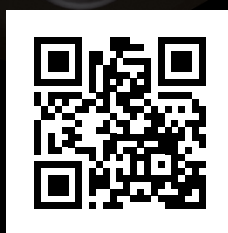


ADVANCED CARDIO EQUIPMENT PRESENTS THE A-TRAINER
A REVOLUTIONARY CONCEPT IN FITNESS EQUIPMENT.

A-TRAINER



One Machine. Three Training Systems. Unlimited Potential.

THE A-TRAINER

One Machine. Three Training Systems. Unlimited Potential.

REVOLUTIONISING FITNESS THROUGH INNOVATION

The A-Trainer is a unique upper-body fitness machine designed to combine **cardiovascular training, muscular endurance and muscle building** in one powerful piece of equipment.

Unlike conventional gym equipment, the A-Trainer enables users to perform low-impact, high-intensity workouts from a comfortable seated position, making it suitable for athletes, fitness enthusiasts, rehabilitation clients and active older adults alike.

Whether your goal is to improve fitness, increase strength, build muscle, burn calories or maintain conditioning during injury recovery, the A-Trainer delivers exceptional results.

WHY CHOOSE THE A-TRAINER?

CARDIOVASCULAR FITNESS

Raise your heart rate, improve circulation and increase endurance without the impact associated with running or other weight-bearing exercises.

MUSCULAR ENDURANCE

Adjust resistance levels to challenge multiple upper-body muscle groups simultaneously, improving stamina, strength and performance.

MUSCLE BUILDING

High-resistance settings create intense muscle-loading similar to traditional weight training, helping to stimulate muscle growth and strength gains.

LOW-IMPACT TRAINING

The seated design reduces stress on joints and lower limbs while still delivering a highly effective workout.

SUITABLE FOR ALL AGES & ABILITIES

From elite athletes to rehabilitation patients, the A-Trainer can be adapted to suit individual fitness levels and training goals.

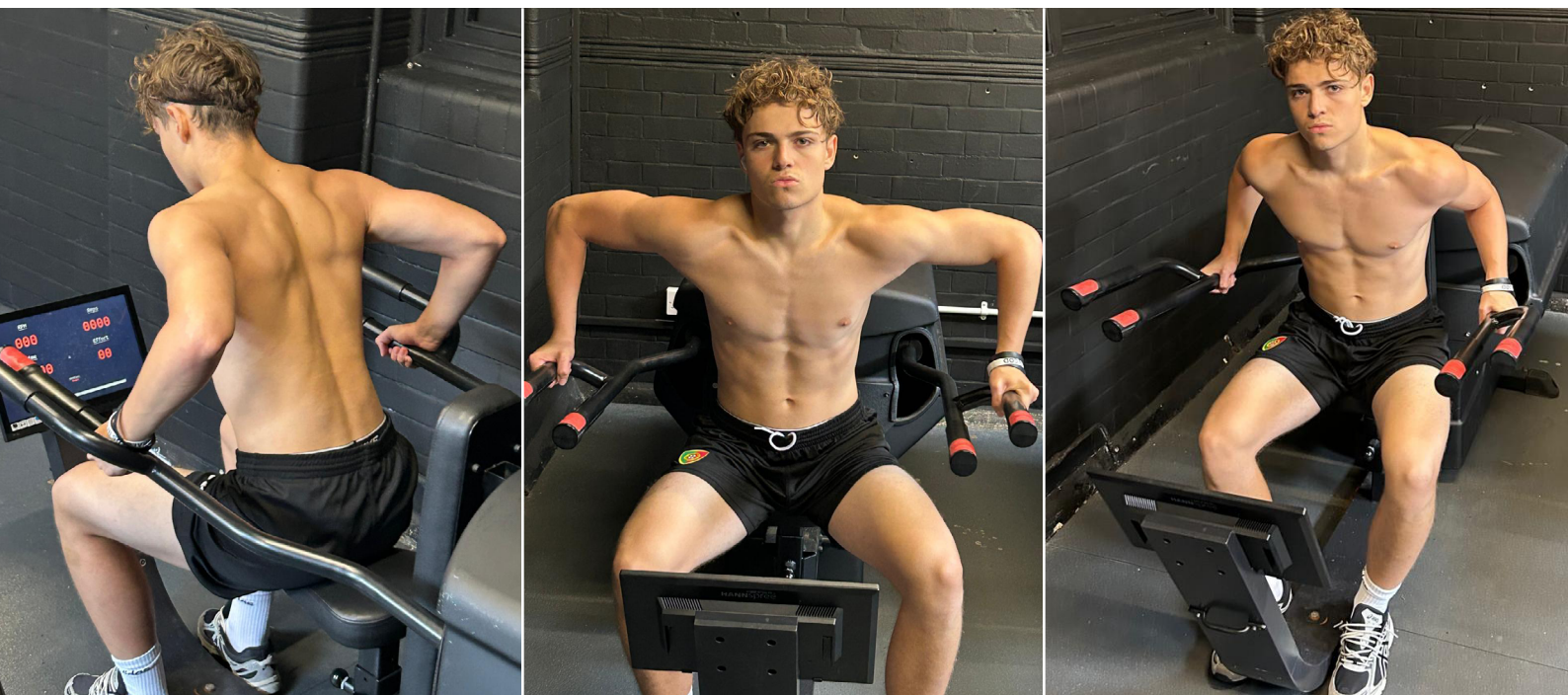
SCIENTIFICALLY EVALUATED

A 2025 independent mixed-method study conducted by researchers from Imperial College London and Bournemouth University assessed the effectiveness of the A-Trainer on muscle activation and cardiovascular performance.

