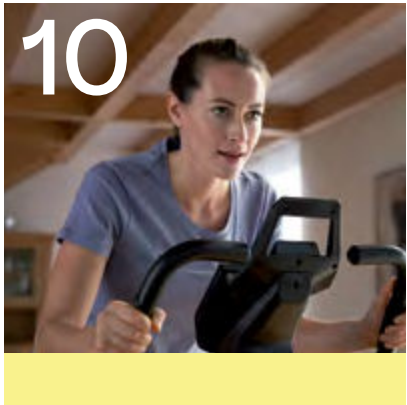


CATALOGUE
2022/2023

FITNESS
HOMEMADE

100%



MACHINE LEVELS

Standard:

Robust machines for effective training with basic functions. The standard level is suitable for those that train now and again and do not require much variety.

Advanced:

Machines of proven quality with noticeably better movement (resistance, smoothness, etc.) than standard devices – definitely recommended for regular training.

Premium:

High-quality machines with a wide of variety of functions and a high level of comfort. The ideal level for athletes who place demanding requirements on their own fitness and sports equipment.

Premium Plus:

Top-of-the-range machines in every respect: Extra features, widest programme selection and equipment that you would find at a gym. This level is suitable for athletes training for a competition or have other ambitious goals.

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3D and Augmented Reality (AR):
Scan the product QR code and view a 3D model of the machine from all sides. Press AR to see how the machine will look like in your apartment to scale.

Heart rate-based training available

compatible with Kinomap

Bluetooth

→ **WELCOME
TO THE**



Available from spring 2022.

**NEW
MOVEMENT**

FRAME: ICONIC BIKE

EXCEED YOUR PERSONAL BEST AT HOME

FRAME SPEED

Frame Speed Eucalyptus: BK1054-600
Frame Speed Grey: BK1054-300
Frame Speed Stone: BK1054-400

Indoor Bike-Level:



Kettler indoor bikes ensure you are completely independent. You can step on the pedals at any time day or night, whatever the weather. Regardless of what your goals are – endurance training, fat burning or strengthening leg muscles – our machines ensure you can train comfortably and intensively. It is not just your leg muscles and glutes that get a workout; the athletic handlebar position ensures that your obliques and back extensor muscles are challenged as well.

The core muscles are also activated while cycling when standing. With Kettler indoor bikes, you can adjust the machine to your needs completely and individually adjust the saddle horizontally and vertically. You are fit from day one for the upcoming racing bike season.

- Manual magnetic brakes with 20 resistance levels
- Rigid drive system for optimal indoor cycle training
- LCD screen for resistance and performance data display, incl. exact Watt display
- Bluetooth to connect your wearables and all FTMS-based apps
- Wireless riding experience
- Up to 1000 Watts for maximum power
- Combi-click pedals (SPD) for complete flexibility
- Mobile phone and tablet holder

FRAME RACER

Frame Racer Terracotta: BK1055-700
 Frame Racer Grey: BK1055-300
 Frame Racer Stone: BK1055-400

Indoor Bike-Level:



- Induction brakes for a precise power setting in 5 Watt levels up to 400 Watts (speed independent)
- Maximum power 600 Watts (speed dependent)
- Freewheel drive hub
- Sporty racing position for the perfect workout
- 7" touchscreen with training programmes and mirroring function for playback on your smart TV and tablet
- Full connectivity for selective wearables via Bluetooth, all FTMS-based apps and entertainment programmes via WLAN
- Combi-click pedals (SPD) for complete flexibility
- Mobile phone and tablet holder

FRAME RACER+

Frame Racer+ Shock: BK1056-800
 Frame Racer+ Grey: BK1056-300
 Frame Racer+ Stone: BK1056-400

Indoor Bike-Level:



- Induction brakes for a precise power setting in 5 Watt levels up to 600 Watts (speed independent)
- Maximum power 1000 Watts (speed dependent)
- Wattage for your professional riding experience
- Realistic riding performance with electronic gear change
- Freewheel drive hub
- Optional: Individual triathlon posture for a professional aero position
- 7" touchscreen with training programmes and mirroring function for playback on your smart TV and tablet
- Full connectivity for your wearables, selective apps and entertainment programmes via Bluetooth and WLAN
- Combi-click pedals (SPD) for complete flexibility
- Mobile phone and tablet holder
- NFC for your personal Apple GymKit

Exercise bikes



Train more flexibly, wherever and whenever you want with the Kettler exercise bike – whatever the weather. These sturdy, state-of-the-art machines will support you in every step towards every goal – regardless of whether you want to be fitter, healthier or lighter. Completely round and even rotations mean Kettler machines are gentle on sensitive ankles, knees and hips. But your leg muscles and glutes will get the challenge they need. The exercise bike is definitely recommended even if you don't have ambitious goals: Occasionally moving your body simply does you good.

Kettler exercise bikes are durable, easy to use and comfortable. Seat height, handlebar, distance to the handlebar and many more things can be individually adjusted. The hand pulse sensor enables you to train at a constant pulse level. You can always see your own goals such as speed, calorie consumption, route or training time on the user-friendly on-board computer. The machines are so quiet that you can enjoy your favourite TV show and train as you please. Just sit on the bike and start pedalling to your heart's content.

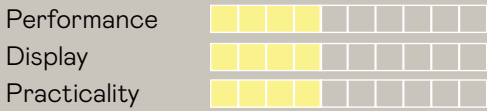


You can find more information on the exercise bike in the YouTube video.

AVIOR M

HT1002-100

Exercise bike level:



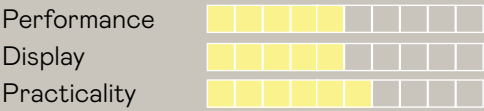
The AVIOR M makes stepping into regular fitness training extremely easy: Simple to set-up, easy to operate and extremely mobile.

- Comfortable and effective training
- Flexible and mobile thanks to battery and rollers
- Quick to set up
- Flywheel mass with total weight of 6 kg
- Manual magnetic braking system with 8 resistance levels
- Display six different performance measurements (speed, calories, pulse, RPM, distance and training time)
- Easy-to-use training computer with LCD display
- Pulse sensors on the handlebar

AVIOR P

HT1003-100

Exercise bike level:



AVIOR P is your reliable companion for effective cardio training. With its comprehensive range of training programmes and resistance levels, beginners as well as ambitious athletes will find their pace.



- 12 varied training programmes
- Motorised magnetic braking system, with a smooth and pleasant feel
- 16 resistance levels to choose from on the training computer
- 9 kg flywheel mass
- 4 user profiles stored or for 4 people
- Easy-to-use training computer
- Pulse sensors on the handlebar



RIDE 100

HT1005-100

Exercise bike level:



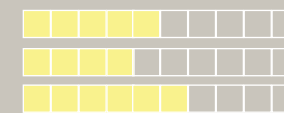
Product video
on YouTube



3D & AR



Performance
Display
Practicality



The exercise bike with a feel-good factor for cardio fitness that you can enjoy for many years to come: The RIDE 100 has an impressively high degree of comfort, simple operation and sturdy construction. The exercise bike is perfect for short as well as long training sessions.

- High-quality exercise bike
- Exceptionally easy-to-use training computer with large display
- Displays 6 functions: heart rate, pedal rpm, time, speed, distance and energy consumption
- Manually adjustable magnetic braking system with 8 resistance levels (very low resistance in braking level 1)
- Extra wide and comfortable saddle (horizontally & vertically adjustable and tiltable)
- Hand pulse sensors for heart rate measurement
- Smartphone/tablet holder
- Flexible and mobile thanks to battery and rollers

OVERVIEW

EXERCISE BIKE



AVIOR M			AVIOR P		
Exercise bike level	Standard		Advanced		
Resistance system	Manual magnetic braking system		Motorised magnetic braking system		
Flywheel mass	6 kg		9 kg		
Resistance levels	8		16		
Number of training programmes	None		12		
Training mode	Manual (speed-dependent)		Manual (speed-dependent)		
Special training forms	No		No		
Heart rate programme	No		Yes		
Watts displayed	No		No		
Therapeutic training	No		No		
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance and training time		Speed, calories, pulse, room temperature, RPM, distance and training time		
Number of user profiles	None		4		
Bluetooth	No		No		
Easy to mount	No		No		
Rollers for easy transport	Yes		Yes		
Pulse monitoring	Hand-grip pulse sensors included		Chest strap optional, Hand-grip pulse sensors included		
Smartphone/tablet holder	No		No		
Power supply	Batteries (x2)		Mains (230 V)		
Maximum load	110 kg		130 kg		
Dimensions (LxWxH)	80 x 60 x 144 cm		90 x 60 x 146 cm		



RIDE 100		
Exercise bike level	Advanced	
Resistance system	Manual magnetic braking system	
Flywheel mass	6 kg	
Peak watt power	None	
Resistance levels	8	
Number of training programmes	None	
Training mode	Manual (speed-dependent)	
Special training forms	No	
Heart rate programme	No	
Watts displayed	No	
Therapeutic training	No	
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance and training time	
Number of user profiles	None	
Bluetooth	No	
Easy to mount	Yes	
Rollers for easy transport	Yes	
Pulse monitoring	Chest strap optional, hand-grip pulse sensors included	
Smartphone/tablet holder	Yes	
Power supply	Batteries (x2)	
Maximum load	130 kg	
Dimensions (LxWxH)	90 × 54 × 136 cm	

AVIOR R

HT1004-100

Recumbent exercise bike level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The AVIOR R protects your joints and your back and really gets you going, even in a seated position. 12 training programmes ensure plenty of variety in the long-term.

