



2000

SMALL, ROBUST, INTELLIGENT,  
MEDICALLY CERTIFIED

SOLID TECHNIQUE,  
VARIOUS APPLICATIONS

6000



8000

PERFECT ERGONOMICS  
COMBINED WITH  
PREMIUM APPEARANCE



## WELCOME AT EMOTION FITNESS!

With our small, family-owned team, we do our very best to supply you with high-quality cardio machines for a health oriented fitness- or rehabilitation training.

Our company had been founded in 1992 and grew from a mere importer of existing machines through the development of a single test-ergometer to become a manufacturer of complete and high grade cardio lines.

We have decided to keep our focus on cardio machines and aim to smoothly deliver ergometers with intelligent training programs, superior connectivity and good biomechanics. All our employees use their individual knowledge and skills to reach that goal together. For us, this aim comes along with the need to produce in Germany, where we can manufacture and individualizes almost all of our machines based on your order.

According to your installations needs, we do deliver everything from a single, basic but medically certified machine to a complete cardio parcours with or without training control and documentation via PC, a testing station or machines that are prepared to be included in systems such as ECG-testing or -surveillance. They can also be integrated in circuit solutions of various partners or completely controlled by an external PC program.

We do look forward to a personal contact with you!

Yours sincerely

Inge and Helmut Klein

# CONTENT

What you will find:



## Monitors

The intelligence of our machines—  
fitness and cardio program packages

Page

4-5

## Training control

A system is more than several individual machines

## The Cardio Lines

...with particular features

8

## motion cycle

Three varieties of the classic ergometer

9-11

## motion relax

For long distances

11

## motion cross

Total body workout

Page

12

## motion stair

The underestimated original

13

## motion body

Strong for the top

14-15

## motion sprint

The lamella makes the difference

16-17

## motion cardio lines

Technical data

18-19

## The Monitor

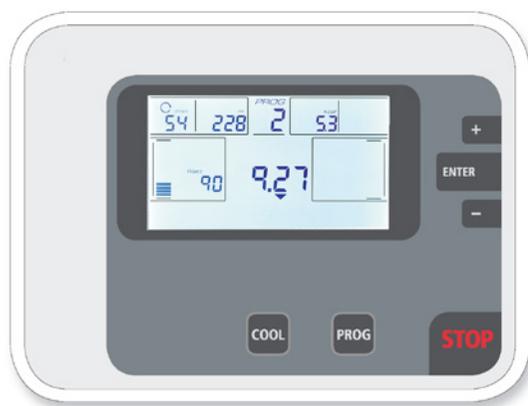
### The intelligence of our machines

We are convinced that an intelligent and targeted workout is more important to our customers than large screens with entertainment features. This is why we put many ideas and functions into our monitors. We have developed a clearly arranged, informative and backlit display that informs the user about the main workout parameters. Additionally we decided to stick to the same menu navigation throughout all our lines and machine types. When you can control one machine, you can control every emotion fitness machine. On the other hand, inside the monitor we did fit intelligent training programs and a very precise control of the high-quality brake system. Additionally many functions can be bought optionally or configured in a background menu.

**Pulse** A coded Polar® pulse receiver for pulse measurement via breast belt as well as at least one pulse controlled training program are always included in the standard machine setting. For situations in the medical  environment, where a pulse measurement might be needed, but the use of a belt is not or not easily possible, for the *motion line 600* and *motion line 800* we have re-invented the well-tried ear pulse clip.

Machines without medical certification can also be equipped with hand pulse sensors. The integrated motion pulse manager system (refer to separate description) enables an optimum pulse controlled resistance adaption in various training programs.

**Programs** On one hand we do want you to pay for just as much as you are using, on the other hand we wish to offer you a large, useful selection of training programs. Therefore in the standard program package we have included a rpm-dependent, a rpm-independent and a pulse controlled program. Additionally, we differ our larger additional program package in terms of fitness use or medical use with many interesting control mechanisms. Within the larger program package we also included a rpm constant program. Cycles of the two larger product lines can be equipped to work as a test ergometer, which does not limit its ability to be used as a regular workout machine in-between fitness tests. Some of the medical programs are especially designed to match the needs of physiotherapists.



