

FUSION TEAM TRAINING



FREEMOTION®

REVOLUTIONIZE YOUR SMALL GROUP TRAINING OFFERING

Give your members the ultimate fusion of cardio and strength training in a 45-minute, high-energy, fat-burning, muscle-building small group class. Fusion Training is engaging and motivating, and creates a new profit center for your facility in the process.

Build Muscle and Burn Calories Fast

By combining power and metabolic training, participants build muscle and burn calories in record time. Fusion classes are 45-minute high-intensity, total-body workouts with intermittent periods of recovery. Participants achieve a continuous elevated heart rate, which maximizes their calorie burn long after they leave your facility.



A New Workout Experience



A Daily Workout

Participants get their daily **cardio and strength** workout in one efficient, **45-minute, high-energy class**. Attract and retain hygiene and time-conscious members by enabling them to spend less time in the gym without sacrificing their fitness results.

Traditional Strength Training Alternative

Traditional strength training only builds muscle based on the load. Fusion workouts also utilize resistance, speed, and functional movements from everyday life to develop a healthier body. For exercisers who might feel intimidated with strength training, Fusion classes provide an inviting and effective alternative.



A New Workout Experience

One Machine

Each participant trains on their own Fusion CST (Cardio Strength Trainer). No need to share equipment, wipe down multiple stations, or spend hours at the gym to complete cardio and strength training. A perfect solution for hygiene-conscious members.

Innovative Technology

Its patented SMR™ Silent Magnetic Resistance technology enables participants to achieve a total-body workout that reduces muscle soreness and recovery time.



Designed for Everyone

With Fusion classes, participants select their own pace and intensity, making them accessible for all ages, abilities, and fitness levels. The open design of Fusion CST makes it wheelchair accessible and welcoming to all demographics.

A New Workout Experience

It was my first time today, and it was super fun! As a student athlete just looking to get back in shape, it was super intense. I loved how it targeted both my upper body, lower body, as well as my abdominal area. It was a really good workout, especially on just one machine. I felt like I got a good cardio and strength workout, and I'm super excited to do it again. - Cindy M. | Participant

Personal Space in a Group Setting

Give health-conscious participants peace of mind about their workout environment by allowing them to concentrate on the session without compromising their personal space.

Personal Coaching in a Team Dynamic

Large enough to be fun, but small enough to offer personal engagement, Fusion workouts provide participants with the expertise of a coach and the motivation of a group environment.





Repurpose Less Utilized Spaces

Convert less profitable areas of your facility, like racquetball or squash courts, into a revenue-generating Fusion studio that creates and fosters a welcoming, engaging, fitness community.

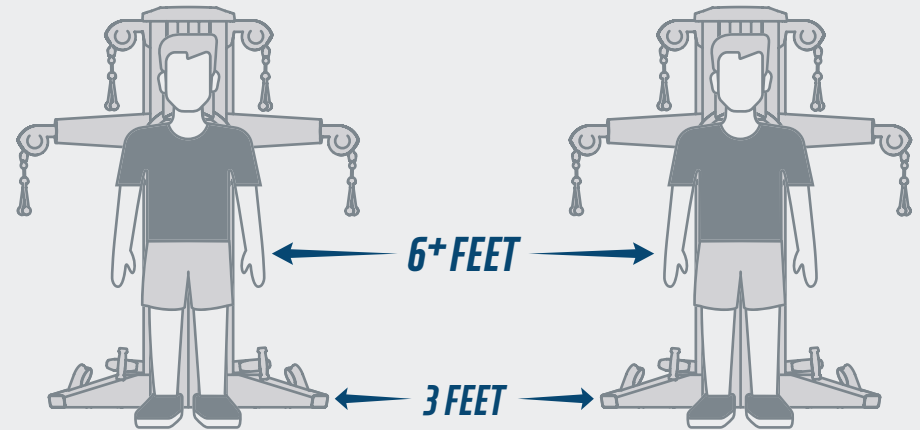
A New Profit Center for Your Facility

Create a positive cash flow in as little as three months* with Fusion Team Training. The engaging small group training format improves retention and can lead to a quick return on your investment.

