

# L A T E R A L   HR3500   T R A I N E R

## RECUMBENT

Helix, the company that invented cardio lateral training, just revolutionized the recumbent workout.

Traditional “linear” recumbent bikes and steppers only work muscles in one plane—front to back. By contrast, the HR3500’s patented Helix Motion® trains your body in multiple planes, a full 360°, thereby activating more muscles and burning more calories—in less time. Just read the science at [Helixco.com/study](http://Helixco.com/study) and you’ll see why it is the most effective cardio machine ever built. And, for those who prefer their workouts seated, there is no better workout option. It’s time to take a seat, and take your fitness to a whole new level.

**Radically Different.  
Radically Effective.  
Radically Recumbent.**



**The Most Effective  
Cardio Product Ever Built™  
is now available for  
ALL fitness levels.**

**360° Results:** Unlike other cardio machines, Helix works the total lower body as it builds aerobic conditioning.

**Glutes:** The machine’s intense focus on the Gluteus Maximus and Medius yields dramatic toning benefits.

**Quads:** Helix provides a zero-impact, yet powerful Quad workout.

**Knees:** Helix maintains and improves knee and hip functionality by safely targeting and strengthening the muscles that support these joints.

**Stability/Fall Prevention:** In a recent study, in just 4 months of moderate use, seniors were able to improve their lateral stability an average of 54%, thereby greatly reducing their risk of falling.

Imagine the lateral stability gains you could achieve by using a Helix recumbent on a regular basis!

**Inner Thighs:** Helix does what traditional cardio machines can’t, creating up to 42% greater activation of the Adductor muscles.

**Outer Thighs:** Sculpts the hard-to-target outer thigh by creating up to 43% more Abductor muscle activation than a traditional cardio machine.



**HR3500**



# Bring Recumbent Lateral Training to your gym.



## HR3500

The commercial grade HR3500 boasts a smooth, gear-driven, maintenance-free system and an oversized, state-of-the-art TFT Touchscreen computer with full color screen. Super-intuitive graphics show real time feedback: time, calories, RPM, distance, pulse, activity level, mets and watts. Electricity is required.

### SPECS AT A GLANCE

**Unit Dimensions:** 74" x 36"

**Boxed Dimensions:** 42" x 42" x 43"

**Unit Weight:** 220 lbs

**Max User Weight:** 350 lbs

**Commercial Warranty:**

3 years parts, 1 year labor

**Residential Warranty:**

5 years parts, 1 year labor

**Power Requirements:**

120vac 50/60hz

**Resistance Method:** Electro-magnetic

**Resistance Levels:** 20

**Display:** TFT Touch full color

**Fit Programs:** 9



### ADDITIONAL BENEFITS

- Bi-directional motion / resistance for more complete and effective training
- Activates every muscle group of the quadriceps
- Improves explosive power (golf, tennis, baseball, etc.)
- Improves range-of-motion of the hips
- Strengthens the muscles and connective tissue surrounding the hip joint
- Delivers glute activation throughout the entire workout
- Proven to greatly increase lateral stability, which translates to reduced risk of falling
- Creates dramatically more muscle activation than other recumbent modalities, which equals greater caloric burn in less time

