

*FUSION*<sup>TM</sup>  
CARDIOVASCULAR

 pulsefitness<sup>®</sup>



## A FUSION OF POWER, PERFORMANCE AND CHOICE

Sustainable, self-powered and wire-free, and with unrivalled entertainment and education capabilities, Fusion combines revolutionary concepts with advanced features and ergonomics to reduce your carbon footprint and set new performance standards across the fitness industry.

Blending total design functionality with robust construction and elegant aesthetics in a flexible, easy-to-use and environmentally-friendly cardiovascular solution, Fusion provides uniformity with other Pulse products to offer world-class inclusivity in a range to suit all budgets.

### CONTENTS

ERGONOMICS & ENERGY .....	4-5	STEP.....	14-15
ENTERTAINMENT & EDUCATION...	6-7	X-TRAIN.....	16-17
RUN.....	8-9	INTERIOR DESIGN .....	18-19
U-CYCLE.....	10-11	SUPPORTING YOU .....	20-21
R-CYCLE .....	12-13	CHOICES & OPTIONS .....	22-23



#### DESIGNED TO PERFORM

Created by our in-house design team of leading academics and health professionals, and backed by the latest scientific research, Fusion features intelligent engineering, durable components and quality materials for exceptional biomechanical performance.

Designed to replicate natural movement, Fusion offers outstanding performance and inclusivity at every level; helping people engage for a better lifestyle. Comfortable, practical and easy-to-use, it is advanced, environmentally responsible and provides complete consumer satisfaction.

#### POWERED BY YOU

Featuring self-powered, wire-free technology and a unique 'no activity - no consumption' design, Fusion eliminates power and reduces air conditioning costs. Bringing you significant energy savings and the lowest carbon footprint of any multimedia entertainment cardiovascular product available, Fusion is the future of fitness.





MOTIVATE TO ENGAGE

Fully iPod® and iPhone® compatible and totally unique in being able to offer self-powered Freeview television for up to 50 channels, Fusion features a high-contrast integrated 10.1" multimedia screen, embedded within a 15" console, that can simultaneously display entertainment and performance, from a simple user interface.

Additional 19" screens are optional. Offering a superlative total entertainment package, Fusion energizes the user experience and brings excitement to every exercise session. Setting new standards in motivation and engagement, it inspires people to raise their game and helps them to meet new challenges.



A SMART MOVE

With a wide number of programs and profiles to suit all goals and objectives, Fusion offers workout variety and helps to educate the user for best practice, performance and results. Suitable for both

leading athletes and for heart rate intensity weight loss, it provides safe and practical education, offering a smart solution for a total gym workout.



**CONNECTING**

With iPod® and Freeview compatibility, a 'quick control zone' for adjusting speeds up to 15mph and elevation increments reaching 15%, Fusion Run keeps users fully connected at all times to deliver peak training. Also available with attachable 19" monitor.



**SMOOTH**

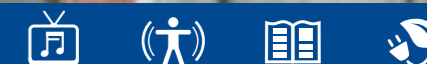
The ergonomic and inclusive design incorporates a smooth, powerful 4hp motor and a low-impact sprung reversible deck, to ensure a natural running posture and less impact on joints. A magnetic kill cord for emergency stops and audio feedback technology, enhances maximum user safety.



**ROBUST**

Benefitting from advanced design engineering and leading technology to provide a low-impact workout for user and machine, Fusion Run is low maintenance, tough and durable. Rigorously tested and quality assured to keep your business as fit as your members for maximum performance.





### CONTROL

Accessible quick controls allow users to adjust workout intensity without changing exercise rhythm. With an integrated 10.1" screen and an iPod® docking lead, the Fusion U-cycle offers entertainment and exercise without the need for external power, contributing to a low-maintenance solution.



### COMFORTABLE

The low step-over design allows for easy access. A contour seat with single-handed adjustment, multi-position handlebars, ergonomic elbow supports and adjustable self-levelling ski boot pedals, all contribute to the correct posture for enhanced rider comfort and performance.



### DYNAMIC

For all abilities the durable, high-performance Fusion U-cycle offers a range of programs and displays to deliver peak cardio training, including quick start, goals, pacer and profile options all integrated with hand-pulse sensors for zone heart rate training.





**COMMANDING**

Giving the user complete command of exercise and entertainment whilst pedalling, plus all the benefits of Fusion multimedia technology, the Fusion R-cycle has simple, accessible controls which are easy to adjust for workout intensity.



**FLEXIBLE**

The biomechanical Fusion R-cycle design, allows for a more diverse range of users, without compromising the integrity of exercise. Ideal for users with limited mobility, with simple to use controls, outstanding accessibility and a range of motivational workout programs.



