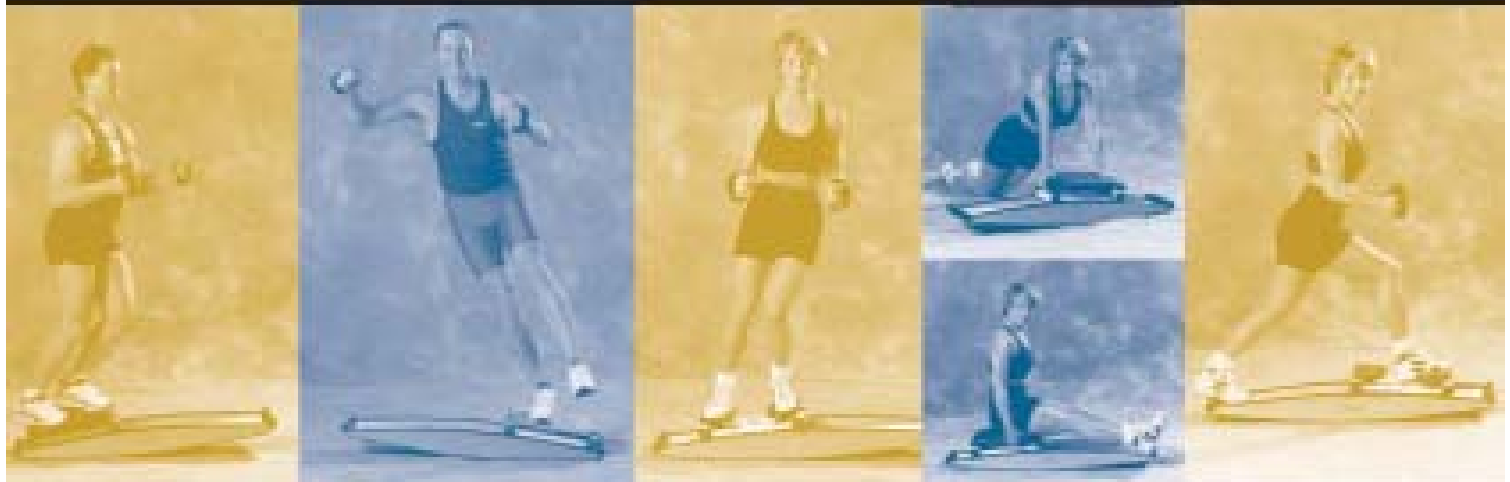




PRO FITTER 3-D CROSS TRAINER EXERCISE CHART

AOK Health Pty Ltd



The Leader in FUNctional Fitness!

Tel 1300 790 900 or Visit www.aokhealth.com

Fitter's unique range of products help develop strength and endurance while improving the functional elements of balance, coordination, timing, motor skills and overall body awareness.

Call AOK Health for Balance

The Pro Fitter cross trainer gives you a balanced and functional total body workout unmatched by any other product available.

Pro Fitter



"I used Pro Fitter successfully to recover from a chronic hip injury and now I use it to improve my balance and agility on skis. It works so well!"

Dave Irwin, 2 time Olympian,
Crazy Canuck

Tri- Level Wobble and Rocker Boards are excellent for improving balance and confidence. A must for every office and home.

Wobble/Rocker Boards



"The balance, rhythm and strengthening I get from Pro Fitter is great for training at home or on the road and it's fun!"

Kirsten Culver, Utah,
World Speed Skiing Champion

The Bongo Board is a highly challenging, fun product. It's like a skate board for indoors. You will develop new skills and lightning fast reflexes. Falls should be expected!

Bongo Board

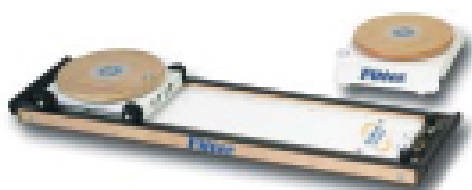


"I never thought that Pro Fitter would become a must in my life, but it is. Everything goes fine, I improve every day ... for a senior customer."

Victor Beaumilliers,
Montreal, Quebec

Stability, Rotation & Function—SRF is unique in that it allows rotation through dynamic movement. Dancers and skaters (to name a few) will find the SRF invaluable.

SRF Board



"I think the Pro Fitter is an outstanding balance fitness machine. I own several pieces of home Nautilus equipment, the Panorama Ski Machine, The Skier's Edge, The SnoBoard'r, The Alpine Ski Tone. In particular, The Pro Fitter is the most versatile machine I have used. Not only does The Pro Fitter isolate very specific muscles for many varied activities; it simultaneously focuses, enhances and improves all areas of exercise and athletic ability. Thank you for a beautifully constructed machine with such a smooth action!"

