



CATALOGUE 2016
FITNESS





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ECO-DE® offers a wide range of services when it comes to customize products according to their needs; We have a variety of colors, dimensions and materials of each product. Browse our catalogs and do not hesitate in requesting more information.

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Visit us **www.eco-de.net**

ALL PRODUCTS ECO-DE® ARE 100% SPANISH DESIGN

ECO-DE®

Our services for you!

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TENSE DOUBLE COMPACT TENSE



Introduction

An electrical muscle stimulator (EMS,) is a portable device that uses electrical current to force muscle contraction.

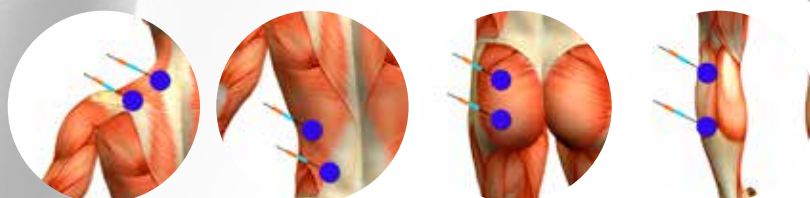
Double Compact Tense **ECO-DE®** is a stimulator EMS device with two electrodes, controlled by a micro computer and equipped with 6 different automatic programs for body sculpting. The different frequencies and intensities of bio-pulse used in this system, stimulates the body's motor neurons and thus muscle contraction aswell as exercises and burns calories.

Use

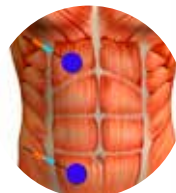
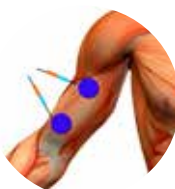
Before turning ON the appliance we recommend placing the patches on the points to be stimulated.

- **ON** - Turn on.
- **MODE** - Press repeatedly to choose the desired vibration program. Stimulation programs 1-4 plus two combinations between them. 6 programs in total.
- **OFF** - Turn off.

The position of the electrodes depends on the area to be stimulated. The illustrations shown are only for guidance.



ECO-304 TENSE DOBLE



Box



- 01 Packaging
- 02 TENSE
- 03 4 Patches parts
- 04 USB Charger
- 05 Transformer

ECO-DE®

Many professional athletes use this advanced technology to keep fit. Now you have the opportunity to sit at home and enjoy the benefits of this sculptor method body.

Put the patch on the body part you want to exercise, and after a period of time you will get a perfect figure. In addition, you can eliminate back pain, cervical rigid, among other diseases.

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Technical specifications



ECO-304

TENSE EMS

| | |
|------------------|------------------|
| Product measures | 12 x 1,5 x 10 cm |
| Box measures | 60 x 25 x 36 cm |
| Weight | 1,1 Kg |
| Groupage | 40 units |
| Power | 200 mw |
| EAN | 8 436540 963444 |

ECO-DE®

TENSE PORTABLE EMS



Introduction

Portable EMS TENSE **ECO-DE®** can be used anywhere. Relaxes, tones, helps reduce volume and fight cellulite. The device transmits electrical impulses to stimulate and strengthen contractions in the muscles, which helps to get fit and facilitates recovery from injuries. Both the Power of the pulses as the total time spent on each item can be adjusted in accordance with the objectives and needs of market users. The LCD display indicates the 8 modes of stimulation along the meridians of human acupuncture points, pulse intensity and time of Use.

Use

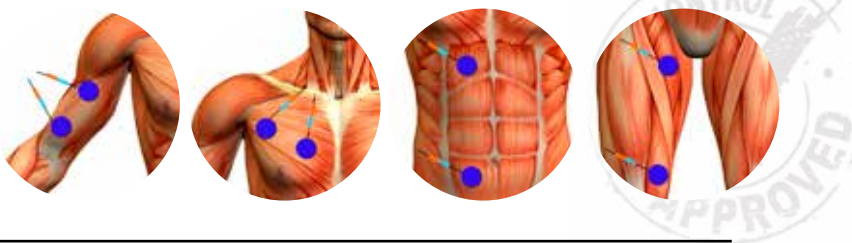
Before turning the appliance we recommend placing the patches on the points to be stimulated.

- **ON** - Turn on TENSE.
- **MODE** - Press repeatedly to choose the desired stimulation program. In total 8 programs:

| | |
|--------------------------------|------------------|
| 1. Acupuncture | 5. Handling |
| 2. Knocking | 6. Scraped off |
| 3. Massage | 7. Weight Loss |
| 4. Traditional chinese massage | 8. Immunotherapy |
- **TIME** - Press repeatedly to choose the duration of treatment (5-10-15 min).
- **STRONG** - Increases one by one the intensity (0-15).
- **WEAK** - Decreases one by one the intensity (15-0).
- **OFF** - turn off the TENSE.



ECO-306 TENSE EMS



Box



**WORKS
WITH
3 batteries* AAA**

**Batteries not included*



01 Packaging

02 2 Patches

03 Base to preserve patches

04 TENSE EMS

05 Transformer

06 Charger USB

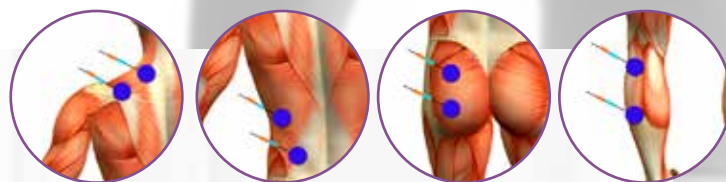
ECO-DE®

07 Fitness

The position of the electrodes depends on the area to be stimulated. The illustrations shown are for guidance only.

Technical specifications

| ECO-306 | TENSE EMS |
|------------------|--------------------|
| Product measures | 150 x 70 x 18 mm |
| Box measures | 530 x 408 x 493 mm |
| Weight | 90 g |
| Groupage | 40 units |
| Power | 180 mw |
| EAN | 8 436540 963451 |



ECO-DE®



Introduction

The electrostimulator ECO-308 de **ECO-DE®** uses pulses which mimic the action from the central nervous system that cause muscle contraction. The stimulator helps treating injuries by strengthening weak parts of the body besides slimming, toning and eliminating pain.

Thanks to its 4 adhesive pads you can exercise almost every muscle in the body. It has several programs and 2 adjustable independent channels.

Functions

1. ON / OFF.
2. Intensity channel 1
3. Intensity channel 2
4. Slimming mode
5. Fitness mode
6. Arm
7. Joint
8. Feet
9. Shoulder
10. Waist
11. Leg
12. Time +
13. Time -
14. Press Massage
15. Knead Massage
16. Vibrate Massage
17. Thump Massage



Box



- 01 Protective case
- 02 TENSE dable
- 03 4 Patches (2 for each channel)
- 04 Cable connection patch-TENSE
- 05 Transformer
- 06 Charger USB



works with 4 batteries* 1.5v

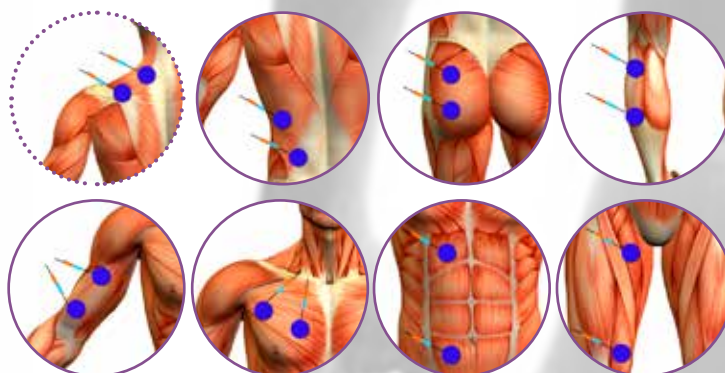
**Batteries not included*

09 Fitness

Technical specifications



The position of the electrodes depends on the area to be stimulated. The illustrations shown are for guidance only.



