

WOODWAY.COM

FITNESS & PERFORMANCE

# ABOUT WOODWAY

WOODWAY is a global organization built on the efforts and commitment of dedicated professionals.

Our purpose is to manufacture products and provide services that exceed our customers' expectations through continuous improvements in quality and design.

Our focus is on building lasting customer relationships that will endure For The Long Run®.





### THE WOODWAY NAME

In 1975, WOODWAY GMBH was founded in Weil am Rhein, Germany. The name "WOODWAY" is derived from the German "Waldweg" (Wald = Wood and Weg = Way) – the feel of running on a soft pine needle covered path in the forest.

### **OUT OF THIS WORLD**

WOODWAY was selected to produce the physical treadmill base used in the COLBERT (T2), which is a NASA project implemented to place a treadmill system on the International Space Station. WOODWAY's patented treadmill design meets the unique requirements of the space station as well as the health needs of the astronauts.









### **HEALING ONE STEP AT A TIME**

WOODWAY's highly specialized line of medical treadmills have been the preferred choice of medical specialists for decades, specifically engineered for physical therapy, cardiology rehabilitation, bariatric, and any other rehabilitation application.

### THE ORIGINAL NON-MOTORIZED TREADMILL

Since 2009, the CURVE treadmill has been a staple in performance facilities world-wide for training athletes of various skill levels. From walkers to elite athletes, the CURVE allows users to run at any pace while burning up to 30% more calories using zero electricity.

# THE WOODWAY DIFFERENCE

### THERE ARE CONVENTIONAL TREADMILLS, AND THEN THERE IS WOODWAY.

WOODWAY treadmills feature revolutionary technology that provides users with an experience unlike any other. WOODWAY engineers set out to develop a safe and comfortable running surface for users that reduce shock on the body, but also reduces the friction and wear associated with the conventional conveyor belt style. The system is so durable it runs reliably year after year, saving more on energy costs than any other treadmill and yet, is so comfortable you can even on it barefoot.



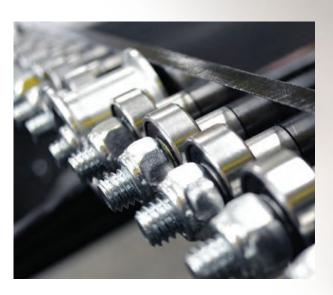
# SHOCK REDUCING SLAT BELT RUNNING SURFACE

Comprised of numerous individual shockabsorbing slats that have been scientifically proven to reduce harmful shock to joints, muscles, and connective tissue. The running surface can absorb more than 150,000 miles of usage without a single belt change.



# NO-SLIP DRIVE PULLEYS & BELT

Designed to provide accurate speed, the toothed belt and drive, together with numerous glide rollers, assure the belt will not stretch or slip - no need to adjust or tension, ensuring accurate speed readout with every workout.



# LOW FRICTION BALL BEARING TRANSPORTATION SYSTEM

Every treadmill features two bearing rails that allow the running surface to glide seamlessly along the frame, nearly eliminating friction and the resulting wear which leads to a longer life and significant electrical savings.



# **EXPERIENCE THE BEST**

Many of the features that make WOODWAY treadmills more comfortable also make them more durable.

Unlike most conventional treadmills you see with a conveyor belt style running surface made from standard thin PVC, nylon, and cotton, WOODWAY treadmills feature a unique running surface of vulcanized rubber. This material allows our running surface to last for more than 150,000 miles, roughly ten times longer than the belt of an average treadmill.

Each treadmill is designed to create significantly less friction and wear, resulting in a belt that will never need tracking adjustments and you will never have to wax or flip a deck because there isn't one. These efficiencies can translate into \$300 - \$800 in electrical costs, maintenance, or replacement parts, for each year, per treadmill, in a high use environment.



<sup>\*</sup> Study conducted by Major University Recreational Department





## FOR THE LONG RUN

Fully equipped with a galvanized steel frame capable of supporting up to 800 lbs, WOODWAY treadmills are built to last.

Only WOODWAY offers a true zero start and doesn't necessitate a heavy-duty motor to counter the friction problem created by the inefficient design of conventional treadmills.

In addition to less wear and tear on components, WOODWAY's unique design is also more efficient, requiring about 50% less electricity to operate. The combination of maintenance and electrical savings result in a lower Total Cost of Ownership with less downtime in comparison with conventional treadmills. WOODWAY's are the ideal cardio solution For The Long Run®.

