



pulse
fitness

**Powering the
best of British
design.**

MORE THAN 35 YEARS AT THE HEART OF FITNESS

A wealth of experience delivering core services such as the supply and service of innovative, environmentally friendly fitness equipment, design, build, fund and project management of sustainable leisure developments and complete operational business support solutions, ideally positions Pulse as the leading Total Leisure Solutions provider.



Pulse is proud to support more than 70,000 fitness facilities in 32 countries across five continents.

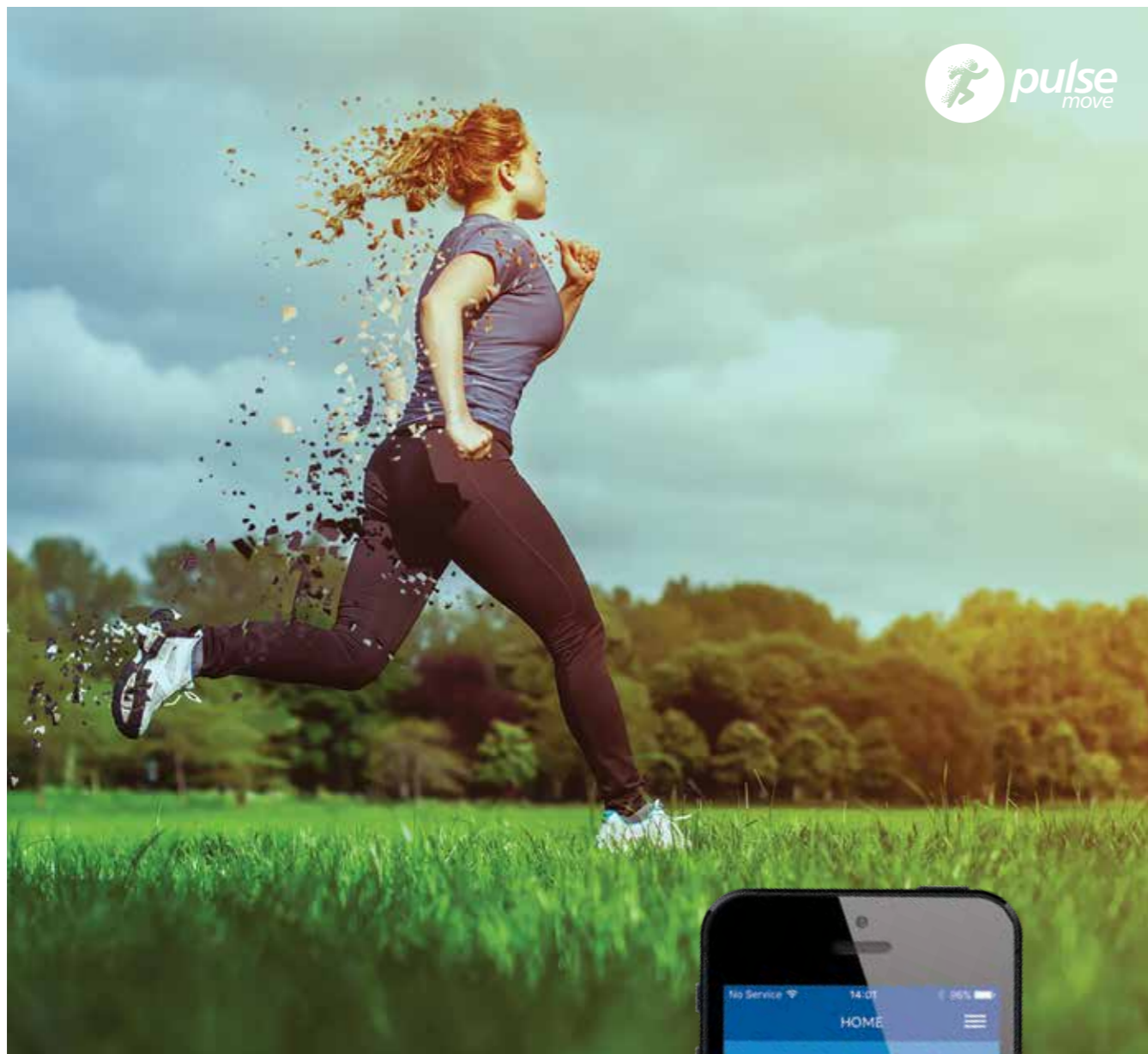


Pulse has an award winning portfolio of over 250 pieces of fitness equipment including cardiovascular, strength, plate-loaded, freeweights, group cycle, functional and interactive.



Pulse is the only commercial fitness equipment supplier to research, design, develop and assemble its own range of solutions in the UK.



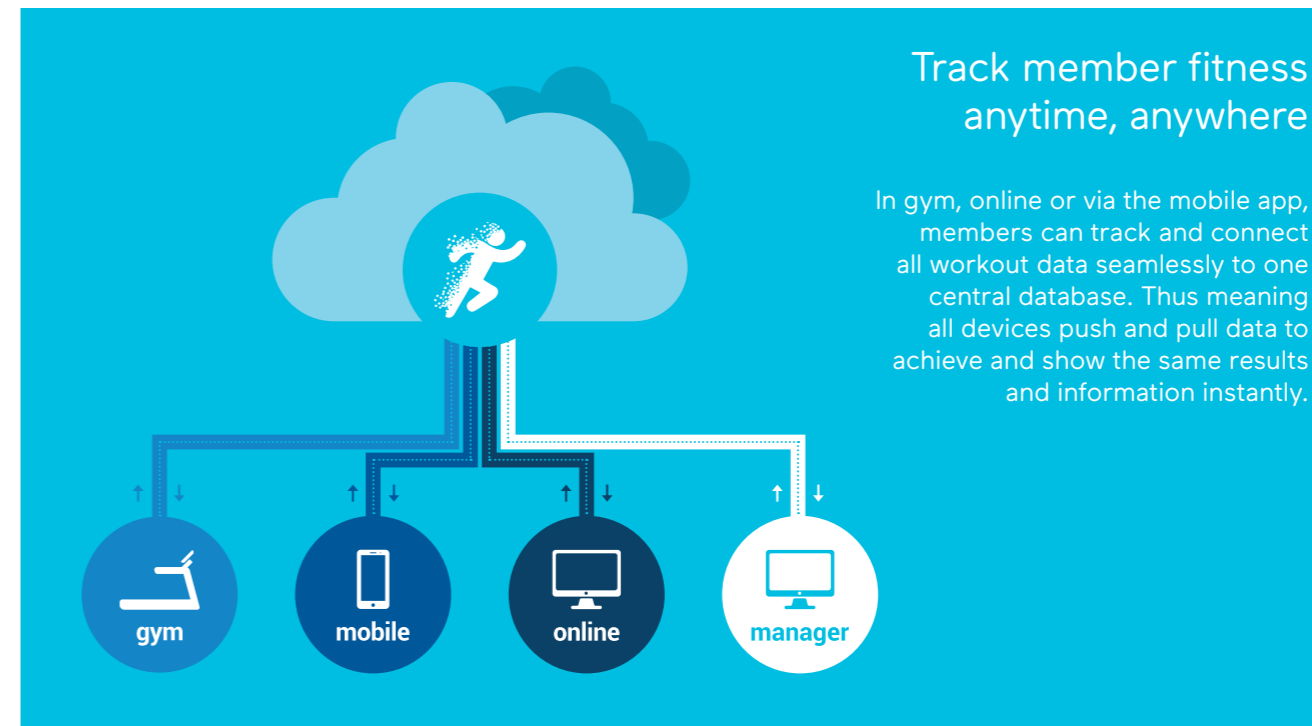
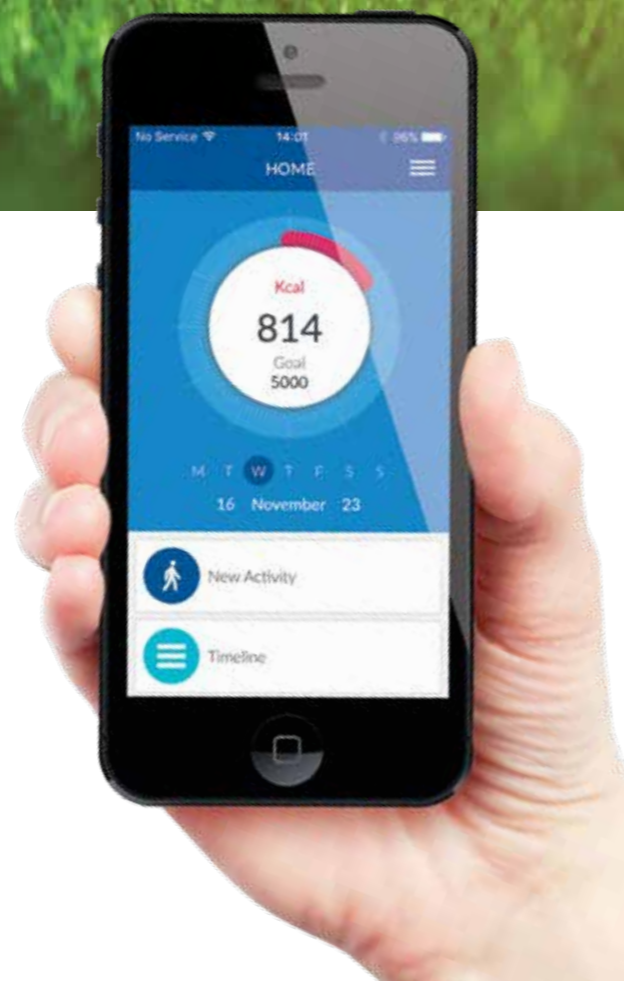


PULSEMOVE PROFESSIONAL

The only software solution that provides fitness tracking in its totality for the member and operator.

PulseMove is a seamless digital fitness tracker solution which connects members' fitness everywhere. Members can track workouts, share progress and be motivated to achieve fitness goals internal and external to the gym environment. Additionally, the intuitive software helps operators to build meaningful relationships with members by delivering valuable insight for greater efficiency and profitability.

www.pulsemove.com



Track member fitness anytime, anywhere

In gym, online or via the mobile app, members can track and connect all workout data seamlessly to one central database. Thus meaning all devices push and pull data to achieve and show the same results and information instantly.



Multifunctional and personalised membership card

Compact, cost-effective, robust and featuring personalised branding to your club - PulseMove cards work as access control, workout tracking and provides you with detailed insights in to member data.



Interacting with equipment

PulseMove Professional guides your members around the gym, following a personalised workout plan and setting up the machines to the correct speed/resistance/incline. By setting goals and tracking progress, PulseMove is a fantastic motivational tool.



Measure facility and staff performance

Oversee staff performance, ensure workout reviews are managed and track gym usage. View peak and off-peak periods to ensure staffing levels are appropriate, improve efficiencies and identify new trends in member activity.



Connect with members via integrated communication tools

Along with in-gym interaction prompts, PulseMove also features internal and external messaging with group filters, a mail merge facility and more. Messaging can be automated based on trigger points including non-attendance, the need for a workout review and new members joining.



Free retention module

Track absence, attendance, workout performance, staff interactions and more to help manage the member journey, prevent membership loss and improve attrition. PulseMove's easy to use graphical interface helps to identify, interact with and retain members quickly and easily.



KPI reports and evidence based results

Measure club and staff performance with a comprehensive range of reports delivered automatically to your inbox. Customise reports at a click of a button to view and export information relevant and specific to your club, plus add club-specific data to help secure additional revenue streams (e.g. GP referral schemes).

GET IN TOUCH TODAY TO FIND OUT MORE!



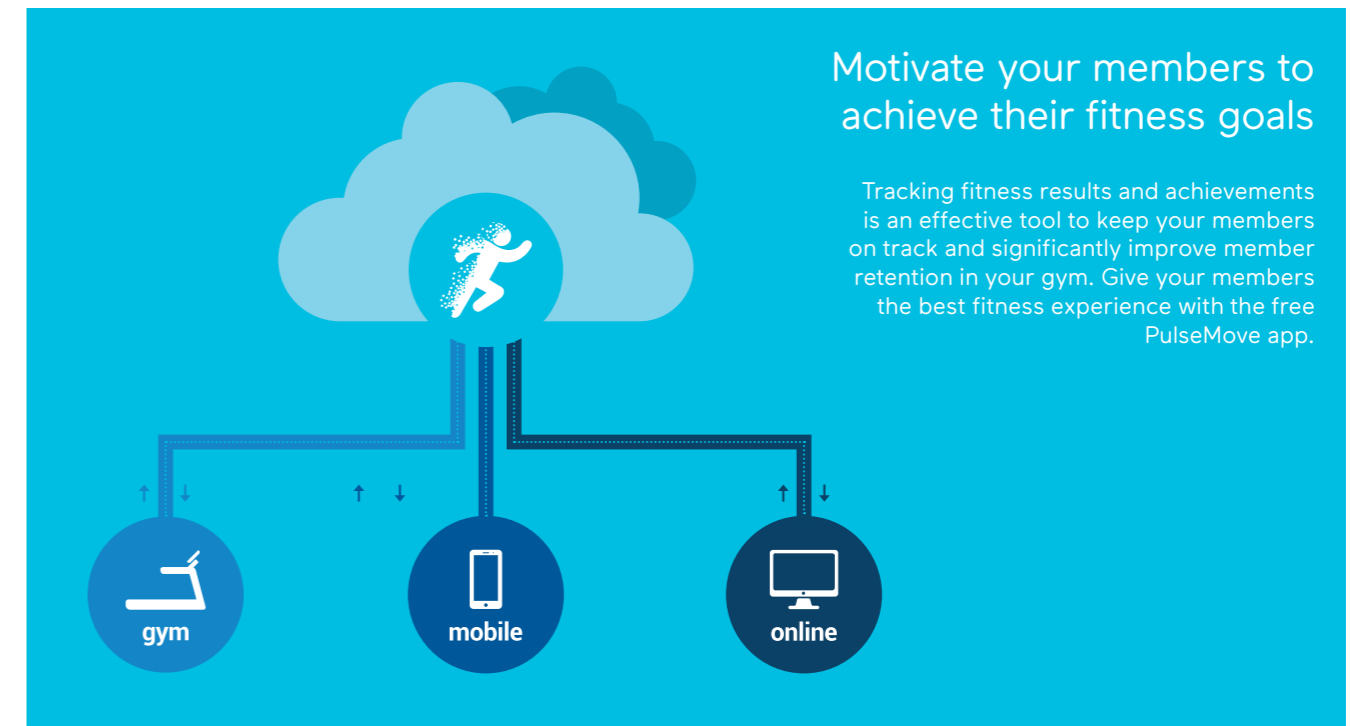
PULSEMOVE TRACKER

A seamless digital tracker, keeping you and your members connected.

PULSEMOVE comes with a free app that your members can download and use to track their fitness progress both inside and outside of the gym.

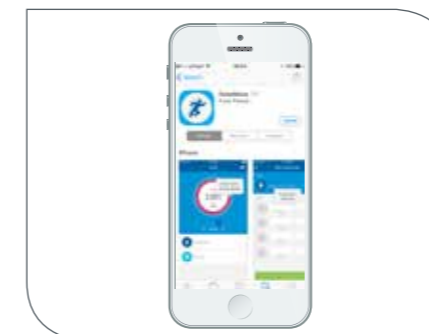
The app includes a QR code reader that allows your members to scan the codes on your Pulse Fitness equipment and record their results and achievements.

www.pulsemove.com



Motivate your members to achieve their fitness goals

Tracking fitness results and achievements is an effective tool to keep your members on track and significantly improve member retention in your gym. Give your members the best fitness experience with the free PulseMove app.



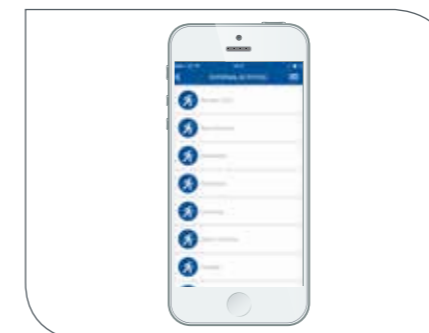
Free PulseMove app
Your members can download the PulseMove app and register for a FREE account on the app or at pulsemove.com.



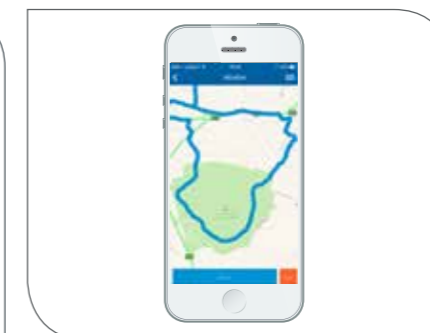
Seamlessly linking to cardio equipment
Your members can use the app to scan the QR code on the cardio machines and automatically record their results.



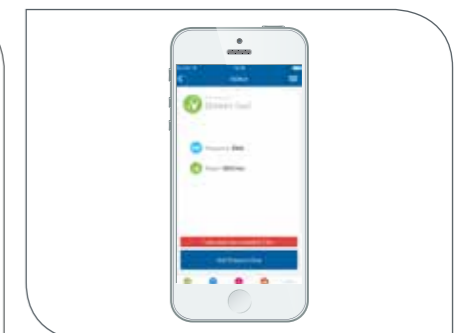
Recording results with the strength equipment
Your members can scan the QR code on the strength equipment and manually input their results.



Record external activity
Members can use the PulseMove Tracker app to record activities inside and outside the gym, giving them an accurate record of their results and achievements.



GPS tracking
The PulseMove app records activities such as walking, running and cycling with its own GPS tracker.



Motivate your members
Inspire your members to lead a healthier lifestyle, track and achieve their goals, and help them to stay motivated on their fitness journey.

FIT FOR THE FUTURE

The intuitive software has been developed with the UK market at its core. With a British based design team and a commitment to continually deliver innovative technological solutions, we have the resources readily available to adapt to market change, trends and clients needs.

THE CARDIO RANGE

A MOTIVATIONAL,
POWERFUL SERIES

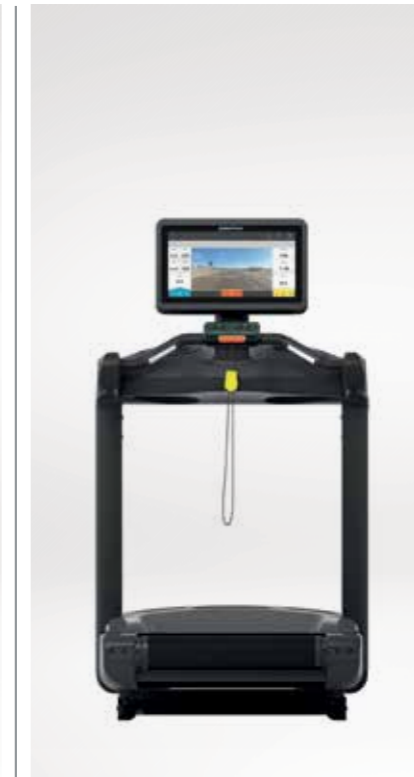


SERIES 3

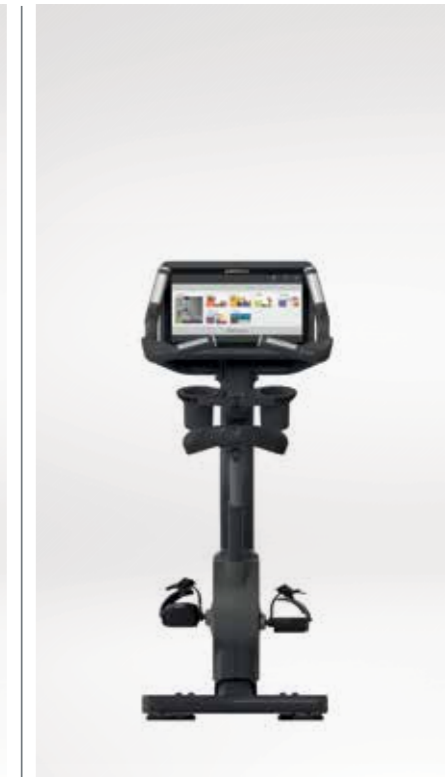
Designed to push the boundaries of the user's workout through an operating system that is tuned specifically to their needs, Series 3 comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.



