

CASCADE

HEALTH & FITNESS®

Over 40 years experience in fitness industry

- Started at StairMaster – developed RevMaster
- Started LeMond Fitness in 2002 and ran for 9+ years
- Started Cascade in 2012



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Products



Ultra Runner Plus



Ultra Runner



Climber



Climber Cross Crawl



Raptor



Air Bike Unlimited



Pro Power



Air Bike Unlimited Mag



Pro

Air Rower Mag



Rower



Compass



Easy to read console

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Climber/Climber Cross Crawl



Adjustable hand grips



Silent Mag drive



Step range 1-19"



Plug in or battery powered



Stable base and transport wheels



Climber features

- Quick release handles with 3 positions to choose from
- Easy to read console with 6 programs – manual, interval, distance, time, calories and steps
- 19” range of motion
- Wireless heart rate with HR strap included(5 Khz)
- 16 levels of smooth and quiet magnetic resistance
- Easily moved with integrated wheels
- Console displays – time, steps, step height, cadence, calories, HR, steps/min, level and distance
- Adjustable leveler feet
- Phone/tablet holder
- Water bottle holder
- Foot plates with velcro straps
- Fits under 8’ ceiling
- Max user weight: 350 lbs
- Bluetooth console – App coming





Climber benefits

- Burns calories faster than any other product
- Great for high intense interval training HIIT (3-4 minutes)
- Works both the lower and upper body
- Great for endurance athletes who hike and climb
- Fun for team in group training
- Fast way to get a great workout for legs, arms and core
- Challenging for all levels of fitness from beginner to professional athlete
- Great for assisting runners and other athletes in rehabilitation from injuries because it is a non-impact exercise
- Performance coaches love a climber as it can be used for one on one training and with large groups
- Gets great results in short amount of time



How to use the Climber

Get on Climber

To start on the climber step onto one of the pedals and this pedal will come all the way to the bottom. Next step on the top pedal. While doing this you can grab onto the handrails or the upper handles. The upper handles can be positioned in 1 of 3 slots. You want the handles to be about shoulder height. To remove the handle push the knob in on the end of the handle and pull out. Then insert the handle in the slot you desire while holding in the knob. Once the handle is in release the knob.

The Console

The console displays the data of your workout. Push any button to turn it on. There are 6 programs – Interval, Distance, Time, Calories, Step and quick start. The data displayed on the console is – Time, Interval, Steps, Level, Step Height, Cadence, Steps/Min, Calories, Distance and Heart rate.

Body Position

While on the Climber you will want to bend your knees a little, have your hips back a little, and keep your chest high.

Changing the resistance

There is a dial knob that can change the resistance between 1-16 levels. Level 1 provides the least resistance and level 16 provides the most resistance.



How to use the Climber – continued

Begin Exercising

When you first start you should take small steps. As you get comfortable you can vary the speed of your steps. Next as you continue to become comfortable on the Climber you can try adjusting your step height from short steps to longer steps.

During your workout you can adjust your step speed and step height. Additionally you can vary the resistance by simply twisting the resistance knob. You can also change your hand grip from front facing to rear facing on the upper handles. Or if you only want to do a lower body workout you can hold onto the lower arm rails.

If you only want to do an upper body workout get off the machine and grab the upper handles and pull them down one side at a time. Watch that the pedals do not hit you while doing this as they will move up/down as the handles move up/down.

3 variables can be fine tuned to achieve optimal fitness results for people of all fitness levels

