

€2,399
Including
VAT



1. 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

ELLIPTIGO

Run Without Impact



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 087 974 5805

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**
Veteran 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