bring more pull to your workouts with MULTIGYM
PLUS. The 3D Flexmotion System of the multigym
enhances your workout with an even more varied
and highly effective rope-pull exercise.

07752-870

▶ PLAY

A table with all technical specifi cations can be found on pages 26-27

You can consistently increase your performance through your own body strength, with exercises for leg adductions and abductions, bicep curls or triceps presses. Robust polyester ropes ensure very quiet running and reduced wear, no matter how intense your workout might be.

07714-610

This is how hard training works: MODULE 2 can be used to improve the muscles in your legs, both through stretching and bending. The seat cushion can be individually adjusted, so the power starting points are just right and you can benefit from the best training effects.

07714-630

The robust design gets works your muscles to their fullest. A special gear ratio allows operation with a maximum weight capacity of 160 kg, so you can really get some power in your leg and gluteal muscles.

07714-620

This is where your torso muscles really feel the pull. The MODULE 4 not only trains your biceps and triceps, but also your entire back and abdominal muscles.

07714-640

Each muscle needs a counterforce that will help it grow. The base station is just the right power station for this. With training options like the lat pulldown or bench press, rowing and the butterfly all the way down to an adapter for the Sling trainer, you can keep a good eye on your muscle growth. The 100 kg weight block can be adjusted in 5 kg increments to enhance your strength gradually. If you still require more flexibility, the base station can be expanded with plenty of other modules.

07714-600

MADE IN GERMANY

When your training starts getting more and more about weights, then PRIMUS is your best bet. Even bulky long barbells work out beautifully on this adjustable flat and tilted bench press. You too. When combined with extensors and flexors, you will also effectively build up your leg muscles. Once you are done working out, the PRIMUS is very easy to dismantle.

07403-900

Barbells and weight disks available as accessories!

You have your body under control. There are lots of ways to workout on the WALL BARS: Neck pulls, dips and knee lifts are only a few examples of the approximate 12 exercises that will give you more power and strengthen your deep muscles.

07708-200

07708-220

07708-210   without image

07708-230

MADE IN GERMANY
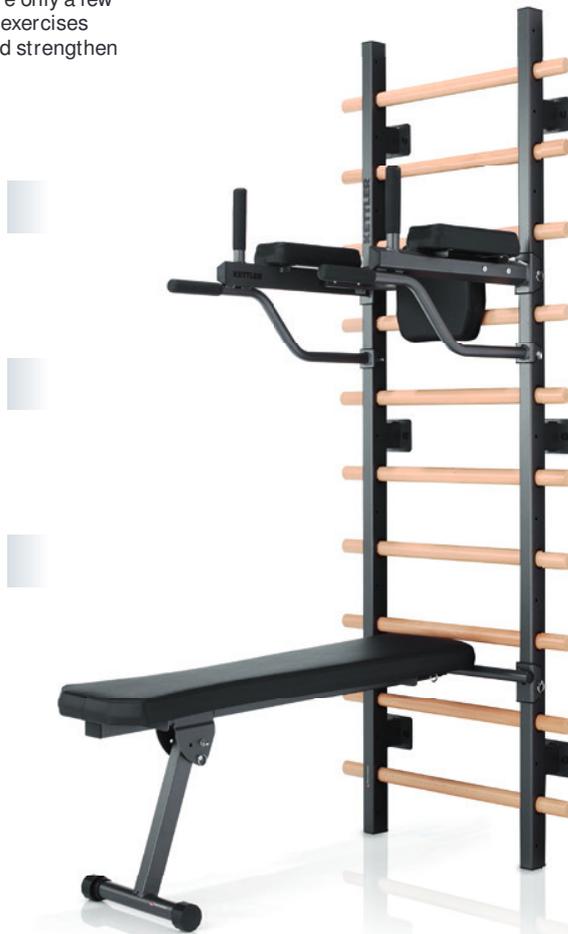
## HERK

Combine barbell training with bodyweight exercises on the KETTLER HERK. Chin-ups, bench presses, squats, abdominal training, press-ups and dips can all be done to train the most important muscle groups in a confined space. This robust training station made of premium quality KETTLER steel profile takes up very little space. But that does not limit the training options.

