

THE BEST CARDIO WORKOUT. PERIOD.

DISCOVER THE FUN, COMFORT AND
EXHILARATION OF STAND UP AND
ELLIPTICAL CYCLING.



ELLIPTIGO®



TABLE OF CONTENTS

- 04** INTRODUCTION
- 06** ELLIPTIGO BIKES: ALL-IN-ONE, ANYWHERE, ANYTIME FITNESS MACHINES
- 08** INDOOR/OUTDOOR VERSATILITY
- 10** MAKE IT ELECTRIC!
- 12** THERE'S NOTHING ELSE LIKE IT
- 14** HOW DOES ELLIPTIGO COMPARE?
- 16** STAND UP REVOLUTION
- 18** FOUR TRAITS OF ELLIPTIGO STAND UP CYCLING
- 20** FUN FACTOR
- 22** YOUR GOALS ARE WITHIN REACH
- 26** COMMUNITY IS KEY
- 28** ATHLETES AND CELEBRITIES USE AND LOVE ELLIPTIGO TOO!
- 31** IN THE NEWS
- 32** THE SCIENCE
- 34** BEFORE YOU GO

INTRODUCTION

A BETTER WAY TO GET FIT AND STAY FIT FOR LIFE

Whether you're just beginning your fitness journey or you are a long-time fitness enthusiast, there's probably something you've noticed: there are a lot of options for where to spend your time and your money.

You might be a member of a traditional gym. There, you're stuck inside. You drudge along on the elliptical or the treadmill, stare at the TV or the wall, and are probably having to smell that sweaty guy next to you during your entire workout.

You might have tried to take your workouts outside. You go for a run or take a spin on your traditional bicycle. Just then, the pain starts to set in. For runners, your knees and joints begin to ache. For cyclists, your posterior, groin, neck and back start to hurt. You managed to escape the confines of the gym, but now you're experiencing the pain that comes from weird postures, uncomfortable seats, and the pounding on the pavement.

You might have turned to trendy studio classes. The workouts can be challenging, but so are some of the key elements of these classes. You're back indoors again, your new membership gives you no flexibility or variety, and you're paying a premium price for a workout you can't even take with you.

What if we told you that there was a better way? Imagine a flexible, fun workout that can truly GO anywhere. Imagine an indoor-outdoor fitness tool that is proven to help you get and stay fit for life!

Stop imagining. These things and more are a reality with ElliptiGO bikes!

In 2005, our co-founders started working on a way to let people experience the benefits of running outdoors without the impact. Five years later we launched the world's first elliptical bike – a new category in cycling and fitness. Since then, our expert team has delivered more than 35,000 ElliptiGOs to customers around the world.



ELLIPTIGO BIKES

ALL-IN-ONE, ANYWHERE, ANYTIME FITNESS MACHINES

Our innovative and history-making products have reimagined cardio workouts. Our two product families provide different riding experiences:



Elliptical bikes have a gentle long-stride motion that feels like running on air.

Stand up bikes have a circular pedaling motion and offer a more comfortable and superior workout compared to a traditional bike.

Both deliver a low-impact, full-body workout that burns 33% more calories than a traditional bike. Want to learn more about the two different product families? [Watch this video](#).

Curious which bike will be best for your goals and needs? Keep reading! You can also take our [Bike Finder quiz](#) and explore our [Product Brochure](#).

TRY IT YOURSELF. TAKE A TEST RIDE >





INDOOR-OUTDOOR FLEXIBILITY

Many workouts make you choose: inside or outside? With ElliptiGO bikes, you'll get complete versatility. From paved roads to dirt trails, there are ElliptiGO bikes that can handle all types of terrain. Need to bring your workout indoors due to weather conditions or simply need to keep an eye on the kids while you break a sweat? No problem. Our [Fluid 365 Stationary Trainer](#) lets you train inside, anytime.



ELLIPTIGO® FLUID 365 TRAINER

Designed from the ground up to provide a superior stationary training experience for all ElliptiGO bikes, meet the Fluid 365 Trainer. It includes a front stand that holds the bike upright by attaching to the steering column and supporting the front wheel, and a resistance unit that attaches to the rear wheel of the bike and allows the bike to pivot side to side.

ENJOY FREE TRAINER WORKOUT CLASSES

Rev up your indoor workouts with virtual classes led by Susanne Davis, one of the top age group triathletes in the world. With a variety of endurance, hill, and interval training sessions to choose from, you'll be crushing your fitness goals right at home. During the winter months, you can join LIVE training sessions. You can access recorded ones all year round. [Explore our Fluid 365 Trainer classes here.](#)

What can you expect from these workouts? If you've ever taken an in-person or virtual cycling class, you'll find these sessions very familiar. Susanne will introduce you to the plan, letting you know the length and focus of the workout. After you have a chance to get your body ready, the workout begins! Break a sweat to motivating music with Susanne guiding you and cheering you on all the way. When the workout is complete, it's time to cool down.