200



600



800

## AVAILABLE PROGRAMS

**motion cycle 200 med**  
 1. Quick 2. Watt 3. Pulse

**STANDARD-Programs**  
**motion line 600** | **motion line 800**  
 1. Quick 2. Watt 3. Pulse\*\*

**optional comfort package**  
 for fitness machines

- 4. Calorie\*\*
- 5. Hill
- 6. Random
- 7. Interval
- 8. Distance
- 9. Power\*



**optional test package**  
 for cycle 600 fit  
 or cycle 800 fit

- IPN-Test  
(PC-evaluation possible)
- Astrand-Test
- PWC-Test
- Laktat-Test  
(just support for measurement procedure,  
 no evaluation within the machine)
- Standard-Test
- Conconi-Test

**optional therapy package**  
 for medical machines

- 4. Watt sensitive\*\*
- 5. Isokinetic\*
- 6. Therapy
- 7. Interval
- 8. Calorie\*\*
- 9. Hill
- 10. Random
- 11. Distance




**optional test package**  
 for cycle 600 med  
 or cycle 800 med

- IPN-Test  
(PC-evaluation possible)
- Astrand-Test
- PWC-Test
- Laktat-Test  
(just support for measurement procedure,  
 no evaluation within the machine)
- Standard-Test
- Conconi-Test



\* not available on the motion sprint \*\* pulse controlled programs can be adjusted speed or incline controlled on the motion sprint SL versions

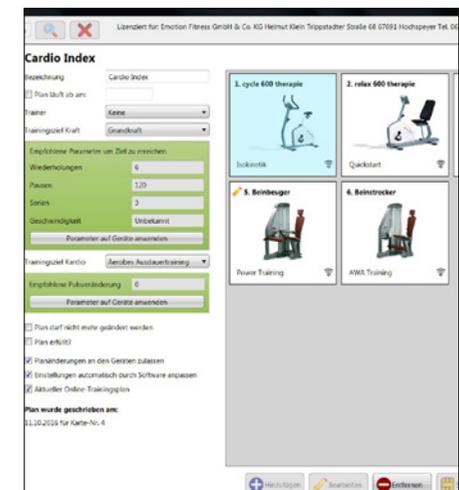
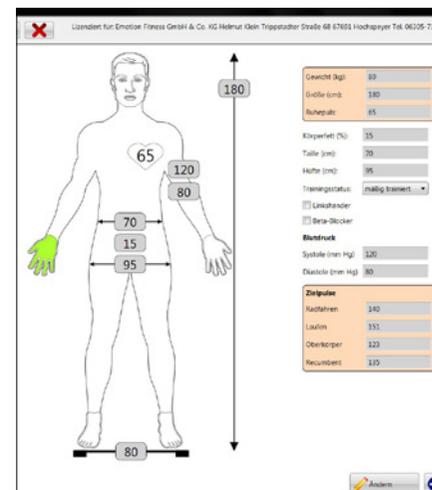
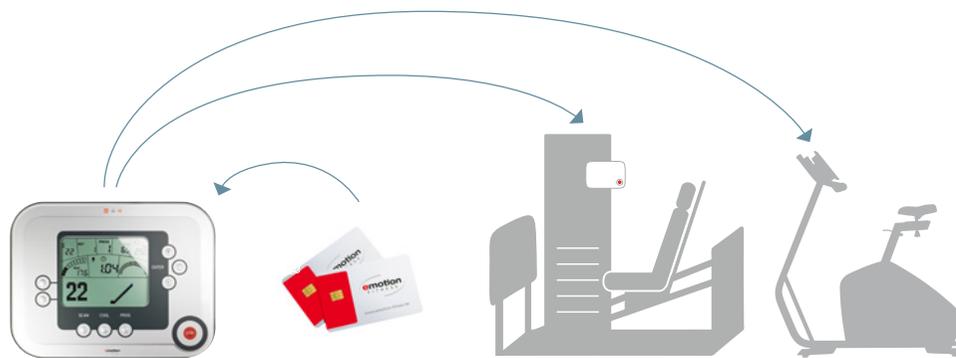
# Ease of use · Optimization of training · Documentation · System integration