Gail P. Barbieri
Duxbury, Mass.

Combo Board is perfect for lower level balance skill development. Five fulcrums starting at 4 degrees will accommodate every skill level.

Combo Board



Fitter Balls should be in every office and home! They bring strength to your core, confidence to your balance and a smile to your face.

Fitness Balls



WHAT'S IN IT FOR YOU?

Pro Fitter enhances your mental and physical performance by challenging your mind and body as you condition for sports, daily activities and general health. For millions of people, **Pro Fitter has bridged the gap between traditional conditioning and sport performance.** Whether you're into low-impact recreational activities or high adrenaline extreme sports, they all require multi-directional movement (MDM) responses.



Using Pro Fitter develops strength and endurance while improving the functional elements of balance, coordination, timing, spatial awareness and motor skills, all of which are needed to achieve your maximum potential. **Most importantly, Pro Fitter brings the concept of FUN to fitness.** You love your sports because they are mentally stimulating and physically challenging. You will love Fitter products for exactly the same reasons!



Pro Fitter Physio Kit



- The Pro Fitter Accessories include:
- A Hard Ankle Board which is more stable for early rehab of knee/ankle patients.
 - A Padded Ankle Board gives you more exercise options when added to the Ski Pro Fitter.
 - Balance Aids for individuals with limited balance skills. Not recommended for normal use.



CORE STABILITY & WHY IT IS IMPORTANT

Core stability in your body can be likened to the foundation of a building. It is a stable muscle base, consisting of the abdominal group of muscles, the gluteal muscles, and the erector spinae up the sides of the spine. Core stability gives you the 'trunk strength' and flexibility needed to function injury and pain free, in day-to-day living. Using Pro Fitter helps improve the harmony of your muscle movement and core stability!

PROPRIOCEPTION

Proprioception is the body's ability to react appropriately to external forces. Often referred to as 'muscle memory' or 'neuromuscular awareness', proprioception is instrumental to an active, injury free lifestyle. Highly skilled athletes develop superior proprioception to help them use their muscle strength and endurance more efficiently. Proprioceptive exercises help form the basis for balance, coordination, strength and agility which are required to overcome injury and improve sports performance. Pro Fitter integrates muscle development and proprioceptive training efficiently into one activity.

UNIQUE DESIGN

Its unique rocking motion gives you another dimension of movement not found on other products. Rubber mounted foot pads independently flex and rotate to minimize stress to the knee and ankle joints while improving your stability and confidence. These features allow you to develop a precise weight transfer, superior lower leg strength and for skiers, outstanding edge setting technique.



CONVENIENT

Pro Fitter's streamlined, lightweight, efficient design weighs 20 lbs (9 kg) and has been proven durable by professional teams, hospitals and Olympic training centers around the world.

QUALITY

The Pro Fitter is made of aluminum with oak sides and solid brass bushings in molded wheels that glide quietly over its rocking base. Quality construction guarantees a maintenance-free machine and long term durability for home, clinical or institutional use.

GETTING STARTED

Adjusting Tension:
Beginners under 160 lbs:
Use 2 center cords

Beginners over 160 lbs:
Use 3 cords
Refer to chart on machine



TENSION CHART

Check tension setting before each use

Body Weight (lbs. only)	2 Cords	3 Easy + light cord	3 Hard + heavy cord	4 Cords
80 - 160	Beginner	Intermediate	Advanced	Pro
161 - 220		Beginner	Intermediate	Advanced/Pro

Increasing Tension:
Flip the Pro Fitter over, grasp cord on either side of center roller, stretch to loop it over roller.

Decreasing Tension:
1. Reach finger through the hole on skate.
2. Gently roll cord off with finger.



Pro Fitter Exercise Chart

Basics

Learning the basics of Pro Fitter is easy. The most important point is to always maintain good body posture with a heads up position. Start on a flat, smooth surface in a clear area. If necessary use a wall bar, ski poles or have a spotter for additional support.

1. Check the machine for proper tension setting based on your weight (see chart above).
2. Gently step on foot pads with feet centrally positioned. Concentrate on proper posture. If possible, use a mirror or window to see your reflection. **Keep your head up!**
3. Gently transfer your weight from one foot to the other with a smooth flowing motion. **DO NOT fight the machine - work with it.**



4. As your rhythm increases you will get closer to the bumpers at each end. Good posture is more important than lateral distance travelled.
5. Always maintain good upright posture with eyes focused in front of you! Pay attention to your balance.
6. Congratulations! You have mastered the basics of using a Pro Fitter



Fundamentals

Challenge yourself on the Pro Fitter for muscular balancing, trunk and leg strengthening, injury rehabilitation and ski conditioning.