Typical Cost Comparison Of WOODWAY vs. Conventional Treadmill In A Commercial Facility Over 5 Year Period

	WOODWAY Slat Belt Treadmill
Electricity Costs  *195 lb. Male - 5 mph -up to 12 hrs. Per day -365 days yr.  **(U.S. Bureau of Labor Statistics Commercial Rates 11.3¢ per kWh Atlanta area March 2012)	\$511.05 *(\$102.21 yr. * 5 yr.) **Based on independent WOODWAY research
Belt/Deck Replacements *Approx. Average costs associated with purchase price of parts	\$ O
Maintenance/Adjustments (Factors belt and deck changes, tensioning, adjustments)	\$ O

Conventional Treadmill
\$ 1,058.45 *( \$211.69 yr. * 5 yr.) **Based on independent WOODWAY research
Belt \$240.00 (2*\$120.00) Deck \$240.00 (1 * \$240.00)
\$ 1,200.00 (\$ 20.00 per month*60)

Total Cost to Operate & Maintain for 5 Years	\$ 511.05 *(60 months)
<b>Less Buy-Back - End Value</b> *WOODWAY USA guarantees 20% buy-back up to 5 years	-\$2,000.00 *(20% of purchase price estimated at \$ 10,000.00)

\$ 2,738.45 *(60 months)		
-\$ 300.00 *(Average conventional tread value)		

# PROSMART TOUCHSCREEN

### IT IS NO LONGER JUST A WORKOUT. IT IS A WORKOUT EXPERIENCE.

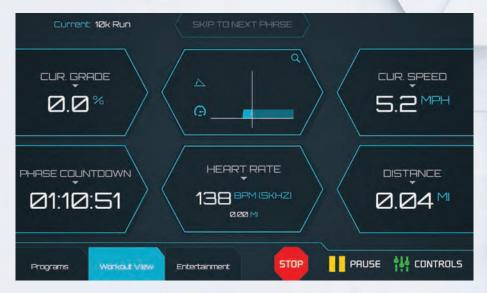
WOODWAY'S ProSmart Touchscreen display is changing the face of fitness. Combining expertise and ingenuity, the ProSmart is a revolutionary training console designed to enhance user experience and create a one-of-a-kind workout catered to an individual's fitness goals.

By designing, building, and uploading customized, goal-oriented workouts for every individual user, the ProSmart provides a new means of training with its smart programs. It makes group training easy too, with remote function control and 3rd party asset management. Facilities can even tailor the display with their brand colors and logos to fit their club or team.

The ProSmart will keep users entertained when training alone, with the ability to stream realistic outdoor and video game run simulations will have users forgetting they are on a treadmill altogether.

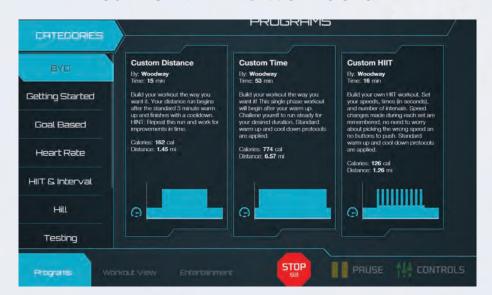


# DEVICE SPECIFIC RESERVATIONS DIGITAL HEART RATE



### **SMART PROGRAMS**

### **USER GENERATED WORKOUTS**



# 3RD PARTY ASSET MANAGEMENT CUSTOMIZATION



### **REAL RUN VIDEO STREAMING**



**4FRONT** 



SPEED: 12.5 MPH INCLINE: 15%



## **MERCURY**



The MERCURY treadmill is the perfect space saver that still gives you every benefit of a full-size 4FRONT. Narrower in width, the MERCURY will save you floor space while still delivering supreme comfort and natural movement without stress on the joints.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

SPACE SAVER - The Mercury is a smaller version of our popular model, the 4FRONT, allowing for more space or more treadmills, whichever you prefer!

DYNAMIC MODE - Disengage the motor and switch up your routine for an intense and powerful workout.

