



THE CARDIO RANGE

POWER, PERFORMANCE
AND CHOICE.



A PERSONALISED ENTERTAINMENT EXPERIENCE

Engage users with multiple entertaining and workout options across our range of connected consoles.

SERIES
1



- Sustainable and self-powered with an integrated 7" motivational display screen - **Series 1** products eliminate power offering you, the operator, significant savings on energy and infrastructure costs.
- High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual trainer technology).

SERIES
2



- **Series 2** comes complete with a 10.1" console providing sustainable self-powered, wire free entertainment and motivational workout programs.
- Choose from self-powered Freeview or wireless TV, plus a range of extras which include smartphone connectivity, additional 18.5" TV screen, PulseMove (Pulse's virtual trainer technology) and E-scape virtual training video workouts.

SERIES
3



- **Series 3** comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.

SERIES
3
MINI



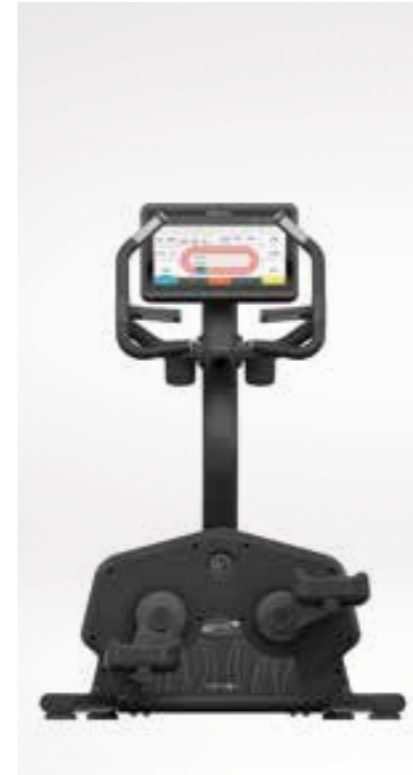
- **Series 3 Mini** boasts all the entertainment and workout modes found in series 3 but simply contained in a compact 12" LCD multi-touch screen.



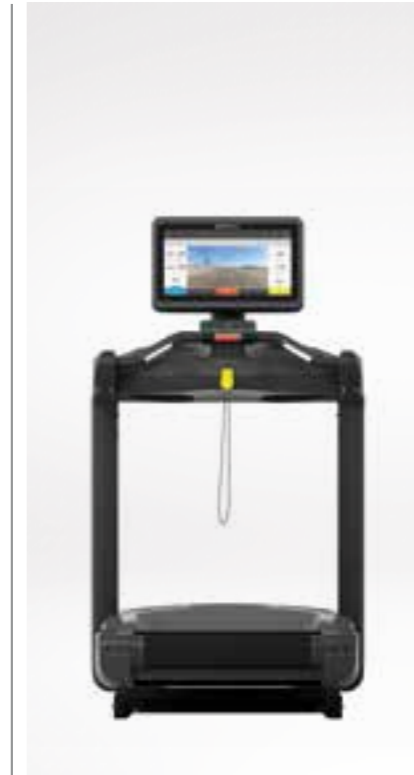
SERIES 3

Designed to push the boundaries of the user's workout through an operating system that is tuned specifically to their needs, Series 3 comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.

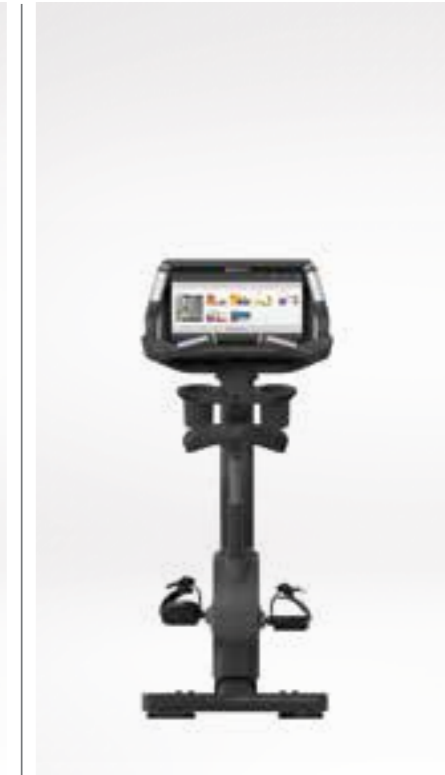
Series 3 Mini
Available in 12"



