**Product Brand Definitions**

For clarity the following definitions were developed by FISA:

* **Elliptical/cross trainer** - An *Elliptical/cross trainer* shall be classified as a product that provides a fixed path variable length elliptical type motion path and has a user in a standing position during use.
* Examples- Products that are believed to fit into the *Elliptical/crosstrainer category*

|  |  |  |
| --- | --- | --- |
| **Brand** | **Model** | **Link** |
| **FreeMotion Fitness** | All Elliptical models | [Ellipticals - Cardio Gym Equipment - Freemotion Fitness](https://freemotionfitness.com/cardio-machines/ellipticals/) |
| **Johnson Health Technologies** | Elliptical and Suspension Elliptical | [Treadmill, Ellipticals, Cycles, Steppers and more | Matrix Fitness](https://www.matrixfitness.com/us/eng/cardio/catalog?modalities=ellipticals) |
| **Keiser Corporation** | M Strider | [Elliptical Machine | The Keiser M5i Strider for Elliptical Training](https://www.keiser.com/fitness-equipment/cardio-training/m5i-strider) |
| **Life Fitness** | Elevation, Integrity and Activate Elliptical Cross trainers | [Elliptical Machines & Cross-Trainers | Life Fitness](https://www.lifefitness.com/en-us/catalog/cardio/ellipticals?redirectBypass=true) |
| **True / Octane** | Standing Elliptical | [Commercial Elliptical Machines | TRUE Fitness](https://truefitness.com/products/cardio/ellipticals/) |
| **Precor** | Experience and Assurance Series EFX | [Elliptical Fitness Crosstrainer™ (EFX™) | Precor](https://www.precor.com/cardio/ellipticals) |
| **Core Health & Fitness** | Front and Rear drive Cross Trainers | [Star Trac® 8-CT Cross Trainer | Core Health & Fitness (corehandf.com)](https://corehandf.com/product/startrac-8ct-cross-trainer/) |

**Alternative Motion Cardio -** products that provide noticeably different moment patterns than the Elliptical/cross trainer category while is in a standing position this includes user defined path of motion.

Examples- Products that are believed to fit into this Alternative Motion Cardio category

|  |  |  |  |
| --- | --- | --- | --- |
| **Brand** | **Model** | | **Link** |
| **Cybex** | Arc Trainer | [Arc Trainers | Life Fitness](https://www.lifefitness.com/en-us/catalog/cardio/arc-trainers?redirectBypass=true) | |
| **Johnson Health Technologies** | Ascent Trainer | [Treadmill, Ellipticals, Cycles, Steppers and more | Matrix Fitness](https://www.matrixfitness.com/us/eng/cardio/catalog?modalities=ascent-trainers) | |
| **Life Fitness** | FlexStrider and Summit Trainer |  | |
| **True / Octane Fitness** | Lateral Elliptical | [LateralX | Lateral Elliptical | Octane Fitness](https://octanefitness.com/products/lateral-ellipticals/lateralx/) | |
| **Precor** | Adaptive Motion Trainer- AMT | [Adaptive Motion Trainer® (AMT®) | Precor](https://www.precor.com/cardio/amt) | |

**New Category for 2023 - Indoor Rowers -** products that provide the traditional rowing position and benefits in an indoor rowing modality.

Examples- Products that are believed to fit into this Indoor Rowing category

|  |  |  |
| --- | --- | --- |
| **Brand** | **Model** | **Link** |
| **Johnson Health Technologies** | Rower | [All Matrix Group Training Products for Your Facility | Matrix Fitness](https://www.matrixfitness.com/us/eng/group-training/catalog?modalities=rowers) |
| **Life Fitness** | Rower | [Rowers | Life Fitness](https://www.lifefitness.com/en-us/catalog/cardio/rowers?redirectBypass=true) |
| **True / Octane Fitness** | Rower | [Octane Rō | Commercial Rowing Machine | Octane Fitness](https://octanefitness.com/products/commercial-bikes-recumbents-rowers/octane-ro/) |
| **Core Health & Fitness** | Rower | [StairMaster® AirFit™ Exercise Bike | indoor cycle bike | Core Health & Fitness (corehandf.com)](https://corehandf.com/product/stairmaster-hiit-rower/) |

**New Category for 2023 - Total Body Fan Bikes -** products that are total body meaning the use of the legs and arms in a fan based bike modality.

Examples- Products that are believed to fit into this Total Body Fan Bikes category

|  |  |  |
| --- | --- | --- |
| **Brand** | **Model** | **Link** |
| **Johnson Health Technologies** | Total Body Fan Bikes | [Introducing the Total Body Cycle - health-clubs (matrixtotalbodycycle.com)](https://www.matrixtotalbodycycle.com/health-clubs/?utm_source=campaign-promo&utm_medium=email&utm_campaign=intensity_is_in_the_air&utm_source=Athletech+News-+Promo&utm_campaign=f5906b957f-EMAIL_CAMPAIGN_2024_02_05_05_08&utm_medium=email&utm_term=0_-f5906b957f-%5BLIST_EMAIL_ID%5D) |
| **Life Fitness (Cybex)** | Total Body Fan Bikes | [HD Air Bike | Life Fitness](https://www.lifefitness.com/en-us/catalog/cardio/bikes-indoor-cycles/hd-air-bike/hd-air-bike) |
| **Octane Fitness** | Total Body Fan Bikes | [ADX Commercial Fan Bike | Octane Fitness](https://octanefitness.com/products/commercial-bikes-recumbents-rowers/adx/) |
| **Precor** | Total Body Fan Bikes | [Assault Fitness Self-Powered Cardio | Precor](https://www.precor.com/partners/assault-fitness) |
| **Core Health & Fitness** | Total Body Fan Bikes | [StairMaster® AirFit™ Exercise Bike | indoor cycle bike | Core Health & Fitness (corehandf.com)](https://corehandf.com/product/stairmaster-hiit-bike/) |

**Other Cardio –** This category will now capture all “other” cardio products not specified in prior or new categories. This category will no longer report Indoor Rowers or Total Body Fan Bikes. Examples of products in this category include Recumbent Ellipticals, Ski Ergs, Upper Body Ergometers, Jacobs Ladder,

Examples- Products that are believed to fit into this Total Body Fan Bikes category

|  |  |  |
| --- | --- | --- |
| **Brand** | **Model** | **Link** |
| **Life Fitness** | Upper Body Erg | [Bikes & Indoor Cycles | Life Fitness](https://www.lifefitness.com/en-us/catalog/cardio/bikes-indoor-cycles/uppercycle-gx) |
| **Octane Fitness** | Recumbent Eliptical | [Commercial Recumbent Ellipticals | Octane Fitness](https://octanefitness.com/product-category/recumbent-ellipticals/) |
| **Core Health & Fitness** | Jacobs Ladder, HIIT Ski, HIIT UB | [StairMaster® Gauntlet Stairclimber | stair climber| Core Health & Fitness (corehandf.com)](https://corehandf.com/product/jacobs-ladder-x/) |

Questions on these or any definitions should be addressed to David Dinerman, Director of Finance and Administration at FISA at: [info@fisana.org](mailto:info@fisana.org) or (858) 509-0034 (not to CBIZ)