- Comfortable and effective recumbent exercise bike
- Varied range of 12 training programmes including a heart rate-controlled programme
- 16 resistance levels for every fitness level, selected on the training computer
- Motorised magnetic braking system with smooth rotation
- Display six different performance measurements (speed, calories, pulse, RPM, distance and training time)



RIDE 300 R

HT1007-100

Recumbent exercise bike level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The RIDE 300 R offers you a workout that is as individual as your demands for healthy movement. With various helpful functions, this recumbent exercise bike will help you in every second of your workout.



- First-class recumbent exercise bike
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- Flywheel mass with total weight of 8 kg
- High-quality and easy-to-use training computer with simple menu navigation in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Current heart rate zone display
- Bluetooth interface for Kinomap app
- Motor-adjustable magnetic braking system with 15 resistance levels
- Stores activity for four user profiles and one guest profile
- Adjustable seat with fixed backrest
- Comfortable, easy to mount

OVERVIEW

RECUMBENT
EXERCISE BIKE



	AVIOR R	RIDE 300 R
Recumbent exercise bike level	Standard	Advanced
Resistance system	Motorised magnetic braking system	Motorised magnetic braking system
Flywheel mass	9 kg	8 kg
Peak watt power	None	None
Resistance levels	16	15
Number of training programmes	12	10
Training mode	Manual (speed-dependent)	Manual (speed-dependent)
Special training forms	Recovery pulse measurement with fitness grade (recovery test)	Recovery pulse measurement with fitness grade (recovery test)
Heart rate programme	Yes	Yes
Watts displayed	No	No
Therapeutic training	No	No
Performance measurements (displayed)	Speed, calories, pulse, room temperature, RPM, distance and training time	Speed, calories, pulse, RPM, distance and training time
Number of user profiles	4	4 user profiles + 1 guest profile
Bluetooth	No	Yes (for Kinomap app)
Easy to mount	Yes	Yes
Rollers for easy transport	Yes	Yes
Pulse monitoring	Chest strap optional, Hand-grip pulse sensors included	Chest strap optional, Hand-grip pulse sensors included
Smartphone/tablet holder	No	Yes
Power supply	Mains (230 V)	Mains (230 V)
Maximum load	130 kg	130 kg
Dimensions (LxWxH)	163 × 63 × 109 cm	163 × 63 × 119 cm



Ergometers



Kettler ergometers are perfect training partners if you want to focus on fitness and endurance at home. You can measure your performance in watts on the easy-to-operate computer to help you create a goal-driven and routine-controlled workout. Just increase the wattage to take your training to the next level – perfect for losing weight and building muscle performance. Nothing pinches: Stable and robust when standing, Kettler ergometers also offer a special level of comfort: they are easy to mount, have an ergonomic seat and absolutely smooth pedal movement. The ergometers are so quiet that you can read a book, enjoy music or watch a video undisturbed at the

same time. The bracket on the display will keep your entertainment devices securely in place. The user-friendly display provides overview of the wattage, pulse, training time, calorie consumption and so much more. Five profiles can be set on the display, so each of your teammates always has their individual data immediately to hand. And you can adjust the saddle and handlebars to suit each of you exactly. Whether you want to train for therapeutic reasons, challenge your cardiovascular system or really go for peak performance, your Kettler ergometers will provide optimal support for every requirement.



You can find more information on the exercise bike in the YouTube video.

TOUR 300

EM1011-400

Ergometer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The TOUR 300 is a rock-solid all-rounder for the whole family. It is so easy and fun to operate, offering everyone the right choice with its wide range of training programmes.

- Speed-dependent magnetic braking system with 250 watt peak power
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Flywheel mass with total weight of 8 kg
- Bluetooth interface for Kinomap
- Comfortable sports saddle (horizontally & vertically adjustable and tiltable)
- Tablet holder, centre of gravity strap pedals, rollers for easy transport and height adjustment



TOUR 400

EM1012-400

Ergometer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The TOUR 400 is an effective machine for beginners and more advanced individuals who want to train regularly for their health and fitness, without compromising on comfort. The ergonomic features mean the extended training units don't feel as long as they are.

- Induction braking system with 250 watt peak power in AUTO mode
- 2 user modes: AUTO (speed independent) and MANU (speed dependent)
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Flywheel mass with total weight of 6 kg
- Bluetooth interface for Kinomap
- Ergonomic saddle (horizontally & vertically adjustable and tiltable)
- Tablet holder, centre of gravity strap pedals, rollers for easy transport and height adjustment



TOUR 600

EM1013-400

Ergometer level:



3D & AR



Performance

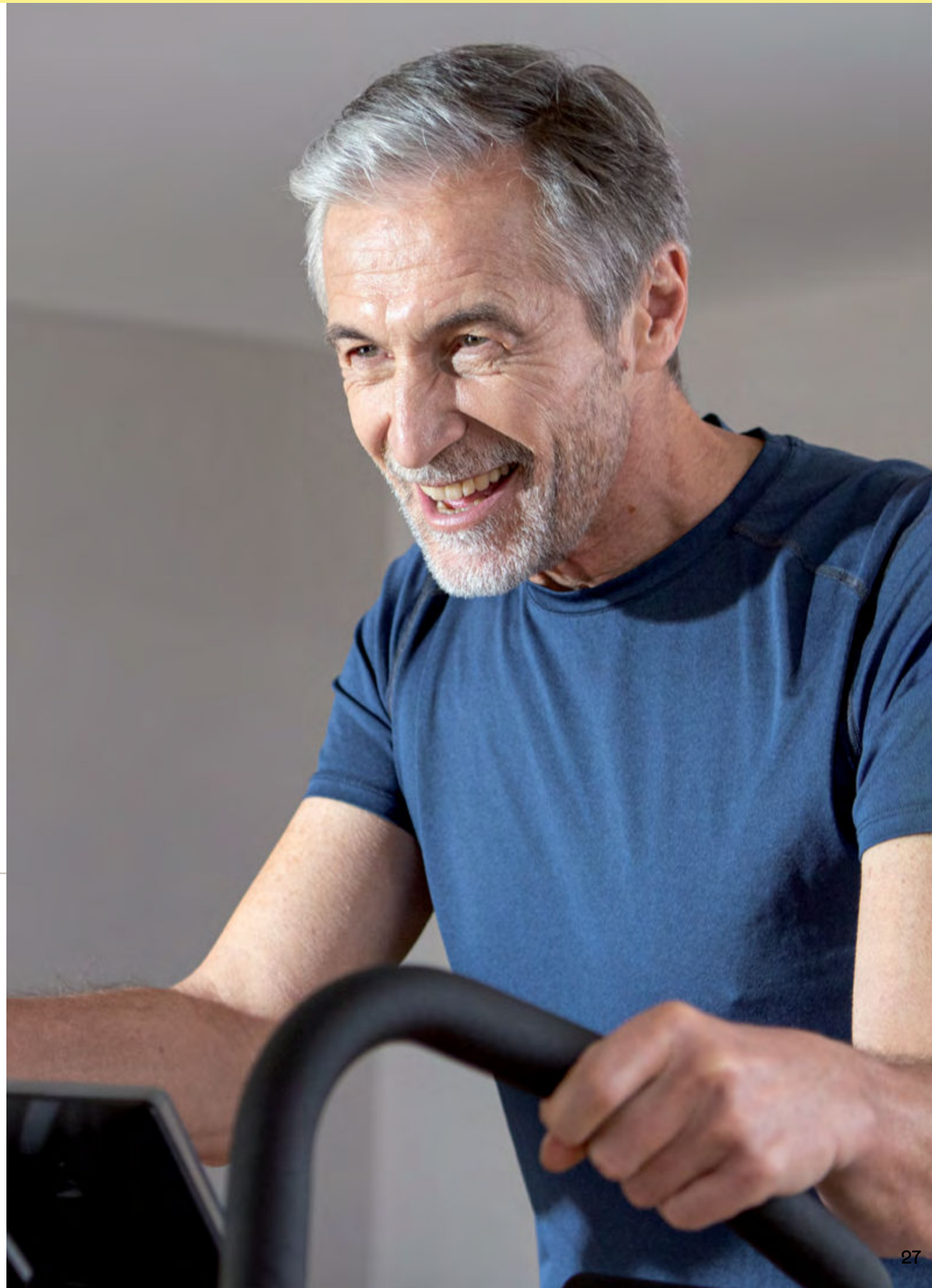
Display

Practicality

The TOUR 600 is for those who seek to challenge their boundaries. This exercise bike is ideal for intensive training and high demands. The resistance can be turned up to a strenuous 400 watts and the configuration ensures that variety is a key in the programme.



- Induction braking system with 400 watt peak power in AUTO mode
- 2 user modes: AUTO (speed independent) and MANU (speed dependent)
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Flywheel mass with total weight of 10 kg
- Bluetooth interface for Kinomap
- Ergonomic saddle (horizontally & vertically adjustable and tiltable)
- Tablet holder, centre of gravity strap pedals, rollers for easy transport and height adjustment





TOUR 800

EM1014-400

Ergometer level:



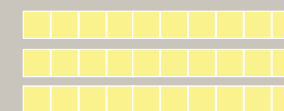
Product video
on YouTube



3D & AR



Performance
Display
Practicality



The TOUR 800 is the top ergometer is for those who seek to push their goals and limits further. Ambitious athletes and motivated beginners alike will get the most out of this machine thanks to the 400 watt peak power and 15 training programmes.



- Induction braking system with 400 watt peak power in AUTO mode
- 2 user modes: AUTO (speed independent) and MANU (speed dependent)
- Very high-quality and easy-to-use training computer with colour display in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone in colour
- 15 programmes (incl. heart rate-controlled programme), can be expanded as required using the configurator
- 4 user profiles and 1 guest profile
- Bluetooth interface for Kinomap
- Large, comfortable and ergonomic multi-position handlebar in high-quality design
- Flywheel mass with total weight of 10 kg
- Ergonomic saddle (horizontally & vertically adjustable and tiltable)
- Tablet holder, centre of gravity strap pedals, rollers for easy transport and height adjustment



TOUR 300		TOUR 400
Ergometer level	Standard	Advanced
Resistance system	Motorised magnetic braking system	Induction braking system
Flywheel mass	8 kg	6 kg
Peak watt power	250 watts	250 watts
Resistance levels	15	25 - 250 watts (in 5-watt increments)
Number of training programmes	10	10
Training mode	Manual (speed-dependent)	Automatic (speed independent) and manual (speed dependent)
Special training forms	Recovery pulse measurement with fitness grade (recovery test)	Recovery pulse measurement with fitness grade (recovery test)
Heart rate programme	Yes	Yes
Watts displayed	Yes	Yes
Therapeutic training	No	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance, training time and watts	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Easy to mount	Yes	Yes
Rollers for easy transport	Yes	Yes
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes	Yes
Power supply	Mains (230 V)	Mains (230 V)
Maximum load	130 kg	130 kg
Dimensions (LxWxH)	119 × 55 × 137 cm	119 × 55 × 137 cm



TOUR 600		TOUR 800
Ergometer level	Premium	Premium Plus
Resistance system	Induction braking system	Induction braking system
Flywheel mass	10 kg	10 kg
Peak watt power	400 watts	400 watts
Resistance levels	25 - 400 watts (in 5-watt increments)	25 - 400 watts (in 5-watt increments)
Number of training programmes	10	15 programmes, can be expanded using the configurator
Training mode	Automatic (speed independent) and manual (speed dependent)	Automatic (speed independent) and manual (speed dependent)
Special training forms	Recovery pulse measurement with fitness grade (recovery test)	Challenge training, recovery pulse measurement with fitness grade (recovery test), high-intensity training
Heart rate programme	Yes	Yes
Watts displayed	Yes	Yes
Therapeutic training	Yes	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance, training time and watts	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Easy to mount	Yes	Yes
Rollers for easy transport	Yes	Yes
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes	Yes
Power supply	Mains (230 V)	Mains (230 V)
Maximum load	150 kg	150 kg
Dimensions (LxWxH)	119 × 55 × 137 cm	119 × 55 × 137 cm

EM1010-400

Page 10 of 10



- Induction braking system with 320 watt peak power in AUTO mode
- Recumbent ergometer with 2 user modes: AUTO (speed independent) and MANU (speed dependent)
- High-quality and easy-to-use training computer with simple menu navigation in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Current heart rate zone display
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Flywheel mass with total weight of 8 kg
- Adjustable seat with fixed backrest
- Comfortable, easy to mount
- Tablet holder, centre of gravity strap pedals, rollers for easy transport and height adjustment



TOUR 600 R	
Recumbent ergometer level	Premium
Resistance system	Induction braking system
Flywheel mass	8 kg
Peak watt power	320 watts
Resistance levels	25 - 320 watts (in 5-watt increments)
Number of training programmes	10
Training mode	Automatic (speed independent) and manual (speed dependent)
Special training forms	Recovery pulse measurement with fitness grade (recovery test)
Heart rate programme	Yes
Watts displayed	Yes
Therapeutic training	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)
Easy to mount	Yes
Rollers for easy transport	Yes
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes
Power supply	Mains (230 V)
Maximum load	130 kg
Dimensions (LxWxH)	163 × 63 × 119 cm



You can find more information
on the cross trainer
in the YouTube video.

The Kettler cross trainers ensure you can provide a holistic power balance to your stressful everyday life. You'll get your cardiovascular system going, train your endurance and also burn plenty of calories. With the fluid movement sequences, you can train intensively and effectively without putting too much strain on your body, unlike when running, for example. With its exceptional smoothness and quiet operation, nothing will distract you from training.

Thanks to the various training functions that you can set on the display, you will always find a workout programme that is tailored to you. You can save your performance in your individual profile. The wide selection of Kettler cross trainers, front-wheel and back-wheel drives with induction or magnetic brakes really leaves nothing to be desired; there's a right model for you – guaranteed.

NOVA M

CT1019-100

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

Cross training made easy: The NOVA M ensures that your introduction to cross training is easy and quick. The machine is easy to assemble and very easy to operate.

- Manual resistance adjustment with 8 levels
- 12 kg flywheel mass
- LCD training computer with 6 functions continuously displayed
- Hand-grip pulse sensors included
- Rollers for easy transport and height adjustment
- Adjustable footplates

NOVA P

CT1020-100

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The NOVA P ensures your workout is effective and varied. Choose from 12 different training programmes and 16 resistance levels – in leisure mode or full speed.

- Motorised resistance adjustment with 16 levels
- 14 kg flywheel mass
- LCD training computer with 7 functions continuously displayed
- Training computer with 12 programmes including storage for 4 users and HRC training
- Hand-grip pulse sensors and ear clip included
- Chest strap as an accessory
- Rollers for easy transport and height adjustment
- Adjustable footplates



OPTIMA 100

CT1021-100

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

Want to feel the burn or train at a leisurely pace within your own four walls? The OPTIMA 100 is your reliable cross trainer at any time and for any mood: Always there for you, robust and easy to operate.

- Manually adjustable magnetic braking system with 8 resistance levels
- 12 kg flywheel mass system for a particularly balanced rotation
- Easy-to-use training computer
- 6 measurements continuously displayed (heart rate, pedal rpm, time, speed, distance and energy consumption), pre-settings and recovery pulse measurement with fitness grade
- Armrest with ergonomically shaped grip ends
- Adjustable footplates
- Rollers for easy transport

OPTIMA 200

CT1022-100

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The OPTIMA 200 gives you the extra motivation you need for each workout. Whatever the time of day and goal, the OPTIMA 200 always provides you with a variety of options.