L-Train 270G



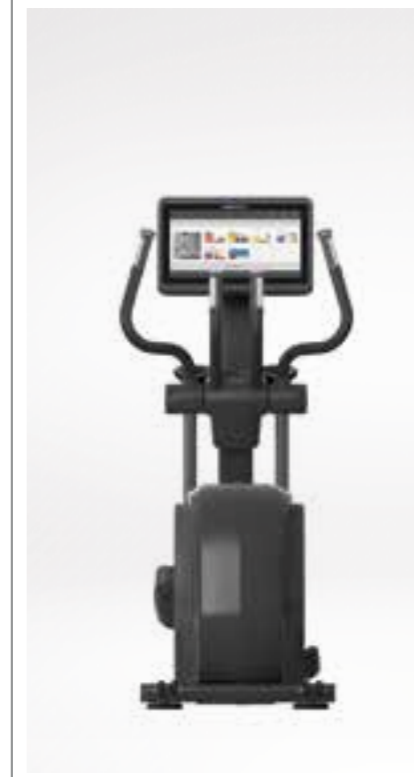
Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G & 280G-VS



Step 220G



SERIES 3 & 3 MINI CONSOLE FEATURES



Capacitive Multi-Touch Screen with Gesture Control



Full Internet browsing capabilities during workout



Fullscreen TV or Video via Integral Digital Tuner, Streaming or iPhone



E-Scape Virtual Video workouts (U-Cycle, R-Cycle, X-Train & Run)



Extensive workout Goal and Pacer options with motivational graphics



PulseMove integrated



Features	
Digital tv & radio	Personalised workout programmes
Full internet browsing	Social media connectivity
Cross platform smartphone compatible	Asset management tools
E-scape virtual training video workouts	Marketing services
Full training experience	PulseMove compatible

ULTIMATE ENTERTAINMENT AND CONNECTIVITY OPTIONS

The Series 3 Console brings a unique and personalised range of entertainment options to each and every user.



Digital TV and Radio

- Users can enjoy their favourite TV show and listen to Radio programmes via the integrated freeview DVB-T tuner.
- Users can also choose to catch up with their favourite programmes on one of the many Catch Up TV web-services such as BBC's iPlayer or watch a movie or series via their favoured streaming media service such as Netflix.



Fully iOS/Android Smartphone Compatible

- Cross-platform Smartphone compatibility.
- iPod, iPhone Music and Video Playback.
- Users can connect their own smartphone or multimedia device and enjoy their own music or videos while working out (connection also recharges their device).
- Compatible with devices that use an Apple lightning cable.



Internet Browser

- The Series 3 Console has full internet browsing capabilities allowing users to enjoy the web to the full whilst working out.
- Quicklinks bring users to a wide range of key internet hot-sites such as YouTube or Wikipedia.
- Customised favourites also enable each site to provide quick access to their sites, local news, weather and travel.



Stay Connected with all Social Media

- Stay connected with all your friends and followers on Facebook.
- Stay up to date with your favourite celebrity's tweets.



Easy to use graphical interface with multi-touch gesture control

- Easy to use graphical user interface to make it easy for the user to select their workout goals and entertainment choice service such as Netflix.



Extensive workout options

- Quickstart.
- Time, distance, kcal or video goals.
- Time/distance, dist/speed or time/speed pacer programmes.
- Profile workouts with low, moderate and high intensity options.
- Heart rate controlled workouts.



E-Scape Virtual Video Workouts

- An array of video based running, jogging and biking workouts to engage and motivate your users.
- Available as optional extra.



Personalised Training - PulseMove Ready

- With an inbuilt card reader and PulseMove software users benefit from professionally structured personal workout programmes giving them step by step guidance across their entire cv, strength and flexibility workouts.
- Workout programmes can be set and monitored by your Gym Staff aiding membership retention.
- Users can track their workout progression and new reports.