Step height – short to long

Speed – slow to fast

Resistance – light to heavy

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Features					Cascade	Cascade
	LX	LXP	SM	CM	Climber	Climber Cross Crawl
Commercial Grade	●	●	●	●	●	●
Variable Resistance	●	●	●	●	16 levels	16 levels
Contra Lateral Pattern (GAIT)		●	●			●
Heart Rate	n/a	Included	Included	Included	Included	Included
Resistance System	Hydraulic oil	Hydraulic oil	Hydraulic oil	Hydraulic oil	Magnetic	Magnetic
Drive System	Chain	Chain	Chain	Chain	Belt	Belt
Foot/Hand Range	1-20" Arm 1-20" Foot	1-20" Arm 1-20" Foot	1-20" Arm 1-20" Foot	1-27" Arm 1-10" Foot	1-19" Arm 1-19" Foot	1-19" Arm 1-19" Foot
Fits under 8' ceiling	●	●	●	●	●	●
Wheels to move	No	No	No	No	Yes	Yes
Bluetooth Option	n/a	n/a	Extra	Extra	Included	Included
Base/Foot print	43" x 44"	43" x 44"	42" x 45"	42" x 45"	41" x 46"	41" x 46"
Height	7'10"	7'10"	7'10"	7'10"	7'8"	7'8"
Weight	145 lbs.	145 lbs.	150 lbs.	150 lbs.	144 lbs.	144 lbs.
Waterbottle holder	No	No	No	No	Yes	Yes
Phone/Tablet holder	No	No	No	No	Yes	Yes
Battery powered	Yes	Yes	No	No	Yes	Yes
Plug in	Yes	Yes	Yes	Yes	Yes	Yes
Range of motion limiters	No	No	Optional upgrade	No	Yes - 5	No



Cascade Climber vs Versa Climber

- lead time – Cascade in dealer stock, VC – 4-5 weeks
- more bang for your buck with Cascade – lower priced and more features than VC
- Cascade provides HR strap, water bottle holder and phone/table holder
- Cascade uses toothed belt and VC uses chain – belt is smoother and quieter
- Cascade uses magnetic resistance and VC uses hydraulic fluid which can leak
- Cascade has wheels so you can move product, VC does not
- Cascade has 16 levels of repeatable resistance while VC has unlimited resistance but not repeatable
- better warranty for Cascade



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Warranty Comparison between Cascade and Versa Climber

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VersaClimber

Frame – life	FRAME, HAND RAILS, BASE PLATE3 YEARS
Parts – 5 yrs	HANDLES3 YEARS
Wearable Parts – 2 years	FOOT PEDALS 2 YEARS
Electronics – 2 years	ROLLERS AND SLIDES.....2 YEARS
Labor – 1 year	DISPLAY ELECTRONICS.....1 YEAR
	ELECTRONICS..... 1 YEAR
	HAND GRIPS 1 YEAR
	FOOT PEDAL STRAPS.....1 YEAR
	During the first year, all labor is covered by the warranty. All labor repairs will be performed at the factory on warranty and non-warranty parts. So you need to ship it back.

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Indoor Bikes



Indoor bikes features/benefits

- Ultra quiet Magnetic Resistance
- Super smooth belt drive
- Narrow Q factor
- 4 Way Adjustability – seat & handlebar up/down and fore/aft
- Durable bottom bracket
- Max user weight of 350 lbs
- Commercial Warrantied



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- Strong cranks
- Two water bottle cages – expand to hold large sized water bottles
- Dual Stretch pad on rear cross leg
- Wide stable base with adjustable feet for leveling
- In line wheels for ease of moving
- Comfortable seat
- Belt tension adjustment possible without removing belt cover
- Sweat guard over aluminum flywheel
- Steel frame, ED undercoat and powder coat finish

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Comparison

Pro Power

- 16 levels of resistance changed via lever
- Dual sided pedals
- HR strap included(5 Khz)
- console with backlight
2 C batteries, ANT+/Bluetooth
- Wired console – time, distance, watts, calories, speed, rpm, hr, level
- No programs



Pro

- Dial knob
- Standard pedals
- N/A
- N/A
- N/A
- N/A

Compass

- Console automatically adjusts resistance – 16 levels
- Dual sided pedals
- HR strap included(5 Khz)
- Console backlit
Plug in, Bluetooth
- Wired console – time, distance watts, calories, speed, rpm, hr, level
- 14 programs





Cascade Compass vs competition

Compass

- Performs like spin bike - belt, magnetic, smooth, quiet great fit and feel and commercial quality
- Has programs that automatically adjust resistance like traditional upright bike but fits better and feels better
- Does not really have similar product but sells against upright bikes and indoor bikes