SPEED: 11 MPH INCLINE: 15%



## **PATH**



The PATH treadmill is a lot like the 4FRONT in that it has many of the same qualities and luxuries you've come to expect from a WOODWAY, however, shorter in length, the PATH will save you floor space while still delivering the same big results.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

SPACE SAVER - The Path is a shorter version of our popular model, the 4Front, allowing for more space or more treadmills, making it a good choice for universities, studios, and residential settings.

DYNAMIC MODE - Disengage the motor and switch up your routine for an intense and powerful workout.

SPEED: 11 MPH INCLINE: 15%



## **PRO**



SPEED: 15 MPH INCLINE: 25%



## PRO XL



SPEED: 15 MPH INCLINE: 25%

"Having been involved in both fitness and athletics over the past 20 years, I have seen many different treadmills and heard many different claims, but WOODWAY actually "walks the talk" when it comes to providing a top-of-the line product.

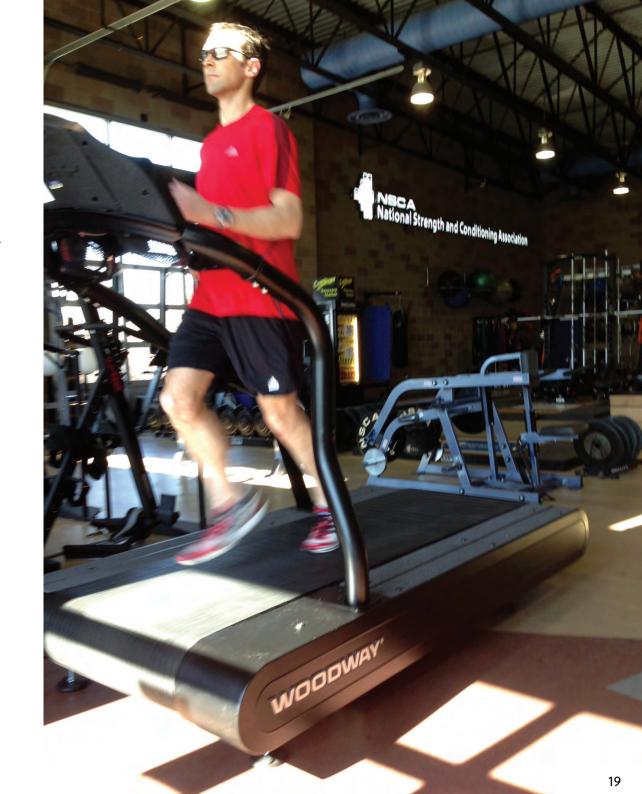
Here, at the NSCA Performance Center, we have a variety of WOODWAY models to suit our needs.

The PRO XL, FORCE, AND DESMO (4FRONT) treadmills give us several different options to suit the variety of athletes we train from tactical officers to Division 1 college athletes.

I highly recommend WOODWAY treadmills to anyone looking for an asset with training athletes."



Scott Caulfield, CSCS, \*D, RSCC Head Strength Coach & Performance Center Manager National Strength and Conditioning Association



## **ELG**







Introduced in 2009 by industry experts with over 40 years of experience, the WOODWAY CURVE treadmill was the first of its kind to provide users with a simple tool used to deliver powerful and complex results.

The CURVE is the original non-motorized treadmill and will offer your members a one-of-a-kind workout requiring zero electricity and no motor.

Don't be fooled by imitators, it is the WOODWAY difference that keeps members coming back. Experience true freedom, and improve running form, on our uniquely curved running surface where you become more fit and efficient.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

HIIT - No need to wait for the belt to slow down as the Curve makes for quick and easy on-off interval training.

IMPROVE FORM - The curved surface naturally improves posture and reinforces proper running and walking mechanics as you propel the belt.

BURN MORE - The CURVE treadmill challenges the entire body while burning up to 30% more calories than any traditional motorized treadmill.

MAX SPEED - Reach your max speed in less than 5 seconds.



### **CURVE TRAINER**



Like the CURVE treadmill, the CURVE TRAINER is also completely non-motorized. The CURVE TRAINER is constructed with a lower incline base, designed with health club users in mind that are looking to build endurance and increase stamina in a more controlled setting. The CURVE TRAINER provides users with the ability to maintain an efficient pace, allowing for repeatability and longer duration workouts.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

SMALL GROUP TRAINING - Easily pick up and move the CURVE TRAINER to any desired area within a small group setting for quick "stop and go" training.