ECO-308

TENSE

| | |
|------------------|------------------|
| Product measures | 17 x 5 x 11 cm |
| Box measures | 52 x 32 x 33 cm |
| Weight | 200 g |
| Groupage | 10/box 360/palet |
| Frequency | 1-50 Hz |
| EAN | 8 436540 963215 |



VIBRATING PLATFORM "POWER VIBRO TECH"

LCD Control Panel
in Spanish and English

Pulse rate monitor to control
heart beats per minute.

Wide bars to perform many
exercises always with proper
posture.

Vibrating Base:
Engine rotation speed
150 - 950 rpm

Elastic bands



Introduction

The vibrating platform "Power Vibro-Tech" de **ECO-DE®** has a revolutionary system that allows anyone, regardless of age and fitness, a complete workout at home.

"Power Vibro-Tech" improves effectively, safely and easily both strength and flexibility, activate metabolism, improve circulation, reduce pain, reduce cellulite and increase bone density.

Massages and drains the lower body, burns calories and eliminates the feeling of tired legs.

Its powerful 1.5 HP engine, allows you to select up to 50 different speeds.

With only 10-15 minutes a day, 3 times a week, you can obtain the levels of health, fitness and performance you are looking for.

It Includes 2 elastic bands to perform multiple exercises.



x2

Control Panel



- 1 Program display
- 2 Time display
- 3 Speed display
- 4 Turn on / off the machine
- 5 Program selector: Manual or automatic
- 6 TIME: Sets the time desired exercise
- 7 PULSE
- 8 + Speed
- 9 - Speed

**Max. Weight: 150 Kg*



Benefits

Training with the **ECO-DE®** vibrating platform "Power Vibro-Tech" and after several sessions of training, the muscles can shrink up to 97% of its capacity, ie almost 100% of the fibers of all groups muscle can be activated. The maximum strength and endurance increase considerably. In just 10 minutes you can get the same training effect that after a long session of conventional training.

Technical specifications

| ECO-507 | Vibration Platform |
|---------------------|----------------------|
| Product measures | 65 x 58 x 115 cm |
| Box measures | 114x26x73 cm |
| Weight | 39 kg |
| Groupage | 1/box 6/palet |
| Voltaje / Frequency | 230 V ~ 50 Hz 1500 W |
| EAN | 8 436540 965035 |



011 Fitness



**VIBRATING PLATFORM
REFLEXOLOGY**012
Fitness**Introduction**

The **ECO-DE®** vibrating platform reflexology has a revolutionary system that allows anyone, regardless of age and fitness, a complete workout at home.

Improves effectively, safely and easily both strength and flexibility, activate metabolism, improve circulation, reduce pain, reduce cellulite and increase bone density.

Massages and drains the lower body, burns calories and eliminates the feeling of tired legs.

The platform has several Functions; you can enjoy an excellent reflexology massage with high vibration and may increase or decrease its intensity at any time thanks to its control





- Turn on the platform behind the switch.
- Press the button on the remote control (2).

Manual program

- TIME - Press up to 3 times (3) button to set the time (5, 10 and 15 minutes).
- INTENSITY - press the button (4) to increase and (5) to reduce the intensity from 1-6.

Automatic program (6)

- AUTO - the platform makes a tour of various intensities and massage modes.

Relax program(7)

Press the ON / OFF button (7)

Select the level of intensity:

(8) = more intensity (9) = less intensity (10) = Auto**Calor (11)**

- Presione el botón (11) para seleccionar la función de calor.

Modes

Relax By applying waves, the platform will help recovery from injuries and regenerate damaged cells, among other properties.

Vibration By "Vibration" mode, you activate reflexology. The platform is designed with strategically placed nodules which correspond to the points of acupuncture and acupressure regions of the foot or hand.

Therapeutic heat With the vibrating platform you can also enjoy the benefits of applying localized heat.

Benefits

Training with the vibrating platform with reflexology, the muscles are supplied with blood many times per second similar like would happen with a conventional exercise like running. The vibrating platform also eliminates waste products faster, leading to faster regeneration and a substantial improvement in circulatory problems.

In just 10 minutes you can get the same training effect that after a long session of conventional training.

Technical specifications

| ECO-510 | Vibration Platform |
|---------------------|---|
| Product measures | 130 x 50 x 45 cm |
| Box measures | 56 x 23,5 x 46,5 cm 35,5 x 8,5 x 73,5 cm |
| Weight | 14 kg |
| Groupage | 2/box 16/palet |
| Voltaje / Frequency | 230 V ~ 50 Hz 1000 W |
| EAN | 8 436540 965165 |



OSCILLATING PLATE
BODY PLATE



014
Fitness

Introduction

With the oscillating vibrating platform "BODY PLATE" **ECO-DE®** improves musculature and activates all supply systems and thus, the heart also increases its capacity. Training with BODY PLATE helps the metabolism reach a higher level, thus enhances fat burning and increases the basal metabolism.

Control Panel

POWER - Turn on / off the device.

PRG MODE - Vibration modes (3 levels of intensity).

START - Start training.

STOP - Pause or stop training.

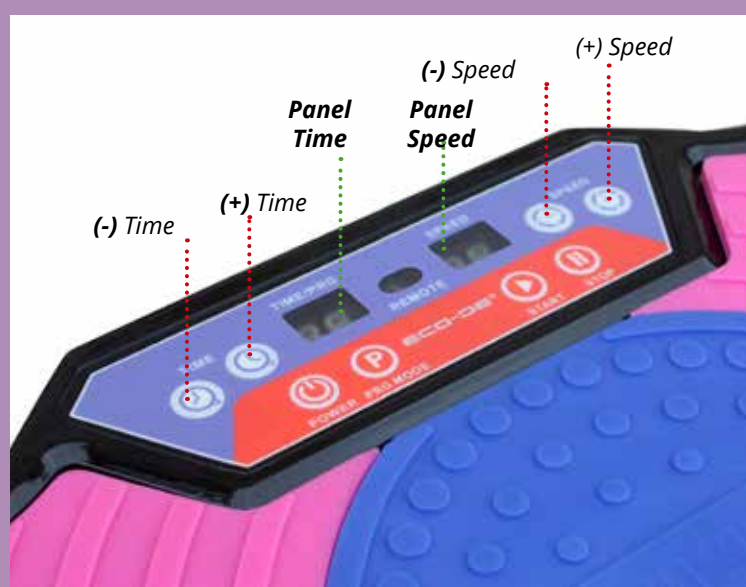
REMOTE - Remote Control Panel.



x2

80 levels of speed
3 intensity levels

It Includes 2 elastic bands to perform multiple exercises.



Remote control015
Fitness**Benefits**

- It improves blood and lymph circulation.
- Oxygenates tissues and removes toxins.
- It reduces body fat and tones.
- Removes cellulite
- Increases bone mineral density.
- Increases muscle strength and flexibility.
- Develops physical Power.
- Conditioning the body before sports activity.
- Recovers quickly from muscle fatigue.
- Prevent and rehabilitate injuries.
- Improves balance.

