



*For The Long Run®*  
**WOODWAY®**

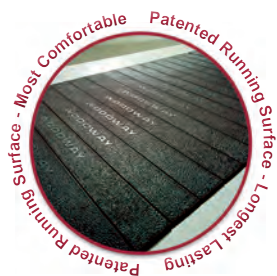
**Human Performance**

# The WOODWAY Difference

There is WOODWAY and then there are conventional treadmills.

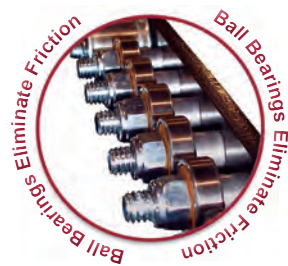
WOODWAY treadmills feature an original (internationally-patented) design that was developed in response to conventional treadmill designs. WOODWAY designers set out to develop a safe and comfortable running surface for humans that also reduced the friction and wear associated with the conventional conveyor belt style. To do this they started with a ball-bearing transportation system and then created an entirely new slat style running surface.

This combined system provides a running surface of 38-43 type A shore hardness, which was found by the Deutsche Sporthochschule in Cologne, Germany to be the ideal “softness” to eliminate the harmful shock to connective tissue, while not changing proper biomechanics. Additionally, the low friction ball bearing transportation system alleviates the forces to all mechanical and electrical parts, resulting in less wear, less maintenance, fewer repairs, lower electric bills and an overall longer treadmill life.



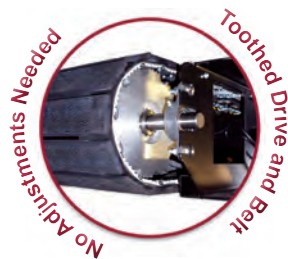
## SlatFlex Running Surface

Comprised of numerous individual shock-absorbing slats, it has been scientifically proven to reduce harmful shock to joints, muscles and connective tissue. Absorbs over 200,000 miles of usage without a single belt change.



## Low Friction Ball Bearing Transportation System

Two bearing rails allow the running surface to glide. This nearly eliminates friction and the resulting wear and results in significant electrical savings.



## Toothed Drive Wheels and Belt

The toothed belt and drive combined with 14 guide rollers assure the belt will not stretch or slip. No need to adjust or tension the belt or rollers for life.