A system is more than several individual machines

Everyone should do exactly what he can do best. Therefore, since 1992, we focus on cardio machines, their functionality and reasonable training. But as we also do know that the world and even the training world consists of more than just cardiovascular machines, we have set up a network to be able to connect our machines to the most divers systems and technologies. We would be happy to build individual concepts with you as well, but on the following two pages we would like to outline some of the things we can do even without individual concept development:

**1.** All of our machines do contain chip card readers and can (as well as our manufacturer independent weight monitoring system) write and read workout plans on chip cards and store results without the need of having a PC system. By this you have a training control without cost for you and without any handling for the customer. You and your customers know that they are working out correctly.

**2.** Our system becomes more sophisticated when you decide to use the chip cards in combination with our motion training manager software that is being delivered by our system partner Profit. With this software you can conduct fitness tests, standard workout plans, individual plans and store results in a clearly arranged way in order to document a training history for your customer. Obviously you can also implement the *motion power console* as well as some other modules of other manufacturers into this system. The aim here would be to have just one PC-system for the complete training area.

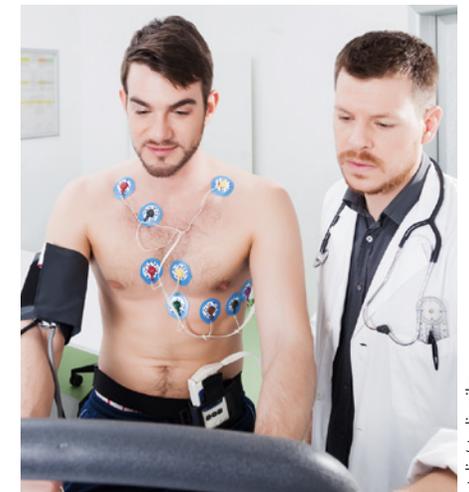
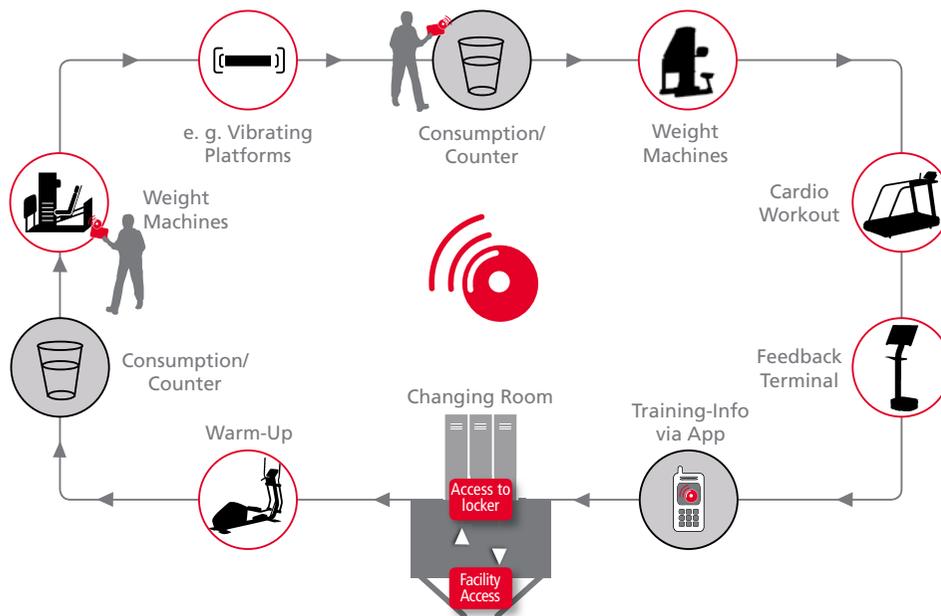


**3.** You do want a single storage/customer medium for your complete facility or company? You might even use a transponder for your employees already that shall now be used for the workout? Then there will be some coordination needed, but we do not mind integrate our machines into another transponder/RFID system. As no information is stored on the card, the PC systems can run completely autonomous, so data security can be realized. Once a system like this is set up, the communication between the PC-software and our units (cardio and weight) takes place in a wireless network. With every registration at a certain machine the latest training information for that particular machine will be transferred »online« and at termination of the workout the results are automatically stored in the software. Also control systems become more open for your tuning.

