



**STAY
IN**



**WORK
OUT**

**The National Lockdown
Home Fitness Programme**

ANY AGE

ANY LEVEL

FIND YOUR FITNESS MATCH

Whatever your fitness goals, we've got a genius exercise machine to match. Simply follow the path to find the perfect one for you.

START

What's your fitness goal?

I want to work my core

I want to get toned

I want to stay active at home

I want to burn calories

What kind of workout?

Back to front

Strictly core

Sitting down

Standing up

Tone up

Maintain flexibility

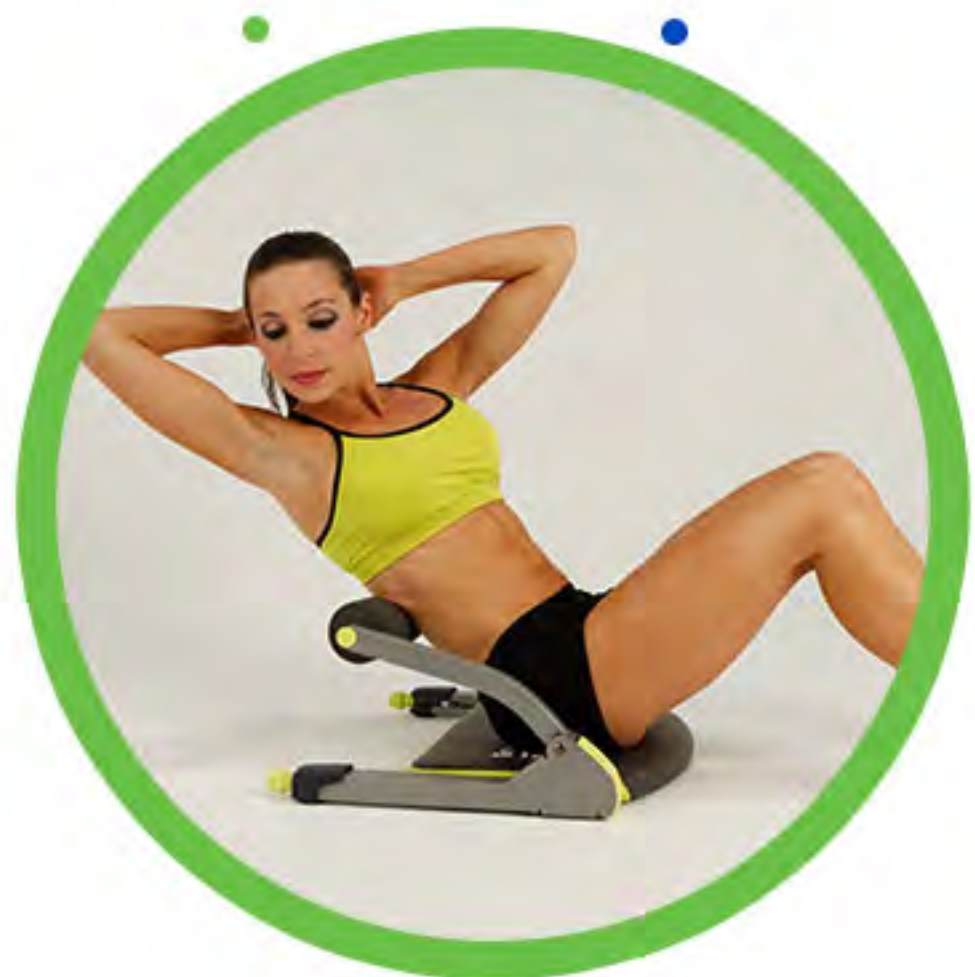
Easy does it

Full on

What's more important?

Aerobic workout

Cardio workout



Then you need **Ab Doer 360**

- Tightens your core
- Improves flexibility
- Alleviates back discomfort
- Strengthens your back

Then you need **WonderCore Smart**

- Total body workout in one machine
- Tone your muscles
- Tighten your core
- Sculpt your body

Then you need **Twist & Shape**

- Slim & trim your love handles
- Tone & tighten those buns, thighs and quads
- Trim your waist as you twist

Then you need **Orbitrek MX**

- Low impact movement
- Improves mobility and circulation
- Strengthen muscles, increase heart rate and burn calories

Then you need **Orbitrek X17**

- Burn 34% more calories in less time
- 5 exercises in one machine
- Complete whole-body workout

Shop all fitness ranges at www.thane.tv



AB Doer **360**



Smart **WONDER Core**



Twist & Shape



ORBITREK MX



ORBITREK Multi-Path Trainer X17