07707-760

# SLACK MUSCLES?
# SOUNDS LIKE AN
# IRON DEFICIENCY.

#iron #power #gym@home

## DELTA XL
## INCL. CURL PAD

The DELTA XL is the power centre in which you achieve your top form. You can use the butterfly station with an off-centre design, lat pulldown and bench press station with a curl stand to make a workout routine to really push your body further.

07707-755

## VECTOR
## BARBELL REST

07708-100    without image

## ALPHA PRO
## MULTI-FUNCTION BENCH

The ALPHA PRO is a secure bench for your muscle growth. As a robust flat and tilted bench press, it not only ensures the best positioning for barbell training, but can also be transformed into a leg trainer. Even after years of training it can impress you with its incredible quality.

07708-110    without image

# EXERCISE, WHEREVER YOU LIKE

#fitness2go #accessories #gym@home

## SLINGTRAINER PRO
07371-580

▶ PLAY

## THE ESSENTIALS FOR YOUR GYM@HOME

Innovative small devices and equipment for all areas of exercising including functional Training, yoga, pilates as well as regeneration and fascia training at home or on the go. KETTLER equipment is developed with sports science expertise and it is distinguished by its exclusive design, high quality materials and certified quality.

## PUSH-UP BALL
07372-350

## PRESS-UP HANDLES
07371-540

## KETT ROLL

07372-900   soft       black/white soft
07372-800   medium     black/grey
07372-700   hard       black

## FOLDABLE MAT

07351-120

## WEIGHTED VEST

07371-400

## HIGH-SPEED ROPE

07361-540
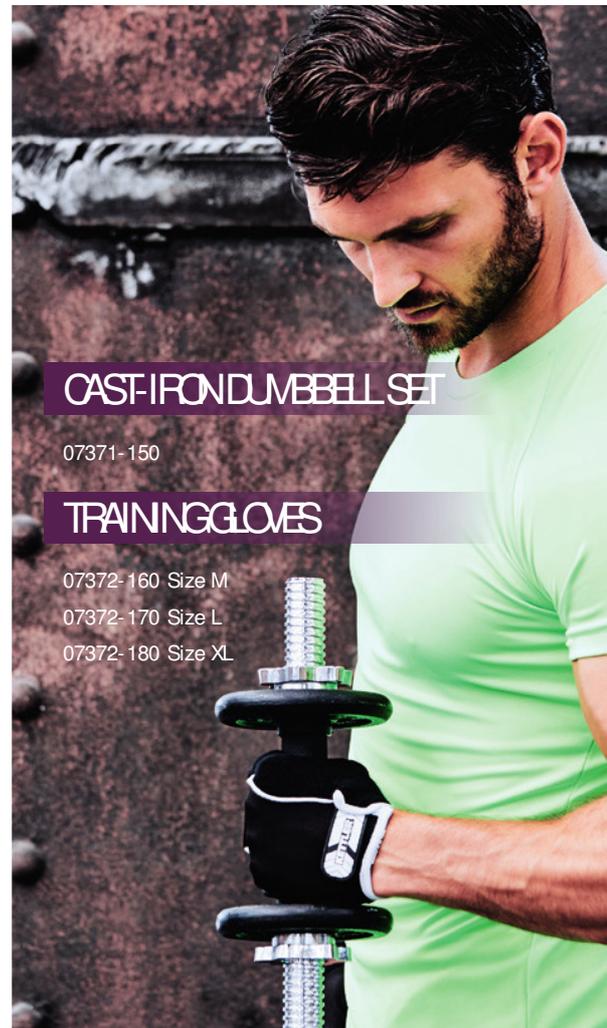
## CAST-IRON DUMBBELL SET

07371-150

## TRAINING GLOVES

07372-160  Size M
07372-170  Size L
07372-180  Size XL

# GERMAN OPEN

## OUTDOOR TABLE TENNIS
## MADE IN GERMANY

### TIP!

For further KETTLER TT tables visit
www.kettler.de

**PLAY**

## OUTDOOR 10

Open up the ball season: The one-handed locking mechanism, the detachable soft-touch edge protector for protection against injury and the height adjustment for perfect alignment of the table halves ensure that you are perfectly equipped for your next outdoor table tennis match.