L-Train 270G



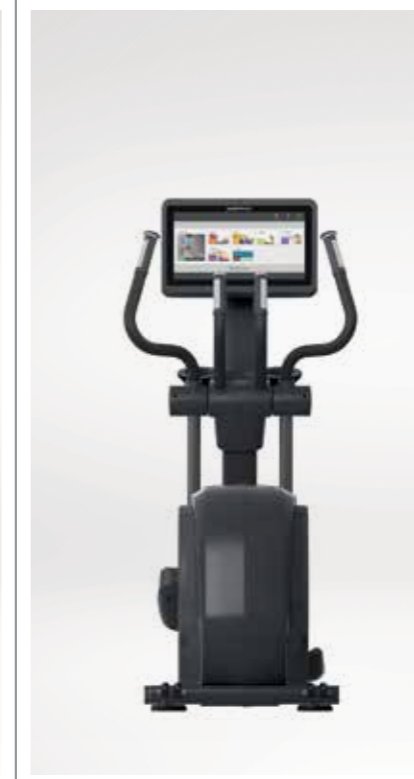
Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G



Step 220G

SERIES 3 CONSOLE FEATURES



Capacitive Multi-Touch Screen with Gesture Control



Full Internet browsing capabilities during workout



Fullscreen TV or Video via Integral Digital Tuner, Streaming or iPhone



E-Scape Virtual Video workouts (Bike, Run, Jog)



Extensive workout Goal and Pacer options with motivational graphics



PulseMove integrated

Features	
Digital tv & radio	Personalised workout programmes
Full internet browsing	Social media connectivity
Cross platform smartphone compatible	Asset management tools
E-scape virtual training video workouts	Marketing services
Full training experience	Pulsemove compatible

ULTIMATE ENTERTAINMENT AND CONNECTIVITY OPTIONS

The Series 3 Console brings a unique and personalised range of entertainment options to each and every user.



Digital TV and Radio

- Users can enjoy their favourite TV show and listen to Radio programmes via the integrated freeview DVB tuner.
- Users can also choose to catch up with their favourite programmes on one of the many Catch Up TV web-services such as BBC's iPlayer or watch a movie or series via their favoured streaming media service such as Netflix.



Fully iOS/Android Smartphone Compatible

- Cross-platform Smartphone compatibility.
- iPod, iPhone Music and Video Playback.
- Users can connect their own smartphone or multimedia device and enjoy their own music or videos while working out (connection also recharges their device).
- Compatible with devices that use an Apple lightning cable.



Internet Browser

- The Series 3 Console has full internet browsing capabilities allowing users to enjoy the web to the full whilst working out.
- Quicklinks bring users to a wide range of key internet hot-sites such as YouTube or Wikipedia.
- Customised favourites also enable each site to provide quick access to their sites, local news, weather and travel.



Stay Connected with all Social Media

- Stay connected with all your friends and followers on Facebook.
- Stay up to date with your favourite celebrity's tweets.



Easy to use graphical interface with multi-touch gesture control.

- Easy to use graphical user interface to make it easy for the user to select their workout goals and entertainment choice service such as Netflix.



Extensive workout options

- Quickstart.
- Time, distance, kcal or video goals.
- Time/distance, dist/speed or time/speed pacer programmes.
- Profile workouts with low, moderate and high intensity options.
- Heart rate controlled workouts.



E-Scape Virtual Video Workouts

- An extensive array of video based running, jogging and biking workouts to engage and motivate your users.
- Available as optional extra.



Personalised Training – PulseMove Ready

- With an inbuilt card reader and PulseMove software users benefit from professionally structured personal workout programmes giving them step by step guidance across their entire cv, strength and flexibility workouts.
- Workout programmes can be set and monitored by your Gym Staff aiding membership retention.
- Users can track their workout progression and new reports.



Customised branding

- Customised Screensavers can be provided, branding your site.

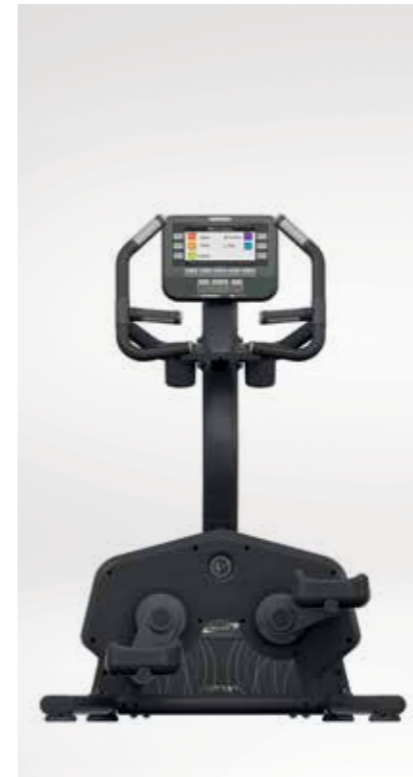


Equipment management

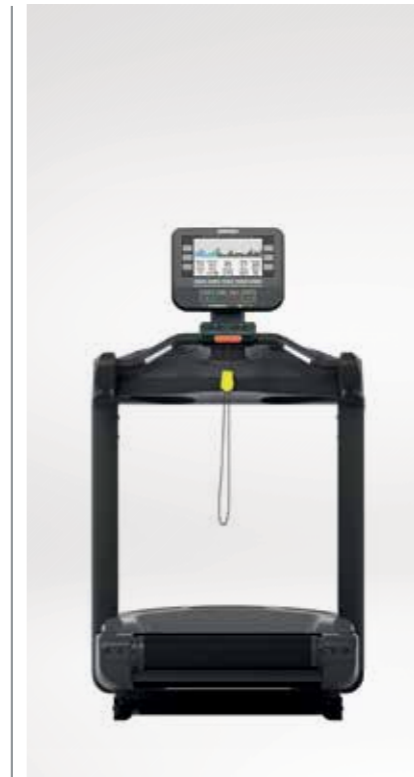
- The Series 3 console provides you with meaningful data enabling you to monitor the usage of your equipment so you can provide the best for your members.

SERIES 2

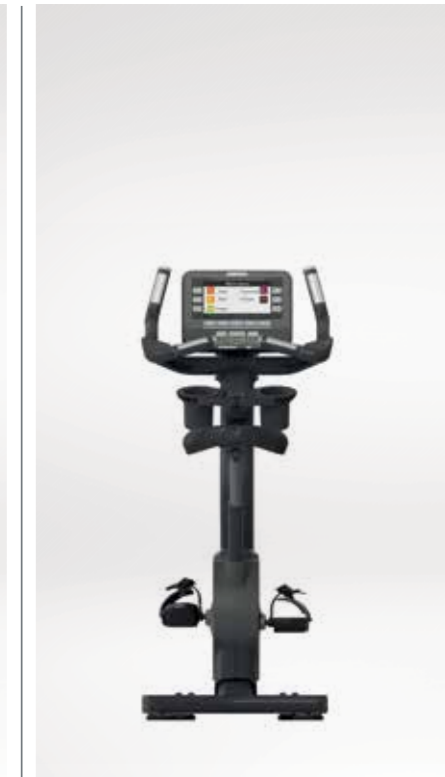
Series 2 comes complete with a 10.1" console providing sustainable self-powered, wire free entertainment and motivational workout programs. Choose from self-powered Freeview or wireless TV, plus a range of extras which include smartphone connectivity, additional 18.5" TV screen, PulseMove (Pulse's virtual trainer technology) and E-scape virtual training video workouts.



L-Train 270G



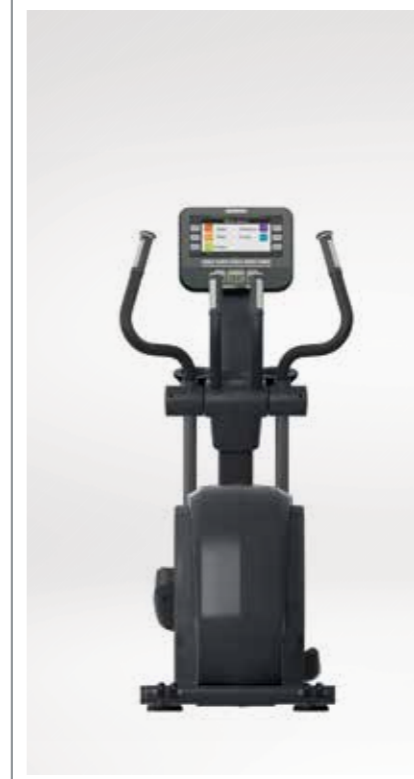
Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G



Step 220G

SERIES 2 CONSOLE FEATURES

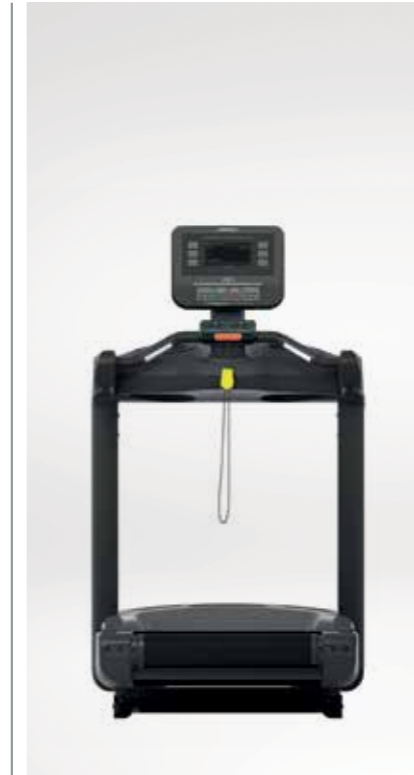


SERIES 1

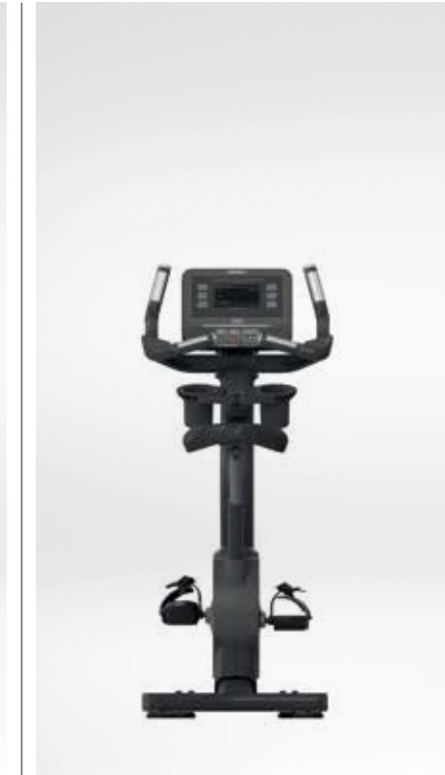
Sustainable and self-powered with an integrated 7" motivational display screen - Series 1 products eliminate power offering you, the operator, significant savings on energy and infrastructure costs. High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual trainer technology) and an additional 18.5" wired TV screen.



L-Train 270G



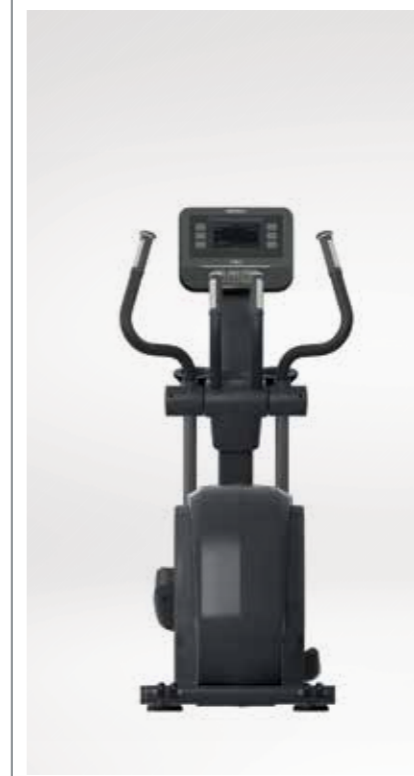
Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G



Step 220G

SERIES 1 CONSOLE FEATURES



FULL SCREEN WORKOUT

EXTENSIVE WORKOUT GOAL & PACER OPTIONS

RUN

powered to perform



OPTIONAL



ERGONOMIC DESIGN

The IFI Accredited Run features ideally placed handle bars and extended side hand grips. The low step-up height of just 280mm makes it easily accessible, while the console position is situated to provide optimum comfort when viewed during the workout.



QUICK CONTROLS

Ergonomically positioned for correct posture during workout, the Run features a 'quick control zone' so you can make speed and elevation adjustments without interrupting your workout.

These controls also feature a highly visible and centrally positioned magnetic kill cord emergency stop.



SPEED, PERFORMANCE & DURABILITY

Benefiting from a smooth but powerful 4hp (peak) motor and running speeds of up to 15mph it will provide unsurpassed workout performance timelessly.

Made from highly durable materials the Run is an ergonomically robust, reliable and low maintenance solution for all gym environments.

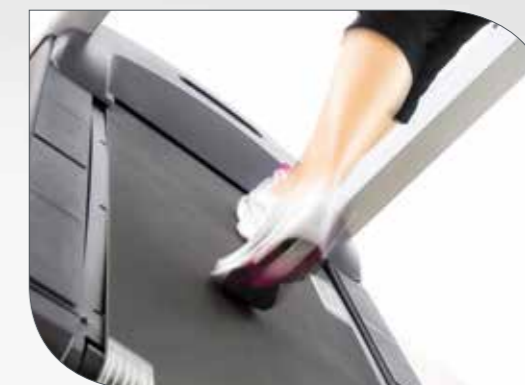


LOW IMPACT RUNNING DECK

The Run boasts a low impact sprung reversible running surface which helps to eliminate the risk of injury by reducing stress on the user's back, legs, knees and ankles. The low deck height complements accessibility for all ability levels.

Running deck and belt:

- A** Flexible sprung deck helps reduce knee and joint stress.
- B** Self-lubricating belt glides over the deck with ease, significantly reducing wear on the motor.



X-TRAIN

performance by design



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



OVERSIZED PEDALS

The anti-slip oversized pedals accommodate users of all sizes, biomechanically designed for the comfort of the user for a non-impact workout on joints. The pedals are 100% synchronised to the motion of the upper body handlebars providing an in-sync total body workout.



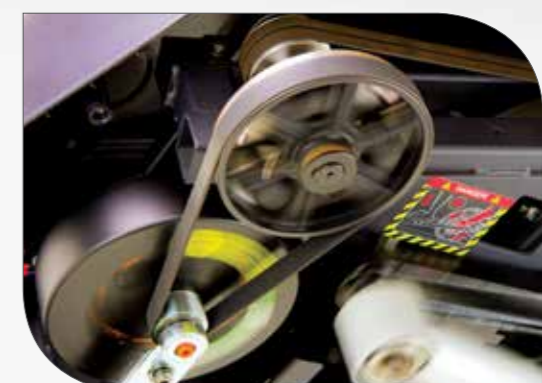
NATURAL STRIDING MOTION

Specifically engineered to replicate a natural striding motion the closeness of the pedal spacing design maximises hip rotation, whilst eliminating joint stress enabling the user to stride naturally according to workout rate.



REAR DRIVE SYSTEM

The rear drive belted mechanism of the X-train is uniquely designed to deliver a smooth, quiet and fluid elliptical path of motion for the user's comfort.



OPTIONAL



L-TRAIN

efficient in movement

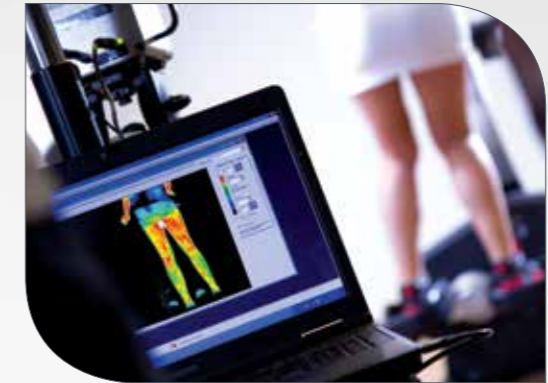


OPTIONAL



EXERCISE INTENSITY

Scientifically proven via thermal imaging technology the L-train progressively and extensively provides a total body workout in a unique and challenging way. Engaging more muscles than any other cardiovascular piece coupled with the multiple training programmes the L-train delivers an intense workout, delivering users better results in a shorter period of time.



UNIQUE LATERAL MOVEMENT

Traditional cardiovascular machines perform a front-to-back exercise movement but the innovative L-train performs a 360° lateral motion which engages all lower body muscles in particular the abdominals, glutes, inner/outer thighs and core. The powerful multi-directional movement which the L-train provides simultaneously conditions the body whilst delivering a peak performance cardiovascular workout.



MULTIPLE WORKOUT POSITIONS

Used independently or as part of an instructor driven class, users will be shown how to perform key exercise positions and movements to isolate and target key muscles and for increased heart rate training. Used in a figure of eight motion the L-train will target and condition the lower body, in a clockwise motion it will isolate the outer thighs and glutes whilst a counter clockwise motion will isolate the inner thighs and glutes. Other exercise movements will include leg pumps, squats, grinding and surfing.



SPACE EFFICIENT DESIGN

The space efficient L-train features a small footprint which allows you to utilise any unused space you may have on the gym floor.

The L-train typically takes up 20% less space than conventional cross trainers when designing new gyms.



U-CYCLE

geared for action



ERGONOMIC RIDING POSITION

The U-cycle accommodates natural upright or racing riding positions. Ergonomically designed with extensive features, the U-cycle ensures perfect body posture and leg/pedal alignment/movement to optimise the effectiveness of the workout.



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.

The U-cycle also features elbow support pads to ensure correct posture is used during the exercise.



CONTOURED SEAT DESIGN

Made from durable polyurethane, the U-cycle cycle seat is designed with biomechanical correct contours to relieve pressure on the lower spine promoting maximum comfort, support and reliability. Smooth seat adjustment is achieved by the gas assisted colour coded adjustment mechanism, while riders stay in the exercise position.



UNIQUE PEDAL DESIGN

Weighted in design and featuring a highly visible adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



OPTIONAL



R-CYCLE

inclusive by nature



ERGONOMIC HANDLEBARS
Ergonomic in design, non-slip and sweat resistant they encourage correct posture and technique together with offering the user a wide range of hand grip options.



CONTOURED SEAT & ANGLED BACKREST
Made from durable polyurethane, the R-cycle ergonomic backrest provides greater support to the spinal column and active comfort. The backrest mirrors the spine's natural curve by providing the user with multiple seat positions. This promotes correct posture for movement, comfort and support.



SKI-BOOT PEDALS
Weighted in design and featuring a highly visible adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



ACCESSIBILITY – STEP THROUGH DESIGN
Perfect accessibility for users of all abilities and disabilities, the R-cycle's unique design simply allows the user to step through the product and sit immediately in the correct workout position.