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Rowers



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Rower features/benefits

- Suitable for both home and commercial facilities
- 8 levels of smooth, quiet magnetic resistance
- Quick and easy resistance adjustments
- Sleek design with low profile
- Large adjustable foot holders
- Easy on and off design – seat 18” off ground
- Console displays level, time, meters, RPM, speed, watts, hr, calories, SPM and Time/500m
- 8 programs – quick start, time, meters, calories, strokes, interval 20/10, interval 10/20 and custom interval



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Rower features/benefits

- Comfortable ergonomic seat that glides smoothly on a durable stainless steel track
- Wireless heart rate - HR strap included
- Protective cover over console
- Precision balanced belt driven aluminum flywheel
- Easily moved with integrated wheels
- Adjustable leveler feet
- Easy grip handle
- Wide secure stable base
- Stands up to store out of the way
- Free 5" riser block included for steeper angled rowing
- Max user weight: 350 lbs



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Air Rower Mag features/benefits

- Suitable for both home and commercial facilities
- Unlimited progressive air resistance along with 16 levels of magnetic resistance
- Quick and easy resistance adjustments
- Adjustable arm for console display
- Large adjustable foot holders with numbered settings
- Easy on and off design – seat 20” off ground
- Console displays level, time, meters, RPM, speed, watts, hr, calories, SPM and Time/500m
- 8 programs – quick start, time, meters, calories, strokes, interval 20/10, interval 10/20 and custom interval



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Air Rower Mag features/benefits

- Comfortable ergonomic seat that glides smoothly on a durable stainless steel track
- Wireless heart rate
- Precision balanced belt driven fan
- Easily moved with 4 integrated wheels while in a vertical position
- Adjustable leveler feet
- Easy grip handle
- Wide secure stable base
- Stands up to store out of the way
- Max user weight: 350 lbs





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Rower

- Quiet – silent magnetic resistance
- 8 levels of magnetic resistance
- Stands vertical on end for storage
- To move lift back end and move with 2 wheels on front
- Fixed console that tilts
- Seat 18” off ground
- Free 5” riser block and HR strap \$100+ value
- Unique design and similar drive system to our indoor bikes
- Weight – 154 lbs

Air Rower Mag

- Noise from air resistance
- Progressive air resistance and 16 levels of magnetic resistance
- Stands vertical on end for storage
- To move stand vertical and easily move on 4 wheels
- Console on moveable arm and tilts
- Seat 20” off ground
- N/A
- Unique design and similar drive system to our air bikes
- Weight – 109 lbs



Why Cascade Rowers?

"My customer said it was very smooth, great programs and you could stand it up for storage. But the smoothness is what I think sold it." - Dianne

"We sell a ton of Water Rowers but you get these guys that want to pull against resistance that feel the water tank is not enough. Add to it the sleek look, smooth seat rail and unique inclining feature and you have enough to sell a fresh new story . I like the foot position for a bigger guy as well." - Jon

"We have 6 rowers on the floor (4 of them are Waterrowers), and she tried them all. She loved the Cascade because of the wider foot pedals and wider handle, and she thought it was smoother than the Waterrower and the Concept 2. She thought having the wider foot pedals was more natural and didn't bind her up as much. She also liked the ability to change the resistance. And she liked the built in interval programs in the console a lot. She also liked the fact that it was quieter than the Concept 2." - Craig

"I like having a non water based rower option for selling commercially for those customers who will not service the water in the rower as required." - Dan

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Air Bikes





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Air bike feature/benefits

- Suitable for both home and commercial facilities
- Unlimited air resistance for great total body workout
- Quick and easy micro seat adjustments – fore/aft and up/down
- Ultra-durable frame and drive system
- Large foot pegs for use during upper body isolation workouts
- Console displays time, distance, RPM, speed, watts, hr and calories.
- 8 programs – quick start, interval 20/10, interval 20/30, custom interval, target time, target distance, target calories and target hr
- Sealed cartridge bearings



