

ENJOY YOUR LIFE



2015/2016

SPORT



HEART RATE LIGHT

Green light for optimised training: on all units with this logo, you simply ride your way to your ideal figure and fitness. Using three different colours, similar to a traffic light, the pulse indicator shows you the ideal way to your proper workout intensity.



A blue backlit display means: the training pulse has not yet been reached; red means: the training pulse is too high, and green means: optimal training pulse. And the pounds will be shed almost like magic!



IPN TEST

Fitness equipment from KETTLER with the IPN function offers a special test routine for evaluating your personal performance. This is how it works: the unit records your heart rate data during the test run, automatically evaluates this data based on the completed test and determines your personal target heart rate zones. These are important fundamentals for individual heart rate-based training. Advantages: you train exactly within your individually determined heart rate zones and obtain individual recommendations for your training programme. Your personal performance test allows you to train more effectively and reach your personal goals – e.g. weight loss or increased performance – much more quickly.



DRIVE TECHNIQUES

KETTLER uses three 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.



KETTFIT is the name of the KETTLER health and fitness community. Since the internet portal went online in September 2011, many fitness enthusiasts have already been taking advantage of opportunities to network with like-minded individuals. The key element of the portal is the Community. All units bearing the KETTFIT logo feature the data transmission interface. Thanks to the simple user interface, KETTFIT offers easy-to-understand training documentation and motivation. In addition, you can watch training videos or obtain online instructions and tips from KETTFIT trainers.



KETTLER WORLD TOURS 2.0 is a must for all ambitious athletes who train heavily on the race ergometer, ergometer, cross trainer or treadmill. This software enables you to record tours via a smartphone or GPS device outdoors and later ride/run that same route on 3D maps with your KETTLER fitness equipment. Even if it is snowing, stormy or raining outside, you can train indoors and feel as if you are on your own training route. 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.

KETTLER WORLD TOURS 2.0 07926-900A
KETTLER WORLD TOURS 2.0 UPGRADE 07926-990A



KETTLER S-FIT APP

KETTLER S-FIT APP is the perfect add-on for all KETTLER S-Line equipment types, and can be used as a multi-faceted motivational support. In connection with a Bluetooth enabled smartphone or tablet (Android/iOS), you will be able to develop your full potential in no time at all: simply connect to the KETTLER S-FIT APP via Bluetooth, and choose from the many challenging training modes available: Use the FUN mode to burn off burgers, pizza, or coca cola, or select the CHALLENGE mode for realistic training routes with a variety of terrain profiles. In EXPERT mode, all training-relevant information, including step frequency, pulse and heart rate are monitored and stored in detail. You can synchronise your performance with your own KETTFIT account, and share your results with friends on Facebook – making your living room a connected training centre.

THE KETTLER COMFORT-LINE



- **Make your home trainer feel right at home**
The Comfort Edition matches the new look of every modern living room and won't need to be hidden behind a sofa or armchair.
- **High comfort for high standards**
The anatomically shaped add-on parts are striking due to their high quality leather-look materials and their outstanding training comfort.
- **It doesn't just look good**
All Comfort models meet the accustomed KETTLER quality as a standard.



GOLF M COMFORT



E5 COMFORT



UNIX E COMFORT



SKYLON 5 COMFORT



- **S-Fit LINE:**
KETTLER's premium product line with integrated smartphone and tablet controls
- **The S-Fit APP makes training an adventure:**
3 training modes (Challenge, Expert, Fun) to ensure a change of pace and motivation
- **Post and organise training data:**
Results are evaluated in Kettfit and posted on Facebook.

Download the free KETTLER S-FIT APP from Google Play or the Apple Store.

Apple, the Apple logo and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.



RACER RS 07988-757

Carbon racer on four legs. Train in every weather - ideal for professional levels of training, just what every ambitious road biker needs. The Speed bike RACER RS provides the perfect alternative for all racing cyclists who don't want to miss out on a challenging training session just because of bad weather. Superior features provide an authentic racing bike feeling. As is normal with high-end speedbikes, the RACER RS features electronic gearing by Campagnolo as well as a Profile Design Prosvet handlebar with T4 attachment. There are also further features that make up the perfect frame for racing cyclists and anyone who wants to bring their racing into their living room.

The supplied KETTLER WORLD TOURS 2.0 software allows you to ride virtual distances, compete in online competitions, and document your training.



MADE IN GERMANY

RACER S 07988-756

The RACER S transforms your living room into a velodrome! Thanks to S-FIT, all the functions can also be controlled via your smartphone and/or tablet (iOS or Android). In addition, you can network with the KETTLER Fitness Community. The supplied KETTLER WORLD TOURS 2.0 software allows you to ride virtual distances, compete in online competitions, and document your training.



MADE IN GERMANY



TOUR S 07988-760

Bike training in winter? No problem! The KETTLER TOUR S brings that authentic touring feeling right into your living room. The feeling of authenticity is enhanced by the powerful drive system and the racing bike-inspired electronic gearshift. The integration of the KETTLER WORLD TOURS 2.0 software additionally offers tour and race simulations, and is comfortably operated via the glass cockpit with touch function or via the gearing.



MADE IN GERMANY

ERGO S 07682-755

The innovative S-FIT smartphone control integrated in our top-of-the-line ergometer turns tedious cardio training into a whole new experience. The KETTLER WORLD TOURS 2.0 training software allows you to ride virtual training routes at home. The multi-position handlebars and seat are extra comfortable. An integrated pneumatic lift offers the kind of adjustment comfort usually only found in office chairs.



MADE IN GERMANY



MADE IN GERMANY





COACH S 07975-170

Authentic rowing. Ready, set, go! Get your arms going for a training experience just like the real thing, but all within the four walls of your home: The COACH S can be used to row on dry land any time. Aside from specialised training programs, the COACH S also offers special features like the Advanced Brake Mode. This simulates a movement pattern that mimics actual rowing on the water. The ergonomic wooden seat and wooden grips give a natural haptic and aesthetic feeling. Further special characteristics: The extra long rail guide makes the machine suitable for athletes with a max. body height of 2 m. The KETTLER WORLD TOURS 2.0 software can additionally be used to its full extent.



