

# PRO FITTER 3D CROSS TRAINER



*"I used Pro Fitter successfully to recover from a chronic hip injury and now I use it to improve my balance and agility on skis. It works so well!"*

Dave Irwin, 2 time Olympian  
Crazy Canuck

*"The balance, rhythm and strengthening I get from Pro Fitter is great from training at home or on the road and it's fun!"*

Kirsten Culver, World Speed  
Skiing Champion, Utah

*"I never thought that Pro Fitter would become a must in my life, but it is. Everything goes fine, I improve every day... for a senior customer."*

Victor Beaumilliers,  
Montreal, Quebec

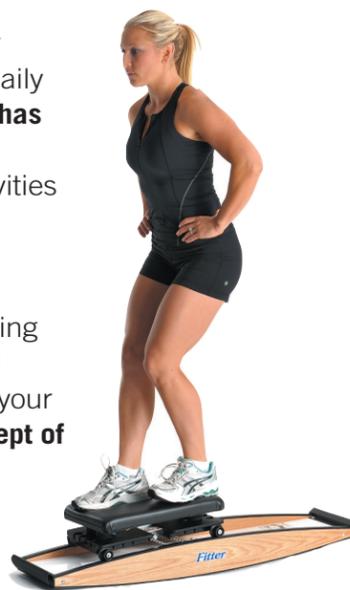
*"I think the Pro Fitter is an outstanding balance fitness machine. I own several pieces of home Nautilus equipment, the Panorama Ski Machine, The Skier's Edge; The SnoBound'r; The Alpine Ski Tone. In particular, The Pro Fitter is the most versatile machine I have used. Not only does The Pro Fitter isolate very specific muscles for many varied activities; it simultaneously focuses, enhances and improves all areas of exercise and athletic ability. Thank you for a beautifully constructed machine with such a smooth action!"*

Gail P. Barbieri, Duxbery, Massachusetts

## What's in it for you?

Pro Fitter enhances your mental and physical performance by challenging your mind and body as you condition for sports, daily activities and general health. For millions of people, **Pro Fitter has bridged the gap between traditional conditioning and sport performance.** Whether you're into low-impact recreational activities or high adrenaline sports, they all require multi-directional movement (MDM) responses.

Using Pro Fitter develops strength and endurance while improving the functional elements of balance, coordination, timing, spatial awareness and motor skills, all of which are needed to achieve your maximum potential. **Most importantly, Pro Fitter brings the concept of FUN to fitness.** You love your sports because they are mentally stimulating and physically challenging. You will love Fitter products for exactly the same reasons!



## Pro Fitter

### PRO FITTER 3D CROSS TRAINER:

- Pro Fitter
- Attachable Soft Ankle Board
- Instructional DVD, Laminated Exercise Chart & Pro Fitter Manual

### PRO FITTER 3D CROSS TRAINER PHYSIO KIT:

- Everything above, plus:
- Attachable Hard Ankle Board
- Pair of 51" Balance Aids



## Other Great Fitterfirst Products

### SLANT BOARD



The Slant Board is an effective device for stretching, performance enhancement and injury prevention. Targets the calf, hamstring and hip muscles.

### PRO BALANCE BOARDS



Tri-level Balance Boards are excellent for improving balance and coordination. They are great for improving sports performance and decreasing rehabilitation time.

### BONGO BOARD



The Bongo Board is a highly challenging, fun products. You will develop new skills and lightening fast reflexes. Falls should be expected!

### SRF BOARD



Stability, Rotation & Function - SRF is unique in that it allows rotation through dynamic movement. Dancers and skaters (to name a few) will find the SRF invaluable.

### EXTREME BALANCE BOARD



This board gives you the ability to train balance and coordination and build lower body strength and mobility at a higher level.

### EXERCISE BALLS



Fitter Exercise Ball Chairs should be in every office and home! They bring strength to your core, confidence to your balance and a smile to your face.

