



Club Connect **Lateral** Elliptical

The most effective elliptical ever built™

By training **more** muscle groups & creating **greater** activation within them, Helix® burns **more fat** and delivers **faster results** in less time than old fashioned ellipticals. In fact, its patented 3D lateral motion delivers the most effective cardio workout available.

Lateral ellipticals aren't just effective cardio: they also yield major benefits beyond fitness. As the only cardio that work the body in **all three dimensions of human motion**, lateral ellipticals have been clinically shown to reduce knee & hip pain due to arthritis, injury or joint replacement surgeries.*

They're also effective at **reducing age-related fall risk**, having been clinically shown to improve strength-related balance by an average 59%.***

Because of these competitive advantages, Helix® Lateral Ellipticals are used by some of **the world's most elite pro athletes**, such as the Los Angeles Lakers, the New England Patriots & the Cleveland Cavaliers, while their *therapeutic* applications make them equally suited for injury rehab and prevention for those in search of "active aging."

Surf the web,
watch TV or take live
Helixing classes directly
from the console!

Computer features
built-in WiFi
+ Bluetooth® enabled
smart tablet powered
by Android®



**The only cardio
trainer to work
the body in all
3 dimensions of
human motion.**

**Increased muscle activity
vs. "traditional" ellipticals.****

Obliques	55% more
Vastus Lateralis:	50% more
Adductors:	42% more
Gluteus Maximus:	39% more
Gluteus Medius:	33% more
Rectus Abdominis:	13% more
Spinal Erectors:	11% more
Target ♥ Rates:	23% faster

*2022 clinical study California State University, Long Beach **2011 clinical study Human Performance Research Lab, University of Tampa **2015 side step study

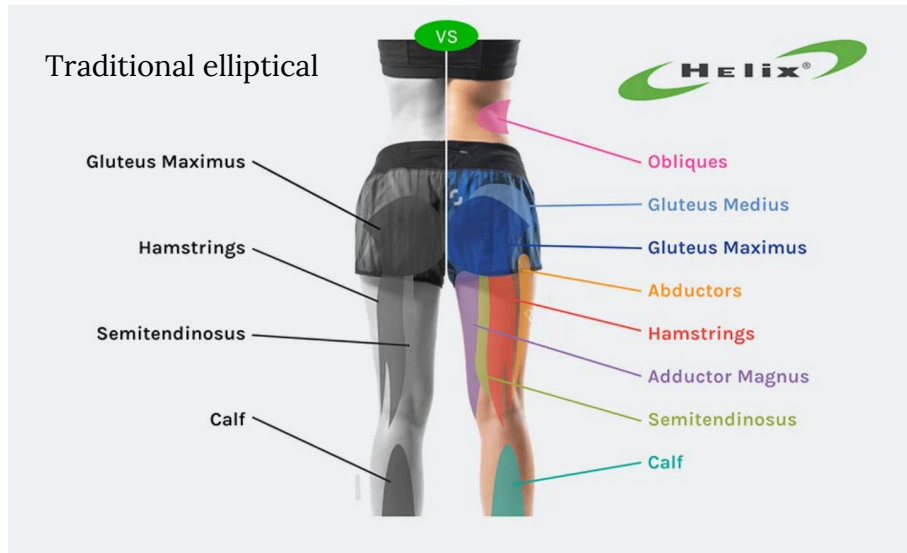
Powered by
android 

H3500 • 3D Club Connect Lateral Elliptical

FEATURES:

- **Computer:** a 10" built-in Android® powered Bluetooth® enabled smart tablet & three integrated, science-backed brain games
- **Phone mirroring**
- **Resistance Levels:** 20
- **Feedback:** Real time calories, RPM, watts distance, heart rate level, resistance level, METS, and time
- **Exercise programs:** 12 including Random
- **Embedded apps:** YouTube, Chrome, Netflix, Facebook, X, Instagram
- **Polar® compatible**
- **Embedded Helix@Home app** enables 24/7 on-demand classes directly from the console

Our top-of-the-line lateral elliptical designed for commercial gym settings or high-end home gyms.



Features integrated brain games:

Brain HQ for broad cognitive function & brain speed

N-Back Memory Training for improved working memory

Zing Performance for strengthening Brain-Body Connection

Max user weight: 350 lbs/159 kg **Unit weight:** 225 lbs/102kg **Footprint:** 42 x 42.5 in/107 x 108 cm
Power requirements: Plug-in (120 VAC 50/60 Hz) **Resistance method:** Electro-Magnetic