



CORE | *StairMaster*
SCHWINN
NAUTILUS
STAR TRAC
HEALTH & FITNESS | **THROWDOWN**

BRAND BROCHURE



TABLE OF CONTENTS

1	CORE HEALTH & FITNESS	4
2	STAIRMASTER® HIGH INTENSITY	10
	<ul style="list-style-type: none">• Stepmills• HIIT Circuit	
3	THROWDOWN®	18
	<ul style="list-style-type: none">• Rigs and Storage• FIT Accessories• Free weights• Customization	
4	NAUTILUS® STRENGTH	28
	<ul style="list-style-type: none">• One• Inspiration• Impact• Instinct• HumanSport• Leverage• Plate Loaded• Multi-Stations• Benches• Racks• Customization	
5	STAR TRAC® CARDIO	52
	<ul style="list-style-type: none">• 10 Series• 8 Series• 4 Series• S Series	
6	CONNECTED PERFORMANCE	62
	<ul style="list-style-type: none">• OpenHub• Programs	
7	SCHWINN® GROUP CYCLING	68
	<ul style="list-style-type: none">• Bikes• Console• Customization	
8	INSTRUCTOR EDUCATION	76
9	CUSTOMER SERVICE	82

1

CORE HEALTH & FITNESS

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it.

Partner with us and see how our Core Values motivate our every decision.

CORE | StairMaster
SCHWINN
NAUTILUS
STAR TRAC
THROWDOWN
HEALTH & FITNESS



“OUR PURPOSE IS TO LIVE AND SHARE OUR PASSION FOR FITNESS”





A GLOBAL FITNESS COMPANY

Core Health & Fitness is a global fitness provider. With headquarters in Vancouver, Washington, we have global manufacturing, sales and support with offices in North and South America, Europe, Asia and the Middle East. We understand the importance of a worldwide presence and recognize the benefits of well networked partnerships.

Our promise is to maximize customer delight and trust. It is our job to go above and beyond to create memorable customer experiences and surpass your expectations. We endeavor to create strong relationships and lifelong brand advocates by delivering a world-class customer experience.

VERTICAL INTEGRATION

Core Health & Fitness is a vertically integrated company. Our manufacturing facility in Xiamen, Fujian, China produces our high-end commercial fitness products.

With a focus on financial consolidation, quality control and supply chain integration, we are continually improving operations with the future of the fitness industry at the focal point of our planning.

In addition to manufacturing our own products, Core

Health & Fitness is the OEM provider for many top tier brands in the fitness industry. This diverse portfolio has allowed us to expand on manufacturing capabilities while also mitigating risk.

When faced with the COVID-19 pandemic, Core Health & Fitness was able to increase manufacturing volume by pivoting with the increased production of home fitness equipment. This agility, backed by a dedicated and skilled workforce, further exemplifies our continued dedication to producing the best equipment in the industry.

Built in 2003, our facility features over 1M square feet of manufacturing space, research and development laboratories as well as executive and administrative offices. A leading-edge manufacturing area boasts continuous-flow assembly lines, electronic assembly, metal fabrication and weld shops.

The ongoing expansion of development and manufacturing capabilities emphasizes our commitment to continually raise the benchmark for value and quality in fitness and health products and services. Our manufacturing facility implements Continuous-Flow Manufacturing (CFM) and Quality Improvement Programs (QIP), providing continuous product and process improvements.

CORE VALUES

PLAY TO WIN

We cultivate employees who want to be part of a team; that are passionate about our industry, our products and our success. We value employees who excel in a fast-paced team environment and that want to play to win.

KEEP SCORE

Do the math, ensuring we are using our time and resources effectively towards a common goal. We believe financial rigor drives our efforts.

OWN IT

We own it from start to finish; we do what we say we will do. If a commitment cannot be met, we communicate and find alternative solutions. We ultimately earn the trust of our partners, achieving the right results.

CHANGE IT UP

We are empowered to change it up. Dynamic environments call for dynamic solutions. We will look for “what’s possible”, not settle for “what is”, and keep moving forward.

ALL IN

We know greatness is not achieved with less than everything we got. As one team, all in together, we strive for breakthrough results and push ourselves to be the best. We are motivated and passionate about our actions and the results.

FIND A WAY

We find a way to create results where others cannot; the words “no” and “failure” are not a part of our vocabulary. We get the job done in spite of any obstacles, and our success is defined by the value we deliver, to our people and our customers.

SPEAK UP

We value your input – Speak up. No idea will ever materialize into success if it remains inside someone’s head. All ideas qualify; best idea wins. No silent suffering.



CREATING POSITIVE IMPACT THROUGH THOUGHTFUL ACTION

At Core Health & Fitness our values go beyond a list of ideals. We embrace our humanity and focus on those things we can do to make a positive impact in our local and global communities. We know the past, present and future hold equal weight so we assess our actions and make important choices to assure we leave the world a better place than when we entered.

With focus on Sustainability, Wellbeing and Community, Core Health & Fitness is continually finding ways to strengthen our foundation to share our passion for fitness and our sense of responsibility to protect the future of it.



COMMUNITY

Communities are powered by the human need to connect, and they empower their members to lift each other up. This support particularly from a fitness community crosses all social and physical boundaries.

Our goal is to be the catalyst that brings people together through fitness to accomplish more than they could individually. We meet this goal by participating in events like *Together, We Ride* virtual marathons *Cycle for Survival* and *First Tee YMCA*.



SUSTAINABILITY

The successful growth and resilience of the fitness industry is dependent on meeting the needs of today without compromising the success of future generations.

Core strives to meet this challenge by committing to the United Nations Sustainable Development Goals and follow the Plan-Do-Check-Act framework to become ISO 14001 certified. Our key target areas are to design out waste and pollution in our packaging and to maximize transportation efficiency, as well as actively address welding, injection molding, and assembly processes at the factory that have negative environmental impact.



WELLBEING

At Core, Wellbeing is the pursuit of activities and lifestyle choices that make us physically and mentally healthier, which is both integral to the successful business models of our customers, as well as part of the necessary foundation for our ability as a global team to support those customers effectively.

2

STAIRMASTER

StairMaster® knows what it takes to make the toughest workouts, pioneering the Stepmill™ and taking HIIT to the next level. We're a trend forward brand that will continue to lead the way in fitness training with innovative products and our unique style of encouragement that dares you to challenge yourself and push through the pain.



THIS IS HIIT

WHAT WE'RE KNOWN FOR

The #1 name in cardio

High intensity

Reliable products

Delivers quick results

A reputable, trustworthy company





ORIGINAL AND REVOLUTIONARY

The **StairMaster 10G** marks a revolutionary shift in stair-climbing technology. The innovative new design features the OverDrive Training Mode that simulates carrying or pushing a load up stairs, for the most intense climbing workout. The 10G's advancements all focus on delivering the best climbing experience ever created. User-focused features include the widest and deepest stepping surface and lowest step-up height in the industry, ergonomic handrails to support multiple climbing positions and an all new drive train that delivers smooth, quiet performance.

[SEE PAGES 62-67 FOR CONSOLE DETAILS](#)



GAUNTLET® 8G



Building on 30 years of experience and proven performance, the Gauntlet provides a superior combination of cardio and strength training in our most comfortable design ever. The machine features a deeper, wider step surface with durable, rust-free polypropylene construction and is now available with all three smart, affordable, flexible, OpenHub™ console options. Combining quality with innovation delivers a workout that's head and shoulders above anything else in the gym.

STEPMILL™ 3



The StepMill 3 gives you a full cardiovascular and strength workout in one, and a compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. With its front transport wheels, the StepMill 3 can easily fit through standard door frames and only requires an 8' ceiling height. It's the tough, effective workout you've come to expect from the original name in climbing fitness in a size that fits your needs.

FREECLIMBER™



The 8 series FreeClimber step design includes added cushion and independent pedal geometry, with four-bar linkage to create a fluid, natural stepping motion. With three smart OpenHub™ console options that offer solutions for all of your entertainment, fitness tracking and asset management needs.