MADE IN GERMANY

RUN S 07885-700

Smart running! Ambitious runners should not take risks running over ice or in the cold, and instead keep fit at home. The RUN S is the perfect solution for anyone who would like to train whatever the weather. Bluetooth interface and smartphone control keep your motivation high, and the high-performance motor with 3 hp keeps up the tempo. An innovative glass-touch user interface provides direct and intuitive control. Unbelievably clever!



Tablet PC not included.





UNIX S 07670-750

The top model of the compact Unix cross trainer range obeys your smartphone's commands! Simply connect your iOS or Android mobile phone to the cross trainer via Bluetooth and adjust all the functions in a snap. Another special feature is the EXT technology (Extended Motion) for training that is particularly easy on the joints.



 MADE IN GERMANY

SKYLON S 07655-700

The SKYLON S is the most technically advanced full-body workout device we have ever developed. Thanks to the revolutionary S-FIT smartphone control, this high-end equipment offers its user virtual training at the highest level.



 MADE IN GERMANY

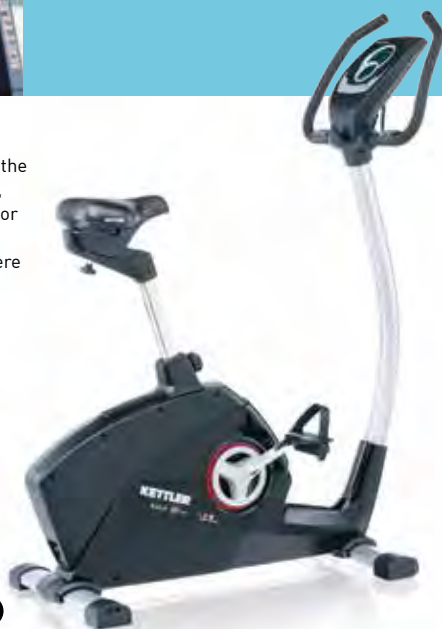




- **Cardiovascular workout with a concept:**
Giro – Polo – Golf: Each customer will find the right trainer in the KETTLER range.
- **The home sport classics from KETTLER:**
KETTLER has been producing the Golf and other models for generations in Germany.
- **Fittings that simply make sense, combined with workmanship:**
The frame, drive and display are perfectly matched.

GOLF P ECO 07663-660

Sustainable: With each turn of the pedal on our Eco exercise bike, you generate your own power for the display and motor brakes. If only all fitness equipment were this green ...



MADE IN GERMANY

GOLF P 07663-100

This extra sturdy exercise bike always keeps you totally in the know: On the tilting cockpit with backlit display, you can monitor eight functions simultaneously, plus your perfect target zone – so you can fully concentrate on your training. The on-board computer handles the resistance settings for you.



MADE IN GERMANY

GOLF M 07661-600

NEW GOLF M COMFORT 07661-650

Like its four-wheel namesake, our bestseller is a classic among exercise bikes. With an extra-large LCD display, continuous display for ten functions, integrated pulse receiver and much more, it is Europe's most widely sold exercise bike.



GOLF M COMFORT

MADE IN GERMANY



GOLF M

POLO M 07664-000

NEW POLO M FUN 07664-500

Elegant and compact: This slender exercise bike also shows off its great figure in the living room – and fits into the smallest of spaces. Thanks to the training computer with target zone training, you'll always be pedalling at the workout level that is best for you.



POLO M FUN

MADE IN GERMANY



POLO M



NEW GIRO P BLACK 07631-500
GIRO P 07631-000

Fitness in a flash! These compact exercise bikes enable you to program all 8 programmes in a flash using the "push 'n' turn" knob. And the computer handles the resistance setting. All you have to do is focus on your training.



GIRO P



GIRO P BLACK

P

NEW GIRO M BLACK 07630-500
GIRO M 07630-000

Health is our most precious commodity. Yet maintaining or improving it doesn't cost much at all! Our entry-level model comes with many of the features of its more sophisticated family members – e.g. a training computer with recovery pulse rate and fitness marks – it is after all a KETTLER – but super-affordable!



GIRO M



GIRO M BLACK

M

NEW GIRO R BLACK 07629-100
GIRO R 07629-000

Safe, convenient and comfortable: On the GIRO R and the GIRO R BLACK, you'll pedal your way to fitness – and go easy on your back! With the low step-in and secure seat position, those starting up or resuming a fitness routine will find just what they are looking for.



GIRO R



GIRO R BLACK

P



- Systematic training:**
 The watt and pulse-oriented workout control makes training in your target range very easy.
- The Ergometer – a precision instrument:**
 Each KETTLER ergometer is calibrated and certified after production.
- Made in Germany**
 All ergometers are produced by experienced personnel at KETTLER's headquarters.

E 1 07682-050
 NEW E 1 FUN 07682-950

The most economical way to start up or resume a fitness routine: Thanks to the "push 'n' turn" selection knob, the training computer is child's play to operate, offering only the functions that you really need, and including an ergometer function for a precise and reproducible workout in watts.



E



E 3 07682-150

Just like the little brother E 1, the E 3 offers the three most important programmes for getting fit quickly – with plenty of power to spare. In addition, KETTLER WORLD TOURS 2.0 enables you to ride your virtual tour at home and evaluate your training success on the computer via KETTFIT.



KETTLER WORLD TOURS 2.0 ready E

E 5 07682-600
 NEW E 5 COMFORT 07682-650

The 4-user memory of the E 5 / E 5 COMFORT will have the whole family fit in no time at all! The backlit training computer includes the "HEART RATE LIGHT" function for the visual monitoring of your stress factors. Check your personal fitness level just like the pros: with the IPN fitness test.



KETTLER WORLD TOURS 2.0 ready E

E7 07682-860

With power to spare: Our fitness pro with 48 training programmes offers a particularly powerful drive for even quieter pedalling. In addition to the HEART RATE LIGHT and the IPN test, the E7 also comes with a computer interface – for your very own professional on-screen training analysis.



RE7 07688-160

The more relaxed brother of the E7.

The adjustable backrest, the breathable cover, and the simple seat adjustment make the RE7 the best choice for all those who appreciate comfort. But it is not just comfortable: Its powerful drive system will have you working up a sweat in no time.