ECO-FRIENDLY - The CURVE TRAINER is a completely "green" treadmill requiring zero electricity.

PERFECT PACE - Great for walkers and joggers, the CURVE TRAINER allows you to set a pace and maintain it.



## **CURVE FTG**



The CURVE FTG is a resistance treadmill that combines the CURVE TRAINER base with 20 levels of resistance. Built to deliver dynamic and powerful training, our engineering also strived to reinforce correct biomechanic positions when pushing and pulling the belt at various resistance levels. The FTG has a "heads up" display and a minimum 130 -degree angle to reduce stress to the Achilles. The CURVE FTG also puts you in a position to succeed by implementing ProSmart technology - helping you achieve smarter workouts for better health.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

VARIABLE RESISTANCE - True zero start resistance, can be increased incrementally for a max effort workout. Likewise, the resistance can functionally lock the belt and reduce fall hazards when working with active aging and older segments of the population.

PROSMART TECHNOLOGY - Smart programming and user login allow users to engage in dynamic, immersive workouts. STRIDELAB gives the ability to gain immediate feedback on running mechanics.



## **CURVE XL**



NON-MOTORIZED / NO MAX SPEED





The FORCE treadmill is a non-motorized, stationary, sports loading platform designed specifically for speed, acceleration, and athletic performance training. The built-in electromagnetic braking system is designed to increase resistance and push athletes to their limits safely and in the proper biomechanic positioning. The FORCE has an adjustable harness and varying levels of resistance, making it a dynamic training tool for all athletes looking to improve quickness, power, and anaerobic endurance.

SLAT BELT TECHNOLOGY - Scientifically proven to reduce harmful shock to joints, muscles, and connective tissues allowing for a smoother and more comfortable run.

RESISTANCE - The self-propelled belt forces users to work harder and can add anywhere from 5-150 lbs. of resistance during a workout.

MULTI-FUNCTIONAL - The Force serves as a multi-functional workout tool that activates different muscle groups and can be used for toning, core, sledpush, sled-pull, sprints, and anaerobic endurance.





The WOODWAY 4FRONT treadmill equipped with BOOST 1 technology is the unrivalled, impact-reducing solution for performance and rehabilitation. BOOST products are designed to meet the impact reduction requirements of a variety of users including professional sports teams, rehab clinics, hospitals, senior nursing facilities, and individuals.

IMPACT REDUCING - Air pressure alleviates impact, creating an environment for longer, safer and more sustained lower body movement.

COMFORT - Boost provides the most comfortable and affordable, lightweight and durable shorts for air-pressure treadmills on the market.

APPLICATIONS - An all-in-one solution for improving joint mobility, delaying the progression of osteoarthritis, reducing risk of injury, and increasing performance goals such as overspeed training.







SPEED: 12.5 MPH INCLINE: 15% IMPACT REDUCTION: 80%



Invented by Olympic skier Tim Dudgeon, CARVER is the most advanced ski and snowboard fitness trainer ever produced. Utilizing the latest technology, CARVER offers a unique fitness experience and high energy, low impact, cardiovascular workout.

TESTED - CARVER has been developed and rigorously tested by the world's top skiers and snowboarders.

ACCURACY - CARVER accurately replicates the movements used on the slopes, whilst ensuring users receive excellent cardio and toning benefits.

CARDIO - Dramatically tones and conditions quads, hamstrings, glutes, calves and mid-section while creating a low-impact, high-burn workout.

MULTI-FUNCTIONAL - Improve balance and body control and speed up reactions and coordination with safe, progressive cardiovascular training also ideal for rehabilitation.



# -FITBENCH

### FORM

Space saving and compact, it's the workout bench solution for your group training class, home gym or anywhere you find space for fitness. Constructed with cold rolled steel with a durable composite molded top, it's built with design, function and durability in mind.

### FUNCTION \_

Eliminate clutter with multiple storage points for weights, kettlebells and slam balls. Easily move the bench, weights and equipment out of the way all at once with the built in handle and wheels.

### FITNESS,

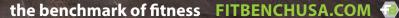
Use the attachment points to anchor your battle ropes or fitness bands. It doubles as a plyobox for stepping up and jumping onto or off of. Engage your core throughout your workout with the flat, adjustable benchtop.