OPTIONAL



STEP

efficiency by design



SPACE EFFICIENT DESIGN

Boasting the smallest footprint in the entire Pulse CV range the Step is compact, making it an ideal machine for any sized gym floor.



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



PEDAL GEOMETRY

The extensive smooth and independent pedal movement range is ideal for even the tallest user to achieve and improve maximum balance and co-ordination during exercise.



SHOCK ABSORBING

The oversized pedals have a shock absorbing design that reduces impact on the user's hips, knees, ankles and the lower back whilst eliminating numbness in the feet, all contributing to safe and comfortable exercise movement.



OPTIONAL



CV FEATURES & SPEC

The three-tier solution offers a range for all gym environments, providing the same high quality product in a way that allows the operator to choose the level of entertainment and technology to suit their needs.

1 Series

Sustainable and self-powered with an integrated 7" motivational display screen - Series 1 products eliminate power offering you, the operator, significant savings on energy and infrastructure costs. High quality and robust, with the option for connectivity to PulseMove (Pulse's virtual trainer technology) and an additional 18.5" wired TV screen.

2 Series

Series 2 comes complete with a 10.1" console providing sustainable self-powered, wire free entertainment and motivational workout programs. Choose from self-powered Freeview or wireless TV, plus a range of extras which include smartphone connectivity, additional 18.5" TV screen, PulseMove (Pulse's virtual trainer technology) and E-scape virtual training video workouts.

3 Series

Designed to push the boundaries of the user's workout through an operating system that is tuned specifically to their needs, series 3 comes complete with an 18.5" android HD ready touch screen console ensuring that the very best entertainment and most engaging workout modes are possible at their fingertips.

	Run			X-Train			L-Train			U-Cycle			R-Cycle			Step		
	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3
Product Features																		
PulseMove Professional Compatible*	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PulseMove Tracker Compatible	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mains Power Requirement	■	■	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Languages	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7	3	5	7
Quick Controls	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Auto Start-up	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Resistance Levels	28	31	31	28	40	40	28	40	40	28	40	40	28	40	40	28	40	40
Speed Max (mph)	12	15**	15**	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Integrated Storage Buckets	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
IFI Accredited*	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-
Workouts																		
Quick Start	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Goals: Time, Distance & Calories	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Pacer Variable: Time, Speed & Distance	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Profile Programs (incl: easy, moderate, advanced)	23	23	23	25	28	28	29	29	29	26	26	26	26	26	26	25	25	25
Fitness Test with V02 Result	■	■	■	-	-	-	-	-	-	■	■	■	■	■	■	-	-	-
Variable Cool Down with Manual Override	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Workout Displays																		
Profile Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Track Display with Level Indicator	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Speed, RPM/SPM, Calories Used, Heart Rate & Watts	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
METs (shown in workout statistics only)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Units	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
User Selectable / Programmable Language	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Heart Rate Monitoring																		
Integrated Hand-Pulse Sensors	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Polar Compatible (chest strap required)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Entertainment																		
7" Integrated High Contrast Colour Display	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
10.1" Integrated High Contrast Colour Display	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-
18.5" Capacative Touch Screen Display	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■
Integrated Wireless TV Receiver	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-	-	○	-
Integrated DVB-T Tuner	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■	-	○	■
Simultaneous TV & Workout Stats Display	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 18.5" Wide Screen Android Touch Screen Display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stereo 3.5mm Headphone Jack	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
iPod® Compatible* with Charging	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○	-	○	○
Integrated iPod® Storage Tray / Mobile Phone Holder	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Warranty																		
2 Year Standard Warranty	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-	■	-	-
3 Year Standard Warranty	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■	-	■	■
Additional 18.5" Screen - 1 Year Warranty	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Dimensions																		
Length (cm)	214	214	214	227	227	227	109	109	109	168	168	168	124	124	124	114	114	114
Width (cm)	88	88	88	75	75	75	124	124	124	69	69	69	61	61	61	73	73	73
Height (cm)	160	160	195	161	161	197	159	159	159	121	121	157	147	147	183	176	176	212
Weight (kg)	240	240	249	160	160	169	TBC	TBC	TBC	101	101	110	86	86	95	100	100	109
Max User Weight (kg)	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160

■ Standard ○ Optional
 * Available at an additional cost
 ** 15mph optional

iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.
 Polar® is a registered trademark of Polar Electro Inc.

THE STRENGTH RANGE
SUPERIOR DESIGN AND
ENHANCED PERFORMANCE



STRENGTH FEATURES



CONVERGING/DIVERGING AXIS

Designed to replicate the body's natural motion, effectively engaging all muscles involved in the exercise.



RANGE LIMITING MOVEMENT ADJUSTERS

Flexible workout positions are achieved through an intelligent ergonomic design for the optimum workout whilst accommodating rehabilitation movements.



2.5KG INCREMENTAL 100KG STACK*

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression. The large weight scale offers a broader training range for all users.

*Alternative weight stacks are available upon request.



SIDE LOADING WEIGHT STACK

The side loading weight stack enables users to adjust their weight from their exercise position. The adjustment pin features an eyelet handle allowing any user to move the pin with the use of just one finger.



GAS ASSISTED CONTOURED SEAT

Simple and easy to adjust from the workout position, providing added comfort, stability and safety.



UNIVERSAL BELT DRIVEN DESIGN

For optimum durability and reliability, a reinforced steel belt is universally fitted across the range ensuring that one belt will fit all products.



LOW PROFILE WEIGHT STACK

The low profile weight stack offers a sleek, modern design enhancing the gym environment.



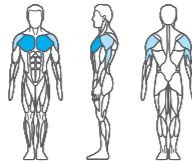
UNIQUE INCORPORATED IFI DESIGNS

Varying textures, single-handed coloured adjustments and swing-away seats all contribute to a fully inclusive solution.



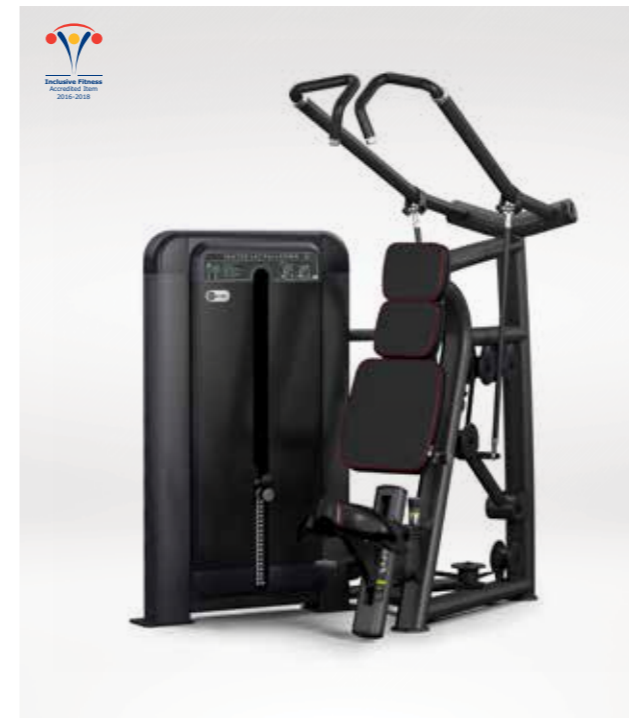
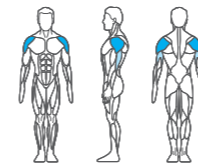
Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



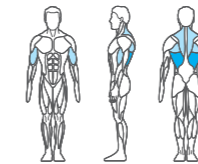
Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



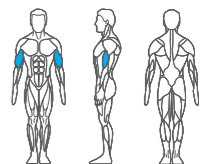
Seated Lat Pulldown

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



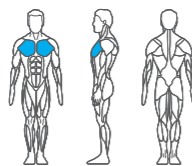
Arm Curl

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Ergonomic contour seat and padded arm support provides comfort and stability to exercise safely
- Adjustable hand grips for workout variety



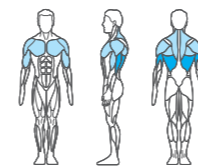
Pec Deck

- Independent arms ensure a balanced muscle workout
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Gas assisted seat with 10 height positions



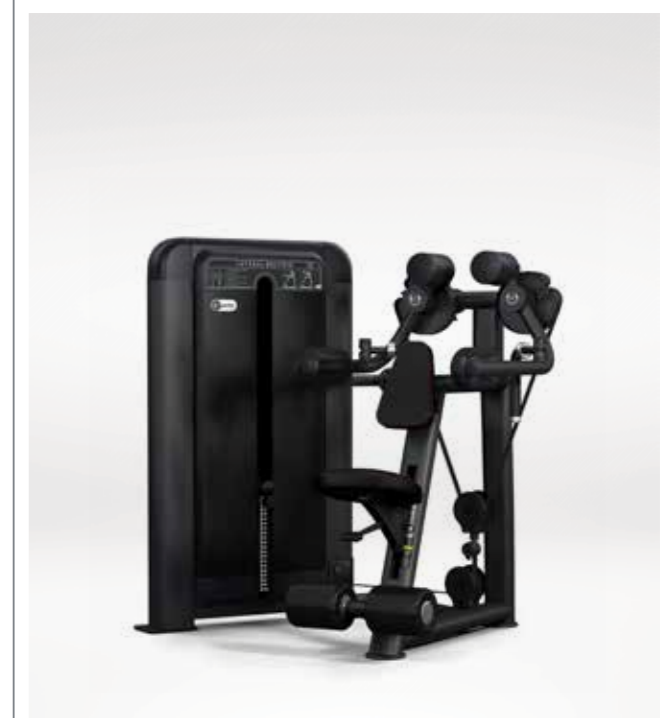
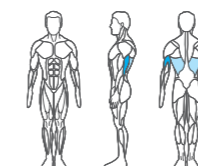
Assisted Chin & Dip

- Multiple start positions to ensure correct posture and workout variety
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Swing-away counterbalanced knee pad for added comfort



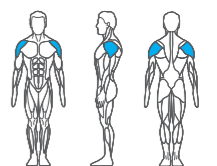
Tricep Press

- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market
- Gas assisted seat with 10 height positions
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted



Lateral Deltoid

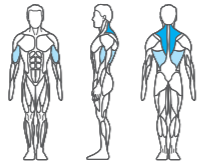
- Independent arms ensure a balanced muscle workout
- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Ergonomic contour seat provides comfort and stability to exercise safely





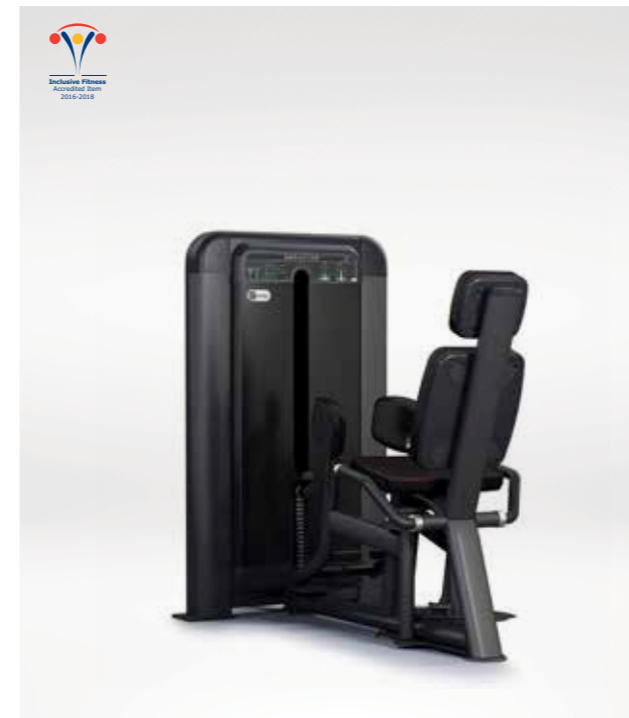
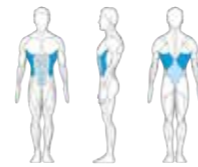
Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



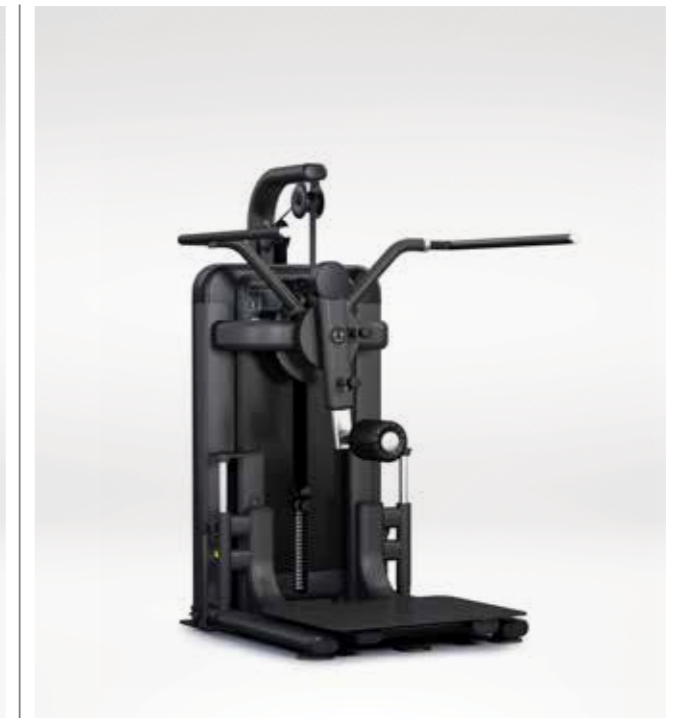
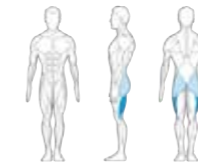
Rotary Torso

- Fully adjustable rotating arm provides a dynamic oblique abdominal workout
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Ergonomic contour seat provides comfort and stability to exercise safely



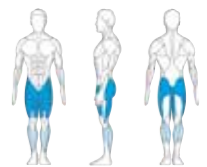
Abductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- Multiple start positions available from a single hand start position adjustment lever



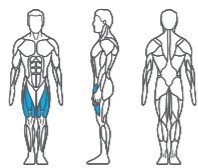
Multi-Hip

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Adjustable pivot point for a safe, smooth and efficient workout
- Sturdy adjustable platform for different user heights



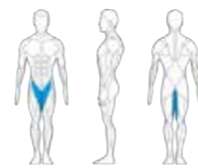
Leg Extension

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Durable, smooth running cam system gives a safe, efficient workout
- Multiple start positions available from a single hand start position adjustment lever



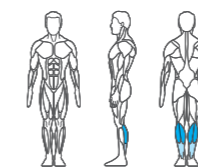
Adductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



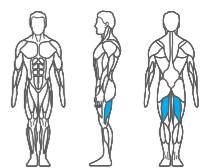
Seated Calf

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum
- Durable, smooth running, steel reinforced pulley system for safe efficient workouts



Seated Leg Curl

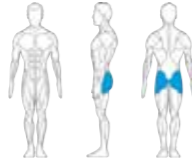
- Durable, smooth running cam system gives a safe, efficient workout.
- Multiple start positions available from a single hand start position adjustment lever
- Gas assisted seat adjustment and double pivoting pads promote perfect exercise posture and comfort during exercise





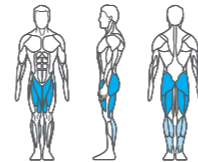
Glute

- Fully adjustable chest pad provides maximum support and comfort
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity



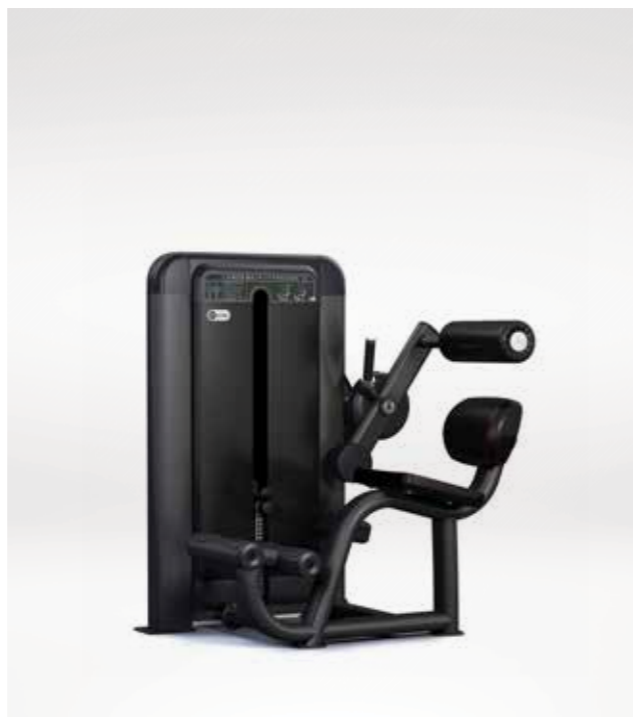
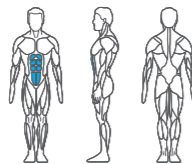
Seated Leg Press

- Variable resistance cam design to regulate up to 200kg load to ensure the correct muscles are targeted
- Biomechanically efficient back support with seat shock absorption system
- Large, sturdy footplate and steel reinforced belt and pulley system for durability



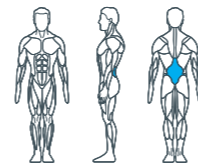
Abdominal

- Multiple start positions available from a single hand position adjustment lever
- Sturdy footrail with dual positions and double pivoting pads provide maximum user comfort during exercise
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum



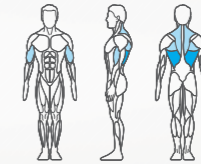
Lower Back Extension

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity
- Ergonomic positioning of the ankle supports allows for optimum results



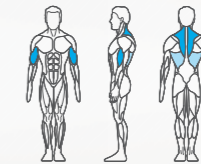
Lat Pulldown

- Overhead pulley system and multi-grip pull bar allows users to customise their exercise in single axis motion
- Biomechanically efficient user position and padded rollers provide comfort and safety
- Anti-slip belt clamps and floor fixing points for additional safety



Long Pull

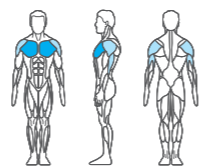
- Ergonomic Pullbar offers an efficient workout position
- Sturdy footrail with dual positions provide maximum comfort and stability to the lower limbs
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum





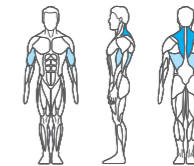
Independent Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



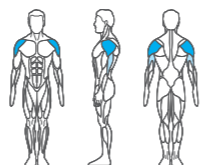
Independent Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



Independent Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



Leg Raise

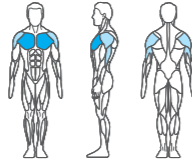
- Large, spherical back pad to ensure stabilization
- Rubber feet to protect base and prevent the machine from slipping





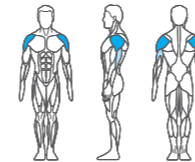
Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



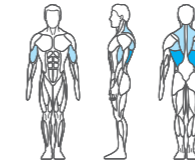
Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



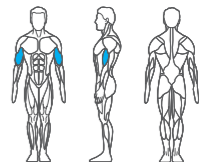
Seated Lat Pulldown

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



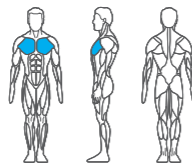
Arm Curl

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Ergonomic contour seat and padded arm support provides comfort and stability to exercise safely
- Adjustable hand grips for workout variety