RACER 9 07988-725

The electronic gearing and powerful drive system with 1000 W output of the KETTLER RACER 9 offer a true racing bike feel – designed for ambitious cyclists who wish to add more cycling training units to their fitness regime. The cyclist has all sport-specific data, including gear display and pulse hold function at his fingertips via the newly developed cockpit.



TOUR 9 07988-722

Training at home 2.0: The new, well-organised display allows you to keep an eye on all training-relevant information during pulse-controlled training from start to finish. The sporty-sturdy frame, the comfortable seat, and the newly developed handlebars with ergonomic hand grips ensure a comfortable seat position and an authentic trekking feeling.



Accessories:

PROTECTIVE FLOOR MATS

07929-200 140 x 80 cm
07929-400 220 x 110 cm

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





- **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
- **NEW: The TOUR model also features an upright seat position:**
Developed for friends of sporty cycling tours on a trekking bike

SPEED 5 07639-200

Fitness studio quality for ambitious cyclists. SPEED 5 will make any performance-driven athlete's heart beat faster. The extra sturdy design, SPD clipless pedals and powerful drive with an 18 kg flywheel mass enable training in any heart rate range. It is not surprising that thanks to its S-Class certification, the SPEED 5 enjoys the status of a full-fledged studio bike.



RACER 1 07639-700

Entry level equipment into the world of bike exercisers. Those who prefer a sporty ride will thoroughly enjoy the RACER 1. Featuring an 18 kg flywheel and a felt brake pad, the RACER 1 is the equipment of choice, and not just for basic training.



TOUR 7 07988-730

The bike exerciser for trekking riders: KETTLER TOUR 7 with its sophisticated and sporty-sturdy frame and premium quality mounting parts, like the seat, pedals, and new Ergo handlebars, is the perfect solution for discerning trekking riders and their high-octane training routines. The programme-controlled exercise bike with eight different modes ensures a well-balanced training in multiple pulse ranges.



RACER 3 07639-600

A great workout with a good conscience. When you step into the pedals on the RACER 3, you produce your own power needed for the brake system and display. The 32 resistance levels allow a very fine tuning of the Racer 3, which means you'll always find the right gear.





- Unbeatable for a full body workout that is easy on the joints:**
 The guided, elliptical movements are easy on the joints – but not on sweat production.
- Sophisticated mechanics for movements close to reality:**
 Front-wheeler, rear-wheeler, extended motion: Everyone will find his favourite
- No compromises in the choice of components:**
 Double bearings on joints and high flywheel masses guarantee long-term training fun

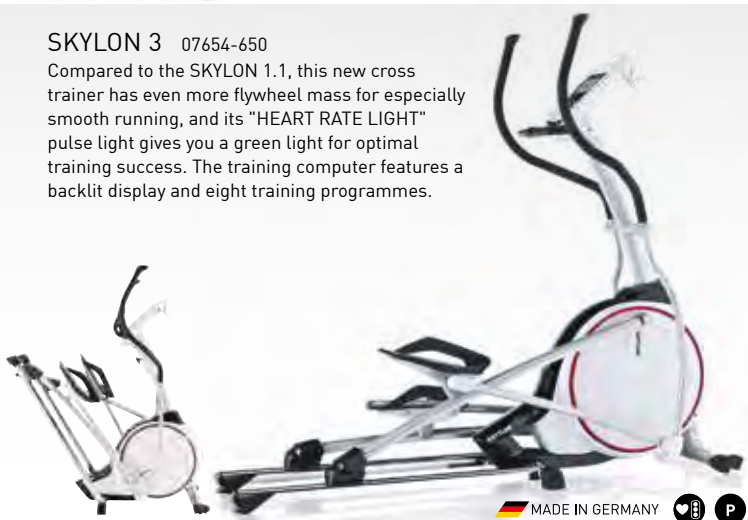
NEW SKYLON 1.1 07643-650

Even the entry-level model of the Skylon cross trainers will make your heart beat faster! The "push 'n' turn" computer offers eight programmes and a backlit display. Thanks to the elliptical range of movement, your future cardio training will be easier on the joints. The magnetic brake is motor-controlled.



SKYLON 3 07654-650

Compared to the SKYLON 1.1, this new cross trainer has even more flywheel mass for especially smooth running, and its "HEART RATE LIGHT" pulse light gives you a green light for optimal training success. The training computer features a backlit display and eight training programmes.



MADE IN GERMANY

SKYLON 5 07655-350
NEW SKYLON 5 COMFORT 07655-900

The whole family can train with the SKYLON 5 / SKYLON 5 COMFORT! And after each workout, you can load the training data onto your PC via a USB interface and evaluate your performance data via KETTFIT. It's never too early to plan your next workout! The computer offers eight programmes and enables pulse-controlled training.



MADE IN GERMANY
KETTFIT
 KETTFIT
 WORLD TOURS
 2.0
 ready

VITO M 07658-000
NEW VITO M FUN 07658-100

The VITO M / VITO M FUN offers a percentage display and visual as well as acoustic warning signals when you exceed your target range. Its magnet brake is manually adjustable with ten resistance levels.



VITO M FUN
 VITO M
 MADE IN GERMANY



UNIX M 07650-100

On the extra large LCD display of this cross trainer, you always have a quick overview of ten functions, including step frequency graphics. And with the integrated pulse receiver featuring target zone training, your cardio workout will soon have you in top form.



MADE IN GERMANY **M**



UNIX P 07652-000

This cross trainer will help you conquer new heights! On its backlit and tilting display, you can control eight functions during your workout at any time, including pulse and energy consumption. Advantage of the P unit: its magnetic brake is motor-controlled.

MADE IN GERMANY **P**



UNIX PX 07652-500
Equipment like UNIX P, plus EXT Technology and HEART RATE LIGHT.



MADE IN GERMANY **P**

EXT TECHNOLOGY

The UNIX PX and UNIX EX cross trainers have our EXT multi-articulated mechanism on board. The larger radius of movement ensures a longer and flatter stride – and you can train with an even more natural running motion.



UNIX EX 07670-760

Features like UNIX E / UNIX E COMFORT (shown opposite on page 15), plus EXT Technology, larger programming variety and HEART RATE LIGHT.



