



Unlimited Air Resistance

The durable dual steel fan blades handle the most intense workout.



The console offers interval programs for high intensity workouts and displays time, distance, calories, rpm, watts, H/R and



Micro-Fit Seat Adjustment

personalized fit.

The 4 way adjustable seat allows for a quick and easy



Sealed Bearings

The commercial grade design is built to last.



WWW.CASCADEHEALTHANDFITNESS.COM

BLAZING NEW PATHS IN FITNESS







www.cascadehealthandfitness.com

OUR CASCADE WARRANTY

Frame – Lifetime

• Labor – 1 Year

CONTACT US

Parts – 5 Year Warranty

• Wearables – 2 Year Warranty

• Electronics – 2 Year Warranty

17280 Woodinville-Redmond Road NE STE 809, Woodinville, WA 98072 855.402.4062



CASCADE HEALTH & FITNESS PRODUCTS

Exceptional Quality, Great Value

Cascade Health and Fitness offers you high quality commercial grade exercise bikes and fitness products that are easy to use, durable, low maintenance and a great value. With over 25 years in the fitness industry, we back every product we make with an outstanding warranty and our promise of 100% customer satisfaction.

Just ask our Cascade customers!



 Pete Asadourian Owner, Future Fitness Pro

"When we were designing our warehouse, it was important to have high quality equipment that also gave our gym a modern and edgy feel. Working with Cascade, we were able to find the best of both worlds and have really loved the physical challenge their equipment brings to our client's workouts while also bringing such a cool dimension to the feel of our facility and brand. "

 Tana Trotter PT, DPT **CEO & Physical Therapist** Proximal50 Life Center



Toll Free **855-402-4062**

www.cascadehealthandfitness.com

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CASCIDE





CASCADE PRO POWER - KEY PRODUCT FEATURES

CASCIDE

CASCADE ROWER

Quiet Smooth Magnetic Performance

A great value and oh so smooth to use, the new Cascade Rower has 8 levels of guiet magnetic resistance with a simple turn of the dial. Motivating workout programs include custom interval training, with a Quick Start option. Sleek with a smart design, the Cascade Rower includes HR Monitor/Strap and 5" riser block and rolls easily with a standup option for storage.



CASCIDE

HEALTH & FITNESS®

CASCADE RECUMBENT EXERCISE BIKE

Great For Rehab

The Cascade Recumbent Exercise Bike is a fixed gear design that gives you a more comfortable and realistic pedal stroke with 16 levels of smooth magnetic resistance. Smooth, quiet bi-directional resistance lets you pedal forward and backwards throughout the whole 360-degree pedal stroke for a more effective workout.



CASCADE PRO - KEY PRODUCT FEATURES

Smooth Magnetic No-Slip Multi-**Resistance System** Position Handlebars

resistance system delivers a quiet ride. With no friction parts to wear and tear, these bikes are extremely durable.

and smooth magnetic adjust up/down and forelaft for better fit.



Comfortable 4 Way Easy To Adjust **Adjustable Seat**

Precision flywheel PVC coated handlebars Adjusts up/down and Increase the



fore/aft for better fit. resistance of your workout with a simple turn of the knob.



Resistance System

Precision flywheel resistance system delivers a quiet ride. With no friction parts to wear and tear, these bikes are extremely durable.



Smooth Magnetic NEW Backlit Display

Easy to read backlit screen that displays and smooth magnetic watts, heart rate, calories, resistance, speed, cadence, distance and time. BLUETOOTH and ANT+ technology sends out data for applications to read.



Dual Sided Pedals Designed for indoor

use with heavy duty construction and 9/16" thread size.

16 Levels Of Resistance

Resistance lever adjusts easily to give you 16 levels to vary the intensity of your workout - train with interval's from 30 watts to 1,000 plus watts.

CASCADE ROWER - KEY PRODUCT FEATURES



Quiet Smooth Magnetic Resistance

Precision flywheel resistance system delivers a smooth quiet high performance workout.



Motivating User Feedback

The Cascade Rower has 8 levels of resistance and smooth magnetic and motivating workout programs including Quick Start and custom interval training.



Comfortable **Ergonomic Seat**

The contoured ergonomic seat is comfortable to sit on during short or long workouts and glides smoothly.



Stand Up Option For Storage

The Cascade Rower stands up easily on end for convenient storage.



16 Levels of Smooth Magnetic Frame Design Resistance

Precision flywheel and smooth magnetic resistance deliver a smooth, quiet workout.



Easy Step Through This allows for easy

on/off access to seat and makes it easy for anvone to use which can be valuable in physio centers.



Comfortable Adiustable **Reclining Seat**

Console offers 11 Seat adjusts to 4 exercise programs comfortable incline plus displays speed, distance, time, HR, positions with a calories and watts. breathable mesh seat back.

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CASCADE RECUMBENT - KEY PRODUCT FEATURES





11 Training

Programs