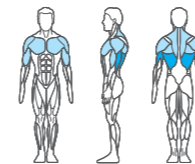
Pec Deck

- Independent arms ensure a balanced muscle workout
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Gas assisted seat with 10 height positions



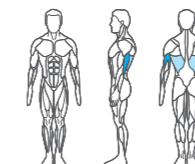
Assisted Chin & Dip

- Multiple start positions to ensure correct posture and workout variety
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Swing-away counterbalanced knee pad for added comfort



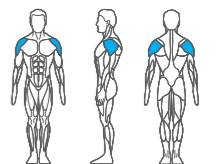
Tricep Press

- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market
- Gas assisted seat with 10 height positions
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted



Lateral Deltoid

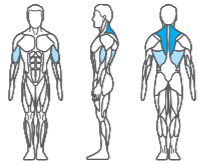
- Independent arms ensure a balanced muscle workout
- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Ergonomic contour seat provides comfort and stability to exercise safely





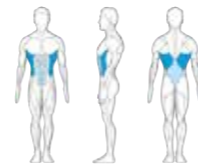
Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



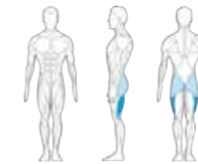
Rotary Torso

- Fully adjustable rotating arm provides a dynamic oblique abdominal workout
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Ergonomic contour seat provides comfort and stability to exercise safely



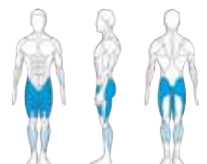
Abductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- Multiple start positions available from a single hand start position adjustment lever



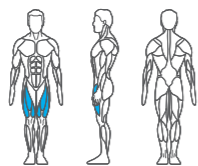
Multi-Hip

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Adjustable pivot point for a safe, smooth and efficient workout
- Sturdy adjustable platform for different user heights



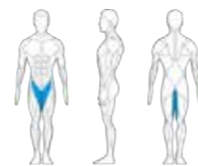
Leg Extension

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Durable, smooth running cam system gives a safe, efficient workout
- Multiple start positions available from a single hand start position adjustment lever



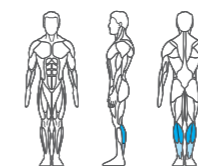
Adductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



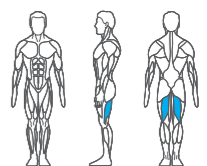
Seated Calf

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum
- Durable, smooth running, steel reinforced pulley system for safe efficient workouts



Seated Leg Curl

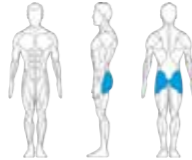
- Durable, smooth running cam system gives a safe, efficient workout.
- Multiple start positions available from a single hand start position adjustment lever
- Gas assisted seat adjustment and double pivoting pads promote perfect exercise posture and comfort during exercise





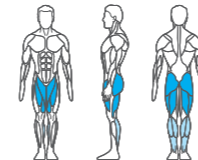
Glute

- Fully adjustable chest pad provides maximum support and comfort
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity



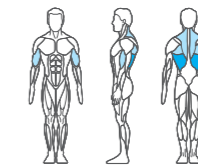
Seated Leg Press

- Variable resistance cam design to regulate up to 200kg load to ensure the correct muscles are targeted
- Biomechanically efficient back support with seat shock absorption system
- Large, sturdy footplate and steel reinforced belt and pulley system for durability



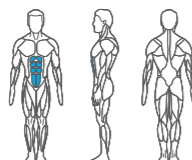
Lat Pulldown

- Overhead pulley system and multi-grip pull bar allows users to customise their exercise in single axis motion
- Biomechanically efficient user position and padded rollers provide comfort and safety
- Anti-slip belt clamps and floor fixing points for additional safety



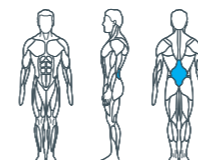
Abdominal

- Multiple start positions available from a single hand position adjustment lever
- Sturdy footrail with dual positions and double pivoting pads provide maximum user comfort during exercise
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum



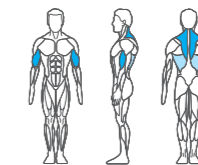
Lower Back Extension

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity
- Ergonomic positioning of the ankle supports allows for optimum results



Long Pull

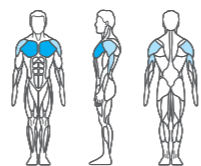
- Ergonomic Pullbar offers an efficient workout position
- Sturdy footrail with dual positions provide maximum comfort and stability to the lower limbs
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum





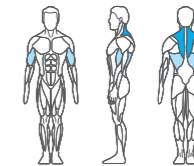
Independent Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



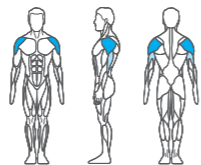
Independent Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



Independent Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



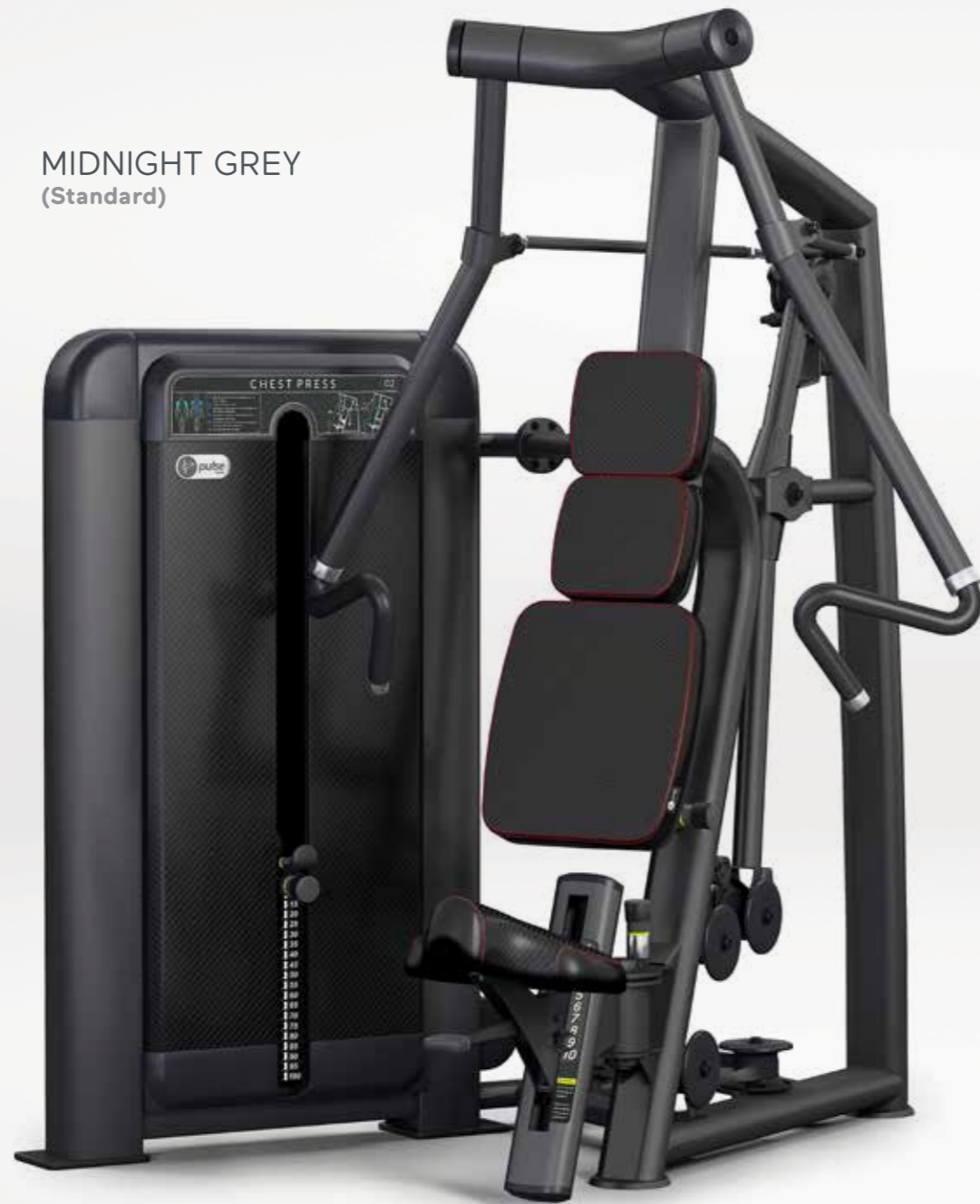
Leg Raise

- Large, spherical back pad to ensure stabilization
- Rubber feet to protect base and prevent the machine from slipping



STRENGTH COLOUR OPTIONS

MIDNIGHT GREY
(Standard)



CRYSTAL WHITE
(Optional*)



Pulse crafts the perfect machine whilst you design the style and finish; choose from a selection of modern, vibrant upholstery colours and contemporary stylish frame finishes to create a sophisticated premium appearance in all gym environments.

Rest assured Pulse hand-picks and rigorously tests all vinyl upholstery colours to ensure robustness in your busy gym environment.

All Pulse upholstery is puncture and wear resistant and offers high resistance to abrasion, ageing, bacteria, disinfectant, mildew, oil and stains.

Pulse's frame finishes are guaranteed to last, utilising quality components for structural integrity, coupled with an intricate three-step frame finish process for maximum surface resistance. Emotive colours, sinuous curving profiles and striking aesthetics bring together a coordinated elegant look across the entire product range.

*Optional frame finishes and upholstery colours are subject to extended lead times.

Upholstery

BLACK
(Standard)

COCO
(Standard)

LIME
(Standard)

BURNT ORANGE
(Standard)

Optional Colours*

SKY

REEF

LEAF

ROSSO

CARBON FIBRE

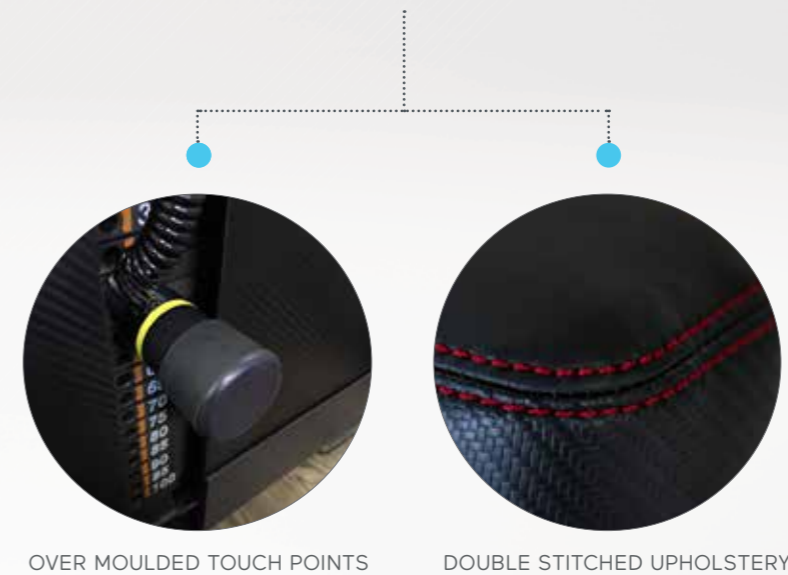
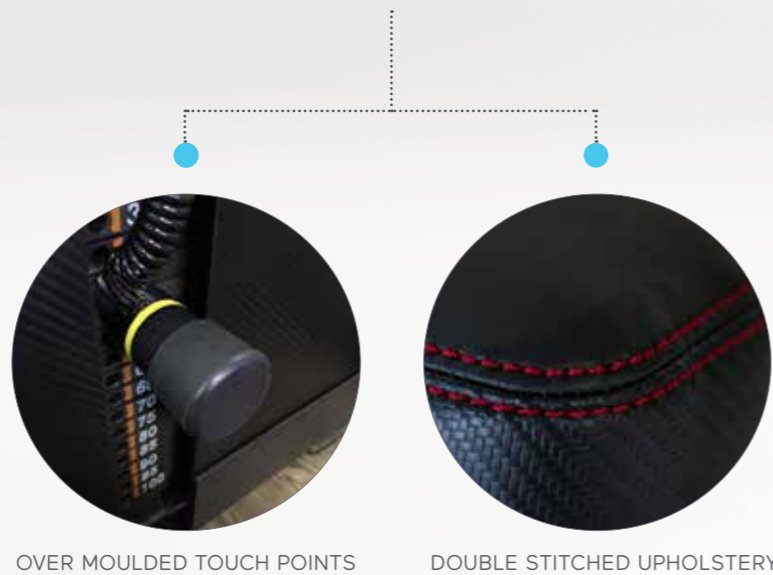
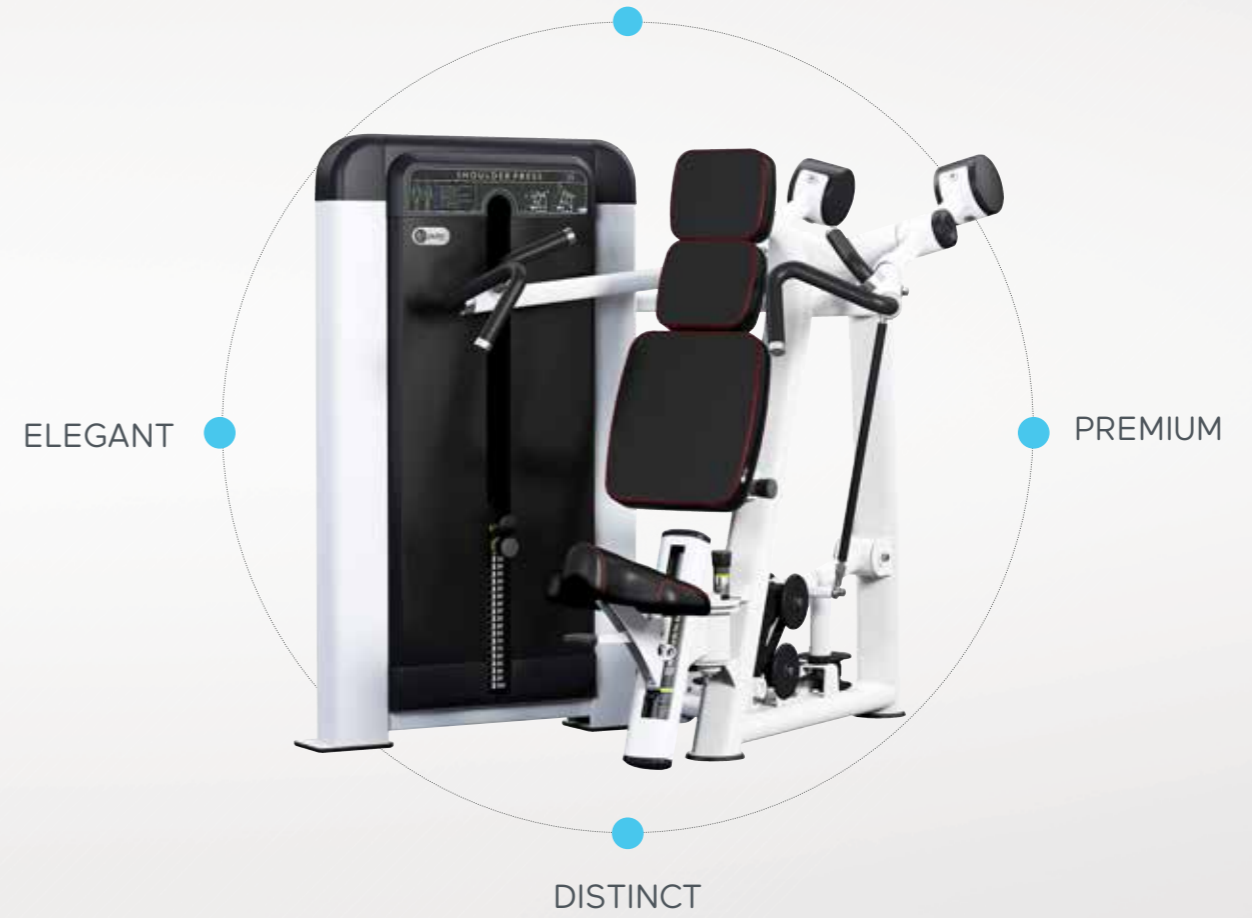
BLACK WITH RED DOUBLE STITCHING
(Premium)

STRENGTH PREMIUM OPTIONS

MIDNIGHT GREY
ENLIGHTENING



CRYSTAL WHITE
ENLIGHTENING



PULLEY FEATURES



UNIQUE INCORPORATED IFI DESIGNS

Varying textures, single-handed colour-coded adjustment, neoprene handles and 100% wheel chair accessibility all contribute to a fully inclusive solution.



COMFORTABLE & SAFE USER POSITION

Biomechanically efficient user position, adjustable hand grips, anti-slip belt clamps and floor fixing points all contribute to user safety and comfort during exercise.



NATURAL MOVEMENT

Biomechanically designed to replicate the body's natural motion, effectively engaging all muscles involved in the exercise.



MULTI-POSITION & VARIABLE HEIGHT

The pulley range has 17 different height settings and offers numerous exercise positions to cater for a variety of users.



DURABLE LONG LASTING PERFORMANCE

Extensive research and development, premium materials and precision engineering provide uncompromised durability.



2.5KG INCREMENTAL 100KG STACK

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression whilst the large weight scale offers a broader training range for all users.



CONNECTIVITY

Integrated with PulseMove, users can access personal training information and safe exercise guidance along with personalised user settings and weight repetitions. All Pulse pulley machines can be used with PulseMove Professional and PulseMove Tracker for a total user solution.

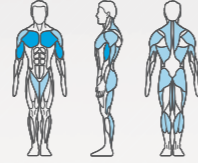


ACCESSORIES

The extraordinary versatility of Pulse Fitness Pulley accessories allows users to rotate seamlessly through multiple exercises without changing the attachment or their grip. The unique and efficient design which incorporates advanced rotational elements offers unrivalled ergonomics that provide a total strength training program for a range of users.

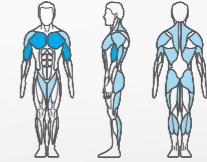
Multi-Pulley

- Variable height pivotal pulley allows the user to use the upper and lower limbs as well as the trunk musculature
- Adjustable hand grips for workout variety
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



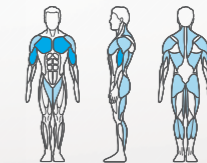
Crossover

- Dual angled pulley system features 17 easy to adjust positions per column offering a total body workout for a variety of users
- Adjustable hand grips and multi-position dual chin bar for exercise choice
- Colour-coded, grip adjustments and neoprene handles for comfort, durability and inclusivity



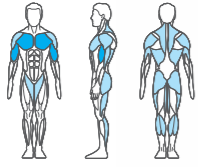
Dual Multi-Pulley

- Dual angled pulley system features 17 easy to adjust positions per column, plus the choice to move limbs independently promoting a wider workout variety
- Adjustable hand grips and multi-position dual chin bar for exercise choice
- Colour-coded, grip adjustments and neoprene handles for comfort, durability and inclusivity



Four Station

- Combining four strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



seated lat pull down



x 2 multi-pulley machines



seated row

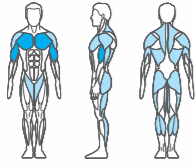


compact footprint



Eight Station

- Combining eight strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



x 2 seated lat pull down



x 4 multi-pulley machines



x 2 seated row



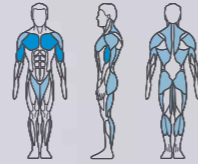
compact footprint





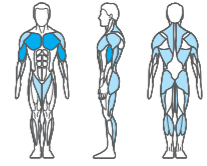
Multi-Pulley

- Variable height pivotal pulley allows the user to use the upper and lower limbs as well as the trunk musculature
- Adjustable hand grips for workout variety
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



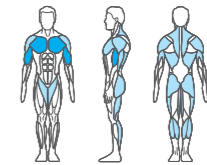
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Dual Multi-Pulley

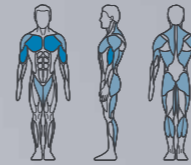
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- Adjustable hand grips and multi-position dual chin bar for exercise choice
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Four Station

- Combining four strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



seated lat pull down



x 2 multi-pulley machines



seated row

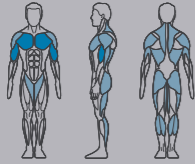


compact footprint



Eight Station

- Combining eight strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training programme for a range of users



x 2 seated lat pull down



x 4 multi-pulley machines



x 2 seated row



compact footprint



PULLEY ACCESSORIES

Pulse offers an extensive collection of accessories and accompaniments to aid comfort, workout performance and to provide a spectrum of exercises.