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Air bike feature/benefits

- Large comfortable custom PU seat
- Wireless heart rate
- Precision balanced belt driven steel fan
- Easily moved with integrated wheels
- Adjustable leveler feet
- Heavy duty bottom bracket
- Max user weight: 350 lbs
- “Built like a tank”
- Mag model has unlimited air resistance with 8 levels of adjustable magnetic resistance for more training options.
- Water bottle holder
- Ant+ and Bluetooth option for console - future

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Unlimited vs Unlimited Mag

Unlimited

- Unlimited air resistance

Unlimited Mag

- Unlimited air resistance with 8 levels of magnetic resistance



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	Cascade Unlimited	Cascade Unlimited Mag	Assault	Assault Elite	Airdyne Pro	AirDynex	Spirit	StairMaster HIIT Bike
Price	\$2,395	\$2,595	\$749	\$1,299	\$1,299	\$1,899	\$1,499	\$2,499
Drive System	Belt	Belt	Chain	Chain	Belt	Belt	Chain	Belt
Grip/handlebars	Multit-more	Multi-more	Standard	Multi	Multi	Multi	Multi	Standard
4 way seat adj.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Target HR program	Yes	Yes	Yes	Yes	No	No	Yes	No
Programs	8	8	7	7	9	9	8	5
Weight	169 lbs	169 lbs	98 lbs	125 lbs	113 lbs	113 lbs	119 lbs	124 lbs
Footprint	29.5" x 48.4"	26.6" x 48.4"	23.3" x 51"	26.1" x 55.1"	26" x 55"	26"x55"	26"x48"	29" x 51"
Warranty – frame	Life	Life	5 yrs	5 yrs	10 yrs	10 yrs	5 yrs	15 yrs
Warranty – parts	5 yrs	5 yrs	2 yrs	3 yrs	2 yrs	3 yrs	2 yrs	2 yrs
Warranty – wearables	2 yrs	2 yrs					2 yrs	
Warranty – Electronics	2 yrs	2 yrs					2 yrs	1 yr
Warranty - labor	1 yr	1 yr		1 yr	6 mos	6 mos	1 yr	
Magnetic resistance	no	Yes-8 levels – competes with electronic bikes but has upper body and competes with other total body cardio products where you can change resistance such as ellipticals	no	no	no	no	no	no

Additional advantages of the Cascade Air Bikes

- Huge 1/4 steel oversized pedal cranks - won't loosen or break - common issue with Assault and Schwinn
- Separate bearing assembly where the handle attaches to the pedal - a common break point on cheaper bikes
- Fan blades are much quieter compared to other models
- The wind doesn't blow up in your face and dry out your eyes / sinuses like the competition

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Cascade Air Bike Unlimited Mag vs competition

- All other air bikes you have to pedal faster to create more resistance, but what if you want to pedal slower but have more resistance? That is why we added magnetic resistance, 8 levels, so provides many more training options.
- Competes against traditional upright bikes but has total body option
- Competes against full body ellipticals but typically smaller footprint and allows for both seated or standing workout and only upper body workout if use foot pegs.
- Built much more sturdy than other air bikes, it is top of line.



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Why Cascade Air Bikes?

"Built like a tank." – Craig

"I just wanted to tell you that the Fire Department loves this bike! They have been really using it hard. The quality of build is exceptional. I'm quite happy we went with this product! It will be my lead air bike moving forward." - Emily

"I sold the Unlimited model to a friend who has a personal training studio that's geared to training athletes at the college and professional level. Some of his clients have done workouts on the Assault or Schwinn, they are saying the Unlimited is built better, solid and a much tighter feel, doesn't move around as much as the other air bikes they have used. They Love the Unlimited....He is already talking about ordering one or two more" – Matt

"From customer - As good as the Schwinn Aerodyne Pro is, the Cascade performed better. It was more stable, easier to set up (seat height and distance from the bars), worked more smoothly, with better seat comfort than other stationary bikes, and the controls worked better and were easier to read. The first time on the bike, for a 20 minute "ride," this AM. I easily got my HR up to 135, putting in about the same perceived effort used for the Schwin. This is by far the best piece of cardio I ever used for HR, comfort and ease of use." - Andy

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Unique features of the Cascade curved treadmills

With traditional curved treadmills you can train for only speed and endurance.

