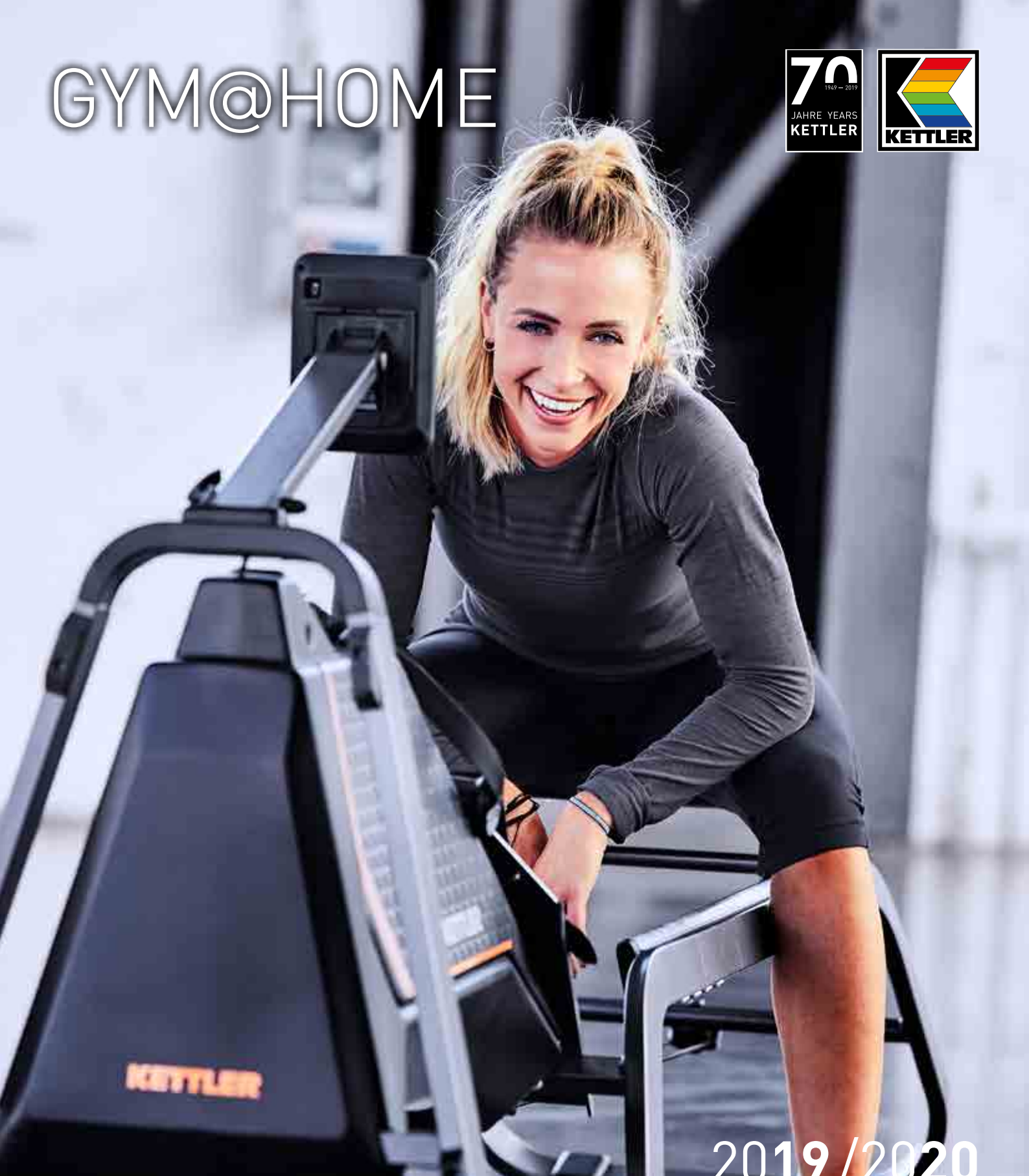


GYM@HOME



2019/2020

SPORTS **WORKBOOK**

VALID FROM 01.08.2019

KETTLER OFFERS EVERYTHING THAT MAKES



KETTLER SPORTS stands, more than any other home fitness brand, for exercise machines and ergometers. For generations, Golf & Co. have set the standard in this category and offered leadership in quality "Made in Germany". For training in one's home, KETTLER offers a variety of cardio and strength training equipment, as well as fitness accessories.

KETTLER TABLE TENNIS The classic "round-the-table" game has a trendy new life. It's about spending time with friends or family and having a whole lot of fun together. This lifestyle is perfectly represented by the Urban Pong Table Tennis table from KETTLER.

KETTLER OUTDOOR FURNITURE – the right garden furniture for every taste! There is a wide range of materials and designs available. Whether it's comfortable furniture for terraces or balconies, KETTLER offers a variety of designs, materials, upholstery and accessories for outdoor living.

KETTLER OFFICE For many decades, KETTLER has produced office furniture for students, and for just as long, parents have been placing their trust in us. That inspires us to offer carefully designed products exclusively. Thus, year after year, products are created which are made with love and attention to detail: ergonomic, functional, and, above all, suitable and safe for children.



GYM@HOME



GARDEN@HOME



PLAY&MOVE





OUR LEISURE TIME NICER!



KETTLER PLAY & MOVE

... when it comes to diversity and dependability, play equipment and play vehicles from KETTLER fulfill parents' high standards and ensure safe playtime in every way.



BABY@HOME



KIDS@HOME



COMMERCIAL@KETTLER

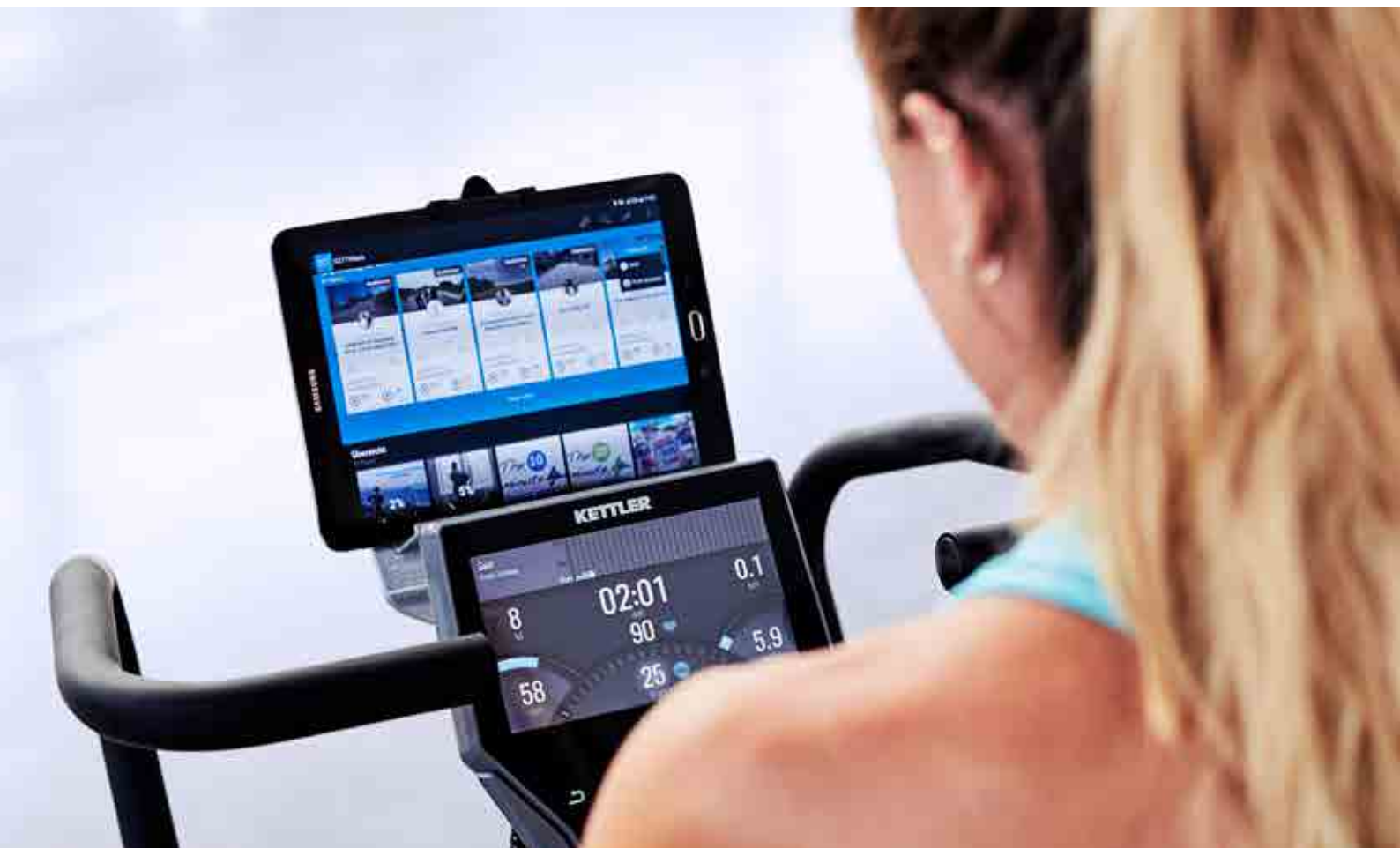






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You can download KETTMaps on Apple App Store or Google Play Store for free and every KETTLER device type is usable. Keep your motivation with real recorded tracks. The online sharing portal KINOMAP giving access to the videos consequently you always get new content. The APP detects speed, rpm, steps, strokes, power and heart rate. It adapts the resistance or incline regarding the respective profile. Train alone or use the multiplayer session. All KETTLER device displays with a BLUETOOTH®



module can be coupled interactively through public BLUETOOTH Low Energy technology. Further, different heart rate sensors, power or cadence sensors are usable. Head tracking function: Without Bluetooth interface, the speed can be simulated on a device by using the front camera.



KETTLER WORLD TOURS is a program for ambitious athletes, ideally for race-ergometer. But also possible for a training with crosstrainer, treadmill or rowing machine including appropriate USB/ BLUETOOTH interface. With this software you follow GPS tracks, create your own training profiles or you use the IPN test including coaching. In addition, there is also an online mode in which you can plan and stage virtual competitions with other users via the internet portal www.kettlerworldtours.de. You can furthermore upload real-life video clips of tours for virtual rides.

07926-991 EAN-Nr. 4001397585169



EVERYTHING RUNNING SMOOTHLY.

All KETTLER equipment is designed to run smoothly to protect your joints. This was established in KETTLER's own test procedure. KETTLER's premium quality selection of perfectly harmonised components ensures maximised training comfort. The KETTLER tread quality index (KETTLER TQI*) offers irrefutable proof of the smooth running of our machines. The higher the KETTLER TQI, the smoother the run. You will absolutely fall in love with the quality of training you can enjoy with KETTLER equipment – right from the first step.

*KETTLER tread quality index, test result by KETTLER test laboratory.



DRIVE TECHNIQUES

KETTLER uses four drive technologies in its fitness equipment: on the drive system M (manual control), continuous magnets apply resistance to the flywheel mass on the unit. The system can be adjusted using a turning knob on the unit. On the drive system P (program controlled), resistance is also applied to the flywheel mass through continuous magnets. In contrast to the M drive, the magnets are adjusted by a motor that is controlled via the display. Advantage: the brake system communicates with the display. On the drive system E (electromagnetic control) – a benchmark developed for professional athletes and therapeutic applications – an intelligently controlled electromagnet applies resistance to the flywheel mass. This technology enables an exact exercise adjustment in 5-watt steps. With the H₂O Drive System, a water mass flow is driven through rotors. The resistance increases cubically to the intensity yielded. The resistance adapts in a natural manner to one's individual capacity.

CLEVER SOLUTIONS IN DETAIL



KETTLER PERFECT ADJUSTMENT The modern seat concept.

Training can only truly be fun with a properly adjusted and comfortable seat. Unfortunately, that cannot always be guaranteed. Forward tilting, shaky and uncomfortable seats are the bane of many training machines. Adjustments always require the use of tools.

KETTLER now offers the perfect solution. In collaboration with our seat partner, we have developed the perfect home fitness seat:

- **Perfect setting in seconds and without the need for tools:**
The seat can be adjusted horizontally on the seat track and tilted – and all that via one central screw. Everything sits firmly and reliably.
- **Replaceable seat tops – perfect seating comfort for everyone:**
More than one person regularly trains on the same KETTLER machine.
Each individual can now attach his or her personal seat before training. Simply pull the tab on the rear of the seat and remove the top. Choose from 3 seats with differing technologies: BASIC FOAM, FLEXIBLE FOAM und 3D GEL.



Features Exercise Bikes/Ergometers:



The unmasked step-in:

The newly developed step-in is much too beautiful to hide it behind plastic. And it couldn't be more practical: There is no rattling of the casing upon foot contact, the step-in was lowered even further and any scuff marks left by shoes are easily removed from the powder coated tubing.



The new handlebar adjustment lever:

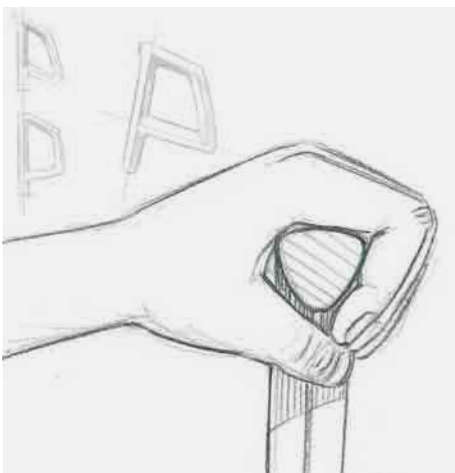
No question: The handlebar must be tightly secured. But does that mean the screw has to be unmovably tight? No! The new adjustment lever puts power in your hands. In upright position, pretension can be adjusted minutely with tiny lever movements. And yet: The handlebar is safely secured – and the lever easy to move.



Extra sturdy frame:

The new honeycomb KETTLER steel tubing is not just a pretty face. It is more rigid and sturdy than ever before. We have increased the wall thickness of the tubing once more – just to be sure. The hexagonal honeycomb structure adds stability – particularly at the joints, where the screw connection becomes even more secure because of the large-area contact. This makes the frame extra sturdy and robust.

Features Cross Trainers:



It's all in the palm of your hands

The new multi-position grips are multitasking! The ergonomic form fits into the hand perfectly, making them particularly comfortable and pleasant to the touch. A further ergonomic plus point: The position of the grips allows a variety of stances for different body heights to be used during training. An evenly effective upper-body training is also possible when the grips are set wider apart/closer together (Skylon 10), higher or lower. And not only that, the look certainly matches the effectivity: the surface structure made of TPR soft finish ensures a particularly pleasant feel-to-the-touch – there are so many reasons to want to get your hands on this fantastic piece of training equipment.



Walking on Clouds

The footplates on the cross trainers SKYLON 10 and UNIX 10 EXT are fitted with innovative inlets. The special characteristics of the material and the surface structure stimulate the blood circulation and reduce the stress in your feet and on your joints. The pressure on the feet during training is cushioned and this prevents the feeling of numbness in feet that "have fallen asleep".



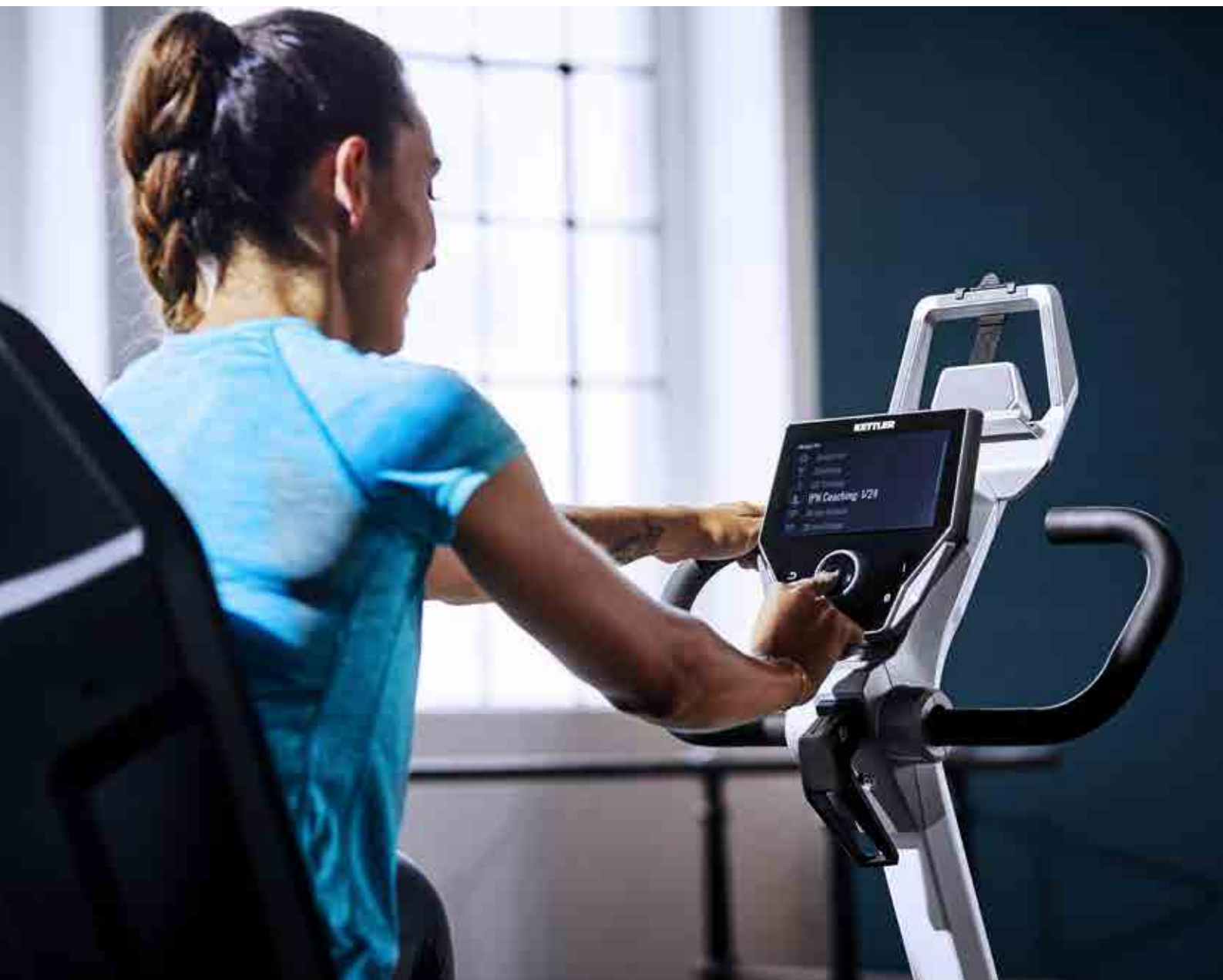
Fold and forget

There is still enough space even in the smallest house or apartment. The practical folding mechanism allows the cross-trainer to be very compactly folded together until the next time you train. A pneumatic spring makes it very easy to fold-out the device and fold it back together once again. The transport rollers (castors) are also a practical help. By folding up the device, it is jacked-up, and this makes it light and easy to position. The new folding mechanism is incorporated into SKYLON 4, SKYLON 6 and SKYLON 10.

THE KETTLER COCKPITS

Easy operation – luxurious design.

KETTLER has set a new standard and has visibly improved the cockpit! Operation via the central jogwheel is state of the art and intuitive. The luxurious acrylic glass surface is reminiscent of the design of smartphones or tablet PCs. Speaking of tablet PCs: They have become an integral part of training and find a place in the sturdy holder just above the cockpit computer.