HIIT CIRCUIT

StairMaster® knows what it takes to make the toughest workouts; pioneering the stepmill and taking HIIT to the next level. Our innovative line of HIIT products create a complete circuit that can fit in any space; featuring our HIITMillX, HIIT Rower, HIIT Bike and HIIT UBE. Add our BoxMaster or 10G and you've got the best HIIT circuit available.



HIITMILL AND HIITMILLX



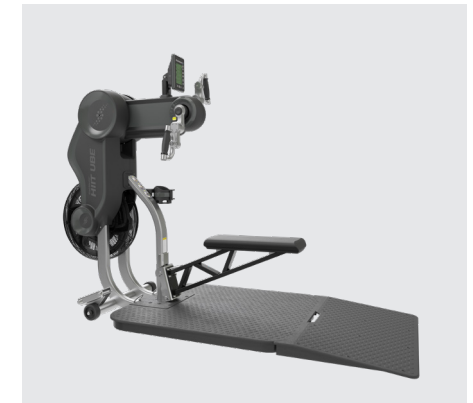
The StairMaster HIITMill and HIITMillX are self-powered speed and strength training tools designed to build explosive power. These High-Intensity machines deliver an effective resistance training platform that captures the benefits of speed and agility training, lateral training and sled training. Users can now push, drive and sprint with the resistance of a sled, safely and with a smaller footprint. Choose the HIITMillX and add Farmer's Carry to that list of capabilities.

HIIT BIKE™



Tested to withstand 1400 lbs of force, the StairMaster HIIT Bike™ offers a robust design and features dual action wind resistance that provides a total body cardio workout. The HIIT Bike is designed to push you past your breaking point and keeps working long after you can't.

HIIT UBE™



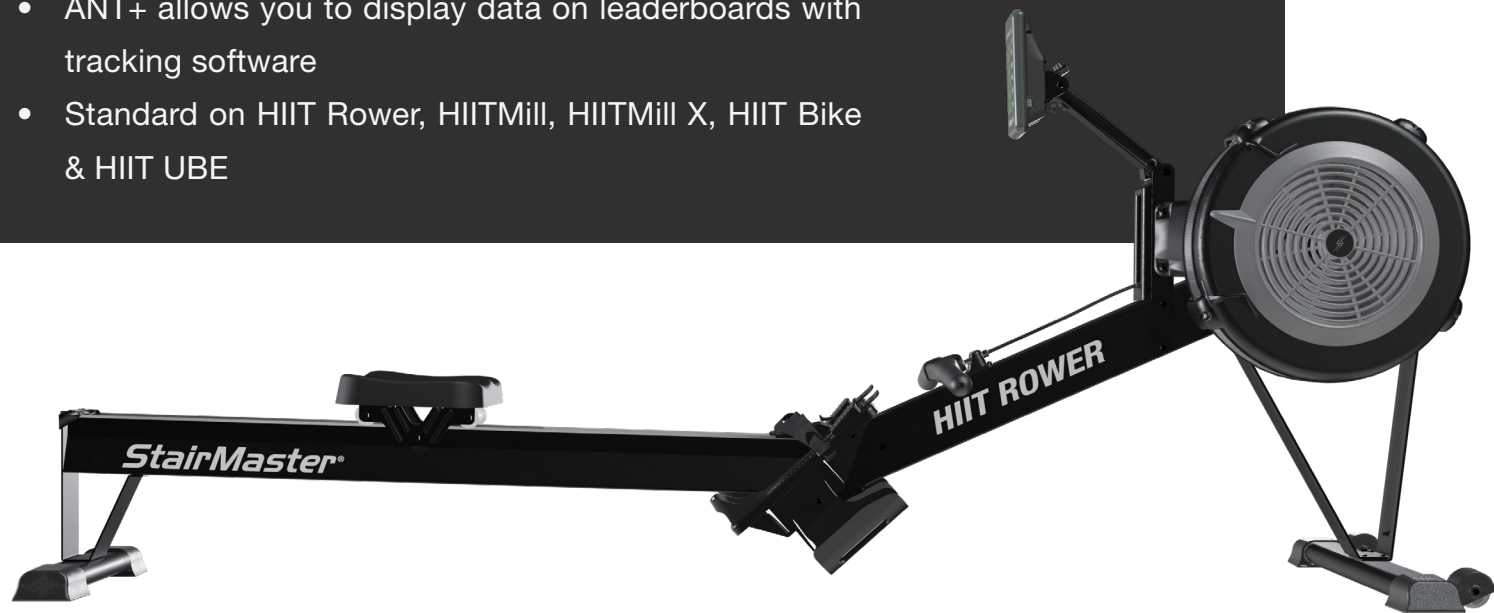
When it comes to discipline and perseverance, few workouts will challenge you more than those on the Upper Body Ergometer. Whether used in a rehabilitation setting or high performance fitness center, the HIIT UBE adjustable tower, convertible crank arms and comfortable grips let you tailor the workout with the right range of motion for your shoulders, back, wrists, and elbows. An optional ramp and removable bench allows wheelchair access and meets ADA criteria.



HIIT CONSOLE

The StairMaster HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays. The HIIT Console comes standard on StairMaster HIIT products.

- Simple, easy to read backlit display
- Easy to use programmable time, distance, calories, time interval, and calorie interval programs
- Bluetooth connectivity to share your information to your favorite tracking app
- Displays heart rate broadcast from ANT+ or 5kHz heart rate straps
- ANT+ allows you to display data on leaderboards with tracking software
- Standard on HIIT Rower, HIITMill, HIITMill X, HIIT Bike & HIIT UBE



HIIT ROWER



Recognized as one of the top fitness activities, rowing has exploded into HIIT Training as a true total body exercise, and no one knows HIIT better than StairMaster. The StairMaster HIIT Rower uses fan based resistance ideal for rowing as it accommodates the user's fitness level. Isokinetic resistance ramps up the harder you pull as the fan spins against air resistance. Making this a true HIIT workout.

HIIT PROGRAMMING



From the makers of the toughest workouts in the gym, comes a tough, engaging and scientifically backed High Intensity Interval Training program. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.

[SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING](#)