07178-900  (grey/blue)
07178-950  (umbra/green)

OUTDOOR

ALU TEC

MADE IN GERMANY

## OUTDOOR

Family time! Guests in your garden are going to revolve around this table. It can be easily rolled across the lawn and long-lasting fun is guaranteed, thanks to solid made in Germany outdoor quality.

The convenient edge protection will protect players of all ages against bruises. The secure table locking mechanism that can be operated with one hand, makes handling extra easy, when folding up the halves of the table.

07172-700  (grey/blue)
07172-720  (blue/white)

**OUTDOOR**  **ALU TEC⁺**

**MADE IN GERMANY**

**ALU TEC⁺**

ALU TEC, the trademark for incredible outdoor quality can be seen on the aluminium honeycomb panel on the underside of the tables.

At some point there comes a time to cover up the table. The durable synthetic fabric protects the TT table against moisture, dust and dirt.

07032-600





## #SKETCHPONG

Can do everything a normal TT table can do, but Sketchpong can do even more. Be amazed at what your kids can do, aside from a killer topspin, they can use chalk to draw all over the chalkboard coated playing surface: Grafİti, targets or smileys. And when the table is stood upright, it can be used as a menu for your next BBQ and then when everyone is ready you can start a table tennis tournament.

07172-750

**OUTDOOR**  **ALU TEC⁺**

**MADE IN GERMANY**

# TABLES

## CROSS TRAINERS

| | RIVO2 07692-100 | UNIX2 07692-200 | RIVO4 07692-160 | UNIX4 07692-400 | UNIX10 07692-500 | UNIX10 EXT 07696-600 | SKYLON2 07691-210 | SKYLON3.1 07691-300 | SKYLON4 07691-400 | SKYLON6 07691-600 | SKYLON10 07691-800 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **TRAINING COMPUTER** Training time | | | | | | | | | | | |
| Speed/distance | | | | | | | | | | | |
| Pedal rotations per minute | | | | | | | | | | | |
| Heart rate/energy consumption | | | | | | | | | | | |
| Pulse measurement | Hand pulse/ chest belt T34 (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ BLE* chest belt (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ BLE* chest belt (optional) | Hand pulse/ BLE* chest belt (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ chest belt T34 (optional) | Hand pulse/ BLE* chest belt (included) |
| Available menu languages | | | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT |
| Data that can be saved by individual users | | | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data |
| Manual Training (MANU) – rpm-dependent: User selects a brake level | | | | | | | | | | | |
| Automatic training (AUTO) – rpm-independent: The user selects a target watts value. | | | | | | | | | | | |
| Display of current performance | No | No | Yes | Yes | Yes, in watts | Yes | Yes | Yes | Yes | Yes, in watts | Yes, in watts |
| Display of average values | Yes (after end of training) | Yes (after end of training) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| User memory | | | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest |
| **TECHNICAL DETAILS** Brake system/ exercise control | Magnetic brake system / 8 brake levels (gears) selectable via turning knob | Magnetic brake system / 8 brake levels (gears) selectable via turning knob | Magnetic brake system (motor-driven)/ 15 brake levels (gears) controlled via display | Magnetic brake system (motor-driven)/ 15 brake levels (gears) controlled via display | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Magnetic brake system (motor-driven)/ 15 brake levels (gears) controlled via display | Magnetic brake system (motor-driven)/ 15 brake levels (gears) controlled via display | Magnetic brake system (motor-driven)/ 15 brake levels (gears) controlled via display | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels |
| Flywheel mass system | 12 kg | 18 kg | 14 kg | 20 kg | 22 kg | 22 kg | 18 kg | 20 kg | 20 kg | 22 kg | 22 kg |
| Convenient folding system | | | | | | | | | | | |
| Safety lock | | | | | | | | | | | |
| Maximum weight load | 110 kg | 150 kg | 130 kg | 150 kg | 150 kg | 150 kg | 130 kg | 130 kg | 150 kg | 150 kg | 150 kg |
| Dimensions when set up L / W / H (in cm) | 115 / 62 / 160 | 144 / 56 / 152 | 132 / 62 / 169 | 144 / 56 / 152 | 144 / 56 / 152 | 144 / 56 / 152 | 185 / 68 / 164 | 166 / 54 / 168 | 214 / 68 / 170 | 214 / 68 / 170 | 214 / 68 / 170 |
| Colour | black / anthracite | black | black | black | white / silver | white / silver | black | black | black | white / silver | white / silver |