THE COMPUTERS AT A GLANCE



The Basic display:

The six key data groups are continuously displayed during training. The user can furthermore set targets for training time and distance, as well as energy consumption. The recovery pulse rate displayed during cool-down allows an assessment of personal fitness levels.





Upstream user menu for intuitive operation

Smartphone or SatNav: The best and most intuitive operating concepts build on intuitive, unambiguous and easy to operate menu navigation. KETTLER follows that trend and has installed a user menu ahead of the training screen. It keeps things simple and is easy to use – and makes reading long-winded manuals a thing of the past.



Training by heart rate zones – training objectives within easy reach:

The body can fall back on a variety of energy carriers depending on training intensity. During moderate training, the body mostly burns fat – while it uses carbohydrates during more intensive training. KETTLER coaches with heart-rate orientated training and shows you the five heart rate zones on the screen of its Advanced and Premium display – allowing everyone to exercise and train in the way that is most beneficial for them.



IPN Coaching – Your „personal trainer“ in the machine

“I need a personal trainer to tell me exactly how long and how intensive my training should be.” Many KETTLER customers have approached us with this request. That is why we have integrated the IPN Coaching app. The Premium display will offer 24 tailor-made training programmes after the user has completed a personal stress test. These training programmes were developed based on a sports-scientific concept of the Cologne Institute for Prevention and Aftercare (IPN).



HIT Training – The fitness trend to boost my health

Just two training units with HIT Training per week significantly reduce the risk of contracting the three most widespread diseases diabetes, heart attack and stroke. It comes as no big surprise that everyone is talking about HIT Training. That is why KETTLER now offers the successful HIT Workout as part of the Premium display.



The Advanced display:

The new user menu makes operation easier than ever. It offers storage space for four permanent and one guest user. The display also offers a performance indicator – in the ergometers that indicator is in watts. Training according to heart rate is particularly effective and comfortable thanks to the HRC programme and the five displayed heart rate zones. Selected devices with Bluetooth interface for pulse measurement and access to fitness apps.



The Premium display:

The new top display by KETTLER. It offers all the functions of the Advanced display and much more: The popular apps IPN Coaching and HIT Training are pre-installed, as is the innovative programme configurator for virtually endless customised training programmes. Heart rate coaching is made particularly easy with the display of the multi-coloured heart rate zones and HRC Training. A BLUETOOTH interface offers access to the world of fitness apps and KETTMaps, as well as KETTLER World Tours.

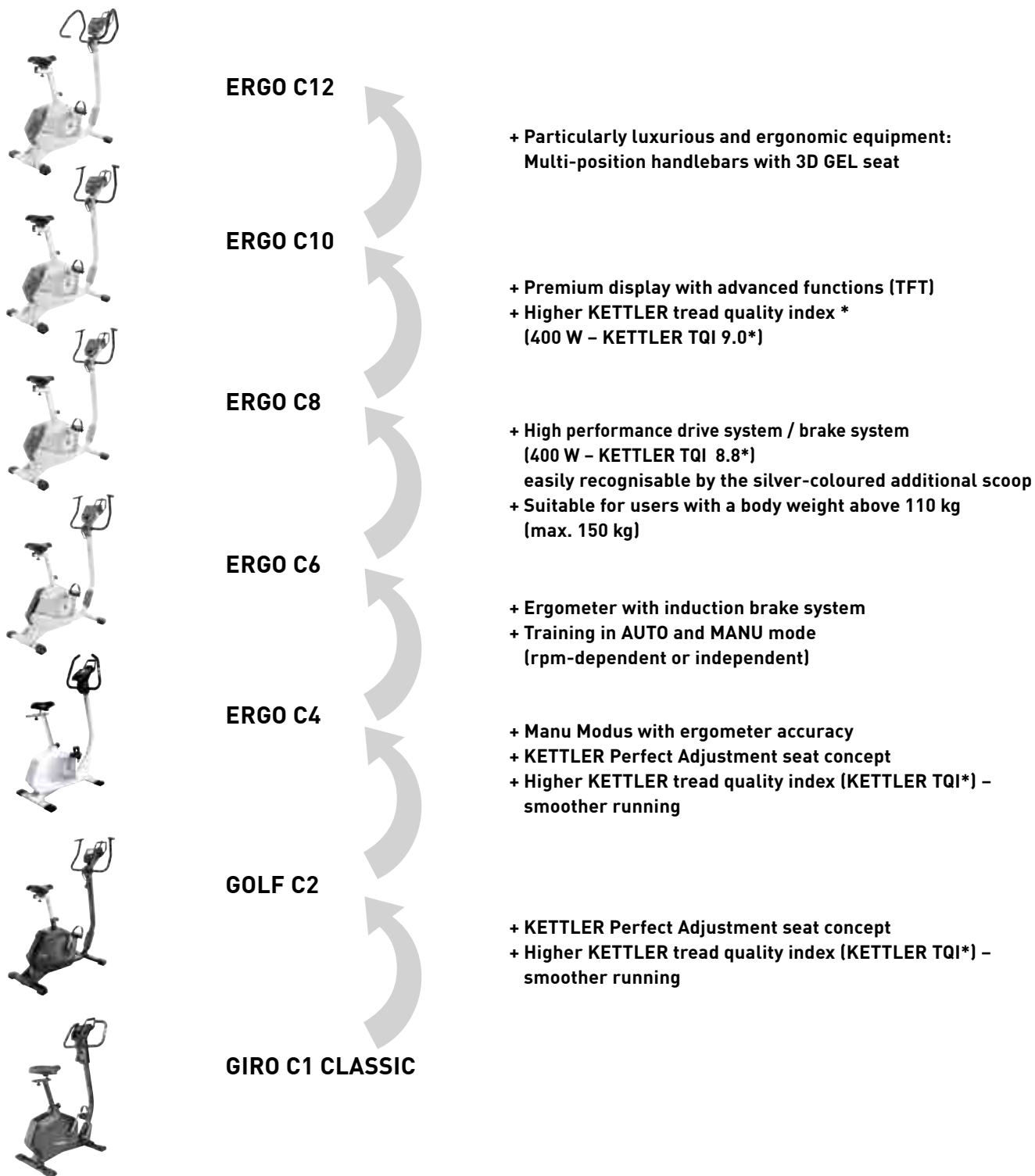
THE PRODUCT RANGE

A statement for the category.



KEY DIFFERENTIATING FEATURES

From one machine to the next



*KETTLER tread quality index, test result by KETTLER test laboratory.

ITEM NO.	COLOUR	EAN NO.
ERGO C 12		
07689-900	white – silver	550655



- Ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
 - Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
 - Large, comfortable and ergonomic multi-position handlebars in high-quality design
 - The currently achieved performance is displayed in WATTS
 - Induction brake system with 400 W top performance in AUTO mode.
 - Drive system with excellent running characteristics (KETTLER tread quality index 9.0* – flywheel mass with 10 kg total weight)
 - Reliable locking and tool-free adjustable KETTLER seat attachment with high-end 3D GEL seat
 - Pulse measurement via hand pulse sensors or the supplied Bluetooth chest belt
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
- Maximum weight load: 150 kg
 • Dimensions when set up L/W/H (in cm): 119/55/137



ERGO C 10		
07689-880	white – silver	550822



- Ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
 - Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
 - The currently achieved performance is displayed in WATTS
 - Induction brake system with 400 W top performance in AUTO mode.
 - Drive system with excellent running characteristics (KETTLER tread quality index 9.0* – flywheel mass with 10 kg total weight)
 - Reliable locking and tool-free adjustable KETTLER seat attachment with high-end FLEXIBLE FOAM seat
 - Pulse measurement via hand pulse sensors, optional Bluetooth chest belt use
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
- Maximum weight load: 150 kg
 • Dimensions when set up L/W/H (in cm): 119/55/137



ITEM NO.	COLOUR	EAN NO.
ERGO C8		
07689-800	white – silver	550631



- Ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
 - Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - The currently achieved performance is displayed in WATTS
 - Induction brake system with 400 W top performance in AUTO mode.
 - Drive system with excellent running characteristics [KETTLER tread quality index 8.8* – flywheel mass with 8 kg total weight]
 - Reliable locking and tool-free adjustable KETTLER seat attachment with high-end FLEXIBLE FOAM seat
 - Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
- Maximum weight load: 150 kg
 • Dimensions when set up L/W/H (in cm): 119/55/137

MADE IN GERMANY



KETTLER-TQI*
8,8

ERGO C6		
07689-600	white-grey	550617



- Ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
 - Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - The currently achieved performance is displayed in WATTS
 - Induction brake system with 250 W top performance in AUTO mode.
 - Drive system with very good rotational characteristics [KETTLER tread quality index 7.9* - copper finished flywheel mass with 6 kg total weight]
 - Reliable locking and tool-free adjustable KETTLER seat attachment with high-end BASIC FOAM seat
 - Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
- Maximum weight load: 130 kg
 • Dimensions when set up L/W/H (in cm): 119/55/137

MADE IN GERMANY



KETTLER-TQI*
7,9

ITEM NO.	COLOUR	EAN NO.
ERGO C4		
07689-500	white - black	585107

NEW

- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - Includes BLUETOOTH interface for Fitness APP (e.g., KETTMaps)
 - The currently achieved training performance is displayed in WATTS
 - Motor-controlled adjustment of the magnetic brake system with 15 resistance levels and 250 WATT maximum power (rpm-dependent)
 - Drive system with good running characteristics (KETTLER tread quality index 6.2* – flywheel mass with 8 kg total weight)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
 - Tilt angle and horizontally adjustable seat
 - Pulse measurement via hand pulse sensors, optional Bluetooth chest belt use
- Maximum weight load: 130 kg
 - Dimensions when set up L/W/H (in cm): 119/55/137

 **Bluetooth®**


ITEM NO.	COLOUR	EAN NO.
GOLF C2		
07689-200	black	550556



- Easy to operate training computer with a continuous display for 6 functions (heart rate, pedal rotations per minute, time, speed, distance and energy consumption), target settings and recovery pulse rate with fitness mark.
 - Manually-adjustable magnetic brake system with 8 resistance levels
 - Drive system with very good rotational characteristics (KETTLER tread quality index 7.9* - copper finished flywheel mass with 6 kg total weight)
 - Reliable locking and tool-free adjustable KETTLER seat attachment with high-end BASIC FOAM seat
 - Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
- Maximum weight load: 130 kg
 - Dimensions when set up L/W/H (in cm): 119/55/137



GIRO C1 CLASSIC		
07689-110	black - anthracite	577614

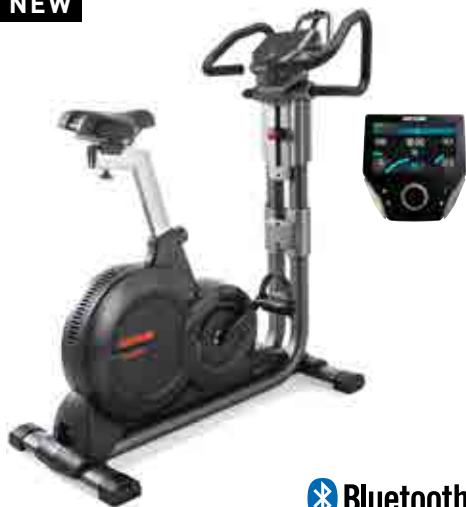


- Clearly arranged training computer with a continuous display for 6 functions (heart rate, pedal rotations per minute, time, speed, distance and energy consumption), target settings possible.
 - Manually-adjustable magnetic brake system with 8 resistance levels
 - Drive system with good running characteristics (KETTLER tread quality index 5.8* - flywheel mass with 6 kg total weight)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
 - Extra comfortable seat: tilt angle and horizontally adjustable
 - Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)
- Maximum weight load: 130 kg
 - Dimensions when set up L/W/H (in cm): 90/54/136



ITEM NO.	COLOUR	EAN NO.
07690-680	black	4001397...
ERGOMETER AXIOM		
07690-680	black	567974

NEW



- Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Rpm-independent induction brake with 25-600 watts
- 10 kg flywheel mass for especially smooth running
- Extra low step-in height
- Height-adjustable multi-position handlebars
- GEL saddle adjustable horizontally and vertically
- Gravity pedals (with straps), castors and height adjustment

Dimensions when set up L/W/H (in cm): 119/54/120
Maximum weight load: 180 kg



ERGO R10		
07688-200	white-silver	566649



- Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
- Rpm-independent induction brake with 25-400 watts
- 10 kg flywheel mass for especially smooth running
- Adjustable, ergonomic seat with high, adjustable-tilt backrest, fabric-covered
- Gravity pedals (with straps), castors and height adjustment
- Cockpit with adjustable incline
- Pulse measurement via hand pulse sensors, optional Bluetooth chest belt use

Dimensions when set up L/W/H (in cm): 171/56/123
Maximum weight load: 150 kg



GIRO R3		
07689-370	black	578505



- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
 - Includes BLUETOOTH interface for Fitness APP (e.g., KETTMaps)
 - The currently achieved training performance is displayed
 - Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
 - Drive system with good running characteristics (KETTNER tread quality index 6.2* – flywheel mass with 8 kg total weight)
 - Tablet PC holder, gravity pedals (with straps), castors and floor levellers included
 - Adjustable seat with firm backrest
 - Extra low step-in height
 - Pulse measurement via hand pulse sensors, optional T34 chest belt use
- Maximum weight load: 130 kg
• Dimensions when set up L/W/H (in cm): 163/63/119



ITEM NO.	COLOUR	EAN NO. 4001397...
SEAT TOP „FLEXIBLE FOAM“		
07929-800		551119
SEAT TOP „3D GEL“		
07929-900		551126
	<ul style="list-style-type: none"> • Compatible with the new KETTLER Golf and Ergo machines with KETTLER Perfect Adjustment seat system • Attached in seconds – no tools needed • Ideal as a comfort upgrade for an existing machine or as a personal replacement seat where machine is used by multiple users 	
SEAT TUBE LONG small tube diameter		
07930-200		551836
SEAT TUBE LONG large tube diameter		
07930-250		551843
	<ul style="list-style-type: none"> • For very tall individuals: an extra long seat tube with additional bore holes for elevated seat positions. • Seat and attachment parts for the KETTLER Perfect Adjustment seat system are taken from the original seat tube • Small tube diameter: compatible with Golf C2 and C4, as well as Ergo C6 • Large tube diameter: compatible with Ergo C8, C10 and C12 	
SEAT TUBE STANDARD SEAT small tube diameter		
07930-300		551850
SEAT TUBE STANDARD SEAT large tube diameter		
07930-350		551867
 Similar to illustration	<ul style="list-style-type: none"> • Seat tube and seat attachment for standard bike seats • Small tube diameter: compatible with Golf C2 and C4, as well as Ergo C6 • Large tube diameter: compatible with Ergo C8, C10 and C12 	
BOTTLE HOLDER		
07930-100		551829
	<ul style="list-style-type: none"> • High-end ELITE bottle holder – compatible with cycling sport drinking bottles • Variably attachable to the frame via anti-slip Velcro tab 	
MULTI-POSITION HANDLEBARS		
07930-500		551843
	<ul style="list-style-type: none"> • Comfortable multi-position handlebars with premium quality resin grip hose • Offers additional grip positions to relieve strain on shoulder and back muscles • Ideal for individuals of small stature, as the distance between seat and handlebars is shortened • Fits Golf C2, C4 and Ergo C6, C8, C10, C12 	



BIKE EXERCISERS

- **Performance-based training in your own home:**

The ideal addition to a sport bike for ambitious cyclists

- **Purist indoor cycling or a cutting-edge race ergometer:**

KETTLER offers the right solution for every target group

ITEM NO.	COLOUR	EAN NO.
RACER S10		
07988-710	anthracite	585114

NEW



The new Racer S: The cycling coach with a new handlebar design

- Perfect for road cyclists: roedbike handlebar and original Campagnolo Chorus EPS Ergopower shift handles
- Illuminated Multi-LCD display with PMMA Touch, compact permanent visibility of 9 training values, Training Matrix and 15 pre-installed training programmes
- Improved storage for the tablet PC
- Silent induction brake system with belt drive
- Gear selection via electronic shifter on the handlebar
- Can be switched over at any time between AUTO mode (rpm-independent, 25-600 watt) and MANU mode (rpm-dependent).
- Enlarged adjustment ranges – each cyclist will find their optimal seat position
- 18 kg flywheel mass – 1,000 watts peak power
- Including KETTLER WORLD TOURS 2.0 software / Bluetooth chest strap
- Commercially available aerobars can also be mounted on the handlebars

Dimensions when set up L/W/H (in cm): 131/53/126

Maximum weight load: 130 kg



ITEM NO.	COLOUR	EAN NO.
RACER 3		
07639-600	lightgrey / black	430162



- Blue backlit training computer with 12 programmes, incl. pulse-controlled training and a continuous display for 5 functions
- Generator-driven (off-grid) magnetic brake with 32 resistance levels
- 18 kg flywheel mass for especially smooth running
- Sturdy frame design
- Racing seat adjustable horizontally and vertically
- Pedals with racing clips, castors and height adjustment

Dimensions when set up L/W/H (in cm): 102/53/113
 Maximum weight load: 130 kg

P

SPEED 5		
07639-200	black	431015



- Sturdy frame design
- 18 kg flywheel mass with fixed hub and belt drive
- Infinitely-adjustable brake-shoe system with emergency brake function
- High-quality seat adjustable vertically and horizontally (infinitely)
- Sporty multi-position handlebars adjustable vertically and horizontally (infinitely)
- Pedals with racing clips
- Water bottle holder, castors and height adjustment
- Combo clipless pedals with SPD clipless system and sport shoes can be used

Dimensions when set up L/W/H (in cm): 105/60/110
 Maximum weight load: 130 kg

KEY DIFFERENTIATING FEATURES

From one machine to the next



SKYLON 10

- + Premium display with advanced functions (TFT)
- + Particularly luxurious and ergonomic equipment: multi-position grips and foam rubber foot plate inlets



SKYLON 6

- + KETTLER Ergometer Technology (Induction-Brake System)
- + Training in AUTO and MANU mode (rpm-independent and rpm-dependent)
- + 22 kg flywheel system



SKYLON 4

- + Comfortable fold-up system
- + 150 kg maximum weight load
- + 20 kg flywheel system
- + Ergonomically shaped grips



SKYLON 2

FRONT OR REAR DRIVE? THE CHOICE IS YOURS.