*Based on an example setup offering three classes per day and charging \$20/participant/class. Actual time to reach profitability may vary based on a variety of factors. Speak to a Freemotion Consultant for a more accurate estimate for your facility.

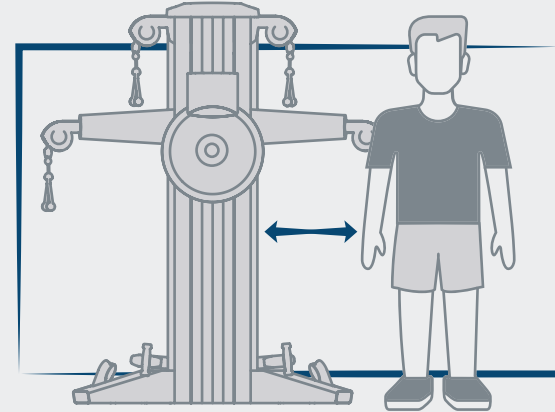
Social Distancing

Give health-conscious participants peace of mind about their workout environment with this naturally social distancing workout.



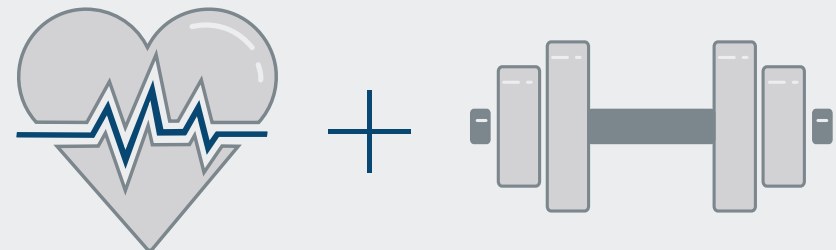
Your Personal Machine

No need to share equipment, wipe down multiple stations, or spend hours at the gym to complete cardio and strength training.



2-in-1 Workout

Participants get their daily cardio and strength workout in one efficient, 45-minute, high-energy class.



CARDIO

STRENGTH

FUSION CST

The Fusion CST (Cardio Strength Trainer) is an innovative fitness machine that gives your members a highly efficient workout. This versatile machine helps participants quickly exercise their entire body, while the patented magnetic resistance technology reduces muscle soreness and recovery time.

- 1) UNLIMITED MOVEMENT OPTIONS***
- 2) SMR™ SILENT MAGNETIC RESISTANCE***
- 3) CONCENTRIC TRAINING***
- 4) EXTENSIVE ROPE TRAVEL***
- 5) MOBILE DESIGN***
- 6) WATTS DISPLAY***
- 7) 6 SWIVEL PULLEYS***
- 8) WHEELCHAIR ACCESSIBLE***
- 9) ENHANCED DURABILITY***



