

StairMaster® HIIT UBE™



SIT. STAND. SWEAT.

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's 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.

corehealthandfitness.com

FEATURES



ADJUSTABLE TOWER
ACCOMMODATES A WIDE VARIETY
OF WORKOUTS & USER SIZES



INTEGRATED BENCH FOR SEATED
WORKOUTS CAN BE REMOVED TO
ACCOMMODATE STANDING OR
WHEELCHAIR WORKOUTS



NEW FEATURE-RICH HIIT
CONSOLE PROVIDES USER
FEEDBACK WITH A COMPACT,
EASY TO READ DISPLAY



ADJUSTABLE CRANKS FOR
VARIED RANGE OF MOTION AND
BILATERAL OR UNILATERAL
MOTIONS

A GREAT FIT FOR EVERY USER

The Upper Body Ergometer is used in a wide variety of applications, so when we set out to design the ultimate machine, we focused on making sure it provided maximum performance for all of them. Perfect for performance. Ideal for rehab. Great for fitness. With a removable bench, optional ramp for ADA compliance, adjustable cranks and tower, the HIIT UBE™ is one machine that really does it all.



NEW FEATURE RICH HIIT CONSOLE

The new 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 you 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 now comes standard on StairMaster HIIT products.



STAIRMASTER HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. HIIT has seen a massive growth in popularity and many fitness experts believe it is here to stay, due largely in part to its numerous scientifically-backed health benefits, shorter time investment, ability to motivate participants through an engaging group environment and option to incorporate group competition. 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.



BUILD ON GREATNESS

At **Core Health & Fitness** we aim to provide our partners a foundation backed by the strongest brands in the industry. Four iconic brands that pioneered entire categories, and whose machines are still the ones **members ask for by name**. Today, we're committed building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.



CORE HEALTH & FITNESS