## ROWING MACHINES

| | COACH H2O 07975-500 | COACH 10 07975-450 | COACH 6 07975-400 | COACH 2 07975-300 |
|---|---|---|---|---|
| **TRAINING COMPUTER** Output in watts / Timer + 500 m | | | | – / |
| Distance covered per session / Speed | – | – | – | – |
| Step frequency / Energy consumption | – / – | – / | – / | – / |
| Rowing strokes | | | | |
| Pulse measurement | BLE* chest belt (optional) | BLE* chest belt (optional) | BLE* chest belt (optional) | BLE* chest belt (optional) |
| Brake levels | | | | |
| Upper pulse-rate limit (display in %, optical + acoustic warning signal) | – | Detection of heart rate zones, acoustic warning signal | Detection of heart rate zones, acoustic warning signal | – |
| Total no. of training programmes | 1 | 13 | 12 | |
| Stroke speed | | with acoustic signal that can be turned on or off | | |
| Count-up / count-down | Count-up | | | Count-up |
| Manual workout control | | | | |
| Interface | BLE 4.2 Standard | BLE 4.2 Standard | BLE 4.2 Standard | BLE 4.2 Standard |
| Display | LCD | negative LCD | negative LCD | LCD |
| APP mode | Automatic shift | Adjustable or automatic shift | Adjustable or automatic shift | Automatic shift |
| Brake system/exercise control | Water / infinitely (intensity-dependent) | Induction / manual mode up to 600 watts (10 brake levels) | Induction / manual mode up to 400 watts (10 brake levels) | Magnet / 10 brake levels |
| **TECHNICAL DETAILS** Flywheel mass system | 13 - 15 litres | 6 kg | 6 kg | 6 kg |
| Rowing seat | Basic Foam Seat | 3D Gel Seat | Basic Foam Seat | Basic Foam Seat |
| Rowing handle | Ergo rowing handles + Multi Move handles | | Ergo rowing handles | |
| Caster wheels | | | | |
| Folding mechanism | | | | |
| Dimensions when set up L / W / H (in cm) | 217/57/84 | 217/57/84 | 217/57/84 | 217/57/84 |
| Maximum weight load | 150 kg | 150 kg | 130 kg | 130 kg |
| Colour | anthracite/black | anthracite/black | anthracite/black | anthracite/black |

