

ON THE

**e**motion

FITNESS

MOVE

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# WELCOME TO EMOTION FITNESS!

emotion fitness is the specialist for cardio equipment! We decided to focus on what we can do best, and that is the development and production of high-quality cardio equipment for health-oriented training or therapy. With our long-term motto „on the move“ and with our company’s name, we express that we move people, but that we are constantly developing ourselves as well. We have been on the market as a small, family-run company for more than 30 years now. Initially „only“ as an importer, followed by our first test ergometer, we have continued to develop and have become a manufacturer and supplier of high-quality cardio machines. Each of our employees is committed to providing you with ergometers with intelligent training options and good biomechanics in an uncomplicated way. For us, this includes production in Germany, in order to manufacture every single device individually. Depending on your needs, we can supply a single device, a complete cardio park with or without training control via PC, a test station or devices that are perfectly prepared for integration into systems.

We look forward to a personal contact with you!

Sincerely,

*Guge Klei + Stephanie Schmitt*

WELCOME



# WHY EMOTION FITNESS?

## OUR EQUIPMENT IS **MEDICALLY CERTIFIED**

Operators of medical machines must follow strict requirements for the products used. Most of our machines are medical products according to 93/42 EWG, class IIa, which are tested by an external facility with respect to accuracy, safety, effectiveness and usability...

## OUR DEVICES ARE **GRID INDEPENDENT**

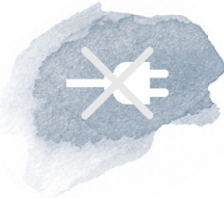
Most of our machines are grid-independent. This saves unsightly and annoying cables, but also electricity costs for continuous operation. You are completely free to choose where you want to place the equipment and you can also change this decision again...

## WE ARE STRONG IN **SERVICE**

We emphasize service and this does not just relate to our technical service, but to all other areas where we are in contact with our customers and business partners. We are big enough to work professionally and we are small enough to have a personal relationship with our business partners and customers...

## WE ARE **SUSTAINABLE**

Sustainability from the beginning to the end. All our machines are made in Germany, since Europe is our largest sales market, the distances are usually short. All machines are durable and most of the materials used can be recycled. Most of the machines are grid-independent, and thereby save the most obvious resource – electricity – that you have on your bill month by month.



# WELCOME

# MOTION CARDIO LINE 900

After 3 years of development, we present a new line of cardio equipment in 2022, which features many technical innovations in both, hardware and software. While the mechanical changes are essentially device-specific, the new monitor is being used across all lines.

What has not changed is that the entire series continues to be **manufactured in Germany**. This secures **jobs**, saves **resources** - and thus the environment - and gives enormous **flexibility** in order-related production.

The self-motion driven brake, which combines an eddy current brake and a current producing generator, operates with absolute precision. Our self-developed, unique control electronic board enables us to safely guarantee the medical accuracy requirements over a power range of 15-950 watts. This is still possible even if additional consumers such as the inductive charging coil or Bluetooth® and RFID have to be powered up. The available power is first used to operate the monitor. Any surplus generated charges a capacitor so that subsequent users can enter their training parameters without initial pedaling. In addition, with the „performance package“ option selected, a mobile device can also be charged wirelessly via a built-in **Qi charger**.



motion cardio line 900

## PERFORMANCE PACKAGE



- inductive charging via Qi-technology
- higher maximum power with motion cycle 900 (950 watts), motion relax 900 (950 watts), motion body 900 (550 watts), motion cross 900 (950 watts) and motion sprint 900 SL/SE (22 km/h)
- reduced initial load from 7 watts for motion cycle 900, motion relax 900 and motion body 600 (when using an external power supply)

## CONNECT PACKAGE



- any available system integration
- use/configuration of RFID, NFC, compatible mobile devices, Bluetooth® Low Energy and barcode identification

## PROGRAMME PACKAGE



- in addition to the standard (Quick, Watt, Pulse) these training programmes: Watt sensitive, Isokinetics, Therapy, Interval, K-Cal, Hill, Random, Distance
- IPN test, plus 5 additional tests with motion cycle 900
- full range of functions on motion balance system and serious games for motion cycle 900, motion relax 900 and motion cross 900

