

ELLIPTIGO

DON'T LET YOUR BACK OR NECK SLOW YOU DOWN | KEEP GOING!



Osteoarthritis

Herniated Disc

Spinal Stenosis

Spine Fusion

Has your back or neck condition forced you to stop running or give up the exercise you love because of the impact? If so, the Elliptigo may be a great alternative for you like it has been for so many of our customers. Combining the best of running, cycling and the elliptical trainer into one low-impact device, the Elliptigo enables people to stay active, keep moving, and get an amazing workout outdoors. Plus it's fun, too! You're not stuck in a gym or staring at a black line on the bottom of a pool, and you no longer have to deal with the seat, back and neck pain of riding a traditional bike.

Comfortable and easy to ride, the Elliptigo has made a real difference in the lives of many people with back or neck conditions. Whether you need a high-performance, running-like workout to replace your previous training or you're just looking for a fun way to get active and be outside, the Elliptigo could be a great option for you.

Consult your physician before trying any new exercise device, including the Elliptigo.

THE BENEFITS



Comfortable

Comfortable riding position. No seat, neck or shoulder pain



Versatile

Stationary trainer available for days when riding outside is not an option



Adjustable

Adjustable stride length and steering column accommodate riders from 5'0" to 6'10"



Functional

Internally geared hub facilitates climbing hills and reaching speeds in excess of 25mph

Heart Healthy
Burns 33% more calories than riding a bike



Low Impact

Easy on hips, knees and back



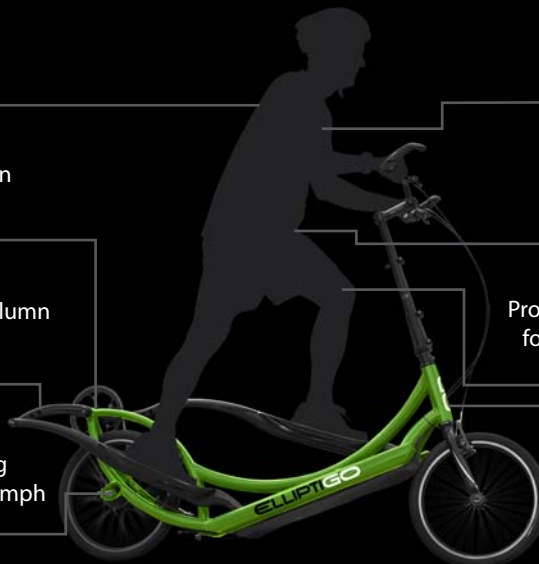
Weight Bearing

Provides mechanical stimuli for improving bone health



Simple to Ride

Low center of gravity and wide wheel base



CUSTOMER TESTIMONIALS



John Pilkington - *Spinal Stenosis and Degenerative Disc Disease*

"I am a former runner and cyclist who has had degenerative disc disease since I was 25 years old, and was diagnosed with Spinal Stenosis in December 2009. My doctor told me that I could no longer run, and could only do limited cycling. I first started riding the ElliptiGO in March of 2010, and typically ride over 200 miles per month on my ElliptiGO. The ElliptiGO has helped my condition so well, that with my doctor's permission, I can actually run again and I race a few times a year, with most of my training coming from the ElliptiGO."



Carla Coffey - *L-5 Disc and Knee Replacement*

"I was a three sport college athlete in the 70s, eventually making it to the Olympic Trials. All of the impact and overuse led to an eventual knee and L-5 disc replacement. As a college track coach for the past 43 years, I knew that I needed to stay healthy, but without impact. The ElliptiGO has been the perfect piece of fitness equipment for me as it offers a great low impact, total body workout. Simply put, by using my ElliptiGO, I can still be very physically active, but without all of the high impact associated with running."

REHAB PROFESSIONAL TESTIMONIALS



Stephen Bartol, M.D. - *Board Certified Orthopedic Surgeon, Spine Specialist*

"I am using the ElliptiGO myself almost every day and I love it! No neck pain, no back pain. I have recommended it to my patients who miss running because of back, hip and knee problems and also cyclists who suffer neck pain on a bike. It is a great workout, no impact and a blast to ride."



Adam Locketz, M.D., FAPMR - *Pain, Physical and Rehabilitative Medicine*

"The ElliptiGO provides a low-impact cardiovascular workout that also engages core muscles, which protect the back from injury. Plus, using the ElliptiGO is fun, which can improve compliances with physician-prescribed exercise programs while reducing injuries and pain."

For more information about ElliptiGO and how it can benefit you, visit www.elliptigo.com
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