Technical specifications

| ECO-512 | Vibration Platform |
|------------------|--------------------|
| Product measures | 65 x 13 x 35 cm |
| Box measures | 78 x 21 x 45 cm |
| Weight | 18 kg |
| Groupage | 2/box 16/palet |
| EAN | 8 436540 965189 |



VIBRATING PLATFORM 3D TOTAL GYM



016
Fitness

Introduction

"3D TOTAL GYM" **ECO-DE®** is the ultimate personal training system. The users can enjoy a near-real simulation of surfing, activity that exercises all the muscles of the body. Surfing is a very complete way of exercising the body and stimulate the metabolism, thus improving circulation.

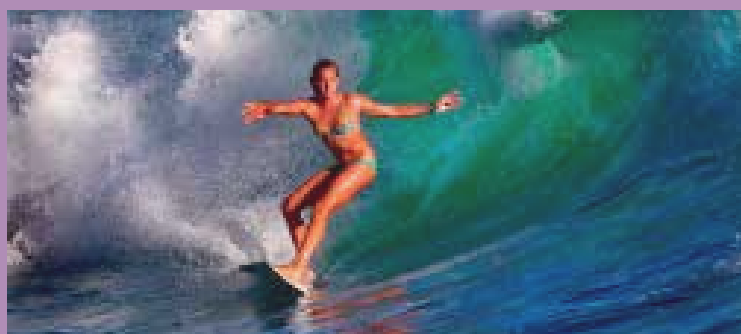
Characteristics

- 1 Automatic program.
- 3 speed.
- 3D motion.
- Integrated Control Panel.
- Remote control.
- 2 elastic bands.



x2

It Includes 2 elastic bands to perform multiple exercises.



Control Panel



ECO-550

VIBRATING PLATFORM

On / Off

Modes:

- 1 Automatic program
- 3 intensity levels

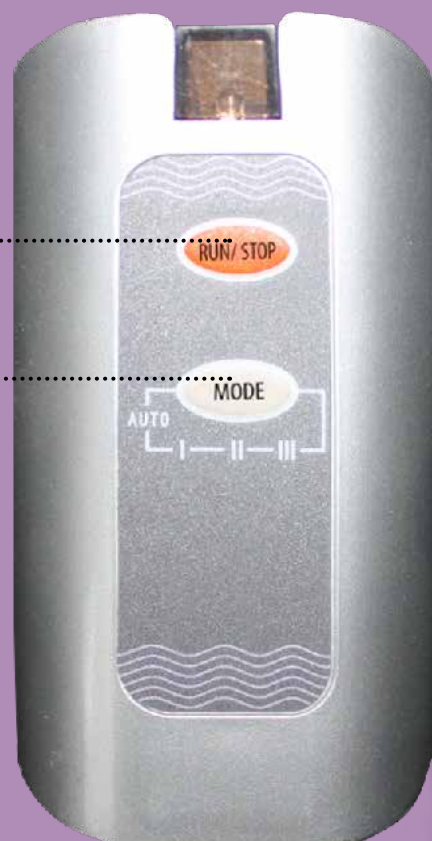


IT WORKS WITH
1 LITHIUM BATTERY * 3V

**battery not included*



Remote control



017 Fitness

Benefits

- Stress is reduced and the hormonal balance improves, so you'll feel better. In addition, relaxation after exercise is more complete than in other forms of training.
- Good circulation, heating and extension reflex tendons allow a release of reserves of elasticity, also relieving muscle contractions and eliminating pain states.

Technical specifications

| ECO-550 | Vibration Platform |
|---------------------|-----------------------|
| Product measures | 81 x 46 x 26 cm |
| Box measures | 82 x 48 x 28 cm |
| Weight | 22 kg |
| Groupage | 1/box 6/palet |
| Voltaje / Frequency | 220/230V 50-60HZ 100W |
| EAN | 8 436540 965233 |

ELECTRIC BICYCLE MINI BIKE

Legs and arms!



018
Fitness

Introduction

The electric bike "MINI BIKE" **ECO-DE®** is a practical option to easily exercise the muscles of both legs and arms. It has multiple options to fit the needs of each user: assisted pedaling powered or manual, forward and backward.

Functions

- Remote integrated in the main body for easy use according exercises control. Removable for those exercises that require programming without stooping.
- Display showing: speed, time, distance and calories burned.
- 12 levels of speed.
- Motor speeds 3, 4, 5 and 6 km / h.
- No-power option (100% manual).
- Schedule exercise time; 3, 6, 9 or 12 minutes.
- 6 programs: A manual mode and five have automatic
- It includes a system called ECO FRIENDLY, which consumes 25% less energy.



Remote control



- 01 On / Off
- 02 Select program
 - 1 manual mode
 - 5 automatic modes
- 03 Time (3, 6, 9 or 12 minutes)
- 04 Reverse sense pedaling
- 05 Reduce speed
- 06 Increase speed

019 Fitness

Benefits



Any cardiovascular exercise that is practiced will be good for the health, as they help to improve the heart rate, as well as contributing to weight loss and burn fat. The electric bike MINI BIKE offers Benefits in these areas.

- Helps improve cardiovascular rhythm.
- Contributes to lower calories.
- Increases blood pressure.
- The muscles of the arms and legs are toned and stay flexible.
- Maintains physical health it is recommended to do it three times a week.

Technical specifications



| ECO-800 | Electric bike |
|-------------------|------------------------|
| Product measures | 49 x 40 x 30 cm |
| Box measures | 44.5 x 31 x 44.5 cm |
| Weight | 5.5 kg |
| Groupage | 2/box 30/palet |
| Power / Frequency | 220/230 V 50-60 HZ 70W |
| EAN | 8 436540 965141 |

MAGNETIC BIKE MAGNET BIKE



Introduction

Magnetic bicycle "MAGNET BIKE" **ECO-DE®** strengthens and tones the legs and firms the buttocks without much impact on bones or joints. It has a resistance of silent magnetic control with eight voltage levels. This system allows a smoother, progressive and noiseless pedal, improving user sensations on the bike. Ergonomic adjustable handlebar and horizontally and vertically to find the correct pedaling position seat.

Functions Screen LCD

With the panel in sleep mode indicated room temperature.

Activate panel.

Pedal or press the MODE button and the panel will be activated. You can then begin to have the Functions that are in it.

- **MODE:** press repeatedly to select one of the following parameters to determine:
 - SPEED (speed), TIME (time), DISTANCE (distance)
 - CALORIES (consumed calories) PULSE (heartbeat).
- **SET:** when above the desired parameter press SET to program.

All these values are set to count down (down the time until 00:00). An alarm will alert you that your program has ended. I could also use the panel without programming any function. Just go forward and will indicate the values of their training on the panel.



- **RECOVERY:** Scan different panel features.
- **BODY FAT:** Calculate your heart rate and calories burned.
- **RESET:** RESET button puts the selected values 0.

ECO-811 MAGNETIC BIKE

Characteristics

- Magnetic pedaling system.
- Flywheel 6 kg.
- Adjustable handlebar inclination.
- Anatomical seat height / adjustable length.
- Epoxy paint oven Heavy-duty type.
- Weight max. User: 110 Kg.