BOXMASTER

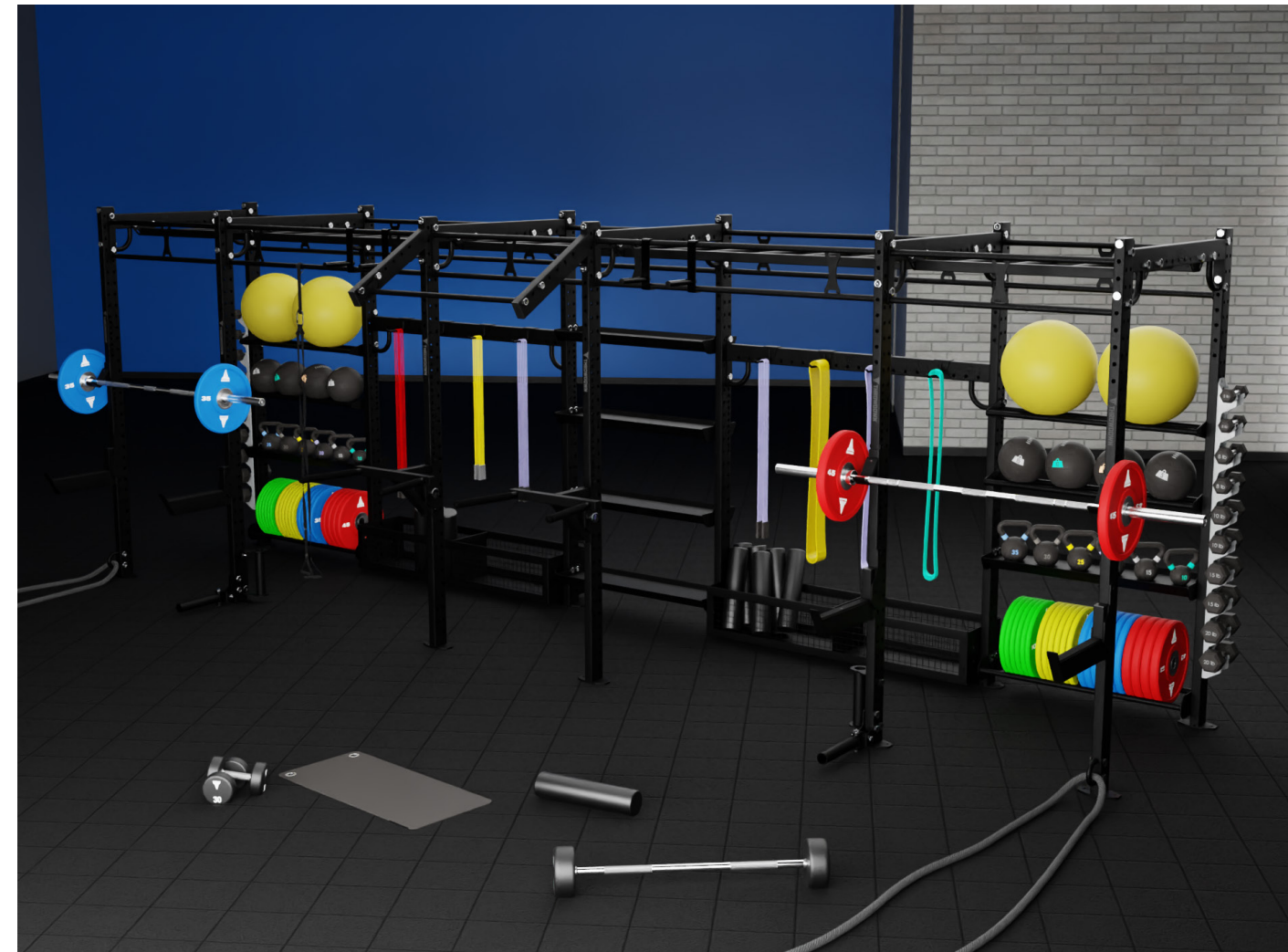


Created by professional boxer Rai Fazio, the BoxMaster is designed to improve stamina, coordination, agility and cardiovascular health. Its unique design allows members to throw any punch or combination of punches, with the feel of hitting a focus mitt. This boxing style of conditioning excites and encourages greater participation in group fitness training and improves member retention by offering an entirely different way to get in shape.

3

THROWDOWN

Throwdown® creates opportunities to push boundaries, enabling everyone to reach their peak performance by creating flexible and challenging exercise environments. Our diverse offerings make it easy for trainers and members to mix it up.



PUSHING BOUNDARIES

WHAT WE'RE KNOWN FOR

Reliable products

Engaging, flexible workouts

The equipment used by serious athletes





FUNCTIONAL IMPACT TRAINING



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

XTC STANDARD AND COMPACT RIGS



The XTC is a hyper flexible rig, carefully engineered to create training zones for groups of members to train simultaneously. Constructed with 4' cross member bars, the XTC comes available in both Standard and Compact configurations to accommodate various spaces and group sizes. With a variety of station attachments, the XTC rigs are ideal for functional training.

XTR STORAGE



Throwdown XTR Storage is built to be both functional and durable. Simple intricate designs keep the area around the training center clutter-free and safe for all members. Each piece provides a specific storage solution for all of your functional training accessories.

CUSTOMIZATION



Your space is unique, your members and trainers have specific needs. You have a brand that needs to be represented throughout your facility. Throwdown can meet and exceed your expectations. Our XTC Rigs are hyper flexible and carefully engineered so that they may be configured to fit the space and training programs designed by your instructors.

FIT ACCESSORIES



ACCESSORIES

With over 25 product offerings the Throwdown FIT Accessories product line offers the equipment you need in a single buying experience. Including foam rollers, jump and speed ropes, plyo boxes, resistance bands, battle ropes and anchors, FIT dummies and more.

[SCAN THE QR OR VISIT COREHANDF.COM/THROWDOWN TO VIEW OUR ENTIRE PRODUCT LINE](#)



BALLS

From stability balls to slam balls, we have the products needed to round out your XTC Rig in whatever configuration you're creating.

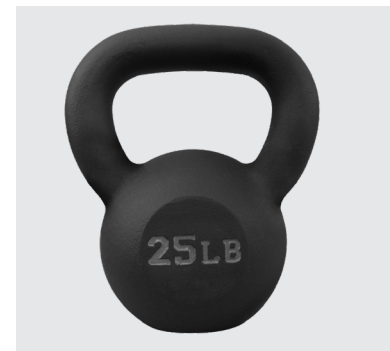
[SCAN THE QR OR VISIT COREHANDF.COM/THROWDOWN TO VIEW OUR ENTIRE PRODUCT LINE](#)



BAGS

Throwdown Bags are constructed of T-Flex Tarpoline shells with industrial fiber fill and feature nylon, adjustable, webbed hanging straps. Hardware kits are included with each bag and are made from custom premium wear resistant steel. No matter your set up, we have the bag for you.

[SCAN THE QR OR VISIT COREHANDF.COM/THROWDOWN TO VIEW OUR ENTIRE PRODUCT LINE](#)



WEIGHTS, PLATES, BARS

Throwdown FIT Accessories offers an exceptional value free weight solution to your functional training space

[SCAN THE QR OR VISIT COREHANDF.COM/THROWDOWN TO VIEW OUR ENTIRE PRODUCT LINE](#)



RACKS, BENCHES

Rounding out our FIT offering are the HIIT Bench and Bumper Plate Storage Cart. These durable pieces offer efficient and portable designs that will save space in your facility.

[SCAN THE QR OR VISIT COREHANDF.COM/THROWDOWN TO VIEW OUR ENTIRE PRODUCT LINE](#)



FREE WEIGHTS

Throwdown offers a wide variety of products to ensure you have everything you need to fully outfit your free weight area. Every product meets our high-quality standard and is made with premium hard-wearing materials.

Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.



URETHANE DUMBBELLS



With solid steel heads, premium hard-wearing urethane coating, stainless steel ring at joint and stainless steel grips Throwdown's dumbbells are built to withstand the toughest workouts.

URETHANE BUMPER PLATES



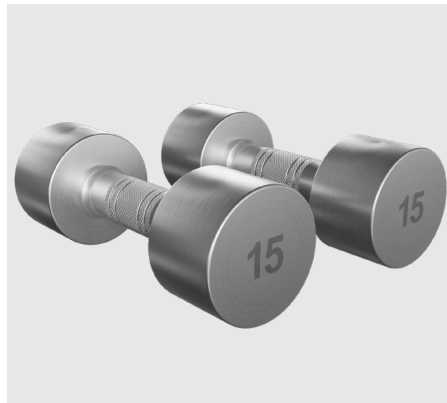
Throwdown's Urethane Bumper Plates are produced with precision casting, large hard chrome plated hubs, premium hard-wearing urethane coatings and beveled edges for easy pickup.

URETHANE OLYMPIC PLATES



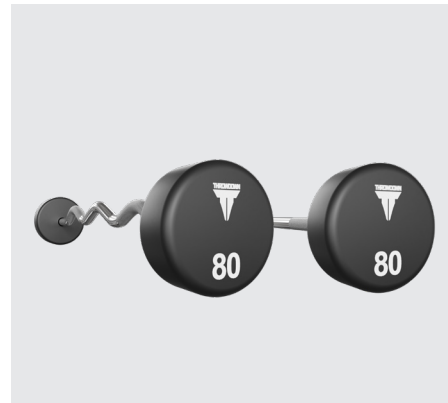
Throwdown's Urethane Olympic Plates feature a solid stainless steel insert, precision casting and a premium hard-wearing urethane coating.