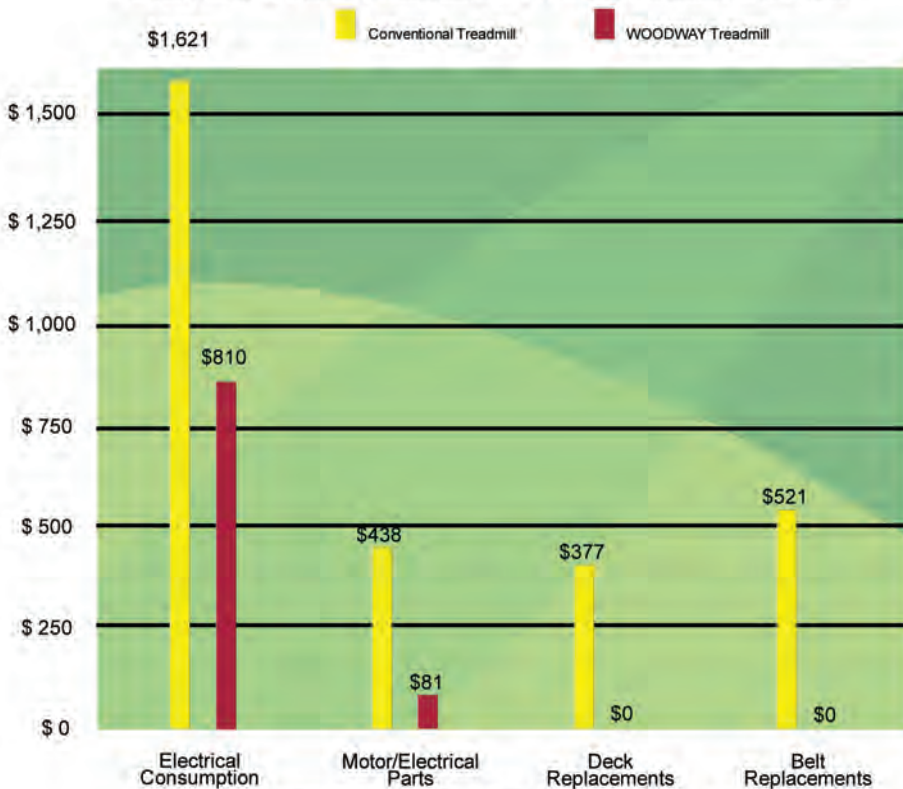
## Lowest Total Cost of Ownership

A WOODWAY treadmill will actually save your facility money in The Long Run.

- 50% Less Electricity
- No Belt and Deck Maintenance
- Less Downtime
- Buy-Back Program
- Extended Life of Equipment

### Cost Comparison of Conventional Treadmill vs. WOODWAY Treadmill

Average Costs To Operate 7 Conventional vs 7 WOODWAY Treadmills Over 4 Years



\* Study conducted by Major University Recreational Department

\*\* "Conventional Treadmill" is well known conventional manufacturer commercial grade

*"The Force Treadmill allows us to improve the motor programming of our athletes by naturally getting the body to learn and experience foot interaction with the ground while providing instantaneous feedback. It also helps with motor programming for speed by being able to transition from the force application while on the Force into a ground-based sprint which effectively teaches both acceleration and absolute speed mechanics. The Force is an energy systems tool, a speed training and teaching tool and provides a lot of bang for the buck."*

*Mark Verstegen*

*Founder and President,  
Athletes Performance*

# THE WOODWAY DESMO HP

Coaches and trainers that demand the very best for their athletes select the Desmo HP (Human Performance) because of its running surface. The Desmo HP, utilizing WOODWAY's rubber slat and wire-reinforced lateral belt design provides the smoothest, most precise and most comfortable running surface on the market.

<b>Performance Specifications</b>	
User Weight Capacity	Running 500 lbs (225 kg) Walking 800 lbs (360 kg)
Unit Weight	455 lbs (201 kg)
Running Surface Area	22" X 68" (55 x 173 cm)
Speed Range	0 - 15 mph (0-24 km/h) Up to 18 mph (28.5 km/h) Zero start, 0.1 increments
Elevation Range	0-25% or (-3%) - (+22%)
Standard Fitness Warranty	5 year drive, motor and belt 3 year all components 1 year labor



### Personal Trainer Display Board

- Menu driven color LCD screen
- 10 pre-programmed workouts
- Ability to create custom user workouts (up to 99)
- Fitness testing (Pre-loaded U.S. Military, Medical and Fire Department protocol)
- Animated readouts (speed, incline, distance, calories, time/pace, heart rate and METs)



### LED Display Board

- Easy to use speed, elevation and stop controls
- Multiple LED readouts monitoring speed, incline, distance, time and heart rate
- CSAFE fitness communications compatible



# THE WOODWAY PRO

The Pro Series was designed with the serious athlete in mind. WOODWAY has taken our world-renowned performance training treadmills and increased their size and versatility with the Pro and even larger Pro XL. The ideal sports performance training platform, take linear and lateral speed and power training to the highest level with the WOODWAY Pro Series.



<b>Performance Specifications</b>	
User Weight Capacity	Running 500 lbs (225 kg) Walking 800 lbs (360 kg)
Unit Weight	Pro 575 lbs (261 kg) Pro XL 675 lbs (306 kg)
Running Surface Area	Pro 27" X 68" (70 x 173 cm) Pro XL 27" x 88" (70 x 224 cm)
Speed Range	0 - 15 mph (0-24 km/h) Up to 16.5 mph (26.5 km/h) Zero start - 0.1 increments
Elevation Range	0-25% or (-3%) - (+22%)
Standard Fitness Warranty	5 year drive, motor and belt 3 year all components 1 year labor

# THE WOODWAY ELG

The ELG is the ultimate training tool for athletes seeking to take their sports performance training to the highest level. The ELG's superior running surface is ideal for overspeed training, with precise speeds, zero belt stretch or slippage and speeds up to 25 mph. With the ELG's extreme capabilities and patented running surface, you can be assured your athletes will be taken to the limit safely and effectively with the most comfortable running surface on the market.