SKYLON cross trainers with front drive:

- Narrow gaps between foot plates and wide stride lengths offer a particularly joint-safe and effective cardio-fitness training
- Comfortable fold-up system for space-saving storage after the training (from SKYLON 4 on)





UNIX 10 EXT

- + EXT Technology (Extended Motion) with 48 cm stride length
- + Foam rubber foot plate inlets



UNIX 10

- + Premium display with advanced functions (TFT)
- + KETTLER Ergometer Technology (Induction-Brake System)
- + Training in AUTO and MANU mode (rpm-independent and rpm-dependent)
- + 22 kg flywheel system



UNIX 4

- + 20 kg flywheel system
- + 150 kg maximum weight load



RIVO 4

- + Program-based training
- + Advanced display with upstream menu
- + Heart rate coaching included
- + 39 cm stride length
- + 18 kg flywheel system
- + 150 kg maximum weight load



RIVO 2



UNIX + RIVO cross trainers with rear drive:

- Compact dimensions requiring a minimum of space
- UNIX 10 EXT with Extended Motion Technology: combines wide stride lengths with a compact design



ITEM NO.	COLOUR	EAN NO.
07691-800	white-silver	4001397...
SKYLON 10		
07691-800	white-silver	566168



- Genuine ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
- Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
- Rpm-independent induction brake with 25-400 watts
- 22 kg flywheel mass for especially smooth running
- Especially narrow gaps between foot plates
- Comfortable fold-up system for space-saving storage
- Multi-position grips for different body sizes and muscular strain
- Foot plates with with foam rubber inlets for a particularly pleasant running feeling
- Easy transport thanks to the innovative transport roller system



Dimensions when set up L/W/H (in cm): 214/93/170
Maximum weight load: 150 kg



MADE IN GERMANY

SKYLON 6		
07691-600	white-silver	566151



- Genuine ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Rpm-independent induction brake with 25-400 watts
- 22 kg flywheel mass for especially smooth running
- Especially narrow gaps between foot plates
- Arm levers with ergonomically shaped grips
- Comfortable fold-up system for space-saving storage
- Easy transport thanks to the innovative transport roller system

Dimensions when set up L/W/H (in cm): 214/68/170
Maximum weight load: 150 kg

MADE IN GERMANY



ITEM NO.	COLOUR	EAN NO.
SKYLON 4		
07691-400	black	566144



- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- The currently achieved training performance is displayed
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 20 kg flywheel mass for especially smooth running
- Especially narrow gaps between foot plates
- Comfortable fold-up system for space-saving storage
- Arm levers with ergonomically shaped grips
- Easy transport thanks to the innovative transport roller system
- Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)

Dimensions when set up L/W/H (in cm): 214/68/170

Maximum weight load: 150 kg



SKYLON 2		
07691-210	black	578987



- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Includes BLUETOOTH interface for Fitness APPS
- The currently achieved training performance is displayed
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 18 kg flywheel mass for especially smooth running
- Especially narrow gaps between foot plates
- Arm levers with ergonomically shaped grips
- Easy transport thanks to transport rollers
- Pulse measurement via hand pulse sensors, optional Bluetooth chest belt use

Dimensions when set up L/W/H (in cm): 185/68/164

Maximum weight load: 130 kg



ITEM NO.	COLOUR	EAN NO.
UNIX 10 EXT		
07692-600	white-silver	566199



Bluetooth®

- Genuine ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
- Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
- Rpm-independent induction brake with 25-400 watts
- 22 kg flywheel mass for especially smooth running
- EXT Technology (Extended Motion) for a range of movement that is particularly effective and gentle on joints
- Arm levers with ergonomically shaped grips
- Foot plates with with foam rubber inlets for a particularly pleasant running feeling
- Easy transport thanks to transport rollers

Dimensions when set up L/W/H (in cm):
144/56/162

Maximum weight load: 150 kg



MADE IN GERMANY

UNIX 10		
07692-500	white-silver	566632



Bluetooth®

- Genuine ergometer with 2 user modes:
 - AUTO Mode (rpm-independent): The user specifies a WATTS target value. Brake performance is regulated automatically to maintain the target WATTS value.
 - MANU Mode (rpm-dependent): The user selects a brake level ("a gear"), which remains set independent of the step frequency. The display shows the currently cycled value in watts.
- Very high-quality and easy to use training computer with colour display. Including BLUETOOTH interface, simple menu navigation, storage space for four users and one guest, colour-coded display of current heart rate zones as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Excellent programme variety: Personal training coach with IPN System, HIT Training, Challenge Training, heart rate orientated training as well as endless configuration possibilities in the programme editor.
- Rpm-independent induction brake with 25-400 watts
- 22 kg flywheel mass for especially smooth running
- Adjustable foot plates
- Arm levers with ergonomically shaped grips
- Easy transport thanks to transport rollers

Dimensions when set up L/W/H (in cm): 144/56/152
Maximum weight load: 150 kg



MADE IN GERMANY

UNIX 4		
07692-400	black	566182



- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- The currently achieved training performance is displayed
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 20 kg flywheel mass for especially smooth running
- Adjustable foot plates
- Arm levers with ergonomically shaped grips
- Easy transport thanks to transport rollers
- Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)

Dimensions when set up L/W/H (in cm): 144/56/152
Maximum weight load: 150 kg

MADE IN GERMANY



ITEM NO.	COLOUR	EAN NO.
RIVO 4		
07692-160	black	579014



- Premium quality and easy to operate training computer with simple menu navigation, storage space for four users and one guest, display of current heart rate zone, 10 programmes and programme editor (incl. heart rate orientated programme) as well as 7 available languages (EN, DE, FR, IT, NL, PL, RU)
- Includes BLUETOOTH interface for APPs
- The currently achieved training performance is displayed
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 14 kg flywheel mass for especially smooth running
- Arm levers with ergonomically shaped grips
- Adjustable foot plates
- Easy transport thanks to transport rollers
- Pulse measurement via hand pulse sensors, optional Bluetooth chest belt use

Dimensions when set up L/W/H (in cm): 132 / 62 / 169

Maximum weight load: 130 kg



RIVO 2		
07692-100	black	565413



- Easy to operate training computer with a continuous display for 6 functions (heart rate, pedal rotations per minute, time, speed, distance and energy consumption), target settings and recovery pulse rate with fitness mark.
- Manually-adjustable magnetic brake system with 8 resistance levels
- 12 kg flywheel mass for especially smooth running
- Arm levers with ergonomically shaped grips
- Adjustable foot plates
- Easy transport thanks to transport rollers
- Pulse measurement via hand pulse sensors, optional chest belt use (Polar T34 uncoded)

Dimensions when set up L/W/H (in cm): 115 / 62 / 160

Maximum weight load: 110 kg



ENERGY DECK- The feature of KETTLER TRACK treadmills.

These elements deliver EXTRA ENERGY

The World of Running has changed! Where once air chambers and gel cushions provided comfortable shock absorption, today “Energy Elements” are fused to running shoe soles.

This material has a decisive advantage: It has a rebound effect. This contributes to a faster and more agile running style.

KETTLER is using Energy Elements in treadmills for the first time. The running deck is installed on Energy Elements and returns the impact energy. The running deck becomes an Energy Deck!

What are the advantages of the Energy Deck?

1. Livelier, faster, higher performance

Thanks to the Rebound Effect you can run faster and more dynamically on KETTLER TRACK treadmills. Muscle activity increases, which means targeted training of the leg muscles. This means that training on the Energy Deck is especially performance-enhancing!

2. Optimal shock absorption and greater durability

Energy elements have a unique structure. The elements provide outstanding shock absorption capacity. In addition the material bounds back in its original position and thus offers the energy rebound. Compared to normal rubber absorbers, it does not become brittle. Even after many years, the absorption capacity remains nearly unchanged.

3. Less background noise for a more pleasant running experience

The Energy Elements have extra-large dimensions, which means that regular, noisemaking vibrations on the device frame are minimized. It runs more quietly and smoothly than treadmills constructed of smaller elements.



Additional treadmill equipment features



High-Performance Motors – large running surfaces

The KETTLER TRACK Treadmills are equipped with high-performance, long-lasting motors and large running surfaces. With the top model KETTLER TRACK S10 there is even a built-in AC motor, making the device suitable for studios (Class SA under DIN EN 20957).



Guided Running – Concept-Based Training

The name KETTLER stands for quality in sports equipment and training devices. But KETTLER also stands for the scientifically-based training concepts with which they are developed. The Training Programmes in the KETTLER TRACK treadmills are appropriate for runners at all performance levels. Look for information on the training programs in the Running Guide (Guide found in KETTLER TRACK S6/S8/S10).



Intelligently Designed Ergonomy – everything within reach

An uncomfortable treadmill control unit can interrupt your running rhythm. That's why KETTLER has optimized the arrangement of the control elements based on an ergonomic perspective. For example, all KETTLER TRACK Treadmills are equipped with switches on the handrails and pulse monitors, well within reach.



All values at a glance – and that applies to the Sports Timepiece, too

The Sports Timepiece is invaluable as a training planner, to display the pulse rate, or to record the personal performance statistics for many runners. In order for the timepiece to be easily read on the treadmill, too, there is a detachable timepiece bracket directly beside the display of every KETTLER TRACK treadmill.



Chillin' while running? – we make it easy!

A session on the treadmill is a real workout. So KETTLER gives you the needed comfort at every running session. A built-in ventilator keeps you cool. The sounds from your favorite playlist are brought to you on the built-in speaker. Ventilator and speaker are standard features on all KETTLER TRACK Treadmills.



Various storage options – no annoying rattling

Every KETTLER TRACK treadmill is equipped with a Tablet-holder. The rubber-lined placement area and the safety clip provide dependable protection for the Tablet. To the right and left of the display there are two placement areas of sound-absorbent soft plastic for drinking bottles and other utensils.

STATE-OF-THE-ART INTERCONNECTIVITY: KETTLER TRACK treadmills communicate with APPs and sports timepieces



With the KETTLER BLUETOOTH® Concept, the future is now.

The variety and types of sports APPs and interconnective fitness equipment are growing and changing rapidly. Whether it's a sports timepiece or an APP: new products and updates for software and operating systems are now everyday occurrences. KETTLER TRACK treadmills are ready for these digital developments. Thanks to the installation of the BLUETOOTH Low Energy Technology® and the use of standardized transmission protocols, these treadmills will remain compatible with future software offerings.



The KETTLER BLUETOOTH Concept offers these advantages:

1. A growing number of sports APPs can be used with KETTLER products

More and more sports Apps are adopting the same transmission standard as KETTLER. This enable the use of a growing number APPs on the market. For example, how about a running session in the Zwift APP? No problem! The KETTLER TRACK treadmill will transfer the running speed to the APP.

2. Communicate with Sports Timepieces and Heart Rate Sensors

With chest belts, timepieces etc., a harmonization of the transmission standard is also taking place. Many BLUETOOTH chest straps, sports timepieces and optical heart rate monitors are already compatible with KETTLER TRACK treadmills.

3. Alle Laufbänder sind mit KETTMaps kompatibel

KETTMaps is the training software from KETTLER. More than 120,000 km on visually realistic video course material are guaranteed to bring diversity to your training routine. From the short run all the way to the Alpine Crossing: there is a course for every performance level and every requirement. At every hour of the day, open training sessions begin in which one can compete and compare with like-minded persons. For example: how about a mountain stage after getting off work? No problem: Kettmaps has offerings for runners, cyclists und rowers.

Additional treadmill equipment features



The new Cockpit – pleasantly tidy

Numerous keys, constantly changing displays, blinking LEDs? Many treadmill cockpits have an overwhelming number of control elements. KETTLER TRACK treadmills are pleasantly different: thanks to fewer and more comprehensibly organized keys and buttons, they are comfortably controlled. In addition, the display's plexiglass surface gives the treadmills a high-quality, elegant look.



Menu screen



Training screen (example)

User-Friendly Control – thanks to good menu navigation

Whether smartphone or GPS: the best and most intuitive control concepts employ clear, easy-to-understand menu navigation. The new KETTLER TRACK treadmills follow this trend and – thanks to an "upstream" menu – can be comfortably set and adjusted. The menu logic corresponds to the concept in KETTLER Premium and Advanced Displays. That makes getting started especially simple, and makes the owner's manual almost unnecessary.



Reduced view



Own view (example)



Expert view

Customized View – the configured screen

Which training values do you want your treadmill to show you during the workout? Here, personal taste varies widely. That's why KETTLER invented Customized View: you can choose between a minimalist screen which shows you only the most important values, and an "Expert Screen" with all values, a Training Matrix and a Running Animation. You can also create blended solutions according to your personal needs. This way, the training screen is matched to your personal information requirements and wishes.



CUSTOMIZED VIEW



Menu in your language – for more comfort

SET, MODE, COUNT, DIST ... many fitness computers confront us with English words and abbreviations. That leads to misunderstandings and makes controlling the device more difficult. That's why KETTLER made its menu navigation available in 20 different languages in all new KETTLER TRACK treadmills.



LOCAL LANGUAGE

Console can be updated via Bluetooth with our KETTLER Servive App. More information: software.kettler.de

ITEM NO.	COLOUR	EAN NO.
KETTLER TRACK S10		
07886-900	graphite/black/orange	575177

**Product Highlights:**

- Equipped with the KETTLER "Energy Deck": running surface mounted on Energy Elements for a more agile running style thanks to Energy Rebound
- Interconnectivity possible with Sports APPs (such as Kettmaps), Sports Timepieces and Heart Rate Monitors via BLUETOOTH
- High Quality Training Computer with user-friendly menu navigation in your language. 190 x 110 mm LC Display.
- Customized View: configurable Training Screen for personalized data selection
- Guided Running: Includes extensive selection of training programmes, described in accompanying training planner
- Sports Club Quality: authorized for use in fitness studios (Class SA under DIN EN 20957). Includes AC motor.

Performance Data:

- High-performance AC motor with 4 hp continuous output
- Speed: 0.5-22 km/h (in 0.1 km/h-steps)
- Incline: 0-12 % automatically adjustable (in 1.0 % steps)
- Running surface size: 153 x 55 cm

Additional Equipment:

- Speaker, Ventilator, Tablet Holder, Bracket for Sports Timepiece
 - Additional buttons on handrails for regulation of speed and incline
 - Two placement areas of soft plastic material for drinking bottles and utensils
 - Foldable running surface with Soft-Drop mechanism
 - Transport castors, height compensation, safety-stop mechanism with safety clip
- Dimensions when set up: L/W/H in cm: 208/93.5/143.5, folded 142.5/93.5/165.5
Maximum weight load: 175 kg



KETTLER TRACK S8		
07886-800	graphite/black/orange	575184

**Product Highlights:**

- Equipped with the KETTLER "Energy Deck": running surface mounted on Energy Elements for a more agile running style thanks to Energy Rebound
- Interconnectivity possible with Sport APPs (such as Kettmaps), Sport Timepieces, and Heart Rate Monitors via BLUETOOTH
- High Quality Training Computer with user-friendly menu navigation in your language. 190 x 110 mm LC display
- Customized View: configurable Training Screen for personalized data selection
- Guided Running: Includes extensive selection of training programmes, described in accompanying training planner

Performance Data:

- High-performance DC motor with 3 hp continuous output
- Speed: 1-20 km/h (in 0.1 km/h steps)
- Incline: 0-12 % automatically adjustable (in 1.0 % steps)
- Running surface size: 153 x 55 cm

Additional Equipment:

- Speaker, Ventilator, Tablet Holder, Bracket for Sports Timepiece
- Additional keys on handrail for regulation of speed and incline
- Two placement areas of soft plastic material for drinking bottles and utensils
- Foldable running surface with Soft-Drop mechanism
- Transport castors, height compensation, safety-stop mechanism with safety clip

Dimensions when set up: L/W/H in cm: 208/93.5/143.5, folded 142.5/93.5/165.5
Maximum weight load: 150 kg



KETTLER TRACK S6		
07886-600	graphite/black/orange	575160

**Product Highlights:**

- Equipped with the KETTLER "Energy Deck": running surface mounted on Energy Elements for a more agile running style thanks to Energy Rebound
- Interconnectivity possible with Sport APPs (such as Kettmaps), Sport Timepieces, and Heart Rate Monitors via BLUETOOTH
- High Quality Training Computer with user-friendly menu navigation in your language. 190 x 110 mm LC display
- Customized View: configurable Training Screen for personalized data selection
- Guided Running: Includes extensive selection of training programmes, described in accompanying training planner

Performance Data:

- High-performance DC motor with 3 hp continuous output
- Speed: 1-20 km/h (in 0.1 km/h steps)
- Incline: 0-12 % automatically adjustable (in 1.0 % steps)
- Running surface size: 140 x 50 cm

Additional Equipment:

- Speaker, Ventilator, Tablet Holder, Bracket for Sports Timepiece
- Additional keys on handrails for control of speed and incline
- Two placement areas of soft plastic material for drinking bottles and utensils
- Foldable running surface with Soft-Drop mechanism
- Transport castors, height compensation, safety-stop key with safety clip

Dimensions when set up: L/W/H (in cm): 189.5/87/143.5, folded: 126/87/153
Maximum weight capacity: 140 kg



ITEM NO.	COLOUR	EAN NO.
KETTLER TRACK S4		
07886-400	graphite/black/orange	575153



Product Highlights:

- Equipped with the KETTLER "Energy Deck": running surface mounted on Energy Elements for a more agile running style thanks to Energy Rebound
- Interconnectivity possible with Sport APPs (such as Kettmaps), Sport Timepieces, and Heart Rate Monitors via BLUETOOTH
- High-quality training computer with user-friendly menu navigation in your language. 132 x 85 mm LC display.
- Customized View: Configurable Training Screen for personalized data selection
- Guided Running: Includes extensive selection of training programmes

Performance Data:

- High-performance DC motor with 2.5 hp continuous output
- Speed: 1-18 km/h (in 0.1 km/h steps)
- Incline: 0-12 % automatically adjustable (in 1.0 % steps)
- Running surface size: 135 x 47 cm

Additional Equipment:

- Speaker, Ventilator, Tablet Holder, Bracket for Sports Timepiece
- Additional keys on handrails for regulation of speed and incline
- Two placement areas of soft plastic material for drinking bottles and utensils
- Foldable running surface with Soft-Drop mechanism
- Transport castors, height compensation, safety-stop key with safety clip

Total dimensions L/W/H (in cm): 182/85.5/143.5, folded: 134.5/85.5/143.5
Maximum weight capacity: 130 kg



HANDRAIL EXTENSIONS FOR KETTLER TRACK S4, 2 PCS.		
07930-850	black	578611
HANDRAIL EXTENSIONS FOR KETTLER TRACK S8 / S10, 2 PCS.		
07930-810	black	578604

- Handrail extensions for a secure training





THE ROWING MACHINES- Dynamic Loop Design with industrial charm.

Dynamic Loop Design with industrial charm.

Inspired by "Industrial Design", the new rowing machines not only show the strength of the KETTLER DNA, but also blend into the surrounding living space. The dominant characteristic is the "Loop Design" which encompasses the frame of the entire device. It imparts a unique, dynamic ambience and gives the devices a sporty look, which cuts a good figure in professional areas as well.

Dynamic Loop Design offers these advantages

1. Duo Rail – especially liquid-like rowing action

In addition to the high stability, the parallel frame brings a realistic rowing feel, like in a real rowboat. The precise Duo Rail gives the machine a liquid rowing movement with its two aluminium guide rails and its bearing-mounted ergonomic "roller seat".

2. Ergonomy – verified by professional scullers

In cooperation with the Empacher Boatyard and professional scullers (rowers), the ergonomics has been optimized to deliver the highest performance. The extra-long guide rails enable training for people up to 2 meters in height, the raised seating position facilitates easy mounting and dismounting, and the tilt-adjustable display is attached to one arm for comfortable control and visibility.

3. Foot rest placement – developed for all needs

Based on the frame designs, the footrest tread surfaces are placed on a stable footstretcher with an optimal spacing, which is not impeded by the frame construction. The foot rest tread surfaces themselves can be length-adjusted for any shoe size.



Additional rowing machine equipment features



Homogenous, elegant LC display – all data at a glance

The smart CIS display with its user-friendly One-Button Control is especially compact, ideal for getting right into your training session without much time spent on settings. The elegant, backlit negative CIS+ display with PMMA Touch impresses with its comfortable legibility, an additional Matrix display, and extensive training options. Uncomplicated automatic BLUETOOTH® connectivity with the "ANY mode" to a diverse array of devices.