BEAUTY BELLS



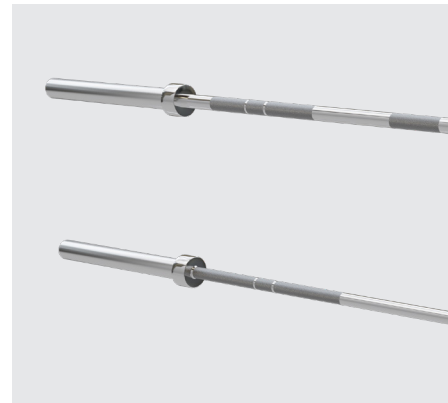
Throwdown Beauty Bells feature straight knurled handles, a chrome finish and stamped weight increments.

EZ CURL AND STRAIGHT BARBELLS



Throwdown's EZ Curl and Straight Barbells feature solid steel heads, hard-wearing urethane coating and come in 10 lb increments. The durable hard chrome plated grips come in 32mm and 34mm diameter grips with stainless steel ring at joint.

BARBS



Throwdown Bars fit standard Olympic size dics. These premium hard chrome coated sleeves feature capped ends for reduced maintenance and are available as 32mm Power Lift Bar, 28mm Olympic Lift Bar, 30mm EZ Curl and 32mm Hex.

CUSTOMIZATION

Brand is everything. And now, you can make an even longer lasting impression with customized free weights. With custom colored urethane and up to 2-color logos on weights, plates, dumbbells and barbells you can enhance your brand. Put your best foot forward with Throwdown custom free weights.



4

NAUTILUS

Nautilus® invented the entire modern strength training category and we have been reinventing it ever since. We never innovate for the sake of fads, bells or whistles but to provide a fitness experience that naturally fits human movements. We wouldn't settle for anything less.



TRUSTED STRENGTH

WHAT WE'RE KNOWN FOR

- High quality products
- A reputable, trustworthy company
- Has reliable products with high uptime
- The equipment used by serious enthusiasts
- The equipment used in higher end gyms





NAUTILUS ONE

Nautilus One™ equipment combines revolutionary weight stack technology, a 4-bar linkage and specialized CAM designs to provide users with smooth resistance and proper muscle loading through the complete range of motion and the most intuitive and user-friendly selection method ever created: a dial. Fewer cams, pulleys and no guide rods extend the life of this product well past other machines.



INNOVATIVE WEIGHT SELECT DIAL



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. The weight dial featured on the One product line removes the need for pins and lanyards, which can easily be lost or broken, meaning fewer maintenance headaches. The dial works with an adjustable incremental weight selection. Members will love this intuitive weight adjustment, which is within reach from a seated position.

MODERN TOWER DESIGN



Nautilus One towers are genius in their simplicity. Unlike traditional weight stacks, plates are stacked side-by-side with minimal use of pulleys and belts. This allows for natural movement mechanics and gives a smooth, plate-loaded workout feel from a selectorized machine. The elimination of guide rods results in less friction, smoother motion, less noise and no maintenance. Plus, the uniform, low profile (47") tower improves line of site and provides a cleaner looking circuit and optional weight systems can be configured to meet the needs of your facility.

PRODUCT CUSTOMIZATION



Make a stronger first impression with custom strength equipment from Nautilus. We have a wide variety of options to help you match the look of your strength equipment to your personal brand, with the ability to create custom colored upholstery, frames and even design custom shrouds with your logo, on select strength lines.

[SEE PAGE 50 FOR MORE DETAILS](#)

UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING



INSPIRATION

Proudly designed in the USA with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration Strength® makes a powerful first impression.

Each machine captures the essence of natural movement. Members will appreciate the many easy to use and easy to see features like our patented Lock N Load® weight selection system, the wrap-around assisted seat adjustment, lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

ICONIC MOVEMENT



The iconic Nautilus pullover movement is now available in the Inspiration line. Dubbed the “Squat of the upper body” by Nautilus founder Arthur Jones, the pullover is a powerful machine that provides 250° of shoulder rotation, working the lats, pecs and abs.

PRODUCT CUSTOMIZATION



Make a stronger first impression with custom strength equipment from Nautilus. We have a wide variety of options to help you match the look of your strength equipment to your personal brand, with the ability to create custom colored upholstery, frames and even design custom shrouds with your logo, on select strength lines.

[SEE PAGE 50 FOR MORE DETAILS](#)



IMPACT

The Impact® Strength line brings many subtle innovations to the power of your next weight training workout. It is the evolution of the proven biomechanics and user features that have made the Impact Strength line a solid, competitive product. This line retains all the unique, proven, individual design features that customers have stated are ideal, such as pre-stretch, start assist, range of motion selection and graduated heavy weight stacks. Impact Strength incorporates biomechanics features that have established its position as a competitive and diverse strength product line.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

SMOOTH OPERATORS



User friendly features like the ratcheting vertical seat adjustments and simple pop pin range of motion adjustments allow members to easily and effectively use the equipment.

REMEMBER THE STAPLES



The Chin Dip Assist has become a staple strength product because it allows the user to adjust their desired weight balance and build the muscles needed for these bodyweight exercises. With the innovative Lock N Load® weight stack and updates for an even more durable construction, this machine will be at home in any weight room.



INSTINCT

Welcoming to users of all levels, Instinct® Strength is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



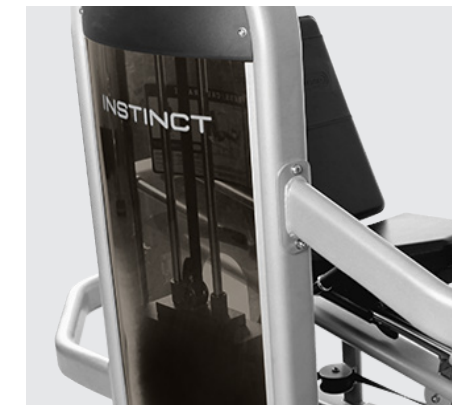
UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

A FULLY LOADED TOWER



Transparent weight towers create increased visibility and the Kevlar transmission belt provides extended life and easy replacement.

MAXIMIZING SPACE



Dual function machines allow for facilities with space limitations to get more great exercises in a smaller space. With multi-position grips, the innovative Lock N Load weight stack and simple switching between multiple exercises, Instinct gives you the most for your small footprint.



HUMANSPORT

With a design inspired by the graceful, natural motions of the human body, HumanSport™ offers a truly unique and human way of conditioning. HumanSport is so simple, intuitive and natural that it feels as if it were custom-built for each and every user. Seven dual-function cable-based machines provide a complete range of workouts for total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

DUAL WEIGHT STACK DESIGN



Designed with two weight stacks, HumanSport machines offer multiple training options for programs such as:

- Aerobics
- Back Strength
- Stay Young & Fit
- Tennis
- Golf
- Strength for Athletes
- Ski
- Running
- Soccer
- Cycling
- Climbing

HUMANSPORT FUNCTIONAL TRAINING



HumanSport is designed to allow unlimited resistance training options through movements in the seated isolated position, seated unstable position and standing position. By utilizing all three, your fitness staff can create any number of unique goal-based programs to cater to your desired client groups. These programs can be used for one-on-one personal training or to capitalize on small group training. Give your members an outstanding functional training tool and gain the ability to target all new client groups with HumanSport.



LEVERAGE

The Nautilus Leverage® line offers a one-of-a-kind plate loaded experience with features that outshine the competition. Leverage features stainless steel knurled grips, assisted seat adjustments and user pre-stretch settings. Using multiple levers and cams, Leverage creates a unique lifting profile for each movement that maximizes the mechanics of the human body. With a sleek look and integrated storage, the Leverage strength line will appeal to facility operators and their members. It's all about the feel and once you've exercised on Leverage, pushing and pulling weight plates will never be the same again.

A PERFECT PARTNERSHIP



Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.

ZERO SHORTCUTS ALL GAINS



Leverage is about the freedom to build, create and show off. Designed with low load points, one-of-a-kind lever and pivot points for optimum biomechanics and intuitive touch points and user-friendly gas shock assisted seat adjust.

PRODUCT CUSTOMIZATION



We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Leverage machines in a variety of custom frame color and upholstery options.