Looking to add an extra boost to your workout? Many of our recorded and live classes include optional abs, stretch, or strength sessions. With the addition of some common home gym items, you'll be able to see major results with these complementary routines.



WHAT FLUID 365 TRAINER USERS ARE SAYING

"Thoroughly love having my Elliptigo Fluid 365 Stationary Trainer for use during the wet and treacherous winter months! Have only had it for a month, but have been able to get on the ElliptiGO nearly daily. Provides an excellent workout!" - **Leo**

"Having the trainer in my home means I train and feel great every day. The ultimate convenience!" - **Robert**

"I live in the Midwest, so I couldn't take [my ElliptiGO bike out for a ride] in the snow. The trainer allowed me to train WHENEVER I want while I watch TV. I truly could not recommend this enough." - **Rebecca**



ELLIPTIGO® ELECTRIC BIKE CONVERSION KIT



The e-bike craze is sweeping the cycling industry, and ElliptiGO has taken notice. Want to electrify your ride to optimize the fun and customize your experience?

It's possible with the Electric Bike Conversion Kit. With five levels of pedal assist and a throttle, you can customize the workout experience to fit your individual needs regardless of the terrain. You can reach speeds of up to 20mph using the assist and the range on a single charge is anywhere from 20-50 miles depending on the terrain, conditions, and power applied.

[Kits are available for 3C, 8C, 8S, 11R, RSUB, and MSUB bikes.](#)

WHAT ELECTRIC BIKE CONVERSION KIT USERS ARE SAYING

"With the Electric Bike Conversion Kit, I can have whatever workout or experience I want. If I want to do hills - no problem. If I want to GO without assistance, no problem. If I'm out on a long ride and my legs fatigue, no problem. If it's windy outside, no problem. If I want to fly like the wind, no problem. The e-assist expanded the range of experiences I can have on my ElliptiGO bike and created the most fun bicycle in my herd. Thank you, ElliptiGO, for giving us wings!" - **Karen**

"My wife and I couldn't be happier with this conversion! Due to an illness, I've lost much of my strength and endurance, but my wife hasn't. We haven't been able to ride together in over a year, but now I can keep up!" - **Richard**

"It adds a new dimension to my riding experience that preserves the great workout you get with these bikes. Hills are now the best part of the ride. You can keep your heartbeat and speed up at the same time giving an extra burst of adrenaline. This is a game changer!" - **Scott**



BENEFITS OF OUTDOOR EXERCISE

THERE’S NOTHING ELSE LIKE IT.



GET OUTSIDE, SEE AMAZING RESULTS

You might be thinking, “Well, I don’t have to exercise outdoors. Does it really matter?”
Research shows that outdoor exercise is better for your health.



GET THOSE FEEL-GOOD HORMONES

Outdoor exercise increases the production of dopamine, serotonin, and endorphins!



TORCH THOSE CALORIES

When you are both asking your body to overcome wind resistance and regulate temperature, you will burn more calories!



STAY WELL, STAY ACTIVE

Exercising outdoors boosts your immune system.



SOAK UP THE SUN

Get a natural dose of Vitamin D, reducing your risk of disease and depression.



KEEP ON GOING

Stay motivated and work out longer as you take in and adapt to your natural surroundings.



THERE'S NO COMPETITION

THERE IS SIMPLY NO FITNESS PRODUCT OR EXPERIENCE ON THE MARKET THAT CAN MATCH ELLIPTIGO BIKES. COMPARE IT TO YOUR CURRENT WORKOUT AND SEE HOW IT STACKS UP!

	ElliptiGO Bikes	Running	Cycling	Elliptical machines, stair-steppers, and other cardio equipment	Studio memberships (Orangetheory, barre, pilates, stride, rowhouse)
Low-impact	●		●	◐	◐
Weight-bearing	●	●		◐	◐
High calorie burn	●	●		◐	◐
Great for quick workouts	●	●	●	●	●
Great for long workouts	●	●	●	●	
Ideal for bad knees or hips	●			●	●
Balanced muscle activation	●			●	●
Can be done inside	●	●	●	●	●
Can be done outside	●	●	●		



RUNNING

Running is a popular form of outdoor fitness. While running works our legs and our hearts, it also positively impacts our core, back, and arms thanks to the upright posture. Running is an accessible activity that can be practiced indoors or out with minimal equipment. You can adjust your workouts to meet your goals, going for short or long distances. Plus, you’re building strong bones and getting a high caloric burn.

Yet, running comes with lots of risks. Over 70% of runners will experience an injury, and the relentless pounding can leave joints aching or permanently impacted. ElliptiGO bikes give the experience and the results of running without the impact and with a reduced risk of injury.