MADE IN GERMANY **KETTIFIT** **WORLD TOURS 2.0 ready** **E**



UNIX E 07670-160
NEW UNIX E COMFORT 07670-300

Eight programmes, HEART RATE LIGHT and PC interface: This particularly compact cross trainer offers all the functions that make training even more effective. And those who like virtual mountain tours can simply add on the KETTLER WORLD TOURS 2.0 software.



MADE IN GERMANY

KETTLEFIT



NEW RIVO M BLACK 07643-300
RIVO M 07643-000

Fitness for everyone! It's child's play to get into a training routine with this cross trainer, thanks to its manual resistance setting. The backlit display on this unit always shows you the most important information.



M

NEW RIVO P BLACK 07644-500
RIVO P 07644-000

Step by step on the road to fitness: On the blue backlit training computer, the "push 'n' turn" knob enables you to use all eight programmes in a snap. And the electronic resistance setting with a magnetic brake makes your training even more convenient.



P



- Performance-based training in your own home:**
 The perfect alternative for a workout at home during bad weather.
- The right equipment for every need:**
 A running surface, motor and shock-absorbing systems for each level of performance.
- Outstanding training entertainment:**
 Many devices are compatible with tablets, Kettfit and World Tours.

RUN 7 07883-600

KETTLER RUN 7 offers everything an ambitious runner would look for to create regular and intensive workout sessions at home. Smartphone operation ensures perfect training control with a variety of modes for any type of runner.

The premium quality touch screen user interface allows quick, direct control of the treadmill, and the additional quick keys in the hand grips allow super-easy speed and incline adjustments. The motor with 2.75 hp continuous output powers intensive training units and speeds up to 20 km/h. The integration of KETTLER S-FIT APP with challenging training modes creates additional motivation.



Tablet PC not included in the scope of delivery



RUN 11 07886-500

KETTLER RUN 11 – the perfect training motivator. The smartphone app offers access to a variety of training modes to suit any type of runner. A particular highlight is the option to integrate the KETTLER World Tours 2.0 software for virtual routes, race simulations, and training documentation. The motor with 3.0 hp continuous output provides the necessary power for speeds up to 20 km/h.

The premium quality touch screen, as well as quick keys on the hand grips allow quick and easy speed and incline control even without smartphone. The integration of KETTLER S-FIT APP with challenging training modes creates additional motivation.



Tablet PC not included in the scope of delivery



RUN 1 07888-500

KETTLER RUN 1 is the perfect equipment for any requirement. It is sporty, yet elegantly designed and comfortable in its operation, and also space-saving as it can simply be folded away: this treadmill is the perfect choice as a training addition or as a bad weather option. The powerful motor with 2.0 hp continuous power offers intensive training units with speeds up to 16 km/h. Another highlight is the highly functional user interface with various modes to choose from for any running style, which can also be operated remotely via your smartphone. The integration of KETTLER S-FIT APP with challenging training modes creates additional motivation.





KETTLER TRACK 9 07885-650

38 perfectly coordinated training programmes, including pulse-controlled training, four-user memory, target settings, and an integrated pulse receiver are just some of the many highlights of the KETTLER TRACK 9. In addition to the optional integration of KETTLER WORLD TOURS 2.0 software, the KETTLER TRACK 9 stands out with its patented, wear-resistant and joint-friendly magnetic shock absorber system, and a smartphone remote control option. The KETTLER TRACK 9 is rounded off by an EASY ROLLER system and shock absorbers. The integration of the S-FIT APP with challenging training modes creates additional motivation.



KETTLER TRACK 5 07885-400

Aside from the EASY ROLLER system and the integrated shock absorber, the optional integration of the KETTLER WORLD TOURS 2.0 software is a particular highlight. The software allows users to ride on virtual tours, compete online with other users, and even documents your training progress. 16 perfectly coordinated training programmes, including pulse-controlled training, user memory, target settings, and an integrated pulse receiver will offer a variety of challenges to overcome.



KETTLER TRACK 3 07881-500

Perfectly suited to the comfort runner with special focus on improved cardio fitness and fat burn training, the KETTLER TRACK 3 offers eight perfectly coordinated training programmes including pulse-controlled training, target settings, and an integrated pulse receiver. Thanks to its EASY ROLLER system, the KETTLER TRACK 3 can be easily and conveniently moved. Shock absorbers effectively cushion each running step.





- **Nothing is more effective than this:**
Rowing gives you a strength and stamina workout in a single movement
- **Rope pulley or outrigger technology:**
Every athlete will find his favourite movement
- **Space-saving storage:**
After training, the rowing machine can be stored upright

STROKER 07982-500

Lots of traction to reach your target weight. With this modern rowing machine for the living room, losing weight is twice as much fun. It displays all six functions on the easy to view LCD display. And when you have finished exercising, the STROKER folds away to minimal dimensions thanks to the foldable seat track. Incl. chest belt.



COACH M 07974-100

This rope-pull rowing machine turns your living room into a private rowing regatta course. The COACH E's little brother has a ten-step M drive mechanism without watt display and programmes, but it does offer pulse and recovery pulse rate measurements.

Incl. chest belt.



MADE IN GERMANY **M**



COACH E 07975-160

This rowing machine with 12 programmes and e-drive mechanism enables pulse- and watt-controlled training for optimal training results – even without a lake off your front door! But rowing is by no means all the COACH E has to offer: you can also use it as a rope pulley fitness trainer. Incl. chest belt.



MADE IN GERMANY **E**

- The new KINETIC SYSTEM multigym features a modular concept and is made up of a base station that can be expanded using several different modules!
- The individual modules can be individually combined depending on your training goals and the size of your room.



NEW MODULE 2 LEG EXTENSIONS / LEG CURLS 07714-630

Alternating training sessions with multiple exercises for strong leg muscles and increased strength endurance! The seat cushions are individually adjustable to ensure the exercises are performed correctly.



NEW BASE STATION 07714-600

The base station offers training options including lat pulldowns, bench presses, rowing, butterfly and there is also an adapter for a sling trainer. The 100 kg weight block can be adjusted to 20x5 kg units and offers the fitting level setting for everyone's individual intensity preference. The base station can be expanded using various optional modules.