# MOTION CARDIO LINE 900

The **capacitive 7" touch display** convinces with a variety of views and enhanced visualizations of the training history. We have given great importance to the fact that the operation remains comprehensible. On the bike ergometer, recumbent bike and cross trainer, a display of the force distribution between the two sides of the body, our **motion balance light system** comes as a standard feature. The optional programme package extends the 3 standard training programmes with various intelligent add ons such isokinetic training, intervals, tests on the cycle ergometer, programme memory and serious games for certain products.

Less visible, but important in today's daily training routine, is the connectivity of the **new control unit**, which we put a lot of attention to during the development of the console. Here, **RFID** identification as well as **NFC** and **barcode** identification is possible. Just like the identification, data transmission to the training control systems can be done in a variety of ways, making it easy to implement the devices wirelessly. One of the new connection options is to hook up to a smartphone or tablet, which can exchange data with a database or visualize data via an **app**.

In order to make configuration easy, we have developed three equipment packages for our various monitor functions:

motion cardio line 900



# MOTION CARDIO LINE 900

With our new line of equipment we solve an old problem in a comfortable way. Interference of the pulse rate by external interferences or other users! We can use the new Polar® auto connection function even without a PC in the device and still mains independent to establish a connection between the training device and the Polar belt. We use the familiar 5 kHz coil for identification and then automatically switch to interference-free Bluetooth® transmission. The important thing for your setup, in addition to the accurate and interference-free transmission, is that it does not require any manual coupling or decoupling, so that users do not have to be trained on the handling. In addition the previous chest straps from Polar with 5 kHz technology are still compatible. Once the Polar® belt is linked to the device, the new connection also allows the transmission of other parameters, such as pulse rate, heart rate variability, and soon also respiration rate. Of course, we are already working on solutions for using these new parameters for control purposes.



- ♥ heart rate range
- C rpm indication
- M motion balance light system

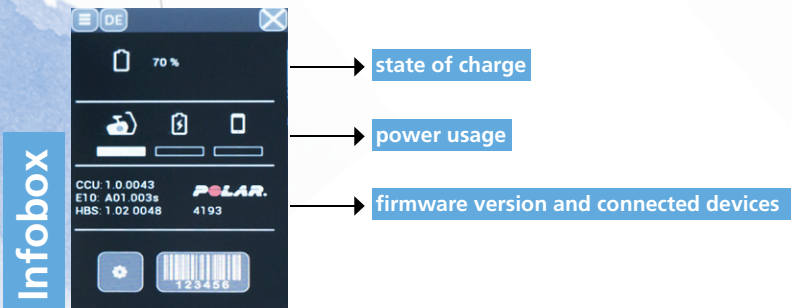
motion cardio line 900

# MOTION CARDIO LINE 900

The monitor itself shines with its simple menu navigation and clear display of the training progress. We want to continue to focus on good training and not on entertainment, which can nowadays be supplemented by mobile devices if required.

If mobile devices are used, they can also be linked to the device using a suitable app and training parameters can be transmitted. The connection is always wireless via Bluetooth®, starts with the transmission of the training parameters to the ergometer and ends with the transmission of the results to the selected target volume.

Smartphones or tablets can be charged inductively via the Qi system during training and training data can be displayed via a dedicated screen design. The possibilities for individual training and therapy design are thus virtually unlimited, and emotion fitness will continue to expand these possibilities in the coming years so that the training design can perfectly match your customers or patients.



motion cardio line 900



# motion **cycle 900**

The bike ergometer



wide  
step-through



adjustable  
handlebars



motion cardio line **900 cycle** » relax » cross » body » stair » sprint

# motion **cycle 900**



## TECHNICAL DATA

### motion cycle 900 fit + med

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- mono-belt drive, self-adjusting
- calibrated and re-calibratable, quiet HBS brake
- side-dependent power display
- mains-independent operation
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN EN ISO 20957-5 S-A-I, DIN EN 60601-1-2
- medical devices certified according to 93/42 EWG, class IIa
- medical power range: 15 - 500 watts speed-independent
- fitness power range: 25 - 500 watts speed-independent
- rpm range: 15 - 140 rpm
- max. user weight: 150 kg/330 lbs
- dimensions: approx. 119 x 65 x 145 cm / 46.9 x 25.6 x 57.1", approx. 58 kg/128 lbs



