

Movement is a source of vitality and positive emotions.

It helps us be aware of our place in the world, and it generates respect for health as a form of vitality, and an understanding of active life as a creative challenge – this awareness helps us value the special things in life.

The innovative and ergonomically designed devices of our classic line will help you develop the right attitude and let you experience a new dimension of dynamic and physical culture.

- ergo_bike cardio pro
- ergo_bike fitness_3
- ergo_bike vita_3
- ergo_bike 8008_TRS_3
- ergo_lyps cardio pro / ergo_lyps fitness_3
- ergo_lyps 8080 TRS_3
- ergo_run classic



classic



classic Cockpit



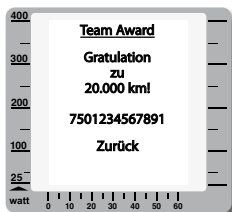
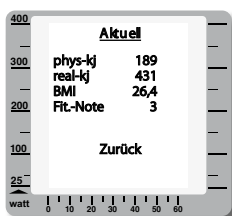
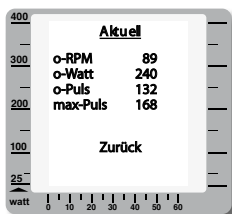
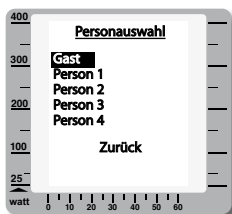
Dashboard of the classic_3 Series for ergo_bike and ergo_lyps
illuminated display, integrated SD card reader
(SD memory card not included)



Dashboard for cardio pro devices



Dashboard ergo_run classic



Capture. Evaluate. Increase.

Clear and user friendly, the classic dashboard allows global control over all functions. A single control button allows easy and quick access to the required program, as well as data entry and retrieval.

The premium graphic screen displays the predefined loading curves in 5 watts resolution and the individually programmed training performances. The modern sweat proof membrane keyboard protects the precious electronic components.

Ease of use

The dashboard is designed to provide for a very easy utilisation. Supported by a clear and user friendly menu navigation using a jog button.

User parameters

The system manage an extensive set of data for up to four users: age, gender, size, weight, body fat, personal performance evaluation, training frequency, all the training data, and alarm limit values for watt, heart rate, time, distance, and work in kilojoules. All the data is protected in the case of a power outage.

Training evaluation

After every training session the following data is available, average, maximum, and total values of the training duration, pedalling speed, velocity, distance, watt loading, and heart rate.

Total values are stored for years and can be retrieved anytime.

Additionally, the system computes a personal fitness mark and information about the work done and Body Mass Index. Based on the user's data the system measures the basic and total effort done and computes the realistic calories dissipated.

Gear shift

Model 8008 TRS_3 is equipped with an electronic gear shift with 28 speeds that is easy and quick to use. This provides a realistic riding feeling on competition circuits.

Team Award

We will give out an award when a user achieves a specified total specific pre-specified training distances in kilometres, and we will also issue distinction mentions. Your name will also be added to a "High Score" list maintained on the daum electronic homepage:

www.daum-electronic.de



ergo_bike cardio pro

Set your heart at the ideal heart rate

Physical activity is the foundation of our well-being. To take on a physical activity means to do something for one's health and relaxation. It is important here that the physical activity be adjusted to the individual conditions of each person. Five watt controlled built-in programs are available to help you achieve this goal.

Dashboard with seven training programs

The program for manual load control in 5-watt increments, independent of the pedalling speed. The cardio program has been developed specifically for cardiovascular training. Once the training heart rate has been input, the program controls and checks the heart pulse rate. If the heart rate exceeds the set value, the pedalling resistance will automatically be reduced, if the heart rate decreases, the pedalling resistance will be increased.

Heart rate measuring methods

Using an ear clip which illuminates the earlobe. The beating of the heart causes a light modulation, which is recorded by an infrared light sensor and shown in the display as pulse rate.

By means of a chest belt, the heart beats are recorded, amplified and transmitted wirelessly to the dashboard of the ergo_bike.



Comfortable and portable

- Low, comfortable climbing
- Transport rollers
- Level adjustment for installation on uneven surfaces

ergo_bike cardio pro
colour: metallic grey
Order No.: 9095182



ergo_bike fitness_3

Improve your fitness level systematically and without stress

The ergo_bike fitness_3 has been specially designed for fitness and relaxation training. 19 watt controlled built-in programs and numerous individual training programs, high-quality workmanship and convincing features make it an ideal training device for health-conscious, ambitious men and women of all ages. It satisfies the requirements of standard DIN EN 957-1, -5 and is, therefore, excellently suited for therapeutic training.

Programs

The dashboard is provided with a high-resolution illuminated graphic screen with 4864 pixels. Training performance and programs are clearly displayed in 5-watt increments.

The watt-controlled individual program allows programming of a watt load profile individually adapted to the needs of the user with duration of up to 30 minutes. It can be called and modified at any moment.

The RPM program has been developed especially for cyclists. The pedalling speed in revolutions per minute (RPM) is kept at a level set by the user. If the RPM increases, the pedalling resistance will automatically increase, if the RPM decreases, the pedalling resistance will be reduced.

The strength program has been specifically developed for muscular training. The user can select among 15 predefined strength levels.