- Motor-adjustable magnetic braking system with 15 resistance levels
- 14 kg flywheel mass system for a particularly balanced rotation
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Current heart rate zone display
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Bluetooth interface for Kinomap
- Pulse measured via hand-grip pulse sensors, chest strap optional
- Armrest with ergonomically shaped grip ends
- Adjustable footplates
- Rollers for easy transport

OPTIMA 400

CT1023-400

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The OPTIMA 400 offers each form of cross training: Whether you would like to burn calories, get your cardiovascular system going, train your endurance or simply want to have fun.



- Speed-dependent magnetic braking system with 15 resistance levels and 250 watt peak power
- 14 kg flywheel mass system for a particularly balanced rotation
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays current heart rate zone and power in watts
- 10 programmes incl. programme configuration (including a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Bluetooth interface for Kinomap
- Pulse measured via hand-grip pulse sensors, Bluetooth chest strap optional
- Armrest with ergonomically shaped grip ends
- Adjustable footplates
- Rollers for easy transport

OPTIMA 600

CT1024-400

Cross trainer level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

With 400 watt power and 15 training programmes, the workout challenges will keep you going for a while with the OPTIMA 600. Thanks to the running characteristics and the high level of comfort, you will love taking on new challenges.



- Speed-independent induction brake with 25-400 watts
- 22 kg flywheel mass system for a particularly balanced rotation
- 2 modes: AUTO (speed independent), MANU (speed dependent)
- Very high-quality and easy-to-use training computer with colour display in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone in colour
- Varied range of programmes: HIT training, challenge training, heart rate controlled training as well as endless configuration options in the programme editor
- 4 user profiles and 1 guest profile
- Pulse measured via hand-grip pulse sensors, Bluetooth chest strap optional
- Armrest with ergonomically shaped grip ends
- Adjustable footplates
- Rollers for easy transport



OPTIMA 800

CT1025-400

Cross trainer level:



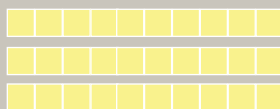
Product video
on YouTube



3D & AR



Performance
Display
Practicality



The OPTIMA 800 is a brilliant machine with extremely convenient technology and comfortable features. The Extended Motion technology, peak power of 400 watts and so much more will push you to new peak performances.



- Speed-independent induction brake with 25-400 watts
- 22 kg flywheel mass system
- 2 modes: AUTO (speed independent) and MANU (speed dependent)
- EXT technology (Extended Motion) for movement that's particularly effective and gentle on the joints
- Very high-quality and easy-to-use training computer with colour display in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Displays power in watts and current heart rate zone in colour
- Varied range of programmes: HIT training, challenge training, heart rate-controlled training as well as endless configuration options in the programme editor
- 4 user profiles and 1 guest profile
- Pulse measured via hand-grip pulse sensors, Bluetooth chest strap optional
- Armrest with ergonomically shaped grip ends, rollers for easy transport

OVERVIEW

CROSS TRAINER



	NOVA M	NOVA P
Cross trainer category	Back-wheel drive	Back-wheel drive
Cross trainer level	Standard	Advanced
Resistance system	Manual magnetic braking system	Motorised magnetic braking system
Flywheel mass system	12 kg	14 kg
Peak watt power	None	None
Resistance levels	8	16
Number of training programmes	None	12
Training mode	Manual (speed-dependent)	Manual (speed-dependent)
Heart rate programme	No	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance and training time	Speed, calories, pulse, room temperature, RPM, distance and training time
Number of user profiles	None	4
Bluetooth	No	No
Footplates	Adjustable	Adjustable
Stride length	320 mm	390 mm
Footplate spacing	n/a	n/a
Rollers for easy transport	Yes	Yes
Pulse monitoring	Hand-grip pulse sensors included	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	No	No
Power supply	Batteries (x2)	Mains (230 V)
Height adjustment	Yes	Yes
Maximum load	110 kg	130 kg
Dimensions (LxWxH)	115 × 62 × 160 cm	132 × 62 × 169 cm



	OPTIMA 100	OPTIMA 200
Cross trainer category	Back-wheel drive	Back-wheel drive
Cross trainer level	Standard	Advanced
Resistance system	Manual magnetic braking system	Motorised magnetic braking system
Flywheel mass system	12 kg	14 kg
Peak watt power	None	None
Resistance levels	8	15
Number of training programmes	None	10
Training mode	Manual (speed-dependent)	Manual (speed-dependent)
Heart rate programme	No	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance and training time	Speed, calories, pulse, RPM, distance and training time
Number of user profiles	None	4 user profiles + 1 guest profile
Bluetooth	No	Yes (for Kinomap app)
Footplates	Adjustable	Adjustable
Stride length	320 mm	390 mm
Footplate spacing	230 mm	230 mm
Rollers for easy transport	Yes	Yes
Pulse monitoring	Hand-grip pulse sensors included	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	Yes	Yes
Power supply	Batteries (x2)	Mains (230 V)
Height adjustment	Yes	Yes
Maximum load	110 kg	130 kg
Dimensions (LxWxH)	115 × 62 × 160 cm	132 × 62 × 169 cm



OPTIMA 400		OPTIMA 600
Cross trainer category	Back-wheel drive	Back-wheel drive
Cross trainer level	Advanced	Premium
Resistance system	Motorised magnetic braking system	Induction braking system
Flywheel mass system	14 kg	22 kg
Peak watt power	250 watts	400 watts
Resistance levels	15	25 - 400 watts (in 5-watt increments)
Number of training programmes	10	15 programmes, can be expanded using the configurator
Training mode	Manual (speed-dependent)	Automatic (speed independent) Manual (speed dependent)
Heart rate programme	Yes	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance, training time and watts	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Footplates	Adjustable	Adjustable
Stride length	390 mm	390 mm
Footplate spacing	230 mm	190 mm
Rollers for easy transport	Yes	Yes
Pulse monitoring	Chest strap optional, hand-grip pulse sensors included	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	Yes	Yes
Power supply	Mains (230 V)	Mains (230 V)
Height adjustment	Yes	Yes
Maximum load	130 kg	150 kg
Dimensions (LxWxH)	132 × 62 × 169 cm	144 × 56 × 152 cm



OPTIMA 800	
Cross trainer category	Back-wheel drive
Cross trainer level	Premium Plus
Resistance system	Induction braking system
Flywheel mass system	22 kg
Peak watt power	400 watts
Resistance levels	25 - 400 watts (in 5-watt increments)
Number of training programmes	15 programmes, can be expanded using the configurator
Training mode	Automatic (speed independent), Manual (speed dependent)
Heart rate programme	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)
Footplates	EXT technology for movement that's particularly effective and gentle on the joints
Stride length	480 mm
Footplate spacing	190 mm
Rollers for easy transport	Yes
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes
Power supply	Mains (230 V)
Height adjustment	Yes
Maximum load	150 kg
Dimensions (LxWxH)	144 × 56 × 162 cm



Outdoor

Coaching



The training app for Kettler exercise bikes, ergometer bikes, cross trainers, treadmills and rowing machines.

- Train at home on real outdoor routes or with coaches
- Choose from thousands of routes and coaching videos
- Make progress thanks to individual training plans
- Share your accomplishments
- Compete with your friends

More info at www.kinomap.com
Available for Android on Google Play and on iOS in the App store.

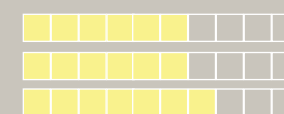
ELIPSO P

CT1018-100

Cross trainer level:



Performance
Display
Practicality



The ELIPSO P cross trainer is impressively gentle on the joints, boasting a lot of variety and an array of functions for a fit and healthy daily routine.

- Motorised resistance adjustment with 16 levels
- 18 kg flywheel mass
- LCD training computer with 7 functions continuously displayed
- Training computer with 12 programmes including storage for 4 users and HRC training
- Hand-grip pulse sensors and ear clip included
- Chest strap as an accessory
- Rollers for easy transport and height adjustment
- Tilttable cockpit



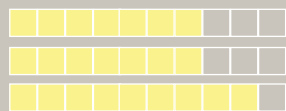
OMNIUM 300

CT1026-100

Cross trainer level:



- Performance
- Display
- Practicality



The OMNIUM 300 is your perfect partner for each and every training goal: Whether a short or long workout, the cross trainer can do everything with front-wheel drive, making for a lot of fun.



