

# Reebok



**Momentum Dynamic Motion Trainer 9.5e**

## DMT 9.5e

### Why promote DMT training?

- Dynamic Motion Training is a relatively new cardiovascular fitness concept. The Adjustable Motion Revolution is here, so get ready for a low-impact workout machine much more versatile than the elliptical trainers of the past.
- Reebok is the world's number 1 fitness brand. A brand that is recognized and trusted as an authentic fitness manufacturer.
- Today's fitness consumer continues to request new equipment technology and motion that will save them time while maximising their fitness goals.
- Today's fitness consumers are more educated and expect biomechanically correct motions that adapts to their natural body motion, in harmony, rather than a piece that works against their natural motions that may cause pain or injury.

### Overview: DMT 9.5e

The DMT 9.5 offers the most versatile and advanced ergonomically and biomechanically designed full body trainer in the exercise equipment industry. The 9.5 goes beyond standard elliptical training.

### How?

Standard elliptical machines offer only one limited motion or exercise path but the 9.5 offers eight dynamic motions and up to 400 watts of resistance. With the push of a button, the 9.5 transforms from elliptical to DMT mode, creating a greater range of motion, increased heart rate, and muscle recruitment that drastically increases the work out intensity while maximising results.

With its large range of motion and design, users of all sizes and heights can comfortably and safely be accommodated. By providing upper and lower body movement or contra lateral motion, the dynamic motion trainer effectively conditions cardiovascular and major muscle groups simultaneously without putting stress on your joints. The specially designed dual motion path offers a unique blend of elliptical and variable ranges of motion called Motion Profiles recruiting gluts, quadriceps, hamstrings and calf muscles to a greater degree than traditional elliptical movements. The larger the motion profile is open, the greater amount of muscle recruitment and stimulation results. Your body will remain challenged no matter how frequently you train. Your strength and endurance will continue to build rather than plateau. No machine today can provide these two paths of motion. No machine today allows the user to open his stride gait from short to long motions without forcing his body into a poor biomechanical position ending in poor posture, poor body mechanics and poor joint position.

The natural foot pedal design *Sure-Fit* optimally positions calf and ankle areas while increasing blood flow and eliminating stress and muscle fatigue. This articulating or pivoting dorsi / plantar flexion foot pedal creates a natural ankle motion. In doing this it allows the user's heel to stay permanently affixed to the foot pedal and eliminates heel slap and toe numbness usually felt on more traditional elliptical machines.

DMT motion helps keep the user's knee joint friendly from traveling beyond the horizontal knee shear line. Today most ellipticals force the user's knee to travel beyond the toe line and potentially place their knee joint in a poor structural position where most of the resistance load is placed. The 9.5 is designed to minimise this concern by allowing the resistance load to be placed on the major muscle groups (glutes, quads, hamstrings and calves) and not the knee joint area thus providing a very safe, efficient and effective exercise pattern.

The upper body arm design provides a smooth, safe and effective movement allowing for arms, chest, shoulders and back muscles to work simultaneously with the lower body. This synchronised or contra lateral movement mimics the human gate and works in harmony with the body's natural movement improving coordination and balance. Well placed pulse grips provide the user with instant heart rate feedback while maintaining the full body motion at all times.

The patented and unique LiteTouch™ thumb controls allows you to adjust intensity and motion levels without taking your hands off the upper handle bar – so you never have to interrupt your workout or lose your balance or body control.

## Display

Simple, one-button start and reset; automatic power on/off

Easy to read multi-coloured backlit LCD display includes: Speed in MPH/ RPM, User profile "block style", Distance, Pulse, Programs-12, User profiles- 9, Watts 25-400, (75 increments of resistance) Calories, Time, and Weight

Computer	Large LCD with multi-coloured backlit display
User feedback	8 user data windows
Programs	12, includes HR control
User Profiles	9 users
Pulse	Hand held grip sensor
Cooling fan	Built in adjustable
Resistance	EMS (75 increments 25-400watts)

**Other features include;** Motion sensitive resistance / Motion buttons, Water bottle holder, Adjustable fan – multi speed, 240V EMS for high performance / responsive workouts. Receiver chip for HR monitor compatibility. Heart rate belt optional.