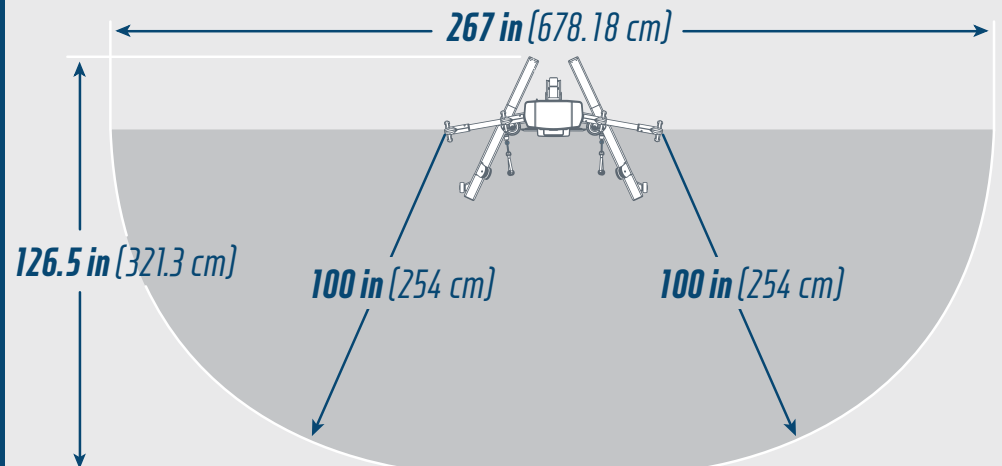
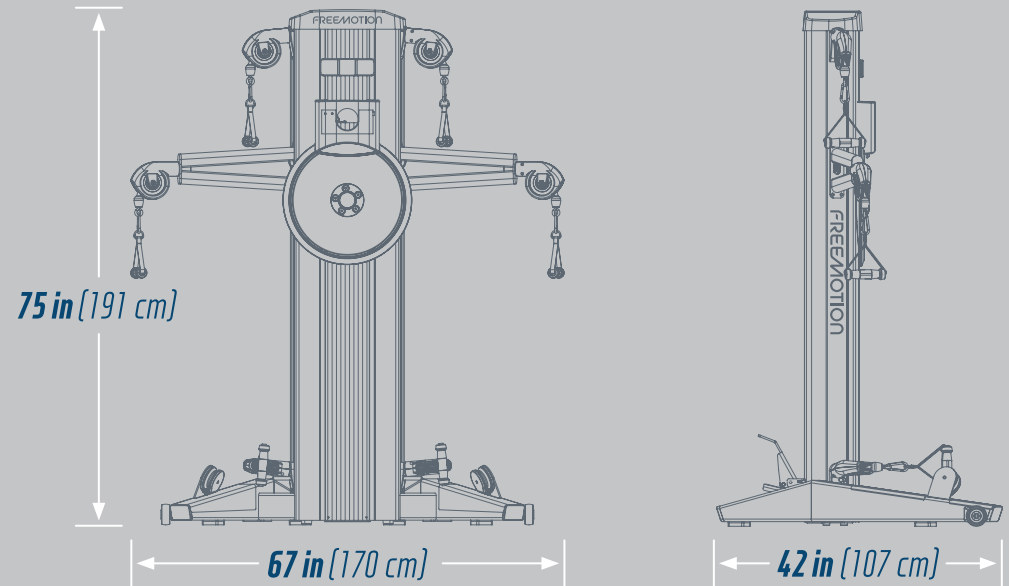
PRODUCT SPECIFICATIONS

MODEL # FMSY59719

Display Type	LED (WATTS, Resistance, Heart Rate)
Controls	Resistance level 1-20
Console Language(s)	English
Resistance System	SMR™ (Silent Magnetic Resistance)
Resistance	100 lbs (45 kg) per pulley
Pulleys	Three pairs of swivel pulleys
High Strength Rope	Double-Braided Coated Polyester Rope
Rope Travel	100 inches (254 cm)
Transport Wheels	Integrated wheels and easy-lift mechanism
Rubber Feet	4 rubber pads
Wheelchair Accessible	Yes
Heart Rate Monitoring	ANT+ and Polar Compatible
Accessories	6 handles and 2 ankle straps included
Machine Color	Black
Supported Power	110-120 VAC, 0.2 Amps 220-240 VAC, 0.1 Amps
Machine Dimensions (L x W x H)	42 x 67 x 75 in (107 x 170 x 191 cm)
Machine Weight	422 lbs (191.5 kg)
Shipping Dimensions (L x W x H)	82 x 43 x 21 in (208.3 x 109.2 x 53.3 cm)
Shipping Weight	450 lbs (204.1 kg)
Regulatory Approvals	EN957, CE, BQB, FCC/IC

For the full list of specifications, visit freemotionfitness.com

FUSION TEAM TRAINING



FREQUENTLY ASKED QUESTIONS

DOES THE FUSION CST NEED POWER?

Yes, each Fusion CST needs to be plugged in. They can be plugged into a power strip to maximize outlets.

CAN I MOVE THE FUSION CST AROUND THE ROOM?