NEW MODULE 3 LEG PRESS 07714-620

An ergonomic construction ensures effective training of your buttocks and leg muscles. A special gear ratio allows operation with a maximum weight capacity of up to 160 kg.



NEW MODULE 1 DOUBLE ROPE PULLEY 07714-610

The optimum exercise space for the home: Leg adductions and abductions, bicep curls or triceps presses. Robust polyester ropes provide quiet running and reduced wear - even when doing more intense training sessions.



NEW MODULE 4 DIP / CHIN-UP / LEG LIFT 07714-640

This module is universal: Biceps, triceps and even the back and abdominals are effectively trained.





• **KETTLER multigyms and exercising benches are genuine 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.

HERK 07707-760

KETTLER HERK is the perfect power tower for home fitness enthusiasts, and offers a multitude of power-building exercises. Training options include chin-ups, bench presses, squats, abdominal training, press-ups, and dips. The robust and space-saving multigym is made from premium quality KETTLER steel profile.



MADE IN GERMANY

MULTIGYM 07752-800

Featuring an 80 kg weight block and 16 steps, even our entry-level model, the "Multigym", creates a stunning overall impression. Taking up only a tiny amount of space, it offers all the key training options for weightlifting beginners, e.g. a latissimus tower, bench press, and butterfly.



PRIMUS 07403-900

Versatile exercising bench with height adjustable barbell rest (barbells and disks not included), and leg curls and leg extensions. PRIMUS is quickly folded away after training.



MADE IN GERMANY

DELTA XL 07707-755

The DELTA XL features a butterfly station with an off-centre design and a latissimus tower station. Once you have completed your bench presses, this multigym can be easily folded up and stowed away. Barbell bars and weight disks are available as accessories. Including curl pad.



MADE IN GERMANY



NEW ATHOS 07707-780

Strong back, tight abdominals - that doesn't have to be a dream. ATHOS effectively trains the torso muscles to prevent back problems. It provides ergonomic, safe training thanks to its various adjustment options and special features. A cool side effect: an eye-catching beach body!



DUMBBELL, PLATE AND BAR RACK 07499-300

This rack won't buckle under pressure! In fact, our super-sturdy rack will hold up to 500 kilograms of barbells, dumbbells and disks.



NEW HECTOR 07707-790

The adjustable exercising bench HEKTOR is used primarily for creating strong abdominals and therefore strengthening the back. If that is not enough, then the bench - combined with a barbell rest - can be additionally used for barbell training.



ALPHA PRO 07708-110

The multifunctional exercising bench, made from high quality steel profile, is extra sturdy. The training options focus on dumbbell and barbell, as well as leg training.

LEG CURL 07465-250

The perfect add-on for leg curls and leg extension training with the ALPHA PRO.



APOLLO 07426-700

On this gravity trainer, the "inversion" position ensures relaxed back muscles and relieves pressure on the spine.





THE NEW 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.

NEW OUTDOOR 4 07172-700

Practical features for even more playing fun! There is space for everything so nothing will get lost! The ball box keeps the balls accessible and the elastic straps on the sides keep the paddles and other small items safe. But organisation is only half the battle, so the table also features other technical advantages: like off-road double wheels or detachable edge protectors.



NEW OUTDOOR 10 07178-900 (grey/blue) 07178-950 (umbra/green, not shown)

Perfect comfort for tomorrow's professionals! The table can be easily set up with the flick of a wrist. It is just as easy to fold up and roll away when you need to store it and save space. In between the table can be vigorously used, as it qualifies as a robust and high-end table tennis table that has plenty of welcome product features.



Download our table tennis brochure with the complete selection.



NEW OUTDOOR 8 07180-700

Pretty down-to-earth - the secure table with firm footing! Perfect for those who concentrate on the essentials, but certainly don't want to miss out on one thing: high quality! This table is high-quality, the frame is secure and sturdy but above all, it is a true space-saving marvel. It is also a great table for pros, as it has the international tournament dimensions.



NEW #WOODPONG 07177-800

Natural style with the best features! There are things we simply cannot make any more beautiful. Nature, for example. The new table tennis table takes on a natural style to create an innovative, modern and fresh look. It is just a matter of course that it also has all the best KETTLER features.



NEW #SKETCHPONG 07172-750

Leave your message! Scores, messages and target areas can be written using chalk on the chalkboard coated playing surface, and then wiped away when needed. This makes for creative gaming and guarantees plenty of fun. You can chalk THAT down! A ball box on the side as well as elastic straps to store paddles and other small items provide the necessary organisation - and the edge protectors ensure safety when running around the table.



#SKETCHPONG SINGLE PADDLE 07092-100 PADDLE SET 07092-200

Table tennis paddle in a young urban design - suitable for the #SKETCHPONG table tennis table. #SKETCHPONG print on one side of the paddle, solid black on the other side. Each paddle and paddle set including two balls.



#SKETCHPONG BAG 07092-700

High-quality neoprene protective cover matching the #SKETCHPONG table and paddle design. Reliable protection of paddles and balls.



NEW #URBANPONG 07178-750

The table tennis table with urban style! The frame comes in the trendy raw look, making the table top with its flamed off and untreated design a perfect addition for an urban setting. The playing surface with its cool scratch effect makes every single table unique without affecting the game conditions. The weatherproof table and a sturdy, secure frame guarantee perfect outdoor fun. It is even a great table for pros, as it has the international tournament dimensions.



#URBANPONG SINGLE PADDLE 07092-300 PADDLE SET 07092-400

Table tennis paddle in a young urban design - suitable for the #URBANPONG table tennis table. #URBANPONG print on one side of each paddle, solid black on the other side. Each paddle and paddle set including two balls.



#URBANPONG BAG 07092-600

High-quality neoprene protective cover matching the #URBANPONG table and paddle design. Reliable protection of paddles and balls.



URBAN STYLE BALL SET 07092-500

8 pieces (4 x 2), Ø 40 mm, each with 2 balls in every colour, made of plastic.



