

# AeroStrength

Fluid Resistance Strength and Cardio Exercise Equipment

*GET TWICE THE RESULTS IN HALF THE TIME !*

Rehab ~ Sports Performance ~ Fitness ~ Active Aging

**AeroStrength Hydraulic Exercise Equipment saves time because each machine exercises the cardiovascular system and strengthens opposing muscle groups all at the same time!**

**AeroStrength** automatically adjusts to the user's strength and speed making it **safe** for most anyone regardless of age or fitness condition.

**AeroStrength's fluid resistance** provides smooth movements and is **gentle** on joints. There are no complicated electronics and yet its easy to track results.

***Results come within weeks, not months, making it the most effective exercise you will ever experience.***

- **Athletes** can get faster results and increase aerobic power in half the time of conventional training methods.
- **Seniors** can experience no muscle or joint soreness while SAFELY increasing strength.
- **Physical Therapists** can work with multiple clients at the same time without the risk of injury.
- **Weight loss clients** can get faster results thereby increasing enthusiasm to stick to their program.
- **Busy Professionals** can get a full-body workout in less than 30-minutes! The circuit is cardio, strength, and even flexibility!

**Our cylinders** were designed and patented in the U.S.A. specifically for human exercise in 1969 and have been lasting on the average 20-years!

**Our upholstery** is BoltaSport, designed specifically for sports and exercise equipment in high-traffic facilities. You have over 50-colors to choose from.