Trak Handle Pro

The Trak Handle Pro incorporates three axes of rotation that provide unprecedented mobility and range of motion for the user's hands, wrists, arms, and shoulders.



Trak Handle Sport

The Trak Handle Sport offers users an escape from the restrictions imposed by traditional handles to perform natural, fluid, functional movements.



Trak Row

Combine two Trak Handle Pro's to make the Trak Row, a versatile 9" cable pull bar.



Trak Bar 24

The Trak Bar 24 is adjustable to 12", 18", and 24" spreads, which allows users of all sizes to target a wide range of muscle groups from a variety of angles when combined with two Trak Handle Pro's.



Trak Bar 42

The Trak Bar 42 is adjustable to 30", 36", and 42" spreads, which allows users of all sizes to target a wide range of muscle groups from a variety of angles when combined with two Trak Handle Pro's.



Curl Bar

Stainless steel curl bar with grip points.



Ankle Strap

Adjustable ankle strap lined with shock absorbent padding for enhanced stability and outstanding comfort.



Stirrup Handle

A durable stirrup handle featuring a grip designed for comfort and control.

STRENGTH FEATURES & SPEC

	310H	305H	314H	325H	382H	365H	370H	335H	447H	615H	560H	500H	505H	515H	530H	562H	571H	576H	600H	605H	380H	385H	342H	345H	346H	904H	
	Chest Press	Shoulder Press	Pec Deck	Assisted Chin & Dip	Seated Lat Pulldown	Arm Curl	Tricep Press	Lateral Deltoid	Seated Row	Rotary Torso	Leg Extension	Adductor	Abductor	Multi-Hip	Seated Calf	Seated Leg Curl	Glute	Seated Leg Press	Abdominal	Lower Back Extension	Lat Pulldown	Long Pull	Multi-Pulley	Crossover	Dual Multi-Pulley	Four Station	
Product Features																											
Converging axis	■	■	-	-	■	-	-	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Adjustable hand grips	-	-	-	-	-	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	-	-
Multiple grip positions	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Multiple start positions	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Single hand start position adjustment lever	-	-	-	-	-	-	-	-	-	-	■	■	■	-	-	■	■	-	■	■	-	-	-	-	-	-	-
Counterbalance weight	-	■	-	-	-	■	-	■	-	-	■	-	-	■	■	■	■	-	■	■	-	-	-	-	-	-	-
Variable resistance cam	-	-	■	-	-	■	■	-	-	■	■	■	-	-	-	■	■	■	■	■	-	-	-	-	-	-	-
Seat with modular back supports	■	■	■	-	■	-	■	-	■	-	■	■	-	-	■	■	-	■	-	-	-	-	-	-	-	-	-
Comfort contour seat	■	■	■	-	■	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Adjustable back support	■	■	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Single hand swing-away seat	■	■	■	-	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gas-assisted seat position adjustment	■	■	■	-	■	■	■	■	■	■	■	-	-	-	■	■	■	■	-	■	■	-	-	-	-	-	-
Dual footrests	-	-	-	-	-	-	-	-	-	-	-	■	■	-	-	-	-	-	-	-	-	■	-	-	-	-	■
Variable height pivotal pulley	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	■	■
100kg weight stack*	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	-	■	■	■	■	■	■	■	■	■
200kg weight stack*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	-	-	-	-	-	-	-	-	-
2.5kg weight increments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	-	■	■	■	■	■	■	■	■	-
5kg weight increments	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	-	-	-	-	-	-	-	-	-
Raised iconography on key adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Colour-coded adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Large, easy-grip weight selector pin	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Easy-read instruction placards	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Neoprene handles with aluminium rings	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Low profile design	■	■	■	■	■	■	■	■	-	-	■	■	■	■	■	■	■	-	■	■	-	■	-	-	-	-	-
Fully enclosed weight stack	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	-
Steel-reinforced belt and pulley system	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Anti-slip belt clamp(s)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Floor fixing points	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
IFI Stage 2 accredited	○	○	○	○	-	-	-	-	○	-	○	○	○	-	-	○	-	○	-	-	-	-	○	○	○	○	-
Options																											
Pulsemove Professional compatible	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Pulsemove Tracker compatible	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	-
7" High contrast colour display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Optimal workout tempo monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Range of motion monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Rep. counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Set counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Automatic weight display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Weight target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Adjustable rest period	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Dimensions																											
Length (cm)	159	154.5	144.5	126	159	136	140	126.5	166	133	126.5	155	155	116	129	109	130	210	123.7	123.7	145	214	65	375	246	377	
Width (cm)	142.5	142	140	136	142.5	99	155	103	119	148	103	94.2	94.2	117	107	96	98	105	103.8	97	97	97	116	97	235	127	
Height (cm)	182	150	181.5	211	182	150	150	150	172	208	150	150	150	166	150	150	158	180	150	150	230	192	242	242	242	226	
Weight (kg)	300	306	300	291	300	246	286	250	296	266	286	251	251	320	280	295	260	486	266	266	295	307	289	602	598	600	

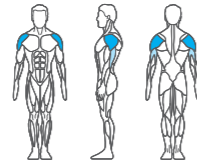
■ Standard ○ Option *Alternative weight stacks are available upon request

PLATE LOADED



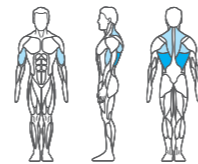
Shoulder Press

- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



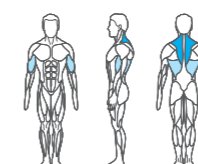
Lat Pulldown

- Diverging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Counterbalanced arms with low start resistance to ensure exercise is performed smoothly and safely



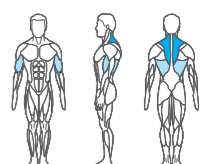
Seated Row

- Diverging axis to replicate the body's natural movement
- Multiple oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



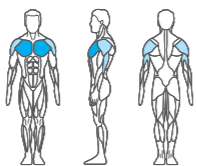
Low Row

- Diverging upward movement direction
- Multiple oversized steel grips for comfort and durability
- Central support bar for independent arm movements



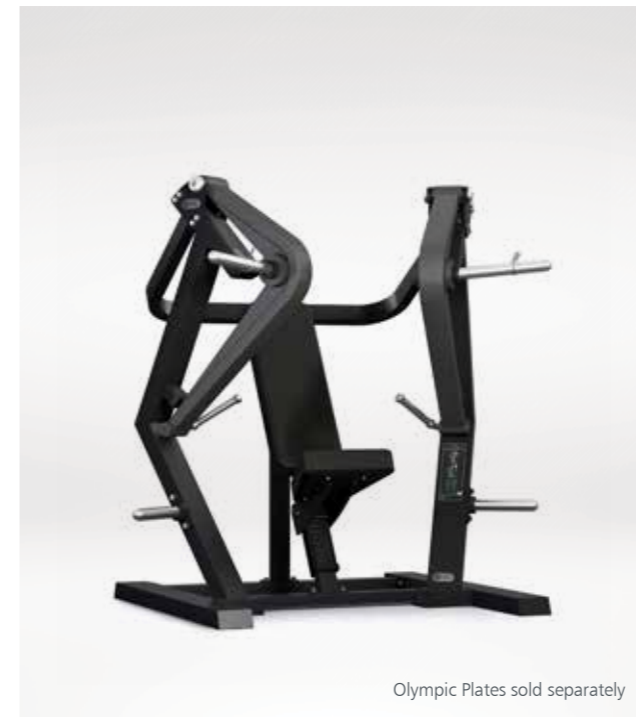
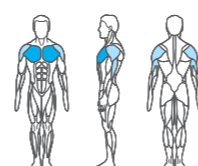
Chest Press

- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



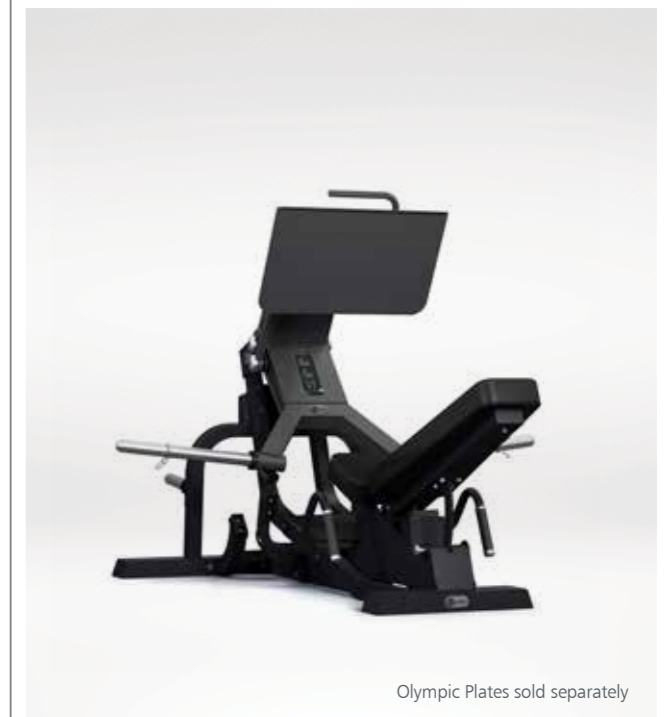
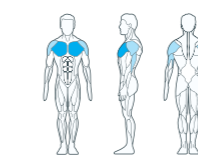
Incline Chest Press

- Diverging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



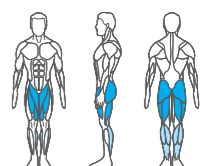
Wide Chest Press

- Angled handle for user exercise stability
- Adjustable knee pad to fit different users
- Comfortable angled footplate support.



Seated Leg Press

- Footplate handle provides easy access on and off the machine
- Large footplate to accommodate of variety of exercise positions
- Linkage system design to reduce knee shear

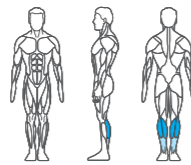




Olympic Plates sold separately

Calf Raise

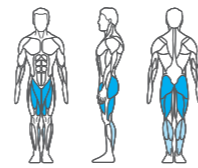
- Back pad and angled handles for user safety and stability
- Textured, comfortable angled footplate support
- Single movement plane to maximise results and safety



Olympic Plates sold separately

Rear Kick

- Large foot plate providing a variation of exercise positions and user stability
- Supporting pad and handles to ensure stability and controlled gluteal isolation
- Single movement plane to maximise results and safety



Half Power Rack

- Open-face design for easy access
- Oversized durable steel frame
- Angled chin up handles
- Low dual-sided steel pegs for specialist speed and technique training
- 10 olympic storage bars
- Optional wooden/rubber lifting platform
- Adjustable dual-sided internal/external spotting bars



Full Power Rack

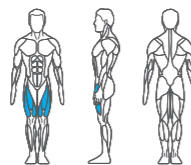
- Ultimate power rack with open-face design for easy access
- Oversized durable steel frame
- Angled chin up handles
- High and low dual-sided steel pegs for specialist speed and technique training
- 10 olympic storage bars
- Optional wooden/rubber lifting platform
- Adjustable dual-sided internal/external spotting bars



Olympic Plates sold separately

Leg Extension

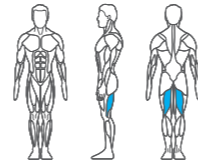
- Declined seat and back angle offers optimal workout position
- Conveniently placed handle bars for additional stability and performance
- Independent motion for optimising the user experience



Olympic Plates sold separately

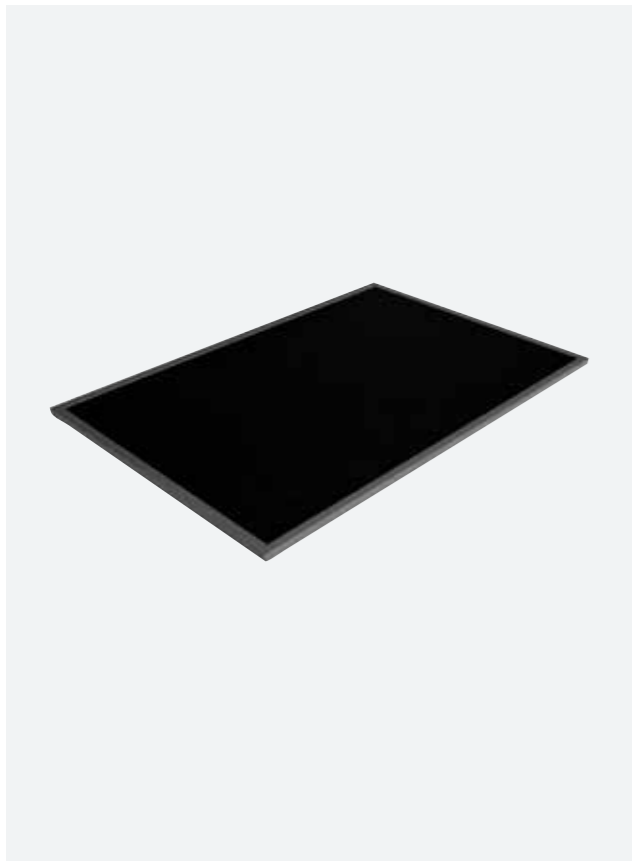
Standing Leg Curl

- Extra thick upholstery gives a comfortable kneeling position
- Independent motion for optimising the user experience
- Handle bars and top padding offer the user maximum support and stability



Olympic Plate Set

Includes the following weight plates:
 1.25kg x 2pcs,
 2.5kg x 2pcs,
 5kg x 4pcs,
 10kg x 2pcs,
 15kg x 2pcs,
 20kg x 2pcs.



2m x 3m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



2m x 3m Rubber Lifting Platform with Wood Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



6m x 3m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



6m x 3m Rubber Lifting Platform with Wood Insert

- Layers of rubber flex
- Dual solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



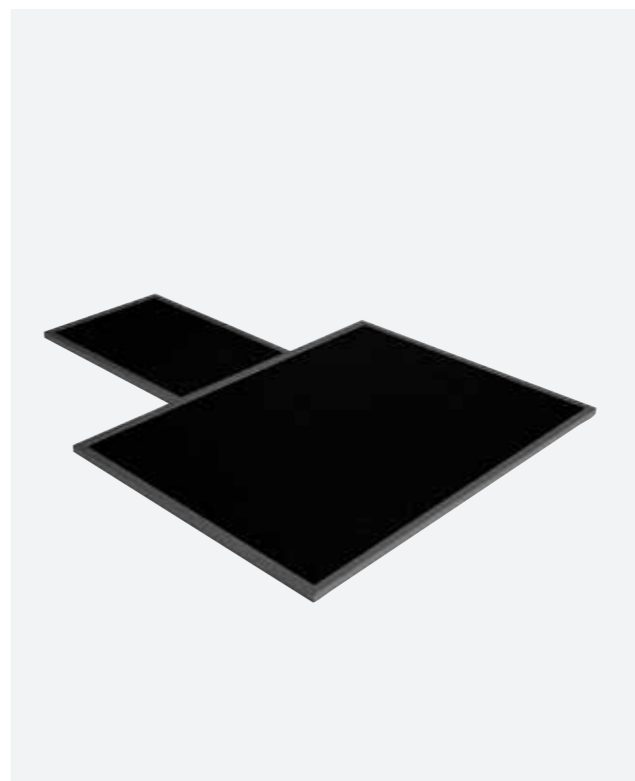
3m x 3m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



3m x 3m Rubber Lifting Platform with Wood Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



T-shape Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit power cages & racks



T-shape Rubber Lifting Platform with Wood Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit power cages & racks
- Facility branding (optional)

FREEWEIGHTS FEATURES



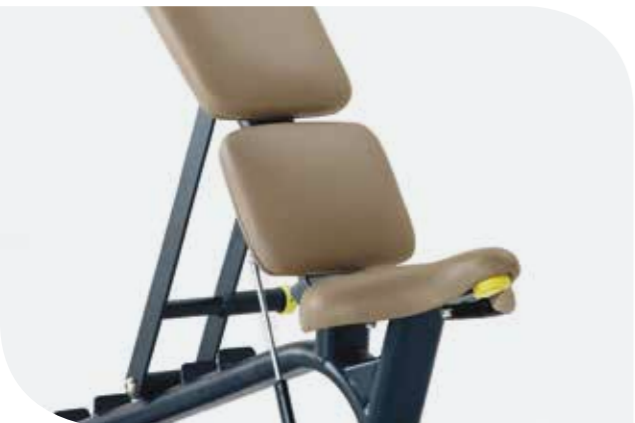
SIMPLE SET UP

Single handed, visible adjustments and one seat position setting for the entire range ensure simplicity and minimal set-up time for the user.



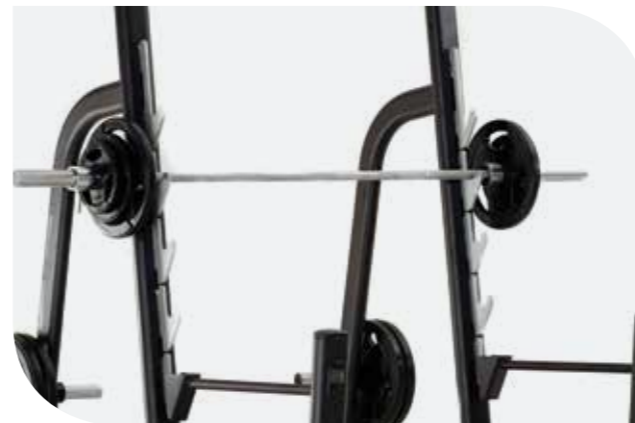
INTEGRATED STORAGE

Multiple integrated steel bars allow for easy weight plate storage on the equipment itself.



HARDWEARING UPHOLSTERY

Durable, puncture and wear resistant polyurethane upholstery to ensure robustness in your busy gym environment. All Pulse upholstery offers high resistance to abrasion, ageing, bacteria, disinfectant, mildew, oil and stain and is available in a great range of colours to complement any gym environment.



MULTIPLE WORKOUT POSITION

Regardless of the size of user or the exercise position Pulse's Freeweight range features multi position weight bar rests.



ERGONOMIC DESIGN

All Pulse Freeweight equipment has been ergonomically designed to position the user in a safe, comfortable and optimised position to achieve maximum workout results.



MOBILITY

Pulse Freeweight benches feature integrated hand grip and castor wheels for enhanced mobility around the gym floor whether moved by the user or gym staff.



DURABILITY

Precision engineering coupled with the finest materials, Pulse equipment has been designed to last a lifetime. An easy to maintain product range boasting its intricate 3-step frame finish process for maximum surface resistance.