Water Resistance – Natural Rowing Effect

A rowing effect as if you were on the Thames! ... Made possible by the "Water Tank Concept" which is fully integrated in our rowing product line. In the H2O Mode you experience the full dynamic of rowing. The higher the intensity, the greater the resistance – it adapts to one's individual performance capacity in a natural manner.



Everything under control! – improved training experience

Greater training comfort with the Ergo Oar Grip, optimally formed to fit the shape of your hands. The Multi-Move Grip, with its two-element, freely-moving execution, enables quick changes of grip position, in order to activate even more muscles. If the high comfort level of the Basic Foam Seat isn't enough, then you can exercise even more comfortably with the 3D Gel Seat.



The digital future is now – with the KETTLER BLUETOOTH Concept

Thanks to the use of BLUETOOTH Low Energy and the implementation of standardized transmission protocols, the rowing devices will remain compatible with newly-developed software products. Whether Strava, Zwift, or KETTMaps, a growing number of Sports APPs can be connected to KETTLER products for a more varied experience while training. And many BLUETOOTH chest straps, sports timepieces and optical heart rate monitors are already compatible with KETTLER Rowing Machines.



Sports Club Quality – take it to the limit with these rowing machines

Whether it's the high-quality frame structure, the stable tension strap, or the precise Duo Rail, these rowing machines are made to stand the greatest strain. Competitive athletes and Crossfitters will be delighted.
(Class S under DIN EN 20957)

ITEM NO.	COLOUR	EAN NO.
COACH H2O		
07975-500	anthracite/black	575122



Product Highlights:

- Dynamic Loop Design with "industrial charm"
- Integrated Water Tank Concept
- Precise Aluminium Duo Rail for an especially liquid rowing movement effect, and extra length for persons up to 2 meters tall
- Optimized ergonomics with a high seating position, verified by professional rowers
- Training computer with compact LCD display, permanent visibility of 8 training values, and user-friendly One-Button Control
 - Interconnectivity options for Sport APPs (such as Kettmaps), Sports Timepieces and Heart Rate Monitors via BLUETOOTH®
 - Sports Club quality: authorized for use in fitness studios (Class S under DIN EN 20957)

Performance Data:

- H2O Mode: Intensity-controlled water resistance generated by 2 rotors. The higher the intensity, the greater the resistance. Standard resistance variable, based on filling level.
- 13 – 15 liters water tank volume

Additional Equipment:

- Stable footstretcher with length-adjustable foot rests for optimal foot position with minimal Q-factor (5 cm)
- Attachments such as Basic Foam Rowing Seat, Ergo Oar Grip and transport castors
- Additional Multi-Move Grips for quick change of grip position
- Tablet Holder and BLUETOOTH Chest Belt for pulse measurement available separately

Dimensions when set up L / W / H (in cm): 219 / 57 / 94

Maximum weight load: 150 kg



DESIGNED IN GERMANY



COACH 10		
07975-450	anthracite/black	575115



Product Highlights:

- Dynamic Loop Design with "industrial charm"
- Precise Aluminium Duo Rail for an especially liquid rowing movement effect, and extra length for persons up to 2 meters tall
- Optimized ergonomics with a high seating position, verified by professional rowers
- Illuminated Multi-LCD display with PMMA Touch, compact permanent visibility of 9 training values, Training Matrix and 13 pre-installed training programmes
 - Interconnectivity options to Sports APPs (such as Kettmaps), Sports Timepieces, and Heart Rate Monitors via BLUETOOTH®
 - Advanced Brake Mode (ABM) for a feeling of movement like rowing
 - Sports Club Quality: approved for use in fitness studios (Class SA under DIN EN 20957)

Performance Data:

- Manu Mode: speed-dependent induction brake with 25 – 600 watts. Adjustable to 10 braking steps
- 6 kg flywheel mass

Additional Equipment:

- Stable footstretcher with length-adjustable foot rests for optimal foot position with minimal Q-factor (5 cm)
- High quality attachments such as 3D gel Rowing Seat, Ergo Oar Grip and transport castors
- Additional Multi-Move Grips for quick change of grip position
- Tablet Holder inclusive
- BLUETOOTH Chest Belt for pulse measurement available separately

Dimensions when set up L / W / H (in cm): 219 / 57 / 94

Maximum weight load: 150 kg



DESIGNED IN GERMANY



ITEM NO.	COLOUR	EAN NO.
COACH 6		
07975-400	anthracite/black	575108



Product Highlights:

- Dynamic Loop Design with “industrial charm”
- Precise Aluminium Duo Rail for especially liquid rowing movement effect, and extra length for persons up to 2 meters tall
- Optimal ergonomomy with high seating position, verified by professional rowers
- Illuminated Multi-LCD display with PMMA Touch, compact permanent visibility of 9 training values, Training Matrix and 13 pre-installed training programmes
 - Interconnectivity options to Sports APPs (such as Kettmaps), Sports Timepieces, and Heart Rate Monitors via BLUETOOTH®

Performance Data:

- Manu Mode: speed-dependent induction brake with 25 – 400 watts. Adjustable to 10 braking steps
- 6 kg flywheel mass

Additional Equipment:

- Stable footstretcher with length-adjustable foot rests for optimal foot position with minimal Q-factor (6 cm)
- Attachments such as Basic Foam Rowing Seat, Ergo Oar Grip and transport castors
- Tablet Holder and BLUETOOTH Chest Belt for pulse measurement available separately

Dimensions when set up L / W / H (in cm): 219 / 57 / 94
 Maximum weight load: 130 kg



DESIGNED IN GERMANY



COACH 2		
07975-300	anthracite/black	575092



Product Highlights:

- Dynamic Loop Design with “industrial charm”
- Precise Aluminium Duo Rail for especially liquid rowing movement effect, and extra length for persons up to 2 meters tall
- Optimal ergonomomy with a high seating position, verified by professional rowers
- Training computer with compact LCD display, permanent visibility of 8 training values and user-friendly One-Button Control
 - Interconnectivity options for Sports APPs (such as Kettmaps), Sports Timepieces, and Heart Rate Monitors via BLUETOOTH®

Performance Data:

- Manu Modus: Manually adjustable Magnet Brake with 10 braking steps
- 6 kg flywheel mass

Additional Equipment:

- Stable footstretcher with length-adjustable footrests for optimal foot position with minimal Q-factor (6 cm)
 - Attachments such as Basic Foam Rowing Seat, Ergo Oar Grip and transport castors
- Tablet Holder and BLUETOOTH Chest Belt for pulse measurement available separately

Dimensions when set up L / W / H (in cm): 219 / 57 / 94
 Maximum weight load: 130 kg



DESIGNED IN GERMANY



ITEM NO.	COLOUR	EAN NO. 4001397...
KADETT		
07977-900	silver/black	117025

- Easy to operate training computer with a continuous display for 5 functions and scan mode, target settings and recovery pulse rate with fitness mark
- Resistance adjustable via hydraulic cylinders
- Rowing with outrigger system, like outdoors on the water
- Foot rests adjustable to body size
- Ergonomic roller seat on alu rail
- Space-saving storage thanks to folding outriggers



Dimensions when set up L / W / H (in cm): 150 / 170 / 46
Maximum weight load: 130 kg

 MADE IN GERMANY





EXTRAS FOR YOUR CARDIO TRAINER

As an appropriate complement to the endurance machines, KETTLER provides a comprehensive range of accessories, from WORLD TOURS 3.0 to additional pulse measurement possibilities and the protective floor mat.

ITEM NO.	EAN NO.
	4001397...
WORLD TOURS 3.0	
07926-991	585169

NEW



- GPS-controlled training software
- Cooperation with Bing Maps: riding on actual satellite images, competition portal on the internet
- Suitable for: devices with BLUETOOTH interface (eg Ergo C10 / C12, Racer S / 9) System requirements can be found at www.kettlerworldtours.de
- Training with Real Life Video for an even more realistic riding experience
- Virtual Outdoor Activity: Record outdoor tours with a smartphone and train indoors on the ergometer, or plan tours on the PC, train on the ergometer and ride them with navigation outdoors (smartphone not included)
- External operating device for changing gears and views

A special version is necessary for older products:
Older KETTLER devices with USB interface require an additional operating device.

CARDIO-PULS-SET	
07937-600	122418



- Upgrade set for telemetric heart rate measurement
- Receiver as plug-in for KETTLER training computers with an ear clip connector
- POLAR chest belt (5 kHz) for direct, wireless heart rate measurement on the chest (Not compatible with E-Premium colour display)

Packaging unit: 3 pieces

ITEM NO.	DIMENSIONS L X W INCM	EAN NO. 4001397...
BLUETOOTH CHEST BELT		
07930-610	black	567721



- KETTLER Smart chest belt for direct, wireless heart rate measurement on the torso
- Connection possible via BLUETOOTH or ANT +
- Chest belt suitable for training displays with BLUETOOTH Low Energy Technology® (eg E-Premium color display)

POLAR T34 CHEST BELT		
07937-640		350118



- POLAR chest belt (5kHz) for direct, wireless heart rate measurement (uncoded)

Packaging unit: 3 pieces

CARDIO EAR CLIP		
07937-700		165125



- Heart rate measurement using an ear clip
- Can be upgraded for all KETTLER training computers with a ear clip connector

POLAR PLUG-IN RECEIVER		
07937-650		137979



- Receiver unit of heart rate data from POLAR chest belts
- Upgrade to telemetric heart rate measurement
- Can be upgraded for KETTLER training computers with ear clip connector
- Also suitable for coded chest belts
- No compatibility to W.I.N.D. or BLUETOOTH chest belts

PROTECTIVE FLOOR MAT		
07929-650	140 x 80	578321
07929-600	220 x 100	578314



- Rubber mat for protecting the floor and for dampening noise when using workout equipment.

Packaging unit (07929-650): 6 pieces

Packaging unit (07929-600): 4 pieces

FITNESS TOWEL		
07909-600	small, 50 x 100	566861
07909-700	large, 50 x 140	566878



- Öko-Tex Standard 100
- 100% cotton
- 2 magnetic fixation options
- Can be used on almost all cardio and weight training equipment

Packaging unit (07909-600): 1 piece

Packaging unit (07909-700): 1 piece



ITEM NO.	COLOUR	EAN NO.
07752-870	black	4001397...
MULTIGYM PLUS		
07752-870	black	566373



- Training possibilities using the lat pulldown, bench press, rowing, leg extensions and butterfly
- 3D Flexmotion system for varied rope-pull exercises: flies, crunches, arm curls, leg adduction, leg abduction, etc.
- Including footstrap and curl bar

Dimensions when set up L/W/H (in cm): 181/156/200
 80 kg weight block (16 x 5 kg)
 Maximum user weight: 130 kg

TRAINING BENCHES

• **KETTLER training benches are true classics:**

The training variety offered on a small footprint has been a thrilling feature for generations.

• **Too good to keep in the cellar:**

The trapezoidal tube design underscores the training ambition of the target group

• **Vast range on offer:**

From guided ab training using the Power Tower right down to the bench for free barbell training.



ITEM NO.	COLOUR	EAN NO. 4001397...
HERK		
07707-760	black	470281



- Very sturdy and space-saving training station for bench presses, pull ups, squats, abdominal training, press-ups and dips
 - High-quality padded bench, ready for training in just a few easy steps
 - Height-adjustable barbell rest
 - Chin-up station for the wide and narrow grip variation
 - High-quality forearm supports
- ! Barbells and weight disks available as accessories

With back support folded up L / W / H (in cm): 138 / 106 / 204 cm
 Back support when folded down L / W / H (in cm): 190 / 106 / 204 cm
 Maximum user weight: 130 kg

 MADE IN GERMANY

PRIMUS		
07403-900	black	381198

- For barbell and dumbbell training
 - Leg curls and leg extensions
 - Height-adjustable barbell rest
 - Exercising bench folds up to save space
- ! Barbells and weight disks available as accessories



Dimensions when set up: L / W / H (in cm): 203 / 101 / 96-111
 Maximum user weight: 130 kg

 MADE IN GERMANY

ITEM NO.	COLOUR	EAN NO.
ALPHA PRO MULTI-FUNCTION BENCH		
07708-110	black	470274



- Sturdy exercising bench for safe and intensive free exercising with weights
- Variably adjustable seating surface and backrest
- Possibilities of the negative bench press
- Can be optimally combined with the VECTOR barbell rest
- Can be extended through the LEG CURL and CURL PAD

Dimensions when set up: L / W / H (in cm): 125 / 68 / 130

Maximum weight load: 300 kg

 MADE IN GERMANY

VECTOR BARBELL REST		
07708-100	black	381174



- Sturdy barbell rest for varied exercises with free weights
 - Safety rack variably adjustable in height and width
 - Safety rack
 - Can be optimally combined with the ALPHA PRO multi-function bench
- ! Barbells and weight disks available as accessories

Dimensions when set up: L / W / H (in cm): 105 / 110 / 106-170

Maximum weight load: 150 kg

 MADE IN GERMANY

DUMBBELL, DISK AND BAR RACK		
07499-300	black	381570



- Generous storage space for free barbell workouts
- Barbells and weight disks available as accessories

Dimensions when set up: L / W / H (in cm): 120 / 60 / 90

Maximum weight load: 500 kg

 MADE IN GERMANY

ITEM NO.	COLOUR	EAN NO.
CURL PAD FOR TRAINING BENCHES		
07465-150	silver / black	381976



- The ideal addition for proper biceps training
- For Primus + Alpha Pro

MADE IN GERMANY

LEG CURLS FOR ALPHA PRO		
07465-250	silver / black	471288



- The optimal supplement for leg curls and leg extension training with the ALPHA PRO

Maximum weight load: 60 kg

MADE IN GERMANY

MODULAR WALL BARS		
07708-200	anthracite / black	566489



- Comprehensive training possibilities for effective total-body training
- The innovative "fast-click system" allows modules to be constructed very quickly, such as a dip station or a pull-down bar for example
- High "Made in Germany" quality

Dimensions: 220 x 80 x 15 cm
Packaging unit: 1 piece

MADE IN GERMANY

PULL-UP BAR		
07708-210	anthracite / black	566830



- Various grip variations for varied and effective training.

Packaging unit: 1 piece

MADE IN GERMANY

DIP STATION		
07708-220	anthracite / black	566847

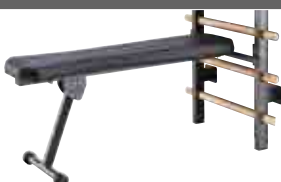


- High-quality lower-arm cushions.
- Rubbered grips for the best and most effective execution of dips and leg lifts.

Packaging unit: 1 piece

MADE IN GERMANY

TRAINING BENCH		
07708-230	anthracite / black	566854



- Adjustable training bench.
- Makes both effective free-weight training, as well as comprehensive abdominal workouts as a tilted bench, possible.

Packaging unit: 1 piece

MADE IN GERMANY



ACCESSORIES

- **BALANCE, WORKOUT, POWER, MOVE, BASIC:**
5 concepts perfectly aligned with training objectives
- **Completely redesigned packaging:**
Significantly more high-end design and informative layout with QR-code support
- **Intuitive colour concepts:**
As a general rule within the ranges: the darker the colour, the stronger the training effect

BALANCE

Balance exercises are suitable for everyone and provide an ideal combination of training that is gentle on the muscles and joints on the one hand and improving flexibility on the other. The exercises are performed deliberately slowly and harmoniously. This strengthens muscles and stabilises the posture.

WORKOUT

The WORKOUT line is designed for strength and endurance training. Exercises performed with these products are aimed towards developing, maintaining and enhancing physical fitness.

POWER

The POWER line provides targeted muscle-building and offers a variety of options for effective strength training. From individual muscle groups, right down to a full body workout.

MOVE

Thanks to the MOVE line, your movement training on a small footprint will be a complete success. Your circulation is boosted, your muscles toned and your stamina improved.

BASIC

The BASIC line offers an easy start into a well-balanced fitness training regime. You can use these products to both improve your physical fitness as well as complete targeted strength, coordination or mobility training.

ITEM NO.	COLOUR / DIAMETER	EAN NO. 4001397...
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BALANCE STEP



07361-000	burgundy / pearl-white	398455
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- Appropriate for coordination- and strength training of leg- and torso musculature
 - Non-slip, knobbed outer surface (massage effect)
 - Reversible (both sides can be used)
 - Incl. 2 tubes & air pump
 - Material: PVC
 - Max. user weight: 120 kg • Diameter: 59 cm / max. height: 21 cm
- Packaging unit: 2 pieces

AIR PAD



07351-400	burgundy	410096
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- Air Pad's unstable base trains coordination and perception
 - Also useable as seating pad at the office, massage effect from knobbed surface
 - Easy transport and stowability thanks to small size and low weight
 - Air pump included with delivery
 - Max. user weight: 100 kg • Diameter: 33 cm
- Packaging unit: 4 piece

FOLDABLE MAT



07351-120	burgundy / grey	566380
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- Can be used as pad for various training exercises
 - Thanks to folding structure, can be used as Yoga Block, as armrest during plank exercises, and as balance pad
 - Minimum space requirements, easy to stow
 - Training side is less susceptible to dirt thanks to special folding structure
 - Can be combined with the KETTLER Fitness Bag
 - Dimensions: 0,6 x 60 x 180 cm (folded: 7,2 x 60 x 15 cm)
- Packaging unit: 4 pieces

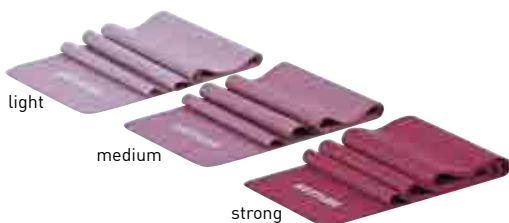
MESSAGE BALL, 2 PCS.