Adjustable seat in
2 directions



Regulator
effort:
8 levels



Control Panel
and handlebars
heart rate monitor
to control heart
rhythm



Resistance
Silent magnetic
control and adjust-
able pedals with
toe clips.



021
Fitness

Advantages

The bike is the cardiovascular machine more used in gyms and fitness centers, apart of burning calories, it's easy to use as does not require any special skills or balance.

Unlike running on a treadmill, on bicycles our body does not exert pressure on the knee joints and there is virtually no stress on the joints, therefore, is unlikely to suffer injuries during exercise. Some advantages are:

- It helps improve cardiovascular rhythm.
- It contributes to lower calories.
- Increases blood pressure.
- The muscles of the arms and legs are toned and stay flexible.
- Maintains physical health, recommended to do it three times a week.

Technical specifications



ECO-811

Magnet bike

| | |
|-------------------|------------------|
| Product measures | 115 x 55 x 93 cm |
| Box measures | 56 x 84 x 28 cm |
| Weight | 28 kg |
| Groupage | 1/box 6/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965130 |

SPINNING BIKE GIRO PRO

Handle with double pad, heart rate monitor and LCD screen.

Adjustable seat in 2 directions.

Resistance regulator.

Water bottle included.

Steel flywheel 21 kg with protective.

Belt drive.

Pedals with toe clips.

Stabilizers and wheels.



Introduction

- Spinning is one of the most popular methods in getting in shape and maintain it. It's fun and energizing, and offers a wide variety of options to avoid monotony. The spinning bike "GIRO PRO" ECO-DE® offers a complete workout and benefits to cardiovascular and respiratory level as well as increasing strength and endurance.

Functions Screen LCD

- **RESET:** RESET button puts the selected values 0.
- **MODE:** It contains the following parameters:
SCAN: automatically scans through each function.
TIME: Shows Time entertainment
SPEED: Displays the current training speed.
DISTANCE: Shows the distance traveled recorded during training.
CALORIES: Displays the total calories consumed during training.
ODO: Displays the total distance accumulated during all workouts.
- **SET:** when above the desired parameter press SET to program.



ECO-812

SPINNING BIKE

- **Maximum User Weight: 120 Kg.**
- **Domestic use.**



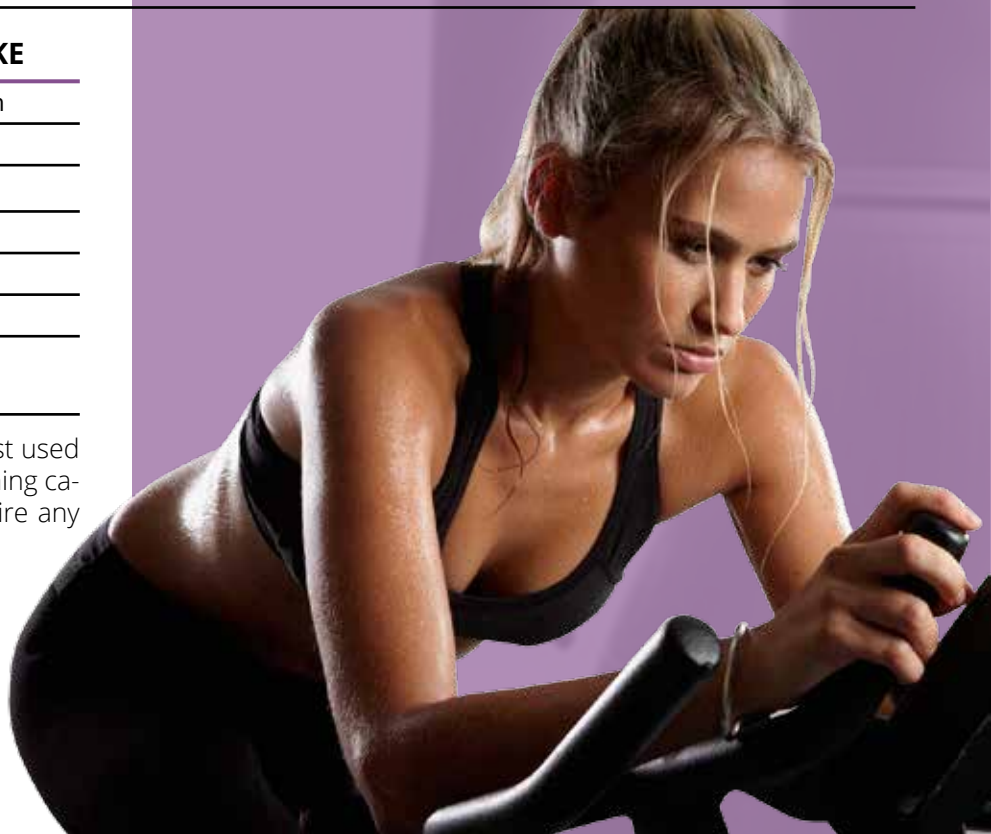
023_Fitness

Technical specifications

| ECO-812 | SPINNING BIKE |
|-------------------|-------------------|
| Product measures | 115 x 49 x 115 cm |
| Box measures | 122x26.5x82 cm |
| Weight | 45 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965226 |

Advantages

The bike is the cardiovascular machine most used in gyms and fitness centers, as it helps burning calories, it's easy to use and does not require any balance or special ability. Unlike running on a treadmill, on bicycles our body does not put pressure on the knees joints and there is no stress, therefore, it is unlikely that we suffer injury during exercise.



SPINNING BIKE EVOLUTION TOUR

Handle with double pad, heart rate monitor and LCD screen.

Adjustable seat in 2 directions.

Resistance regulator.

Water bottle included.

Steel flywheel 21 kg with protective.

Belt drive.

Pedals with toe clips.

Stabilizers and wheels.



Introduction

The spinning bike "EVOLUTION TOUR" ECO-DE® is a semi-professional model for household Use. It incorporates a belt drive system with a flywheel of 21 kg of rolled steel allowing a flexible.



Functions de la pantalla LCD

- **RESET:** RESET button puts the selected values 0.
- **MODE:** It contains the following parameters:
SCAN: automatically scans through each function.
TIME: Shows Time entertainment
SPEED: Displays the current training speed.
DISTANCE: Shows the distance traveled recorded during training.
CALORIES: Displays the total calories consumed during training.
ODO: Displays the total distance accumulated during all workouts.
- **SET:** when above the desired parameter press SET to program.



