

ADVANCED CARDIO EQUIPMENT (A.C.E) IS DELIGHTED  
TO ANNOUNCE THE LAUNCH OF THE

# A-TRAINER

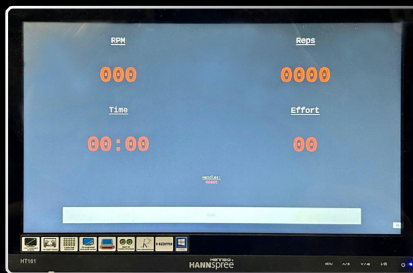
a revolutionary concept in fitness equipment



**Advanced Cardio Equipment (A.C.E) presents the A-Trainer, a revolutionary concept in fitness equipment.**

The A-Trainer combines the three key elements of physical exercise: **cardio vascular**, **muscular endurance** and **muscle building** giving the athlete the opportunity to alternate their training programme, by effectively targeting **all** these elements using one piece of apparatus.

As with many other fitness machines, the A-Trainer employs an elliptical motion with resistance belts to vary intensity levels. However, this machine differs from other gym equipment by employing a dual simultaneous piston action from a seated position. The unique dual handle design of the A-Trainer makes it possible, by utilising a variety of hand and body positions, to target a wider range of muscle groups.



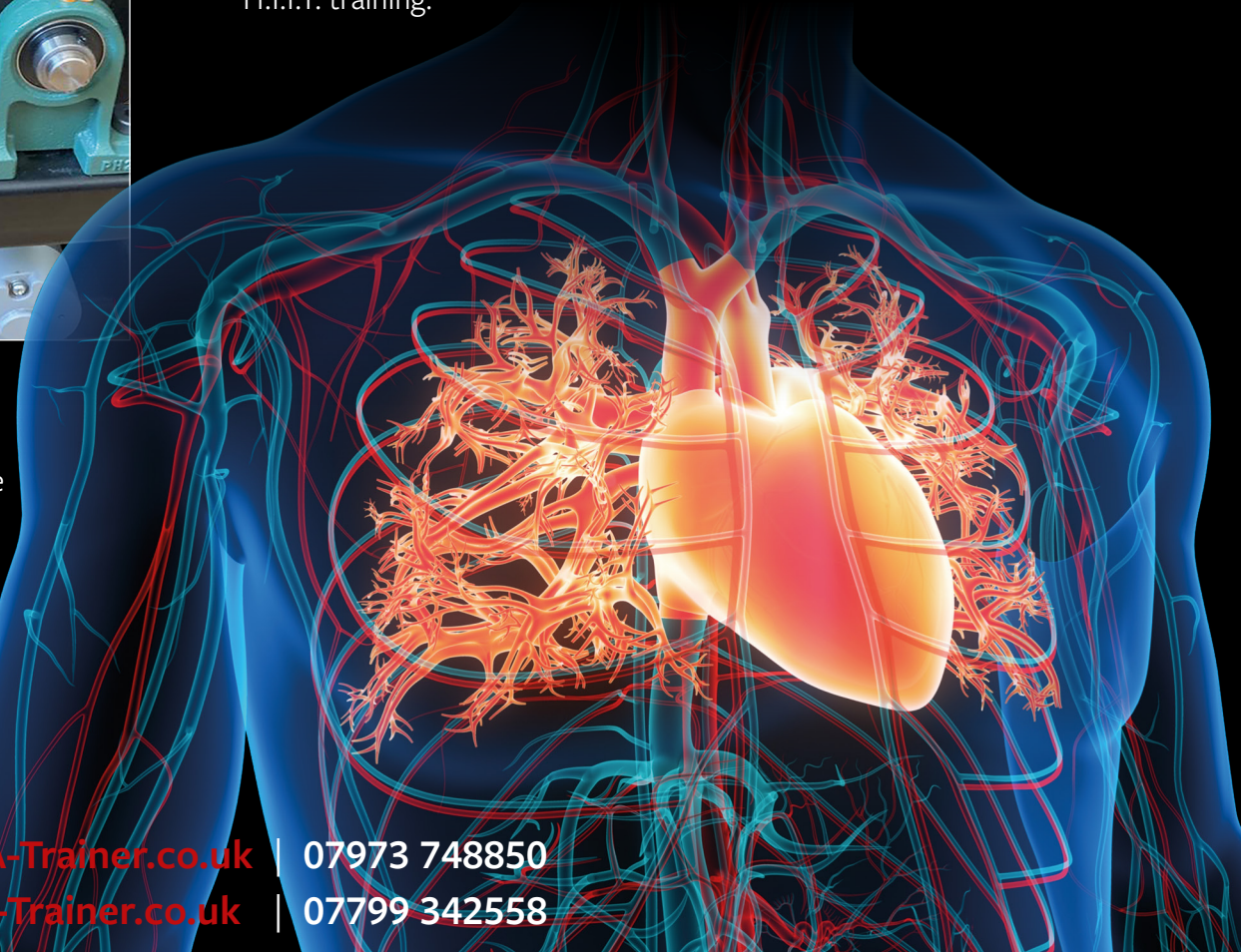
The ergonomic screen mounting allows the user to have comfortable visual access whilst operating the hand controls to regulate resistance levels whilst monitoring performance. By using innovative techniques the athlete can achieve a comprehensive upper body work out. ■