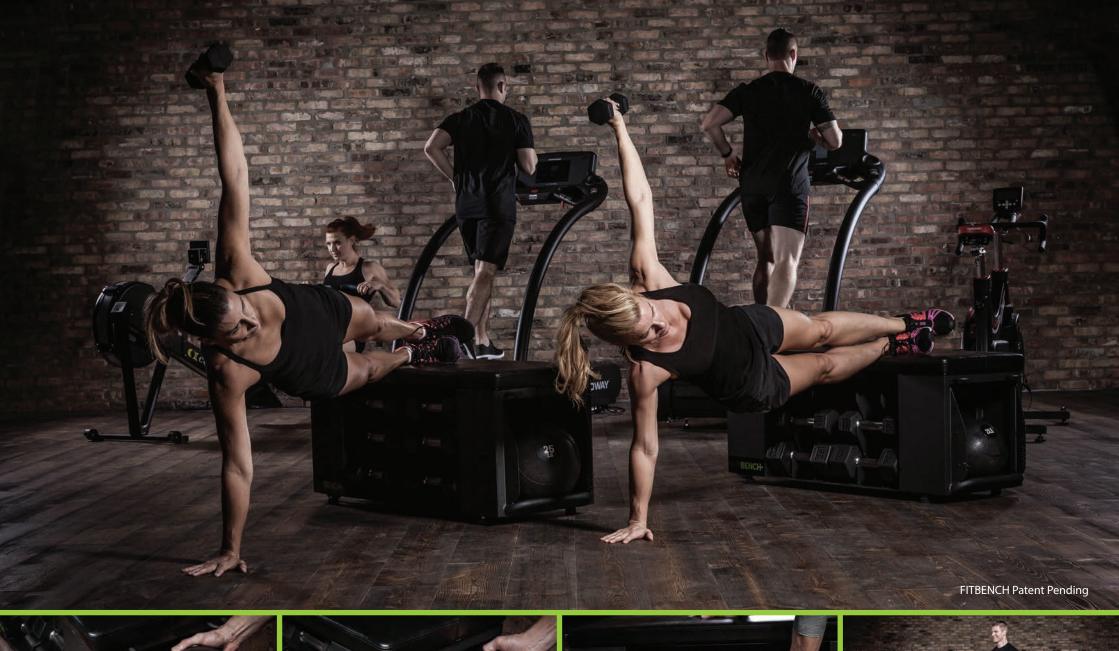
#### **NUTS & BOLTS**

- L 46.5" x W 17" x H 20"
- Constructed of Cold Rolled Steel
- Adjustable Heavy Duty Top
- 165 lbs. + 285 lbs. Weight Package
- Wheels & Handle for Movability
- Anchor Points for Bands & Ropes
- Storage for Slam Ball (25 lb.)
- Space for 2 Kettlebells (20 & 30 lbs.)
- Holds 6 Sets of Dumbbells (5, 10, 15, 20, 25, 30 lbs.)
- Doubles as a Plyobox
- Additional Storage for Personal Items

· Ed III . Ed .















# wattbike

### **True Training Tool**

The Wattbike provides reliable, repeatable, measurable data with scientific accuracy. Improve power, speed and performance using Wattbike's accurate data to analyze over 40 parameters about your riding.

Leave no margin for error when it comes to measuring your performance, as each Wattbike has been engineered to deliver accuracy within 2% across the full range of watts.

### Real Ride Feel

The Wattbike's unique resistance system and free hub deliver the most realistic feel of any indoor bike.

### **Setup Adjustability**

It is vital to get in to the right position when on your bike and the Wattbike is fully adjustable so you can recreate your perfect setup with ease.



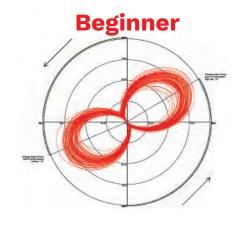
### wattbike.com

# The Polar View

The Wattbike Polar View is a unique analysis tool which can help you master the perfect pedalling technique.

Simply put, the Polar View is a graphical representation of your pedalling technique. It shows the balance between your left and right leg, the force you apply to the pedals and where exactly you apply this force within the pedal stroke.



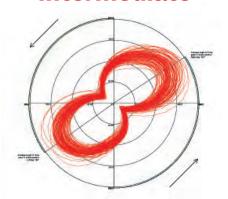


The cyclist is only using the muscles on the front of the thigh and is "stomping" on the pedals. This loses all momentum between the left and right leg and wastes energy.