<b>Performance Specifications</b>	
User Weight Capacity	Running 500 lbs (225 kg) Walking 800 lbs (360 kg)
Unit Weight	900 lbs (408 kg)
Running Surface Area	27" X 88" (70 x 224 cm)
Speed Range	0 - 25 mph (0-40 km/h) Zero start, 0.1 increments
Elevation Range	(-5 %) - (+35%)
Standard ELG Warranty	5 running surface/belt 3 year drive and motor 3 year all components 1 year labor

# CURVE

## Ultimate Sports Performance Training Platform

- Users are not subject to ramp up/down speeds
- Attain full sprint in a few explosive steps
- Sports specific work to rest interval training
- No maximum speed

**The CURVE allows any user, regardless of size or weight, to instantly achieve the speed they desire without the use of elevation or a motor!**

The CURVE's sophisticated design is the culmination of years of non-motorized design and development by WOODWAY. The key ingredient is WOODWAY's patented running surface and near-frictionless drive system, which allows the running belt to move freely.

## Totally Green Treadmill - HUMAN POWER!

The user controls their speed by positioning their body along the curved running surface. Stepping forward initiates movement, as the user propels themselves up the curve the speed increases. To slow, simply drift back towards the rear curve.



### Performance Specifications

User Weight Capacity	Running 500 lbs (225 kg) Walking 800 lbs (360 kg)
Unit Weight	245 lbs (111 kg)
Running Surface Area	17" X 67" (43 x 170 cm)
Speed Range	Unlimited
Elevation Range	Innovative Curved Design
Standard Fitness Warranty	5 year belt 5 year all components 2 year on battery operated display 1 year labor



### Curve Display

LED display of speed, time, distance, heart rate and calories.

Three functional buttons set, toggle and display data.

# THE WOODWAY FORCE

The Force is the ultimate tool for developing speed and power via resistance training. This Sport Loading Platform provides coaches and trainers with a controlled atmosphere from which to develop lower extremity output, increase stride length and increase overall explosiveness with measurable results for their athletes.

## Performance Specifications

User Weight Capacity	Running 500 lbs (225 kg) Walking 800 lbs (360 kg)
Unit Weight	560 lbs (184 kg)
Running Surface Area	22" X 68" (55 x 173 cm)
Speed Range	Non-motorized
Resistance	Electromagnetic Brake 15-150 lbs of resistance
Standard Fitness Warranty	5 year running surface/belt 3 year all components 1 year labor

## Upgrade the Force 2.0, 2.5 or 3.0 models for improved programmability and functionality

### Force 2.0 (Comes Standard with Computer and Software)

- 1 horizontal load cell attached to the vertical strut
- Desktop computer and software includes: multiple readout displaying time, velocity, work, power, and distance
- Ability to save and compare data to previous activity or participants
- Treadmill tachometer function
- Ability to graph each parameter against time

### Force 2.5 (Force 2.0 with following additions)

- 4 vertical load cells under the running surface
- Track and measure vertical forces, left and right, forward and back



\*\*Force 2.0 pictured



### Force Software

Add a whole new dimension to performance training with specialized Force Software. Coaches and trainers can fine tune athlete's training regimens and provide feedback in a controlled and measurable environment. With the addition of loadcells the software is able to determine the amount of forces the user produces, tracking each and every workout and comparing them, thus providing measurable proven results.