Yes, the Fusion CST has transport wheels for easy movement. When the rear wheel is engaged, the Fusion CST can be rolled around on three wheels. When the rear wheel is disengaged, the Fusion CST will rest securely on its feet.

DOES MY HEART RATE MONITOR WORK WITH THE FUSION CST?

The Fusion CST is compatible with an ANT+-enabled heart rate chest strap. Heart Rate will appear on the display.

IS THE FUSION CST COMPATIBLE WITH EXTERNAL LEADER BOARD SOFTWARE?

Yes, if the external software works with ANT+ communication.

WHAT IS THE FOOTPRINT OF THE FUSION CST?

The base footprint of the Fusion CST is 67 inches (170 cm) wide by 42 inches (107 cm) deep.

HOW FAR APART SHOULD EACH FUSION CST UNIT BE SPACED?

We recommend allowing for two feet of space at a minimum between each Fusion CST unit to allow for the full range of movements. This can be increased to 3 feet or greater to ensure social distancing.

IS THE FUSION TEAM TRAINING COACH TRAINING REQUIRED?

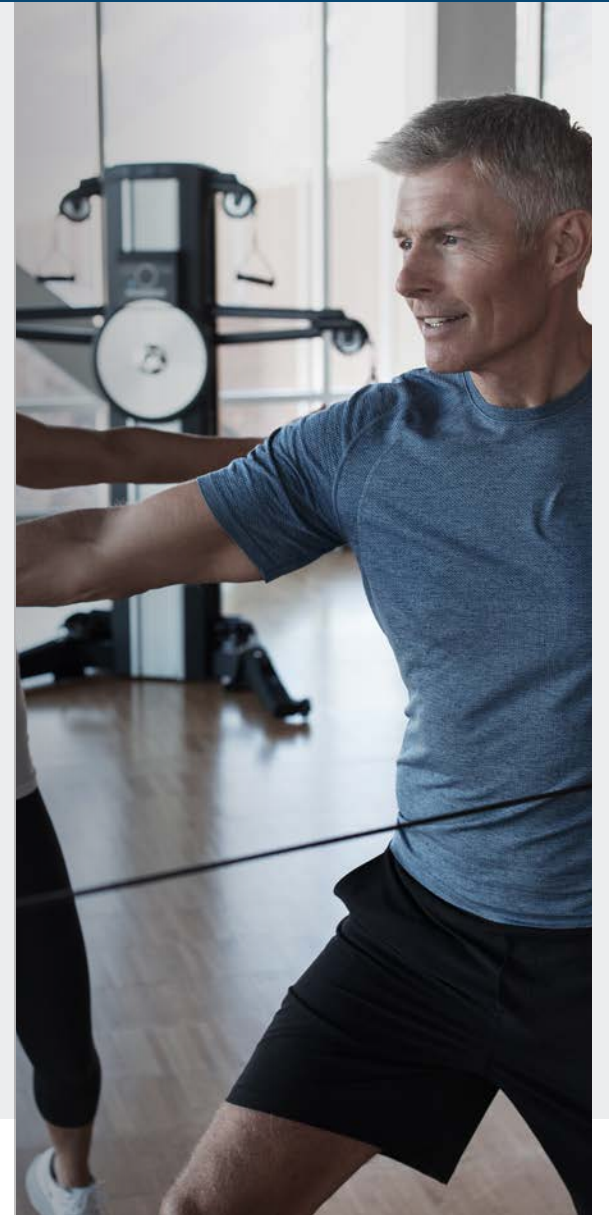
Our goal is for your Fusion Team Training program to be a huge success and the Coach Training Course is essential to that success. The magic of the Fusion CST is in the experience and the Coach Training Course educates your team to deliver that magic. Therefore, yes, it is required.

IS FUSION TEAM TRAINING CARDIO OR STRENGTH?

Both! Fusion Team Training utilizes full-body strength exercises combined with quick movement speed to build muscle and burn calories. Participants' muscles will be burning as they fight to catch their breath.