**4.** You do not want a complete emotion fitness training system, but would like to implement our cardio machines into another system? We do accept this, have set up an interesting network and try to stay open minded for new things. We can implement our machines into systems of some weight machine manufacturers, we offer a connection to the aktivKONZEPT world (with or without the Workout Point) and via the RS232 interface, the machines can also be used in combination with several ECG  applications or performance diagnostic tools.

But this is not the end of our journey, we are always eager to realize new utilisations and collaborate with research institutes to explore new technologies.

Please contact us in case you are interested in a certain project!



forolia/studiomiles

## This is what defines emotion fitness

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Cardio lines with specialties

### OUR CARDIO LINES

Our portfolio contains three different cardio lines, the weight monitoring system as well as a training control software (for the later two, please refer to our separate brochure). Except for the treadmills, all of our cardio machines are equipped with a hybrid brake system, that has been developed in-house by emotion fitness. This brake system offers an absolutely precise resistance output at low noise. Its rather high power output enables us at emotion fitness to offer all the machines except for the treadmill grid independently, even with various optional features.

By this, also machines that are PC controlled via RFID identification can be set up completely wireless.

The **motion cardio line 200** contains the *motion cycle 200 med*, which always comes with a medical certification and has been reduced to the elementary functions for basic appliances. The motion cycle 200 med is being complemented by the motion active sprint 200. This treadmill, which is a powerless version, offers active persons challenging and divers training possibilities.

The **motion line 600** is our standard line and consists of 6 different unit types. With these machines, we do manufacture based on order, which gives you the chance to choose between medical and fitness version as well as various optional features to tune the machine to your and your installations philosophy.

The **motion line 800** is the premium line of emotion fitness. Just as with the *motion line 600* you do have all options in configuring your machines. This line convinces with classy design in combination with premium materials such as an aluminum frame, an additional design element in the screwless casing and an acrylic glas front of the monitor casing.

This symbol marks extra information for the medical application.



### The motion cycle 200 med

Small, robust, intelligent, medically certified

Our »small« ergometer has been designed to fulfil the main needs of a medical training machine. It is always manufactured to fulfil the  medical device guideline 93/42 EEC and equipped with pulse receiver, three training programs, backlight and a serial interface. It's grid independency eliminates annoying tripping hazards and saves money on the power bill.

The machine always has a chipcard reader, so you can store training programs on a customer chipcard no matter if you use a PC software or not.

#### FUNCTIONS

- monochromous backlight
- RS232-interface (not galv. isolated)
- chipcard system
- coded Polar (R) pulse receiver
- 25-300 Watts, 20-120U/min
- max. user weight: 130kg
- grid independent

#### OPTIONS

- refitting of length-adjustable crank-arm possible
- refitting of motion easy move possible
- refitting of transportation wheel possible



200

## motion cycle

### The classic ergometer – 3 variations

These two machines can match multiple uses reaching from a basic Warm-Up function up to ECG surveillance. The grit independency combined with medical accuracy can be granted even with most of the various optional features thus giving you maximum flexibility in your installation. When used as a medical machine  the low access and the ergonomical and adjustable positioning is especially valuable.

The sophisticated technical functions of the *motion cycle 600* are being supplemented by appealing materials with this *motion cycle 800* ergometer. The dominant element of this line is the continuous aluminum frame. The connector of the completely screwless casings is also being manufactured from aluminum. Other eye catchers could be the design elements in the casing as well as the acrylic glass front of the monitor used.



