

Circuit Training

Easy Line

Circuit training with style.







Metabolic Circuit Training.

Easy Line reaches out to members looking for a friendly, informal atmosphere where they can find non-intimidating and easy to use training equipment. Given the nature of the product, Easy Line offers specific benefits for active aging members, kids & teens and general fitness/weight management users. Easy Line workouts provide an engaging training routine that is easy enough to attract beginning exercisers, but also continues to challenge them as their fitness level improves. The goal is to generate a workout that provides a cardiovascular benefit and keeps participants in their fat burning zone. In addition, the circuit challenges the entire muscular system and builds strength in key movement patterns as they move through all stations.



Discover more about EASY LINE
www.technogym.com/easyline

TECHNOGYM BIOMECHANICS MAKE TRAINING EASY

Technogym employed its vast resources and experience in researching and developing wellness equipment for the past 25 years to develop the Easy Line circuit. By applying the principles of biomechanics and ergonomics traditionally associated with the Technogym brand, Easy Line offers exceptional ease of use, style and comfort.



EASY SEAT

The seat design has received great attention and represents the characteristic element of the EASY LINE style. The wide seats accommodate a range of user sizes and body types, including de-conditioned users. Smaller users can add an Easy Pad to the backrest for better positioning. The backrests are angled to provide proper support and cushioning for the spine and pelvis.

EASY GRIP

The durable handgrip is soft to the touch and crafted with a hygienic, odor-free, molded polyurethane material.



EASY PAD

The Leg Extension/Leg Curl and Leg Press stations are equipped with a removable Easy Pad. Shorter users can insert the pad to help them find a comfortable and effective training position.

EASY ON THE KNEE

An anatomically contoured knee support on the Leg Extension/Leg Curl machine reduces pressure on the back of the knee.



HYDRAULIC RESISTANCE PISTON TECHNOLOGY

All EASY LINE hydraulic pistons pass stress and durability tests that exceed one million cycles (automotive tests require only 500,000 cycles).



EASY FIT

Pads and retaining rolls are designed to fit different shapes and sizes. Their V shape provides extra support and holds limbs in place during exercise so users maintain proper form and constant contact with the equipment.



EASY START

The Leg Press is equipped with a pre-start system that reduces knee-flexion at the beginning of the exercise, without limiting the range of movement.

EASY ID

All machines are numbered so trainers and members can quickly set-up a circuit in the desired order.



EASY 2 MOVE

Integrated wheel systems on all EASY LINE equipment make it simple to move to make space for other activities. This feature enables facilities to optimize space if the EASY LINE circuit is being used in conjunction with a class studio or a multi-purpose space.



CIRCUIT STATUS: ACTIVE

Machines are in position and ready for a training session.

CIRCUIT STATUS: STAND BY

Machines are up against the wall and out of the way when not in use.



EASY LINE FOR YOUR BUSINESS

To support your EASY LINE investment, Technogym offers marketing, education and business support tools:



General Fitness/Weight Management



Kids & Teens



Active Aging

BUSINESS SUPPORT

Each EASY LINE circuit comes with a Business Manual to help your facility plan a successful program. The **EASY LINE Business Manual** contains information on both instructor led and non-instructor led programming. We also offer a **Wellness Guide**, a lifestyle resource for trainers and operators. Tackling issues from exercise and diet to methods to reduce daily stress, this comprehensive resource is a valuable guide for any facility.

PROGRAMMING AND EDUCATION

Technogym offers three instructor led programs to support three key user groups:

- **General Fitness/Weight Management**

This program is designed for those looking to lose weight, develop movement confidence, maintain and/or improve stamina, and train muscular endurance. Interval station activities vary every two weeks and emphasize core, balance and cardio activities.

- **Active Aging**

This program is for adults that want to maintain or improve functionality and endurance in their daily lives. Interval station activities focus on balance and stability to increase overall movement confidence.