Customised branding

- Customised Screensavers can be provided, branding your site.



Equipment management

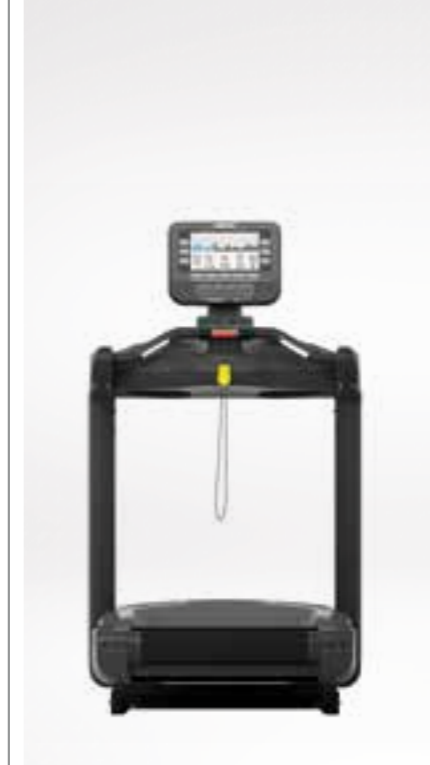
- The Series 3 console provides you with meaningful data enabling you to monitor the usage of your equipment so you can provide the best for your members.

SERIES 2

Series 2 comes complete with a 10.1" console providing sustainable self-powered, entertainment and motivational workout programs. Choose from self-powered Freeview TV, plus a range of extras which include smartphone connectivity, additional 18.5" TV screen, PulseMove (Pulse's fitness tracking technology) and E-scape virtual training video workouts.



L-Train 270G



Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G & 280G-VS



Step 220G





SERIES 2 CONSOLE FEATURES



FULL SCREEN WORKOUT

SCREEN IN SCREEN

FULL SCREEN / AV TV

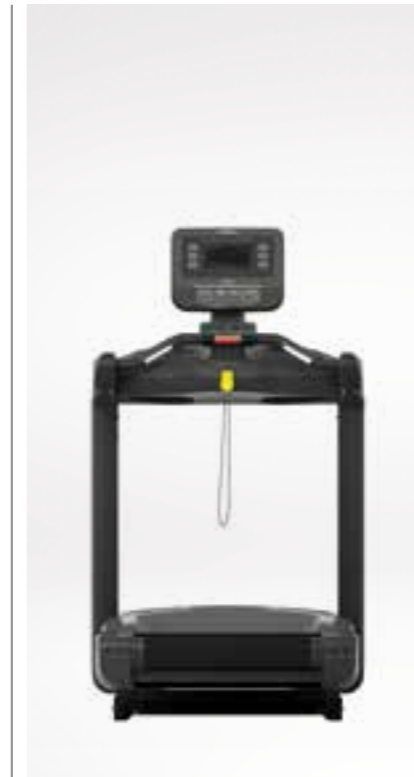


SERIES 1

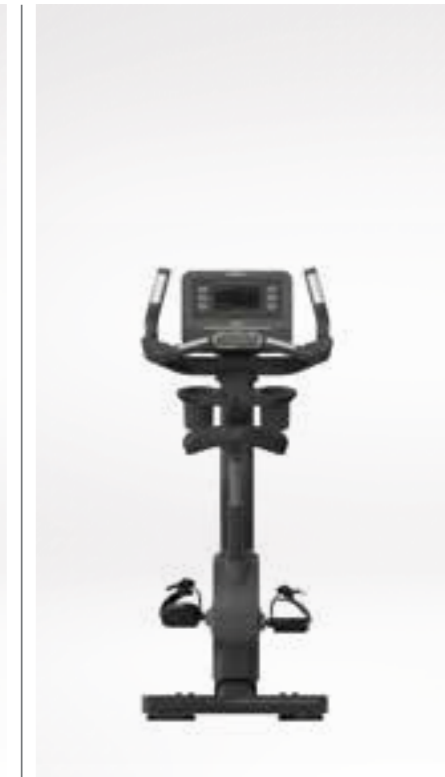
Sustainable and self-powered with an integrated 7" motivational display screen
 - Series 1 products eliminate power offering you, the operator, significant savings on energy and infrastructure costs. High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual fitness tracking technology) and an additional 18.5" wired TV screen.