#### STANDARD FEATURES

- multicolour – backlight with bio feedback system
- RS232 interface
- 3 training programs
- Chip card system
- Coded Polar® pulse receiver
- wide access

#### OPTIONS

- 750 Watt rpm independent resistance
- Maximum user weight increase to 200 kg
- Ear pulse measurement
- Hand pulse measurement (only with fitness machines)
- External power supply for continuously lit display
- Galvanically isolated interface
- Wireless network for training control via RFID system
- Certified according to 93/42 EEC



Our recumbent ergometers *motion relax 600* and *800* enable workouts in a very comfortable position and are therefore extremely well suited for long training sessions and heavy users. For the latter the very wide access to the machines is important as well. This machine can also be delivered in a so called boosted version with a maximum user weight of then 250 kg.  Then it will have higher and wider handles at the seat and a turnable seat to realize getting on and off the machine.



600

**FUNCTIONS**

- Easy to use, multicolour display
- Free access
- Horizontal, gas spring supported adjustment
- Grid independent
- Coded Polar® pulse receiver
- Biofeedback on training parameters via background colour

**OPTIONS**

- Length adjustable crank arm
- Galvanically isolated interface
- RFID system/wireless network
- Gas spring supported back rest adjustment (not to be combined with boosted 250kg)
- Hand pulse system (not with medical machines)
- Ear pulse system, Extended user weight up to 200 kg
- Extended user weight up to 250 kg, with turnable seat and higher armrests
- Head rest
- Certified according to 93/42 EEC



800

## motion cross

### Total body workout

The *motion cross 600* and *motion cross 800* convince with their upright training position that antagonizes the often seated jobs of many employees. A workout on these machines requires a large number of muscles. When designing these machines, we have set a high value on a smooth movement combined with a good interaction of arm and leg activity that feels good and is joint-friendly. We added a pre-set, but adjustable rpm-limit as well as the automatic slow down of the movement at the end of a workout as extra safety measures.



600

#### FUNCTIONS

- Easy to use, multicolour backlit display
- Grid independent
- Coded Polar®-pulse receiver
- Forward and backward movement
- Large, anti-slip rubber feet
- Rpm-limit for extra safety

#### OPTIONS

- Galvanically isolated interface
- RFID-system / wireless network
- Hand pulse system (not for medical machines)
- Ear pulse system
- Increased maximum user weight to 200 kg
- Certified according to 93/42EEC



800

## motion stair

The underestimated original



The *motion stair* has been replaced by crosstrainers almost completely, because it needs a bit more guidance by your staff. And yet, the movement is so demanding and valuable as it simulates the daily life activity of climbing stairs, which intensively requires hamstring and gluteal muscles. As this machine works pedal-independently, variable step heights and frequencies can be chosen individually and cognitive abilities are being trained. The integrated auto-weighting-system continuously measures the body weight to be able to measure wattage and calories correctly. The large rubber footpads grant a smooth step and a comfortable training appearance.



600

### FUNCTIONS

- Easy to use, multi-colour backlit display
- Grid independent
- Coded Polar® pulse receiver
- Auto-weighting-system for correct parameters
- Pedal independent system for coordinative workouts

### OPTIONS

- Galvanically isolated interface
- RFID-system / wireless network
- Certified according to 93/42 EEC



Variable  
step height



800

## motion body

Strong for the top

The upper body ergometer becomes more and more important for training and therapy. As a cardio machine it is being used for a targeted stamina workout of the upper extremities, in therapeutical use it can mobilize patients with shoulder/elbow injuries. The standard, length-adjustable crank arm is helpful for mobilization, but also enables synchronous mode workouts (handi-bike). The wall-mounted model, which is available with the motion line 600 as well as the motion line 800 monitor, is the most space and price effective variation. The machines rail system is being mounted to the wall and there the range of drive unit adjustment is large 40 cm. By that, one can train seated, standing and obviously also in a wheelchair without any frame limitation.

### Wall mounted body 600/800

#### FUNCTIONS

- Easy to use, multi-colour backlit display
- Forward and backward movement
- Gas spring supported, stepless height adjustment of the drive unit for optimal adoption of the pivot point in upright as well as seated workouts
- length adjustable crank arm with synchronous/asynchronous mode
- ergonomical Leki® hand grips
- Grid independent
- Coded Polar® pulse receiver

#### OPTIONS

- Galvanically isolated interface
- RFID-system / wireless network
- Leki® Trigger Glove or Leki® Trigger Strap
- Certified according to 93/42 EEC



800

600



600

The drive unit can be moved via wide range and is gas-sprint supported to be adjusted for a standing as well as seated movement. The motion body 600/800 with standing frame comes with a seat, that can be easily removed. Then the access height is just 5 mm and also enables access for many wheelchair models. Several scales enable to reproduce good training positioning.

