

- Standard bicycle trigger shifter and hand brakes
- **2.** Telescoping steering column accommodates riders from 5'0" to 6'6"
- **3.** Foldable steering column facilitates easy storage/transportation
- **4**. Adjustable stride length (16" 25") allows for customization of workout
- **5.** 8-speed internally geared hub facilitates climbing hills and reaching speeds in excess of 25 mph

## **What Doctors Are Saying**

"The ElliptiGO 8S is a great exercise solution for people with joint issues. I strongly recommend the ElliptiGO as an excellent, impact-free cardiovascular training device."

- Dr. Mike Leahy, DC, CCSP Inventor of Active Release Techniques® (ART) www.activerelease.com

"The ElliptiGO 8S provides a low-impact cardiovascular

workout that also engages core muscles which protect the back from injury. Using the ElliptiGO can improve compliance with physician prescribed exercise programs while reducing injuries and pain."

- Dr. Adam Locketz, M.D., FAAPMR
Pain, Physical, and Rehabilitation Medicine
www.mypainreliefwellness.com







The ElliptiGO 8S combines the best of running, cycling and the elliptical trainer to deliver a low-impact, high-performance workout – outdoors.

### **Some Frequently Asked Questions**

#### 1. Is it easy to ride?

It's very easy to ride. If you can ride a regular bike, you can ride the 8S. Check out our first time rider videos on our website: www.elliptigo.com.

### 2. Can it climb hills?

Climbing is the best thing the 8S does. It has 8 gears and you're always in a good climbing position.

### 3. How can I try one?

To find out where you can test ride an ElliptiGO near you, visit our website: www.elliptigo.com

# Purchase yours today!

# Call 045 944 677

for more information visit www.elliptigo.ie

"The ElliptiGO 8S is the best cross training device I've ever used, bar none. I highly recommend it for anyone interested in building their cardiovascular fitness while eliminating the impact of running."



- **Dean Karnazes**, elite endurance athlete and best-selling author of **Ultramarathon Man** 

For more information, visit: www.ElliptiGO.ie

# How does the ElliptiGO 8S compare to running, cycling and the elliptical trainer?



### **Advantages over Running**

- Low impact exercise eliminates joint pain
- Quicker recovery allows longer and more intense training with fewer days off
- Travel over greater distances
- Speed & high performance experience is exhilarating

### **Similarities to Running**

- Closest substitute for running outdoors
- Efficient cardiovascular workout
- Can wear running clothes and shoes
- Conditions similar muscle groups



"Whether you want to improve your running performance or reduce your risk for injury, the ElliptiGO 8S is the perfect cross-training tool for any runner."

- Coach Jenny Hadfield leteran running coach and co-author of Marathoning for Mortals www.jennyhadfield.com



### **Advantages over Cycling**

- Get a better workout in less time
- More comfortable riding position no seat, back, neck or shoulder pain
- Weight-bearing exercise better maintains bone density
- Upright riding position improves rider vision and visibility to motorists

### **Similarities to Cycling**

- Similar speeds and efficiency of travel
- Ability to climb hills
- Easy to balance and maneuver
- Uses standard bicycle components



"The ElliptiGO 8S is the most innovative cycling concept since the mountain bike. I highly recommend it for cross-training cyclists and triathletes."

- John Howard Ironman World Champion www.johnhowardsports.com



### **Advantages over the Elliptical Trainer**

- Enjoy fresh air and explore the outdoors
- Longer stride length and modified recovery angle better emulate running
- Balancing strengthens the core muscles
- Participate in competitive / organized events

### Similarities to the Elliptical Trainer

- Same low-impact workout
- Similar comfortable motion
- One size fits most people
- Efficient, weight-bearing workout



"The ElliptiGO 8S is a phenomenal new option for outdoor exercise. I love that I can get an amazing cardio workout one day and just cruise around the next. The 8S is going to inspire a lot of people to get outside and stay active."

 Jessi Stensland Movement efficiency and performance expert www.MovementU.com