# PRO FITTER 3D CROSS TRAINER

## exercise chart



**BEGINNER**  
Basic exercises



**INTERMEDIATE**  
Requires good form  
and control

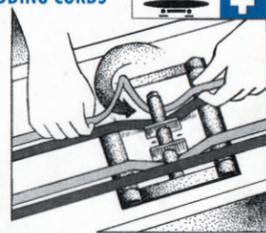


**ADVANCED / PRO**  
Use extreme care  
or a spotter

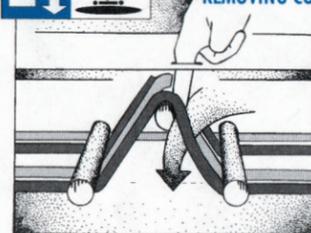


Pro Fitter 3-D Cross Trainer

ADDING CORDS



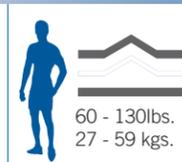
REMOVING CORDS



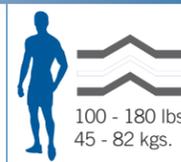
More Balance Required



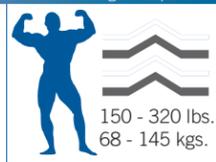
0 - 70 lbs.  
0 - 32 kgs.



60 - 130 lbs.  
27 - 59 kgs.



100 - 180 lbs.  
45 - 82 kgs.



150 - 320 lbs.  
68 - 145 kgs.



ON

OFF

**WARNING: USER ACCEPTS FULL RESPONSIBILITY. PRACTICE EXTREME CAUTION WHEN USING THIS BALANCE DEVICE**  
Before stepping onto • Check for proper resistance setting • You must have doctor approval before beginning any exercise program  
this equipment: • Keep children at safe distance • Ensure area is flat, clean and dry



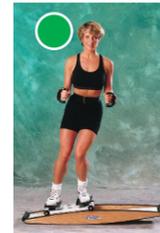
## BASICS

Learning the basics of Pro Fitter is easy. The most important point is to always maintain good body posture with a heads up position. Start on a flat, smooth surface in a clear area. If necessary use a wall bar, ski poles or have a spotter for additional support.

1. Check the machine for proper tension setting based on your weight (see chart above).
2. Gently step on foot pads with feet centrally positioned. Concentrate on proper posture. If possible, use a mirror or window to see your reflection. **Keep your head up!**
3. Gently transfer your weight from one foot to the other with a smooth flowing motion. DO NOT fight the machine - work with it.

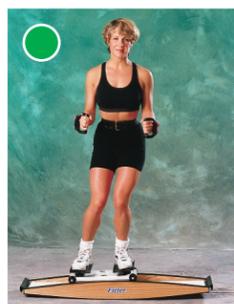


4. As your rhythm increases you will get closer to the bumpers at each end. Good posture is more important than lateral distance travelled.
5. Always maintain good upright posture with eyes focused in front of you. Pay attention to your balance.
6. Congratulations! You have mastered the basics of using a Pro Fitter!



## FUNDAMENTALS

Challenge yourself on the Pro Fitter for muscular balancing, trunk and leg strengthening, injury rehabilitation and ski conditioning.



### SLALOM

hip rotator | quads | calves

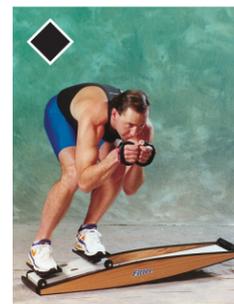
Control rapid weight transfer between feet with limited upper body movement. Focus on proper foot placement by pushing on the inner side of the weighted foot. Keep the skate near the middle.



### GIANT SLOLOM

quads | ab stabilizers | balance

Use a slower, longer and more controlled weight transfer. Work at travelling further on each weight shift. Concentrate on proper foot position (notice outer ankle position).



### DOWNHILL

abs | quads | calves | lumbar spine

Place feet near outer edge of footpads, tuck chest into thighs and position hands in front of body. By placing Pro Fitter on a lighter tension a slow curving motion can be simulated. **Keep your head up!**

### POWER THRUST

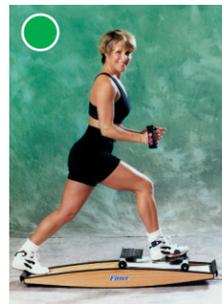
glutes & quads | lower back | balance | endurance



Place one foot on the end cap and the other on the foot pad. With a straight back, push the skate out and back repeatedly in a slow, controlled manner. Repeat on both legs.