- **Maximum User Weight: 140 Kg.**
- **Domestic use.**



- Control Panel LCD.
- Belt drive.
- Braking system competition.
- Handlebar with heart rate monitor.
- Seat adjustable in length and height.
- prostate seat

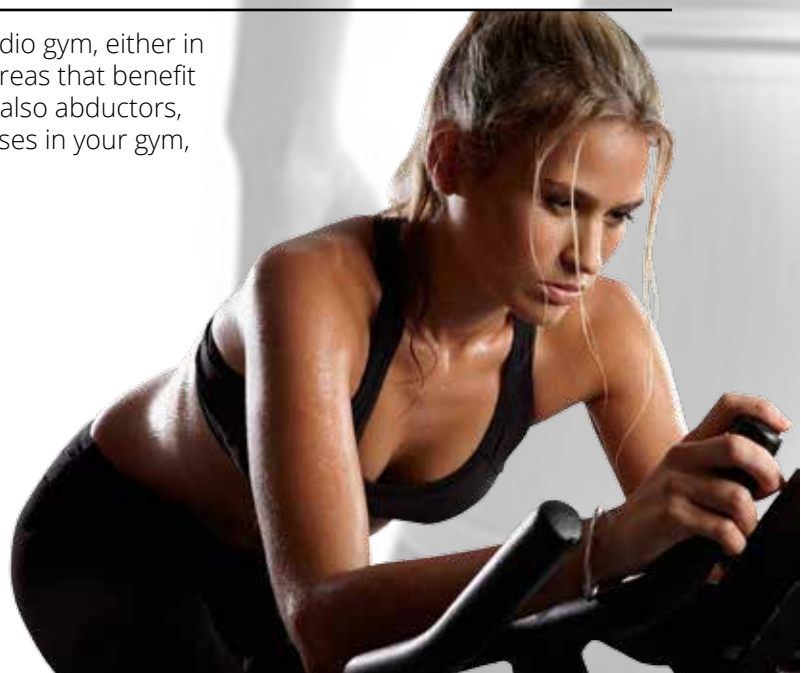
- Fixed gear system.
- Aluminum pedals with toe clips.
- Bottled water.

Note

Spinning is one of the most popular sports practiced on cardio gym, either in supervised classes, with music, or individually. The muscle areas that benefit most from this training are the legs: quadriceps mainly, but also abductors, calves and hamstring. If you do not have time to attend classes in your gym, do it at home.

Technical specifications

| ECO-815 | SPINNING BIKE |
|-------------------|-------------------|
| Product measures | 115 x 49 x 115 cm |
| Box measures | 110 x 22 x 82 cm |
| Weight | 48 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965066 |



SPINNING BIKE CARDIO POWER

*Handle with double pad,
heart rate monitor and
LCD screen.*

*Adjustable seat in 2
directions.*

Resistance regulator.

Water bottle included.

*Steel flywheel 21 kg with
protective.*

Belt drive.

Pedals with toe clips.

Stabilizers and wheels.



Introduction

The spinning is considered a complete exercise: Aerobic and Cardiovascular. This model has a built-in LCD Control Panel, triathlon handlebars and saddle adjustable in length and height for greater comfort. The belt drive system, brake shoe and emergency brake offer a silent and smooth pedaling, also it incorporates stabilizers and wheels for easy movement. Bottled water.

Functions Screen LCD

MODE contains the following parameters:

SCAN: Automatically scan through each function.

TIME: Displays time entertainment.

SPEED: Displays current training speed.

DISTANCE: Shows the distance.

TOTAL DISTANCE: Displays the total distance accumulated during all workouts.

PULSE: Displays your heart rate.

CALORIES: Displays the total calories consumed.



- **Maximum User Weight: 140 Kg.**
- **Domestic use.**



027 Fitness

- Control Panel LCD.
- Belt drive.
- Braking system competition.
- Handlebar with heart rate monitor.
- Seat adjustable in length and height.

- prostate seat
- Fixed gear system.
- Aluminum pedals with toe clips.
- Bottled water.

Benefits

One of the great peculiarities of this sport is the ability to burn up to 700 kcal per session, making it ideal to eliminate those kilillos over more quickly compared to other sports, always in combination with a healthy and balanced diet.

Technical specifications

| ECO-816 | SPINNING BIKE |
|-------------------|--------------------|
| Product measures | 115 x 49 x 115 cm |
| Box measures | 102 x 22.5 x 81 cm |
| Weight | 48 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965172 |



BICICLETA SPINING X-RACER

Handlebar with heart rate monitor and LCD.

Antiprostatic adjustable seat in 2 directions.

Resistance regulator.

Water bottle.

Pedals with toe clips.

Chain drive.

Steel flywheel 18 kg.

Stabilizers and wheels for easy transport.



028
Fitness

Introduction

"X-RACER" ECO-DE® Bicycle spinning offers a total workout that improves cardiovascular and respiratory system, burns calories, slim and tone, helps maintain heart Frequency steadily. It also improves metabolism and strengthens the muscles of the hips, buttocks, legs and calves.

Functions Screen LCD

- **RESET:** button puts selected values to 0.
- **MODE:** It contains the following parameters to determine:
SCAN: automatically scans through each function.
TIME: shows time entertainment.
SPEED: Displays the current training speed.
DISTANCE: Shows the distance traveled recorded during training.
CALORIES: Shows the distance traveled recorded during training.
ODO: Displays the total distance accumulated during all training.
- **SET:** Muestra la distancia total acumulada durante todos los entrenamientos.



ECO-818 SPINNING BIKE

Benefits

- It improves blood and lymph circulation.
- Oxygenates tissues and removes toxins.
- It reduces body fat and tones.
- Removes cellulite
- Increases bone mineral density.
- Increases muscle strength and flexibility.
- Conditioning the body before sports activity.
- Recovers quickly from muscle fatigue.
- Improves balance.



- *Resistance regulator.*



- *prostate saddle*
- *Bottled water.*

Technical specifications

| ECO-818 | SPINNING BIKE |
|-------------------|-------------------|
| Product measures | 125 x 110 x 60 cm |
| Box measures | 102 x 20 x 84 cm |
| Weight | 58 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965073 |

ECO-DE®



029
Fitness



ECO-DE®

BICICLETA SPINING TRAINER PRO

Handlebar with heart rate monitor and screen LCD.

Antiprostatic adjustable seat in 2 directions.

Resistance regulator.

Pedals with toe clips.

Belt drive.

Steel flywheel 21 kg.

Stabilizers and wheels for easy transport.



Introduction

Bicycle spinning "TRAINER PRO" ECO-DE® is a semi-professional domestic Use Bike.

The physical work by bicycle shaping and strengthening the lower body; the brunt of the force legs carry both seated and standing, muscles harden, gaining in strength and volume.

Functions Screen LCD

- **RESET:** button puts selected values to 0.
- **MODE:** It contains the following parameters to determine:
SCAN: automatically scans through each function.
TIME: shows time entertainment.
SPEED: Displays the current training speed.
DISTANCE: Shows the distance traveled recorded during training.
CALORIES: Shows the distance traveled recorded during training.
ODO: Displays the total distance accumulated during all training.
- **SET:** Muestra la distancia total acumulada durante todos los entrenamientos.



ECO-819 SPINNING BIKE

ECO-DE®



031
Fitness



Benefits

The bike helps exercise the lumbar, trapezius and lats. This allows a greater strength in the back, reduces postural pain and helps correcting the natural posture of the back.

Arms workout on handlebars power biceps and triceps, increasing their strength, endurance and flexibility.

Technical specifications

| ECO-819 | SPINNING BIKE |
|-------------------|-------------------|
| Product measures | 130 x 50 x 120 cm |
| Box measures | 107 x 23 x 84 cm |
| Weight | 59 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965116 |

ECO-DE®

SPINNING BIKE PANTHER

Handlebar with heart rate monitor and screen LCD.

Antiprostatic adjustable seat in 2 directions.

Resistance regulator and emergency braking.

Water bottle.

Belt drive.

Steel flywheel 21 kg.

Pedals with toe clips.

Stabilizers and wheels for easy transport.



Introduction

The spinning bike "Panther" ECO-DE® is perfect for your home and for a complete aerobic and cardiovascular workout. This model has a built-in control panel with LCD display, adjustable seat length and height for greater comfort. The belt drive system, brake shoe and emergency brake offer a silent and smooth pedaling. Also it incorporates stabilizers and wheels for easy movement. Bottled water.