[SEE PAGE 50 FOR MORE DETAILS](#)



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING



PLATE LOADED

It's no secret that working out with plates is one of the most effective ways to train and condition, but it's what you do with those weights that makes all the difference. Designed to make working out with plates as effective, rewarding and safe as possible, our Plate Loaded line occupies its own unique place in training and on your facility floor. With industry standard designs like our Hack Squat, we helped set the benchmark for traditional plate loaded machines. When it comes to innovation we've led the way with our 7 degree angled Smith Machine and the Freedom Rack™, which delivers the safety of a Smith Machine and the versatility of a Power Rack.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

A PERFECT PARTNERSHIP



Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.

TREND SETTING INNOVATION



The Nautilus Glute Drive safely and smartly isolates your glutes, building power through a strong hip bridge motion, creating sexy glutes, improved hip and core stability. The Glute Drive gives you the full benefits of the hip thrust exercise, simply, safely, and with good form. A comfortable padded belt secures the user to the back pad which supports the full length of the spine for added safety. Users can load up to four plates on each side, which gives the machine a max weight load of 360 lbs.

PRODUCT CUSTOMIZATION



We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Plate Loaded machines in a variety of custom frame color and upholstery options.

[SEE PAGE 50 FOR MORE DETAILS](#)



MULTI-STATIONS

Sometimes you have space for multiple pieces of equipment and sometimes you don't. That is exactly why our multi-stations are a great option when you're still looking for the total workout experience and commercial feel while needing to maximize space.

Each of our multi-stations have the smallest possible footprint, while combining the most essential elements from our strength lines. Add in great features like swiveling pulleys on the Lat Pull Down, Low Row and Triceps Press and fully adjustable pulleys on the Cable Crossover System, and you have an economical, space-saving equipment solution that doesn't look, feel or train like one.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has some of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

CUSTOM LOOK AT NO EXTRA COST



Give your facility a custom look. Your favorite strength products are available in white, silver, quantum silver and black. No upcharge for the non-standard color options but they are subject to longer lead times which varies by region.

PRODUCT CUSTOMIZATION



We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Multi-Stations with in a variety of custom frame color and upholstery options.

[SEE PAGE 50 FOR MORE DETAILS](#)



BENCHES

From Olympic benches that can be customized with or without weight storage to our one-of-a-kind abdominal and back extension benches, we've raised the bar for both aesthetics and function. Our benches flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our other strength lines. Our benches don't just look strong, they exceed industry requirements in all respects.

THOUGHTFUL DESIGN



Nautilus Benches have been designed not only for eye catching aesthetics but to also withstand the wear and tear of constant use. Featuring molded urethane bar holders for quiet and safe bar placement, benches with integrated grips and wheels for easy transport and all with rubber feet for floor protection.

A PERFECT PARTNERSHIP



Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.

PRODUCT CUSTOMIZATION



We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus Benches with in a variety of custom frame color and upholstery options.

[SEE PAGE 50 FOR MORE DETAILS](#)



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING



RACKS

From racks that can be customized with or without weight storage to our revolutionary SVA Platforms, we've raised the bar for both form and function. Our racks flow seamlessly with our other products so you will notice a family look and feel as you position your free weights along side our other strength lines. Our racks don't just look strong, they exceed industry requirements in all respects.



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

THOUGHTFUL DESIGN

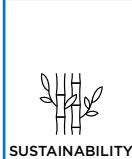


Nautilus Benches have been designed not only for eye catching aesthetics but to also withstand the wear and tear of constant use. Featuring molded urethane bar holders for quiet and safe bar placement, benches with integrated grips and wheels for easy transport and all with rubber feet for floor protection.

OUT PERFORMING THE COMPETITION



The new Nautilus dampening platform featuring a sustainable bamboo floor was developed as a way to reduce sound and vibration caused when users drop barbells when performing Olympic and power lifting. It uses a proprietary blend of materials designed to absorb the force of the barbell. These absorption characteristics not only cut down on sound and vibration, they also reduce bar bounce.



SUSTAINABILITY

Bamboo is a highly sustainable crop which requires no fertilizer, pesticides or chemicals. It's natural cultivation does not harm the environment. Bamboo is extremely strong while remaining a light weight building material.

PRODUCT CUSTOMIZATION



We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Nautilus platforms and racks with in a variety of custom frame color and branding options.

[SEE PAGE 44 FOR MORE DETAILS](#)



MAKE A STRONGER IMPRESSION



CUSTOMIZATION

Brand is everything. And now, you can make an even longer lasting impression with customized strength equipment in your facility. With custom colored frames, upholstery and even your logo (on select equipment) you can enhance your brand. Put your best foot forward with Nautilus custom strength equipment.



Nautilus Strength product lines offer both custom frame and upholstery colors. From the most vibrant purple to that oh so perfect shade of black, create a lasting impression that reflects your brand's style.



From shrouds to platforms, Nautilus Strength offers a variety of spaces that can be branded with your company logo. Whether you're looking for a full custom shroud or a half tower decal, we have you covered.



Both the HumanSport and One product lines offer additional, unique options that can round out the perfect fitness space. On your HumanSport equipment choose between the Standard Wood or Carbon Fiber Trim. The Nautilus One shroud is offered in both Standard Translucent White or Opaque Black options.

5

STAR TRAC

Star Trac® is with you and your members for every step. We go beyond providing cardio products by developing innovative user oriented solutions that help mold lifelong health and fitness habits.



MADE TO PERFORM

WHAT WE'RE KNOWN FOR

The brand used by enthusiasts

Great for tracking

Makes products that are fun to use

A reputable, trustworthy company



10 SERIES



FREERUNNER - 10TRX



The FreeRunner creates a revolutionary feel for runners and walkers. HexDeck Technology creates an unprecedented cushion and responsiveness – lightweight walkers, heavy-weight runners and everyone in between will experience initial cushion and flex at foot strike, along with an immediate response, returning support and energy for the push off.

HEXDECK TECHNOLOGY



Our HexDeck System features an aluminum deck supported by a proprietary, hexagonal polymer suspension system. The deck dissipates heat, keeping a cooler surface for the belt and reducing wear. The deck panel will last many times longer than MDF - only a thin phenolic layer needs replaced when worn, significantly reducing the labor and material long-term cost of ownership.

OPENHUB™ CONSOLE



The 19" Capacitive Touch OpenHub Console offers a premium user interface design, Star Trac 20 HIIT Programming, RunTV and web-based media access for news, entertainment and workout motivation. With standard features like HDMI streaming, Bluetooth connectivity and TV tuner options, this is a display that has something for every user.

[SEE PAGES 62-67 FOR MORE CONSOLE DETAILS](#)

UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING



8 SERIES



UPSKILL: SEE PAGES 76-81 FOR MORE ON OUR EDUCATION PROGRAMMING

BUILT FOR QUALITY AND PERFORMANCE



The Star Trac 8 Series line was built to give you the quality and performance you expect from high-end machines with user focused features like dual personal fans, a hot bar with heart rate monitoring and Soft Trac® technology. For a premium experience pair any 8 Series machine with the OpenHub console which provides entertainment, fitness tracking and asset management solutions that will offer a complete fitness experience to facility owners and their members.

CUSTOM LOOK AT NO EXTRA COST



Give your cardio room a custom look. All 8 Series cardio units are available in Silver, White, Black and Quantum Silver at no additional charge.

OPENHUB™ CONSOLE



The 15"/19" Capacitive Touch OpenHub Console offers a premium user interface design, Star Trac 20 HIIT Programming, RunTV and web-based media access for news, entertainment and workout motivation. With standard features like HDMI streaming, Bluetooth connectivity and TV tuner options, this is a display that has something for every user.

[SEE PAGES 62-67 FOR MORE CONSOLE DETAILS](#)



4 SERIES



COMPLETE LINE OF CARDIO EQUIPMENT



The 4 Series cardio line from Star Trac is the perfect solution for the hospitality and multi family housing markets. With premium full color flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4 Series provides smaller facilities with the look and performance of a full commercial product.