COMFORT & STABILITY

The ergonomic positioning of seat pads and support pads allows for enhanced stability and comfort during exercise, plus most Pulse machines feature anchor points to attach the machine to the floor safely and securely.



Olympic Plates sold separately

Olympic Horizontal Bench Press (with disc storage)

The classic bench press redefined. Ergonomically designed with both the user and the spotter in mind, the Olympic Horizontal Bench Press is one of the safest and most effective on the market.



Olympic Plates sold separately

Olympic Vertical Bench Press (with disc storage)

A perfect machine for a user and a spotter, the Olympic Vertical Bench Press ensures a safe and effective workout. Complete with elevated spotter's foot plates and safety drop out bars the user can be confident in their workout and achieving results.



Olympic Plates sold separately

Olympic Incline Bench Press (with disc storage)

As a variation on the standard bench press Pulse has developed the Olympic Incline Bench Press allowing the user to focus on a variety of muscles with the confidence of stability and safety as standard.



Olympic Plates sold separately

Olympic Decline Bench Press (with disc storage)

Used with the Pulse Olympic Weights and by encompassing the decline position with the intensity of the bench press, the Olympic Decline Bench Press will guarantee a workout to remember.



Olympic Plates sold separately

Olympic Multi Squat Rack (with disc storage)

The Olympic Multi Squat Rack provides one multi-use weight lifting centre. Combined with the Adjustable Incline Bench, this rack can be used to replicate any workout and the adjustable safety drop-outs ensure safety is paramount.



Olympic Plates sold separately

Counterbalanced Smith Machine (Including Bench)

The Counterbalanced Smith Machine comes as standard with an Adjustable Incline Bench, to enable the user to perform a wide range of exercises. The Olympic weight plates are mounted on sleeves, to ensure an exceptionally smooth gliding action (even under heavy loading) and the powerlifting bar is counterbalanced to accommodate deconditioned users.



Adjustable Abdominal Decline Bench

For an intense workout for the abdominal area the Adjustable Abdominal Decline Bench is perfect. Used in conjunction with the Pulse range of Freeweights, the weight training targets of any user can be reached quickly and safely.



Lower Back Extension Bench

Targeting the lower back has always been a tricky exercise but Pulse's Lower Back Extension Bench has been anthropometrically and ergonomically designed to provide a position to really target the muscles concerned.



Horizontal Bench

The Horizontal bench is ergonomically engineered to provide the optimal height and width to accommodate all sizes of user and all forms of bench based exercises.



Adjustable Incline Bench

The Adjustable Incline Bench is perfectly adaptable to any exercise using the whole range of Freeweight options and equipment. Adjustability and inclusiveness is key with this bench using a gas assisted, one-handed adjustment system.



Olympic Plates sold separately

Preacher Curl Bench

The Preacher Curl Bench is ergonomically designed with an adjustable 'inclusive' seat, providing comfort and stability.



Vertical Bench

The Vertical Bench has been designed to accommodate all sizes and weights of user whilst providing a stable and safe bench, capable of withstanding the rigours of everyday use.

DUMBBELL & BARBELL SETS



Horizontal Dumbbell Rack

*Rack to fit 10 pairs



Black Rubber Coated Dumbbell Set (2.5 - 25kg)

Sturdy rubber coated cast steel weights combined with an identification system and rack designed in partnership with the IFI. Includes a range of 20 weights from 2.5kg to 25kg.



Black Rubber Coated Dumbbells Set (27.5 - 40kg)

Black Rubber coated dumbbells with conical handgrips complete with rack comprising of the following: 27.5kg, 30kg, 32.5kg, 35kg, 37.5kg, 40kg (Also available as a 27.5kg - 50kg set)



Black Polyurethane Coated Dumbbell Set (2.5 - 25kg)

Sturdy polyurethane coated cast steel weights combined with an identification system and rack designed in partnership with the IFI. Includes a range of 20 weights from 2.5kg to 25kg.



Black Rubber Coated Dumbbell Pair (55kg)

Sturdy rubber coated cast steel weights combined with an identification system and rack designed in partnership with the IFI.



Black Polyurethane Coated Dumbbell Pair (52.5kg - 70kg)

Sturdy polyurethane coated cast steel weights combined with an identification system and rack designed in partnership with the IFI.



Rubber Covered Hexagonal Dumbbells

Rubber covered Hexagonal Dumbbells with ergo handles complete with rack comprising : 12.5kg, 15kg, 17.5kg, 20kg, 22.5kg, 25kg



Black Polyurethane Coated Dumbbells Set (27.5 - 40kg)

Black polyurethane coated dumbbells with conical handgrips complete with rack comprising of the following: 27.5kg, 30kg, 32.5kg, 35kg, 37.5kg, 40kg (Also available as a 27.5kg - 50kg set)



Black Rubber Coated Dumbbell Pair (60kg)

Sturdy rubber coated cast steel weights combined with an identification system and rack designed in partnership with the IFI.



Chrome Plated Dumbbell Set (1 - 10kg)

Includes one pair of each of the following weights: 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg. Vertical dumbbell rack / 2 sided - 10 pairs. Features ergo-designed handles.



Black Rubber Covered Dumbbell Set (1 - 10kg)

Includes one pair of each of the following weights: 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg. Vertical dumbbell rack / 2 sided – 10 pairs. Features ergo-designed handles.



Vertical tower dumbbell rack only (100F)

Vertical tower dumbbell rack to fit 10 pairs.



Disc Pack for Smith Machine

Includes the following weight plates: 1.25kg x 2pcs, 2.5kg x 2pcs, 5kg x 4pcs, 10kg x 2pcs, 15kg x 2pcs, 20kg x 2pcs.



Horizontal Barbell Rack

Horizontal Barbell Rack to fit 6 bars.



Olympic Weight Set

Includes the following weight plates: 1.25kg x 2pcs, 2.5kg x 2pcs, 5kg x 4pcs, 10kg x 2pcs, 15kg x 2pcs, 20kg x 2pcs. Plus a 20kg power lifting bar and two 1.25kg training collars.



Olympic Storage Station

Sleek and stylish Olympic Storage Station. The Olympic Storage Station can store up to 200kg in assorted weight plates.



Black Rubber Covered Barbells

Black Rubber Covered Barbells with Conical End Plates comprising 1 bar each 10kg, 15kg, 20kg, 25kg, 30kg, 35kg (includes rack).



Rubber Covered Hexagonal EZ Curl Barbells

Black Rubber Covered EZ Curl Barbells with Hexagonal End Plates comprising 1 bar each 10kg, 15kg, 20kg, 25kg, 30kg, 35kg (includes rack).

STRENGTH ACCESSORIES



Chrome Plated Olympic Bar with 2 x Ring Collars



Olympic EZ Curl Bar with 2 x Ring Collars



Olympic Spring Collars



Olympic Ring Collars



Chrome Plated Tricep V Bar with Rubber Handgrips



Chrome Plated Curl Bar with Rubber Handgrips



Chrome Plated D Bar with Rubber Handgrips



Tricep Rope



Chrome Plated Row Bar with Rubber Handgrips



Individual Rubber Coated Dumbbells (2.5kg – 50kg)



Individual Rubber Hexagonal Dumbbells (1kg – 25kg)



Individual Chrome Plated Dumbbells (1kg – 10kg)



THE FUNCTIONAL
TRAINING RANGE
BESPOKE, PREMIUM,
MULTIFUNCTIONAL TRAINING
EQUIPMENT

FUNCTIONAL TRAINING FEATURES



LIMITLESS WORKOUTS

A functional training station is simply one piece of fitness equipment that provides limitless workouts for both groups and individuals. It offers choice and diversity for beginners through to athletes looking for sports specific training to total body workouts.



MULTIPLE ATTACHMENTS

More than 18 attachment options are available to ensure a challenging, fun and total body workout is achieved. Attachments include monkey bars, battling ropes, vertical resistance slide system, snake legs, farmers pull and Bosu rebounder.



SUITABLE FOR ALL SPACES

Pulse can supply a bespoke functional training solution to fit into the biggest or smallest of spaces, making it a cost effective way of getting the most from your training area.



EASY TO USE & SECURE ATTACHMENTS

Members, personal trainers and gym staff will easily be able to swap and change the many attachments with the quick release feature. The 'locked-in' design feature reassures members the attachment is secure & safe to use for training.



RETURN ON INVESTMENT

Functional training apparatus is a great way to engage new and existing members, singularly or as a new group class, plus it is ideal for personal training sessions, all offering you the operator an additional revenue source.



SAFE & SECURE ANCHOR POINTS

Dependent on the model chosen, anchor points will be positioned to attach to the floor, wall or ceiling. Regardless of their position they will withstand the daily rigours of a busy gym environment to ensure optimum user safety.



COLOUR OPTIONS

The frame is available in a range of colours to complement your gym colour scheme and brand.

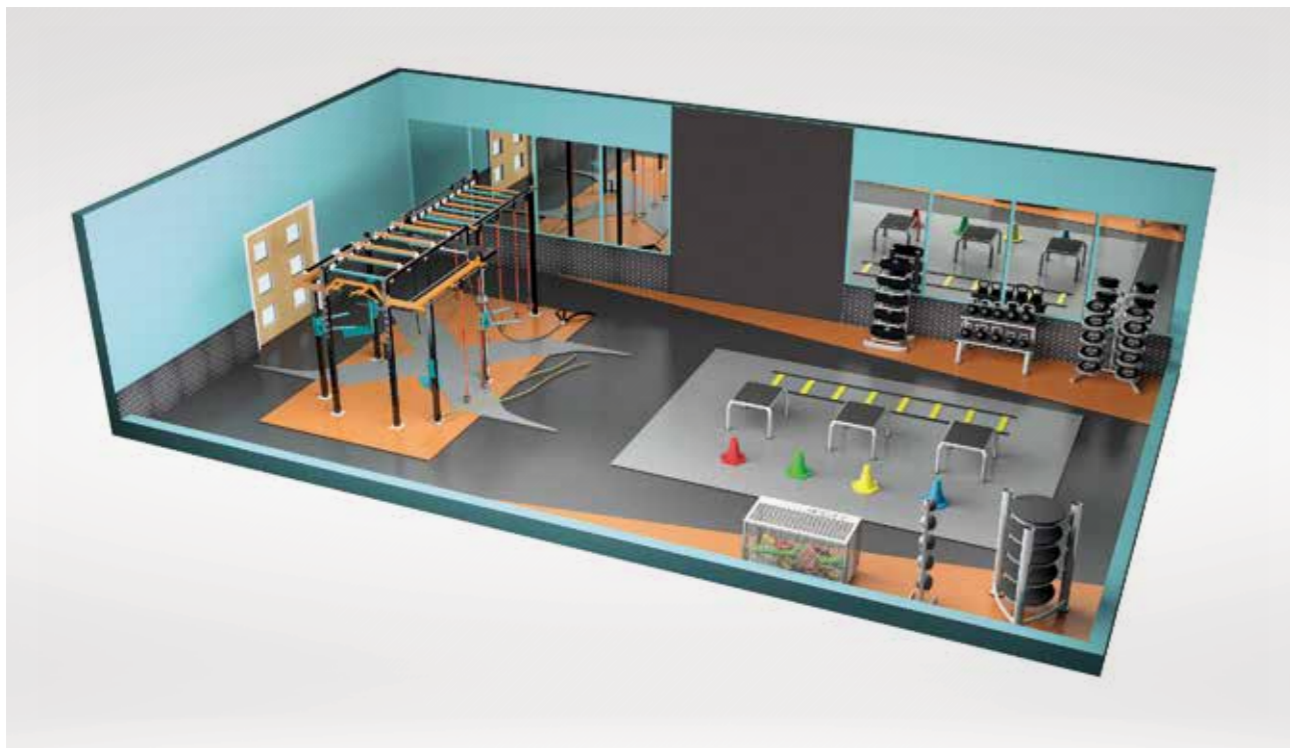
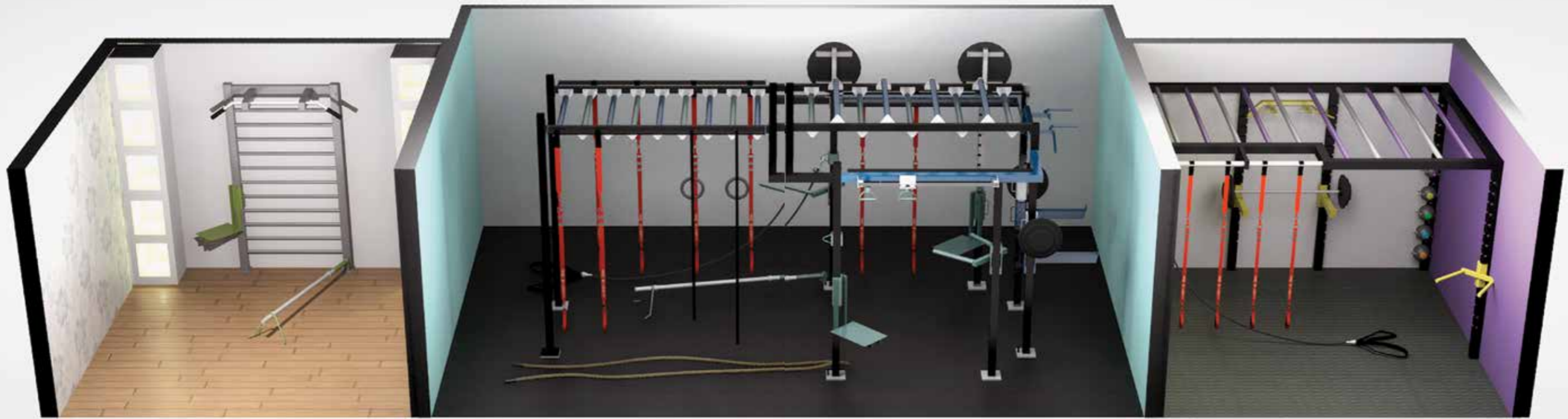


MULTI POSITION LEGS

Change height, position, location and structure of your functional training circuit with multi-position flexible legs.

A FUNCTIONAL SOLUTION FOR ANY GYM SPACE

Pulse can supply a bespoke functional training solution to fit into the biggest or smallest of spaces, making it a cost effective way of getting the most from your training area.



FUNCTIONAL TRAINING EQUIPMENT



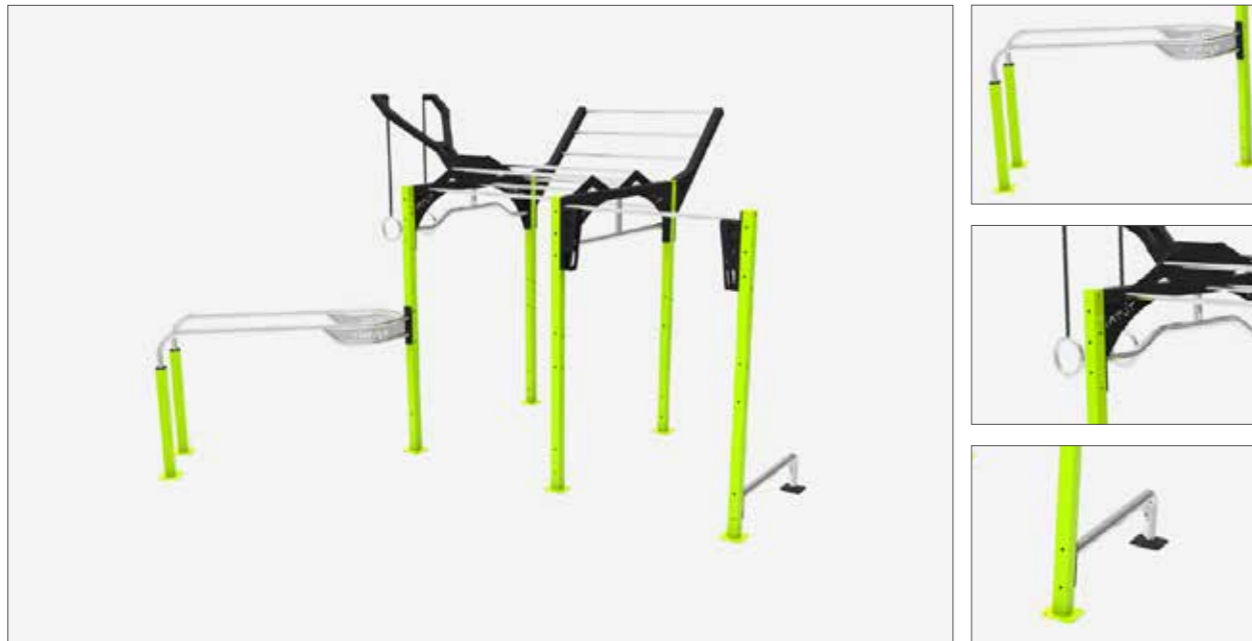
SFS 001 Street fitness

2 x parallel bars, rings, 45° ladder, side bottom bar. Dimensions - 3500 x 4400mm. Install space - 5500 x 7000mm.



SFS 003 Street Fitness

Parallel bars, rings, 45° ladder, hand stand. Dimensions - 5000 x 4400mm. Install space - 7000 x 7000mm.



SFS 002 Street Fitness

2 x parallel bars, Rings, 45° ladder, side bottom bar. Dimensions - 3500 x 4400mm. Install space - 5500 x 7000mm.



SFS 006 Street Fitness

Hand stand, rings, 45° ladder, big beam. Dimensions - 4000 x 2000mm. Install space - 6000 x 5000mm.



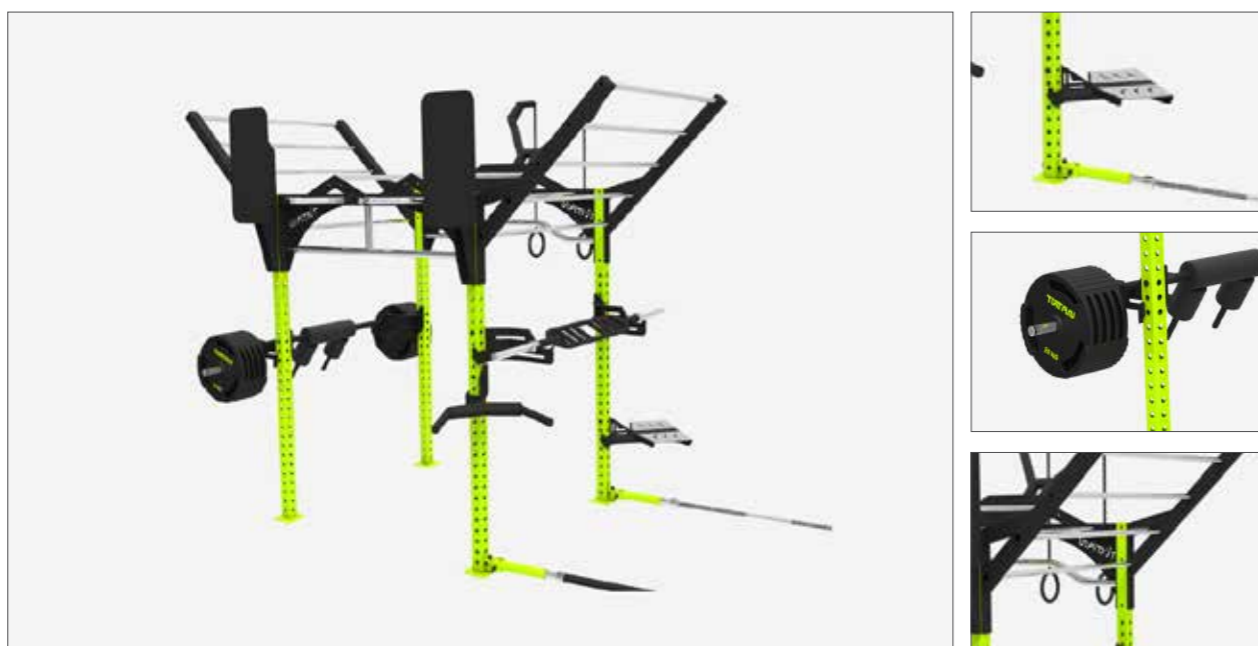
SFS 008 Street Fitness

2 x parallel bars, 2 x rings, 45° ladder, hand stand. Dimensions - 6000 x 6000mm. Install space - 8000 x 8000mm.