DETAILS 600/800



Ergonomical hand grip



Wide range of height adjustment



Length adjustable crank arms

Horizontally adjustable seat optionally



600

800

Standing body 600/800:

**FUNCTIONS**

- Easy to use, multi-colour backlit display
- Forward and backward movement
- Gas spring supported, stepless height adjustment of the drive unit for optimal adoption of the pivot point in upright as well as seated workouts
- Length-adjustable crank arms with synchronous mode
- Ergonomical Leki® grips
- Removable seat for upright training, training on exercise ball or for wheelchair access
- Grid independent
- Coded Polar(R) pulse receiver

**OPTIONS**

- Leki® Trigger Glove or Leki® Trigger Strap
- Galvanically isolated serial interface
- RFID system/wireless network
- Horizontally adjustable seat
- Boosted version, max user weight: 200kg
- Certified according to 93/42 EEC

800



## motion active sprint 200

Powered by the user

The motion active sprint 200 has been developed for well-achieving trainees, that want to train all movement aspects in an efficient and entertaining way. The machine uses the well known and proven lamella technology that we already trust in for 20 years and allows a pushing and pulling mode. By the standardly used belt the body activity can be transferred to the lamella belt efficiently. The hybrid-brake brake system allows an additional resistance and supplies the power for the use of the standard monitor. Without external power supply this machine allows a simple workout on an ideal running surface size.



*Height adjustment  
of belt*



### FUNCTION

- Easy to use, backlit display
- Very comfortable running experience and superior cushioning by lamella technique
- Coded Polar® pulse receiver
- Up to 1km distance: Meter precise stretch of way, then 10m-precise
- Belt system for ideal power transition
- no speed limitation, due to self-pacing system
- Resistance-increase through silent, proven HBS brake

### OPTIONEN

- boosted versions, to either 200 or 250 kg max. user weight

200

The lamella makes the difference

Our treadmills are always equipped with the lamella system as we appreciate its superior cushioning, the premium ganging and the very low power consumption. As the motor fits in-between the running surface of the machine, the measurements can be kept really compact, thus offering a full size treadmill. The machine versions with inclination enable the pulse controlled training programs to either adjust intensity via speed or inclination. Both unit lines offer the treadmills with  medical handrails or fitness handrails.



**600**

**FUNCTIONS**

- Easy to use, multi-colour backlit display
- Very comfortable running experience and superior cushioning by lamella technique
- Coded Polar® pulse receiver
- Speed: 0–17 km/h in 0.1 km/h steps
- motion sprint SL: -3 to +12% incline
- motion sprint SL med: 0 to 15% incline 
- On SL versions: Pulse controlled programs to be adjusted via speed or inclination
- Up to 1 km distance: meter precise stretch of way, then 10m-precise

**OPTIONS**

- Galvanically isolated interface
- RFID system /wireless network
- Hand pulse system (not for medical machines)
- Ear pulse system
- Increased maximum user weight to 250 kg on motion sprint 500 SE models (fitness and medical)
- Axle support
- Reverse mode
- Certified according to 93/42 EEC



**800**

## motion cardio lines

### Technical Data

#### Informationen:

200

#### motion cycle 200 med

- Monochrome backlight
- RS-232 interface (not galvanically isolated)
- Chipcard system
- Coded Polar® pulse receiver
- 25-300 Watt, 20-120 U/min
- Max. user weight: 130 kg
- Grid independent
- manufactured according to DIN EN ISO 957-1 S-A-I, DIN EN 60601-1-2
- Certified as medical product according to 93/42 EEC 
- Measurements: 100 x 65 x 145 cm, 64 kg