## MULTIGYMS

| | KINETIC Basic 07714-600 | KINETIC Module 1 07714-610 | KINETIC Module 2 07714-630 | KINETIC Module 3 07714-620 | KINETIC Module 4 07714-640 | MULTIGYM PLUS 07752-870 | MULTIGYM 07752-850 | DELTA XL 07707-755 | HERK 07707-760 | PRIMUS 07403-900 |
|---|---|---|---|---|---|---|---|---|---|---|
| **EXERCISE STATIONS** Butterfly | Via 3D flex motion system | | | | | Via 3D flex motion system | | | | |
| Bench press | | | | | | | | | Flat bench | |
| Crunches, seated | | | | | | | | | | |
| Lat pulldown | | | | | | | | | | |
| Rowing | | | | | | | | | | |
| Rope pulley | | | | | | | | | | |
| Versatile pull exercises using the double rope pulley | | | | | | | | | | |
| Leg extensions | | | | | | | | | | |
| Leg curls | | | | | | | | | | |
| Squats | | | | | | | | | | |
| Leg presses | | | | | | | | | | |
| Leg lifts | | | | | | | | | | |
| Chin-ups / grip versions | | | | | | | | | | |
| Dips | | | | | | | | | | |
| Press-ups | | | | | | | | | | |
| Bicep curl bench | | | | | | | | | | Accessories |
| **TECHNICAL DETAILS** Weight block | 5-100 kg (20 x 5 kg) | | | | | 5-80 kg (16 x 5 kg) | 5-80 kg (16 x 5 kg) | | | |
| Maximum weight load | 100 kg 3D-Flex-motion: 2 x 50 kg | 2 x 50 kg | 100 kg | 160 kg | | 80 kg 3D Flex Motion: 2 x 40 kg | 80 kg | Barbell rest 150 kg; cable pulley tower / butterfly 80 kg; leg curl 60 kg | Barbell rest 100 kg | Barbell rest 100 kg; leg curl 40 kg |
| Maximum body weight | 150 kg | | 150 kg | 150 kg | 130 kg | 130 kg | 130 kg | 150 kg | 130 kg | 130 kg |
| Dimensions when set up L / W / H in cm | 166 /170/ 215 | 166 /194/ 215 (incl. base) | 187 /262/ 215 (incl. base) | 176 /246/ 215 (incl. base) | 250 /170/ 215 (incl. base) | 181 / 156 / 200 | 170 / 109 / 200 | 250 /125/ 200 | 190 /106/ 204 | 203 /101/ 96-111 |
| Upright L / W / H in cm | | | | | | | | 142 /125/ 200 | 138 /106/ 204 | 203 /101/ 163 |
| Colour | black | black | black | black | black | black | black | black | black | black |