Key Findings:

- Significant activation of all major upper-body muscle groups
- Effective cardiovascular exercise and calorie expenditure in short sessions
- Positive user feedback regarding comfort, effectiveness and ease of use
- Participants described the machine as safe, accessible and suitable for a wide range of users
- Strong potential applications in fitness training, rehabilitation and sports performance

Participants consistently reported improvements in muscular engagement, cardiovascular effort and overall workout satisfaction.



Create a new class experience.

Just as spinning transformed indoor cycling, the A-Trainer has the potential to create a completely new category of upper-body group fitness training. Members can train together through instructor-led interval, endurance and strength sessions suitable for all abilities.

TARGET MULTIPLE MUSCLE GROUPS

By simply adjusting body position and hand placement, users can target:

- Chest & Triceps
- Shoulders & Trapezius
- Latissimus Dorsi (Lats)
- Biceps & Upper Arms
- Core & Abdominals

All while maintaining a continuous cardiovascular workout.

PERFECT FOR

Gyms & Fitness Centres

Offer members a completely unique training experience unavailable on traditional equipment.

Sports Clubs & Athletes

Develop upper-body power, endurance and conditioning for boxing, swimming, rowing, canoeing, gymnastics, athletics and field sports.

Rehabilitation & Recovery

Ideal for users recovering from lower-limb injuries who wish to maintain cardiovascular fitness and upper-body strength.

Health & Wellbeing Facilities

A safe and accessible solution for clients seeking low-impact exercise options.

WHAT USERS SAY:

"It provides a substantial pump in your muscles and you really feel like you've had a hard workout."

"It's suitable for any age. Anyone can do it."

"I've never seen anything like it. It's revolutionary."

"The machine is comfortable, easy to use and feels incredibly safe."

THE FUTURE OF UPPER-BODY FITNESS

The A-Trainer has been designed to challenge traditional approaches to fitness by combining cardiovascular conditioning and resistance training in a single machine.

One machine. One workout.
Three proven fitness benefits.

CARDIO • ENDURANCE • STRENGTH

Arrange a Demonstration

Contact us for pricing, leasing options and commercial packages.

Advanced Cardio Equipment Ltd

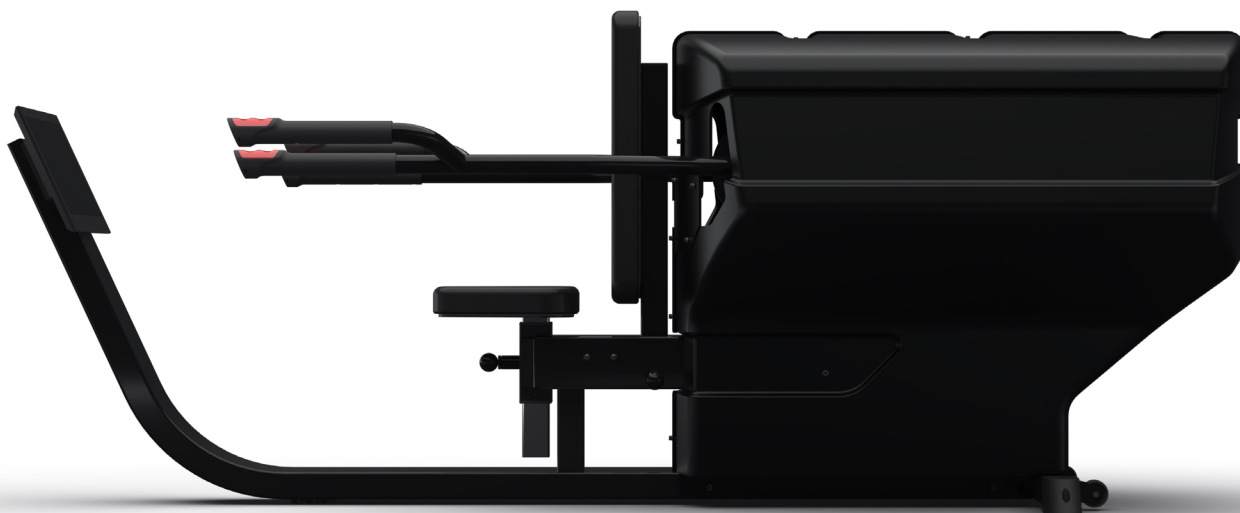
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The Revolutionary Upper-Body Fitness Solution





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