L-Train 270G



Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G & 280G-VS



Step 220G





SERIES 1 CONSOLE FEATURES



FULL SCREEN WORKOUT

EXTENSIVE WORKOUT
GOAL & PACER OPTIONS



CONNECTABLE FITNESS ON THE PULSE FITNESS CARDIO RANGE

Pulse Fitness are delighted to partner with eGym a leading provider of connected gym training. All Pulse Fitness series 3 cardio machines are now compatible with eGym technology, setting new performance standards across the industry.



eGym ONE Training Experience



COMPATIBLE ON ALL PULSE CARDIOVASCULAR EQUIPMENT

eGym software is available on the Pulse Fitness Run, R-cycle, U-cycle, X-train and L-Train. It can be perfectly coordinated with the 18 machines available in the eGym strength range. Alongside the training advice members can still benefit from and access all the of the series 3 cardio entertainment.



TRAINER TOOLS AID MEMBER RETENTION

Trainers can easily build out training programmes for members setting the exercise duration and level for all Pulse cardiovascular equipment on the Gym app. Trainees can also view members training data to allow more personal and effective support with targeted messages and personal interaction via the eGym software.



SIMPLE RFID TECHNOLOGY TO LOG IN

RFID technology allows members to quickly and easily log on to the cardio equipment with their personalised wristband or NFC tag. Members can choose an exercise from their prescribed training plan if free train exercise from the menu on screen. (Guest members have an option to free train also.) All Series 3 cardio boasts an 18.5" android ready touch screen that is simple to operate and uniformed across the range.



WORKOUT DATA SYNCHRONISES TO THE EGYM CLOUD

After a successful log in and selection of exercise users can adjust prescribed settings to the make the exercise more or less strenuous. At the end an exercise summary is displayed upon the console and all workout results are securely synchronised to the eGym cloud. Exercise summary displays a detailed analysis of level, speed and heart rate.



260G RUN

powered to perform



ERGONOMIC DESIGN

The IFI Accredited Run features ideally placed handle bars and extended side hand grips. The low step-up height of just 280mm makes it easily accessible, while the console position is situated to provide optimum comfort when viewed during the workout.



QUICK CONTROLS

Ergonomically positioned for correct posture during workout, the Run features a 'quick control zone' so you can make speed and elevation adjustments without interrupting your workout.

These controls also feature a highly visible and centrally positioned magnetic kill cord emergency stop.



SPEED, PERFORMANCE & DURABILITY

Benefiting from a smooth but powerful 4hp (peak) motor and running speeds of up to 15mph it will provide unsurpassed workout performance timelessly.

Made from highly durable materials the Run is an ergonomically robust, reliable and low maintenance solution for all gym environments.



LOW IMPACT RUNNING DECK

The Run boasts a low impact sprung reversible running surface which helps to eliminate the risk of injury by reducing stress on the user's back, legs, knees and ankles. The low deck height complements accessibility for all ability levels.

Running deck and belt:

- A** Flexible sprung deck helps reduce knee and joint stress.
- B** Self-lubricating belt glides over the deck with ease, significantly reducing wear on the motor.



OPTIONAL



280G X-TRAIN

performance by design



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



OVERSIZED PEDALS

The anti-slip oversized pedals accommodate users of all sizes, biomechanically designed for the comfort of the user for a non-impact workout on joints. The pedals are 100% synchronised to the motion of the upper body handlebars providing an in-sync total body workout.



NATURAL STRIDING MOTION

Specifically engineered to replicate a natural striding motion the closeness of the pedal spacing design maximises hip rotation, whilst eliminating joint stress enabling the user to stride naturally according to workout rate.



REAR DRIVE SYSTEM

The rear drive belted mechanism of the X-train is uniquely designed to deliver a smooth, quiet and fluid elliptical path of motion for the user's comfort.