- Motor-adjustable magnetic braking system with 15 resistance levels
- 18 kg flywheel mass system for a particularly balanced rotation
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Current heart rate zone display
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Particularly narrow footplate spacing
- Pulse measured via hand-grip pulse sensors, chest strap optional
- Armrest with ergonomically shaped grip ends
- Rollers for easy transport

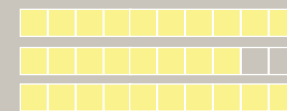
OMNIUM 500

CT1027-400

Cross trainer level:



- Performance
- Display
- Practicality



The OMNIUM 500 is the best-in-class among Kettler cross trainers with front-wheel drive – robust, high-quality and effective. With 400 watt peak power, the machine meets the highest demands for your power training.



- Induction braking system with 400 watt peak power in AUTO mode
- 18 kg flywheel mass system for a particularly balanced rotation
- 2 modes: AUTO (speed independent) and MANU (speed dependent)
- High-quality and easy-to-use training computer in 7 languages (EN, DE, FR, IT, NL, PL and RU)
- Current heart rate zone display
- 10 programmes and programme editor (incl. a heart rate-controlled programme)
- 4 user profiles and 1 guest profile
- Pulse measured via hand-grip pulse sensors, Bluetooth chest strap optional
- Armrest with ergonomically shaped grip ends
- Rollers for easy transport

OVERVIEW

CROSS TRAINER



ELIPSO P	
Cross trainer category	Front-wheel drive
Cross trainer level	Advanced
Resistance system	Motorised magnetic braking system
Flywheel mass system	18 kg
Peak watt power	None
Resistance levels	16
Number of training programmes	12
Training mode	Manual (speed-dependent)
Heart rate programme	Yes
Performance measurements (displayed)	Speed, calories, pulse, room temperature, RPM, distance and training time
Number of user profiles	4
Bluetooth	No
Footplates	Fixed
Stride length	500 mm
Footplate spacing	n/a
Rollers for easy transport	Yes
Pulse monitoring	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	No
Power supply	Mains (230 V)
Height adjustment	Yes
Maximum load	130 kg
Dimensions (LxWxH)	185 x 68 x 164 cm



OMNIUM 300		OMNIUM 500
Cross trainer category	Front-wheel drive	Front-wheel drive
Cross trainer level	Premium	Premium Plus
Resistance system	Motorised magnetic braking system	Induction braking system
Flywheel mass system	18 kg	18 kg
Peak watt power	None	400 watts
Resistance levels	15	25 - 400 watts (in 5-watt increments)
Number of training programmes	10	10
Training mode	Manual (speed-dependent)	Automatic (speed independent) Manual (speed dependent)
Heart rate programme	Yes	Yes
Performance measurements (displayed)	Speed, calories, pulse, RPM, distance and training time	Speed, calories, pulse, RPM, distance, training time and watts
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Footplates	Fixed	Fixed
Stride length	500 mm	500 mm
Footplate spacing	140 mm	140 mm
Rollers for easy transport	Yes	Yes
Pulse monitoring	Chest strap optional, hand-grip pulse sensors included	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	Yes	Yes
Power supply	Mains (230 V)	Mains (230 V)
Height adjustment	Yes	Yes
Maximum load	130 kg	130 kg
Dimensions (LxWxH)	185 x 68 x 164 cm	185 × 68 × 164 cm

Treadmills



Run according to plan: With a Kettler treadmill, you are not only independent of wind and weather, you can also control your training how you want. The workout can be reproduced or specifically increased by setting the speed and gradient. Treadmills are one of the best training choices for beginners as well as ambitious runners to improve the cardiovascular system, burn fat, train endurance or build leg muscles. Through the integrated shock absorption, running on the treadmill is more gentle on your joints than

outdoors sports and is worth recommending for heavier athletes. Whether demanding mountain running training, interval training, constant running or therapeutic walking, walking or power walking: The Kettler treadmills offer you a wide range of choices for your running. The workout can be constantly intensified by setting the gradient and with the use of weights. You always have an overview of your accomplishments on the integrated display. Start running – whenever and however you want.



You can find more information on the treadmills in the YouTube video.

SPRINTER 2.0

TM1036-110

Treadmill level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The many features of the SPRINTER 2.0 provide joy every metre you run: Energy-Deck shock absorption, Bluetooth, 28 training programmes and much more.

- Shock absorption with single honeycomb cushioning and energy core
- Electric motor with 2 PS continuous output
- LCD training computer with 6 functions
- 28 training programmes including special programmes
- Speed: 1 - 16 km/h (in 0.1 km/h increments)
- Incline: 0 - 12% motor-adjustable
- Running surface: 130 x 44 cm
- Space-saving, foldable tread
- Rollers for easy transport and height adjustment
- Hand-grip pulse sensors



ALPHA RUN 200

TM1037-100

Treadmill level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

A top shock absorption system, a high-quality training computer and Bluetooth: the ALPHA RUN 200 guarantees a smooth run.

- Comfortable shock absorption with springback thanks to the double honeycomb cushioning and energy core
- Powerful DC motor with 2.5 PS continuous output
- Speed: 1 - 18 km/h (in 0.1 km/h increments)
- Incline: 0 - 12% motor-adjustable (in 1.0% increments)
- 32 training programmes including special programmes
- Running surface: 135 x 47 cm
- Hand-grip pulse sensors, speaker, fan, tablet holder
- Space-saving, adjustable tread with soft-drop mechanism
- Rollers for easy transport, height adjustment, emergency stop mechanism



ALPHA RUN 400

TM1038-100

Treadmill level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The ALPHA RUN 400 guarantees variety in your training plan. 32 different programmes ensure that your treadmill training is varied and effective, even during long-distance runs.

- Comfortable shock absorption with springback: with double honeycomb cushioning and energy core
- Powerful DC motor with 3 PS continuous output
- Speed: 1 - 20 km/h (in 0.1 km/h increments)
- Incline: 0 - 12% motor-adjustable (in 1.0% increments)
- 32 training programmes including special programmes
- Running surface: 140 x 50 cm
- Hand-grip pulse sensors, speaker, fan, tablet holder
- Space-saving, adjustable tread with soft-drop mechanism
- Rollers for easy transport, height adjustment, emergency stop mechanism



ALPHA RUN 600

TM1039-100

Treadmill level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The top shock absorption system by Kettler and the extra-large tread surfaces ensures that the ALPHA RUN 600 is perfect for high running speeds and long strides – whether for short sprints or long routes.

- Top shock absorption system: Double honeycomb cushioning with energy core and energy elements
- Powerful DC motor with 3 PS continuous output
- Speed: 1 - 20 km/h (in 0.1 km/h increments)
- Incline: 0 - 12% motor-adjustable (in 1.0% increments)
- 32 training programmes including special programmes
- Extra-large tread surface: 153 x 55 cm
- Hand-grip pulse sensors, speaker, fan, tablet holder
- Space-saving, adjustable tread with soft-drop mechanism
- Rollers for easy transport, height adjustment, emergency stop mechanism





ALPHA RUN 800

TM1040-100

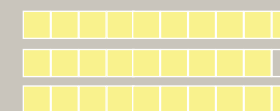
Treadmill level:



Product video
on YouTube



Performance
Display
Practicality



The ALPHA RUN 800 is the studio-quality treadmill for your home. Whether you are looking for a varied running workout or are preparing for a competition, this top-of-the-range machine is equipped with everything that a runner's heart desires.