**INCLUSIVE**

Designed for natural movement, the Fusion R-cycle features a comfortable contour seat and inclusive step-through design. Adjustable self-levelling ski boot pedals and single-handed seat adjustment, support and stabilise the users exercise posture.





step



EFFICIENCY BY DESIGN



INTEGRATION

Fully SmartCentre® compatible, the Fusion Step trainer offers all the entertainment, education and communication benefits of the entire Pulse Fusion range in order to engage, excite and motivate users across the entire spectrum.



COMPACT

Sophisticated in design, incomparable in durability and with a space efficient footprint, the wire-free Fusion Step trainer can be easily incorporated or re-located into the most compact of gym layouts to complete your fitness training suite.



SCIENCE

Ergonomically engineered, Fusion Step provides a smooth exercise movement, through its unique independent pedals format design. A high intensity low-impact cardiovascular workout, that also tones the lower body and supports the development of motorskills.



OPTIONAL





### MOTIVATE

Combining innovative design, wire-free entertainment and SmartCentre® connectivity, the Fusion X-train delivers maximum motivation. Featuring quick access controls, personalised interface and 28 workout modes, to deliver a peak exercise performance.



### PERFORMANCE

A low-impact total body workout, designed for simplicity and ease of use. The Fusion X-train fixed-pedal model, provides an inclusive solution without compromise that is ergonomically and biomechanically advanced to maximise workout intensity and minimise impact on body.

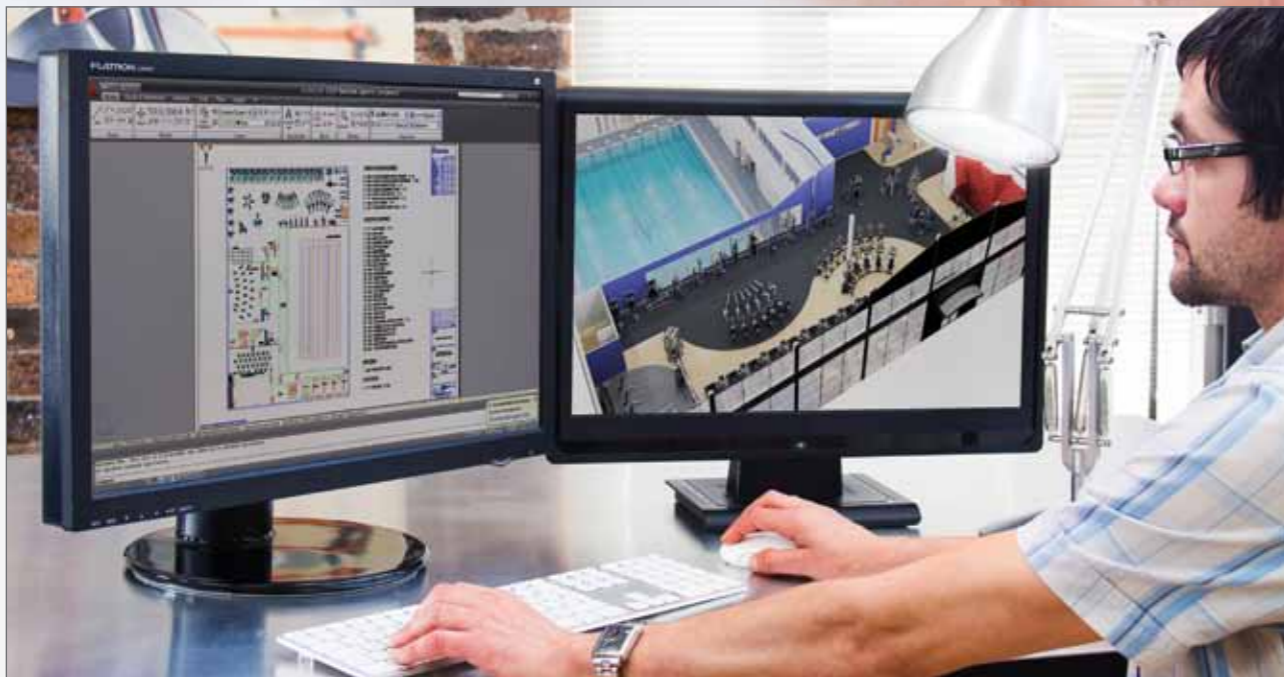
### x-train VS



The 'VS' model offers all the features of the Fusion X-train, with 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.