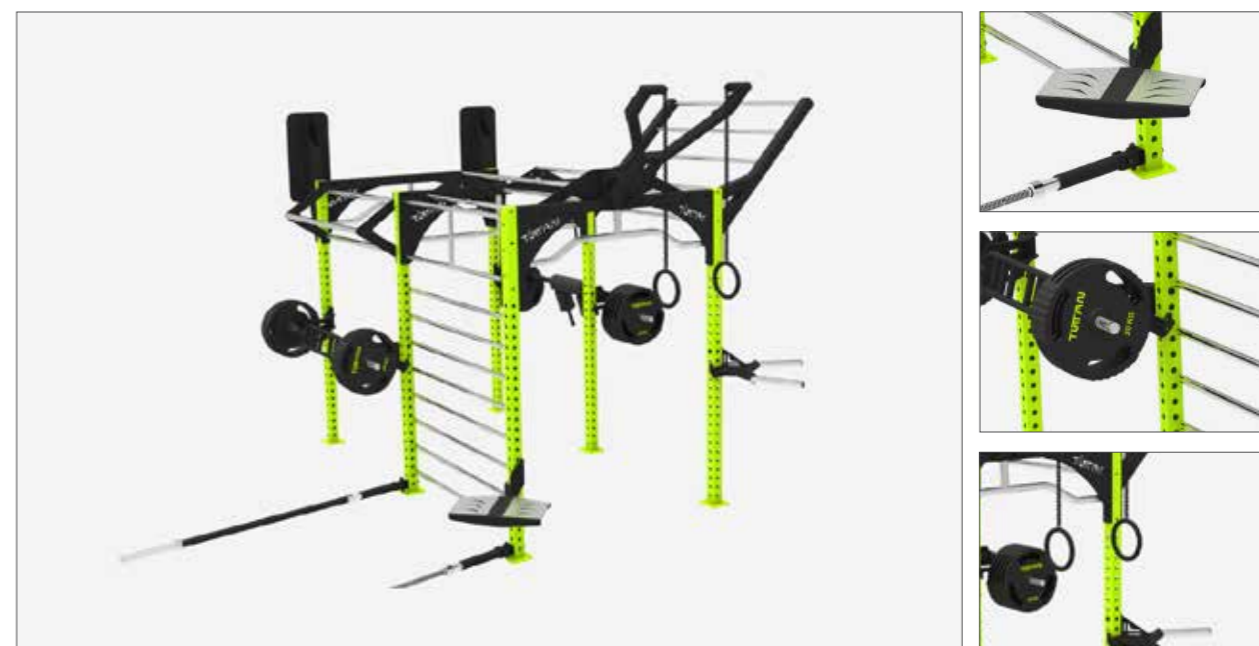
XFS 007 Small Beam

Step up platform, rings, 45° ladder, landmine. Dimensions - 3500 x 2500mm. Install space - 6000 x 5000mm.



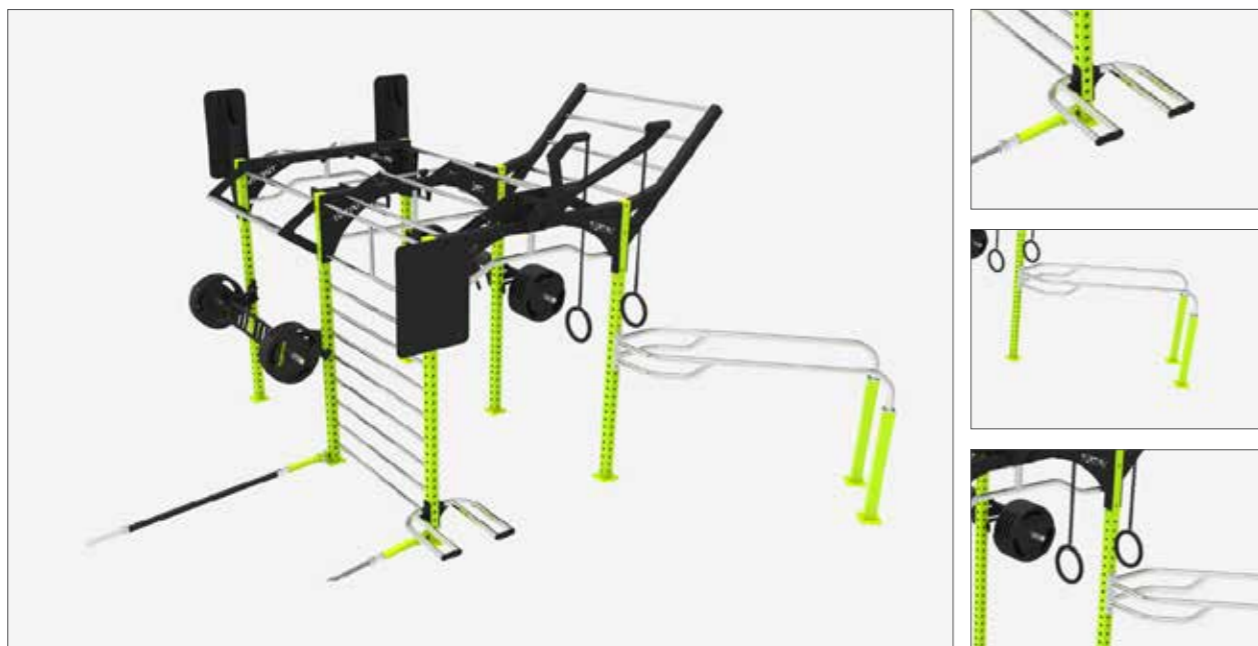
XFS 006 Small Beam

Step up platform, rings, 45° ladder, landmine. Dimensions - 3500 x 2500mm. Install space - 6000 x 5000mm.



XFS 008 Small Beam

Step up platform, 2 x plate loaded, 45° ladder, small parallel bars. Dimensions - 4000 x 2500mm. Install space - 7000 x 5000mm.



XFS 009 Small Beam

Handstand, rings, 45° ladder, parallel bars. Dimensions - 6000 x 4000mm. Install space - 8000 x 6000mm.



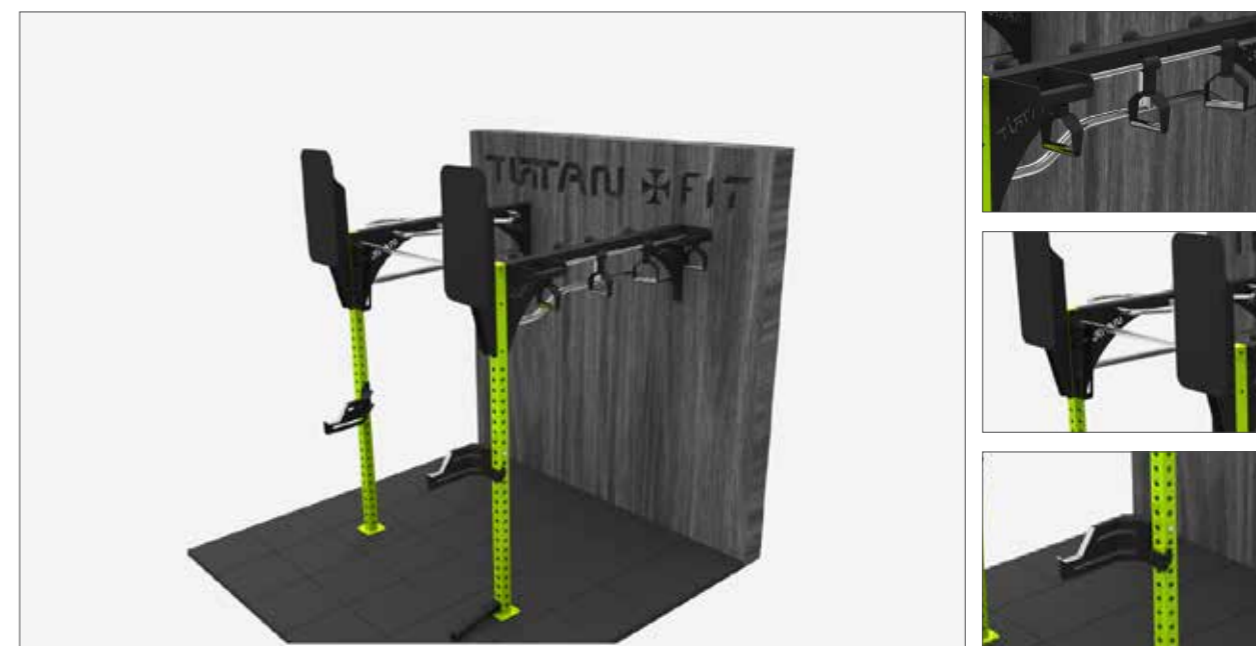
XFS 011 Small Beam

Sliding handles, multifunctional bars, swedish wall, plate loaded. Dimensions - 10,000 x 3000mm. Install space - 13,000 x 6000mm.



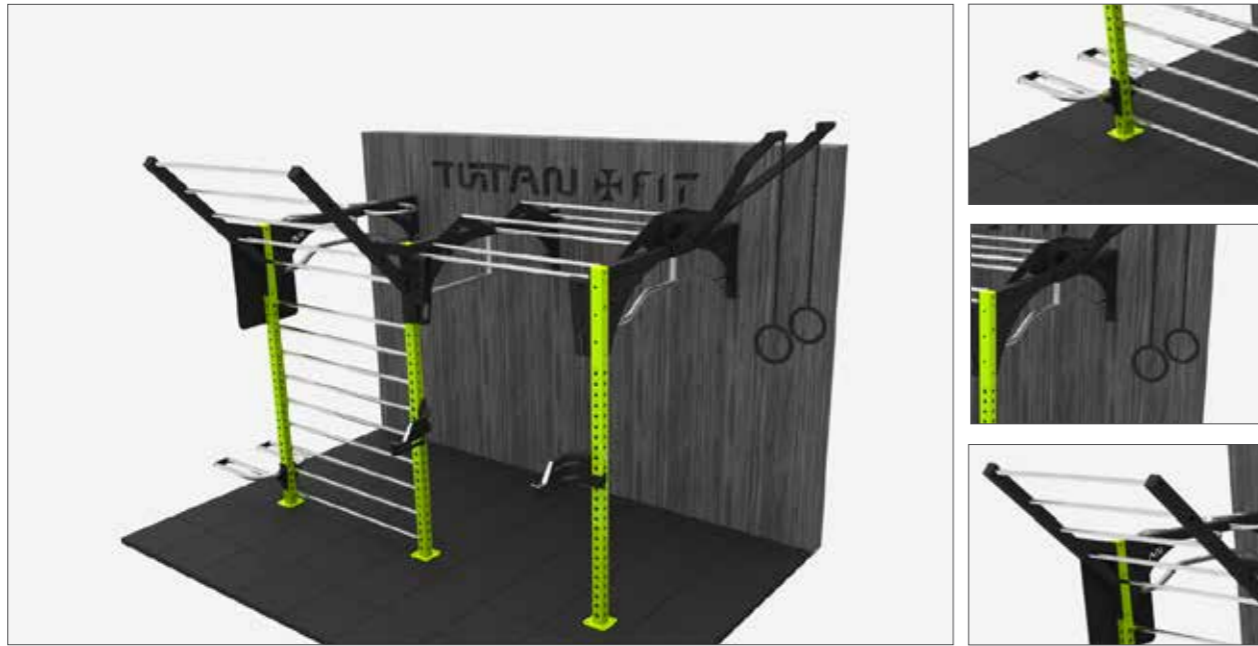
XFS 010 Small Beam

Sliding handles, multifunctional bars, swedish wall, plate loaded. Dimensions - 5000 x 2500mm. Install space - 7000 x 5000mm.



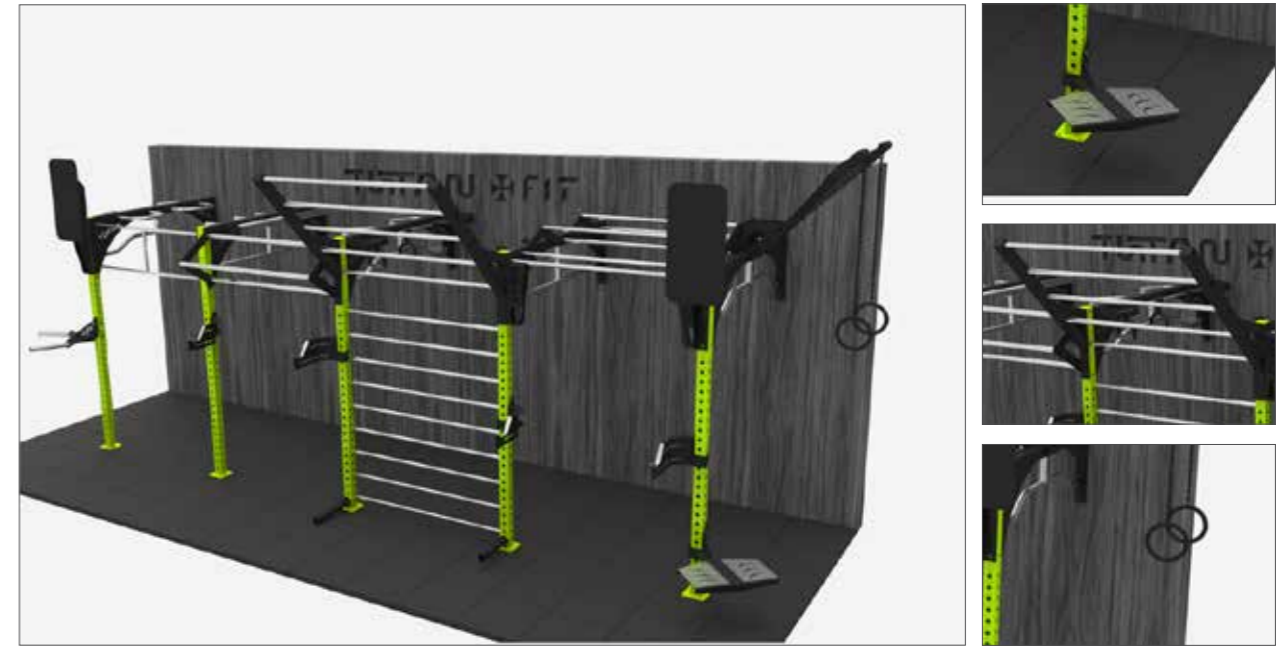
XFW 001 Wall Mount

Sliding handles, 2 x rings, 45° ladder, monkey bars. Dimensions - 17,000 x 1800mm. Install space - 4000 x 3000mm.



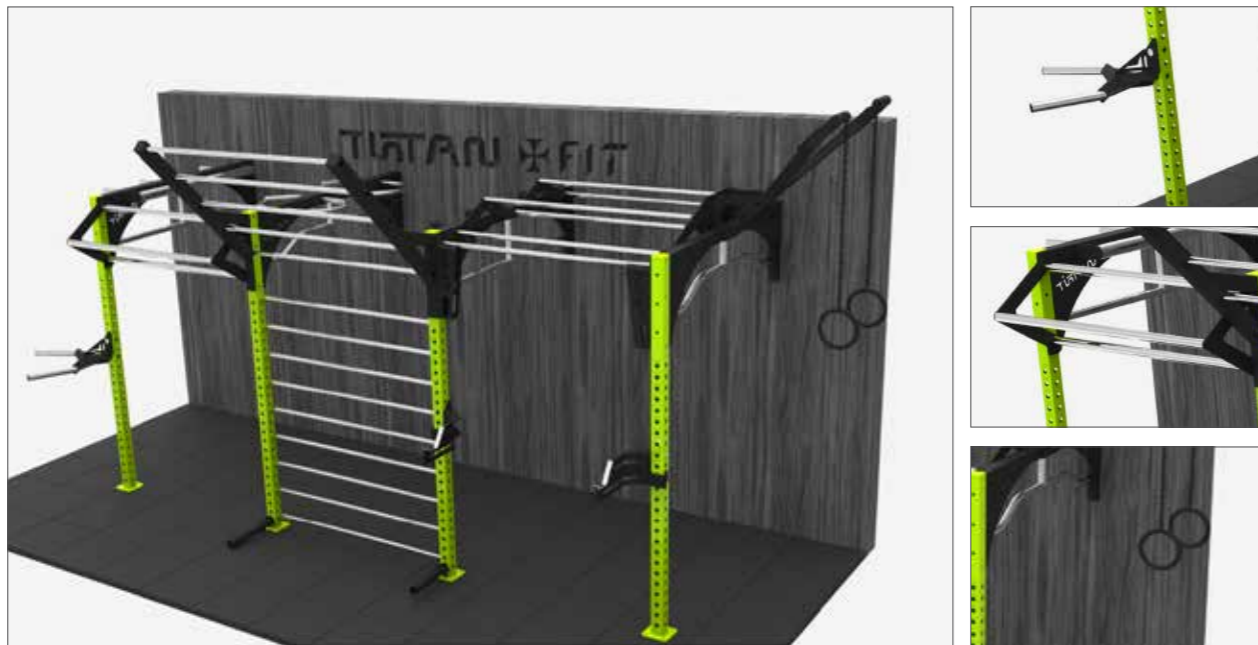
XFW 002 Wall Mount

2 x step up platform, 2 x rings, 45° ladder, monkey bars. Dimensions - 4000 x 2300mm. Install space - 7000 x 4000mm.



XFW 004 Small Beam

2 x step up platform, 2 x rings, 45° ladder, monkey bars. Dimensions - 7000 x 2300mm. Install space - 10,000 x 4000mm.



XFW 003 Wall Mount

2 x step up platform, triangle bars, 45° ladder, monkey bars. Dimensions - 5500 x 2300mm. Install space - 8000 x 4000mm.



XFW 005 Wall Mount

2 x step up platform, 2 x rings, 45° ladder, monkey bars. Dimensions - 10,000 x 2300mm. Install space - 13,000 x 4000mm.



XFB 012 Big Beam

Step up platform, 2 x rings, 45° ladder, monkey bars. Dimensions - 6000 x 2500mm. Install space - 8000 x 5000mm.



XFB 013 Big Beam

Parallel bars, 2 x rings, 45° ladder, sliding handles. Dimensions - 7000 x 5000mm. Install space - 9000 x 7000mm.