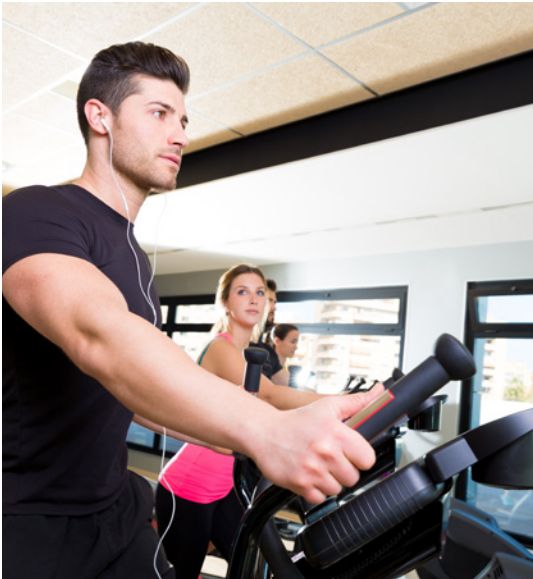


CYCLING

Cycling is less run-specific in terms of motion and muscle activation. Cycling is a continuance of sitting - a position that many already spend too many daily hours in. Both sitting and cycling can cause similar muscle imbalances; a forward-rounded posture, rigid upper back, tight hip flexors, and an often compromised neck position.

It is difficult to get heart rate levels as high as when running. The ElliptiGO bike better simulates those efforts, with 33% greater aerobic effort than conventional cycling at the same speeds. Cycling while seated on a saddle is not a full weight-bearing activity, which makes it limited in bone density strengthening - a core benefit of weight-bearing activities. The ElliptiGO bike is fully weight-bearing.

Bike saddles often cause discomfort, with not only sit-bone pain but lasting soft tissue damage and sore formations. This is common among both male and female riders. The combination of sustained continuous pressure, friction from constant pedaling, and reduced blood flow in these sensitive areas frequently leads to riders shortening their weekly training time or abandoning the sport.



ELLIPTICAL MACHINE

Elliptical machines are limited to indoor use only. The ElliptiGO bike can be used both outdoors and indoors with our [Fluid 365 Stationary Trainer](#). Many elliptical machines have a limited range of motion. ElliptiGO bikes simulate a natural, longer running stride motion. Elliptical machines are limited to one plane, while ElliptiGO bikes offer multi-plane movement.

STUDIO MEMBERSHIPS

Studio memberships are all the rage. There are so many options to choose from: cycling, barre, HIIT workouts, rowing, treadmill, and more. The camaraderie and the motivating music keep fitness enthusiasts engaged.

While these studio experiences offer killer calorie burn and weight-bearing exercises that strengthen bones, they still don’t cover all the bases. Their workouts are meant for short time-frames, lacking the opportunity to build endurance. Some classes focus on certain muscle groups more than others. High impact movements can bring more pain than gain. Plus, you’re back inside again missing out on the benefits of outdoor exercise. ElliptiGO Bikes give you the versatility to go long, to activate your whole body painlessly, and to choose the setting of your next workout.





JOIN THE STAND UP REVOLUTION: ELLIPTIGO CERTAINLY KNOWS HOW TO STAND OUT FROM THE CROWD... AND WE DO IT BY STANDING UP!

You may have heard that 'sitting is the new smoking.' Our lifestyles are more sedentary than ever, with many of us plopped in front of a screen for the majority of hours in the day! The last few years have given rise to many stand up products that seek to curb this sitting epidemic like stand up paddle boards or stand up desks. You'll see people reaping the benefits of getting on their feet from the beach to the board room! So, rather than sitting down and hunching over a traditional bike, choose to stand tall on an ElliptiGO bike!

FOUR TRAITS, ONE UNPARALLELED EXPERIENCE

Full body. Weight-bearing. Time-efficient. Low impact. These four benefits describe some of the most desirable traits of a workout and rarely do you get all four in one workout.. Let's define each of these four attributes and how ElliptiGO delivers them on each and every ride:

FULL BODY

ElliptiGO bikes have been shown to activate muscles in every major group while riding. Whether you're looking for stronger arms, tighter abs or a more lifted posterior, our stand up and elliptical bikes will give you balanced muscle activation and help you build strength all over your body.

WEIGHT BEARING

When we refer to a workout as weight-bearing, we mean that you are on your feet and that you are working against gravity. Workouts like these strengthen our bones, helping to protect the body from osteoporosis and fracture. Unlike riding traditional bikes, riding an ElliptiGO bike is a weight-bearing exercise that provides these benefits!