## Specification

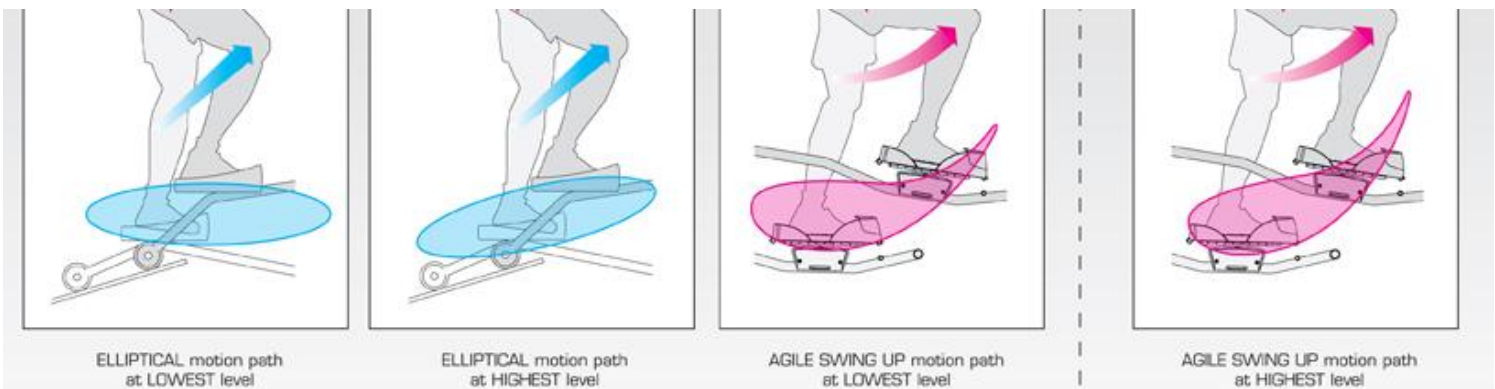
- Resistance range: 25 – 400 watts
- Resistance type: Flywheel with electromagnetic belt drive system
- Motion Profiles: 12 motorised levels
- Programs: 12, includes heart rate control
- User profiles: 9
- Sure-Fit articulating foot pedal
- Multi-colour backlit LCD display
- Computer programs include: manual, target time, target distance, target calories, fat burning, interval resistance x 8 levels, interval motion x 8 levels, endurance x 8 levels, watts control, HRC, 3 custom options
- Unique resistance / motion thumb touch controls integrated into handlebars
- Upper arm hand held pulse grip
- Three speed cooling fans with adjustable angles
- 11 gauge steel powder coated frame
- Portable design with front transport wheels and rear machine handle
- Pivoting balanced foot comfort plates
- Floor level adjustment.
- Quick key start up
- Heart Rate: Built in wireless receiver and hand held
- Industrial grade materials and frame provide safety and stability
- 240v power supply
- User capacity: 150kg
- Flywheel Inertia Weight: 27kg
- Gear ratio 18:1
- Crank arm / stride length – 22cm / 44cm
- Setup dimension: 188 x 83 x 162cm

## What makes the DMT 9.5e different from other fitness training machines?

### Key Features

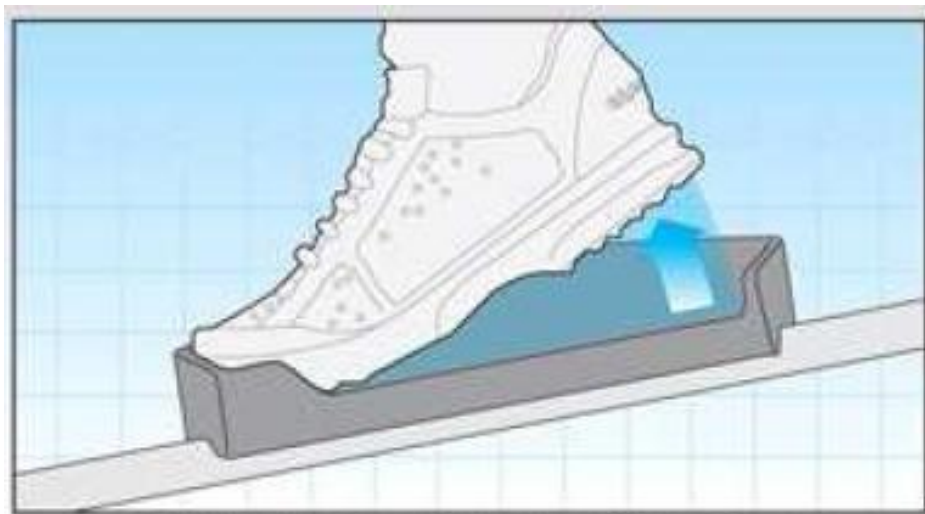
The DMT 9.5 goes way beyond standard ellipticals. How? It's all about the motion. Standard elliptical machines offer only one limited motion, but the 9.5 offers 12 dynamic motions and 75 levels of ultra responsive intensity. With the push of a button or a stroke of the thumb, the 9.5 transforms from elliptical to dynamic motion mode, creating a greater range of motion while increasing your heart rate and muscle stimulation that dramatically increase your results in a much faster time.