# THE WOODWAY PT PRO

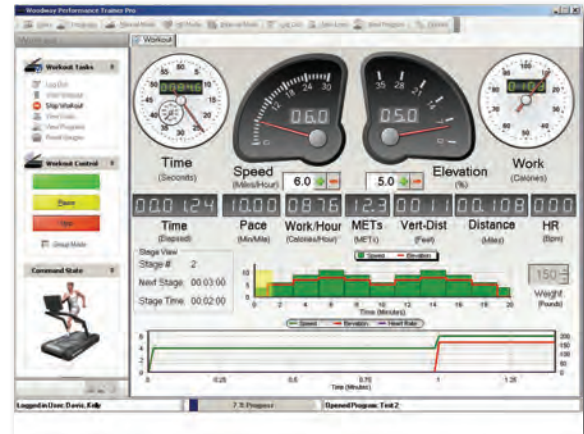
Track and Record Training Information with the Performance Trainer Pro Software Package

- Control your WOODWAY treadmill via pre programmed workouts
- Record workouts, measure and show improvement
- Easy reporting and graphing functions
- Multi-person log-in feature for group usage
- User's can pace themselves against previous workouts or other's workouts
- USB RFID tag reader option for quick and easy log in
- Remote treadmill control option



## RFID System (optional)

Utilizing the RFID system with wireless key fobs, users can quickly and efficiently log in to record workouts, this is especially valuable in a group training setting.



## PT Pro Programmable Options

- Heart Rate Control Mode
- Interval Training Mode
- Manual Training Mode
- Pace Functionality



Create Custom Programs



Scientific Solutions For Fitness™

SCIFIT has been a world leader in rotary equipment for over 22 years. They specialize in providing functional equipment that can withstand maximum punishment and wattage loads. Only SCIFIT has true constant work and iso-kinetic strength modes to put athletes to the test.



The SCIFIT Pro 2 Sport is the ideal piece of equipment to add to your performance training facility. SCIFIT's industry leading upper body ergometer provides the highest high wattage ranges. Users will receive a unique cardiovascular and isotonic strength training component that benefits all users and is ADA compliant.

**SCIFIT's unique line of rotary equipment feature many patient focused benefits:**



**Iso-Strength**

SCIFIT's exclusive Iso-Strength program provides accommodating resistance to a concentric movement at a constant speed (fixed RPM) throughout the entire range of motion.



**Bi-Directional Resistance**

Bi-Directional resistance allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired



**200 Levels of Resistance**

The workload can be changed in .1 increments – providing 200 levels of resistance and the most comprehensive, progressive system for gradual improvement.



**Ease of Use**

SCIFIT equipment features the industry's lowest starting resistance (5 Watts) with minimal RPM.



**Ease of Access**

SCIFIT makes it safe and easy for all users to stay active. Expandable step through seating, comfortable swivel seats, and sturdy steps and handrails assist in easy entry and accessibility.



**Wheelchair Accessible**

SCIFIT is a world leader in wheelchair accessibility and ADA compliance. Seats remove easily for wheelchair access.

Zephyr™

# Remote Physiological Monitoring

## Measure Life... Anywhere

The Zephyr™ Physiological Status Monitoring (PSM) Training system utilizes BioHarness™ technology and integrates it with software that offers team measurement and analysis capabilities. Using heart rate, breathing rate, posture, activity and skin temperature in a single solution gives high visibility and context for performance monitoring and analysis.

### **PSM Training Applications**

With real-time monitoring of up to 64 people simultaneously the PSM Training system offers unparalleled visibility of squads during training, as well as the ability to compare, contrast and analyze performances after the event. Designed for managing multiple subjects, the PSM Training system allows the configuration of hundreds of individuals for data collection, analysis and reporting as part of a team, or individually.