TIME-EFFICIENT

Efficient workouts allow you to burn more calories in less time. The EPARC at UC San Diego conducted a metabolic testing study in 2011, which found that riding an ElliptiGO bicycle required, on average, 33% more effort than conventional cycling, decreasing the training time required to achieve fitness goals! They also determined that heart rate and perceived exertion levels were a 1:1 ratio between the ElliptiGO bicycle and running.

LOW IMPACT

Workouts that are easy on your joints and that allow you to move fluidly are defined as low-impact. Many low-impact exercises are not weight-bearing, full-body, or efficient, making it hard to achieve goals and see results. ElliptiGO bikes are all of these things, making them the ultimate low impact workout tool.



A man and a woman are riding ElliptiGO bikes inside a tunnel. The tunnel's interior is decorated with a vibrant mural of a savanna landscape, featuring a giraffe, a rhinoceros, and various tropical plants. The man, on the left, is wearing a dark blue sleeveless shirt, blue shorts, a black helmet, and sunglasses. The woman, on the right, is wearing a grey tank top, black leggings, a white helmet, and a necklace. Both bikes are black with 'ELLIPTIGO' written on the frame. The scene is brightly lit, and the overall atmosphere is fun and energetic.

FUN FOR EVERYONE

While the features and benefits of ElliptiGO bikes are already enticing, there's one thing that we hear from customers time and time again that you'll almost never hear about any other fitness product.

Riding an ElliptiGO bike is FUN. Yes, F-U-N, fun. When was the last time you really enjoyed your workout? It might be hard to remember a time when fitness brought you joy and happiness. Every time you hop on your bike, you're in for an exhilarating and energizing experience. You'll be rising tall, riding high and smiling ear to ear!

Plus, any exercise is more fun and more motivating with a group! When you join the ElliptiGO family, you will be welcomed into our inclusive, energetic, and active worldwide community of riders. Whether you're looking for helpful tips and tricks, races and group rides, or virtual solo and team competitions, you'll find everything you need to take your ElliptiGO experience to the next level in our community.

**THERE ARE THREE MAIN WAYS TO CONNECT
AND PLUG INTO OUR COMMUNITY:**

[ELLIPTIGO FACEBOOK GROUP](#)

Customer-founded in 2011 with 5,000+ members

[GLOBAL ELLIPTIGO RIDERS CLUB](#)

Participate in group rides, events and friendly competitions

[STRAVA ELLIPTIGO GROUP](#)

Stay up to date with 1,500+ ElliptiGO riders, routes and leaderboards

YOUR GOALS ARE IN REACH

It's easy to see that ElliptiGO bikes are versatile fitness tools, and the goals that you can reach with stand up and elliptical bikes are just as wide-ranging as their capabilities! What goals are you currently chasing? In the next few pages, we will shine a spotlight on some of our amazing customers who have reached new heights and earned big wins with the help of their ElliptiGO bike.

WEIGHT LOSS GOALS

Are you looking to shed a little or a lot of weight? While weight is not the only marker of fitness, we know that losing those extra pounds is a goal for many. ElliptiGO bikes are a spectacular companion if your goals are to see a smaller number on the scale.

What makes an ElliptiGO bike a top-notch weight loss tool?

- Customizable workout experiences allow fitness newbies and experienced athletes alike to get moving.
- High-caloric burn helps you create that calorie deficit to drop pounds.
- Fun workout experiences will keep you riding longer and farther, building more fitness and burning more calories.
- Reduce risk of injuries with low-impact workouts so nothing can sideline your progress.
- Our product line is more inclusive than ever before. ElliptiGO now has bike models that are rated for riders up to 300lbs.

"I've lost 30lbs since I started a year ago and my blood pressure has come way down. The ElliptiGO also works my core muscles too!" - **Bill**

HERE ARE JUST A FEW EXAMPLES OF CUSTOMERS WHO HAVE REACHED THEIR WEIGHT LOSS GOALS WITH THE HELP OF OUR PRODUCTS.

BARBARA RUSSELL-MAHONEY

After her father passed away in 2017, Barbara turned to food for comfort. Barbara, a doctor, mom and wife from Ontario, Canada, found herself at her highest weight ever in 2018. Her father's memory and his dedication to health inspired her to turn things around.

Barbara told us, "Incorporating ElliptiGO training as my cardio, both indoors and outdoors for up to one hour twice daily, and weightlifting one hour a day for 5 to 6 days a week, has enabled me to lose over 55 pounds."

Barbara went beyond just losing weight and gained serious strength! She competed in the Ms. Health and Fitness contest in 2019.

Barbara shared, "*ElliptiGO bikes have significantly changed my life for the better.*"



LYN HUSTON

Lyn is a busy teacher, mom, and wife and who once struggled with obesity. Over the last five years, Lyn has lost 100 pounds and kept it off! In the process, Lyn has become one of the most active and inspirational members of our community. She also has conquered some other big goals, including an epic 502 consecutive days of riding, multiple riding events of over 100 miles, and being a part of winning teams during the Global ElliptiGO Rider's Club challenges.