07351-530	burgundy and pearl-white	416562
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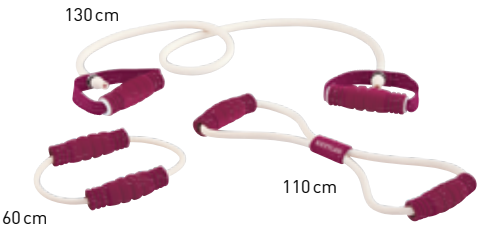



- Excellent for grasp- and strengthening exercises, and for massaging reflex zones
 - Good for entire body (particularly suited for feet and arms)
 - Improves circulation through „hedgehog shape“
 - Material: PVC
 - Set includes:
 - pearl white: Diameter: 7.5 cm
 - burgundy: Diameter: 9 cm
- Packaging unit: 10 pieces

FLEXIBAND



07351-570	light (light burgundy)	490104
07351-580	medium (medium burgundy)	490111
07351-590	strong (dark burgundy)	490128

- Flexiband is the multifunctional training tool for travel or home
 - Offers sufficient resistance for variable strength training of almost all muscle groups
 - Space-saving stowability, folds up quickly
 - Made of tear-resistant TPE band, can be stretched to 300% of original length
- Packaging unit: 6 pieces

	ITEM NO.	COLOUR	EAN NO. 4001397...
BALANCE	TUBE SET		
	07351-550	burgundy / pearl-white	416432
	 <ul style="list-style-type: none"> • Tube Set has resistance bands for multifunctional training, for travel or home • Increases body stability • Extra-comfortable padded non-slip handgrips • Set consists of 3 tubes: 60 cm, 110 cm, 130 cm • Practical carry-bag included • Materials: TPR band and nylon gripse Packaging unit: 6 pieces		
BALANCE	PILATES RING		
	07351-540	burgundy / pearl-white	416777
	 <ul style="list-style-type: none"> • Training of upper body, arm- and leg musculature • Stable, anatomically-designed handles for maximum ergonomy • Compact, light construction for easy stowability and problem-free transport • Materials: fibreglass-reinforced plastic, foam material and EVA • Diameter: 38 cm • Size: 15" x 15" Packaging unit: 6 pieces		
WORKOUT	FITNESS BAG		
	07351-130	grey	566403
	 <ul style="list-style-type: none"> • Simplifies transport of fitness mat to fitness studio • Compatible with all KETTLER mats • Practical side pocket with zip offers plenty of storage space for your keys, smartphone, wallet, etc. Packaging unit: 6 pieces		
WORKOUT	AB WHEEL		
	07361-805	slate blue / grey	550990
	 <ul style="list-style-type: none"> • Trains torso- and shoulder musculature for more stability and greater dynamic strength • Ergonomically-formed grips increase comfort • Slip-proof wheel provides necessary safety even with intensive use • Materials: PP, TPE and Iron • Dimensions: 29 cm x 18.2 cm Packaging unit: 4		
WORKOUT	FITNESS MAT		
	07350-255	slate blue	551690
	 <ul style="list-style-type: none"> • High-quality training mat as pad for home training • Anti-slip upper surface for high stability during the most intensive workouts • Easy transport with practical carrying handle • Can be combined with KETTLER Fitness Bag • Material: TPE • Size: 61 cm x 182 cm x 1 cm Packaging unit: 4 pieces		

ITEM NO.	COLOUR / WEIGHT	EAN NO. 4001397...
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MULTI TRAINING BAR



07361-600	slate blue / pearl white / grey	470656
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- Enables functional and dynamic exercise for better moveability, reactivity, and high-speed strength of the relevant upper body- and torso musculature
- Multidimensional training with 150 cm-long tube
- Exercise variations durch through different positioning of tubes and bar
- Door anchor offers even more training diversity
- Material: tube made of iron

Packaging unit: 4 pieces

AEROBIC DUMBBELLS, 2 PCS.



07361-300	slate blue (light) / grey	2 x 0,5kg	412618
07361-310	slate blue (medium) / grey	2 x 1,0kg	412793
07361-320	slate blue (dark) / grey	2 x 2,0kg	415138

- Supports strength- and endurance training, intensifies training effect
- Adjustable hand straps, extra-soft surface
- Can also be used as additional weight when jogging
- Appropriate for all fitness enthusiasts thanks to different weight levels

Packaging unit: 6 pieces (for item no. 07361-320: 4 pieces)

SPEED ROPE



07361-500	slate blue / pearl-white	416937
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- High-Speed Rope enables even more intensive workout with compact, stable design
- Steel-wrapped cable meets highest training demands
- Rope length is individually adjustable
- Finest material with ergonomic grip for extra-fast rotational speed
- Materials: PP; rope: iron; wrapping: PVC
- Length: 274 cm (without handles)

Packaging unit: 10 pieces

WEIGHTED ROPE



07361-570	slate blue / pearl-white	416975
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- Weighted Rope can be used for warm-up or endurance training
- Coordination and rebound power are also trained
- High-speed ball bearings improve jump rope's rotational speed
- Materials: PP, TPR, PVC and steel
- Length: 274 cm (without handles)
- Weight: 125 g (per handle)

Packaging unit: 6 pieces

HIGH SPEED ROPE



07361-540	slate blue / grey	566496
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- High-Speed Rope enables even more intensive workout with compact, stable design
- Steel-wrapped cable meets highest training demands
- Rope length is individually adjustable
- Finest material with ergonomic grip for extra-fast rotational speed
- Materials: PP; rope: iron; wrapping: PVC

Packaging unit: 6 pieces

DIGITAL ROPE



07361-555	slate blue / pearl-white	561880
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- Digital Rope can be used for warm-up or endurance training
- Coordination and rebound power are also trained
- Digital display (for recording repetitions)
- Material: PP
- Length: 274 cm (without handles)

Packaging unit: 6 pieces

ITEM NO.	COLOUR / SIZE	EAN NO. 4001397...
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TRAINING GLOVES UNISEX BASIC, 2 PCS.



07372-160	black / white Size M	491330
07372-170	black / white Size L	491347
07372-180	black / white Size XL	491354

- Protects hands during strength training
- Terry cloth insert on the back of the hand to wipe away perspiration
- Velcro-type strip on the wrist for optimal hold
- Double stitching for long durability
- Glove palm: anti-skid material, especially slip-proof
- Washable at 30°

Packaging unit: 12 pcs.

KETTROLL



07372-800	black / grey	551058
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- Fascia training: loosens sticky fascia, improves circulation, stimulates metabolism, increases mobility
- Strengthening training: good for stabilised torso training, upper body- and leg training
- As unstable base, also well suited for coordination exercises
- Material: EPP
- Dimensions: 15 x 30 cm

Packaging unit: 4 pcs.

MADE IN GERMANY

SLING TRAINER PRO



07371-580	black, pearl-white	470717
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- Sling training serves body stabilisation and strengthening of all muscle groups
- Incl. door anchor, ceiling-/wall mounts, high-quality carabiner hooks for fastening to beams, trees, etc.
- Anti-slippage straps
- High-quality workmanship of all components
- Rubberised handle for a better grip
- Incl. warning door plate for training with the door anchor
- Materials: grips: PP; grip straps: TPR; rope: teteron

Packaging unit: 1 piece

SAND BAG



07371-900	black	470755
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- Because of freely-moving sand bags within outer pouch, endurance training is even more productive
- Can be filled with up to 50 kg maximum weight
- 5 separate inner pockets for individual weight filling
- 1 x 18 kg inner pocket; 6 x 4.5 kg inner pocket; 5 kg outside pocket without filling
- Secure double Velcro fasteners on inner pockets prevent sand from escaping
- With 8 hand grips
- Materials: terylene and PP

Packaging unit: 2 pieces

ITEM NO.

COLOUR / SIZE

EAN NO.
4001397...

CHIN-UP BAR



07371-500

black

417422

- Appropriate for upper body training (arms, back, chest)
- For door frame inner dimensions between 77 cm - 85 cm
- Easy to mount, length-adjustable
- Materials: iron, plastic, latex, polyester, tin and PP



Packaging unit: 4 pieces

MADE IN GERMANY

PUSH-UP BALL



07372-350

black transparent

551089

- More effective 3-dimensional push-up training
- Good for a variety of body- and arm exercises
- Additional difficulty through unstable surface design
- Tilt-edge prevents rollover
- Expansion of training options via resistance tube (270 cm)
- Material: PP
- Diameter: 17 cm

Packaging unit: 1 piece

MADE IN GERMANY

MULTI CHIN-UP BAR



07371-515

black

490142

- Appropriate for upper body training (arms, back, chest)
- Different grip options for varied and effective training
- No assembly with door frame necessary (leverage action)
- For door frame inner dimensions between 78 cm - 92 cm; door case width between 15 cm - 21 cm
- Materials: PP and iron
- Maximum weight load: 100 kg
- Size: 97 cm x 25 cm x 49 cm

Packaging unit: 2 pieces

PRESS-UP HANDLES, 2 PCS.



07371-540

black

418818

- Stable and comfortable grips for secure push-up support
- Push-ups with improved technical execution
- Highly advantageous relief to wrists compared to standard push-ups
- Materials: foam padding, steel frame, PP stands

Packaging unit: 6 pieces

ITEM NO.	COLOUR / SIZE	EAN NO. 4001397...
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SPRING GRIP, ADJUSTABLE



07371-560	black, grey	417255
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- For strengthening wrists and forearm musculature
- Optimal exercise for reducing stress
- Slip-proof grips provide necessary firm hold
- Continuous resistance adjustment
- Materials: PP & TPR

Packaging unit: 6 pieces

NEOPRENE DUMBBELL SET



07371-110	light grey / grey / black	417385
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- For versatile strength training experience at home
- Ergonomic barbell design and pleasant feel, optimal comfort
- Materials: PVC cover & cast iron
- Items in set with placement stands (PP):
2 x 1.5 kg, light grey
2 x 2.0 kg, grey
2 x 4.0 kg, black

Packaging unit: 1 piece

WEIGHTED VEST



07371-400	black	419075
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- To improve strength and endurance
- Optimal freedom of movement
- For functional strength training with additional weights
- Materials: nylon, neoprene and PP
- Lateral size adjustment
- Removable weights
- Weight: 10 kg

Packaging unit: 1 piece

CAST-IRON WEIGHT DISKS – 30.5mm bore hole, black lacquered finish



07371-810	Cast-iron-weight disk	0.5 kg	576402
07371-820	Cast-iron-weight disk	1.25 kg	576426
07371-830	Cast-iron-weight disk	2.5 kg	576440
07371-840	Cast-iron-weight disk	5.0 kg	576464
07371-850	Cast-iron-weight disk	10.0 kg	576488
07371-860	Cast-iron-weight disk	15.0 kg	576501
07371-870	Cast-iron-weight disk	20.0 kg	576525

- Supports muscle development in upper body, arm- and back musculature at home

Packaging unit: 0.5–5.0 kg 2 pieces / 10.0–20.0 kg 1 piece

DUMBBELL BAR



07371-770	black, approx. 2 kg	419327
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- Can be combined with all KETTLER cast iron barbell discs
- Comfortable, non-slip grip
- Reliable rotation/closing mechanism (star crimp)
- Material: steel
- 35 cm long, Ø 30 mm – made of quality steel, with thread and rubber handle
- 2 collars with star grip

Packaging unit: 1 piece

CURL BAR



07371-790	approx. 7.5 kg	419303
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- Appropriate for bicep curls, lunges, squats etc.
- Can be combined with all KETTLER cast iron barbell discs
- Trapezoidal thread and star crimps for secure mounting of discs
- Material: iron
- 120 cm long, Ø 30 mm – made of quality steel, with thread
- 2 collars with star grip

Packaging unit: 1 piece

POWER

ITEM NO.

COLOUR / SIZE

EAN NO.
4001397...

BARBELL BAR

07371-780

approx. 9.3 kg

419280



- Appropriate for bicep curls, lunges, squats etc.
- Can be combined with all KETTLER cast iron barbell discs
- Trapezoidal thread and star crimps for secure mounting of discs
- Material: iron
- 160 cm long, Ø 30 mm – made of quality steel, with thread
- 2 collars with star grip

Packaging unit: 1 piece

CAST-IRON DUMBBELL SET

07371-150

Total weight approx. 9.5 kg

419679



- Basic equipment for strength- and fitness training
- Materials: iron and cast iron
- Set contains:
 - 2 weight disks 2.5 kg each
 - 2 weight disks 1.25 kg each
 - 1 dumbbell bar with rubber handle and 2 collars with star grip (approx. 2 kg)

Packaging unit: 2 pieces

CLIP CONNECTORS, 2 PCS.

07371-130

black / silver

417408



- Serve to secure weight discs during strength training
- Can be combined with all barbell discs and -bars
- Spring mechanism enables fast mounting and removal of weight discs
- For Ø 30 mm barbell bar
- Materials: steel & PVC

Packaging unit: 10 pieces

CROSSRACK

07707-770

Anthracite / black / yellow

551751



- Multifunctional training station, ideal for training using own body weight
- 3 optional training positions
- Good variety with more than 20 training exercises to build power, coordination and agility
- Additional fitness accessories (SlackLine, Gymnastics Rings) increase possible training variations
- Incl. Training Poster with exercise suggestions
- Dimensions when set up: L/W/H (in cm): 90/88/75

Maximum user weight: 110 kg

MADE IN GERMANY



ITEM NO.

COLOUR

EAN NO.
4001397...

MOVEMENT TRAINER

07782-500

silver/black

470779



- Infinitely adjustable brake resistance
- Anti-slip feet for added stability
- Thanks to the special pedal design, the Movement Trainer can be used not only for circular leg movements, but also for circular arm movements.
- It is possible to train muscles on the legs, buttocks, arms, shoulders and part of the upper body
- Through additional pedal straps, a balanced pulling and pushing movement is possible, which gives the muscular system a more complete workout and additionally ensures the stability of the equipment
- Materials: iron and PP

Packaging unit: 1 piece

MADE IN GERMANY

MINI-STEPPER WITH COMPUTER

07873-750

silver/black

470786



Hydraulic cylinders ensure an even pedal resistance

- Training computer with timer, step counter, step frequency, energy consumption, and automatic variable display
- Materials: iron and PP

Dimensions when set up (L / W / H in cm): 47 / 33 / 22

Maximum weight load: 90 kg

Packaging unit: 2 pieces

2-IN-1 STEPPER

07874-900

silver/black

470809



- Hydraulic cylinders ensure an even pedal resistance
- Training computer with timer, step counter, step frequency, energy consumption, and automatic variable display
- Materials: iron and PP

Dimensions when set up (L / W / H in cm): 43 / 36 / 30

Maximum user weight: 120 kg

Packaging unit: 2 pieces

SIDE-STEPPER

07874-950

silver/black

470832



- The parallel movement of the foot plates guarantees high movement comfort
- Training computer with step frequency, step counter, time, energy consumption, and automatic variable display
- Materials: iron and PP

Dimensions when set up (L/W/H in cm): 47 / 33 / 22

Maximum weight load: 100 kg

Packaging unit: 2 pieces

ITEM NO.

COLOUR

EAN NO.
4001397...

TRAMPOLINE, Ø 90 CM

07290-980

silver/black

410423

- Steel frame with sturdy and anti-slip feet
- Robust springs ensure even tension of the trampoline made of polypropylene fabric
- Thickly padded edges

Dimensions: Ø 90 cm x 25 cm (07290-980)

Max. weight load: 100 kg

Packaging unit: 1 piece



MOVE



	ITEM NO.	COLOUR / SIZE	EAN NO. 4001397...
BASIC	SPRING GRIPS BASIC, 2 PCS.		
	07373-050	black	551171
	<ul style="list-style-type: none"> • For strengthening wrist- and forearm musculature • Optimal exercise for stress reduction • Materials: foam material, PP, and iron Spring diagonal: 5 cm Packaging unit: 10 pieces		
			
	FOAM ROLLER BASIC		
	07373-100	black	551195
<ul style="list-style-type: none"> • Fascia training: loosening of sticky fascia, improves circulation, stimulates metabolism, increases mobility • Strengthening training: good for stabilising torso training and other coordination exercises • Material: PE Size: 15 x 45 cm Packaging unit: 2 pieces			
			
FITNESS MAT BASIC			
07373-150	anthracite/ yellow	551218	
<ul style="list-style-type: none"> • Training pad for home or travel • Non-slip surface • Easy transport • Material: PVC Size: 172 cm x 61 cm x 5 mm Packaging unit: 4 pieces			
			
WRIST WEIGHTS BASIC, 2 PCS.			
07373-250	black / yellow, 0.5 kg	551256	
07373-260	black / yellow, 1.0 kg	551270	
07373-270	black / yellow, 1.5 kg	551294	
<ul style="list-style-type: none"> • Additional weight for improving endurance in upper body musculature • Comfortable material provides optimal freedom of movement • Adjustable hand straps with extra-soft surface • Also appropriate for jogging • Materials: jersey, Lycra, velcro, chrome-plated steel Packaging unit: 6 (1-1.5 kg) 4 (2 kg)			
			
BALANCE BOARD BASIC			
07373-300	anthracite / black	551317	
<ul style="list-style-type: none"> • Coordination improvement and reaction training through instability of Balance Board • Slip-proof, knobbed surface provides support during exercise • Materials: PP and ABS Max. user weight: 100 kg Packaging unit: 6			
			

ITEM NO.

COLOUR / SIZE

EAN NO.
4001397...

AB ROLLER BASIC



07373-350

black / anthracite

551331

- Enhances abdominal training through hand supports, headrest
- Can also be used as dip station and push-up grip
- Excellent rolling characteristics
- Materials: foam material & iron

Max. user weight: 100 kg

Dimensions: 75 x 55 x 57 cm

Packaging unit: 2

GYM BALL BASIC



07373-400

light grey, 65 cm

551355

07373-410

black, 75 cm

551379

- Appropriate for whole body training (especially coordination- and balance training)

Anti-burst material

Max. user weight: 120 kg

Packaging unit: 10

SLING TRAINER BASIC



07373-600

black / yellow

551485

- Whole body training device for a variety of exercises using one's own body weight
- Increases body stability in torso area
- Develops sense of balance
- Incl. door fixture
- Materials: PP & TPE

Max. user weight: 100 kg

Packaging unit: 4

PRESS-UP HANDLES BASIC, 2 PCS.



07373-750

yellow

551539

- Push-ups can be better executed technically
- Relieves wrists
- S-shaped structure for high stability
- Space-saving stowability
- Materials: iron, PP & foam material

Packaging unit: 6

KETTLE BELL BASIC



07373-850

black, 4,0 kg

551577

07373-860

black, 6,0 kg

551591

07373-870

black, 8,0 kg

551614

- Multi-use weights for productive strength training
- Strengthen upper body-, torso-, and back musculature
- Grips enable a variety of fitness exercises
- Indoor- and outdoor use
- Materials: PP & PE

Packaging unit: 2



TABLE TENNIS – THE FEATURES

- **New single-hand locking mechanism**
The perfect handle for opening and closing the table halves.
- **Height adjustment on all tables:**
For perfect alignment of the table halves.
- **Detachable soft touch edge protectors:**
For the safety of the player.
- **Off-road wheels**
For good grip while pushing.
- **Multifunctional storage:**
Elastic band holders on each net post.
- **The new ball box:**
The best place to store balls, making them accessible when you need them most.



 MADE IN GERMANY

ITEM NO.

COLOUR

EAN NO.
4001397...

OUTDOOR 10

07178-900
07178-950grey / blue
umber / green483144
483571

umber / green

- Weatherproof 22 mm ALU-TEC+ composite table top, anti-glare coated playing surface
- 50 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with single-hand locking system
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- Floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
Dimensions when folded up: (L x W x H in cm): 68 x 183 x 165



grey / blue

ALU TEC® OUTDOOR III

OUTDOOR 6

07177-900

grey / blue

483175



ALU TEC® OUTDOOR III

- Weatherproof 22 mm ALU-TEC+ composite table top, anti-glare coated playing surface
- 35 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with single-hand locking system
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- Floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
Dimensions when folded up: (L x W x H in cm): 68 x 183 x 165

OUTDOOR 4

07172-700

grey / blue

483199



ALU TEC® OUTDOOR III

- Weatherproof 22 mm ALU-TEC+ composite table top, anti-glare coated playing surface
- 25 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with double-button lock
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
Dimensions when folded up: (L x W x H in cm): 68 x 183 x 165

ITEM NO.	COLOUR	EAN NO.
		4001397...

INDOOR 10

07138-900	grey / blue	483151
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- 22 mm special wood table (not weatherproof), anti-glare coated playing surface
- 50 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with single-hand locking system
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- Floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
 Dimensions when folded up: (L x W x H in cm): 68 x 183 x 165

INDOOR 4

07132-900	grey / blue	483236
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- 19 mm special wood table (not weatherproof), anti-glare coated playing surface
- 25 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with double-button lock
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- Floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
 Dimensions when folded up: (L x W x H in cm): 68 x 183 x 166

#SKETCHPONG

07172-750	dark blue / blue	483335
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- Weatherproof 22 mm ALU-TEC⁺ composite table top, anti-glare coated playing surface
- 25 mm profile frame
- Permanently installed net set with integrated height adjustment
- Elastic band storage option on each net post
- Innovative ball box including dispenser on each table half
- Detachable soft touch edge protectors for tabletop corners
- Folding mechanism with double button lock
- 4 steerable off-road double wheels with 2 diagonally positioned brakes
- Play back position
- Floor levellers

International tournament dimensions (L x W x H in cm): 274 x 152.5 x 76
 Dimensions when folded up: (L x W x H in cm): 68 x 183 x 165

PROTECTIVE COVER

07032-600	silver	346999
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- Protective cover made of rugged woven synthetics
- Protects the TT table from moisture, dust and dirt

Packaging unit: 5 pieces



ITEM NO.	COLOUR	EAN NO.
		4001397...