With the addition of magnetic resistance (4 levels for the Ultra Runner and 6 levels for the Ultra Runner Plus) you can also train for power and agility.





Curved Treadmills feature/benefits

- Compact size, fully commercial, made to be maintenance free and built to last
- Easy to adjust magnetic resistance - great for improving power, speed, endurance and agility
- Self-powered treadmills that offers unlimited workout options for all your HIIT workouts
- Displays time, distance, calories, watts, HR, intensity and speed
- Multiple hand rail positions to accommodate a variety of workouts
- Slats have exceptional durability
- Console tilts for easy reading



- Robust sealed cartridge bearings for a smooth and quiet workout
- Leg levelers for a stable workout
- Wheels in front and handle in back to lift and easily move
- Anti-slip slats for safe workouts Suitable for both home and commercial facilities

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Cascade Curved Treadmill Comparisons

Both treadmills are full commercial quality and have a max user weight of 350 lbs. The consoles and programs are the same on both units.

<u>Feature</u>	<u>Ultra Runner</u>	<u>Ultra Runner Plus</u>
Running surface width	17"	19"
Levels of magnetic resistance	4	6
Length	67"	74"
Weight	289 lbs	340 lbs
Waterbottle holders	2	1
Running surface slats	PU rubber	Aluminum core rubber, v pattern surface
Handlebars	Several positions	Wider range of positions





Specifications of the Ultra Runner

- Running area 63" x 17"
- Weight - 289 lbs
- Max user weight - 350 lbs
- Levels of resistance – 4
- 7 Workout programs - target time, target distance, target calories, target hr, interval 20/10, interval 20/30 and target interval
- Dimensions -67" x 31" x 66"



Specifications of the Ultra Runner Plus

- Running area 63" x 19"
- Weight - 335 lbs
- Max user weight - 350 lbs
- Levels of resistance – 6
- 7 Workout programs - target time, target distance, target calories, target hr, interval 20/10, interval 20/30 and target interval
- Dimensions - 74" x 34" x 62"

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Raptor Functional Trainer





Unique benefits and features of the Raptor

- Wide range of exercises can be performed on the Raptor
- Burn calories, improve cardio and build strength
- Progressive fan resistance with 14 levels of magnetic resistance
- Great for HIIT training
- Low impact workout
- Perform ski exercises, pulls, curls, squats, rows and more. There is no limit to the exercises you can perform