Lyn had lost weight many times before only to gain it back. When asked about her amazing success in this journey, she said, "*...the ElliptiGO has been the key.*"



"I lost 45 pounds. The ElliptiGO is the thing to do if you want to have fun losing weight. I've never looked forward to working out, but, with the ElliptiGO, I don't even think about it as working out. I've kept the weight off and stayed in much better shape. I bought the 8 speed because I live in a hilly area and it climbs great. No joint pain and my butt never hurts because it doesn't have a seat. I sold my road bike...It hadn't been ridden once. Buy one, you'll love it." - **Cory**

"The best thing I have purchased! I lost 12 pounds in 5 weeks." - **Mindy**

STAY FIT ON YOUR TERMS



JOHN BURMESTER

John Burmester is an ElliptiGO Mobile Rep and avid rider. John utilized ElliptiGO bikes to pursue his competitive running goals as a master's athlete. In 2014, he worked with coach Greg McMillan of McMillan Running using an ElliptiGO-integrated training program. At age 53, he brought his times down to personal bests in the 5k, half marathon, and to a lifetime best of 3:09 in the marathon at the California International Marathon in 2014.

JANE LEGORE

Jane Legore got tough news from her doctor in 2012. An avid runner, he told her to stop running now and to stop running for good. She was in need of a total hip replacement. After spotting an ElliptiGO bike on the streets of San Diego, she purchased her first bike as a perfect post-surgery workout. Just nine months after the procedure and 10 weeks after getting her bike, she completed her first 100 mile ride.

Jane has become a die-hard ElliptiGO rider and a leader in our community. She said, "I have so much gratitude for finding this invention that has positively impacted my life and connects me with like-minded, grateful and compassionate people."



GRETCHEN EVANS

Gretchen Evans is one of the most decorated female veterans in U.S. History. She sustained life-altering injuries while serving in Afghanistan, losing all of her hearing. Gretchen did let this stop her from pursuing a fit and healthy lifestyle at 60 years young. She recently won a grant for an ElliptiGO bike from the Challenged Athletes Foundation. Gretchen told us, "Having the 8C has opened up a door to a lifetime of physical fitness for me. I no longer have to worry about what happens when I can no longer run which was always in the back of my mind. As I age, I might get slower, but I will always be able to ride. Well into my 90's, I hope."



It's so important to keep fitness top of mind. As we age, experience injury, or face life-changing medical challenges, it can be tough to get back out there and move our bodies. It might not feel the way we remember. It might feel intimidating or leave us feeling disappointed. It's crucial to find a fitness tool that meets you where you're at, no matter what you're going through, and that gives you the confidence to rise up!