OUTDOOR PADDLE SET

07091-100	blue / blue	398035
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- Set, consisting of 2 weatherproof outdoor TT paddles and 3 balls (1-star / 40 mm)
- Paddle made of weatherproof 2K high-performance plastic
- Ultramarine blue smooth polymer surface for superb ball control and speed: 60%, spin: 50%, control: 70%
- Concave soft touch grip in an ERGO GRIP Design for smooth handling and playing comfort
- Level A: maximum control and good playing characteristics for novices and players of all age groups

Packaging unit: 6 pieces

CHAMP PADDLE SET

07091-700	red / black (with balls)	346128
07090-700	red / black (without balls)	346098



- Set, consisting of 2 tournament TT paddles with high-performance surfaces and 3 premium balls (3-star / 40 mm)
- ITTF-approved, inward pimpled surface (Professional), red / black, foam thickness 1.5 mm, speed: 80%, spin: 70%, control: 60%
- Wood made of MULTI PLYWOOD5-layer veneer for maximum ball feeling and speed
- Anatomical grip in an ERGO GRIP Design for perfect handling
- Shock-absorbing FOAMCUSHIONGRIP ensures a clear response of ball contact even at high speed.
- Level S: good control, high speed characteristics for advanced players

Packaging unit: 6 pieces

MATCH PADDLE SET

07091-500	red / black (with balls)	346111
07090-500	red / black (without balls)	346081



- Set, consisting of 2 TT paddles with high-performance surfaces and 3 training balls (1-star / 40 mm)
- Wood made of MULTI PLYWOOD5-layer veneer for maximum ball feeling and speed
- ITTF-approved, inward pimpled surface (Coach), red / black, foam thickness 1.5 mm, speed: 50%, spin: 40%, control: 90%
- Concave grip in ERGO GRIP design for perfect handling
- Level A: Maximum control, good playing characteristics for novices and players of all age groups

Packaging unit: 6 pieces

OUTDOOR PADDLE

07091-300	red / black	467410
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- Paddle made of weatherproof 2K high-performance plastic
- Smooth polymer surface (red/black) for superb ball control and speed: 60%, spin: 50%, control: 70%
- Concave soft-touch grip in an ERGO GRIP Design for smooth handling and playing comfort
- Level A: maximum control and good playing characteristics for novices and players of all age groups

Packaging unit: 6 pieces

ITEM NO.	COLOUR	EAN NO.
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4001397...

#SKETCHPONG BAG

07092-700	black / blue	489788
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- High-quality neoprene protective cover matching the #SKETCHPONG table and paddle design
- Reliable protection of paddles and balls

Packaging unit: 10 pieces

#URBANPONG BAG

07092-600	green / black	489771
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- High-quality neoprene protective cover matching the #URBANPONG table and paddle design
- Reliable protection of paddles and balls

Packaging unit: 10 pieces

OUTDOOR BALL-SET

07222-500	white	398028
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- 3 pieces, Ø 40 mm, white, synthetic (no dangerous goods)

Packaging unit: 10 pieces

OUTDOOR BALL-SET 3 STARS

07222-550	white	566823
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- 3 pieces, Ø 40 mm, white, synthetic (no dangerous goods)

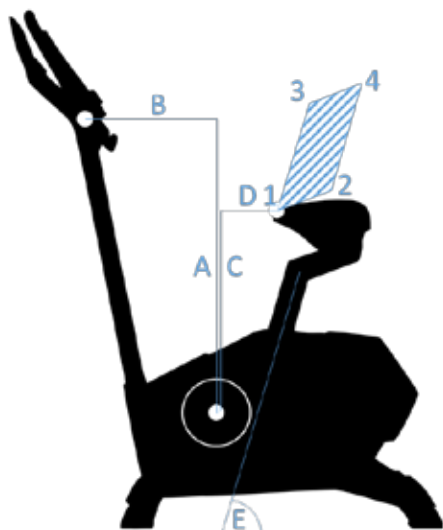
Packaging unit: 10 pieces

EXERCISE BIKES ERGOMETERS (1/2)		GIRO C1 CLASSIC 07689-110	GOLF C2 07689-200	ERGO C4 07689-500
Housing, display, controls, pulse measurement				
Housing	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 147 x 170 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 147 x 170 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	
Display	85 x 48 mm LC display	85 x 48 mm LC display	117 x 86 mm LC display	
Operation	4 buttons (Left, Right, Set, Toggle)	4 buttons (Plus, Minus, Set, Recovery)	Central rotary and push element plus 2 buttons	
Tilt setting	Yes, optimised viewing angle for any body height			
Pulse measurement	Via hand pulse sensors or chest belt (POLAR T34) as option	Via hand pulse sensors or BLE* chest belt (as option)	Via hand pulse sensors or chest belt (POLAR T34) as option	
Menu navigation and user settings				
Using the machine	The screen that displays training data is always visible. It is not possible to modify user or training data.	The screen that displays training data is always visible. It is not possible to modify user or training data.	Upstream menu for setting and retrieving user and training data	
Number of storage spaces for user-specific training	No user-specific training	No user-specific training	4 users + guest	
Data that can be saved by individual users			pers. data, pers. scope of training, last training session, one individual training profile	
Available menu languages	no menu	no menu	EN/DE/FR/NL/PL/RU/IT	
Available training modes				
Manual training (MANU) – rpm-dependent: The user selects a brake level ("the gear")	•	•	•	
Automatic training (AUTO) – rpm-independent: The user selects a target watts value. Brake performance is regulated automatically depending on the user's step frequency.				
Displayed values during training				
Basic values displayed during training	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	
Display of the current power in watts			•	
Display of current brake level ("the currently selected gear")	brake level can be read on turning knob	brake level can be read on turning knob	•	
Display of average values	after end of training	after end of training	during training and after end of training	
Types of training				
Free training without settings (quick start)	•	•	•	
Optional preselection of training objectives (count-down training) for training time, training distance and calories/kJoules	•	•	•	
Available training programmes with profiles			6 profiles and one freely configurable profile per user	
Display of personal heart rate zones			Yes. The current of a total of five heart rate zones is displayed during training	
Pulse rate-oriented training			Yes. A training programme regulates the brake resistance towards a heart rate	
IPN Coaching: Once a fitness test is completed, the machine will issue customised training programmes				
HIT Training: 5 highly intensive intervals are completed in this training form				
Challenge Training: In this training form you compete against your own top performance results				
Recovery pulse rate measurement with fitness mark (recovery test)		•	•	
Connectivity				
Interface to external media (KETTLER World Tours, KETTMaps, ...)	KETTMaps APP via Headtracking function	KETTMaps APP via Headtracking function	APPs usable via BLUETOOTH	

*BLE - Bluetooth Low Energy Technology

ERGO C6 07689-600	ERGO C8 07689-800	ERGO C10 07689-880	ERGO C12 07689-900	ERGOMETER AXIOM 07690-680	GIRO R3 07689-370	ERGOMETER R10 07688-200
High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	Premium quality plastic housing with perspiration-resistant membrane keypad and inspection panel approx. 200 x 200 mm
117 x 86 mm LC display	117 x 86 mm LC display	155 x 86 mm TFT colour display	155 x 86 mm TFT colour display	155 x 86 mm TFT colour display	117 x 86 mm LC display	122 x 90 mm LC display with graph and heart rate light
Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central directional pad, Plus, Minus and 4 function buttons
Yes, optimised viewing angle for any body height					Yes, optimised viewing angle for any body height	
Via hand pulse sensors or chest belt (POLAR T34) as option	Via hand pulse sensors or chest belt (POLAR T34) as option	Via hand pulse sensors or BLE* chest belt (as option)	Via hand pulse sensors or BLE* chest belt (as option)	Via hand pulse sensors or BLE* chest belt (as option)	Via hand pulse sensors or BLE* chest belt (as option)	Via hand pulse sensors or BLE* chest belt (as option)
Upstream menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data
4 users + guest	4 users + guest	4 users + guest	4 users + guest	4 users + guest	4 users + guest	4 users + guest
pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance
EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT
•	•	•	•	•	•	•
•	•	•	•	•	•	•
Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption
•	•	•	•	•	•	•
when training in MANU mode	when training in MANU mode	when training in MANU mode	when training in MANU mode	when training in MANU mode	•	when training in MANU mode
during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training
•	•	•	•	•	•	•
•	•	•	•	•	•	•
6 profiles and one freely configurable profile per user	6 profiles and one freely configurable profile per user	10 preset profile training programmes. Innovative training configurator with endless scalability	10 preset profile training programmes. Innovative training configurator with endless scalability	10 preset profile training programmes. Innovative training configurator with endless scalability	6 profiles and one freely configurable profile per user	10 preset profile training programmes, 5 customised profile training programmes per user
Yes. The current of a total of five heart rate zones is displayed during training	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The display changes colour depending on the heart rate zone	Yes. The display changes colour depending on the heart rate zone	Yes. The display changes colour depending on the heart rate zone	Yes. The current of a total of five heart rate zones is displayed during training	The display changes colour depending on the heart rate zone.
Yes. A training programme regulates the brake resistance towards a heart rate	Yes. A training programme regulates the brake resistance towards a heart rate	Yes, two programmes are preinstalled, others are freely configurable	Yes. Two programmes are preinstalled, others are freely configurable	Yes. Two programmes are preinstalled, others are freely configurable	Yes. A training programme regulates the brake resistance towards a heart rate	Yes, 1 HRC training programme, 5 HRC profile training programmes preinstalled, 3 customised HRC profile training programmes per user
•	•	•	•	•	•	•
•	•	•	•	•	•	•
•	•	•	•	•	•	•
•	•	•	•	•	•	•
KETTMaps APP via Headtracking function	KETTMaps APP via Headtracking function	Use of APPs and KETTLER World Tours via BLUETOOTH	Use of APPs and KETTLER World Tours via BLUETOOTH	Use of APPs and KETTLER World Tours via BLUETOOTH	APPs usable via BLUETOOTH	KETTMaps APP via Headtracking function KETTLER World Tours via external operating element

EXERCISE BIKES ERGOMETERS (2/2)		GIRO C1 CLASSIC 07689-110	GOLF C2 07689-200	ERGO C4 07689-500
Quality of the drive and brake system				
KETTLER trad quality index*	5.8	7.9	6.2	
Break system	Magnetic bracket with continuous magnets	Magnetic bracket with continuous magnets	Motor-controlled magnetic bracket	
Drive system	Ribbed belt	Ribbed belt	Ribbed belt	
Flywheel mass	6 kg	6 kg with copper finish	8 kg	
Gear ratio	1 : 8	1 : 10	1 : 8	
Workout range	8 brake levels (gears) selectable via turning knob	8 brake levels (gears) selectable via turning knob	15 brake levels (gears) controlled via display	
Equipment				
Handlebars	extra upright U-shaped handlebar	U-shaped handlebar	U-shaped handlebar	
Seat	extra large comfort seat	KETTLER Perfect Adjustment system with BASIC FOAM seat top	Comfortable fitness seat	
Water bottle holder	Optionally available	Optionally available	Optionally available	
Holder for tablet PCs, smartphones & Co.	•	•	•	
Self-uprighting pedals with strap	•	•	•	
Castors and floor levellers	•	•	•	
Quick adjustment of seat height	•	•	•	
Technical details				
Maximum weight load	130 kg	130 kg	130 kg	
Power supply	Batteries (2 pcs. AA)	Batteries (2 pcs. AA)	Power connection (230 V)	
Dimensions when set up L/W/H in cm (approx.)	90/54/136	119/55/137	105/60/136	
Device classification acc. to DIN EN 957	Class HB	Class HB	Class HA	
Device geometry				
Pedal arm length	170 mm	170 mm	170 mm	
Stack (A)	79,1 cm	79,1 cm	79,1 cm	
Reach (B)	38,5 cm	38,5 cm	38,5 cm	
C1 (seat setting bottom & front)		544 mm		
D1 (seat setting bottom & front)		48 mm		
C2 (seat setting bottom & rear)		556 mm		
D2 (seat setting bottom & rear)		118 mm		
C3 (seat setting top & front)		804 mm		
D3 (seat setting top & front)		122 mm		
C4 (seat setting top & rear)		816 mm		
D4 (seat setting top & rear)		192 mm		
E - Seating tube angle	16°	16°	16°	



*KETTLER tread quality index, test result by KETTLER test laboratory.

ERGO C6 07689-600	ERGO C8 07689-800	ERGO C10 07689-880	ERGO C12 07689-900	ERGOMETER AXIOM 07690-680	GIRO R3 07689-370	ERGOMETER R10 07688-200
7.9	8.8	9.0	9.0	9.2	6,2	9.0
Induction brake system	Induction brake system	Induction brake system	Induction brake system	Induction brake system	Motor-controlled magnetic bracket	Induction brake system
Ribbed belt	Ribbed belt	Ribbed belt	Ribbed belt	Ribbed belt	Ribbed belt	Ribbed belt
6 kg	8 kg	10 kg	10 kg	10 kg	8 kg	10 kg
1 : 10	1 : 10	1 : 10	1 : 10	1 : 10	1:8	1 : 8
In AUTO mode: 25 - 250 watts (5-watt steps) In MANUAL mode: 20 brake levels (gears)	In AUTO mode: 25 - 400 watts (5-watt steps) In MANUAL mode: 20 brake levels (gears)	In AUTO mode: 25 - 400 watts (5-watt steps) In MANUAL mode: 20 brake levels (gears)	In AUTO mode: 25 - 400 watts (5-watt steps) In MANUAL mode: 20 brake levels (gears)	In AUTO mode: 25 - 600 watts (in 5-watt steps) In MANUAL mode: 30 brake levels (gears)	16 brake levels (gears) controlled via display	In AUTO mode: 25 - 400 watts (in 5-watt steps) In MANUAL mode: 20 brake levels (gears)
U-shaped handlebar with clip-on hand grip	U-shaped handlebar with clip-on hand grip	U-shaped handlebar with clip-on hand grip	Ergonomic multi-position handlebars	Ergonomic multi-position handlebars	Handlebar	Handlebar
KETTLER Perfect Adjustment system with BASIC FOAM seat top	KETTLER Perfect Adjustment system with FLEXIBLE FOAM seat top	KETTLER Perfect Adjustment system with FLEXIBLE FOAM seat top	KETTLER Perfect Adjustment system with 3D GEL seat top	Selle Royal Royal Gel™ seat	Ergonomic seat with rigid backrest	Ergonomic seat with tilt-adjustable backrest
Optionally available	Optionally available	Optionally available	•	Optionally available	Optionally available	
•	•	•	•			
•	•	•	•	•	•	
•	•	•	•	•	•	•
•	•	•	•	•		
130 kg	150 kg	150 kg	150 kg	180 kg	130 kg	150 kg
Power connection (230 V)	Power connection (230 V)	Power connection (230 V)	Power connection (230 V)	Power connection (230 V)	Power connection (230 V)	Power connection (230 V)
119/55/137	119/55/137	119/55/137	119/55/137	119/54/120	163/63/119	171/56/123
Class HA	Class SA	Class SA	Class SA	Class SA	Class HB	Class HA
170 mm	170 mm	170 mm	170 mm			
79,1 cm	79,1 cm	79,1 cm	79,1 cm			
38,5 cm	38,5 cm	38,5 cm	38,5 cm			
544 mm	526 mm	526 mm	526 mm			
48 mm	55 mm	55 mm	55 mm			
556 mm	538 mm	538 mm	538 mm			
118 mm	126 mm	125 mm	125 mm			
804 mm	786 mm	786 mm	786 mm			
122 mm	130 mm	130 mm	130 mm			
816 mm	798 mm	798 mm	798 mm			
192 mm	200 mm	200 mm	200 mm			
16°	16°	16°	16°			

BIKE EXERCISERS		RACER S10 07988-710
TRAINING COMPUTER	Timer, distance covered per session, total distance, speed, step frequency	•
	Energy consumption	•
	Pulse measurement (POLAR compatible, 5 kHz, with integrated plug-in-receiver, accessories)	via attached KETTLER Bluetooth chest strap
	Upper pulse-rate limit	Identification of pulse ranges with akustic support
	Average values at end of training session	•
	Virtual shifting	•
	Target settings	•
	Continuous display for	9 functions / automatic display changes possible
	Total no. of programmes	13
	Target zone training (FAT / FIT / MANUAL)	•
	Pulse-controlled programmes	•
	Freely scalable profiles	•
	Manual workout control	•
	Keypad	PMMA Touch
USB loading slot for smartphone	BLUETOOTH Low Energy Technology 4.2 Standard	
TECHNICAL DETAILS AND EQUIPMENT	Brake system	induction
	Drive system	ribbed belt
	Transmission ratio	1 : 8
	Flywheel system	18 kg
	Workout control	rpm-dependent (standard) / rpm-independent
	Workout range	25–1,000 watts (in 5-watt steps) rpm-independent up to 600 watts
	Power supply	power connection (230 V)
	German DIN EN class	German DIN EN standard 20957-1/5, Class HB
	Dimensions when set up L/W/H in cm (approx.)	131 / 53 / 126
	Distance pedal / seat min. / max. in cm (approx.)	79-98
	Maximum weight load	130 kg
	Quick adjustment of seat height	•
	Horizontal seat adjustment	•
	Handlebars	Roedbike handlebar and original Campagnolo Chorus EPS Ergopower shift handles
	Self-uprighting pedals with strap	combi-pedals: SPD system / platform
	Castors / floor levellers	•
Colour	anthracite	

RACER 3 07639-600	SPEED 5 07639-200
•	
brake-level dependent	
hand pulse sensors included / ear clip and CARDIO PULSE SET optional	
percentage display as well as optical and acoustic warning signal	
•	
5 functions	
12	
•	
•	
1	
•	
perspiration-resistant keypad	
magnet (motor-controlled)	brake shoes with emergency-brake function
ribbed belt	ribbed belt
1 : 8	
18 kg	18 kg
rpm-dependent	
1-32 (motor-driven)	infinitely adjustable
Generator	
German DIN EN standard 20957-1/5, Class HC	German DIN EN standard 20957-1/10, Class S
102 / 53 / 113	105 / 60 / 110
130 kg	130 kg
•	•
•	•
height-adjustable	adjustable vertically and horizontally
with cage	quick-release pedals
•	•
light grey / black	black