Functions Screen LCD

- **RESET:** button puts selected values to 0.
- **MODE:** It contains the following parameters to determine:
 - SCAN:** automatically scans through each function.
 - TIME:** shows time entertainment.
 - SPEED:** Displays the current training speed.
 - DISTANCE:** Shows the distance traveled recorded during training.
 - CALORIES:** Shows the distance traveled recorded during training.
 - ODO:** Displays the total distance accumulated during all training.
- **SET:** Displays the total distance accumulated during all workouts.



- User maximum Weight 140 Kg.
- Domestic use.



- Control Panel LCD.
- Belt drive.
- Braking system competition.
- Saddle adjustable in length and height.

- Fixed gear system.
- Aluminum pedals with toe clips.
- Bottled water.

Benefits

The 'spinning' is an aerobic activity with great health benefits. It helps burn calories and reduce body Weight, toning the lower body and strengthening the heart. Improving cardiovascular fitness and reduce stress levels, producing a sense of wellbeing.

Technical specifications

| ECO-820 | SPINNING BIKE |
|-------------------|--------------------|
| Product measures | 115 x 49 x 115 cm |
| Box measures | 102 x 22.5 x 81 cm |
| Weight | 48 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965219 |



ELLIPTICAL BIKE ELLIPTICAL BIKE



034
Fitness

Introduction

The elliptical trainer is a cardiovascular machine that offers more Benefits when slimming is the purpose. Being a low-impact activity, low incidence of injuries, it is recommended to burn fat and tone muscles at the same time. "Elliptical bike" ECO-DE® is designed for regular household Use. Its elliptical motion system consents a cardiovascular workout without impact mobilizing more than 200 muscles, combining exercises like walking, running, cross, climb stairs ..

Functions Screen LCD

With the panel in standby mode the ambient temperature is indicated.

Activate panel.

Pedal or press the MODE button and the panel will be activated. You can then start the Functions available:

- **MODE:** press repeatedly to select one of the following parameters to determine:
SPEED (speed), TIME (time), DISTANCE (distance)
CALORIES (consumed calories) PULSE (heartbeat).
- **SET:** to choose the desired parameter press SET to program.

All these values are set to count down (down the time until 00:00). An alarm will alert you that your program has ended. I could also use the panel without programming any function. Just go forward and will indicate the values of their training on the panel.



- **RECOVERY:** Scan different panel features-
- **BODY FAT:** Calculate your heart rate and calories burned.
- **RESET:** RESET button set to 0 the selected values.

ECO-822 ELLIPTICAL BIKE

- Maximum User Weight: 140 Kg.
- Domestic use.



035_Fitness

Characteristics



- System magnetic pedaling
- Regulator effort: 8 levels
- Flywheel 7 kg
- Bottled water
- Epoxy paint oven Heavy duty
- Presentation: Enhanced and strapped box
- Individually wrapped pieces

Technical specifications

| ECO-822 | Elliptical bike |
|-------------------|-------------------|
| Product measures | 118 x 73 x 161 cm |
| Box measures | 100 x 45 x 54 cm |
| Weight | 42 kg |
| Groupage | 1/box 5/palet |
| Power / Frequency | DC: 9V 900 mA |
| EAN | 8 436540 965123 |

VERTICAL INVERTOR FITNESS



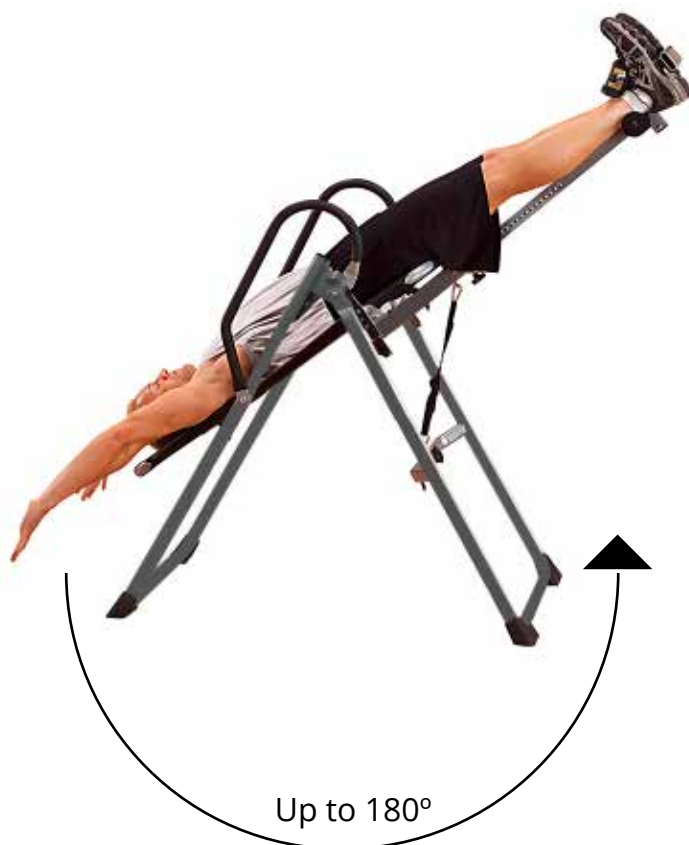
036
Fitness

Introduction

The vertical inverter "FITNESS" **ECO-DE®** promotes relaxation of the muscles responsible for back pain and can stay in top physical shape stimulating circulation. Also use to work your abs and many more exercises in reverse mode.

Sit back, Relax and let the investor to repeal the daily stress of your muscles. The anchoring system, makes investment a safe and convenient system can simply change the center of gravity, varying difficulty as it moves up and down in an inverted position.

- **Maximum User Weight: 140 Kg.**
- **Maximum user height: 1.90 m**
- **Domestic Use.**



ECO-846 VERTICAL INVERTOR

Benefits

The vertical inverter offers numerous benefits; relieves pressure on discs, ligaments and nerve roots; less pressure = less pain. Stretches the spine and relieves muscle aches and others with a simple exercise.

- Adjustable height control. It has the ability to adjust the inverter to each type of user making the Use simple.
- It has a high vertical inclination of 89 °.
- It includes safety straps for added protection and safety during exercise.
- Comfortable foot rests with foam pads.
- Foldable so that it can be stored in any space.

Technical specifications

| ECO-846 | Vertical invisor |
|------------------|-------------------|
| Product measures | 120 x 60 x 140 cm |
| Box measures | 129 x 78 x 26 cm |
| Weight | 21 kg |
| Groupage | 1/box 5/palet |
| EAN | 8 436540 965097 |



**INVERSION TABLE
LUXURY INVERSION**038
Fitness**Introduction**

The inversion table "LUXURY investment" **ECO-DE®** promotes relaxation of the muscles responsible for back pain and can stay in top physical shape stimulating circulation. Also use to work your abs and many more exercises in reverse mode.

Sit back, Relax and let the investor to repeal the daily stress of your muscles. The anchoring system, makes investment a safe and convenient system can simply change the center of gravity, varying difficulty as it moves up and down in an inverted position.

- Maximum User Weight: 130 Kg.
- Maximum user height: 1.90 m
- domestic Use.

ECO-848 INVERSION TABLE

Benefits

The inversion offers numerous Benefits; relieves pressure on discs, ligaments and nerve roots; less pressure = less pain. Stretches the spine and relieves muscle aches and others with a simple exercise.

