



## Benefits of Cross Trainers

Infinity Fitness were the first to introduce the Cross Trainer into the Australian market. Now with over a decade of research and development to further enhance the quality, innovation and reliability, Infinity cross trainers have built a solid reputation over the years.



Infinity VG30

## Why Cross Train?

- ✓ Engage multiple upper and lower body muscle groups all at once in one smooth, low impact movement, so your muscles and joints are not over burdened in a way that may lead to injury.
- ✓ Weight loss
- ✓ Improvement of physical condition with the end result of looking and feeling better
- ✓ Cardiovascular fitness
- ✓ Muscle tone
- ✓ Ability to train a specific set of muscles
- ✓ Suitable for any age
- ✓ Cross training is a weight bearing exercise, making it excellent for maintaining bone density



When you think of your muscles most people forget the most important muscle of all, the heart!

Cross trainer exercising is a great cardiovascular workout, which means that the heart is getting a great workout while it works hard to pump oxygen to the muscles in order for them to work!



## Cross Trainer Definitions

*... and what they mean for you!*

- ✓ **Magnetic Brake System** –all Infiniti cross trainers have the magnetic brake which equals a heavier and smoother resistance! Magnetic brakes are maintenance free, quiet and produce an impact free resistance.
- ✓ **Self Aligning Drive System** – means all the joints are multi-directional pivoting which absorbs any flex in the machine, giving a smoother and quieter workout.
- ✓ **Rear & Front Drive** – at Infiniti we offer the best in rear and front drive cross trainers because, in the end, it comes down to user preference!



*The new Infiniti E55i "Red Zone" Cross Trainer*



*Infiniti Q21 Cross Trainer*

*All with the industry  
leading Infiniti Full Circle  
Warranty*