*BLE - Bluetooth Low Energy Technology

## EXERCISE BIKES / ERGOMETERS

| | GIROCI CLASSIC 07689-110 | GOLF C2 07689-200 | GIROC3/S3 07689-310/-360 | GOLF C4/S4 07689-400/-450 | ERGOC6/S6 07689-600/-650 | ERGOC8 07689-800 | ERGOC10 07689-880 | ERGOC12 07689-900 | ERGOMETER AXIOM 07690-660 | ERGOMETER R10 07688-200 | GIROR3 07689-370 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **TRAINING COMPUTER** | | | | | | | | | | | |
| Training time | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Speed/distance | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pedal rotations per minute | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Heart rate/energy consumption | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pulse measurement | Hand pulse/chest belt T34 (optional) | Hand pulse/chest belt T34 (optional) | Hand pulse/BLE* chest belt (optional) | Hand pulse/chest belt T34 (optional) | Hand pulse/chest belt T34 (optional) | Hand pulse/chest belt T34 (optional) | Hand pulse/BLE* chest belt (optional) | Hand pulse/BLE* chest belt (included) | Ear clip included/chest belt T34 (optional) | Hand pulse/chest belt (optional) | Hand pulse/BLE* chest belt (optional) |
| Available menu languages | | | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT | | DE / GB / FR / NL / PL / RU / IT | DE / GB / FR / NL / PL / RU / IT |
| Data that can be saved by individual users | | | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data | Pers. data, various training data |
| Manual Training (MANU) – rpm-dependent: User selects a brake level | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Automatic training (AUTO) – rpm-independent: The user selects a target watts value. | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Display of current performance | No | No | Yes | Yes | Yes, in watts | Yes, in watts | Yes, in watts | Yes, in watts | Yes, in watts | Yes, in watts | Yes |
| Display of average values | Yes (after end of training) | Yes (after end of training) | Yes | Yes | Yes | Yes | Yes | Yes | Yes (after end of training) | Yes | Yes |
| User memory | | | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest | 4 + guest + USB stick | 4 + guest | 4 + guest |
| **TECHNICAL DETAILS** | | | | | | | | | | | |
| Brake system / Exercise control | Magnetic brake system / 8 brake levels (gears) selectable via turning knob | Magnetic brake system / 8 brake levels (gears) selectable via turning knob | Magnetic brake system (motor-driven)/15 brake levels (gears) controlled via display | Magnetic brake system (motor-driven)/15 brake levels (gears) controlled via display | Induction/ in AUTO mode: 25 – 250 watts / In MAN mode: 20 brake levels | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Rpm-independent / 25 – 600 watts (in 5-watt steps) | Induction/ in AUTO mode: 25 – 400 watts / In MAN mode: 20 brake levels | Magnetic brake system (motor-driven)/ 16 brake levels (gears) controlled via display |
| Flywheel mass system | 6 kg | 6 kg | 8 kg | 6 kg | 6 kg | 8 kg | 10 kg | 10 kg | 10 kg | 10 kg | 8 kg |
| KETTLER pedalling quality index** | 5.8 | 7.9 | 6.2 | 7.9 | 7.9 | 8.8 | 9.0 | 9.0 | 9.2 | 9.0 | 6.2 |
| Innovative seat concept | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | | | |
| Maximum weight load | 130 kg | 130 kg | 130 kg | 130 kg | 130 kg | 150 kg | 150 kg | 150 kg | 180 kg | 150 kg | 130 kg |
| Dimensions when set up (L / W / H in cm) | 90 / 54 / 136 | 119 / 55 / 137 | 105 / 60 / 136 | 119 / 55 / 137 | 119 / 55 / 137 | 119 / 55 / 137 | 119 / 55 / 137 | 119 / 55 / 137 | 119 / 54 / 120 | 171 / 56 / 123 | 163 / 63 / 119 |
| Colour | black / anthracite | black | black / anthracite | black | white / silver | white/ silver | white/ silver | white/ silver | black | white / silver | black / anthracite |

## EXERCISE BIKES

| | RACER S 07988-728 | RACER 9 07988-726 | RACER 3 07639-600 | RACER 1 07639-700 | SPEED 5 07639-200 |
|---|---|---|---|---|---|
| **TRAINING COMPUTER** | | | | | |
| Timer, distance covered per session, speed, energy consumption | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pulse measurement | BLE* chest belt (included) | Chest belt T34 (included) | Hand pulse sensors incl. / ear clip and cardio pulse set optional | Hand pulse sensors incl. / Ear clip and cardio pulse set optional | |
| Upper pulse-rate limit | Pulse zone BPM precisely adjustable. 5 heart rate zones can be displayed using heart rate traffic light function. | | Percentage display as well as visual and acoustic warning signal | Percentage display as well as visual and acoustic warning signal | |
| Average values at end of training session | ✓ | ✓ | | | |
| Total no. of training programmes | 10 preset profile training programmes. Innovative training configurator with endless scalability. | 4 | 12 | | |
| Target zone training (FAT/FIT/MANUAL) | ✓ | | ✓ | ✓ | |
| Pulse-controlled training programmes | ✓ | ✓ | 1 | | |
| Manual workout control | ✓ | ✓ | ✓ | ✓ | |
| **TECHNICAL DETAILS** | | | | | |
| Brake system/ exercise control | Induction / rpm-dependent – rpm-independent | Induction / rpm-dependent (standard) – rpm-independent | Magnet / rpm-dependent | Brake shoes / rpm-dependent | Brake shoe with emergency function / infinite |
| Flywheel mass system | 18 kg | 18 kg | 18 kg | 18 kg | 18 kg |
| Workout range | 25 – 1,000 watts (rpm-independent up to 600 watts) | 25 – 1,000 watts (rpm-independent up to 600 watts) | 1-32 (motor-controlled) | infinitely adjustable | |
| Horizontal seat adjustment | | | ✓ | ✓ | ✓ |
| Dimensions when set up L / W / H (in cm) | 131 / 53 / 126 | 131 / 53 / 126 | 102 / 53 / 113 | 102 / 53 / 113 | 105 / 60 / 110 |
| Power supply | Power connection (230 V) | Power connection (230 V) | Generator | Battery | |
| Maximum weight load | 130 kg | 130 kg | 130 kg | 130 kg | 130 kg |
| Colour | anthracite | black | light grey / black | light grey / black | black |