- Adjustable height control. It has the ability to adjust the inverter to each type of user making the Use simple.
- It has a high vertical inclination of 89 °.
- It includes safety straps for added protection and safety during exercise.
- Comfortable foot rests with foam pads.
- Foldable so that it can be stored in any space



Technical specifications

| ECO-848 | Inversion table |
|------------------|-------------------|
| Product measures | 146 x 78 x 159 cm |
| Box measures | 129 x 64 x 21 cm |
| Weight | 25 kg |
| Groupage | 1/box 10/palet |
| EAN | 8 436540 965028 |

ECO-DE®



039
Fitness



ECO-DE®

MULTIEXERCISE TOTAL GYM



Introduction

"Total gym" **ECO-DE®** is a new concept of a small, compact and advanced domestic machine that you can save anywhere.

Full ultra multi-station fitness training that will allow all muscle groups to work without having to go to a gym. You can perform more than 50 exercises in the comfort of your home no matter what your age or fitness level. Made of steel with an ultra-resistant rubber bands system.

Parts

Headrest.

Foot rests with foam pads.

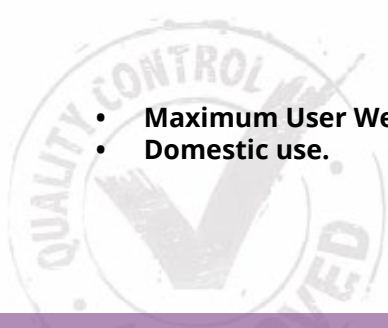
3 pulleys per side

Grip and Clip (x2).

Band ankle-Clip (x2)

Floor plate.





- Maximum User Weight: 130 Kg.
- Domestic use.

ECO-849
MULTIEXERCISE



041 Fitness

Machine positions



Different positions: exercising all muscle groups



Foldable

Technical specifications

| ECO-849 | Multiexercise | |
|------------------|-------------------------------------|----------|
| Product measures | 58 x 27 x 67 cm 100 x 60 x 75 cm | |
| Box measures | 64,5 x 48,5 x 24,5 cm | |
| Weight | 21 kg | |
| Groupage | 1/box | 10/palet |
| EAN | 8 436540 965103 | |



Introduction

The **ECO-DE®** exercise bench is a training machine with fluid pulley system and cable, very good finish, which provides an ideal load for all users.

Parts

upper pulley

protective foam

Bank rests back.

Includes weights (Total 45Kg)

Foot rests with foam pads.

Pulley





- **Maximum User Weight: 130 Kg.**
- **Domestic Use.**

ECO-850 EXERCISE BENCH



Fitness

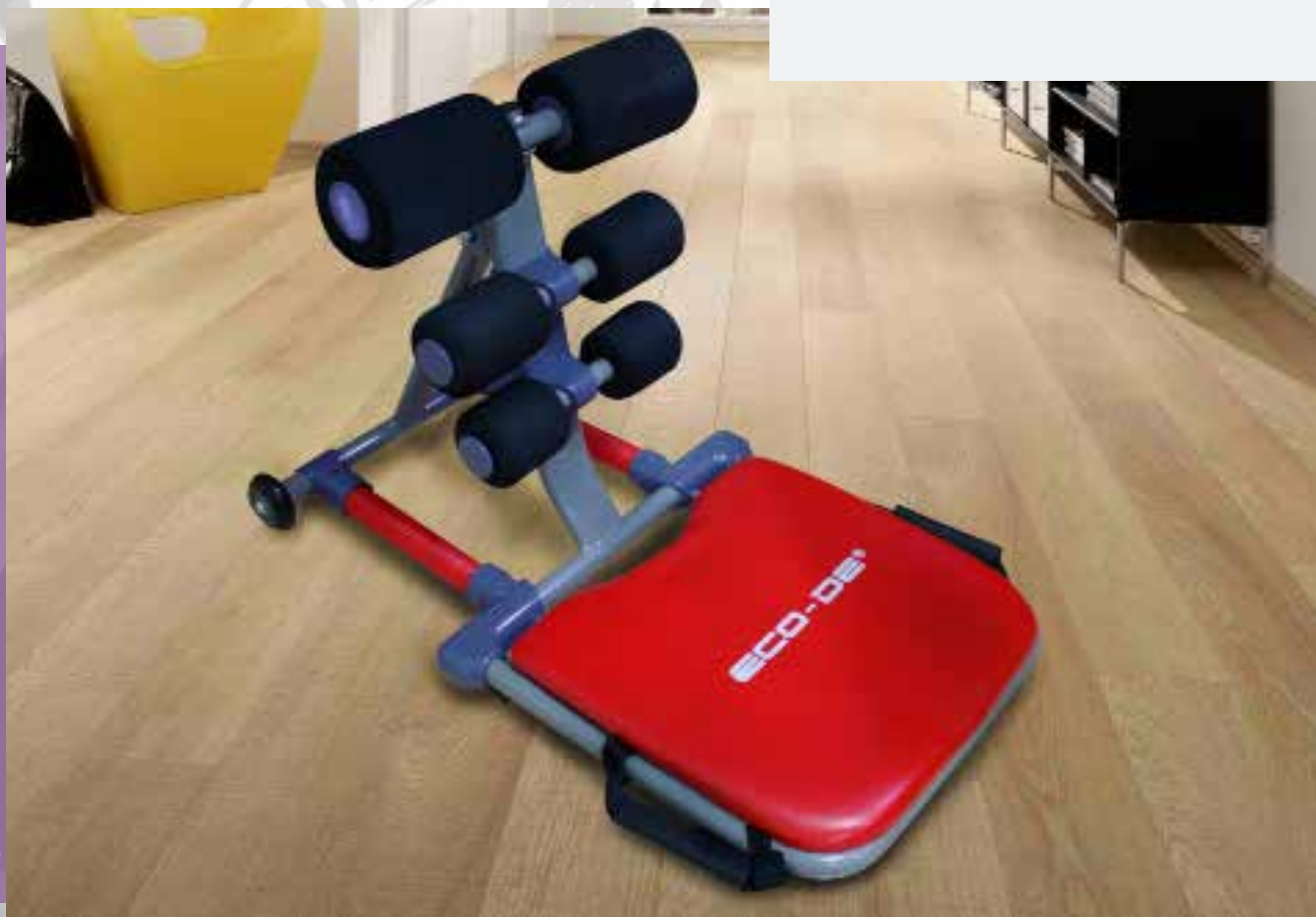
Accessories

- Carter protection.
- lower pulley multifunction (biceps, deltoid, buttocks, dorsal, abductors, adductors and trapezes).
- Bench Press (chest, shoulders, anterior deltoids) Max: 98 kg.
- Butterfly (pectoral) Maximum load: 51 kg per arm.
- Pulley Upper (arms, back and chest)
- Developper-Low Pulley Leg (legs, ischios and quadri-ceps).
- full fairing of the load.
- Antibacterial upholstery.
- Transmission resented by steel pulleys on bearings.
- Ability to perform many different exercises.
- Structure and Comfort: Construction steel chassis.



Technical specifications

| ECO-850 | Exercise bench |
|------------------|--|
| Product measures | 140 x 114 x 205 cm |
| Box measures | 197 x 57 x 23 cm 38 x 18 x 23 cm (x2) |
| Weight | 58 kg |
| Groupage | 4/box 4/palet |
| EAN | 8 436540 965055 |



Introduction

The "ABDOMINAL TRAINER" **ECO-DE®** offers a variety of exercises to exercise your abdominal and back effortlessly, preventing neck and back injuries, and keeping the body relaxed with its lumbar support rollers and soft padded seat. Get maximum performance without cumbersome efforts; correcting poor posture, and being foldable occupy minimal space.