### motion cycle 900

The motion cycle 900 has been completely revised from a biomechanical point of view and now meets all the requirements for an optimal, individual training position. Parallel to the changes in the monitor, the housing has been made more compact to allow for a wide step-through of approx. 36-41 cm/14.1-16.1" and a deep position of the axle for easier mounting and dismounting. Children can use the motion cycle 900 from a height of approx. 135 cm/53". The seat post has been optimised for a very wide adjustment range, which extends the user group to heights up to 205 cm/80". Whether tall or short, athlete or patient, everyone benefits from the Q-factor of no more than 18 cm/7" and the horizontal saddle adjustment. If you want to further optimise your training position, we offer the handlebar adjustment as an option. This allows the handlebars to be swivelled horizontally and vertically and thereby allows an upright or triathlon position. The technology used allows wobble-free fixation with little force.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quick start, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- deep, wide step-through
- vertically and horizontally adjustable saddle

#### OPTIONS

- performance package (Qi charging, max. 950 watts, with power supply min. 7 watts)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, test profiles, programme storage, serious games)
- „all-in-package“: performance + connect + programme package
- boosted cycle - user weight increase to max. 200 kg/440 lbs
- length-adjustable cranks, adjustable without tools
- motion easy move roller lift system
- adjustable handlebars
- housing in anthracite colour
- certification according to 93/42 EWG, class IIa

# motion relax 900

The recumbent ergometer



Backrest adjustment



Pedal shoes



Swivel seat on boosted 250 version



motion relax 900

motion cardio line 900 cycle » relax » cross » body » stair » sprint



## TECHNICAL DATA

### motion **relax 900 fit + med**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®) downward compatible
- mono-belt drive, self-adjusting
- calibrated and re-calibratable, quiet HBS brake
- side-dependent power display
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN EN ISO 20957-5 S-A-I, DIN EN 60601-1-2
- medical devices certified according to 93/42 EWG, class IIa
- medical power range: 15 - 500 watts, rpm-independent
- fitness power range: 25 - 500 watts, rpm-independent
- rpm range: 15 - 140 rpm
- max. user weight: 150 kg/330 lbs
- dimensions: approx. 173 x 65 x 133 cm/68.2 x 25.6 x 52.4" (L x W x H), approx. 80 kg/176.4 lbs
- with option boosted dimensions: approx. 173 x 78 x 133 cm/68.2 x 30.7 x 52.4", approx. 104 kg/230 lbs



### motion **relax 900**

The motion relax 900 is a comfortable training device for long training sessions, for patients with neurological or orthopaedic restrictions as well as for very heavy users. The new development of this device comes along with an extended step-through and a good Q-factor. In addition, there are handles for safe mounting and dismounting and a standard backrest adjustment. In a special version (boosted 250), this unit is also available with a wider swivel seat, high armrests for easier access and a maximum user weight of 250 kg/ 551 lbs available.

### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quick start, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- deep, wide step-through
- horizontally adjustable seat
- backrest adjustment

### OPTIONS

- performance package (Qi charging possibility, max. 950 watts, with power supply min. 7 watts)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, programme storage, serious games)
- „all-in-package“: performance + connect + programme package
- boosted relax 200 - user weight up to 200 kg/440 lbs
- boosted relax 250 - user weight increase up to 250 kg/551 lbs, with swivel seat
- length adjustable cranks, adjustable without tools
- pedal shoes
- casing in anthracite colour
- certification according to 93/42 EWG, class IIa