#### TIP

Try adjusting your cadence (RPM). Aim to pedal between 85 and 100 RPM.

### **Intermediate**

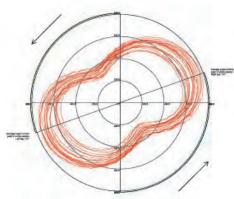


The cyclist retains some momentum and is starting to use the muscles on the back of the thigh and calf.

#### TIP

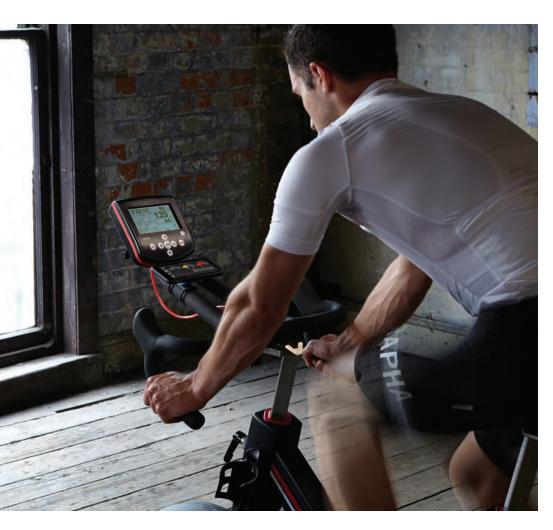
Imagine scraping mud off the sole of your show to engage the muscles on the back of the leg.

## **Elite Cyclist**



The cyclist has an excellent technique with very little loss of momentum between left and right leg, a good even distribution of power throughout the pedal stroke and excellent balance between left and right leg.

# **TRAIN**



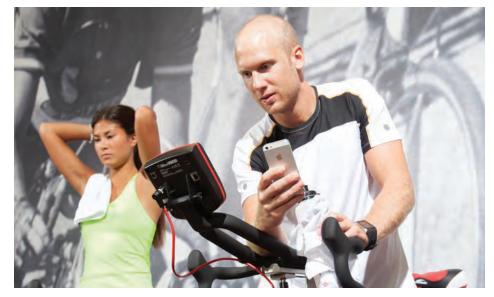
Chosen by the world's best athletes, the Wattbike is your ultimate training partner. Combining accurate performance data with the most realistic ride feel on any indoor bike and an innovative app for the complete training experience.

### wattbike.com

# **UPLOAD**

The Wattbike Hub lets you test, train and analyse your performance all from one simple digital platform. It's like having your own personal coach in your pocket.





# ANALYZE

Based on your Maximum Minute Power (MMP) or Functional Threshold Power (FTP) scores, the Wattbike Hub calculates your personalised training zones and implements them into every session ensuring you are always training at precisely the right intensity to achieve your goals.



Download the Wattbike Hub.





# SHARE

Instantly share workouts on social media or via email and follow your friends and other athletes on the Wattbike Hub.



Tom Crampton

@tecrampton

"Just finished a 3 Minute Test on the Wattbike. View my session here.

bit.ly/1B8DAeh"