MANAGEMENT SOLUTIONS



ECO FIT® asset management solutions let you see beyond the basics of which machines are most used – you'll get insights that show you if you should rotate machine placements to improve maintenance scheduling, identify and plan preventative maintenance to ensure equipment is available to members and much more.

[SEE PAGE 67 FOR MORE PARTNER SOLUTIONS](#)

CONSOLES FOR EVERY BUDGET



The 4 Series cardio line of products offer three console options; 4 Series 15" Capacitive Touch, 4 Series 10" Touch or 4 Series 10". With so many options you're sure to find the right solution for your space.

[SEE PAGES 62-67 FOR MORE CONSOLE DETAILS](#)



S SERIES



BEAUTIFUL DESIGN EXCEPTIONAL VALUE



Featuring all of Star Trac's popular user-focused features like adjustable personal fans, easy-up and wrap-around seat adjusts and dual-platform pedals, the S Series gives you many of the features you'd never expect to find for the price. And then it goes beyond with components like our large LED display with oversized buttons and text, providing the easiest and most intuitive operation available.

PERSONAL VIEWING SCREEN (PVS)



All of our S-Series cardio products are pre-wired to accept an add-on 15.6" HD Personal Viewing Screen. The PVS mounts seamlessly to the product, and an integrated control keypad inserts into the front of the cardio display for easy control.

MANAGEMENT SOLUTIONS



ECOFIT® asset management solutions let you see beyond the basics of which machines are most used – you'll get insights that show you if you should rotate machine placements to improve maintenance scheduling, identify and plan preventative maintenance to ensure equipment is available to members and much more.

[SEE PAGES 62-67 FOR MORE CONSOLE DETAILS](#)



6

CONNECTED PERFORMANCE



OPENHUB™ CARDIO CONSOLES

When we set out to create the OpenHub display family, the objective was to provide the best technology solutions possible for our customers. As we began, a couple of simple insights surfaced: first, gym-goers carry their personal devices with them and they want to use them; and second, with the breadth of potential solutions technology can provide, there is no way a single company can be the expert in all of them.

These understandings shaped our philosophy: support personal device usage, and deliver world class technology solutions by partnering with Experts. The Star Trac and StairMaster OpenHub displays are the result.

In physical design, we made sure the displays have convenient and functional locations to place devices, capability to charge them, and connection options to integrate them into the workout experience. In hardware and software design, we created a completely open platform that includes a suite of connectivity options. Bluetooth, Wi-Fi, HDMI, NFC, RFID, ANT+, CSAFE – the OpenHub system can connect with expert partners in any way necessary to provide ideal solutions for our customers.

We utilize expert partners to provide solutions across the board: workout data tracking, interactive workout Apps, embedded TV tuners, IPTV, asset management, streaming media, wireless audio receivers, add-on PVS, and more.

Whatever you are looking for from technology, OpenHub is there to support you and your business. For now and into the future.

ENTERTAINMENT OPTIONS

SET TOP BOX (STB) CONTROL

Connect to IPTV, satellite or cable services with our STB Ready embedded cardio screens. The connection is seamless and user control of channel and volume is handled via integrated controls on the display. No add-on keypads required. Any STB in the world. Simple.

LEADERBOARD CONNECTIVITY

Get visual feedback, coordinate engaging competitions and motivate members by connecting OpenHub to leaderboard systems.

WIRELESS AUDIO RECEIVER

Optional Integrated 800/900 MHz wireless receivers have worldwide system compatibility and provide audio from any ceiling or wall mounted TV. (Requires wireless audio transmitter)

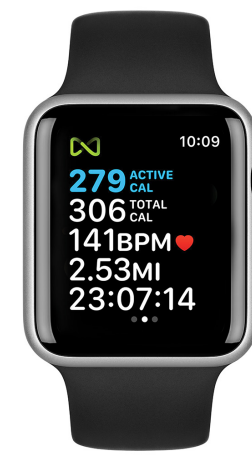
ADD-ON PVS KIT

Our 8 and 10 Series LCD, 10" display units and all of our S Series cardio products are pre-wired to accept an add-on 15.6" HD Personal Viewing Screen. The PVS mounts seamlessly to the product and 8/10 Series cardio includes an integrated control keypad inserted into the front of the cardio display for easy control.

8 AND 10 SERIES SPECIAL FEATURES

WEARABLE DEVICE CONNECTIVITY

NFC Technology in the OpenHub LCD and 15/19" consoles allow simple tap to pair connectivity with Apple Watch and Samsung Galaxy watches, for real-time data sharing.



QUICK KEY SELECTION

Quickly adjust speed and incline with the easy Quick Key selection on the 8-TRx and FreeRunner treadmill LCD displays. Members can quickly navigate the treadmill controls and adjust their workout with a row of large buttons on the display. This user-friendly feature allows for easy adjustment to the workout while in motion. The embedded OpenHub displays include a customizable Quick Key view for every type of equipment. .

ASSET MANAGEMENT

ECOFIT® asset management solutions let you see beyond the basics of which machines are most used – you'll get insights that show you if you should rotate machine placements to improve maintenance scheduling, identify and plan preventative maintenance to ensure equipment is available to members and much more.

PERSONAL DEVICE STREAMING

Our 15"/19" embedded console and our PVS add-on displays for 8 Series allows users to stream content from their personal device to the screen. Social Media, Streaming Media, users can enjoy all of their personal content on the big screen without the need to enter personal password information into a public device. This requires an HDMI connection to our integrated HDMI port using a cable appropriate for a user's personal device, be it Apple®, Android™ or other. (Cables not included)

HUB CAP - OPTIONAL TABLET HOLDER

For viewing content on a personal device while exercising, we also offer an optional tablet holder that can be added to the top of any 8 or 10 Series LCD or 10" OpenHub™ console. Able to hold tablets up to 10.1" diagonal screen size.

OPENHUB™ PROGRAMS

EXCLUSIVE HIIT PROGRAMS

OpenHub embedded consoles offer an exciting and innovative HIIT program developed by World Record Holder, Olympic Trials Qualifier and Master Instructor, Sonja Friend-Uhl. Interval training has been clinically proven to provide amazing benefits, such as reducing blood pressure, glucose sensitivity and body fat, while improving aerobic fitness and muscular power. A version of the program was created for each piece of cardio equipment, with time-efficient workouts that take only 20 minutes to complete and can be adjusted to work for any fitness level. Variations allow for hundreds of different workout combinations, keeping participants engaged as they progress through the ranks to higher effort levels. Get maximum benefits from your cardio workout with 90% less training volume and up to 67% less time commitment compared with other interval training protocols.

RUNTV

Available on Star Trac consoles, RunTV is an immersive fitness entertainment experience designed to help motivate you to get the most from your exercise. Gain access to a curated collection of virtual environments to run through and empowering videos to watch as you workout. Take on the Tour de France, watch videos on improving your technique, get inspired by stories of extraordinary human feats, or lose yourself in a feature film. Whatever you choose, RunTV will empower you on your journey.

OVERDRIVE TRAINING MODE

An entirely new climbing experience – StairMaster 10G OverDrive simulates carrying and pushing a load while climbing stairs. Users choose either manual control or one of several pre-programmed interval workouts in the OverDrive Training Mode. Overdrive creates the toughest workout ever delivered on the cardio floor. Push to accelerate the steps and increase your work load, stop pushing to recover. The most demanding StairMaster workout. Ever.

LANDMARK CHALLENGE

The StairMaster Landmark Challenge lets you test yourself against various landmarks. See if you can climb the Eiffel Tower, the Empire State building, the Burj Khalifa, or one of many other landmarks selected from all over the globe.