# motion **cross** 900

The crosstrainer



Large,  
anti-slip  
footpads



motion cardio line **900** cycle » relax » **cross** » body » stair » sprint

# motion **cross** 900





## TECHNICAL DATA

### motion **cross 900 fit + med**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- mono-belt drive, self-adjusting
- calibrated and re-calibratable, quiet HBS brake
- side-dependent power display
- mains-independent operation
- manufactured according to  
DIN EN ISO 20957-1 S-A-I,  
DIN EN ISO 20957-9 S-A-I, DIN EN 60601-1-2
- medical devices certified according to  
93/42 EWG, class IIa
- medical & fitness power range: 100 - 500 watts  
user power, speed-independent or 15 - 500  
watts brake power - alternatively configurable
- rpm range: 15 - 140 rpm
- max. user weight: 150 kg/330 lbs
- dimensions: approx. 200 x 65 x 169 cm/78.8 x  
25.6 x 66.6" (L x W x H), approx. 101 kg/223 lbs



### motion **cross 900**

The motion cross 900 helps to get people with largely sedentary lifestyles to straighten up and move their whole body. The guided movement enables a quick and safe start the training. Long cranks and an ergonomic connection of arm and leg movement ensure a sweeping stride and a pleasant movement. A selectable rpm limit and the automatic reduction of the movement at the end of the workout ensure safety.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quick start, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- low step height of approx. 17 cm/6.7"
- forward and backward movement with a stride length of 43 cm/16.9"
- large, anti-slip footpads
- rpm limiter for more safety

#### OPTIONS

- performance package (Qi charging option, max. 950 watt)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, programme storage, serious games)
- all-in-package": performance + connect + programme package
- boosted cross - user weight increase up to 200 kg/440 lbs
- certification according to 93/42 EWG, class IIa

# motion **body 900**

The upper body ergometer



Wide adjustment  
of the drive unit



V-cranks,  
synchronously and  
asynchronously  
adjustable



# motion **body 900**

motion cardio line **900** cycle » relax » cross » **body** » stair » sprint



## TECHNICAL DATA

### motion **body 900 fit + med**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- Mono-belt drive
- calibrated and re-calibratable, quiet HBS brake
- mains-independent operation
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN EN ISO 20957-5 S-A-I, DIN EN 60601-1-2
- medical devices certified according to 93/42 EWG, class IIa
- medical power range: 15 - 500 watts, rpm-independent
- fitness power range: 25 - 500 watts, rpm-independent
- rpm range: 15 - 140 rpm
- max. user weight: 150 kg/330 lbs
- dimensions floor model: approx. 116 x 77 x 155 cm/45.7 x 30.3 x 61.1" (L x W x H), approx. 98 kg/216.1 lbs



### motion **body 900**

The motion body 900 is an indispensable part of holistic training or comprehensive exercise therapy. This device is ideal for active work of the upper extremities. It can be used for endurance training as well as for mobilisation after joint injuries in the arm and shoulder. The large adjustment range of the drive unit allows excellent positioning of the axle height for both standing and seated training. The removable seat makes both options easy to start. The movement itself can be varied in forward and backward motion and the standard, length-adjustable crank can be switched to a synchronous, so-called handibike mode, for a completely different use of the back muscles and less rotation. The frame design allows access for many wheelchair users. If this access is not enough, an optional platform can be placed on top of the frame.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quick start, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- training possible in standing or seated position (wide adjustment range & removable seat)
- bi-directional movement
- V-crank asynchronously or synchronously adjustable
- ergonomic Lekki® grips with preparation for clip attachment

#### OPTIONS

- performance package (Qi charging possibility, max. 550 watts, with power supply from 7 watts)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, programme memory)
- all-in package: performance + connect + programme package
- boosted body - user weight increase up to 200 kg/440 lbs
- certification according to 93/42 EWG, class IIa