### LEG EXTENSIONS

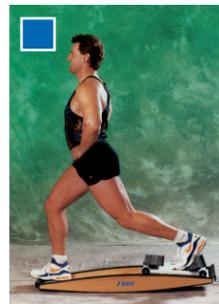
quads | trunk stabilizers | balance



With one foot on the end cap and the other across the foot pad, keep weight forward and extend the front leg in a controlled manner. Return slowly and repeat.

### KICK BACK

glutes | quads | hamstrings | trunk stabilizer | balance



Similar to the Leg Extension except the focus is on the rear leg. With a stable, controlled movement, extend the leg back to the end and repeat on both legs.

### AB/ADDUCTION

ab/adductor | peronei | groin | hip rotators



Place foot between the center foot pads, with weight primarily on front foot. Slide the skate side to side in a controlled manner. Low resistance recommended.

## ADVANCED

The following exercises require a good working knowledge of the Pro Fitter. Use caution and common sense with these and all Pro Fitter exercises. Double Diamond indicates extreme difficulty. Falls should be expected.



### SITTING LEG EXTENSION

quads | trunk stabilizers | hamstrings

A fun, easy exercise for trunk control and improved ROM in knee or ankle joint. Feet may be on the end cap or on the floor. Many variations.



### ABDOMINAL CRUNCHES

back | abs | shoulders | triceps

Standing at one end in a pike position, grip the platform firmly. Keeping the shoulders directly over hands, lower hips to push forward, then raise the hips to pull the skate back.



### SITTING AB

obliques | abs | core

Sit on the platform with feet on ground in front and hands grasping the platform under the butt, keep head central and rhythmically swing hips from side to side.



### SITTING LUGE

abs | hips | thighs | stomach | sides

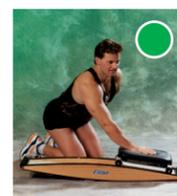
Sit in same position as Sitting AB, only raise heels from the floor. Concentrate on keeping the head and heels central. To increase difficulty, lean back as far as possible.



### SHOULDERS

abs | shoulders | triceps | stabilizers

This is very similar to the Abdominal Crunches. Keep the back flat, only the arms are used to move the skate forward and then back.



### ONE ARM

shoulders | rotator cuff

Focus on weight bearing closed chain shoulder rehab. Resistance must be very low. (1 or 2 cords). Maintain slow, controlled movement with no pain.



### PUSH UP

chest/shoulders | deltoids & triceps | abs | stabilizers

Do a basic push up from the feet or knees. Move the skate from side to side. It is important to keep the head central with weight equally on both hands.



### 90° ONE LEG

quads | glutes | hip stabilizers | balance

Start with both feet facing the end of the Pro Fitter. Once you have good rhythm, carefully unweight one foot. Please use a spotter.



### LATERAL ONE LEG

quads | glutes | balance | hip stabilizers

On the platform, start moving the skate with both feet. Once you have a good rhythm try to carefully unweight one foot. **This exercise is extremely difficult and requires a spotter.**



### 45° BOTH LEGS

abs | quads & glutes | balance | lumbar spine

Stand on platform at 45° angle. With smooth rhythm, push equally on both legs. Variation combining with deep knee bends.



### ANKLES

calf & ankle stability | balance | proprioception

Keep knees straight pushing skate forward with toes and pulling back with heels. Concentrate on using only the ankles and calves, all other muscles are relaxed.



### KNEES

quads | hamstrings | knee stabilizers

Stand centrally on the platform facing the end of the Pro Fitter. With concentration on the knee joint, drive the skate forward then pull it back with the hamstrings.



### STOMACH PIKE

abs | lumbar core

In the same position as the Knees exercise keeping the legs straight, push your feet forward with your stomach and then pull back again with lower spine muscles, knees should not bend.

**WARNING** - Do not use this equipment without a complete understanding of its intended purpose and function. By stepping on this equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.