wattbike.com



@wattbike



/wattbike

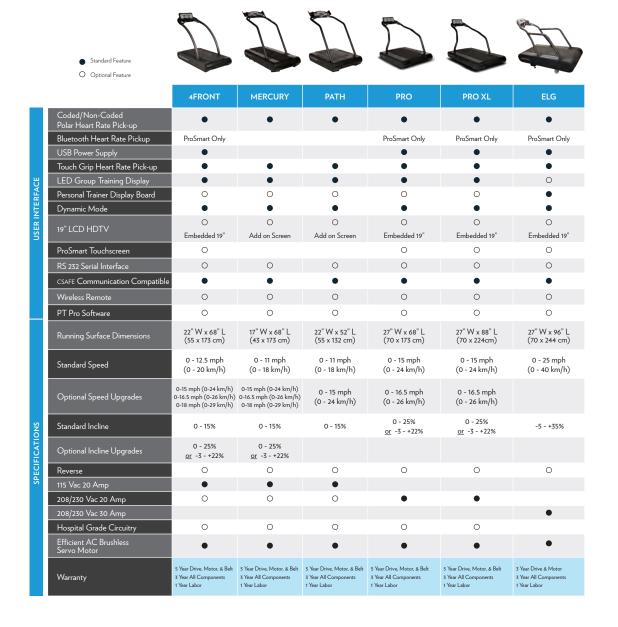


/wattbike



# TREADMILL SPECIFICATIONS

### MOTORIZED TREADMILLS



### **NON - MOTORIZED TREADMILLS**

### SKATING TREADMILL

	Standard Feature     Optional Feature	1	2	P.		
		CURVE	CURVE TRAINER	CURVE FTG	CURVE XL	FORCE
	Coded/Non-Coded Polar Heart Rate Pick-up	•	•	•	•	•
	Bluetooth Heart Rate Pickup	ProSmart Only	ProSmart Only	ProSmart Only		
Ж	USB Power Supply	ProSmart Only	ProSmart Only	ProSmart Only		•
RFA(	Touch Grip Heart Rate Pick-up	NA	NA	NA	NA	•
USER INTERFACE	LCD Readout Display	•	•	•	•	Force Personal Trainer LED Display
USE	ProSmart Touchscreen	0	0	0	NA	NA
	Resistance Levels	NA	NA	20	NA	15-150 lb.
	CSAFE Communication Compatible					•
	1.5 Software	0	0		0	0
	3.0 Software	0				0
	Running Surface Dimensions	17" W x 67" L (43 x 170 cm)	17" W x 67" L (43 x 170 cm)	17" W x 67" L (43 x 170 cm)	22" W x 86" L (55 x 218 cm)	22" W x 68" L (55 x 173 cm)
	Width	33" (84 cm)	33" (84 cm)	33" (84 cm)	38" (97 cm)	35" (88 cm)
	Length	70" (178 cm)	73" (185 cm)	73" (185 cm)	90" (229 cm)	97" (246 cm)
10	Height	77" (196 cm)	67" (170 cm)	71" (180 cm)	75" (191 cm)	88" (224 cm)
NO SX O	Weight	355 lb. (161 kg.)	350 lb. (159 kg.)	400 lb. (181 kg.)	550 lb. (250 kg.)	560 lb. (255 kg.)
SPECIFICATIONS	User Weight Capacity	Running 400 lb. Walking 800 lb.	Running 400 lb. Walking 800 lb.	Running 400 lb. Walking 800 lb.	Running 400 lb. Walking 800 lb.	Running 400 lb. Walking 800 lb.
ECI	Self-propelled/Unlimited Speed	•	•	••	•	••
S	Reverse	NA	NA	NA	NA	
	Electro-Magnetic Brake *			•		•
	115 Vac 20 Amp	0	0	0	0	•
	208/230 Vac 20 Amp	0	0	0	0	0
	Hospital Grade Circuitry					0
	Warranty	10 Year Frame & Belt 3 Year All Components 2 Year Battery Display 1 Year Labor	10 Year Frame & Belt 3 Year All Components 2 Year Battery Display 1 Year Labor	10 Year Frame & Belt 3 Year All Components 2 Year Battery Display 1 Year Labor	5 Year Belt 3 Year All Components 2 Year Battery Display 1 Year Labor	5 Year Belt 3 Year All Components 1 Year Labor

<sup>\*</sup> Electro-Magnetic Brake requires 115 Vac 20 Amp dedicated electrical outlet.

	<ul><li>Standard Feature</li><li>Optional Feature</li></ul>	
		BLADE
<b>#</b>	Personal Trainer Display	•
3FA(	RS 232 Serial Interface	0
USER INTERFACE	CSAFE Communication Compatible	•
USE	Wireless Remote	0
	PT Pro Software	0
	Skating Surface Dimensions	94" W x 83" L (239 x 211 cm)
	Width	115" (292 cm)
	Length	96" (244 cm)
	Handrail Height	38"-55" (97-140 cm)
SPECIFICATIONS	Gantry Height	131" (333 cm)
ATIC	Weight	3,000 lb. (1361 kg.)
F	Speed	0 - 16 mph (0 - 25.7 km/h)
PEC	Incline	-5 - +35%
S	Reverse	0 - 5 mph (0 - 8 km/h)
	Power Supply	208/230 Vac 30 Amp Power Supply **Dedicated Circuit & NEMA L6-30R Outlet Receptacle Required
	Warranty	3 Year Motor 3 Year Parts (Excludes Skating Surface) 1 Year Labor