# motion **body 900 WM**

The space-saving upper body ergometer



Training on the exercise ball



Training while standing



motion **body 900 WM**

motion cardio line **900** cycle » relax » cross » **body** » stair » sprint



## TECHNICAL DATA

### motion **body 900 fit + med WM**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- mono belt drive
- calibrated and re-calibratable, quiet HBS brake
- mains-independent operation
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN EN ISO 20957-5 S-A-I, DIN EN 60601-1-2
- medical devices certified according to 93/42 EWG, class IIa
- medical power range: 15 - 500 watts, rpm-independent
- fitness power range: 25 - 500 watts, rpm-independent
- rpm range: 15 - 140 rpm
- dimensions wall model: approx. 63 x 56 x 155 cm/24.9 x 22.1 x 61.1" (L x H x W), approx. 48 kg/105.9 lbs



### motion **body 900 WM**

The motion body 900 WM is the wall-mounted version of our motion body. It has the same functionality, but a significantly smaller footprint, optimal wheelchair access and all the flexibility of various training positions. All you need is a solid wall.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quickstart, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- training in standing or seated position
- forward and backward movement
- V-crank, asynchronous or synchronous mode
- ergonomic Leki® grips with preparation for clip attachment
- no user weight limit

#### OPTIONS

- performance package (Qi charging possibility, max. 550 watts, with power supply from 7 watts)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, programme memory)
- „all-in-package“: performance + connect + programme package
- certification according to 93/42 EWG, class IIa



# motion **stair 900**

The stair climber



Variable  
step height



motion cardio line **900** cycle » relax » cross » body » **stair** » sprint

# motion **stair 900**



## TECHNICAL DATA

### motion **stair 900 fit + med**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- pedal independent system with 32 cm max. step height
- powerful, quiet HBS brake
- mains-independent operation
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN EN ISO 20957-8 S-A-I, DIN EN 60601-1-2
- Performance range: 4 - 27 m/min sinking rate
- medical devices certified according to 93/42 EWG, class IIa
- max. user weight: 150 kg/330 lbs
- dimensions: approx. 102 x 73 x 160 cm/40.2 x 28.8 x 63" (L x W x H), approx. 79 kg/175 lbs



### motion **stair 900**

The motion stair 900 completes our line of equipment. It can be used for cardiovascular and muscular as well as coordinative training. This device is the training embodiment of everyday movements, in this case climbing stairs. The pedal-independent system enables a variety of different movement amplitudes and work tasks and thus trains coordinative abilities. The newly designed shape of the handrail provides the user with more safety and extends the range of application to users with weaker coordination. Accessing is also easier and safer.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quick start, watt training, pulse training
- interference-free Polar® heart rate indication with automatic device connection
- auto-weighting-system (determination of the user weight) for correct watt and calorie display
- great variety of movements due to pedal-independent system

#### OPTIONS

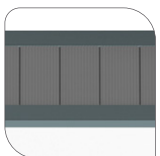
- performance package (Qi charging option)
- connect package for system integration (RFID, NFC, Bluetooth® Low Energy, Barcodes)
- programme package (additional programmes, programme memory)
- „all-in-package“: performance + connect + programme package
- certification according to 93/42 EWG, class IIa

