



Helix has established a new direction in the level of performance you should expect from a premium commercial cardio product.

As the only true lateral trainer, the patented motion of the Helix delivers stunningly better performance than the #1 commercial elliptical product.

For lower body training, the Helix dominates the elliptical in creating muscle activation for these muscle groups.

#### Vastus Lateralus



#### Adductors



#### Gluteus Maximus



#### Gluteus Medius



The Helix also delivers significant benefits for the core when compared to the leading elliptical.

#### Obliques



#### Rectus Abdominals



#### Spinal Erectors



Finally, the Helix helped test subjects reach their targeted heart rate 23% faster than the elliptical.

Conclusion: Helix Lateral Trainers create significantly greater muscle activation of the lower body and core, greater metabolic cost, and more effective heart rate training than the leading health club elliptical.

\*Helix users were in the squat position during this phase of the test.