PROTECTIVE COVER 07032-600

Protective cover made of rugged woven synthetics protects the TT table from moisture, dust and dirt

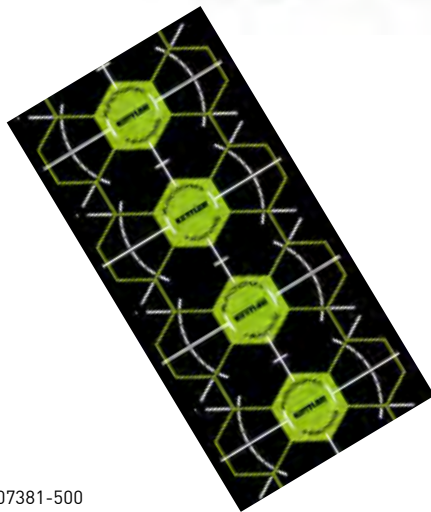




- The fitness innovation**
 For the first time, you can have this studio and competitive sport mega trend in your own home.
- Targeted training to meet every need**
 Footballers, track and field athletes or fitness studio operators can all find the perfect concept suited for their individual requirements and objectives.
- Professional sport mat for unlimited workout fun**
 The sport mat is robust, durable, absolutely anti-slip, and can even be used outdoors.



MESSENGER BAG
 For practical stowing of the modules TEAMPLAYER, BODY & SHAPE and ATHLETE.



FLOOR 07381-500

KETTLER FLOOR was developed specifically for athletes who want to enjoy all the advantages of a professional sport mat at home. The joint-friendly combination of various elastomers creates a perfect balance between elasticity and resilience, facilitating healthy training routines with optimised shock absorption. The special floor markings on the Functional Training floor mat serve as easy to understand training guides with various levels of difficulty. A practical carrying strap makes KETTLER FLOOR extra mobile, and gives you the flexibility to take it with you wherever you go. The sport mat is suitable for all set variations in KETTLER Functional Training.



TEAMPLAYER 07381-200

Teamplayer – for a good team spirit! The focus here is on mobility, speed strength and balance - valuable strengths of a true team player. The various training elements boost the operation speed and capacity. By the way: the set can be used outdoors - the fresh air you get while training is included.*



ATHLETE 07381-400

Athlete – The Athlete set is perfect for building torso muscles, with accessories that especially focus on strengthening your deep muscles. Strong torso muscles prevent back problems and the training provides a wonderful balance for those long days spent sitting at a desk.*



BODY & SHAPE 07381-300

Body&Shape – next Summer is on its way! This mix of accessories is perfect of a figure orientated workout. Diverse exercises for the upper body, waist and hips help to melt away the little fatty areas and make space for tight connective tissue and well defined muscles. Don't forget: the fun factor and training success both remain consistently high.*

THE FUNCTIONAL TRAINING APP

Before you begin your training, download the new KETTLER Functional Training app powered by VirtuaGym to your smartphone and use it as a coach when you are at home. The app provides 120 workouts and exercises to give your body a targeted workout. The growing KETTLER Functional Training community allows you to be motivated, help motivate and exchange information with others. Training progress can be followed and measured using the activity calendar. The perfect addition to your workout is the creation of an individually appropriate diet plan. A training poster also provides a fantastic overview of the training variety offered by the new Functional Training Home module. The Functional Training app combines the physical training levels with the digital components, thereby promoting a sustainable and motivational training experience.



EQUIPMENT AT A GLANCE

TREADMILLS		RUN 5	RUN 11	RUN 7	RUN 1	KETTLE TRACK 9	KETTLE TRACK 5	KETTLE TRACK 3
		07885-700	07886-500	07883-600	07888-500	07885-650	07885-400	07881-500
TRAINING COMPUTER	Timer	•	•	•	•	•	•	•
	Distance	•	•	•	•	•	•	•
	Speed	•	•	•	•	•	•	•
	Setting of incline	•	•	•	•	•	•	•
	Energy consumption	-	-	•	•	•	•	•
	Pulse measurement: hand pulse sensors / chest belt	•/•	•/ optional	•/ optional	•/ optional	•/ optional	•/ optional	•/ optional
	POLAR®-compatible pulse receiver (5 kHz)	integrated	integrated	integrated	integrated	integrated	integrated	integrated
	User memory	APP*	APP*	APP*	APP*	4 / APP*	2	
	Pulse-controlled programmes	APP*	APP*	APP*	APP*	8 / APP*	4	2
	Incline / speed-controlled programmes	APP*	APP*	APP*	APP*	10 / APP*	6	3
Speed min. / max. in 0.1 km/h - steps	1-20 km/h	0.8-20 km/h	0.8-20 km/h	1-16 km/h	0.8-20 km/h	0.8-18 km/h	1-16 km/h	
Motor-controlled incline adjustment (in %)	0-15	0-15	0-15	0-10	0-12	0-12	0-12	
Count-Up / Count-Down		•	•	•	•	•	•	
TECHNICAL DETAILS	PC interface	Bluetooth	Bluetooth	Bluetooth	Bluetooth	Bluetooth/USB-B	USB-B	
	Continuous power electric motor (HP)	AC	3	2.75	1.5	3	2.5	2
	Size of running surface L / W in cm (approx.)	152/51	152/51	142/51	132 / 45.5	150/51	145/51	132/48
	Dimensions when set up L / W / H in cm (approx.)	189/84/137	189/84/137	180/84/137	181/80/134	207/88/136	202/88/136	186/84/137
	Folds up to save space L / W / H in cm (approx.)	103/84/168	103/84/168	103/84/158	94/80/157	106/88/190	106/88/185	94/84/171
	Max. weight load	150 kg	135 kg	135 kg	120 kg	150 kg	140 kg	120 kg
	Shock absorber system	Biometric Vibratec (25 mm)	8 Suspension Rubber (25 mm)	8 Suspension Rubber (25 mm)	8 Suspension Rubber (20 mm)	Magnet	Shock absorber	Shock absorber
	Colour	black / silver / blue	silver / black	silver / black	silver / black	silver / black	silver / black	silver / black