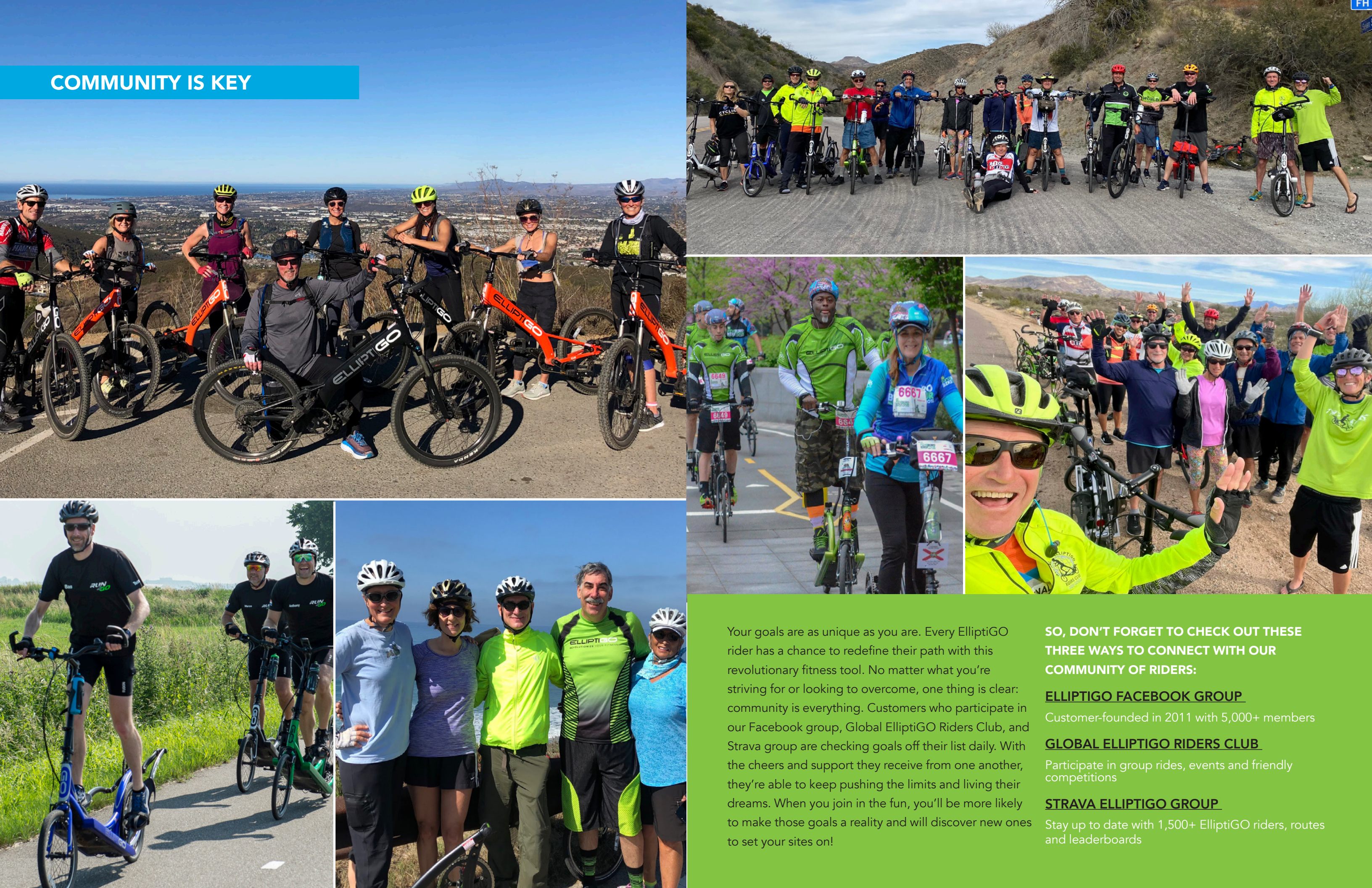
If you're looking for a workout that you can sustain into the golden years of your life, ElliptiGO bikes have been a trusted tool for staying in shape at any age. Adapt to the changes that life is throwing your way

with a workout that won't bother your joints, that will strengthen your bones, and that will have you enjoying a youthful glow after a satisfying workout.

If you've been dealing with an injury, ElliptiGO bikes offer a unique pathway to get back to the sports and fitness routines you love. Many workouts can aggravate our necks, backs, hips, knees, ankles, and feet – but not ElliptiGO bikes. Transition more quickly back into your favorite activities, or replace an activity that you can no longer participate in.

Learn more about some of our customers who are defying age and the odds to become their fittest!

COMMUNITY IS KEY



Your goals are as unique as you are. Every ElliptiGO rider has a chance to redefine their path with this revolutionary fitness tool. No matter what you're striving for or looking to overcome, one thing is clear: community is everything. Customers who participate in our Facebook group, Global ElliptiGO Riders Club, and Strava group are checking goals off their list daily. With the cheers and support they receive from one another, they're able to keep pushing the limits and living their dreams. When you join in the fun, you'll be more likely to make those goals a reality and will discover new ones to set your sites on!

SO, DON'T FORGET TO CHECK OUT THESE THREE WAYS TO CONNECT WITH OUR COMMUNITY OF RIDERS:

ELLIPTIGO FACEBOOK GROUP

Customer-founded in 2011 with 5,000+ members

GLOBAL ELLIPTIGO RIDERS CLUB

Participate in group rides, events and friendly competitions

STRAVA ELLIPTIGO GROUP

Stay up to date with 1,500+ ElliptiGO riders, routes and leaderboards



CELEBRITIES AND ATHLETES LOVE ELLIPTIGO BIKES

You might recognize some of our customers! You’ve seen them on the big screen and the small screen. You’ve spotted them competing at the Olympic Games and other world championship events. The stars really are just like us – and they know that ElliptiGO delivers.

LAIRD HAMILTON AND GABBY REECE

Laird Hamilton is best known as an American big-wave surfer and pioneer in the world of action water sports. In addition to his affinity for the water, Laird is labeled as an inventor, author, stunt man, model, producer, TV host, fitness and nutrition expert, husband, father and adrenaline junkie.

Gabrielle Reece is not only a volleyball legend, but an inspirational leader, New York Times bestselling author, wife, and mother. The former professional beach volleyball player and Nike’s first female spokeswoman is the definition of both athleticism and beauty.

[In this video](#), they discuss the benefits of stand up cycling and why they believe it is one of the best, low-impact, cardio workouts around.



JESSIE GRAFF

Ninja Warrior and stunt woman, Jessie Graff is no stranger to injury. With a physically demanding career, she started using an ElliptiGO bike after she tore her ACL in 2015 and now uses it 3-7 days/week to prevent injuries and stay fit.

