

# FACT SHEET

## S772 Pinnacle Trainer Study



### > FACTUAL FINDINGS

Results of two university studies confirmed that the S772 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
- Burns calories 30% faster than an elliptical machine at a similar cadence
- Range of motion is safe for joints
- Engages small stabilizer muscles that are essential for balance
- Effectively targets the core and lateral muscle groups

About the S772: The S772 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 S772 Pinnacle Trainer combines this forward motion with sideways movement to employ small muscle groups that enhance core stability and balance. Not only can exercisers 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.

### SPECIFICS

#### > Participants

Male and Female Participants Between Ages 20-24 w/ Average Levels of Fitness

#### > Methodology

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 [VO<sub>2</sub>], minute ventilation [VE], and metabolic equivalencies [METs].

#### > Elliptical Trainer Protocol

- Males & Females: Subject worked at speed set on metronome from Pinnacle
- 3 minute exercise intervals with increasing resistance by 3 at each interval
- Speed maintained by keeping pace with metronome (same self-selected speed as the Pinnacle condition)
- Elliptical max resistance was 20
- Unless terminated by subject, test was terminated at 30 minutes

#### > Pinnacle Trainer Protocol

- Males & Females: Subject selected speed and metronome was set
- 3 minute exercise intervals with increasing resistance by 3 at each interval
- Speed maintained by keeping pace with metronome
- Test ended when subject could no longer push pedals at speed of metronome

#### > Treadmill Protocol

- Males: speed 7.0, 3 minute intervals. Increase incline by 2% for each interval – speed is constant
- Females: speed 6.0, 3 minute intervals. Increase incline by 2% each interval – speed is constant
- Test ended when the subject pulled the stop key off the treadmill