**Our steel frames** come in black or gray and there is no assembly required!

# Aero Strength



Vertical Fly



Leg Ext  
Knee Curl



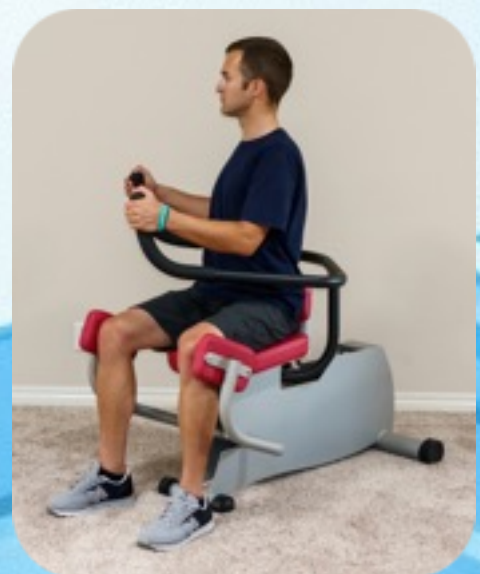
Leg Press



Seated Chest  
Back Row



Abdominal  
Low Back

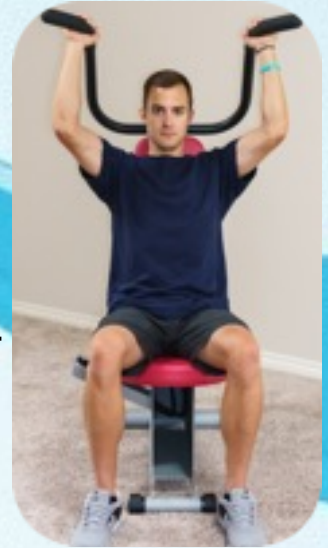


Torso Twist

# Aero Strength



Chest Press -  
Back Row



Shoulder  
Press-Lat Pull



Squat - Calf  
Raise



Ad/Ab-Hip



Dip Shrug



Glute Press

# Aero Strength



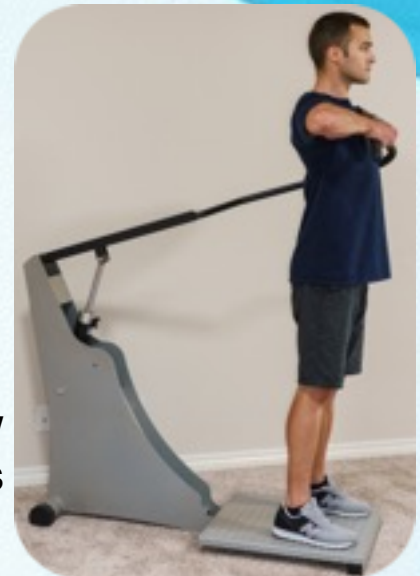
Power Vertical Squat



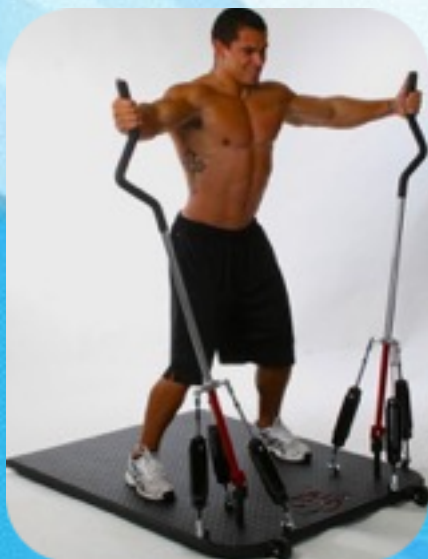
Power Runner



Pro Power Squat



Upright Row Tricep Press

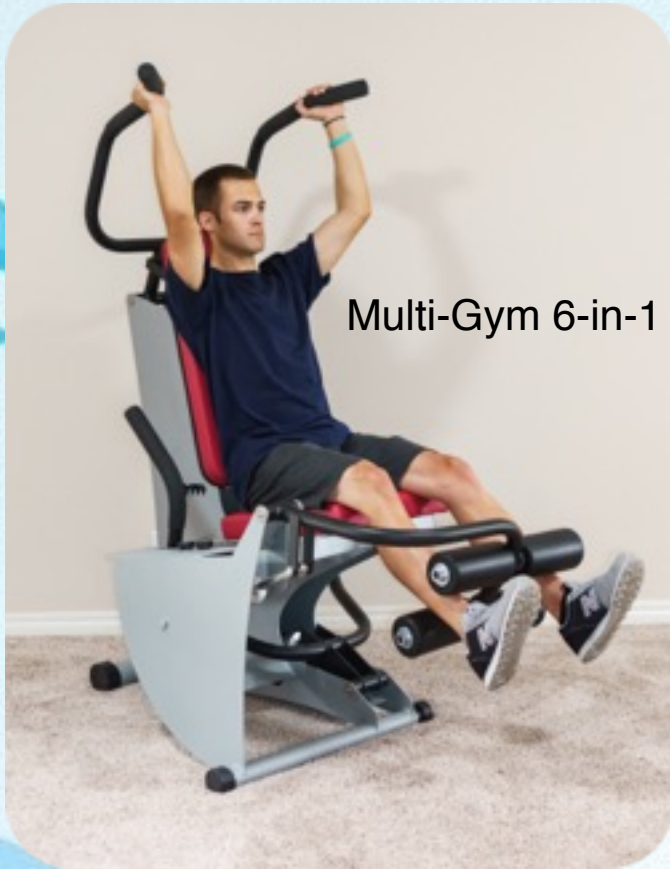


Dual Power Max



Single Power Max

# Aero Strength



Multi-Gym 6-in-1



Power Neck



The Multi-Lift Task and Double Leg Ext-Knee Curl (pictured below) will have **the new look with side panels**. Pictures below are the previous model.



Multi-Lift Task



Double Leg Ext  
Knee Curl

## The Professional's Choice for Safe, Effective, Strength, and Cardiovascular Exercise

One of the greatest benefits of hydraulic fluid resistance training is the safety feature of **velocity controlled resistance** (also known as velocity enhanced resistance training). The resistance **automatically adjusts** to the user's speed and force. The resistance increases or decreases, accordingly, at any point in the range of motion. This allows the user to comfortably go beyond the normal point of fatigue if desired. Athletes can achieve 100% maximal muscle overload.



**Cylinders are assembled by hand** at our factory with metal bearings and precision sealing to prevent leaks. Our cylinders have been known to last up to 25-years.



Extra-large knobs are easy to REACH, easy to READ and will stay where you put it.

**Adjustable cylinders** give you 6-true levels of resistance and firmly snap into each position.

Each machine's cylinder is **individually calibrated** in both directions to the specific muscle group for controlled full range resistance.

**AeroStrength's** resistance is supplied by a hydraulic cylinder which is filled with fluid. There is smooth fluid resistance in both directions, the push and the pull, working **both sides of the body at the same time**. The result is a double concentric (positive) contraction of the muscles. The lack of an eccentric (negative) contraction results in **less stress on the joints** and **less soreness in the muscles** after the exercise.