#### motion active sprint 200

- Monitor for training surveillance
- backlit display
- 21 Levels for resistance increase
- Belt system for ideal power transition
- Grid independent
- manufactured according to DIN EN ISO 20957-1 S-B, 'DIN EN 957-6, DIN EN 60601-1-2,
- Max. user weight: 150 kg
- Measurements: 198 x 79 x 145 cm, 150 kg

#### General Information:

600 800

#### motion cardio line 600 / 800 fit + med

- (exception: motion sprint 600 / 800 fit + med):
- Multicolour backlight with bio-feedback
  - RS-232 interface (not galv. isolated)
  - Chipcard system
  - Coded Polar® pulse receiver
  - Calibrated and recalibratable brake unit
  - Mono-v-belt drive
  - Max. user weight: 150 kg (increased max. user weight optionally available)
  - Grid independent
  - Manufactured according to DIN EN ISO 20957-1 SA-I, DIN EN 60601-1-2
  - Medically certified machines also according to 93/42 EEC 

Technical Data

Specific unit information:

**600**

**motion cycle 600 fit + med**

- Power range fitness: 25-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- Power range medical: 15-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- DIN EN ISO 20957-5 SA-I
- Measurements:  
125x65x155 cm (LxWxH), 63 kg

**motion relax 600 fit + med**

- Power range fitness: 25-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- Power range medical: 15-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- DIN EN ISO 20957-5 SA-I
- Measurements:  
152x67x132 cm (LxWxH), 105 kg

**motion cross 600 fit + med**

- Power range: 100-500 Watt rpm-independent (up to 1000 Watt rpm-dependent), 20-120 rpm, rpm limit preset to 80 rpm
- DIN EN ISO 20957-9 SA-I
- Measurements:  
204x65x165 cm (LxWxH), 103 kg

**800**

**motion cycle 800 fit + med**

- Power range fitness: 25-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- Power range medical: 15-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- DIN EN ISO 20957-5 SA-I
- Measurements:  
130x65x146 cm (LxWxH), 74 kg

**motion relax 800 fit + med**

- Power range fitness: 25-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- Power range medical: 15-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- DIN EN ISO 20957-5 SA-I
- Measurements:  
159x65x137 cm (LxWxH), 82 kg

**motion cross 800 fit + med**

- Power range: 100-500 Watt rpm-independent (up to 1000 Watt rpm-dependent), 20-120 rpm, rpm limit preset to 80 rpm
- DIN EN ISO 20957-9 SA-I
- Measurements:  
204x65x157 cm (LxWxH), 118 kg

**600 800**

**motion body 600/800 fit + med**

- Power range medical: 15-500 Watt rpm-indep., (up to 1000 Watt rpm-dependent.), 20-120 rpm
- DIN EN ISO 20957-5 SA-I
- Measurements:  
116x77x150 cm (LXWXH), 108 kg
- Measurements Wall mounted:  
65x56x150 cm (LXWXH), 47 kg

**motion stair 600 / 800 fit + med**

- Pedal independent system
- Continuous weighting system
- Power range: 4-27 m/min descending speed
- DIN EN ISO 20957-8 SA-I
- Measurements:  
105x60x145 cm (LxWxH), 65 kg

**motion sprint 600 / 800 fit + med**

- Energy saving, brushless 1100W DC-Motor, tooth belt controlled lamella system
- Emergency-Stop-System
- EN 60601-1/: 30V/50-60Hz, EEC separate fuse protection required
- Medical machines manufactured according to: DIN EN ISO 20957-1 SA, DIN EN 957-6 SA, DIN EN 60601-1-2, CE based on medical device guideline 93/42 EEC class IIa (i)
- Measurements:  
198x79x145 cm (LxWxH), 195 kg



# ON THE MOVE

**emotion fitness GmbH & Co. KG**

Trippstadter Str. 68 · 67691 Hochspeyer  
Germany

**[www.emotion-fitness.de](http://www.emotion-fitness.de)**

Telefon +49(0)6305.71499-0

Telefax +49(0)6305.71499-111

**[info@emotion-fitness.de](mailto:info@emotion-fitness.de)**