CROSS TRAINERS (1/2)		RIVO 2 07692-100	RIVO 4 07692-160	UNIX 4 07692-400	UNIX 10 07692-500
Housing, display, controls, pulse measurement					
Housing	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 147 x 170 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm
Display	85 x 48 mm LC display	117 x 86 mm LC display	117 x 86 mm LC display	117 x 86 mm LC display	155 x 86 mm TFT colour display
Operation	4 buttons (Plus, Minus, Set, Recovery)	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons
Tilt setting	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height
Pulse measurement	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)
Menu navigation and user settings					
Using the machine	The screen that displays training data is always visible. It is not possible to modify user or training data.	Upstream menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data
Number of storage spaces for user-specific training	No user-specific training	4 users + guest	4 users + guest	4 users + guest	4 users + guest
Data that can be saved by individual users		pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance
Available menu languages		EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT
Available training modes					
Manual training (MANU) – rpm-dependent: The user selects a brake level ("the gear")	•	•	•	•	•
Automatic training (AUTO) – rpm-independent: The user selects a target watts value. Brake performance is regulated automatically depending on the user's step frequency.					•
Displayed values during training					
Basic values displayed during training	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption
Display of the current power in watts		activity indicator	activity indicator	activity indicator	•
Display of current brake level ("the currently selected gear")	brake level can be read on turning knob	•	•	•	when training in MANU mode
Display of average values	after end of training	during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training
Types of training					
Free training without settings (quick start)	•	•	•	•	•
Optional preselection of training objectives (count-down training) for training time, training distance and calories/kJoules	•	•	•	•	•
Available training programmes with profiles		6 profiles and one freely configurable profile per user	6 profiles and one freely configurable profile per user	6 profiles and one freely configurable profile per user	10 preset profile training programmes. Innovative training configurator with endless scalability
Display of personal heart rate zones		Yes. The current of a total of five heart rate zones is displayed during training	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The display changes colour depending on the heart rate zone
Pulse rate-oriented training		Yes. A training programme regulates the brake resistance towards a heart rate	Yes. A training programme regulates the brake resistance towards a heart rate	Yes. A training programme regulates the brake resistance towards a heart rate	Yes, two programmes are preinstalled, others are freely configurable
IPN Coaching: Once a fitness test is completed, the machine will issue customised training programmes					•
HIT Training: 5 highly intensive intervals are completed in this training form					•
Challenge Training: In this training form you compete against your own top performance results					•
Recovery pulse rate measurement with fitness mark (recovery test)	•	•	•	•	•
Connectivity					
Interface to external media (KETTLER World Tours, KETTMaps, ...)	KETTMaps APP via Headtracking function	APPS usable via BLUETOOTH	KETTMaps APP via Headtracking function	KETTMaps APP via Headtracking function	Use of APPs and KETTLER World Tours via BLUETOOTH

UNIX 10 EXT 07692-600	SKYLON 2 07691-210	SKYLON 4 07691-400	SKYLON 6 07691-600	SKYLON 10 07691-800
High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 175 x 200 mm	High-quality, perspiration-resistant plastic housing with acrylic-glass surface approx. 200 x 200 mm
155 x 86 mm TFT colour display	117 x 86 mm LC display	117 x 86 mm LC display	117 x 86 mm LC display	155 x 86 mm TFT colour display
Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons	Central rotary and push element plus 2 buttons
Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height	Yes, optimised viewing angle for any body height
using hand pulse sensors or a chest belt (included)	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)	Using hand pulse sensors or a chest belt (optional)	using hand pulse sensors or a chest belt (included)
Particularly extensive menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Upstream menu for setting and retrieving user and training data	Particularly extensive menu for setting and retrieving user and training data
4 users + guest	4 users + guest	4 users + guest	4 users + guest	4 users + guest
pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, one individual training profile	pers. data, pers. scope of training, last training session, several individual training profiles, pers. best performance
EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT	EN/DE/FR/NL/PL/RU/IT
•	•	•	•	•
•			•	•
Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption	Training time, speed, distance, pedal rotations per minute, heart rate, energy consumption
•	activity indicator	activity indicator	•	•
when training in MANU mode	•	•	when training in MANU mode	when training in MANU mode
during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training	during training and after end of training
•	•	•	•	•
•	•	•	•	•
10 preset profile training programmes. Innovative training configurator with endless scalability	6 profiles and one freely configurable profile per user	6 profiles and one freely configurable profile per user	6 profiles and one freely configurable profile per user	10 preset profile training programmes. Innovative training configurator with endless scalability
Yes. The display changes colour depending on the heart rate zone	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The current of a total of five heart rate zones is displayed during training	Yes. The display changes colour depending on the heart rate zone
Yes. Two programmes are preinstalled, others are freely configurable	Yes. A training programme regulates the brake resistance towards a heart rate	Yes. A training programme regulates the brake resistance towards a heart rate	Yes. A training programme regulates the brake resistance towards a heart rate	Yes. Two programmes are preinstalled, others are freely configurable
•				•
•				•
•				•
•	•	•	•	•
Use of APPs and KETTLER World Tours via BLUETOOTH	APPs usable via BLUETOOTH	KETTMaps APP via Head-tracking function	KETTMaps APP via Head-tracking function	Use of APPs and KETTLER World Tours via BLUETOOTH

EQUIPMENT AT A GLANCE

CROSS TRAINERS (2/2)		RIVO 2 07692-100	RIVO 4 07692-160	UNIX 4 07692-400	UNIX 10 07692-500
TECHNICAL DATA AND EQUIPMENT	Brake system	magnet	magnet (motor-controlled)	magnet (motor-controlled)	induction
	Driver system	drive disk / ribbed belt	drive disk / ribbed belt	drive disk / ribbed belt	drive disk / ribbed belt
	Gear ratio	1 : 11	1 : 11	1 : 11	1 : 11
	Flywheel mass	12 kg	14 kg	20 kg	22 kg
	Workout range	1 - 8	1 - 15 (computer-controlled)	1 - 15 (computer-controlled)	25 - 400 watts (in 5 watt steps)
	Power supply	batteries	power connection (230 V)	power connection (230 V)	power connection (230 V)
	German DIN EN class	Class HB	Class HB	Class HB	Class HA
	Dimensions when set up L/W/H in cm (approx.)	115 / 62 / 160	132 / 62 / 169	144 / 56 / 152	144 / 56 / 152
	Distance pedal / seat min. / max. in cm (approx.)	230 / 320 / 180	230 / 390 / 230	190 / 390 / 200	190 / 390 / 200
	Maximum weight load	110 kg	130 kg	150 kg	150 kg
	Bearings on turning joint	pendulum ball bearing in the disk joints, double ball bearings	pendulum ball bearing in the disk joints, double ball bearings	pendulum ball bearing in the disk joints, double ball bearings	pendulum ball bearing in the disk joints, double ball bearings
	Treads	adjustable	adjustable	adjustable	adjustable
	Foot plate inlets			TPR	TPR
	Arm levers	Ergonomically shaped grips	Ergonomically shaped grips	Ergonomically shaped grips	Ergonomically shaped grips
	Water bottle holder	Optionally available	Optionally available	Optionally available	Optionally available
	Fold-up system				
Safety lock	•	•	•	•	
Farbe	black	black	black	white/silver	

UNIX 10 EXT 07692-600	SKYLON 2 07691-210	SKYLON 4 07691-400	SKYLON 6 07691-600	SKYLON 10 07691-800
induction	magnet (motor-controlled)	magnet (motor-controlled)	Induktion	Induktion
drive disk / ribbed belt	drive disk / ribbed belt	drive disk / ribbed belt	drive disk / ribbed belt	drive disk / ribbed belt
1 : 11	1 : 9	1 : 9	1 : 9	1 : 9
22kg	18kg	20kg	22kg	22kg
25 – 400 watts (in 5 watt steps)	1 - 15 (computer-controlled)	1 - 15 (computer-controlled)	25 – 400 watts (in 5 watt steps)	25 – 400 watts (in 5 watt steps)
power connection (230 V)	power connection (230 V)	power connection (230 V)	power connection (230 V)	power connection (230 V)
Class HA	Class HB	Class HB	Class HA	Class HA
144 / 56 / 162	185 / 68 / 164	214 / 68 / 170	214 / 68 / 170	214 / 93 / 170
190 / 480 / 150	140 / 500 / 150	100 / 500 / 150	100 / 500 / 150	100 / 500 / 150
150 kg	130 kg	150 kg	150 kg	150 kg
pendulum ball bearing in the disk joints, double ball bearings	pendulum ball bearing in the horizontal bar, double ball bearings	pendulum ball bearing in the horizontal bar, double ball bearings	pendulum ball bearing in the horizontal bar, double ball bearings	pendulum ball bearing in the horizontal bar, double ball bearings
EXT-Technology	fixed-position foot plates	fixed-position foot plates	fixed-position foot plates	fixed-position foot plates
Foam rubber		TPR	TPR	Foam rubber
Ergonomically shaped grips	Ergonomically shaped grips	Ergonomically shaped grips	Ergonomically shaped grips	Multi-position grips
•	Optionally available	Optionally available	Optionally available	•
		Comfortable fold-up system	Comfortable fold-up system	Comfortable fold-up system
•	•			
white/silver	black	black	white/silver	white/silver

TREADMILLS		KETTLER TRACK S10 07886-900	KETTLER TRACK S8 07886-800	KETTLER TRACK S6 07886-600	KETTLER TRACK S4 07886-400
Housing, Display, Control Elements, Pulse Measurement					
Housing and display	high quality, perspiration-resistant plastic housing with plexiglass surface, 190 x 110 mm LC Display, orange text on a black base.			high quality, perspiration-resistant plastic housing with plexiglass surface, 132 x 85 mm LC-Display, black text on a green base	
Cockpit control	Perspiration-resistant control panel with the following buttons: • Central control pad: Start, Stop, Select Right, Select Left				
Additional buttons on handrails	• Speed '+' and '-' plus 3 Quick-Preselect buttons for 4 / 8 / 12 km/h or mph • Incline '+' and '-' plus 3 Quick-Preselect buttons for 4 / 8 / 12 percent			• Speed '+' and '-' plus 3 Quick-Preselect buttons for 4 / 7 / 10 km/h or mph • Incline '+' and '-' plus 3 Quick-Preselect buttons for 4 / 7 / 10 percent	
Pulse measurement	• Speed '+' and '-' on right handrail • Incline '+' and '-' on left handrail				
Pulse measurement	• Via Hand Pulse sensors (included in scope of delivery) • Per KETTLER BLUETOOTH-chest celt Art. No. 07930-610 (as option) • In addition, many sports watches, chest belts and heart rate monitors can be connected via BLUETOOTH (as option).				
Menu navigation, user setting, trainings display					
Device control	• Upstream Menu for setting and selection of user- and training data. • Direct Access for Quickstart Training possible.				
Number of storage spaces for personal training	• Storage space for 4 individual users plus one guest. • Each individual user has a separate Training Area with personal settings options.				
Personal settings options for the individual user	• Personal Training Intensity and Training Configurations, display preferences during training sessions, Personal Pulse Zones plus personal data.				
Available languages and menu navigation	10 languages available				
Training values displayed	Individual User can configure his training screen (Customized View). Available are: • Current Incline in %; Distance in km or mi; • Current Speed in km/h or mph; • Current Pace in min/km or min/mi (either Pace or Speed available); Current Pulse in bpm; • Current Training Time in min:sec or h:min; • Energy Consumption in kcal or kJoule; • Current Pulse Zone (either Energy Consumption or Pulse Zone available); • Training Profile (Matrix) plus Running Animation				
Display of average values	Following training, in the Training Summary for these values: Heart Rate, Speed/Pace, Incline				
Training programmes and connectivity options for APPs					
Training programmes integrated into treadmill	<ul style="list-style-type: none"> • Open Training (Quickstart) – Train without Specifications - 1 Programme • Pulse-Controlled Programme (HRC Trainings) - 12 Programmes, <ul style="list-style-type: none"> - incl. 4 Programmes with Pulse Control via Speed Variation - incl. 4 Programmes with Pulse Control via Incline Variation - incl. 4 Programmes with Pulse Control via combined Incline- and Speed Adaptation • Trailrunning Programme with varying Incline and Speed (4 Programmes) • Uphill Runs -Programmes with constantly increasing Inclines (4 Programmes) • Interval Training – Rapidly Alternating Intervals and Regeneration Phases (5 Programmes) • Configurable Trainings (Storage Places for 5 Programmes per Individual User) 				
Connectivity options to APPs	Interactive Training e.g. in KETTMaps possible. The treadmill supports BLUETOOTH Standards for transmission of training information to Sports APPs and wearables.				
Interface	BLUETOOTH				
Performance Data					
Motor performance	AC Motor 4.0 hp	DC Motor 3.0 hp	DC Motor 3.0 hp	DC Motor 2.5 hp	
Speed adjustable in steps from...	0.5 - 22 km/h 0.1 km/h	1 - 20 km/h 0.1 km/h	1 - 20 km/h 0.1 km/h	1 - 18 km/h 0.1 km/h	
Incline (automatically) adjustable insteps from...				0 - 12 % 1.0 %	
Running surface size	55 x 153 cm	55 x 153 cm	50 x 140 cm	47 x 135 cm	
Energy rebound and shock absorption	Running Surface mounted on Energy Elements for more agility through Energy Rebound. Double "honeycomb" structure with energy core for optimal absorption in foot impact			Double "honeycomb" structure with energy core for optimal absorption in foot impact area	
Equipment					
Speaker	Built-in Speaker for playing music or spoken commands, connection via AUX connection or BLUETOOTH (programme-dependent)				
Standard equipment	<ul style="list-style-type: none"> • Ventilator • Two Placement Spaces of Soft Material for Drinking Bottles and Utensils • Sports Timepiece Bracket • Tablet Holder with Safety Clip • Foldable Running Surface with Soft-Drop Function • Track-Stop Safety Key • Transport Castors • Height Compensation 				
Training guide including holder	•	•	•		
Handrail extension	Available separately	Available separately	Not available	Not available	
Max. weight load	175 kg	150 kg	140 kg	130 kg	
Power supply	230 V / 50 Hz				
DIN-EN Class under EN 20957-1 and -6	Class SA	Class HB	Class HB	Class HB	
Dimensions when set up	208 x 93.5 x 145.5 cm	208 x 93.5 x 145.5 cm	189.5 x 87 x 143.5 cm	182 x 85.5 x 143.5 cm	
Dimensions folded	142.5 x 93.5 x 165.5 cm	142.5 x 93.5 x 165.5 cm	126 x 87 x 153 cm	134.5 x 85.5 x 143.5 cm	
Dimensions packed	229.5 x 98.5 x 47 (36) cm	229.5 x 98.5 x 47 (36) cm	205 x 90.5 x 41.5 cm	200 x 90.5 x 41.5 cm	
Product weight without packaging	127 kg	115 kg	95 kg	87 kg	

ROWING MACHINES		COACH H2O 07975-500	COACH 10 07975-450	COACH 6 07975-400	COACH 2 07975-300	KADETT 07977-900
TRAINING COMPUTER	Display	LCD	negative LCD	negative LCD	LCD	
	Tilt-Adjustable	•	•	•	•	
	Control	Perspiration-resistant silicon buttons	PMMA Touch	Perspiration-resistant silicon buttons	Perspiration-resistant membrane keypad	
	Graphic display		Dot matrix	Dot matrix		
	Permanent visibility of	8 functions	9 functions, automatic display changes possible		8 functions	6 functions, automatic display changes possible
	Performance in Watts	•	•	•	Activity display	
	Braking steps		•	•	•	
	Timekeeping + 500m, training course, rowing strokes, strokes per minute, energy consumption	•	•	•	•	Time measurement, training course, rowing strokes, energy consumption
	Stroke speed		Acoustic signal can be activated			Acoustic signal can be activated
	Integrated pulse receiver	BLUETOOTH				
	Upper pulse rate limit		Recognition of pulse zones, acoustic warning signal			Optical and acoustic warning signals
	Average training values at end of training	•	•	•	•	
	Preset options		•	•		•
	Total training programmes	1	13	12	1	
	Pulse-controlled programmes					
	Count up / count down function	Count up	•	•	Count up	•
	Manual load control	•	•	•	•	•
	Heart rate mode	•	•	•	•	
APP mode	Automatic switchover	Set or automatic switchover		Automatic switchover		
Interface	BLUETOOTH low energy technology 4.2 standard					
TECHNICAL DETAILS AND EQUIPMENT	Brake system	Water	Induction brake system		Magnet strap with permanent magnets	Hydraulic cylinder
	Drive system	Tension strap				Outrigger technology
	Transmission ratio		1 : 5	1 : 5	1 : 5	
	Volume / flywheel mass	13 - 15 l	6 kg	6 kg	6 kg	
	Load range	Continuous (intensity-controlled)	MANU Mode up to 600 Watts (10 braking steps)	MANU Mode up to 400 Watts (10 braking steps)	10 braking steps	12 steps, with hydraulic-cylinder
	Rowing seat	Basic foam seat	3D GEL seat	Basic foam seat		Comfortable fitness seat
	Oar grip	Ergo oar grip + multi-move grip		Ergo oar grip		Standard oar grip
	Foot rests	Length-adjustable foot rests				Spacing adjustable, twistable
	Holders for tablets, smartphones etc.	Optional accessory				
	Chest belt	Optional accessory				Optional accessory (earclip included)
	Transport castors	•	•	•	•	
	Device class under DIN EN 957	Class S	Class SA	Class HA	Class HB	
	Power supply	Batteries (2 x AA)	Power connection (230 V)		Batteries (2 x AA)	
	Maximum weight load	150 kg	150 kg	130 kg	130 kg	132 kg
	Dimensions set up L / W / H in cm (approx.)	219 / 57 / 94	219 / 57 / 94	219 / 57 / 94	219 / 57 / 94	150 / 170 / 46
	Spacing foot rests-seat min. / max. in cm (approx.)	25 - 120	25 - 120	25 - 120	25 - 120	27 - 88
	Q-factor (foot rest spacing) in cm	5	5	5	5	
	Foldable	•	•	•	•	•
	Dimensions folded L / W / H in cm (approx.)	79 / 57 / 219	79 / 57 / 219	79 / 57 / 219	79 / 57 / 219	150 / 50 / 46
	Colour	anthracite / black	anthracite / black	anthracite / black	anthracite / black	silver / black

MULTIGYMS		MULTIGYM PLUS 07752-870
EXERCISES	Butterfly	via 3D flex motion system
	Bench press seated	•
	Crunches, seated	•
	Lat pulldown	•
	Rowing	•
	Rope pulley	•
	Versatile pull exercises using the double rope pulley	•
	Leg extensions	•
	Leg curls	
	Leg presses	
	Leg lifts	
	Chin-ups / grip versions	
	Dips	
	Press-ups	
TECHNICAL DETAILS	Weight block	5 - 80 kg (16 x 5 kg)
	Adjustable bench press handlebars	•
	Butterfly bar with eccentric phase	
	3D-Flexmotion System	•
	Lateral rod	•
	Height-adjustable seat cushion	•
	Ball bearing mounted deflection rollers for rope pulls	•
	Plastic-sheathed steel ropes / polyester ropes in pulley system	•/•
	Height-adjustable double rope pulley	
	Leg extensions with eccentric phase and limited movement	
	Leg curls with eccentric phase and limited movement	
	Adjustable back support	
	Sling trainer holder	
	Max. weight load	80 kg 3D-Flexmotion: 2 x 40 kg
	Max. body weight	130 kg
	Dimensions when set up L/W/H in cm (approx.)	181/156/200
Colour	black	

TRAINING BENCHES		HERK 07707-760	PRIMUS 07403-900
EXERCISES	Butterfly forward		
	Butterfly backwards		
	Bench press lying (flat and tilted bench press)	Flat bench	•
	Latissimus pull		
	Leg extensions		•
	Leg curls		•
	Leg lifts	•	
	Dips	•	
	Chin-up (grip versions)	•	
	Press-ups	•	
	Squats	•	
	Biceps curl bench		accessories
	TECHNICAL DETAILS	Weight disks	accessories
Barbell bar			accessories
Angle-adjustable cushion			•
Adjustable butterfly bar			
Butterfly with eccentric phase			
Adjustable leg extensions			•
Adjustable leg curl			•
Height-adjustable barbell rest		•	•
Ball bearing mounted deflection rollers for rope pulls			
Weight bench foldable to save space		•	•
Plastic-sheathed steel ropes			
Maximum weight load		100 kg barbell rest	Barbell rest 100 kg; leg curl 40 kg
Maximum user weight		130 kg	130 kg
Dimensions when set up L/W/H in cm (approx.)		190 / 106 / 204	203 / 101 / 96-111
Folded up L/W/H in cm (approx.)		138 / 106 / 204	203 / 101 / 163
Clearance of barbell rests (outer dimensions in cm) (approx.)			100
Colour	black	black	