## TREADMILLS

| | TRACK S10 07886-900 | TRACK S8 07886-800 | TRACK S6 07886-600 | TRACK S4 07886-400 | TRACK S2 07886-200 |
|---|---|---|---|---|---|
| **TRAINING COMPUTER** | | | | | |
| Housing and display | LCD display 190 x 110 mm; perspiration-resistant plastic housing with acrylic-glass surface, black text on an orange background | | | LC display 132 x 85 mm; perspiration-resistant plastic housing with acrylic-glass surface; black text on an orange background | |
| Values displayed during training | The individual user can set up their personal training screen (customized view). Available options: • current incline in %; distance in km or mi; • current speed in km/h or mph; • current pace in min/km or min/mi, pace or speed can be displayed; • current heart rate in bpm; current training duration in min:sec or h:min; • energy consumption in kcal or kJoule; • current heart rate zone (energy consumption or heart rate zone can be displayed); • training profile (matrix) and running animation | | | | |
| Pulse measurement | • Hand pulse sensors / BLE* chest belt (optional) • Furthermore, many sports watches, chest belts and heart rate monitors can be connected via BLE* (optional) | | | | |
| User memory | • Storage space for up to 4 individual users and one guest. • Each individual user has their own training area with personal settings options. | | | | |
| Personal settings options for individual users | • Personal training intensity and workout configurations, display preferences during training, personal heart rate zones and personal data. | | | | |
| Languages menu navigation | More than 20 languages are supported. | | | | |
| Training programs integrated in the treadmill | • Free workout (quick start) • Trail running • Uphill runs • Interval training • Routine breaker • Specials - (3 programs) | | | | |
| Interface / connectivity options for apps | BLUETOOTH / interactive training such as KETTMaps available. The treadmill supports the BLUETOOTH standards for transmitting workout data to sports apps and wearables. | | | | |
| **TECHNICAL DETAILS** | | | | | |
| Motor power | AC motor 4.0 hp | DC motor 3.0 hp | DC motor 3.0 hp | DC motor 2.5 hp | DC motor 2.0 hp |
| Energy feedback and cushioning | The running surface rests on energy elements for increased agility thanks to energy feedback. Dual honeycomb structure with energy core for optimized cushioning in the step area. | | | Dual honeycomb structure with energy core for optimized cushioning in the step area. | |
| Speed adjustable in steps of... | 0.5 - 22 km/h 0.1 km/h | 1 - 20 km/h 0.1 km/h | 1 - 20 km/h 0.1 km/h | 1 - 18 km/h 0.1 km/h | 1 - 16 km/h 0.1 km/h |
| Dimensions when set up (LxWxH) | 208 x 93.5 x 145.5 cm | 208 x 93.5 x 145.5 cm | 189.5 x 87 x 143.5 cm | 182 x 85.5 x 143.5 cm | 175.5 x 77 x 140 cm |
| Maximum weight load | 175 kg | 150 kg | 140 kg | 130 kg | 120 kg |

** KETTLER-pedalling quality index, test result from the KETTLER testing lab.

ENERGY DECK

# CHARGE YOUR RUN

KETTLER TRACK