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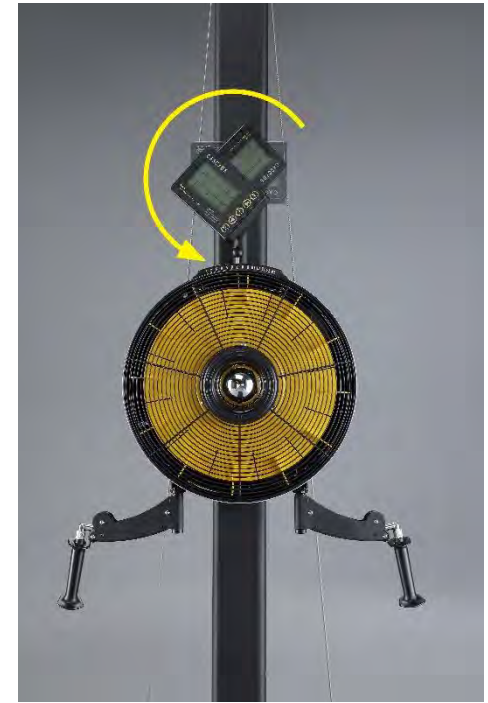
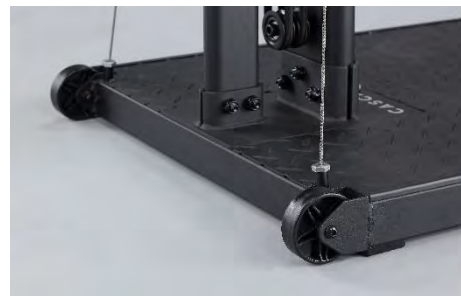
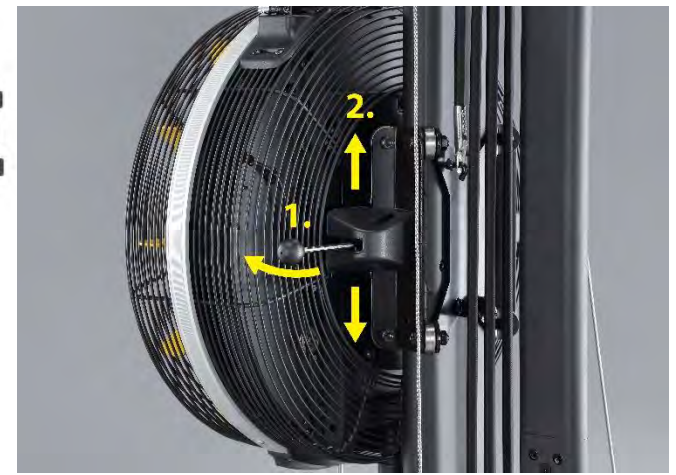
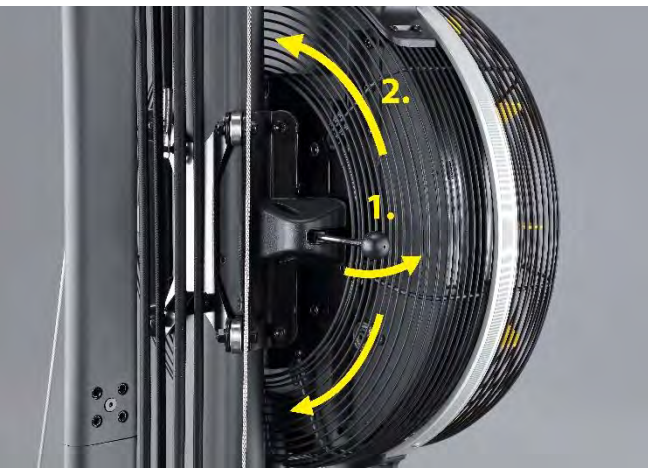
Unique benefits and features of the Raptor

- Two sets of hand grips provided - traditional handle and a ski handle
- Universal adaptor provided so you can use other handles or attachments
- The resistance unit can be positioned in 3 positions - high, mid and low. The resistance unit rotates so the handles can come out at the top or bottom of the unit. The console rotates so it can be viewed in any position
- 8 programs to choose from - Target time, Target distance, Target calories, Target strokes, Target strokes/minute, Interval 20/10, Interval 20/30, Interval custom and Quick Start
- Wheels built into base so it is easy to move around



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Specifications of the Raptor

Depth	50" (127 cm)
Width	24" (61 cm)
Height	82" (208 cm)
Weight	185 lbs (84 kg)
Max User Weight	400 lbs (182 kg)
Shipping Weight	200 lbs (91 kg)



Workout
1. 2000m Row
2. 10min Sprint
3. 10min Rest
4. 10min Row
5. 10min Rest
6. 10min Row
7. 10min Rest
8. 10min Row
9. 10min Rest
10. 10min Row





Warranty

- **Same for all products**
- **Applies to both residential and commercial sales**

Frame – Lifetime

Parts – 5 Years

Wearable Parts – 2 years

Electronics – 2 years

Labor – 1 Year



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Why work with Cascade?

- Great dealer pricing – generous margins
- Quality products – all commercially warrantied
- Excellent warranty –same for all products and markets
Frame–life, parts-5 yrs, wearables/electronics-2 yrs, labor-1 yr
- Exceptional service and support
- We do not compete against our dealers
- Sales spiffs for sales reps – all year long
- Best overall value products

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