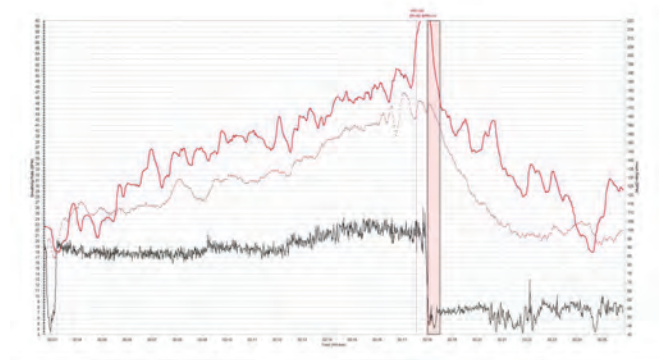
### **PSM Training Advantage**

The comprehensive data gathered combines physiological and motion-based parameters to give context to performance analysis. Zephyr's BioSense™ algorithms combine breathing rate, heart rate and activity monitoring to allow automatic detection of ventilatory threshold and heart rate recovery, while the visibility provided by the whole system also allows simple real-time interpretations for conditions such as dehydration, heat stroke risk, and fatigue.

**OmniSense Software** PSM Training's data is presented by using Zephyr's OnniSense software. There are two applications encompassed by OmniSense:



**OmniSense Live** – Displays real time information on the individual and team's physiological status.



**OmniSense Analysis** – Used for review and assessment after the completion of a training scenario or live operation.

# VIBRAFLEX®



VibraFlex Whole Body Vibration (WBV) stimulates the stretch reflex (knee tap reflex) by combining 3 different elements: frequency, movement pattern, and amplitude.

VibraFlex utilizes a unique teetering or rotational movement which provides the optimal levels of frequency and amplitude to stimulate Myotatic Stretch Reflex and Golgi Tendon Response.



## The first desktop system for easy and accurate Cardio Pulmonary Exercise Testing

- Accurate VO<sub>2</sub> measurements for resting & Exercise Testing
- VO<sub>2</sub>max and sub-max V<sub>O2</sub>
- Resting Energy Expenditure (REE, RMR)
- Built-in application for developing individual Weight Management programs
- Fitness Assessment, Body Composition and Risk Analysis
- Software for data management, exercise prescription and HR/VO<sub>2</sub> Training zones
- Affordable, portable and easy to use

## VibraFlex Whole Body Vibration Benefits

### **Increases**

- Blood flow
- Oxygenation in the blood
- Flexibility
- Range of motion

### **Improves**

- Balance and coordination
- Mobility due to the natural locomotor cross-over Pattern of vibration
- Postural reflexes

- Standard Feature
- Optional Feature



Desmo HP



PRO/PRO XL



ELG



Curve



Force

	Desmo HP	PRO/PRO XL	ELG	Curve	Force	
<b>User Interface</b>	Coded/Non-Coded Polar Heart Rate Pick-up	●	●	●	●	●
	Touch Grip Heart Rate Pick-up	●	●	●		●
	LED Display Board	●	●	●	●	
	Personal Trainer Display Board	○	○	○		●
	19" LCD HDTV	○	○	○		
	USB Power Source	○	○	○		
	CSAFE/FitLinxx	●	●	●		●
	Wireless Remote	○	○	○		
	RFID System	○	○	○		
	PT Pro Software	○	○	○		
<b>Specifications</b>	Running Surface Dimensions	22" W x 68" L (55 x 173 cm)	PRO 27" W x 68" L (70 x 173 cm) PRO XL 27" W x 88" L (70 x 224 cm)	27" W x 88" L (70 x 224 cm)	17" W x 67" L (43 x 170 cm)	22" W x 68" L (55 x 173 cm)
	0-25% or (-3%) - (+22%) Incline	●	●		Curved Design	No Incline
	(-5%) - (+35%) Incline			●		
	0-15 MPH (0-24 km/h)	●	●			
	0-16.5 MPH (0-26 km/h) (Requires 208V/220V)	○	○			
	0-18 MPH (0-28.5 km/h) (Requires 208V/220V)	○				
	0-25 mph (0-40 km/h)			●		
	120 V Power	●			Self Powered	●
	208V/220 V Power	○	●	●	Self Powered	○
	Efficient AC Brushless Servo Motor	●	●	●	Non-Motorized	Electromagnetic Brake

\*\*Treadmill features and options subject to change without written notice