- Top shock absorption system: Double honeycomb cushioning with energy core and energy elements
- Powerful AC motor with 4 PS continuous output
- Speed: 0.5 - 22 km/h (in 0.1 km/h increments)
- Incline: 0 - 12% motor-adjustable (in 1.0% increments)
- 32 training programmes including special programmes
- Extra-large tread surface: 153 x 55 cm
- Hand-grip pulse sensors, speaker, fan, tablet holder
- Space-saving, adjustable tread with soft-drop mechanism
- Rollers for easy transport, height adjustment, emergency stop mechanism



SPRINTER 2.0	
Treadmill level	Standard
Motor output	2.0 PS
Number of training programmes	28
Maximum speed	16 km/h
Incline	0-12%
Special training forms	Free training (Quick Start), interval training, configurable workouts, pulse-controlled programmes (HRC), trail running programmes and uphill running
Heart rate programme	Yes
Performance measurements (displayed)	Speed in km/h or mph, pace in min/km or min/mi, pulse zone (either energy consumption or pulse zone can be displayed), incline in %, distance in km or mi, calories, pulse and training time
Number of user profiles	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)
Shock absorption system	Single honeycomb cushioning with energy core
Running surface (LxW)	130 x 44 cm
Space-saving, adjustable tread	Tread can be folded with soft-drop function
Rollers for easy transport	Yes
Quick incline selection (%)	3, 6, 9 %
Quick speed selection	3, 6, 9 km/h
Features	Emergency stop key, speaker, 2 storage compartments
Pulse monitoring	Chest strap optional, hand-grip pulse sensors included
Smartphone/tablet holder	Yes, safety clip
Power supply	Mains (230 V)
Maximum load	120 kg
Dimensions (LxWxH) Dimensions, folded up (LxWxH)	175.5 x 77 x 140 cm 119 x 77 x 141.5 cm



OVERVIEW

TREADMILLS



	ALPHA RUN 200	ALPHA RUN 400
Treadmill level	Standard	Advanced
Motor output	2.5 PS	3.0 PS
Number of training programmes	32	32
Maximum speed	18 km/h	20 km/h
Incline	0-12%	0-12%
Special training forms	Free training (Quick Start), interval training, configurable workouts, pulse-controlled programmes (HRC), trail running programmes and uphill running	Free training (Quick Start), interval training, configurable workouts, pulse-controlled programmes (HRC), trail running programmes and uphill running
Heart rate programme	Yes	Yes
Performance measurements (displayed)	Speed in km/h or mph, pace in min/km or min/mi, pulse zone (either energy consumption or pulse zone can be displayed), incline in %, distance in km or mi, calories, pulse and training time	Speed in km/h or mph, pace in min/km or min/mi, pulse zone (either energy consumption or pulse zone can be displayed), incline in %, distance in km or mi, calories, pulse and training time
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Shock absorption system	Double honeycomb cushioning with energy core	Double honeycomb cushioning with energy core
Running surface (LxW)	135 x 47 cm	140 x 50 cm
Space-saving, adjustable tread	Yes	Yes
Rollers for easy transport	Yes	Yes
Quick incline selection (%)	3, 6, 9 %	4, 8, 12%
Quick speed selection	3, 6, 9 km/h	4, 8, 12 km/h
Features	Emergency stop key, speaker, 2 storage compartments	Emergency stop key, speaker, 2 storage compartments
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes, safety clip	Yes, safety clip
Power supply	Mains (230 V)	Mains (230 V)
Maximum load	130 kg	140 kg
Dimensions (LxWxH) Dimensions, folded up (LxWxH)	182 × 85.5 × 143.5 cm 134.5 × 85.5 × 143.5 cm	189.5 × 87 × 143.5 cm 126 × 87 × 153 cm



	ALPHA RUN 600	ALPHA RUN 800
Treadmill level	Premium	Premium Plus
Motor output	3.0 PS	4.0 PS
Number of training programmes	32	32
Maximum speed	20 km/h	22 km/h
Incline	0-12%	0-12%
Special training forms	Free training (Quick Start), interval training, configurable workouts, pulse-controlled programmes (HRC), trail running programmes and uphill running	Free training (Quick Start), interval training, configurable workouts, pulse-controlled programmes (HRC), trail running programmes and uphill running
Heart rate programme	Yes	Yes
Performance measurements (displayed)	Speed in km/h or mph, pace in min/km or min/mi, pulse zone (either energy consumption or pulse zone can be displayed), incline in %, distance in km or mi, calories, pulse and training time	Speed in km/h or mph, pace in min/km or min/mi, pulse zone (either energy consumption or pulse zone can be displayed), incline in %, distance in km or mi, calories, pulse and training time
Number of user profiles	4 user profiles + 1 guest profile	4 user profiles + 1 guest profile
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Shock absorption system	Double honeycomb cushioning with energy core, energy elements stored on the treadmills	Double honeycomb cushioning with energy core, energy elements stored on the treadmills
Running surface (LxW)	153 x 55 cm	153 x 55 cm
Space-saving, adjustable tread	Yes	Yes
Rollers for easy transport	Yes	Yes
Quick incline selection (%)	4, 8, 12%	4, 8, 12%
Quick speed selection	4, 8, 12 km/h	4, 8, 12 km/h
Features	Emergency stop key, speaker, 2 storage compartments	Emergency stop key, speaker, 2 storage compartments
Pulse monitoring	Hand-grip pulse sensors included, Chest strap optional	Hand-grip pulse sensors included, Chest strap optional
Smartphone/tablet holder	Yes, safety clip	Yes, safety clip
Power supply	Mains (230 V)	Mains (230 V)
Maximum load	150 kg	175 kg
Dimensions (LxWxH) Dimensions, folded up (LxWxH)	208 × 93.5 × 145.5 cm 142.5 × 93.5 × 165.5 cm	208 × 93.5 × 145.5 cm 142.5 × 93.5 × 165.5 cm

Rowing machines



The extra-robust Kettler rowing machines give you an authentic rowing sensation as if you were on a real lake. And rowing is perfect for getting the whole body going and building your strength endurance. Up to 85% of the body muscles are engaged in a workout: arms, shoulders, back, abdomen, glutes, thighs and calves in equal measure. In other words, a real all-rounder. For people who sit a lot during the day, this full-body workout with a rowing machine is an ideal balance for the under-challenged trunk and back.

With lots of extras and comfort features, rowing machines are suitable for all types of athletes: Beginners and competitive athletes alike, people who want to lose weight and rowing enthusiasts of all ages will find their ideal fitness equipment in the wide Kettler range. The rowing machines are comfortable and ergonomic in terms of design, so a workout that is easy on the joints is guaranteed. A machine with a higher seat also makes it easier for older people to get started. After training, you can simply roll the rowing machine to the side and position it vertically against the wall until your next workout.



You can find more information on the rowing machines in the YouTube video.

ROWER 2.0

RO1028-110

Rowing machine level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

With the ROWER 2.0, you reliably train almost all muscle groups of your body and get more strength and endurance out of you. Discover your passion for rowing now!

- 8 different resistance levels, adjusted manually
- Training computer displays time, rowing strokes, stroke rate, energy consumption and pulse
- Cable drive with magnetic braking system
- Rowing seat mounted on rollers
- Space-saving, foldable tread

ROWER H2O

RO1029-100

Rowing machine level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

Experience the full power of water while rowing at home: With the water resistance system, the ROWER H2O provides a realistic rowing sensation - as if you were on a real lake.

- Water resistance system with realistic rowing sensation (the more intensive the rowing strokes, the higher the resistance)
- Training computer shows time, number of strokes, speed, strokes per minute and calories burned
- Ergonomic handle to prevent strained wrists and hands
- Comfortable seat with precision ball bearings and rollers for smooth movement
- Seat rail made of anodised aluminium for smooth movement and firm hold
- Easy to assemble and maintain
- Built-in transport rollers

REGATTA 300

RO1030-100

Rowing machine level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

Professional rowers have lent their expertise on ergonomics and comfort to the development of the REGATTA 300: You will experience it with every rowing stroke.

- Precise dual aluminium rail for particularly fluid rowing movement
- Extra-long support for persons up to 2 m in height
- Optimised ergonomics with a high seating position, approved by professional rowers
- Training computer with clear LCD display, continuously displays 8 training measurements with simple one-button operation
- Bluetooth connection for Kinomap app
- Manual magnetic braking system with 5 resistance levels
- Space-saving, foldable tread
- Dynamic loop design in industrial charm



REGATTA 500

RO1031-100

Rowing machine level:



Performance	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Display	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Practicality	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>

The REGATTA 500 has everything on board for an effective workout and a realistic rowing sensation: authentic water resistance, Bluetooth, ergonomic details and much more.

- Integrated water tank for a realistic rowing sensation
- Precise dual aluminium rail for particularly fluid rowing movement and extra-long support for persons up to 2 m in height
- Optimised ergonomics with a high seating position, approved by professional rowers
- Training computer with clear LCD display, continuously displays 8 training measurements with simple one-button operation
- Bluetooth connection for Kinomap app
- Space-saving, foldable tread





AQUAROWER 500

RO1032-100

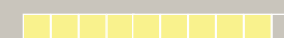
Rowing machine level:



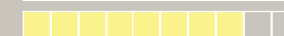
3D & AR



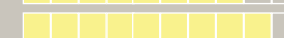
Performance



Display



Practicality



The AQUAROWER 500 is a top-range rowing machine from the seat to the water tank and will inspire you for many nautical miles with the absolutely realistic rowing sensation. The 4 resistance levels will take your strength endurance to a whole new level.