CONSOLE FEATURES/AVAILABILITY

	15"/19" EMBEDDED	10" TOUCH	LCD
BLUETOOTH DATA TRACKING/ANT+	●	●	●
APPLE GYMKIT AND SAMSUNG GALAXY WATCH CONNECTIVITY	●		●
BLUETOOTH HR AND HEADPHONES	●		
USB CHARGING PORT	●	●	●
WI-FI / ETHERNET	●		
PERSONAL DEVICE STREAMING VIA HDMI	●	○	○
PERSONAL FAN	●	●	●
TV TUNER (GLOBAL)	●		
ADD-ON PERSONAL VIEWING SCREEN		○	○
IPTV / SET TOP BOX CONTROL	○	○	○
800 / 900 MHZ RECEIVER		○	○
FIRST PERSON VIDEOS (RUNTV)	●		
EXCLUSIVE HIIT PROGRAMS	●		
INTEGRATED SERVICE INDICATOR	●	●	●
RFID	○		
EGYM COMPATIBLE	○		
ECOFIT ASSET MANAGEMENT	○	○	○
CUSTOMIZABLE HOME PAGE GRAPHICS/LOGO	●		
CUSTOMIZABLE USER APP LIST	●		

TABLE KEY: ● INCLUDED ○ OPTIONAL

OUR EXPERT PARTNERS



FitMetric, Broadcastvision Entertainment, ECOFIT, EGYM, MYE, Performance IQ, Zwift, Runsocial, Apple and MyZone are registered trademarks and/or service marks owned by other companies not affiliated with Core Health & Fitness LLC and are not owned by Core Health & Fitness LLC.

7

SCHWINN

With historic roots in outdoor cycling, Schwinn's focus has always been on authenticity and quality. We brought the feel of the road to indoor cycling with the same expertise and education that drives the industry forward. Schwinn is an informational and educational source for all things Indoor Cycling.



RIDE AS ONE

WHAT WE'RE KNOWN FOR

- High quality products
- A brand members are proud to use
- Products are ergonomically designed for proper movement
- A reliable brand
- Makes products that are fun to use
- A reputable, trustworthy company





THE Z BIKE

Powered by quantifiable metrics, accountability and an instructor who will push riders to be their best; the Schwinn Z Bike is for studios that focus on quantifiable metrics.

Featuring our Zone Console, the Z Bike's simplified design takes the intimidation out of power training by equalizing effort across a class. The LED located on the forks syncs with the rider's zone, giving the instructor a visual queue to coach. If zone's aren't your thing, instructors can choose to simplify the display with a reduced mode that turns off the zone training. But you can still light up the studio by selecting a static color mode that suits your mood...or your brand.

And whether you yearn for the feel of a road bike or the whisper-quiet smooth experience of an indoor bike, Schwinn's drive trains have been built to last. Both the Poly V and Carbon belts are engineered to be durable, tension-resilient and maintenance free. Choose the feel that will keep your members riding; Za for an authentic road feel or Zs for a smooth ride.



THE X BIKE



Powered by motivational instructors and strategic class design; the Schwinn X Bike is for studios that focus on the experience. With zero on-board technology, the X Bike focuses on the instructor guided journey and invites the rider to come along for the ride.

And whether you yearn for the feel of a road bike or the whisper quiet smooth experience of an indoor bike, Schwinn's drive trains have been built to last. Both the Carbon and PolyV belts are engineered to be durable, tension-resilient and maintenance free. Choose the feel that will keep your members riding; Xa for an authentic road feel or Xs for a smooth ride.

IC CLASSIC



Powered by durability, the IC Classic is known for it's sturdy construction. Like all great classics, this bike never goes out of style and can serve the needs of any facility type whether a boutique studio, multi-family housing or on the cardio floor. Regarded for reliability and satisfaction, the IC Classic is a bike facilities of all types can count on.

Our iconic IC Classic features a real chain drive for cycling purists looking for outdoor authenticity and direct pressure resistance reminiscent of outdoor caliper brakes.

INSTRUCTOR TRAINING



In an ever-changing, global community it is important to meet our customers where they are. This is why we offer 3 ways for instructors to access our educational content. With On-line (Remote Self-paced), Live Stream/Virtual, and Live/In-Person training options, instructors can enhance and upskill their coaching styles and elevate the member experiences.

[SEE PAGES 76-81 FOR MORE ON OUR EDUCATION OFFERINGS](#)

THE Z CONSOLE

Group Cycling unites a diverse array of people seeking an elevated level of training and motivation. Our Z Console is uniquely qualified to meet the challenge. Powered by Schwinn Zone Training, instructors will love uniting a class with color, allowing members at both ends of the fitness spectrum to ride side by side with the same intensity, sense of accomplishment.

Schwinn's broad-based approach reduces the traditional number of Power and Heart Rate training zones to 4 to align with ratings of perceived exertion, creating more accessible and attainable programming for instructor and member alike. Zone-colored LED lights next to the flywheel displays each member's intensity, encouraging the class to Ride As One.

KEY FEATURES

The integration of product and education means award-winning Master Instructors live inside each and every bike and the technology featured in our Z Console offers something for everyone.

Screen configurability allows instructors to get creative with class design; offering a more diverse and specialized schedule to members. Tying metrics to colors and recognizable graphics; instructors and members can focus on their goal at hand.

Built for growth, the Z Console is designed for progress and loaded with new tools to discover every class. Tools like FTP trophies to track personal best and fusion timers that challenge instructors to get creative with programming concepts.



SCHWINN JOINS THE OPENHUB™ FAMILY

When we set out to create the next generation of group-cycling bikes, one goal was to provide the best technology solutions possible. To do this, we knew we had to partner with the best tech companies in the industry. Schwinn has joined Star Trac and StairMaster and created the Z Console as an OpenHub console, making pairing with Bluetooth, ANT+ or NFC easier than 1, 2, 3.

Whether you're a gym owner looking to elevate your member experience or an instructor setting goals for your riders, Schwinn and our partners have technology solutions to help you succeed.



This diagram includes examples for each connection type but is not limited to the options shown.



YOUR RIDE YOUR WAY



CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage all that hard work into creating an amazing group cycle experience. Whether your goal is creating a tranquil place to unwind or a high-energy disco ball clad club scene, our consultative approach will get you there.



Adding your logo can elevate a members' ride by immersing them into your brand experience. Decal placement options allow you to pick and choose what fits for your brand needs. Plus, we offer 19 colors that are sure to make your vision come to life. Let us design the right bike for you!



Triple Link pedals give users the freedom to choose between strapping in with the use of toe cages or using cycling shoes with pedal options for SPD® and Keo or SPD and Delta® compatible clips. Our pedals use a patent-pending threadless spindle that virtually eliminates the potential for the pedal spindle to break or back out of the crank. With easy installation and worry-free performance, we think it's the best thing to happen to pedals since the clip.



With optional accessories like Numbering Tags and Dumbbell Holders studios are able to get the most out of their bikes and maximize class variety.



8

EDUCATION

CREATING LEADERS IN FITNESS

At Core Health & Fitness we believe that knowledge is power. With the world's greatest Master Instructors, we create the most personal, accessible and innovative instructor education programs available in the industry. With our award-winning teams, instructors can earn continuing education credits backed by global accreditation organizations like ACE AFAA, CIMSPA, NASM and REPS. Our courses transform passionate enthusiasts into thoughtful, empowered and skilled experts.

Your instructors can become certified in a variety of fitness programs including High Intensity Interval Training (HIIT), Indoor Cycling, BoxMaster, Strength Training and Cardio Training; helping you launch or optimize revenue generating programs.

By offering a robust selection of quality fitness programs and world class instructor training, we give facilities the opportunity to upskill their teams, expand their member base, retain existing members and open up new revenue opportunities. We are committed to developing cutting-edge programming and providing tools that can help any instructor elevate their teaching performance and member experience.

We also know, in an ever-changing, global community it is important to meet our customers where they are. This is why we offer 3 ways for instructors to access our educational content:

- 1. ONLINE (REMOTE LEARNING)**
- 2. LIVE STREAM/VIRTUAL**
- 3. LIVE/IN PERSON**



EDUCATION OFFERINGS

ONLINE: REMOTE LEARNING COURSES

Hosted on Inspire360.com, our Online Courses are self-paced and pre-recorded, allowing instructors to sign-up for and complete a course at their own pace. They are crafted in modules so that content can be watched in one sitting or incrementally, and each module is followed by a short quiz. Once the course has been completed and final exam passed, a certificate of completion including continuing education credits is attached. Once certified there are no additional requirements to maintain certification.