Jessie Graff crushes hills for Breakfast. She has competed in our ElliptiGO World Championships. We are big fans of Jessie’s and happy to be a part of her recovery and cross-training routine.



DEAN KARNAZES

In March of 2010, running legend Dean Karnazes rode his ElliptiGO bike 488 miles from San Francisco to Los Angeles in 5 days and then ran the LA Marathon.

There’s no slowing down American Ultramarathon runner Dean Karnazes. In between his runs he cross trains with ElliptiGO bikes. Dean’s garage gym, pictured on previous page, looks like a sweet setup to us. He is using our Fluid 365 Stationary Trainer which provides a more stable stand-up indoor riding experience.

MEB KEFLEZIGHI

In 2014 Boston Marathon Champion Meb Keflezighi credits the ElliptiGO elliptical bike with helping him run his fastest marathon ever at the age of 38. To honor Meb’s historic win at Boston, ElliptiGO revived the 8S model and sold 100 patriotic-themed “Meb 8S” elliptical bikes.

In Meb’s book *Meb for Mortals*, he shares how critical ElliptiGO-integrated training has been to keep him on the top of his game and injury free.





MOLLY SEIDEL

In 2021, marathoner Molly Seidel won the Annual ElliptiGO World Championships! Following her victory, Molly has continued to soar. She won the bronze medal for the marathon at the Tokyo Olympics in her second marathon ever, and she recently broke the US women's course record at the NYC Marathon finishing in 2:24:42.

Molly first started using ElliptiGO after she went pro to help with on-going injuries. After that she started incorporating the ElliptiGO as a cross-training supplement to running. She enjoys the running motion without all the pounding on her joints.



ALIPHINE TULIAMUK

Aliphine increased her mileage on the ElliptiGO after giving birth to her first child. In between qualifying for the Olympics at the Trials and the actual Olympics in Tokyo in 2021, Aliphine and her husband started their family. She knew that she had a limited time window for recovery and to get her body back in marathon shape. Aliphine relied heavily on her ElliptiGO bike on the Fluid 365 Trainer to aid in her recovery.



PAULA ABDUL

Paula Abdul is loving her workouts on her ElliptiGO bike. In between dance choreography sessions, Paula is getting in a low-impact, cardio session. She uses both outside and inside her studio with the Fluid 365 Stationary Trainer.



MARIO LOPEZ

Mario Lopez is a busy guy and no different. Mario crushes hills around his neighborhood with the ElliptiGO 11R. He said he appreciates that it is fun and easy on the knees.



"I worked up a sweat as quickly as I do on a stationary elliptical. [I was] stopped by everyone wanting to check out my ride. 'Is that an elliptical bike?' they'd ask. 'That's so cool!' After a super fun morning pushing its pedals and, yes, feeling sore the day after, I'd have to agree."

- Wendy Rodewald, Editor of Fitness Magazine

fitness

"[ElliptiGO bikes] are a cross between a bicycle and an elliptical that torches close to 600 calories an hour with little impact on your joints.... I felt an instant burn in my thighs and glutes."

- Marissa Stephenson, Senior Associate Editor at Shape Magazine

SHAPE

"Burn fat fast with low-impact, high-intensity interval training on the ElliptiGO...University of California, San Diego researchers found that riding an ElliptiGO takes 33% more effort than riding a traditional bike at the same speed, which translates to quicker workouts with a longer-lasting fat burn."

MEN'S JOURNAL

"...a fun, comfy joyride at near-normal bike speeds. I happily rode it for hours, including on steep dirt trails, and only stopped because it was dinner time. It folds up in five seconds and fits in a trunk — no need for a car rack."

- Roy Wallack, LA Times

Los Angeles Times

"The movement is surprisingly calm for how much power it generates. It didn't take long before my quads were burning and I was red-faced and sweaty. With eight gears, I could easily adjust the resistance as we went up and down hills. Those downhills were a welcome respite -- and a fun reward after an uphill climb. Low-impact, yes. Low-intensity? No way."

- Sarah Klein, The Huffington Post

THE HUFFPOST

"You can train harder without the risk...It climbs hills like a mountain goat...It's easy to learn and highly social...It's a new way to train, race and explore the world."

- Coach Jenny Hadfield, Active.com

active.com



THE SCIENCE OF ELLIPTIGO BIKES

Research studies have been performed using ElliptiGO bikes and the results will delight any fitness enthusiast.

PROVEN TO IMPROVE FITNESS WHILE HAVING FUN

Can the intensity and energy cost of exercise on an ElliptiGO elliptical bicycle fall within accepted fitness-industry guidelines for improving cardio respiratory fitness and body composition?

An American Council on Exercise-commissioned study was conducted to find out!