Advanced design 58cm long extension, gets strengthen and tone your obliques, upper and lower abs in 140 degrees. Comfortable, easy exercise, everyone can practice at home, and who stands and gives abdominal resistance movement without damaging the back, neck and unstretched. With a single movement up and down the "Abdominal Trainer" will provide a complete, much faster and efforts uncomfortable for your body workout.

It allows the effort to be focused only on the abdominal muscles, obliques and lower back, thus giving rise to firm abs in no time.



ECO-851

ABDOMINAL TRAINER



045
Fitness

Benefits

- *Improves breathing:* When we exercise our abs got expel all the air from our lungs, preventing them remain depleted air and leaving room for greater amount of clean air.
- *Driving force:* To keep our column loaded with all the Weight of balance of the body and does not destabilize the trunk during any exercise.
- *Protect organs:* A good abdominal musculature acts as a shield and structure for all internal organs.
- *Balances the body:* Develop the front helps us achieve a physical balance as our lumbar musculature is usually far more developed than abdominal.

Characteristics

The "Abdominal Trainer" ECO-DE® is foldable so it can be stored in any space and also incorporates wheels and handles for easy transport.



Technical specifications

| ECO-851 | Abdominal trainer |
|------------------|-------------------|
| Product measures | 50 x 42 x 73 cm |
| Box measures | 45 x 18 x 56 cm |
| Weight | 7 kg |
| Groupage | 1/box 1/palet |
| EAN | 8 436540 965202 |





Introduction

The **ECO-DE®** exercise bench is a complete fitness center and fitness that will get your own particular gym. It exercises all the muscle groups thanks to its great system of pulleys and reinforced steel chassis. Its horizontal bank will allow you to run the exercises accurately. The foam support are very dense and ensure comfort and stability during exercise. It includes weights (Total 45Kg).

Characteristics

- Upper pulley: triceps and dorsal exercises.
- Lower pulley: exercises biceps, deltoid, buttocks, dorsal, abductors, adductors and trapezes.
- Leg extension.
- Bench Press: development of the pectorals, shoulders, anterior deltoids.
- Butterfly: Work on defining the chest, just between the two pectoral.
- High pulley: For the development of the arms, back and chest.
- Low pulley: to develop the leg muscles.
- Military Press: to develop shoulders, to strengthen the deltoid and trapezius.

Technical specifications

| ECO-HG-029 | Exercise bench |
|------------------|---|
| Product measures | 220 x 110 x 198 cm |
| Box measures | 197 x 57 x 23 cm (x2) 38 x 18 x 23 cm (x2) |
| Weight | 58 kg |
| Groupage | 4/box 4/palet |
| EAN | 8 436540 965202 |





047 Fitness

Introduction

The treadmill **ECO-DE®** promotes body circulation, increases metabolism and reduces the loss of bone density. It is an effective way to burn fat and achieve better health. simple, easy transportation and installation foldable for easy storage. There are many advantages of treadmills **ECO-DE®**. Undoubtedly it is highly recommended to stay in shape without leaving home and without spending hours in the gym or weather option.

Characteristics

- Power output: 500W.
- LCD display: Speed / distance / time / calories / scan.
- Speed: 1KM / H - 6KM / H.
- Track size: 80x27,5 cm.
- It can be folded so manual. Tecla emergency stop / safety bracelet.



- *Clamp to stop in an emergency*



Technical specifications

| ECO-2570 | Treadmill |
|-------------------|-------------------------|
| Product measures | 103 x 50 x 103 cm |
| Box measures | 108,5 x 56,5 x 29 cm |
| Weight | 18 kg |
| Groupage | 1/box 4/palet |
| Power / Frequency | 220/230 V 50-60 HZ 500W |
| EAN | 8 436540 965158 |



048 Fitness



Introduction

- With the treadmill **ECO-DE®** you would do at home one of the best exercise for your health; to walk.
- The advantages of the treadmill are numerous:
- You can practice physical activity but run out of time or lack of outdoor space.
- The treadmill / walking cushions the step and limits the stress it undergoes back.
- folding machine for easy Storage.
- Ideal for rehabilitation centers.

Operation

Plug into the appropriate power source, place the magnet device emergency in place in the Control Panel and press the power switch located on the bottom rear of the machine. (Behind the tape base). The display will light, 5 beeps will be emitted and the screen will appear the following symbols: " = = ".

Press ON button on the Control Panel.

ECO-2580 Treadmill



Control Panel

Display panel of the value of each parameter

(-) ó (+) speed

On / Off

Modes:

Scan, speed, time, distance, calories

Magnet emergency device

- The initial value of speed is 1 and can be modified by adding or subtracting a minimum of 0.1 to 0km / h or maximum of 10 km / h by pressing the button **speed** (+) or (-).
- To change the mode displayed on the screen and see the other options function mode, press the button on the Control Panel and is indicated with a light that shown on the display (speed, time, distance and calories). If you elect to scan the information will automatically change so every 5 seconds showing all the information on speed, time, distance and calories without having to press any function button.
- When the treadmill is running by pressing the button ON/OFF on the control panel will cause the motor to slow down and stop.

Characteristics

- Power output: 500W.
- LCD display: Speed / distance / time / calories / scan.
- Speed: 1KM / H - 10KM / H.
- Track size: 98x36 cm.
- It can be folded so manual. Tecla emergency stop / safety bracelet.



- Clip / magnet emergency device.

Technical specifications

| ECO-2580 | Treadmill |
|-------------------|-------------------------|
| Product measures | 125 x 62 x 115 cm |
| Box measures | 130 x 27 x 64 cm |
| Weight | 22 kg |
| Groupage | 1/box 4/palet |
| Power / Frequency | 220/230 V 50-60 HZ 600W |
| EAN | 8 436540 965004 |



TREADMILL MASSAGE AND MP3



Track size 120x40 cm

Introduction

The **ECO-DE®** treadmill professional massage is ready to perform various types of exercises and has a massage system. The LCD screen allows you to check, change or display the information pertaining to the state of exercise and your body as well as choose between manual or automatic mode or check the calories consumed. By sensors in the handrails of the treadmill, the heart rate and training time is controlled. also it has 2 speakers with HD sound so you can connect your music from a mobile phone or MP3 device. It contains security system stop tape in case of accident or fall while exercising. maximum speed of 12,8km / h

Control Panel



ECO-2595 TREADMILL

Benefits:

Strengthen muscles quadriceps, calves, buttocks, abdomen ... Weight loss and calories and especially win a physically fit as comfortably and easily as possible.



051 Fitness

To finish with a good exercise tape has an anti-cellulite massager system for areas that produce exercised relax in circular movements and activators of circulation.



Its structure is foldable to occupy the smallest possible space, has wheels to move with minimal effort.

Includes 2 weights 2kg.



Technical specifications

ECO-2595

Treadmill with mp3

| | |
|-------------------|-------------------------|
| Product measures | 170 x 70 x 165 cm |
| Box measures | 167 x 76 x 31 cm |
| Weight | 65 kg |
| Groupage | 1/box 4/palet |
| Power / Frequency | 220/230 V 50-60 HZ 600W |
| EAN | 8 436540 965011 |



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