- Schwinn Classic Certification
- Schwinn Performance and Periodization Workshop
- HIIT Functional Training by StairMaster Certification
- Strength Training Specialist Training by Nautilus
- Cardio Coach Specialty Training Course by Star Trac

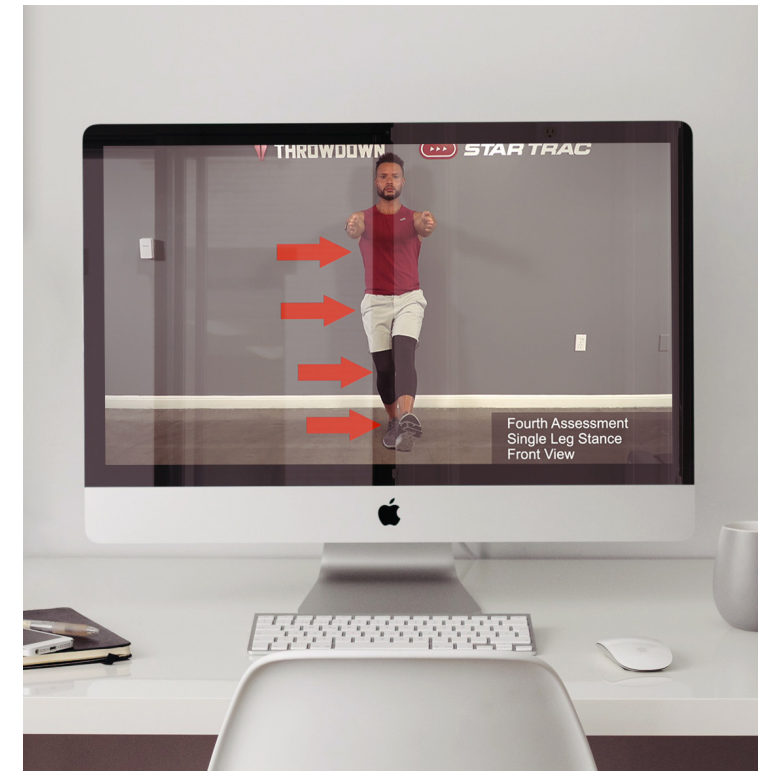
[INSTRUCTORS CAN REGISTER AT COREHANDF.INSPIRE360.COM](https://www.corehandf.inspire360.com)

LIVE: VIRTUAL LEARNING

Virtual Learning opportunities are events managed by Core or as part of fitness conventions with whom we partner, such as SCW, DCAC, PNW, IDEA or canfitpro. These virtual events do not require access to fitness equipment and our coaching principles, while written specifically for cycling, apply to all formats of coaching!

Our virtual ride or workout demos offer attendees an amazing opportunity to hyper-focus on the coaching, cuing, and execution of the experience created by our Master Instructors; allowing attendees a unique perspective to see how the coach really impacts the class. Workshops and Certifications offered:

- Schwinn Classic Instructor Program
- Schwinn Power Instructor Program
- Schwinn Indoor Cycling Workshops - take deep dives into specific subject matter or trends
- Hybrid 2-Day Schwinn Certification (Only available in EMEA Region)
- HIIT by StairMaster Instructor Program
- Strength Training Specialty Training by Nautilus Program
- Star Trac Cardio Training Program
- BoxMastert Training Program



EDUCATION OFFERINGS

LIVE: IN-PERSON CERTIFICATIONS AND WORKSHOPS

Live, In-Person opportunities are events managed by Core and can be part of a fitness convention with whom we partner, such as SCW, DCAC, PNW, IDEA or canfitpro. We also offer facilities and clubs the opportunity to host an on-site training day. Providing a personal training day for their instructor teams while providing an opportunity to recruit new team members. Our Live In-Person Certifications cover multiple fitness modalities and offer an interactive, in-person memorable and empowering experience.

- HIIT Functional Training by StairMaster Certification
- Strength Training Specialist Training by Nautilus
- Cardio Coach Specialty Training Course by Star Trac
- Schwinn Performance and Periodization Workshop
- Schwinn Classic Instructor Program
- Schwinn Power Instructor Program
- Hybrid 2-Day Certification (Only available in EMEA Region)
- Schwinn Indoor Cycling Workshops that take deep dives into specific subject matter or trends

At Core, we put great value on instructor education, this is why we offer training programs for each one of our Brands; StairMaster, Throwdown, Nautilus, Star Trac and Schwinn. The training opportunities elevate your Instructors ability to bring your facilities to life. To learn more, visit corehandf.com/certification





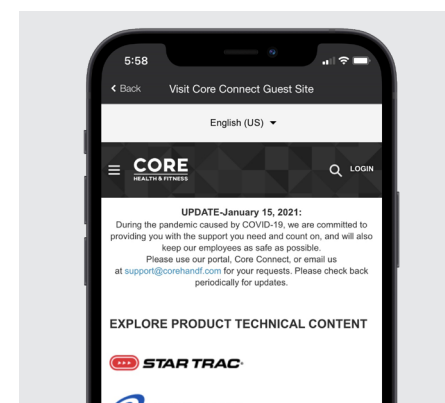
9

CUSTOMER SERVICE

Support is more than just something we offer, it's what we do best. We proudly offer world-class services to more than 90 countries around the globe with a team that truly partners with you to support all of your service needs, both pre and post-sale. In the end, our goal is to keep your facility operating at maximum capacity with little equipment downtime.



CORE CONNECT



Get world class support for all of our brands with our Core Connect portal, a platform that simplifies the process for warranty registration, preventive maintenance, service requests, parts orders and allows you to get help with your general inquiries.

SCAN TO DOWNLOAD CORE CONNECT APP



APPLE APP STORE



GOOGLE PLAY

CORE ADVANTAGE



Our preventative maintenance program, Core Advantage, will help preserve your equipment as excessive use takes its toll and ensures the longest possible life of your products while reducing downtime. We offer programs for all aspects of gym equipment, in every category and for every Core Health & Fitness brand. Core Advantage provides the industry's most complete programs; including one-time, semi-annual, and quarterly options.

BENEFITS OF CORE HEALTH & FITNESS CUSTOMER SERVICE

connect.corehandf.com for preventative maintenance schedules, owner's manuals, and other online support

Customer Support Center offering live chat and phone support from 6am to 5pm PST

Network of 600+ factory-trained, annually-certified service providers

In-service seminars for staff

SCAN THE QR CODE ABOVE TO LEARN MORE ABOUT OUR WORLD-CLASS CUSTOMER SERVICE

FOLLOW US ON SOCIAL MEDIA

Core Health & Fitness



StairMaster



Schwinn



Nautilus



Star Trac



Throwdown



GLOBAL SUPPORT CENTER
4400 NE 77th Avenue, Suite 250
Vancouver, WA 98662
Tel: +1(888) 678-2476

GLOBAL INNOVATION CENTER
20 Empire Drive
Lake Forest, California 92630
Tel: +1 (800) 228-6635

EMEA SUPPORT CENTER
Unit 4, The Gateway Centre, High Wycombe
Buckinghamshire HP12 3SU
Tel: +44 (0) 1494 688260

ASIA PACIFIC
25 North 2nd Road
Xinglin, Jimei District
Xiamen, China 361022
Tel: +86 (0) 592 624 8296

GERMANY
Fraunhoferstr. 22
82152 Planegg, Germany
Tel: +49 89 2189800

SPAIN
Unit 4, The Gateway Centre,
High Wycombe
Buckinghamshire HP12 3SU
Tel: +34 934808540

POLAND
Unit 4, The Gateway Centre,
High Wycombe
Buckinghamshire HP12 3SU
Tel: +34 934808540

BRAZIL
Rua São Luiz Gonzaga, N. 1791, suite 1817
Benfica, Rio de Janeiro, 20910-065, Brazil
Tel: +55 (19) 3837 3047