Future-oriented

The scope of features of the dashboard can be updated even after several years by means of a software update.



ergo_bike fitness_3
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Order No.: 9096382



ergo_bike vita_3

High level for exclusive health requirements

An innovative high-end product of harmonic design and ergonomic shape, and of transparent elegance. It offers full equipment in first-class quality. It satisfies standard DIN EN 957-1, -5 and is, therefore, also optimally suited for therapeutic training.

Pulse-controlled built-in programs

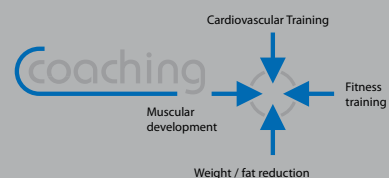
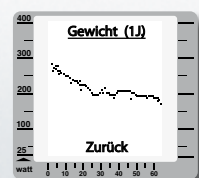
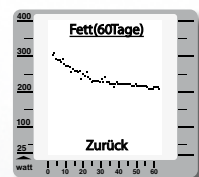
Essential criteria of ergometer training are the prevention of over and under-loads as well as the load at different pulse rates. Therefore, heart rate-controlled fixed programs do not define the braking power in watts, but determine it by means of different nominal heart rates. If the actually measured heart rate exceeds the nominal value, the pedalling resistance will be automatically reduced, if the heart rate falls below the nominal value, the pedalling resistance will be increased.

Fat burning

The system shows on the screen a graphic representation of the variations of the body fat content and weight.

Wonderfully comfortable

The saddle has an ergonomic shape, with gel filling and made of ecological materials – a top product of a renowned Italian saddle manufacturer.



Coaching means:

„Set your training target and start training.“

The dashboard's computer will take care of everything else.

ergo_bike vita_3
 colour: metallic grey
 Order No.: 9096682





ergo_bike 8008_TRS_3

Competition atmosphere and world class performance in your living room

The demands set on elite cyclists are continuously increasing. Record times are still improved in the seconds range. This indicates that the limits of human performance have not yet been reached in this field. Without a continuous all year training, accurately tuned from the medical and sportive points of view, it is almost impossible nowadays to reach world class performances.

In our climate, training on an ergometer is therefore an indispensable prerequisite. The decisive criterion for an efficient ergometer training is the maximum approximation to realistic racing conditions. The training machine ergo_bike 8008_TRS_3 perfectly satisfies these requirements. An electronic gearshift with 28 speeds and a load capacity of 25 to 800 watts guarantee a genuine biking feeling and bring even top competitive sportsmen up to their performance capacity limit

Gearshift

The electronic gearshift with 28 speeds, which is quick and easy to operate, guarantees a genuine biking feeling on the stored racing courses.

Adjustment Possibilities

The saddle and the handlebars are individually adjustable, and can thus be set exactly to the usual sitting position of the user.

Dashboard

The clearly arranged and user-friendly control and display dashboard is within sight and reach of the user. All controls and settings can be effected in the usual sitting position. The built-in and manually adjustable training programs and all data are displayed on LC displays and one graphic screen, and controlled by a high-performance microcomputer.

Click Pedal System

The standardised click pedal system guarantees efficient pedalling.

ergo_bike 8008_TRS_3
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 Order No.: 9096282



ergo_lyps cardio pro



ergo_lyps fitness_3

ergo_lyps cardio pro

Diversified Cardio and Muscular training with success guarantee

The joint-sparing effort of arms and legs trains the muscles and causes a high energy and oxygen consumption. Therefore, ergo-lyps training is endurance training on a high level.

ergo_lyps fitness_3

With endurance to your ideal weight

Efficient endurance training is provided starting with load duration of only 30 minutes per training unit. The high energy consumption accelerates fat burning, which is of particular importance for losing weight. Interesting training programs give variety to the training.

ergo_lyps cardio pro
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Order No.: 9055182

ergo_lyps fitness_3
Colour: metallic grey
Order No.: 9056382



ergo_lyps 8080 TRS_3

The fit making machine for the whole body

An efficient whole-body training machine, optimally promoting fat burning through working all large leg, body and arm muscle groups. The jerk-free, elliptic curve motion is very similar to the natural running movement and, therefore, gentle on the joints. The fully equipped dashboard assists all training possibilities.

Drive unit

Driving and braking technologies are of decisive importance in the art of manufacturing ergometers. The ergo_lyps drive module is of compact design, it runs on ball bearings and is equipped with patented safety free-wheel, safety friction clutch and precise eddy current brake. Powerful pedalling, safe braking and a long service life are thus guaranteed.

Adjustable Ellipse Height

The natural motion of the foot when running is elliptical. A three levels height adjustment of the pedal-plate suspension enables an optimum adaptation to the desired motion sequence.

Swivel Joints

All swivel joints are running on double ball bearings. Thank to the extractable carrying handle and to the integrated rollers, the device is easily and safely transported.



ergo_lyps 8080 TRS_3
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ergo_run classic

At the end be the first to cross the finishing line

Efficient running training requires more than just a moving belt. Success happens only when the training device can be perfectly adjusted to the individual requirements of the user. Measuring parameters, training parameters, and safety precautions must be precise and reliable, without interfering with the fun of training. The ergo_run classic with its 2.5HP motor complies easily with these requirements and offers also an "audio in" connector and an orthopaedic running belt.

It is finally one good thing that the device can be easily folded into an easy to store size with one hand. Otherwise you would keep yourself from running.

ergo_run classic
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Order No.: 9070080