- Water system with 4 different resistance levels at the turn of a button, adaptable according to the desired intensity
- Robust frame construction, extremely durable
- No dead point: triple-blade impeller provides direct and consistent resistance during the entire rowing stroke
- Smooth and low-friction rails, perfectly suited for ambitious home training
- Adjustable foot rests with separate foot straps for perfect position and optimal support while rowing, comfortable and ergonomic seat with textured anti-slip seat
- Ergonomic handle with perfect grip for powerful rowing strokes
- Large, easy-to-use console continuously displays information on training route, training time, stroke rate, total distance, calorie consumption, watts and heart rate (optional)
- Training computer takes into account resistance (amount of water) for more accurate data such as calorie consumption
- Robust frame construction, extremely durable



AQUAROWER 700

RO1033-500

Rowing machine level:

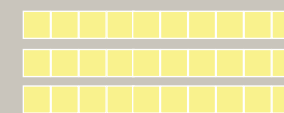


Product video
on YouTube

3D & AR



Performance
Display
Practicality



Design combined with a real rowing sensation: The AQUAROWER 700 is a top rowing machine in every respect. The robust frame is made from wood and steel, which not only gives the machine an elegant look, but also guarantees durability with maximum comfort and performance.



- Water system with 5 resistance levels and Bluetooth-enabled auto-adjustment monitor
- Robust and elegant frame construction made from wood and steel
- No dead point: triple-blade impeller provides direct and consistent resistance during the entire rowing stroke
- Smooth and low-friction rails, perfectly suited for ambitious home training
- Adjustable foot rests with separate foot straps for perfect position and optimal support while rowing
- Comfortable, ergonomic seat with textured anti-slip seat
- Ergonomic handle with perfect grip for powerful rowing strokes
- Large, easy-to-use Bluetooth-enabled console continuously displays information on training route, training time, stroke rate, total distance, calorie consumption, watts and heart rate (optional)
- Training computer takes into account resistance (amount of water) for more accurate data such as calorie consumption
- Robust frame construction (wood/steel), extremely durable

OVERVIEW

ROWING MACHINES



	ROWER 2.0	ROWER H20
Rowing machine level	Standard	Standard
Resistance system	Manual magnetic braking system	Water resistance
Flywheel mass	4 kg	
Volume		17 litres
Resistance levels	8	Intensity-dependent
Performance measurements (displayed)	Number of strokes, calories, pulse, stroke rate and training time	Number of strokes, calories, stroke rate, speed, total strokes and training time
Bluetooth	No	No
Display	LCD	LCD
Languages	EN	EN
Rower handle	Ergonomic rudder handle	Ergonomic rudder handle
Rowing seat	Rowing seat mounted on rollers	Rowing seat mounted on rollers
Space-saving, adjustable tread	Yes	Yes
Rollers for easy transport	Yes	Yes
Stability	Two rails	Two rails
Foot rests	Foot rests with foot straps	Foot rests with foot straps
Pulse monitoring	Chest strap as an accessory	No
Power supply	Batteries	Batteries
Maximum load	120 kg	150 kg
Dimensions (LxWxH)	193 × 46 × 80 cm	197.5 × 53 × 51 cm



	REGATTA 300	REGATTA 500
Rowing machine level	Advanced	Premium
Resistance system	Manual magnetic braking system	Water resistance
Flywheel mass	6 kg	
Volume		12 litres
Resistance levels	5	Intensity-dependent
Performance measurements (displayed)	500 m time, activity display, braking (level), calories, pulse, stroke rate, distance and training time	500 m time, activity display, calories, pulse, stroke rate, distance and training time
Bluetooth	Yes (for Kinomap app)	Yes (for Kinomap app)
Display	LCD	LCD
Languages	EN	EN
Rower handle	Ergonomic rudder handle	Ergonomic rudder handle
Rowing seat	Ergonomic seat	Ergonomic seat
Space-saving, adjustable tread	Yes	Yes
Rollers for easy transport	Yes	Yes
Stability	Two rails	Two rails
Foot rests	Adjustable foot rests with separate foot straps for perfect position and optimal support	Adjustable foot rests with separate foot straps for perfect position and optimal support
Pulse monitoring	Chest strap optional	Chest strap optional
Power supply	Batteries	Batteries
Maximum load	130 kg	130 kg
Dimensions (LxWxH)	219 × 57 × 94 cm	219 × 57 × 94 cm