MULTIGYMS		KINETIC Basis 07714-600	KINETIC Module 1 07714-610	KINETIC Module 2 07714-630	KINETIC Module 3 07714-620	KINETIC Module 4 07714-640	MULTI-GYM 07752-800	DELTA XL 07707-755	HERK 07707-760	PRIMUS 07403-900
EXERCISE STATIONS	Butterfly	3D Flex Motion					•	•		
	bench press	•					•	•	Flat bench	•
	Crunches, seated	•					•			
	Lat pulldown	•	•				•			
	Rowing	•	•				•			
	Rope pulley	•	•				•			
	Versatile pull exercises using the double rope pulley		•							
	Leg extensions			•			•			•
	Leg curls			•						•
	Squats							•	•	
	Leg presses				•					
	Leg lifts					•				•
	Chin-ups / grip versions					•				•
	Dips					•				•
	Press-ups					•				•
Biceps curl bench							•		Accessories	
TECHNICAL DETAILS	Weight block	5-100 kg (20 x 5 kg)					5-80 kg (16 x 5 kg)			
	Max. weight load	100 kg 3D-Flex-motion: 2 x 50 kg	2 x 50 kg	100 kg	160 kg		80 kg	Barbell rest 150 kg; Putley tower/ butterfly 80 kg; leg curl 60 kg	Barbell rest 100 kg	Barbell rest 100 kg; leg curl 40 kg
	max. bodyweight	150 kg		150 kg	150 kg	130 kg	130 kg	150 kg	130 kg	130 kg
	Dimensions when set up L / W / H in cm	166/170/ 215	166/194/ 215 (incl. base)	187/262/ 215 (incl. base)	176/246/ 215 (incl. base)	250/170/ 215 (incl. base)	181/109/ 200	250/125/ 200	190/106/ 204	203/101/ 96-111
	Upright L / W / H in cm							142/125/ 200	138/106/ 204	203/101/ 163
	Colour	black	black	black	black	black	black	black	black	black

CROSS TRAINERS		SKYLON S 07655-700	SKYLON 5 I 5 COMFORT 07655-350/900	SKYLON 3 07654-650	SKYLON 1.1 07643-650	UNIX S 07670-750	UNIX EX 07670-760	UNIX E I E COMFORT 07670-160/300	UNIX P 07652-000	UNIX PX 07652-500	UNIX M 07650-100	VITO M I M FUN 07658-000/100	RIVO P I P BLACK 07644-000/500	RIVO M I M BLACK 07643-000/300
TRAINING COMPUTER	Timer, distance covered per session, speed, energy consumption	•	•	•	•	•	•	•	•	•	•	•	•	•
	Pulse measurement	Chest belt included	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Chest belt included	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors + ear clip Accessories: Chest belt	Hand pulse sensors
	POLAR®-compatible pulse receiver (5 kHz) integrated	•	•	•	•	•	•	•	•	•	•	•	•	•
	Average values at end of training session	via APP	•	•	•	•	via APP	•	•	•	•	•	•	•
	User memory		4 + guest + USB stick				4 + guest + USB stick	4 + guest + USB stick			2			
	Total no. of training programmes	via APP	10	8	8	via APP	12	10	8	8			8	
	Target zone training (FAT / FIT / MANUAL)		•	•	•		•	•	•	•		•	•	•
	Pulse-controlled training programmes	1 (with APP 6)	1	1	1	1 (with app 6)	2 per person	2	1	1			1	
	Freely scalable exercise programmes	via APP	6	6	6	via APP	15	6	6	6			6	
	Individual exercise programmes	depending on mode (APP*)					depending on mode (APP*)	5 per person						
Individual pulse-controlled programmes	via APP					via APP	3 per person							
Manual workout control	•	•	•	•	•	•	•	•	•	•	•	•	•	
PC interface	Bluetooth	USB-B / Front USB-A				Bluetooth	USB / front USB	USB / front USB						
TECHNICAL DETAILS	Brake system/ exercise control	Induction / rpm-independent	Induction / rpm-independent	Magnet / rpm-dependent	Magnet / rpm-dependent	Induction / rpm-independent	Induction / rpm-independent	Induction / rpm-independent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent
	Flywheel system	22 kg	22 kg	20 kg	18 kg	22 kg	22 kg	22 kg	20 kg	20 kg	18 kg	14 kg	14 kg	12 kg
	Dimensions when set up L / W / H in cm	214/62/177	214/62/177	201/68/170	193/66/172	144/56/162	144/56/162	144/56/152	144/56/162	144/56/152	144/56/152	128/58/155	143/64/168	130/64/160
	Max. weight load	150 kg	150 kg	150 kg	130 kg	150 kg	150 kg	150 kg	150 kg	150 kg	150 kg	130 kg	130 kg	110 kg
	Colour	black / blue	black / red I black	light grey / black	light grey	black	black	black I black	light grey / black	light grey / black	light grey	light grey I black / white	light grey / blackI black	light grey / blackI black