Beginner
Basic exercises.



Intermediate
requires good form & control.



Advanced / Pro
use extreme care or spotter.



SLALOM

Control rapid weight transfer from one foot to the other with limited upper body movement. Concentrate on proper foot placement by pushing on the inner side of the weighted foot. Keep the skate in the middle portion of the rocker base.

Hip Rotator
Quads
Calves



GIANT SLALOM

Use a slower, longer and more controlled weight transfer. Work at travelling further on each weight shift. Concentrate on proper foot position (notice outer ankle position).

Quads & Glutes
Abdominal Stabilizers
Balance



DOWNHILL

Place feet near outer edge of footpads, tuck chest into front of body. By placing Pro Fitter on a lighter tension a slow curving motion can be simulated. Use caution and keep your head up!

Abdominals
Quads & Calves
Lumbar Spine



POWER THRUST

Place one foot on the end cap and the other on the foot pad. With a straight back, push the skate out and back repeatedly in a slow, controlled manner. Repeat on both legs.

Glutes & Quads
Lower Back
Overall Endurance



LEG EXTENSIONS

With one foot on the end cap and the other across the foot pad, keep weight forward and extend the front leg in a controlled manner. Return slowly and repeat.

Quads
Trunk Stabilizers
Balance



KICK BACK

Similar to the Leg Extension except the focus is on the rear leg. With a stable, controlled movement, extend the leg back to the end and repeat on both legs.

Glutes & Quads
Hamstrings
Trunk Stabilizers
Balance



ABI/ADDUCTION

Place foot between the center foot pads, with weight primarily on front foot. Slide the skate side to side in a controlled manner. Low resistance recommended.

Ab/Adductor
Peronei
Hip Rotators
Groin

Advanced

The following exercises require a good working knowledge of the Pro Fitter. Use caution and common sense with these and all Pro Fitter exercises.

Double Diamond

Indicates extreme difficulty. Falls should be expected.



Sitting Leg Extension
A fun, easy exercise for trunk control and improved ROM in knee or ankle joint. Feet may be on the end cap or on the floor. Many variations.

Quads
Hamstrings
Trunk Stabilization



Abdominal Crunches
Standing at one end of the Pro Fitter in a pike position, grip the platform firmly. Keeping the shoulders directly over hands, lower hips to push forward, then raise the hips to pull the skate back.

Back Muscles / Abdominals
Shoulder & Triceps



Sitting AB
Sit on the platform with feet on ground in front and hands grasping the platform under the butt, keep head central and rhythmically swing hips from side to side.

Obliques
Abdominals
Core



Sitting Luge
Sit in same position as Sitting AB, only raise heels from the floor. Concentrate on keeping the head and heels central. To increase difficulty, lean back as far as possible.

Abdominals
Hips and Thighs
Stomach & Sides



Shoulders
This is very similar to the Abdominal Crunches. Keep the back flat, only the arms are used to move the skate forward and then back.

Abdominals
Shoulders
Triceps
Stabilizers



One Arm
Focus on weight bearing closed chain shoulder rehab. Resistance must be very low. (1 or 2 cords). Maintain slow, controlled movement with no pain.

Shoulders
Rotators Cuff



Push - Up
Do a basic push up from the feet or knees. Move the skate from side to side. It is important to keep the head central with weight equally on both hands.

Chest /Shoulders
Deltoids & Triceps
Abdominals
Stabilizers



90° One Leg
Start with both feet facing the end of the Pro Fitter. Once you have good rhythm, carefully unweight one foot. Please use a spotter.

Quads & Glutes
Hips Stabilizers
Balance



Lateral One Leg
On the platform, start moving the skate with both feet. Once you have a good rhythm try to carefully unweight one foot.

Warning! This exercise is extremely difficult and requires a spotter.



45° Both Legs
Stand on platform at 45 degree angle. With smooth rhythm, push equally on both legs. Variation combining with deep knee bends.

Abdominals
Quads & Glutes
Lumbar Spine Balance



Ankles
Keep knees straight pushing skate forward with toes and pulling back with heels. Concentrate on using only the ankles and calves, all other muscles are relaxed.

Calves & Ankle Stability
Proprioception / Balance



Knees
Stand centrally on the platform facing the end of the Pro Fitter. With concentration on the knee joint, drive the skate forward then pull it back with the hamstrings.

Quads
Hamstrings
Knee Stabilizers



Stomach Pike
In the same position as the Knees exercise keeping the legs straight, push your feet forward with your stomach and then pull back again with lower spine muscles, knees should not bend.

Abdominals/ Lumbar
Core

WARNING - Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.



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