HOW LONG SHOULD A FUSION TEAM TRAINING WORKOUT BE?

We recommend 45 minutes for the foundation class. However, 30-minute express classes may be a good addition to your timetable.



FREQUENTLY ASKED QUESTIONS

HOW MANY PEOPLE CAN PARTICIPATE IN A FUSION TEAM TRAINING WORKOUT?

Each participant and the instructor need a Fusion CST unit. For example, if you have 10 Fusion CST units, you may have 9 participants plus a coach in each class.

Fusion Team Training is designed as a small group training workout, therefore, when deciding how many units to purchase, consider enough units to create energy and motivation through a group while still delivering a personal experience. This usually falls between 7 and 20 units.

HOW MUCH SHOULD WE CHARGE FOR FUSION TEAM TRAINING WORKOUTS?

The exact amount to charge for Fusion Team Training is very specific to your facility demographic and pricing structure. In general, we recommend one Fusion Team Training class is approximately one third the price of a single personal training session. Then offer members a 10 and 20 Fusion Team Training class pass for a slightly lower amount per class and even consider an unlimited monthly option.

IS IT ESSENTIAL TO HAVE A CLASS REGISTRATION PROCESS IN PLACE FOR FUSION TEAM TRAINING?

Yes. With a limited number of spots per class, it is essential that members can pre-register for classes. This can be done through an online system (recommended) or call-in system. This will also allow you to charge participants for classes and send targeted marketing, promotions, and communications to Fusion Team Training participants.

SHOULD MEMBERS BE ALLOWED TO USE THE FUSION CST OUTSIDE OF TEAM TRAINING CLASSES?

We recommend members are not given access to the Fusion CSTs outside of Team Training classes unless in a training session with a personal trainer who has completed the Fusion Team Training Coach course. Fusion Team Training is not simply a machine, it is an experience. And to maintain the integrity of the experience members must have the guidance of a qualified Fusion Team Training Coach. Do not dilute the experience but rather reserve it for paying participants.



CARDIO: HIGH-USAGE - 22, 10, & 8 SERIES	US & CANADA	INTERNATIONAL
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
CARDIO: LOW-USAGE - 22, 10, & 8 SERIES**	US & CANADA	INTERNATIONAL
Frame (not including coatings), Drive Motor	7 Years	7 Years
Parts and Console	3 Years	3 Years
Labor	3 Years	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
TV ATTACHMENTS	US & CANADA	INTERNATIONAL
MYE Digital LCD TV	3 Years	3 Years
MYE TV Controller & Wireless Receiver	2 Years	2 Years
MYE Wireless Transmitter	5 Years	5 Years
INDOOR BIKES	US & CANADA	INTERNATIONAL
Frame (not including coatings)	7 Years	7 Years
Belt	5 Years	5 Years
Parts and Console	2 Years	2 Years
Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
FUSION	US & CANADA	INTERNATIONAL
Frame (not including coatings)	10 Years	10 Years
Parts	2 Years	2 Years
Ropes and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
STRENGTH/BENCHES/RIGS/RACKS/ATTACHMENTS	US & CANADA	INTERNATIONAL
Frame (not including coatings)	10 Years	10 Years
Parts	3 Years	3 Years
Cables and Labor	1 Year	1 Year
Cosmetic & Wear Items*	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days
FREE WEIGHTS	US & CANADA	INTERNATIONAL
Urethane-coated Weights (repair or replace at our discretion)	3 Years	3 Years
Rubber-coated Weights (repair or replace at our discretion)	2 Years	2 Years

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WARRANTIES

*Includes Non-warning Decals, Deck Rails, Pulse Grips, USB, Audio Jack, Handrails, Motor Hood, Fan Levers, Water Bottle Holders, Pedals, Pedal Straps, Seats, Handles/Levers/Knobs, Hand Grips, Removable Trays, Weight Pins, Springs, Belts (except Walking Belts), Accessories, Rust on Any Metal Components.

**For non-dues paying facilities with machine usage of 6 hours or less per day.

FREEMOTION®

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