ERGOMETERS ROWING MACHINES		RECUMBENT S 07688-750	TOUR S 07988-760	ERGO S 07682-755	RACER 9 07988-725	TOUR 9 07988-722	E 7 07682-860	E 5 E 5 COMFORT 07682-600/650	E 3 07682-150	E 1 E 1 FUN 07682-050/950	RE 7 07688-160	COACH S 07975-170	COACH E 07975-160	COACH M 07974-100	STROKER 07982-500	
TRAINING COMPUTER	Output in watts / timer Distance covered per session / speed Step frequency / energy consumption rowing strokes	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -	•/• -/- •/- -
	Pulse measurement	Chest belt included	Chest belt included	Chest belt included	Chest belt included	Chest belt included	Ear clip incl. / chest belt optional	Ear clip incl. / chest belt optional	Ear clip incl. / chest belt optional	Ear clip incl. / chest belt optional	Ear clip and chest belt included	Chest belt included	Chest belt included	Chest belt included	Chest belt included	
	POLAR-compatible pulse reception (5kHz)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Upper pulse-rate limit (display in %, optical and acoustic warning signal)	APP*	APP*	APP*		•	•	•	•	•	•	•	•	•	•	Optical warning signal
	Total no. of training programmes	APP*	APP*	APP*	4	3	48	8	3	3	48	5	12			
	Target zone training (FAT/FIT/MANUAL)					•	•	•	•	•	•	•	•	•	•	•
	Pulse-controlled training programmes	1 (without APP)	1 (without APP)	1 (without APP)	1	1	5	2	1	1	5		4			
	BMI							•				•				
	Count-up/count-down	•	•	•		•	•	•	•	•	•	•	•	•	•	•
	User memory	via APP*	via APP*	via APP*			4 + guest + USB stick	4 + guest + USB stick	USB stick		4 + guest + USB stick					
PC interface	Bluetooth	Bluetooth	Bluetooth	Bluetooth USB-B	serial	USB-B/ Front USB-A	USB/front USB	USB/front USB		USB/front USB	Bluetooth					
TECHNICAL DETAILS	Brake system / Exercise control	Induction / rpm-dependent + rpm-independent	Induction / rpm-dependent + rpm-independent (with toggle)	Induction / rpm-dependent + rpm-independent	Induction / rpm-dependent + rpm-independent	Induction / rpm-dependent + rpm-independent	Induction / rpm-independent	Induction / rpm-independent	Induction / rpm-independent	Induction / rpm-independent	Induction / rpm-independent	Induction / speed-dependent up to 500 watts	Induction / speed-dependent up to 500 watts	Magnet / speed-dependent, 1-10 via hand wheel	Magnet / speed-dependent, 1-8 via hand wheel	
	Flywheel system	10 kg	10 kg	10 kg	18 kg	10 kg	10 kg	8 kg	6 kg	6 kg	10 kg	6 kg	6 kg	6 kg	4 kg	
	Dim. when set up L / W / H (in cm)	171/56/123	105/53/126	115/54/125	131/53/126	105/53/126	115/54/125	115/54/125	115/54/125	115/54/125	171/56/123	220/57/73	206/53/67	206/53/67	218/60/98	
	Horizontal seat adjustment	•	•	•		•	•	•	•	•	•					
	Maximum weight load	150 kg	130 kg	150 kg	130 kg	130 kg	150 kg	150 kg	150 kg	150 kg	150 kg	130 kg	130 kg	130 kg	130 kg	
	Low step-in height	•	•	•			•	•	•	•	•					
	Colour	black / blue	black / blue	black / blue	black / red	black / red	black / red	light grey / black black	light grey	light grey black	black / red	black	black	light grey / black	light grey / black	

EXERCISE BIKES BIKE EXERCISERS		GOLF P ECO 07663-660	GOLF P 07663-100	GOLF M M COMFORT 07661-600/650	POLO M M FUN 07664-000/500	GIRO P P BLACK 07631-000/100	GIRO M M BLACK 07630-000/500	GIRO R R BLACK 07629-000/100	RACER RS 07988-757	RACER S 07988-756	RACER 3 07639-600	RACER 1 07639-700	TOUR 7 07988-730	SPEED 5 07639-200	
TRAINING COMPUTER	Timer, distance covered per session, speed, energy consumption	•	•	•	•	•	•	•	•	•	•	•	•	•	
	Pulse measurement	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and chest belt optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	incl. Bluetooth chest belt	incl. Bluetooth chest belt	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Hand pulse sensors incl. / ear clip and cardio pulse set optional	Ear clip incl. / chest belt optional	
	Upper pulse-rate limit	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	APP*	APP*	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	percentage display as well as optical and acoustic warning signal	
	Average values at end of training session	•	•	•	•	•	•	•	•	APP*	APP*			•	
	Total no. of training programmes	8	8			8			8	via APP*	via APP*	12		8	
	Target zone training (FAT/FIT/MANUAL)	•	•	•	•	•	•	•	•	•	•	•	•	•	
	Pulse-controlled training programmes	1	1			1			1	1	1	1		1	
	Manual workout control	•	•	•	•	•	•	•	•	•	•	•	•	•	
	Brake system/ exercise control	magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Magnet / rpm-dependent	Induction / rpm-dependent (standard) - rpm-independent	Induction / rpm-dependent (standard) - rpm-independent	Magnet / rpm-dependent	Brake shoes/ rpm-dependent	Magnet / rpm-dependent	Brake shoe with emergency function/ infinite
	Flywheel system	9 kg	9 kg	7 kg	6 kg	8 kg	6 kg	8 kg	8 kg	18 kg	18 kg	18 kg	18 kg	8 kg	18 kg
Workout range	1-15 (motor-controlled)	1-15 (motor-controlled)	1-10 (manual)	1-10 (manual)	1-16 (motor-controlled)	1-10 (manual)	1-16 (motor-controlled)	25-1000 watts (rpm-independent up to 600 watts)	25-1000 watts (rpm-independent up to 600 watts)	1-32 (motor-controlled)	infinitely adjustable	1-15 (motor-controlled)			
Horizontal seat adjustment	•	•	•		•	•	•	•	•	•	•	•	•	•	
Dimensions when set up L / W / H (in cm)	110/53/135	110/53/135	110/53/135	98/53/130	95/54/137	90/54/137	170/63/116	131/53/126	131/53/126	102/53/113	102/53/113	103/53/126	105/60/110		
Power supply	Generator	Power connection (230 V)	Batteries	Batteries	Power connection (230 V)	Batteries	Power connection (230 V)	Power connection (230 V)	Generator	Battery	Power connection (230 V)				
Maximum weight load	150 kg	150 kg	150 kg	130 kg	130 kg	110 kg	130 kg	130 kg	130 kg	130 kg	130 kg	130 kg	130 kg		
Low step-in height	•	•	•	•	•	•	•	•							
Colour	black / red	light grey / black	light grey black / white	light grey black / white	light grey / black black	light grey / black black	light grey / black black	black / blue	black / blue	light grey / black	light grey / black	light grey / black	black		

ACCESSORIES



Download our accessories brochure with the complete selection.



AIR PAD
07351-400



FOAM ROLLER
07351-600



PILATES RING
07351-540



TUBE SET
07351-550



HOOOLA-HOOP
07361-150



ANKLE WEIGHTS, 2 PCS., 2 x 1 KG
07361-460



MULTI TRAINING BAR
07361-600



BASIC FITNESS MAT
07350-254



WEIGHTED VEST, 10 KG
07371-400



SLING TRAINER PRO
07371-580



PRESS-UP HANDLES, 2 PCS.
07371-540



NEW MULTI CHIN-UP BAR
07371-515



Further information on KETTLER can be found here:

We reserve the right for changes, errors and colour variations.

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