- **Kids & Teens**

This program appeals both to kids looking for an athletic edge, as well as those just introducing a structured exercise program into their lives. Interval station activities are plyometric based and offer fun and dynamic challenges that can improve sports performance.

An online training course is also available for all EASY LINE trainers via the Technogym Wellnes Institute.

MARKETING SUPPORT

Technogym provides marketing templates to support the launch and continued success of EASY LINE in the facility.



Shoulder Press - Lat Pull

MC15

- Facilitates upper body push and pull movements in the frontal plane.
- Seat design offers stability and comfort and supports optimal posture.
- Easy Grips help users maintain neutral, proper form during exercise.

Muscles:
 - Deltoid
 - Trapezius
 - Latissimus dorsi



Length:	mm	970	in	38
Width:	mm	780	in	31
Height:	mm	1870	in	74
Machine Weight:	kg	48	lbs	106

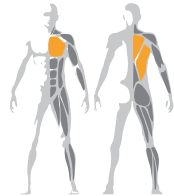


Chest - Back

MC20

- Facilitates upper body push and pull movements in the sagittal plane.
- Seat design offers stability and comfort and supports optimal posture.
- Easy Grips help users maintain neutral, proper form during exercise.

Muscles:
 - Pectorals
 - Latissimus dorsi
 - Rhomboids



Length:	mm	1210	in	48
Width:	mm	820	in	32
Height:	mm	1270	in	50
Machine Weight:	kg	44	lbs	97

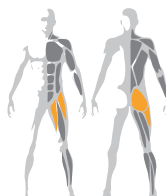


Hip Adductor - Abductor

MC05

- Facilitates lower body adduction and abduction movements.
- Seat design offers stability and comfort and supports optimal posture.
- Easy fit retaining cuff accommodates all user sizes without adjustments.

Muscles:
 - Tensor Fasciae latae
 - Gluteus
 - Adductors



Length:	mm	1400	in	55
Width:	mm	780	in	31
Height:	mm	1430	in	56
Machine Weight:	kg	49	lbs	108



Leg Extension - Leg Curl

MC30

- Facilitates flexion and extension movements at the knee.
- Seat design offers stability and comfort and supports optimal posture.
- The anatomic shape of the knee support pad minimizes pressure on the knee.
- Dual rollers help the user maintain the exercise position during the entire range of motion.
- This machine includes an Easy Pad to properly support smaller users.

Muscles:
 - Quadriceps
 - Hamstrings



Length:	mm	1490	in	59
Width:	mm	1110	in	44
Height:	mm	1500	in	59
Machine Weight:	kg	52	lbs	115

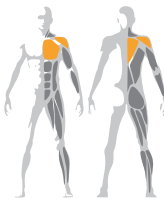


Pec Dec - Fly

MC70

- Facilitates upper body abduction and adduction movements .
- Seat design offers stability and comfort and supports optimal posture.
- Easy fit retaining cuffs ensure a comfortable exercise position for users of any size.

Muscles:
 - Pectorals
 - Rhomboids
 - Deltoid



Length:	mm	950	in	37
Width:	mm	1220	in	48
Height:	mm	1270	in	50
Machine Weight:	kg	52	lbs	115



Biceps - Triceps

MC55

- Facilitates flexion and extension at the elbow in the sagittal plane.
- Seat design offers stability and comfort and supports optimal posture .
- Foot platform provides support for shorter users.
- Concave elbow support pad aligns joint during exercise.
- Retaining rollers ensure a comfortable position for all users.

Muscles:
 - Biceps
 - Triceps



Length:	mm	1126	in	44
Width:	mm	930	in	37
Height:	mm	944	in	37
Machine Weight:	kg	41	lbs	90



Squat

MC01

- Facilitates bending to extension movements from a standing position.
- Back support ensures correct posture for the spinal column during movement.
- Non-slip platform is angled to take vertical load off the back and knees.

Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings



Length:	mm	1800	in	71
Width:	mm	780	in	31
Height:	mm	1300	in	51
Machine Weight:	kg	65	lbs	143

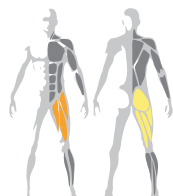


Leg Press

MC50

- Facilitates bending to extension movements from a seated position.
- Open angle between seat and backrest accommodates larger users.
- Wide foot platform allows for a variety of workout positions.
- Pre-start system reduces knee flexion at the beginning of the ROM.
- This machine includes an Easy Pad to properly support smaller users.

Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings
 - Gastrocnemius
 - Soleus



Length:	mm	2030	in	80
Width:	mm	780	in	31
Height:	mm	1370	in	54
Machine Weight:	kg	80	lbs	176



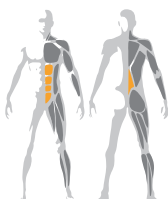
Abdominal - Back

MC65

- Facilitates flexion and extension in the sagittal plane.
- Seat design offers stability and comfort and supports optimal posture.
- Shoulder rests adapt to fit all users.

Muscles:
- Abdominal rectus
- Erector spinae

Length:	mm	1300	in	51
Width:	mm	1110	in	44
Height:	mm	1130	in	44
Machine Weight:	kg	53	lbs	117



Easy Lamp and programs

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The Easy Lamp arrives pre-loaded with four programs:

Program	Green Light	Red Light	Repetition
1:	30 sec.	5 sec.	Cyclic
2:	45 sec.	5 sec.	Cyclic
3:	60 sec.	10 sec.	Cyclic
4:	75 sec.	15 sec.	Cyclic

The facility can adjust the time settings based on their own program structure. The lamp is powered by a rechargeable battery (each charge lasts 20 hours) or by direct plug in.

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Easy Pad

- The Leg Extension/Leg Curl and Leg Press stations are equipped with a removable Easy Pad. Shorter users can insert the pad to help them find a comfortable and effective training position.

Pad Holder

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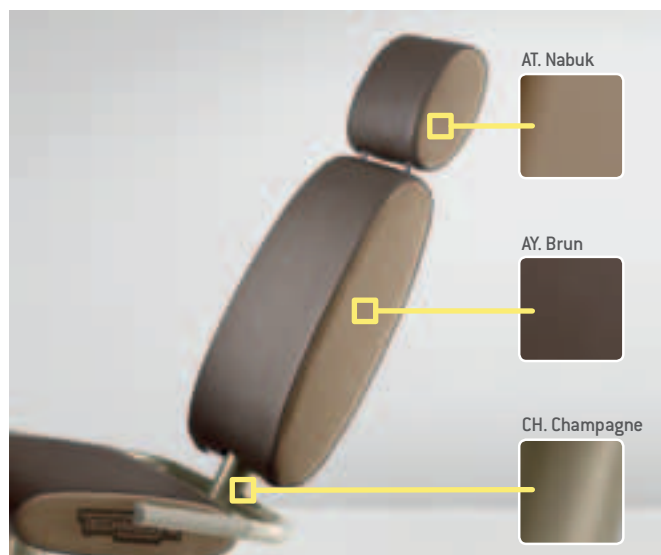
- This accessory can be ordered separately to store the Easy Pad.

Step

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- The step is an interval station tool to be placed between EASY LINE equipment.
- The polyurethane material absorbs impact to reduce joint trauma.

Length:	mm	864	in	34
Width:	mm	382	in	15
Height:	mm	100	in	4
Weight:	kg	5	lbs	11



FRAME AND UPHOLSTERY

The extremely durable tubular frame is 76 mm in diameter and 2.5 mm thick.

EASY LINE equipment is only available with a Champagne frame and Nabuck and Brun upholstery combination. The seat and the backrest are always Brun and the lateral sides are always Nabuck.