American College of Sports Medicine (ACSM) guidelines recommend that adults engage in a minimum of 150 minutes of aerobic activity per week (ACSM, 2014). This can be divided up into 30-minute bouts of moderate-intensity activity five days per week or 20-minute bouts of vigorous activity on three days of the week.

According to a self-report study from the Centers for Disease Control and Prevention (CDC, 2014), only one in five adults are meeting these recommendations for aerobic exercise!

Dr. Porcari and his team affiliated with the American Council on Exercise put 16 healthy adults between the ages of 18 and 45 through a battery of tests to determine the efficacy of ElliptiGO bikes in achieving the fitness standard.

According to the ACE report, ElliptiGO riding aced the tests!

Even more impressive, according to Dr. Porcari and Nicole Rendler, the lead author of the study, was how much fun the participants reported having on the ElliptiGO bike.

ELLIPTIGO BIKES HAVE MAJOR CALORIE BURNING POWER

In October 2011, the Exercise and Physical Activity Resource Center (EPARC) at the University of California, San Diego (UCSD) completed a metabolic testing study to determine and compare the energy cost of riding an ElliptiGO elliptical bike with conventional cycling and running. While any rider will tell you that it requires an effort level much closer to running than cycling, it was not known exactly how the ElliptiGO bike stacked up.



For the study, six male and female subjects between 30-41 years old completed multiple laps while wearing a heart monitor and a face mask with a portable metabolic unit. They rode a traditional bike, an ElliptiGO elliptical bike, and ran at intensities ranging from easy to very difficult to capture data across all three exercise modes.

Here's what they discovered:

The study found that riding an ElliptiGO bike required, on average, 33% more effort than cycling at that same speed. The study found that the most significant factors contributing to this is a rider's size and the corresponding frontal area that they have to push through the air like a sail, which results in a higher effort for the same speed. It was also found that heart rate responses and perceived exertion levels were very similar between the ElliptiGO elliptical bike and running. It was determined that riding an ElliptiGO bike at 16 mph was equivalent to running at 7.5 mph (8 min/mile), and riding at 18.5 mph was equivalent to running at 8.6 mph (7 min/mile).

REPLACE YOUR HIGH-IMPACT RUN WITH A LOW-IMPACT RIDE

In 2016, Ohio University released the results of a study comparing training on an ElliptiGO elliptical bicycle, which emulates the running motion, with run training. Findings revealed that training on the ElliptiGO bike produced similar physiological and subjective results in trained runners as compared to running over a 4-week training period. The study was published by the Journal of Strength and Conditioning Research (The Official Journal of the NSCA).



Their study provided evidence to four findings:

- Reduction of lower body soreness resulted with ElliptiGO-only (ET) training compared to Run-only training (RT).
- Equal improvements in Ventilatory Threshold (easy running) pace between ET and RT regardless of which training period was completed first.
- Both groups maintained their level of VO2Max, Respiratory Compensation Point (hard running), Running Economy and 5,000 meter Time Trial Performance.
- Enjoyment and perceived effort levels between the two groups were similar between ET and RT throughout the 4-week training period.
- Researchers suggest the trained runners who used the ElliptiGO bike experienced similar physiological and subjective results as compared to only running due to the bike's low-impact, run-specific nature. Researchers also noted that those with minor running pains did not experience these while riding the ElliptiGO bike.

BEFORE YOU GO!

ElliptiGO bikes are the most unique and versatile fitness machines on the planet and have quickly become one of the most sought-after cardio training tools by runners, cyclists, and fitness lovers alike.

We continue to innovate because our customers never stop GOing after their goals. We're dedicated to creating the best fitness experience that money can buy, and we hope you're ready to take the leap, rise up and ride with us.

Ready to GO? It's time to take your workouts to the next level. Come experience the fun, the fitness, and the freedom that comes from riding an ElliptiGO bike!





BREAK FREE FROM THE GYM! ELLIPTIGO
BIKES DELIVER THE BEST LOW-IMPACT,
CARDIO WORKOUT TO HELP YOU
ACHIEVE YOUR FITNESS GOALS.
WHETHER YOU WANT TO LOSE WEIGHT,
GET HEALTHIER OR IMPROVE YOUR
FITNESS, AN ELLIPTIGO BIKE IS THE
PERFECT WAY TO GET FIT WHILE HAVING
FUN. JOIN THE BEST FITNESS COMMUNITY
AND GET A WHOLE BODY WORKOUT ON
YOUR TERMS, INSIDE OR OUT.

SEE YOU ON THE ROAD!
#ELLIPTIGO



ElliptiGO, Inc.
722 Genevieve St
Solana Beach, CA 92075
888.796.8227 | info@elliptigo.com

ELLIPTIGO.COM [@](#) [f](#) [t](#) [in](#)