OPTIONAL





#### GYM DESIGN

Our in-house professional design team create gym layouts and propose interior schemes to maximise your investment potential in terms of user demand and diversity. Making the best use of available space and incorporating natural features, branding and equipment selection, these are visualised in 2D and 3D format with full 3D-rendered animations also available.

#### A COMPLETE SOLUTION

With more than 30 years experience of running our own suite of gyms plus unrivalled business planning, operational and management experience, Pulse has the know-how to plan, budget and fund your project along with the hands-on management, qualified expertise and staffing resources to partner you every step of the way towards your ultimate success.

#### BE INSPIRED

Helping you to create a premier fitness facility on either an existing or a new build location, Pulse can inspire you with a complete design, build, fund, equip and operate turnkey solution; taking your business objectives to the next level.



## SUPPORTING YOU & THE FUTURE

### OUR PROMISE

Pulse promise to constantly deliver unrivalled on-going business support and dedicated after-sales care including comprehensive

product warranties, with preventative maintenance and service packages and a matchless fix-or-replace policy.



### A TOTAL PACKAGE

To ensure that your business benefits from enhanced productivity and profitability at all times, we also offer certified training courses, creative marketing solutions, sales and operational management services, flexible cost-effective finance and lease packages and leading-edge SmartCentre gym management software to maximise gym performance.



### ADDED VALUE

Every Pulse customer benefits from a dedicated account manager to oversee and project-manage a smooth transition from order to installation, completion and opening. In addition, we offer a technical help line, web support, an online parts ordering facility, detailed product manuals, free maintenance training, an image bank and marketing support.



### SUPPORTING YOUR BUSINESS

Our fully-trained teams of in-house specialist service engineers give you the tools and training that will empower your staff to handle everyday maintenance and repairs.



At the same time, we provide educational and performance technology software that gives you information at your fingertips to grow and maintain your business.



### YOUR IDEAL INVESTMENT

Pulse is committed to being at the heart of fitness and we pro-actively utilise our in-house technology, personnel, infrastructure and expertise to ensure that all our customers exceed their business objectives and maximise their return on investment.

We are justifiably proud of our exceptional and growing portfolio of existing customers across a broad spectrum of market sectors which underlines the excellence of our products and services.





## CHOICE WITHOUT COMPROMISE

The Fusion 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.

### 1 SERIES

Featuring easy-to-use controls with an integrated 10.1" motivational display screen, this high quality, entry-level range wears its Pulse badge with pride.

### 2 SERIES

Offering all the high levels of performance associated with Pulse, the 2 Series comes complete with self-powered Freeview or wireless TV, the ideal choice for professional leisure operators.

### 3 SERIES

Designed from the outset to motivate, entertain and increase user engagement, the 3 Series comes complete with an additional 19" screen and up to 50 Freeview channels.

iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.

Polar® is a registered trademark of Polar Electro Inc. Freeview is a trademark of DTV Services Limited.

### Product Features

SmartCentre Compatible*	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Mains Power Requirement	■	■	■	-	-	■	-	-	■	-	-	■	-	-	■
Languages	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Quick Controls	■	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Auto Start-up	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Resistance Levels	31	31	31	40	40	40	40	40	40	40	40	40	40	40	40
Speed Range (mph)	12	12	15**	-	-	-	-	-	-	-	-	-	-	-	-
Integrated Reading Rack & 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	26	26	26	26	26	26	25	25	25	28	28	28
Fitness Test with VO2 Result	■	■	■	■	■	■	■	■	■	-	-	-	-	-	-
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

10.1" Integrated High Contrast Colour Display	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
15" Interactive User Console	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Integrated Wireless TV Receiver	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-
Integrated DVB-T Tuner (Freeview)	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■
Simultaneous TV & Workout Stats Display	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 19" Wide Screen Display	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Stereo 3.5mm Headphone Jack	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
iPod® Compatible* with Video Playback & Charging	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Integrated iPod® Storage Tray / Mobile Phone Holder	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

### Warranty

2 Year Standard Warranty	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
3 Year Standard Warranty	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 19" Screen - 1 Year Warranty	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■

### Dimensions

Length (cm)	214	214	214	124	124	124	168	168	168	114	114	114	227	227	227
Width (cm)	88	88	88	61	61	61	69	69	69	73	73	73	75	75	75
Height (cm)	160	160	196	147	147	183	121	121	157	176	176	212	161	161	197
Weight (kg)	240	240	249	86	86	95	101	101	110	100	100	109	170	170	179

■ Standard ○ Option \* Available at an additional cost \*\* 15mph optional X-Train = fixed pedal model, X-Train VS = articulated pedal model