## Programmes

### Cardiovascular

These range of programmes vary from low intensity workouts for sustained periods, at reduced RPM which will aid fat burning, through to sprinting at increased speed (RPM) in short bursts of intense activity enhancing aerobic and anaerobic fitness levels.

For these programmes the machine is set at low levels or zero resistance. Cardio fitness will improve as the user extends the duration of their exercise or increases the number of explosive bursts akin to H.I.I.T. training.



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## Muscular endurance

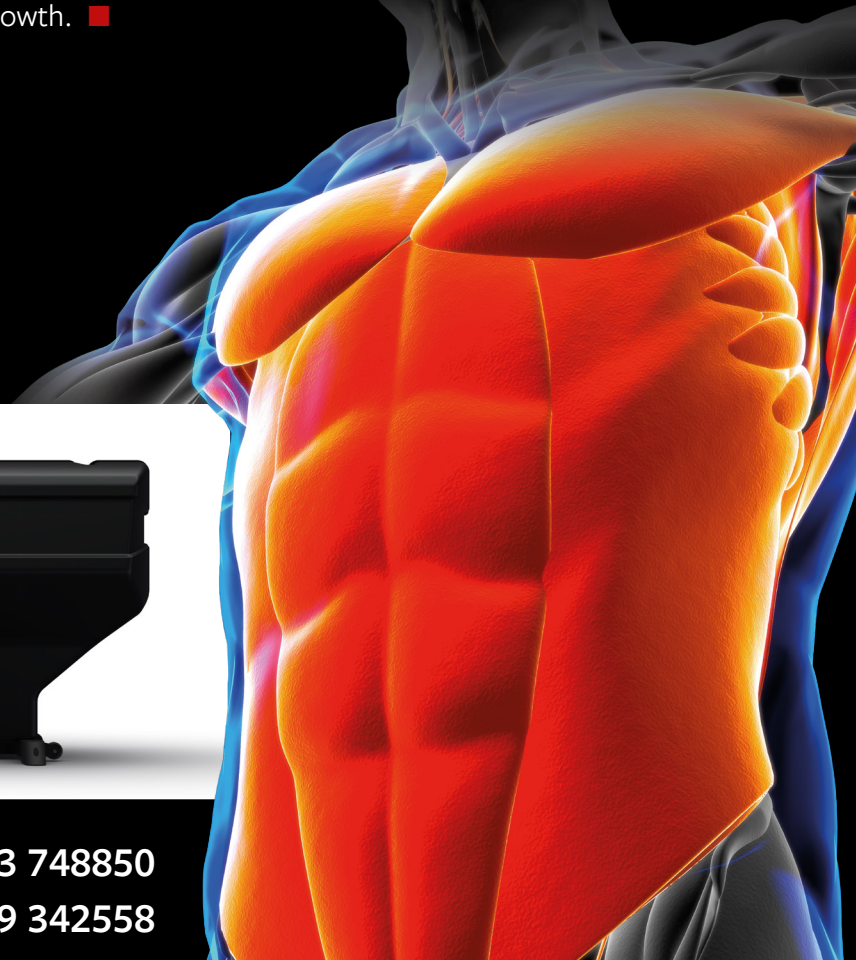
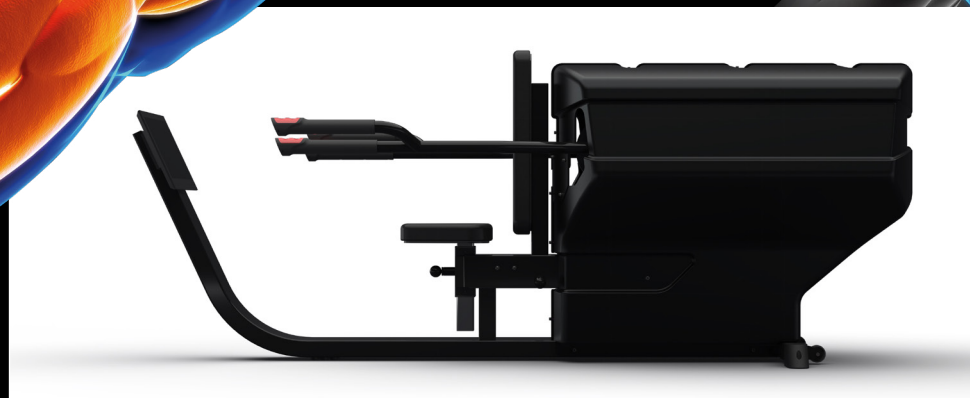
Muscular endurance programmes incorporate levels of resistance which can be pre-set prior to exercise or varied using the hand controls during exercise. They can target a particular muscle group but will normally incorporate other muscle groups to assist. Once more resistance is applied the user will be required to exert extra effort and will more strenuously engage the targeted muscle groups.



## Muscle building

This is activated at the higher levels of resistance training and involves an intensive effort for a limited period, similar to traditional weight lifting exercises. Once again all muscle groups can be individually targeted or combined.

These programmes are focused on heavy loads and short bursts of strength. At the highest levels of resistance and by varying the body position to isolate different muscles, a high intensity workout will promote muscular growth with a sustained training programme. For heavy or maximum resistance loads the athlete can work in sets of reps which once again can be increased as the athlete enhances muscular growth. ■



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## Medical study

We commissioned a medical report to support our claims. The study took place over 2 days at Broad Street amateur boxing club in East London and involved male and female athletes aged from 18-60 of varying fitness levels.

The result is a paper, published in the Institute of Physics and Engineering in medicine, which can be found on our website. This proved conclusively the benefits of exercising with the A-Trainer and members of the boxing club continue to incorporate the equipment into their individual training sessions.

As well as the sport of boxing where strength, stamina and muscular endurance are essential, we believe that many other sports including swimming, gymnastics, athletics field sports, canoeing and other activities, where upper body strength and fitness are key, will benefit hugely from incorporating the A-Trainer into their athlete's fitness programme.

The A-Trainer is proving to be a popular addition to the world of fitness and a perfect compliment to other training methods. In our society, where the benefits of a toned body and healthy cardio system are constantly referenced throughout the media, the A-Trainer provides the perfect opportunity to achieve that goal. It also provides a rehabilitation exercise programs for athletes with injuries such as cruciate ligament damage or leg fractures who wish to maintain the high levels of cardio vascular fitness their sport requires. ■

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Meanwhile, please do not hesitate to contact us  
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