# motion **sprint 900 SL/SE**

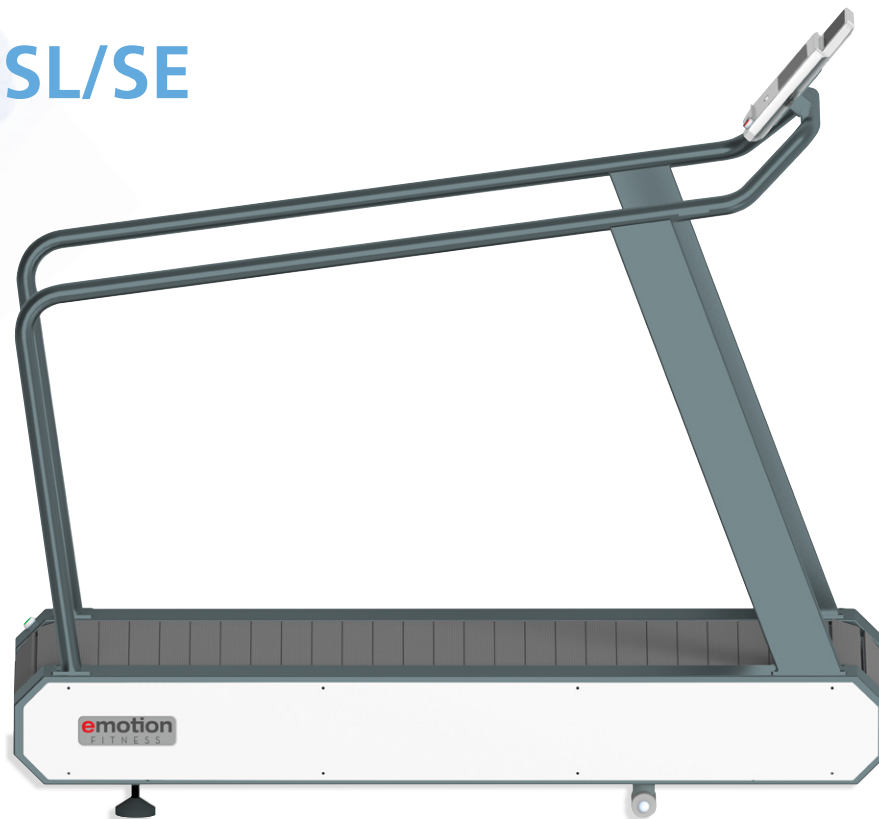
The lamella treadmill



Stable railing



Joint-friendly and energy-saving technology



motion cardio line **900** cycle » relax » cross » body » stair » **sprint**

motion **sprint 900 SL/SE**



## TECHNICAL DATA

### motion **sprint 900 SL/SE**

- 7-inch capacitive touch display
- Polar® auto connection (5kHz & Bluetooth®), downward compatible
- belt-guided lamella system
- energy-saving, brushless 1100 W DC motor
- emergency stop system with magnetic cord
- power supply: 30V/50- 60 Hz, EWG, separate fuse protection necessary
- manufactured according to DIN EN ISO 20957-1 S-A-I, DIN 957-6 S-A-I, DIN EN 60601-1-2
- Medical devices certified according to 93/42 EWG, class IIa(i), manufactured according to EN60601-1/protection class
- Power range: 0.1-17.0 km/h
- SL models: inclination angle 0-15%, optional -3 to 12%
- running surface: approx. 155 x 50 cm
- max. user weight: 160 kg
- dimensions: approx. 173 x 76 x 145 cm, SL: approx. 177 kg, SE: approx. 156 kg



### motion **sprint 900 SL/SE**

The motion sprint 900 SL/SE is a professional, very robust treadmill with lamella technology. The 60 slats are laterally mounted on ball bearings so that they can swing freely with every step. This means that the joints are optimally protected and an extremely constant speed can be realized with low motor power and thus low power consumption. Speeds as of 0.1 km/h can be realized smoothly. Up to 17.0 km/h are standardly included, a running speed of up to 22 km/h can be added by the performance package. The motion sprint 900 SE comes without adjustable inclination. The motion sprint 900 SL includes an adjustment of 0-15% or -3 to 12%. Once incline is available, pulse-controlled programmes can be either incline- or speed-controlled. To ensure similar operation, the display is uniform to the complete motion cardio line 900/900 med. The railing enables an ergonomic posture when walking, as when running, and assists in safely stepping onto the running surface. A wide range of options also make the treadmill a professional for special applications.

#### FUNCTIONS

- attractive, full-colour display
- durable, clean touch display
- quickstart, time training, pulse training
- interference-free Polar® heart rate display with automatic pairing
- low-maintenance, energy-saving slat technology
- running surface easy on the joints
- speeds adjustable in 0.1 km/h steps
- 5 years or 160,000 km warranty on the slat belt

#### OPTIONS

- performance package (Qi charging option, max 22km/h)
- connect package for system integration
- program package (additional programs, program memory (from Q4/22))
- „all-in-package“: performance + connect + programme package
- boosted sprint SE - user weight increase to 250 kg
- running direction reversal
- bar railing
- underarm supports for children or adults
- holder for personal safety
- Certification according to 93/42 EWG, class IIa