280G X-TRAIN – VS

seamless in motion



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



OVERSIZED PEDALS

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VARIABLE STRIDING MOTION

The X-train – VS model offers the unique benefit of articulated foot plates that provide the user with a variable stride workout. The Pulse VS design combines natural movement with scientific research, for an unsurpassed whole body performance that gives users a seamless, ultra low-impact workout.



REAR DRIVE SYSTEM

The rear drive belted mechanism of the X-train – VS is uniquely designed to deliver a smooth, quiet and fluid elliptical path of motion for the user's comfort.



OPTIONAL



270G L-TRAIN

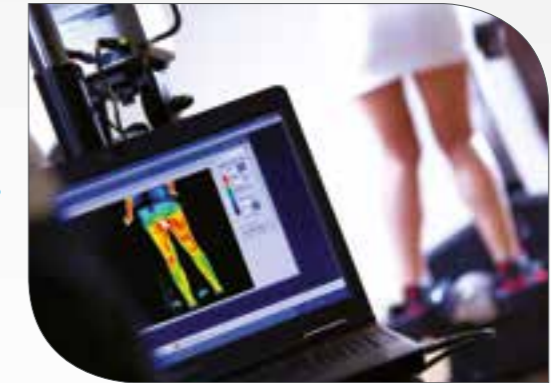
efficient in movement



OPTIONAL  

EXERCISE INTENSITY

Scientifically proven via thermal imaging technology the L-train progressively and extensively provides a total body workout in a unique and challenging way. Engaging more muscles than any other cardiovascular piece coupled with the multiple training programmes the L-train delivers an intense workout, delivering users better results in a shorter period of time.



UNIQUE LATERAL MOVEMENT

Traditional cardiovascular machines perform a front-to-back exercise movement but the innovative L-train performs a 360° lateral motion which engages all lower body muscles in particular the abdominals, glutes, inner/outer thighs and core. The powerful multi-directional movement which the L-train provides simultaneously conditions the body whilst delivering a peak performance cardiovascular workout.



MULTIPLE WORKOUT POSITIONS

Used independently or as part of an instructor driven class, users will be shown how to perform key exercise positions and movements to isolate and target key muscles and for increased heart rate training. Used in a figure of eight motion the L-train will target and condition the lower body, in a clockwise motion it will isolate the outer thighs and glutes whilst a counter clockwise motion will isolate the inner thighs and glutes. Other exercise movements will include leg pumps, squats, grinding and surfing.



SPACE EFFICIENT DESIGN

The space efficient L-train features a small footprint which allows you to utilise any unused space you may have on the gym floor.

The L-train typically takes up 20% less space than conventional cross trainers when designing new gyms.



240G U-CYCLE

geared for action



ERGONOMIC RIDING POSITION

The U-cycle accommodates natural upright or racing riding positions. Ergonomically designed with extensive features, the U-cycle ensures perfect body posture and leg/pedal alignment/movement to optimise the effectiveness of the workout.



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.

The U-cycle also features elbow support pads to ensure correct posture is used during the exercise.



CONTOURED SEAT DESIGN

Made from durable polyurethane, the U-cycle cycle seat is designed with biomechanical correct contours to relieve pressure on the lower spine promoting maximum comfort, support and reliability. Smooth seat and simple adjustment mechanism, while riders stay in the exercise position.



UNIQUE PEDAL DESIGN

Weighted in design and featuring an adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



*Yellow adjustments on IFI accredited products.

OPTIONAL



250G R-CYCLE

inclusive by nature



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant they encourage correct posture and technique together with offering the user a wide range of hand grip options.



CONTOURED SEAT & ANGLED BACKREST

Made from durable polyurethane, the R-cycle ergonomic backrest provides greater support to the spinal column and active comfort. The backrest mirrors the spine's natural curve by providing the user with multiple seat positions. This promotes correct posture for movement, comfort and support.



SKI-BOOT PEDALS

Weighted in design and featuring an adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



ACCESSIBILITY – STEP THROUGH DESIGN

Perfect accessibility for users of all abilities and disabilities, the R-cycle's unique design simply allows the user to step through the product and sit immediately in the correct workout position.



*Yellow adjustments on IFI accredited products.