FUNCTIONAL TRAINING RIG ACCESSORIES



45° Ladders



Rings



Parallel Bars



Double Pull Up Bars



Single Pull Up Bars



Bars with Balls



Multifunctional Bars



Side Bottom Bar



Triangle Bars



Fat bar

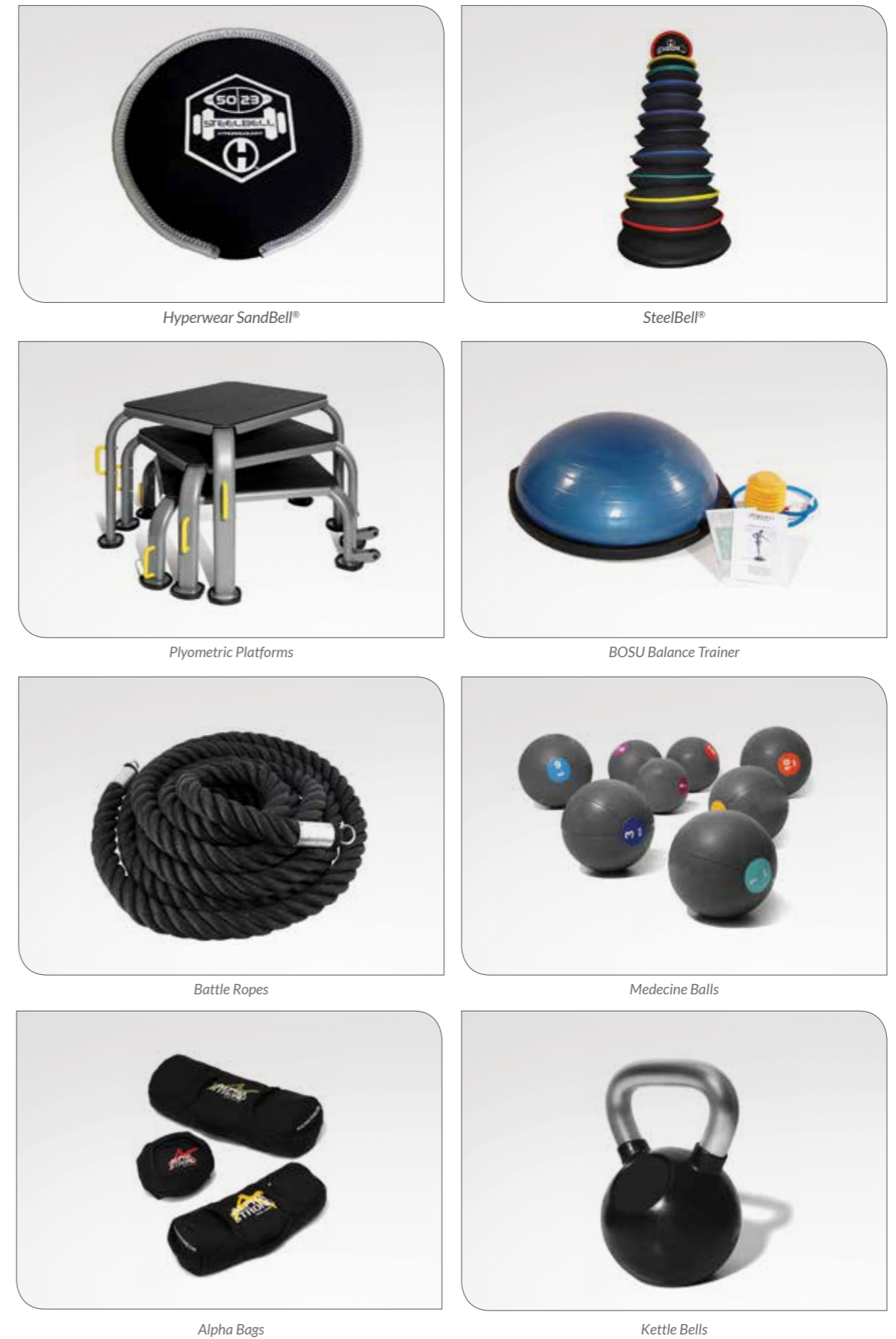


Parallel Pull Up bars



'S' Bars

FUNCTIONAL TRAINING ACCESSORIES



THE GROUP CYCLE RANGE

STYLISH, RELIABLE
AND MOTIVATING



GROUP CYCLE

The Pulse Group Cycle looks and performs magnificently. Built to give an effective workout and tough enough to cope with multiple classes, it is comfortable, durable and easy to maintain and adjust.



ZM6 GYM BIKE POWER CONSOLE

View workout statistics such as RPM, heart rate and calories burnt during your group cycle exercise for added motivation.



COLOUR CODED ADJUSTERS

To enable the rider to alter workout position for optimum safety, comfort and performance, users can easily and clearly adjust the Group Cycle handlebars, seat, pedal straps and resistance brake system. The Group Cycle also features adjustable feet for uneven gym floors.



SMOOTH FLY WHEEL

Uniquely designed to deliver a smooth, quiet and fluid motion for ultimate rider's comfort whilst providing operators a low maintenance solution.



INTEGRATED SWEAT GUARDS

Injection moulded sweat guards help protect key components of the Group Cycle from corrosion and rust ensuring the cycle is easy to maintain and stays cleaner for longer.

KEISER M3i INDOOR CYCLE

The company that revolutionised indoor group cycling with magnetic resistance, the first bike with a computer, and who made power an industry training standard, now introduces the most technologically advanced indoor group cycle ever, the Keiser M3i.



- Bluetooth wireless technology
- Revolutionary new display
- Interval settings with continuous average and time tracking
- More accurate distance measured in either miles or kilometers

M3i Specification		M3i Features
Height	1143mm	Revolutionary new display
Width	660mm	Bluetooth Wireless Technology
Length	1245mm	Simpler seat adjustment pull-pin
Weight	38.56kg	Eddy current (magnetic resistance) system
		Four-way adjustable seat
		Wheels on base for easy transport
		Water bottle holder
		Lock seat & handlebar adjustment pull pin

KEISER®

KEISER M3X INDOOR CYCLE

The M3X combines the immensely popular M3 with uniquely pivoting X-bars. The independent movement of the upper and lower body offers great benefits to the core, upper torso, and arms and also aids balance training. Research shows that cycles with X-bars help burn more calories than traditional group exercise bikes.



Uniquely pivoting X-bars offer great benefits to the core, upper torso, and arms and also aids balance training.

M3X Specification		M3X Features
Height	1143mm	Eddy current (magnetic resistance) system
Width	660mm	X-bars, providing seven levels of handlebar resistance
Length	1245mm	M Series backlit digital display
Weight	43.54kg	Four-way adjustable seat
		Water bottle holder
		Compatible with Polar® heart rate monitors
		Wheels on base for easy transport

KEISER®

THE VIRTUAL
REALITY RANGE
UNIQUE EXERTAINMENT
FOR ALL



TRIXTER VR

Trixter VR offers a totally immersive 360° interactive cycling experience. It combines exercise with virtual worlds and modern game technology. The real-feel features and animations replicate a realistic outdoor cycling experience, indoors.

TECHNOLOGY

As the world's first fitness equipment to log performance via facial recognition software, the Trixter VR is leading the way in virtual fitness. By combining sophisticated gaming technology with exercise programmes, it offers seamless virtual environments and the 360° immersive experience is further enhanced by adding a VR headset.

MOTIVATION

Users can experience a wide range of interactive game modes to challenge and motivate them whilst progressing through the level system. Real-time simulation and live performance feedback keeps users engaged and the Trixter VR comes complete with single and multiplayer options. Users can beat their personal best or compete against other users' results.



SPECIFICATION	FEATURES
Height 145cm	Virtual reality 360° head set compatible
Width 72cm	Multiple virtual environments, exercises and game modes
Length 131cm	Options for single or multiplayer
Weight 81kg	All performance data stored on the cloud
Max user weight 136kg	Data can be accessed through facial recognition, QR codes or passwords
Integrated multi-touch computer with 23" touch screen	



Cardio VR

360° freedom to walk, run, cycle or row in any direction is a unique real life experience, with elevation and resistance that autonomously adjusts to the terrain. Over 100 different virtual gaming programmes and environments.



Immersive Wall

The Immersive Wall is a motion controlled multiplayer platform that allows players to interact with the games through their body movements. Full body workouts and body control games ensure hours of entertainment for all.

ADDED VALUE

We promise to deliver unrivalled on-going business support and dedicated after sales care. Every Pulse customer benefits from a dedicated account manager to oversee and project manage a smooth transition from order to installation, completion and opening.





GYM DESIGN

Our in-house professional design team create gym layouts and propose interior schemes to maximise your investment potential in terms of user demand and diversity.

INITIAL PLAN From a basic hand drawn sketch our designers will plan and position your equipment selection incorporating natural features to create the perfect exercise environment.



2D DESIGN Using Auto-CAD (Computer Aided Design) each piece of Pulse equipment is perfectly modelled to true size giving you the operator the peace of mind that the equipment will fit perfectly in the allocated space whilst meeting industry regulations.



ANIMATION As per the 3D design our in house conceptualist can then create a full 3D rendered animation of the fitness suite or entire leisure centre, visualising all aspects and every minute detail of the refurbished or new fitness facility.



3D DESIGN Using our revolutionary software we can then take your 2D plan and visualise it as real-life replica in 3D, complete with proposed colour schemes, branding and interior furnishings. 3D examples are perfect to retain and gain new members through pro-active marketing initiatives.

SERVICE

We are committed to providing dedicated aftercare and support to all our customers, we believe this is shown via our outstanding service achievement of 98% first time fix rate.



UNRIVALLED SERVICE PROMISE

All Pulse products include comprehensive warranties, with preventative maintenance and service packages and a matchless fix or replace policy. Our routine and preventative maintenance programmes include parts and labour, emergency call-outs and scheduled servicing whilst our fix or replace policy, guarantees to supply parts in 24hrs or less and fix on-site in 48hrs or less. We can also provide loan machines if required.



PULSE EMPLOYS UK WIDE ENGINEERS

Pulse is the only fitness company that solely employs its own team of service engineers, who cover the whole of the UK in our fleet of 'quick response' and well-stocked 'tracked' vehicles, ensuring minimum downtime for our customers. Available 364 days a year bringing you expert advice, knowledge and understanding to fix, repair or replace your equipment promptly.



24/7 ASSISTANCE

To assist you in keeping your gym running smoothly we also offer a technical helpline, web support, online parts ordering facility, detailed product manuals and explanatory diagrams, interactive training aids and free preventative maintenance training. All customers receive a comprehensive toolkit and if required a small stock of consumable items to allow them to facilitate routine maintenance and simple on-site repairs.



DEDICATED SUPPORT

We support you every step of the way with everything from free maintenance training to comprehensive warranties and extended warranties to ensure your fitness equipment is always working to your customer's satisfaction. We have a spare parts inventory of in excess of 2,500 items ranging over 3 decades of product development, so rest assured regardless of the age of the Pulse fitness equipment we can confidently and easily repair the item.

Our product credibility and durability is truly unsurpassed with operators still using our products 25 years on!



MARKETING & SALES SUPPORT

Pulse has a dedicated, experienced and creative in-house marketing team that supports Pulse partners by creating revolutionary innovative and fresh marketing solutions that establish a brand, complement the member journey and prompt a call to action activity to achieve membership sales and sustainable income growth.

MARKETING SERVICES

A snapshot of the marketing support we have provided to more than 2,000 UK customers includes; new site launches and fitness suite refurbishments, impact sales and marketing initiatives, membership management retention and communication strategies, the supply of promotional incentives such as branded t-shirts or water bottles and point of sale materials such as banners and pop-ups to support and advise your membership base of your recent equipment purchase.

Our comprehensive list of marketing services where we can support, add value and impact on the success of your leisure facility include;

- Geographical Market Research
- Market Segmentation
- Public Relations
- Marketing Training
- Sales Training
- Impact Sales Staff
- Sales Coaching and Mentoring
- Marketing Analysis
- Brand Management
- Marketing Strategy
- Creative Design
- Internal Branding
- Print Material
- Pre-sales Marketing Activity
- Referral Campaigns
- Media Placement
- New Media
- Digital Media
- Direct Marketing
- Launch Support
- Marketing Consultancy

MIDDLESEX UNIVERSITY



PULSE CARSHALTON

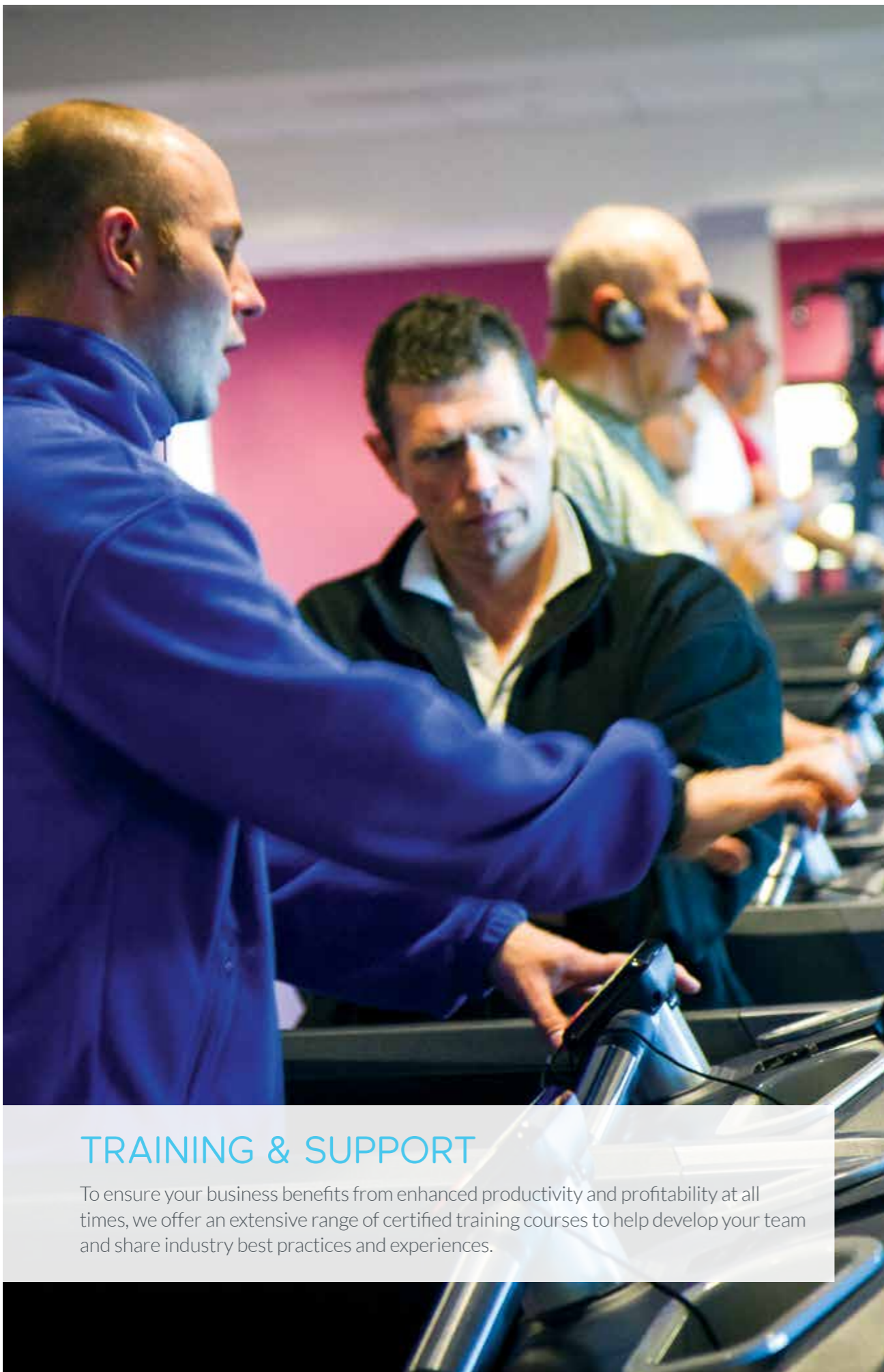


THE PARK, BARROW



IMPERIAL COLLEGE





TRAINING & SUPPORT

To ensure your business benefits from enhanced productivity and profitability at all times, we offer an extensive range of certified training courses to help develop your team and share industry best practices and experiences.



SPECIALIST TRAINING

From sales, marketing and membership management training to preventive maintenance of the fitness equipment, Pulse's large professional workforce means we can provide you with a range of specialist training courses. Delivered via a mixture of techniques including site visits, conference calls, videos and webinars, Pulse can continually keep in touch offering an on-going coaching and mentoring scheme to you and your staff.



REPS ACCREDITED FITNESS TRAINING

Pulse works in partnership with leading training suppliers to offer REPS accredited training courses, giving you the assurance of a high standard course structure and knowledgeable course content for optimum delivery of a professional service on the gym floor or studio. REPs courses are also highly motivational for your staff, showing commitment to their continued professional development.



INTERACTIVE TRAINING TECHNIQUES

All Pulse training is delivered by qualified personnel and is a mixture of individual coaching or workshop sessions on and off site. We also have many training aids we can share with customers including videos, interactive e-learning tools, product manuals and webinars that are aimed to increase staff's knowledge and confidence on Pulse Fitness equipment and help to improve customer/staff interaction on the gym floor.



TRAINING FOR ALL

It is imperative for all personnel to understand the importance of the customer and potential customer, thus our Essential Sales Training course is suitable for reception staff through to dedicated sales personnel. It is an interactive session covering topics such as managing and retaining membership, creating the right first impression, professional setting and rapport building, delivering customer service, converting enquiries to sales, handling and overcoming objections and developing an effective referral scheme.



FINANCE & BUSINESS SUPPORT

More than 35 years experience coupled with our own portfolio of operational health clubs provides you with the assurance that we understand the leisure and fitness industry. In complete partnership we will advise and support you with flexible finance, business, operational and sales support solutions to maximise a return on your investment.



BUSINESS PLANNING SOLUTIONS

Whether it is a new venture or you are looking to improve an existing facility our in-house professional and knowledgeable staff can assess, advise and recommend rationale and proven business advice. To achieve this we will undertake a comprehensive site survey covering a review of the member journey, club experience, an appraisal of the existing fitness equipment solutions, an evaluation of the membership base and finally a valuation of income and expenditure, using this detail we will then help you to create that bespoke business plan proposal.



FINANCE & LEASE PACKAGE DEALS

We have developed a range of affordable in-house finance packages to suit all budgets. Choose from hire purchase, finance lease or operating lease all providing attractive and flexible terms which cover all aspects of your purchase including equipment procurement, installation, service and maintenance contracts. Our finance packages can also include refurbishment building works, sales support, marketing contracts and training solutions. Plus, they are simple to set-up and hassle free for you as we arrange all aspects on your behalf.



INVESTMENT & SERVICES AGREEMENT

For minimal or zero capital investment and the assurance of a fixed monthly repayment let the UK's leading leisure solutions provider share the financial responsibility and operational demands with you. In complete partnership we will support you on operational best practices and give sales and marketing advice to ensure membership growth and improved income to guarantee that we both see a return on your investment.



TOTAL SUPPORT PACKAGE

Our wider business portfolio means we can offer a complete suite of operational resources from total operational management to simply help and support in key areas such as membership management and direct debit collection whilst all still presented into a flexible finance package! We are a BACS Bureau Certified direct debit collection service with credit, debit and debt management experienced teams, we can provide you with all the IT infrastructure, software and hardware, monthly key performance reports, comprehensive staff training and most importantly a healthy bank balance each month.



The Pulse Group is a leading global provider of bespoke and innovative leisure solutions. Pulse offer a wide range of services through its four separate divisions.



pulse
fitness

#DesignedToPerform

Powering the best
of British design



pulse
design&build

#BuildingForLeisure

Creating leisure developments
fit for the future



pulse
soccer

#MoreThanAGame

Bringing the beautiful
game to everyone



pulse
solutions

#TotalLeisurePartnerships

Experts delivering healthy
profitable partnerships



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