OVERVIEW

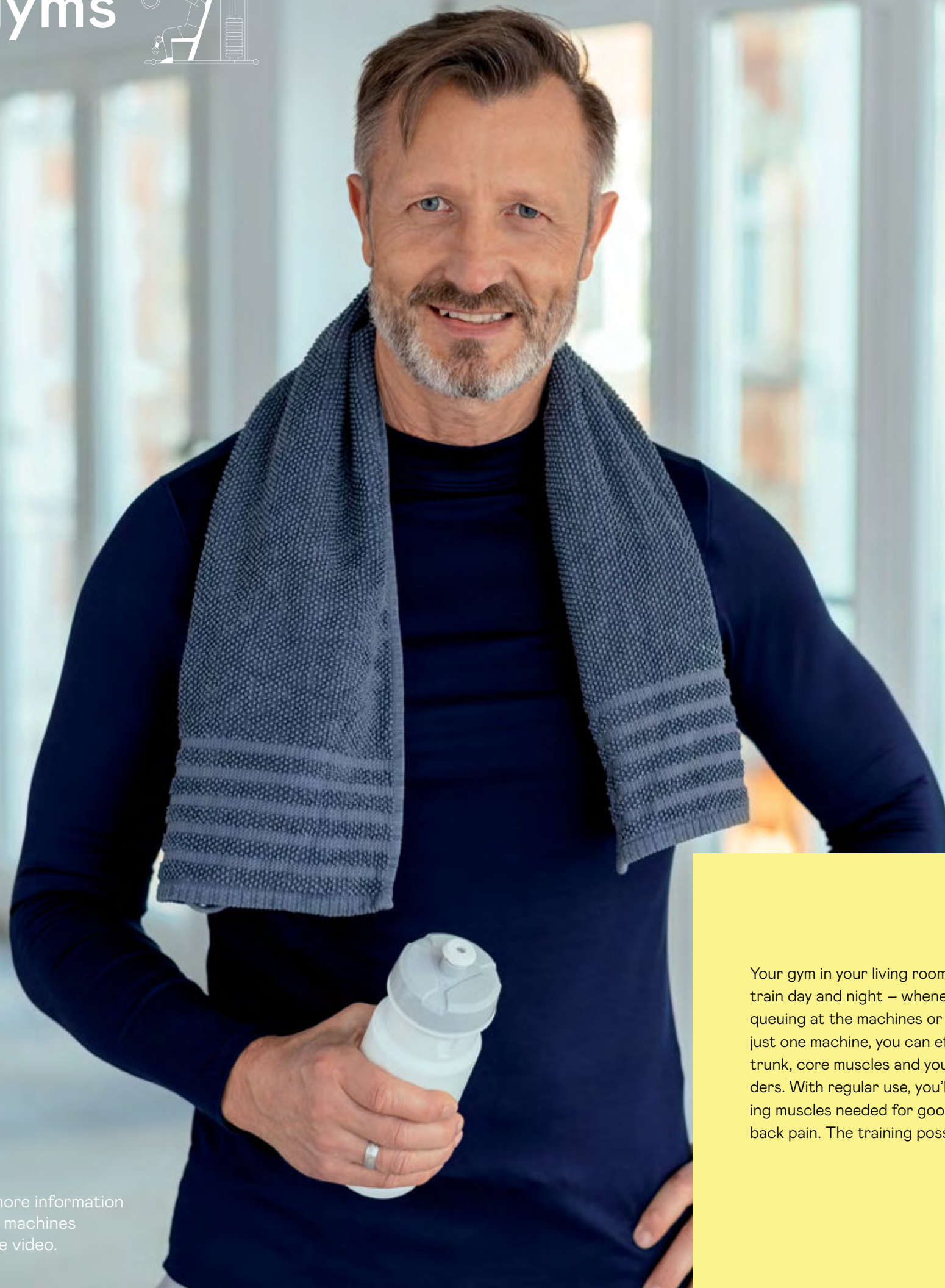
ROWING MACHINES



	AQUAROWER 500	AQUAROWER 700
Rowing machine level	Premium	Premium Plus
Resistance system	Water resistance	Water resistance
Flywheel mass		
Volume	17 litres	17 litres
Resistance levels	4	5 (automatically changes resistance level on the display through Bluetooth)
Performance measurements (displayed)	500 m time, braking (level), calories, pulse, stroke rate, distance, training time and watts	500 m time, braking (level), calories, pulse, stroke rate, distance, training time and watts
Bluetooth	No	Yes (for Kinomap app)
Display	LCD	LCD
Languages	EN	EN
Rower handle	Ergonomic rudder handle with perfect grip for powerful rowing strokes	Ergonomic rudder handle with perfect grip for powerful rowing strokes
Rowing seat	Ergonomic seat with textured anti-slip seat	Ergonomic seat with textured anti-slip seat
Space-saving, adjustable tread	Yes	Yes
Rollers for easy transport	Yes	Yes
Stability	Two rails	Two rails
Foot rests	Adjustable foot rests with separate foot straps for perfect position and optimal support	Adjustable foot rests with separate foot straps for perfect position and optimal support
Pulse monitoring	Chest strap optional	Chest strap optional
Power supply	Batteries	Batteries
Maximum load	150 kg	150 kg
Dimensions (LxWxH)	207 × 52 × 54 cm	213 × 52 × 56 cm



Multi-gyms



Your gym in your living room: With a multi-gym you can train day and night – whenever you want. No more queuing at the machines or broken equipment. With just one machine, you can effectively train your leg, trunk, core muscles and your back, arms and shoulders. With regular use, you'll strengthen the supporting muscles needed for good posture and prevent back pain. The training possibilities are just as varied

as the motivation. Whether weight loss or muscle development, only you decide on your training goal. Kettler multi-gyms are also ideally suited for inexperienced athletes and beginners. The guided and simple movement sequences and predefined equipment settings prevent training injuries caused by incorrect loads. Your home gym is open for you 24/7!



You can find more information on the rowing machines in the YouTube video.

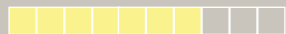
FITMASTER

MG1041-100

Multi-gym level:



Performance



Start your own home gym:
The FITMASTER makes your entry into strength training at home super easy. 21 strength exercises are available. These can be used to strengthen various different muscles in your whole body.

- Ideal for beginners
- 21 strength exercises for varied strength training and building various muscle groups
- 60 kg weight block included, in 5 kg increments for 21 strength exercises
- Adjustable seat and back cushions
- Dimensions (LxWxH): 170 x 109 x 200 cm
- Maximum load: 130 kg
- Product weight: 139 kg

MULTIGYM PLUS

MG1042-100

Multi-gym level:



Performance



MULTIGYM PLUS is the ideal basis for varied and demanding strength training; it's your personal gym, with-in your own four walls. With its 31 strength exercises, this all-rounder provides you with a highly varied workout for all muscle groups.

- All-in-one-station with 31 strength exercises for varied strength training and muscle development
- 3D-Flex Motion System for varied cable machine training: Flies, crunches, arm curl, leg adduction, leg abduction, etc.
- Weight block: 80 kg (16 x 5 kg, 3D-flex motion: 16 x 2.5 kg per side)
- Training for various muscle groups
- Adjustable seat and back cushions
- Hand/foot straps and biceps curl bar included
- Dimensions (LxWxH): 181 x 156 x 200 cm
- Maximum load: 130 kg
- Product weight: 160 kg

Equipment





AB WHEEL

EQ1048-500

Time for a hard stomach and a strong back:

With simple but effective exercises, you can use the AB roller to train your stomach and back muscles, as well as your glutes, arm and shoulder muscles.

- Anti-slip mat for all floors
- The handles are made from oiled walnut and the disc from ash
- The wood is sourced from sustainably managed forests
- Manufactured in Austria



SKIPPING ROPE

EQ1049-500

This skipping rope has precision ball bearings, a steel rope and wooden handles, making it ideal for fast skipping and an intensive warm-up or workout.

- For indoors and outdoors
- Handles made of oiled walnut
- The wood is sourced from sustainably managed forests
- Manufactured in Austria



PUSH-UP HANDLES

EQ1050-500

The handles take your push-up training to a new level and protect your wrists. The larger range of motion means a more intensive challenge for arm, chest, back and shoulder muscles and therefore faster results.

- Supports with anti-slip pads
- Improved training due to ergonomic posture
- Handles made of oiled walnut
- The wood is sourced from sustainably managed forests
- Manufactured in Austria



FLOOR PROTECTION MAT



The rubber mat protects the floor and absorbs noise while training on Kettler fitness equipment.

Floor protection mat, small	Floor protection mat, large
7929.650	7929.600
Dimensions LxW: 140 x 80 cm	Dimensions LxW: 220 x 100 cm

BLUETOOTH CHEST STRAP

AC1047-100

Chest strap for direct, wireless heart rate measurement via Bluetooth.

- Compatible with all Kettler training computers with Bluetooth
- for a reliable heart rate measurement
- for heart rate training





VARIO DUMBBELLS SELECT 55
(Dumbbell set)

EQ1051-100

The new Select 55 dumbbell set for efficient muscle training is compact, safe and space-saving. Choose from 10 training weights between 4.5 kg and 24.9 kg. The set consists of two dumbbells.

- Variable weight setting from 4.5 kg to 24.9 kg in 2.25 kg increments
- Fits well and securely in your hand
- Simple and safe weight setting through pushing and turning
- Replaces 20 individual dumbbells



VARIO STAND
(Dumbbell rack)

EQ1052-100

A home for your dumbbells! This rack is the perfect addition for your VARIO DUMBBELLS Select 55. This ensures your dumbbells are safely stored away and within reach for your next workout.

- Steel frame
- Space-saving storage for your Vario dumbbells



VARIO BENCH
(Weight bench)

EQ1053-100

Train like in the gym! The bench is the perfect addition for your KETTLER VARIO DUMMBELLS to flex your muscles. Choose between 6 different training positions and 2 seated positions. Activate the rollers on the training bench and easily move it to the location of your choice.

- Wider base for optimal stability
- Handle and wheels for easy transport
- Incline-adjustable back cushions

VARIO DUMBBELLS SELECT 55 (Dumbbell set)		
Identifiers	Trisport model name	VARIO DUMBBELLS SELECT 55
	Trisport item number	EQ1051-100
	EAN number	7640119481708
Mass	Length at minimum weight	24.3 cm - MIN 4.5 kg
	Length at maximum weight	40.5 cm - MAX 24.9 kg
Dimensions	Handle length	13.5 cm
	Handle diameter	3.27 cm
	Footprint area – pair of dumbbells	40.7 cm length x 41.4 cm width x 20.7 cm height
Total weight	Pair of dumbbells and dumbbell feet	53.5 kg
Packaging	Number of packaging units	2 boxes
	Dimensions	49.5 cm length x 30 cm width x 29 cm height
	Net weight / gross weight	57 kg / 62.5 kg
	Cubic metres	0.045

VARIO STAND (Dumbbell rack)		
Identifiers	Trisport model name	VARIO STAND
	Trisport item number	EQ1052-100
	EAN number	7640119481715
Mass	Weight	8.75 kg
	Dimensions	47.6 cm length x 55.9 cm width x 77.9 cm height
Packaging	Number of packaging units	1 box per stand
	Dimensions	65 cm length x 36 cm width x 14 cm height
	Net weight / gross weight	8.75 kg / 9.75 kg
	Cubic metres	0.033

VARIO BENCH (Weight bench)		
Identifiers	Trisport model name	VARIO BENCH
	Trisport item number	EQ1053-100
	EAN number	7640119481722
Mass	6 backrest positions	85°, 60°, 45°, 30°, 0°, -5°
	2 seated positions	0° - 20°
	Extra-long backrest	85 cm
	Wide area for the lumbar region	31 cm
	Maximum load capacity	250 kg
	Colour	Black
	Weight	23.4 kg
	Dimensions	127 cm length x 53.3 cm width x 40.6 cm height (with simple setting)
Packaging	Number of packaging units	1 box
	Dimensions	125 cm length x 26.5 cm width x 29.5 cm height
	Net weight / gross weight	23.4 kg / 26.5 kg
	Cubic metres	0.09



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