

# L A T E R A L HLT3000 T R A I N E R • 3D •

## The Most Effective Cardio Product Ever Built™

...just got  
an upgrade.  
It's now more  
user-friendly  
for everyone.

By training **more** muscle groups, and by creating **more** activation within those muscles, Helix burns **more fat** and delivers **faster results** than any other cardio product.

The **HLT3000 3D** is the first model designed for all training levels, not just the super fit. It retains the **effectiveness** of other Helix models but introduces advantages that users can feel from the very first second.

First, its mechanical position **decreases starting effort**. Next, its machine-driven positioning facilitates easier movement during workouts. Finally, the patented motion actually **lowers perceived exertion**.



### 3D: A New Dimension in Fitness

Helix 3D isn't just more user-friendly, it represents a revolution in fitness. With a patented motion that works the body in all 3 dimensions of human motion, it trains as nature intended: in full 3D.

Working in 3D is not just intuitive, it also confers more comprehensive training benefits, as clinical studies have demonstrated:

**Results that feel "easy":** Test subjects on Helix burned an average of 50-60 more calories per hour than test subjects using other lateral trainers, yet heart rates and perceived intensity remained the same.\*\*

**Health joint function:** Knee rotation is key to joint health; Helix 3D models provide the greatest degree of knee rotation of all cardio trainers studied.\*\*

**The most comfortable gait:** Helix 3D models demonstrate a more comfortable gait because they dissipate some of the lateral motion, allowing for complete rotation without undue bending or forcing apart of the hips.\*\*

**Increased muscle activation:** All Helix lateral trainers achieve targeted heart rates more quickly and produce dramatically increased muscle activity when compared to "traditional" cardio like ellipticals\*:

**Vastus Lateralis: 50% more**  
**Adductors: 42% more**  
**Gluteus Maximus: 39% more**  
**Gluteus Medius: 33% more**  
**Obliques: 55% more**  
**Rectus Abdominis: 13% more**  
**Spinal Erectors: 11% more**  
**Targeted heart rates achieved 23% faster**

\* 2011 clinical study conducted by the Human Performance Research Lab, University of Tampa

\*\* 2016 clinical study conducted by the Human Biomechanics and Physiology Laboratory, High Point University



# HLT3000 • 3D

- LED and dot matrix display
- 8 programs, including Helix Intervals and HIIT Intervals (Random has unlimited programs)
- Built-in Quick Start function
- 16 levels of resistance
- Pedal direction guidance
- Workout history tracking
- Feedback: Time, Calories, RPM, Distance, HR, Level, METS, Watts
- Self-generated power
- Polar compatible heart rate receiver



## SPECS AT A GLANCE

**Resistance Type:** Generator Magnetic

**Resistance Method:** Electro-magnetic

**Resistance Levels:** 16

**Total Resistance (watts):** 300

**Max User Weight:** 300 lbs / 136kg

**Unit Weight:** 194 lbs / 88kg

**Package Weight:** 225 lbs / 102kg

**Market:** Light Commercial, non-dues paying facilities only;

4 hours per day maximum usage. Intended for hotel fitness, small-to-medium apartment/condo communities, physical therapy, small-to-medium corporate wellness, fire and police fitness. Not intended for schools, community centers, correctional facilities, HIIT training, HIIT classes or any CrossFit-type facilities. If you have a question whether your facility fits the intended usage model for this product, please contact Helix.

**Assembled Footprint:** 42" x 42.5" (107cm x 108cm)

**Packaging Dimensions:** 42.5" x 42.5" x 25"  
(108cm x 108cm x 61.5cm)

**Power Requirements:** Self-generated

**Warranty – Parts:** 3 years Commercial;

5 years Residential upon owner registration

**Warranty – Labor:** 1 year (USA and Canada only)