- **Variety of Movement:** With 12 levels of motion and 75 levels of intensity, your mind and muscles need never be bored again. The wide range of motions ensures that your body will remain challenged no matter how frequently you train. Your strength and endurance will continue to build rather than plateau.
- **Richly varied movement:** Instead of forcing users to conform to the limitations of a fixed path, the 9.5 offers 12 modes of motion. With each increase in motion profile setting comes a longer and more varied motion, which recruits different combinations of muscle fibers along the way.



- Electromagnetic resistance or Eddy Current Resistance has been proven to be the smoothest resistance drive system in today's equipment industry.
- **Articulating Foot pedals:** Orthopedic pedals mimic a ball-and-socket joint, enabling the ankle, the knee and the hip to move naturally during each exercise pattern. Furthermore this allows the user to remain in an upright position at all times providing a stress-free rhythmic motion to the muscle joints at work. This upright stance eliminates the most commonly felt discomforts associated with incorrectly fitting machines and improper body alignment during exercise. Poor alignment causes the knee to move too far ahead of the foot (knee shear), and forces the heel to rise (ankle flexion) resulting in the numbness, tingling and

mid foot or heel pain (plantar fasciitis) associated with forcing the foot to bend in an unnatural way during exercise.

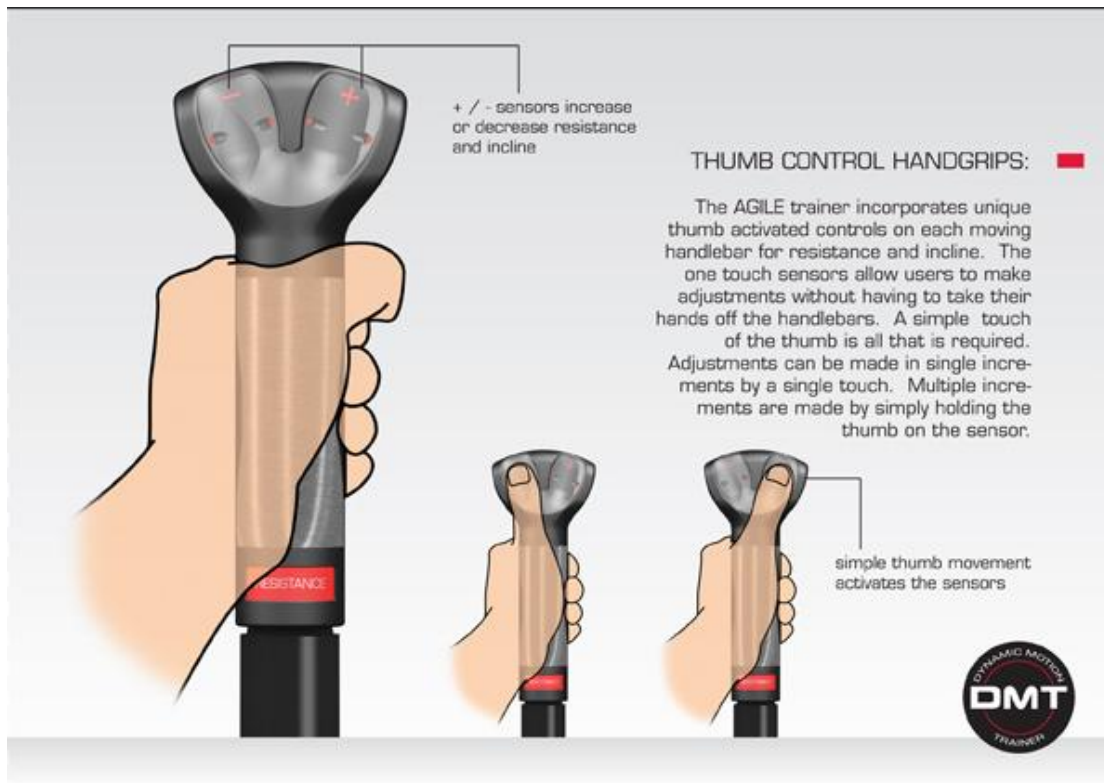


Traditional pedals cause the user's heel to separate from the pedal surface.



The SUREFIT™ pedal system ensures the user's foot stays firmly planted on the pedal.

- **Patented LiteTouch™ Thumb Controls:** Instantly adjust intensity and motion levels without taking your hands off the handlebars - so you never have to interrupt your workout. With a shift of a thumb over an infrared sensor, the 9.5 can vary intensity and transform from a standard elliptical to the other DMT modes.



- **Versatility:** Whether you are a weekend warrior looking for a walking substitute or a world class hurdler digging for that surging stride height and heart pumping rhythm, The 9.5 will deliver real results in less time than any other exerciser on the planet.