



Media Contact: Amber Maechler
SportsArt Fitness
800.709.1400 x106
amber@sportsartamerica.com

SPORTART'S NEW PINNACLE TRAINER OFFERS A LOW-IMPACT, HIGH-INTENSITY WORKOUT

Woodinville, WA (June, 2010) Results of a university study confirm that SportsArt Fitness' new S770 Pinnacle Trainer provides similar heart rate and caloric expenditures to those a user would experience when running on a treadmill at between 6.0 and 7.0 mph. Users also burned calories 30% faster than they did when using an elliptical machine at a similar cadence.

The new S770 Pinnacle Trainer by SportsArt Fitness uniquely combines cardio, core and stability training. Other cardio fitness products employ the large muscle groups associated with forward motion. The S770 Pinnacle Trainer combines this forward motion with sideways movement to employ small muscle groups that enhance core stability and balance. Not only can exercisers on this product improve their cardiovascular health and tone large muscle groups, but they can also strengthen their core – a unique combination in the realm of cardio fitness products. Previous university testing has indicated that the Pinnacle Trainer's unique motion is safe for joints and could actually improve balance.

"The Pinnacle Trainer offers fitness enthusiasts all the benefits of a high-intensity workout on a machine that won't pound your joints and, in turn, is less likely to aggravate injuries," Amber Maechler, Director of Marketing for SportsArt Fitness said. "The overall muscle activation and calorie burn provided by this machine is unparalleled in the fitness industry. You won't get this kind of workout on other low-impact machines."

This study utilized male and female participants between the ages of 20-24 years with average levels of fitness. Heart rate and RPE were recorded at the end of each minute of the exercise test. In addition, a metabolic measuring system (TrueMax 2400, ParvoMedics Inc., Salt Lake City) recorded variables such as accumulated kilocalories, oxygen consumption [VO₂], minute ventilation [V_E], and metabolic equivalencies [METs].

View the S770 Pinnacle Trainer video here:

http://sportsartamerica.com/SAF/commercial/alt_trainer/s770.asp

About SportsArt Fitness

SportsArt Fitness is an industry leader in the design and manufacture of high quality cardiovascular and strength equipment for home and commercial use. SportsArt retains control over every aspect of component design and the overall manufacturing process ensuring proper integration, maximum performance and longer product life. SportsArt Fitness holds TUV ISO 9001/9002 quality certifications and hundreds of worldwide patents for their innovations. For more information on the SportsArt Fitness brand and their latest products visit us on the web at www.sportsartamerica.com.

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