220G STEP

efficiency by design



SPACE EFFICIENT DESIGN

Boasting the smallest footprint in the entire Pulse CV range the Step is compact, making it an ideal machine for any sized gym floor.



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



PEDAL GEOMETRY

The extensive smooth and independent pedal movement range is ideal for even the tallest user to achieve and improve maximum balance and co-ordination during exercise.



SHOCK ABSORBING

The oversized pedals have a shock absorbing design that reduces impact on the user's hips, knees, ankles and the lower back whilst eliminating numbness in the feet, all contributing to safe and comfortable exercise movement.



OPTIONAL  pulse
move

CV FEATURES & SPEC



The three-tier solution offers a range for all gym environments, providing the same high quality product in a way that allows the operator to choose the level of entertainment and technology to suit their needs.

3 Series
Designed to push the boundaries of the user's workout through an operating system that is tuned specifically to their needs, series 3 comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.

3 Mini Series
The Mini comes complete with an 12.5" android HD ready touch screen console ensuring that the very best entertainment.

2 Series
Series 2 comes complete with a 10.1" console providing sustainable self-powered, entertainment and motivational workout programs. Choose from self-powered Freeview, plus a range of extras which include smartphone connectivity, optional 18.5" TV screen, PulseMove (Pulse's virtual fitness tracking technology) and E-scape virtual training video workouts.

1 Series
Sustainable and self-powered with an integrated 7" motivational display screen - Series 1 products eliminate power offering you, the operator, significant savings on energy and infrastructure costs. High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual fitness tracking technology) and an optional 18.5" wired TV screen.

Product Features

PulseMove Professional Compatible*	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PulseMove Tracker Compatible	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mains Power Requirement	■	■	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Languages	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7
Quick Controls	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Auto Start-up	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Resistance Levels	28	31	31	28	40	40	28	40	40	28	40	40	28	40	40	28	40	40	28	40	40
Speed Max (mph)	12	15**	15**	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Integrated Storage Buckets	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-
IFI Accredited*	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-

Workouts

Quick Start	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Goals: Time, Distance & Calories	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Pacer Variable: Time, Speed & Distance	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Profile Programs (incl: easy, moderate, advanced)	23	23	23	25	28	28	25	28	28	29	29	29	26	26	26	26	26	26	25	25	25
Fitness Test	■	■	■	-	-	-	-	-	-	-	-	-	■	■	■	■	■	■	-	-	-
Variable Cool Down with Manual Override	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Workout Displays

Profile Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Track Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Speed, RPM/SPM, Calories Used, Heart Rate & Watts	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
METs (shown in workout statistics only)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Units	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Language	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Heart Rate Monitoring

Integrated Hand-Pulse Sensors	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Polar Compatible (chest strap required)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Entertainment

7" Integrated High Contrast Colour Display	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
10.1" Integrated High Contrast Colour Display	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-
Touch Screen Display*** available in 18.5" or 12"	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Integrated DVB-T Tuner	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■
Simultaneous TV & Workout Stats Display	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■
Additional 18.5" Wide Screen Android Touch Screen Display	○	○	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○	-
Stereo 3.5mm Headphone Jack	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
iPhone / iPod® Compatible* with Charging	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
iPhone / Integrated iPod® Storage Tray / Mobile Phone Holder	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Warranty

2 Year Standard Warranty	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
3 Year Standard Warranty	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 18.5" Screen - 1 Year Warranty	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Dimensions

Length (cm)	214	214	214	227	227	227	227	227	227	109	109	109	124	124	124	168	168	168	114	114	114
Width (cm)	88	88	88	75	75	75	75	75	75	124	124	124	61	61	61	69	69	69	73	73	73
Height (cm)	160	160	162	161	161	163	161	161	163	159	159	161	147	147	149	121	121	123	169	169	171
Weight (kg)	240	240	242	160	160	162	160	160	162	150	150	159	86	86	88	101	101	103	100	100	102
Max User Weight (kg)	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160

■ Standard ○ Optional
 * Available at an additional cost
 ** 15mph optional ***3 Series Mini 12" Touch Screen Display
 iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.
 Polar® is a registered trademark of Polar Electro Inc.