EQUIPMENT AT A GLANCE

TABLE TENNIS		OUTDOOR 10 07178-900 / 07178-950	OUTDOOR 6 07177-900	OUTDOOR 4 07172-700
PLAYING SURFACE	Configuration	ALU-TEC+ composite table top weatherproof	ALU-TEC+ composite table top weatherproof	ALU-TEC+ composite table top weatherproof
	Board thickness	22mm	22mm	22mm
	Colour	umber / green grey / blue	grey / blue	grey / blue
	Tournament dimensions 274 x 152.5 x 76 cm	•	•	•
	Playback position	•	•	•
FEATURES	Locking mechanism	comfortable single-hand locking system	comfortable single-hand locking system	double-button lock
	Ball box on both tabletop halves	•	•	•
	Detachable soft touch edge protectors for tabletop corners	•	•	•
	Flexiband stowing option on the net post	•	•	•
	floor levellers	•	•	•
	Offroad wheels	•	•	•
	Fixed net	•	•	•
	Height-adjustable net	•	•	•
FRAME + CART	Material frame	50mm square tubing	35mm elliptical tube	25mm oval tubing
	Cross-struts between the legs	•	•	•
	Colour frame	grey	grey	grey
	Wheels	4 steerable offroad-double wheels	4 steerable offroad-double wheels	4 steerable offroad-double wheels
	Safety brakes on the wheels	2, diagonally positioned	2, diagonally positioned	2, diagonally positioned
	Dimensions when folded up L/W/H in cm (approx.)	68 / 183 / 165	68 / 183 / 165	68 / 183 / 166

INDOOR 10 07138-900	INDOOR 4 07132-900	#SKETCHPONG 07172-750
special wood table, indoor	special wood table, indoor	ALU-TEC+ composite table top weatherproof
22 mm	19 mm	22 mm
grey / blue	grey / blue	dark blue / blue
•	•	•
•	•	•
comfortable single-hand locking system	double-button lock	double-button lock
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
50 mm square tubing	25 mm oval tubing	25 mm oval tubing
•	•	•
grey	grey	black
4 steerable offroad-double wheels	4 steerable offroad-double wheels	4 steerable offroad-double wheels
2, diagonally positioned	2, diagonally positioned	2, diagonally positioned
68 / 183 / 165	68 / 183 / 165	68 / 183 / 165



APP COMPATIBLE – USE YOUR ERGOMETER, BIKETRAINER OR TREADMILL!

Current KETTLER devices with BLUETOOTH Low Energy Technology are compatible today for a selection of entertainment and fitness apps. No matter, if you want to use KETTMaps, KETTLER WORLD TOURS, ROUVY or ZWIFT, it is possible. Uncomplicated connection through an APP mode and public BLUETOOTH profiles for a usage of heart rate, cadence or power.

KETTLER WORLD TOURS

The powerful software for KETTLER devices with an interface. More information you find on www.kettlerworldtours.de
Test your ability. Enjoy the KETTRACE!



Training in studio mode.



Select individual workout profiles.



Real-time video functionality.



ZWIFT
Zwift is an online 3D world, populated of cyclists.
Get special details on <https://zwift.com>



ROUVY
Control your indoor training and share your virtual tracks.
Log in under <https://rouvy.com>



KETTMAPS
Join the multiplayer session and put yourself in front.
More infos under www.kettmaps.com

New media database for your dealer advertising

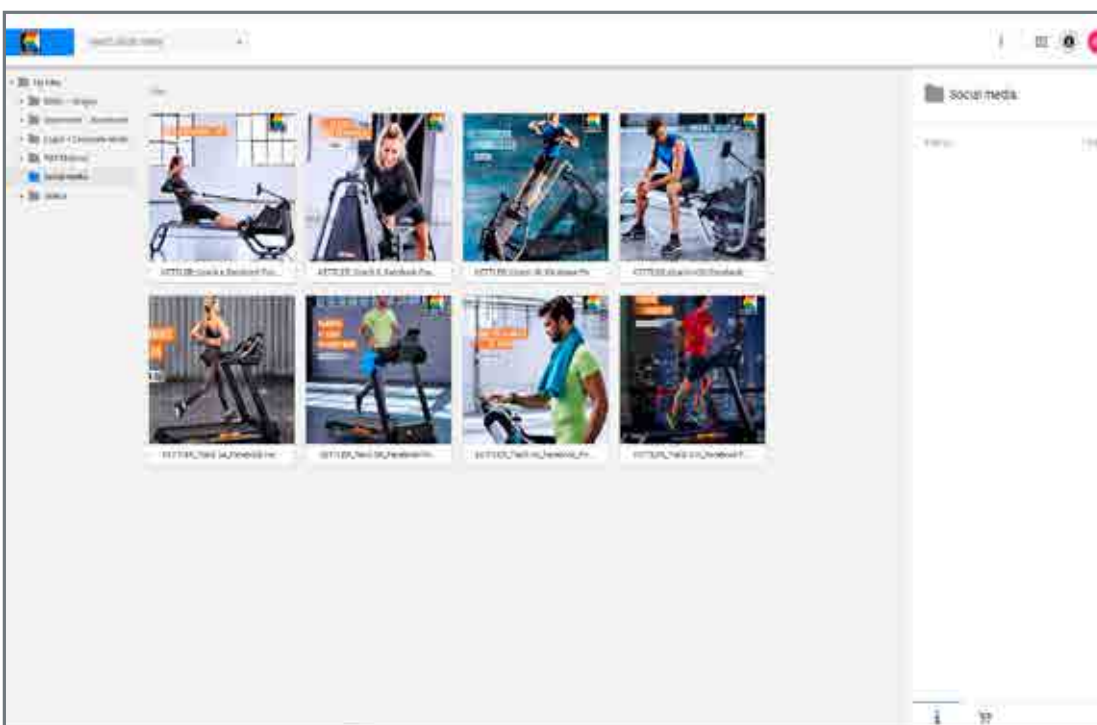
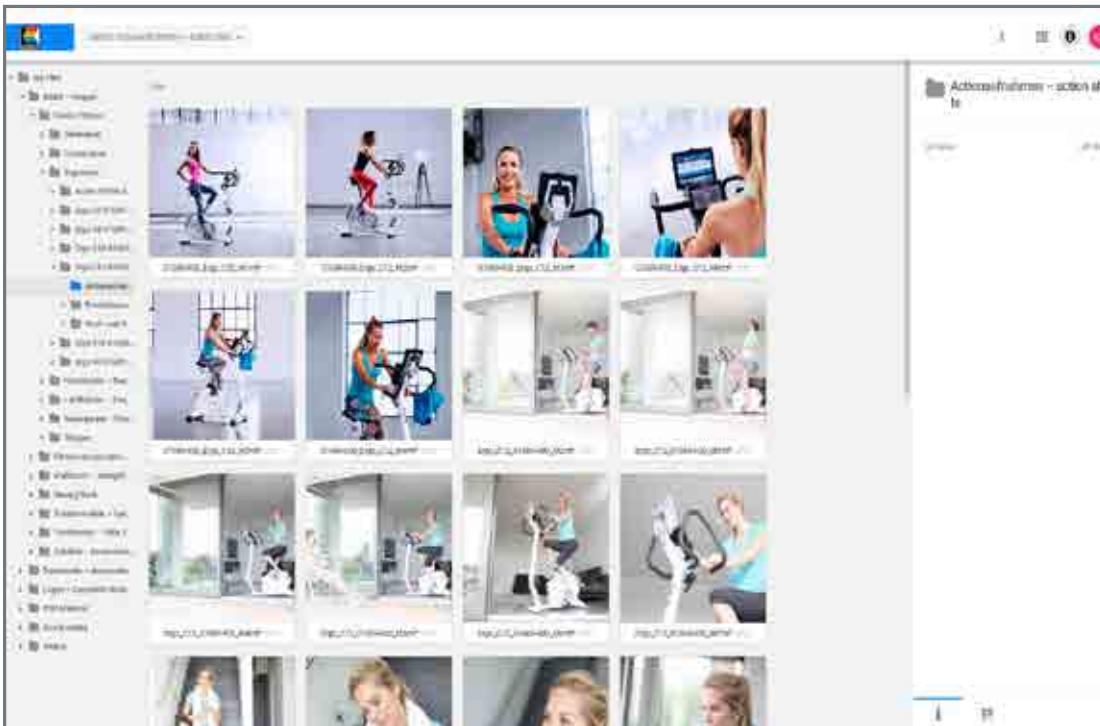
Do you require informative images, strong videos, extensive product information or other materials related to the KETTLER product world? With the new KETTLER cloud, we offer you a modern, user-friendly solution and intuitive application options for your media activities.

Here you will find extensive materials for sales promotion and commercial advertising. The database is available 24 hours a day from anywhere via your access data.

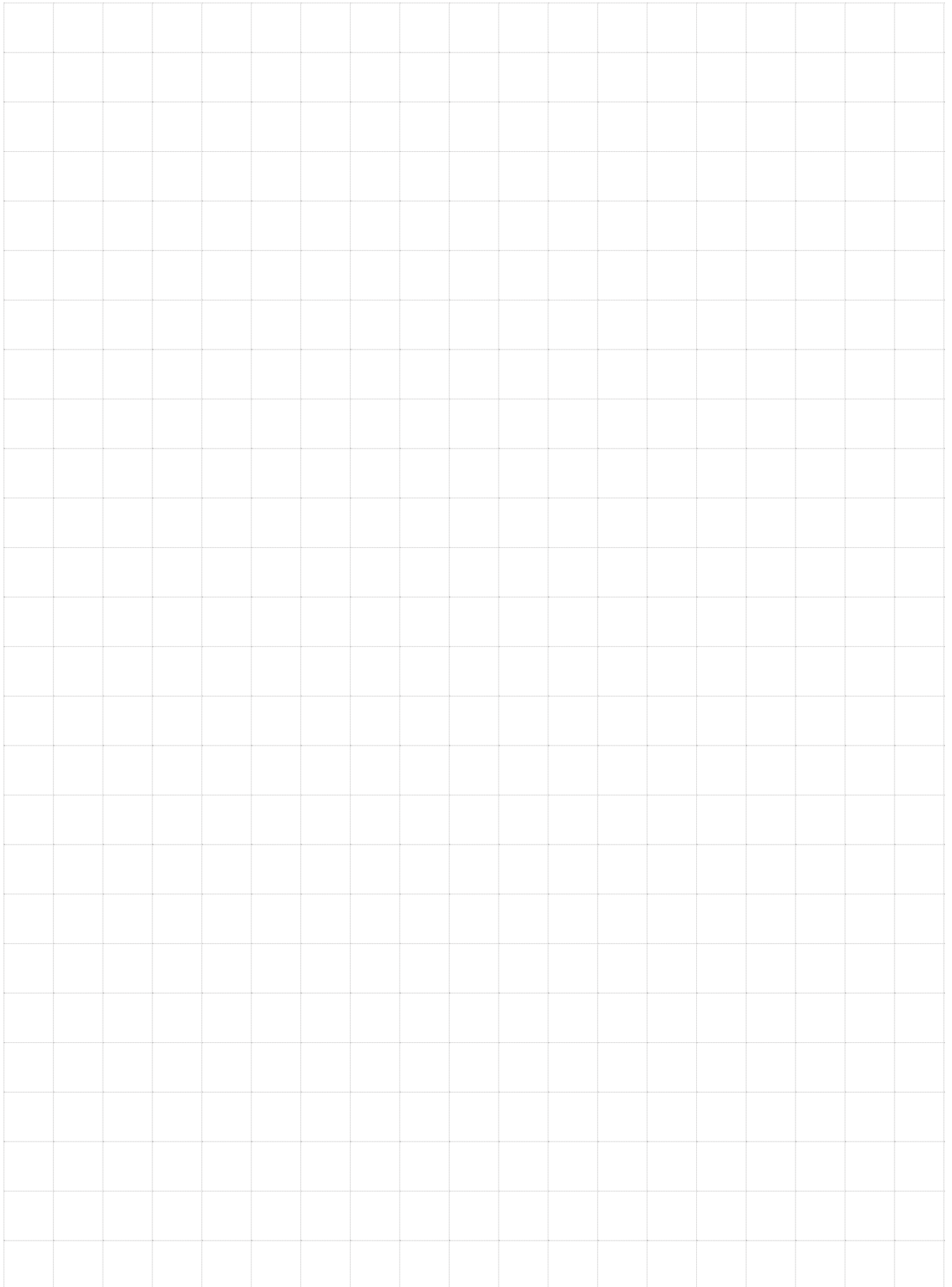
The new cloud system minimizes the time and cost of searching for the media you require. In addition, the

database is easy to use, allows single and multiple downloads, and has a low load time.

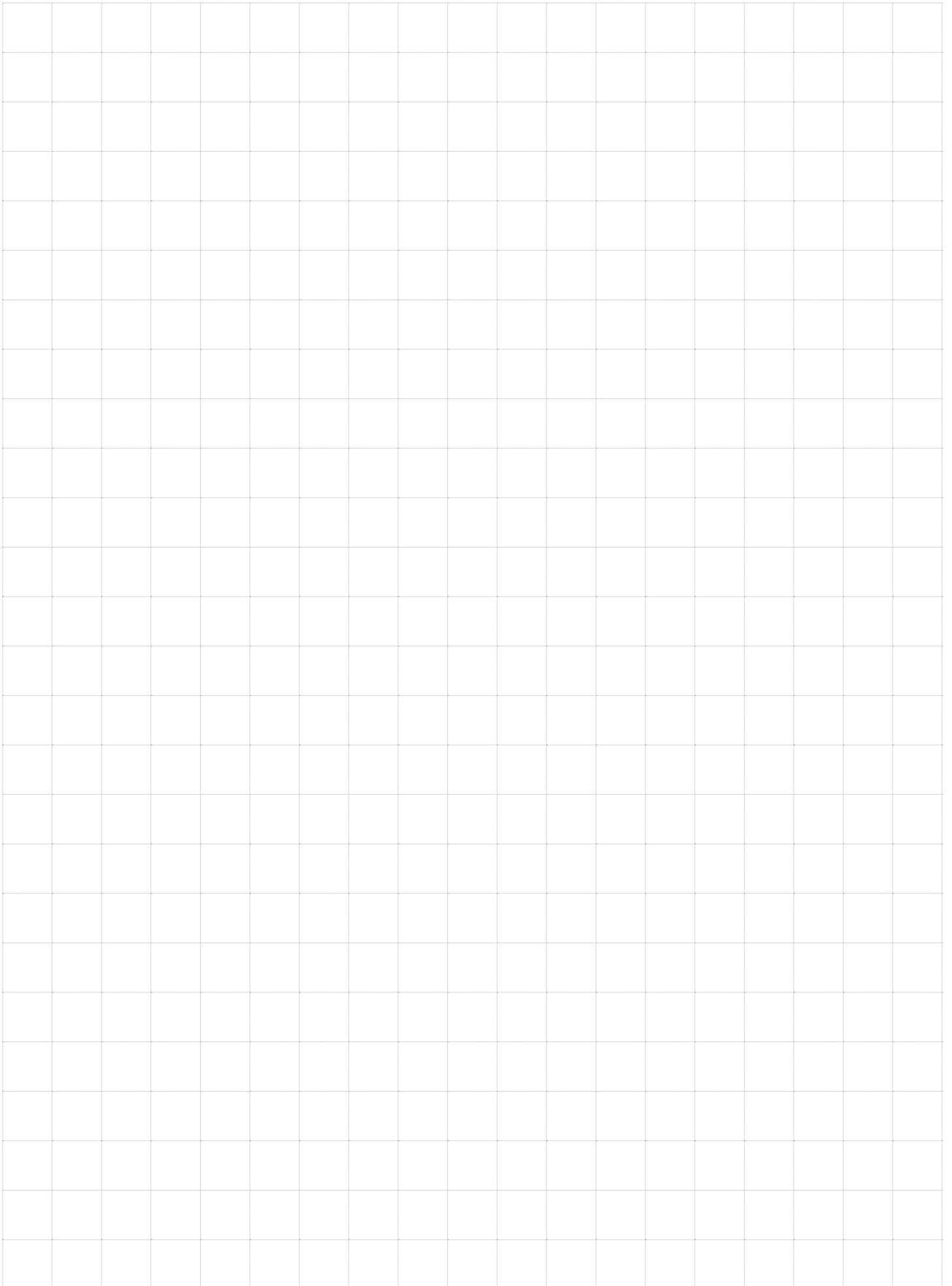
We are constantly working to update and optimize the KETTLER cloud. We are always happy about any wishes, ideas, and suggestions for improvement. If you have any questions, please do not hesitate to contact our marketing department at marketing@kettler.de.



NOTICES



NOTICES





More information about KETTLER can be found here:

DE Kettler Freizeit GmbH
Postfach 1020
59463 Ense-Parsit
Tel.: +49 2938 810
Fax: +49 2938 81-91000
E-Mail: service.international@kettler.net
www.kettler.de
www.facebook.com/kettler.net

AT Kettler Austria GmbH
Ginzkeyplatz 10
5020 Salzburg
Tel.: +43 662 620501-0
Fax: +43 662 620501-20
E-Mail: office@kettler.at
www.kettler.at

FR Kettler France S.a.r.l.
46 rue du Faubourg de Saverne
67000 Strasbourg
Tel.: +33 388 475580
Fax: +33 388 473283
E-Mail: comm@kettler-france.fr
www.sport.kettler-france.com

PL Kettler Polska Sp. z o.o. Kg
ul. Okopowa 56A
01-042 Warszawa
Tel.: +44 1527 591901
Infotinia: 0801 430 450
E-Mail: kontakt@kettler.pl
www.kettler.pl

US Kettler INT'L, INC.
1355 London Bridge Road
Virginia Beach, VA 23453 USA
Phone: (757) 427-2400
Fax: (757) 427-0183
E-Mail: info@kettlerusa.com
www.kettlerusa.com

CH Trisport AG
Im Bösch 67
6331 Hünenberg
Tel.: 0900 785111
Fax: +41 41 7858122
E-Mail: fitness@trisport.ch
www.kettler.ch

IT Garlando S.p.A.
Via Regione Piemonte, 32 - Zona Ind. D1
15068 Pozzolo Formigaro (AL) - Italy
Tel.: +39 0143 318500
Fax: +39 0143 318585
E-Mail: kettler@garlando.it
www.kettler.it

NL Kettler Benelux B.V.
Indumastraat 18
5753 RJ Deurne
Tel.: +31 493 310345
Fax: +31 493 310739
E-Mail: info@kettler.nl
www.kettler.nl
www.kettler.be

GB Kettler GB Ltd.
KETTLER House, Merse Road
North Moons Moat
Redditch, Worcestershire B98 9HL
Tel.: +44 1527 591901
Fax: +44 1527 62423
E-Mail: sales@kettler.co.uk
www.kettler.co.uk

Subject to technical changes, errors and colour variations.



KETTLER worldwide: