





DESIGNED TO PERFORM



Our mission is to improve health, fitness, wellness and lifestyle by providing leisure operators with a bespoke portfolio of pioneering commercial equipment and added value leisure solutions from one leading supplier.

For more than 30 years Pulse has been and still is a leading global provider of commercial fitness equipment.

We are proud of our British Heritage and our unique ability to be the only fitness manufacturer in the UK to research, design, develop, install and service our own world-class fitness equipment portfolio in-house.

We expertly create innovative solutions and stylish environments that inspire, engage, inform, entertain and motivate users of all ages and abilities. Continually keeping our equipment one step ahead through constant research and development, our in-house design team responds rapidly to market changes to bring you technologically advanced, ergonomic, inclusive and environmentally friendly solutions, with truly outstanding performance and style.

Our showcase of products and solutions we believe will inspire leisure operators to pledge a commitment to join us in creating a healthier future.

Chris and Dave Johnson
Co-founders

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MORE THAN 30 YEARS AT THE HEART OF FITNESS

A wealth of experience delivering core services such as the supply and service of innovative, environmentally friendly fitness equipment, design, build, fund and project management of sustainable, leisure developments and complete operational business support solutions, ideally positions Pulse as the leading Total Leisure Solutions provider.

Today Pulse has:



100+
PRODUCTS



250+
EMPLOYEES



7000+
CUSTOMERS



£50m+
LEISURE DEVELOPMENT
INVESTMENT



Positioned itself as a strategic leisure development partner to over 60 public sector organisations.



Invested in excess of 25,000 hours per annum on research and development.

1980's



1980

Johnson brothers design and manufacture their first products – freeweights.



1983

The Pulse brand is created and Pulse has 65 fitness products.



1989

Pulse pioneers leisure facility design & development through investment partnerships.

1990's



1992

Pulse expands and begins producing its own range of cardio machines.



1995

Pulse Germany office is opened to distribute products across Europe.



1997

Pulse provides operational support to more than 70 leisure partners throughout the UK.

2000's



2002

Pulse moves to bigger premises in Cheshire and now employs more than 100 people.



2004

Pulse is represented in 20 countries with offices in UK, Germany and Ireland.



2005

The Pulse group expands and creates its four leisure divisions.



2006

Pulse launches gym management software – SmartCentre®.



2008

Pulse adds interactive products to its portfolio.

2010's



2010

Pulse opens new health and fitness centre in partnership with Carshalton College.



2010

Pulse releases its latest cardio range – Fusion.



2011

Pulse opens new 3G Soccer and Fitness centre in Wednesbury.



2012

Pulse wins £42 million strategic leisure development partnership contract with Waveney District Council.



2013

Pulse launches new series 3 android screen featuring wireless streaming from mobile devices.

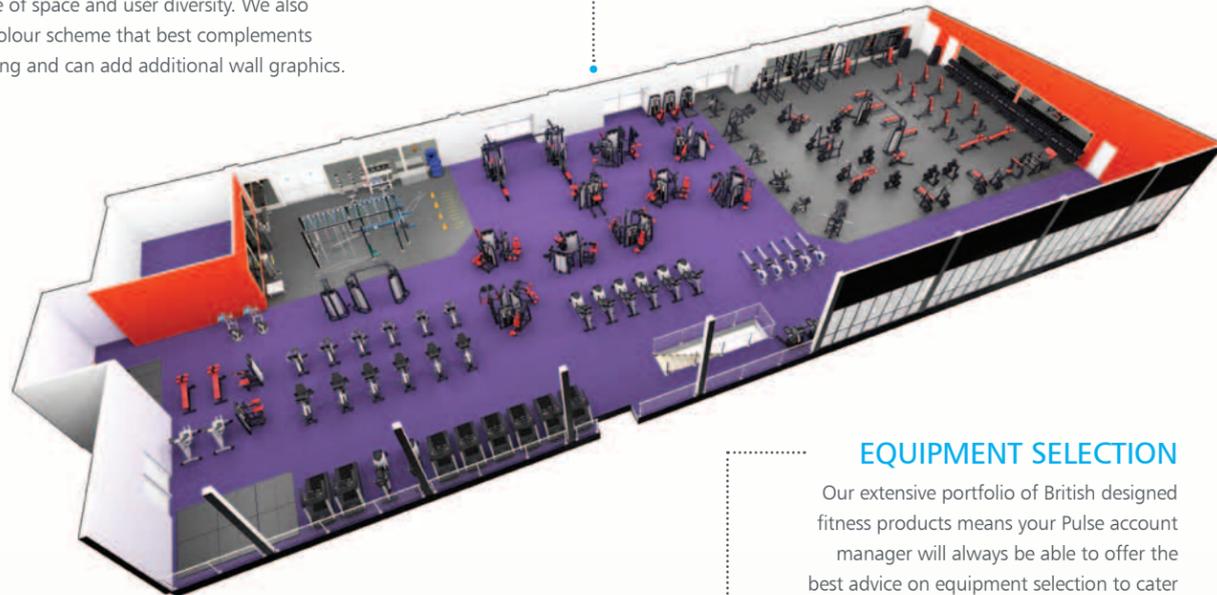


TOTAL FITNESS SOLUTIONS

Our experience coupled with our own portfolio of operational sites and partners provides you with the assurance that we understand your business. In complete partnership we will advise and support you across many business, operational and sales objectives to ensure your investment exceeds your expectations.

LAYOUT & INTERIOR DESIGN

Our in-house team visualise in 2D and 3D format to help you achieve the best gym layout to maximise the best use of space and user diversity. We also suggest a colour scheme that best complements your branding and can add additional wall graphics.



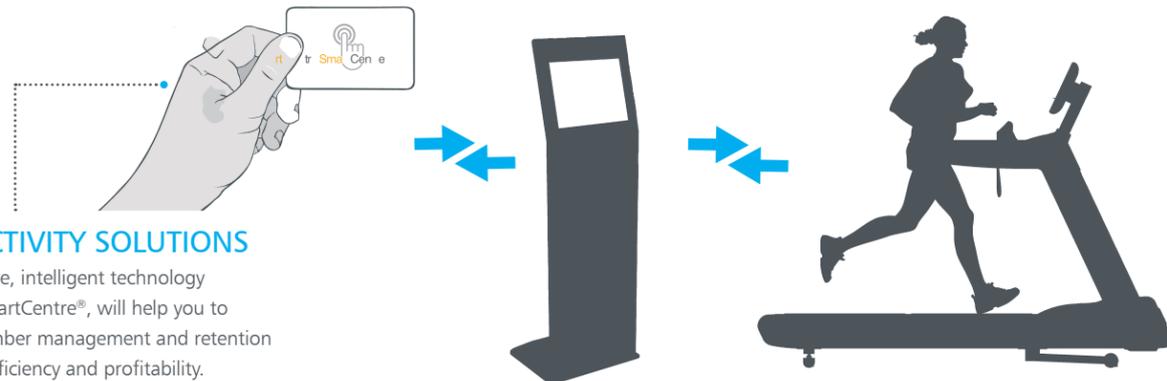
EQUIPMENT SELECTION

Our extensive portfolio of British designed fitness products means your Pulse account manager will always be able to offer the best advice on equipment selection to cater for users of all ages and abilities.



CONNECTIVITY SOLUTIONS

Our innovative, intelligent technology software, SmartCentre®, will help you to improve member management and retention for greater efficiency and profitability.



SERVICE & MAINTENANCE

All our products include 2 years parts and labour warranty as standard, with extended warranties available for up to 5 years. We are the only fitness manufacturer that employs our own team of dedicated Pulse service engineers, who cover the whole of the UK in a well-equipped fleet of vehicles.

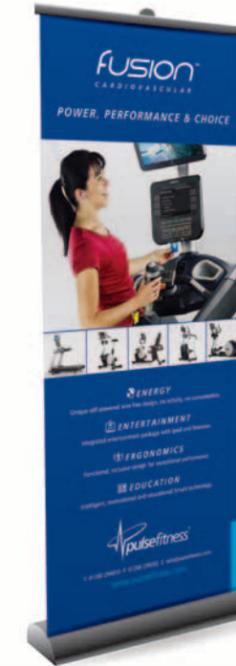
TRAINING & EDUCATION PROGRAMMES

We offer an extensive range of certified training courses to help further develop your individual team members and share industry best practices and experiences.



FINANCIAL SERVICES

Our flexible business solution approach means we can timelessly provide all our customers with bespoke cost effective funding solutions.



SALES & MARKETING SUPPORT

Our in-house creative marketing team deliver innovative and fresh marketing solutions to help you to achieve membership sales and sustainable income growth.



FEASIBILITY & BUSINESS PLANNING

Our professional experienced staff conduct a FREE feasibility and business plan assessment of your gym space to ensure your objectives are met and you see a return on investment.



ADDED VALUE AFTER SALES

We are committed to providing added value to every Pulse customer, our ethos is "partnership solutions" and we can confidently assure you that by investing in Pulse we guarantee a return today and in the future.

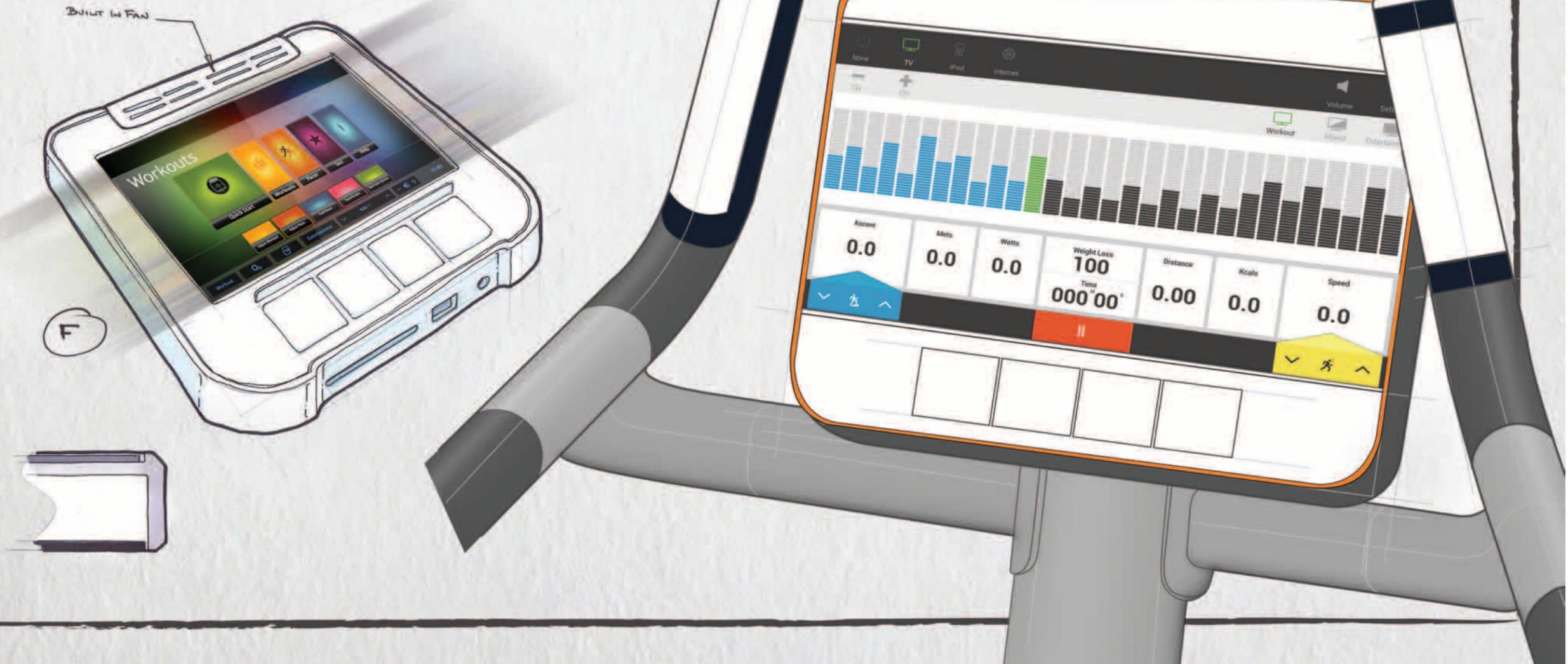
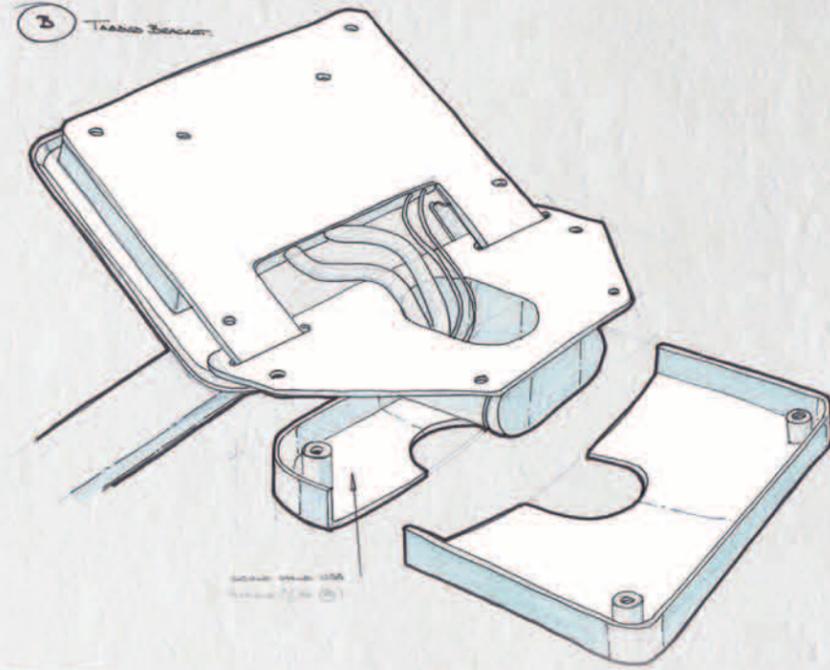
DESIGN, INNOVATION & DEVELOPMENT

There is a tradition of product excellence and innovation within Pulse Fitness' in-house Product Design Team.

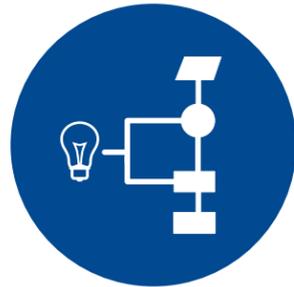
Based at Pulse's UK headquarters, the entire research and development process is handled in-house under the leadership of Dave Johnson, co-founder of Pulse.

With over 30 years experience producing industry-leading fitness equipment; Pulse is confident in the reliability, durability and effectiveness of its products.

Pulse is the only equipment provider that conceives, designs, builds, assembles and services its own innovative products in the UK for the UK market.

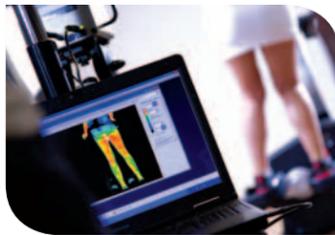


OUR PRODUCT DESIGN PROCESS



PROJECT PLANNING

All products conceived at Pulse start life simply as an idea. This spawns a design brief which, once approved, is planned through a design input document/project plan.



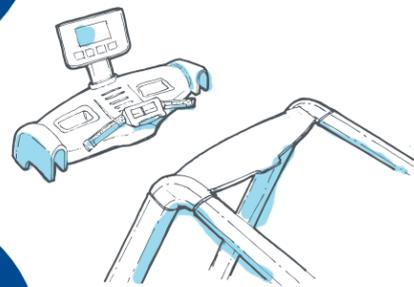
RESEARCH

It is important to Pulse to put the customer at the centre of the design process. This is done with regular reviews and the analysis of previous products and actively seeking customer feedback, which helps to inform the design process.



CONCEPTUAL DESIGN

After the initial planning and research has taken place, concepts are generated and ideas refined. Sketching and story-boarding along with ergonomic standards are accessed and applied. In order to create appearance options; models are created and computer-aided design (CAD) prototypes are produced. From these initial ideas, provisional 2D GA (General Assembly) layouts are constructed.



DESIGN DEVELOPMENT

After the conceptual design phase, the design is looked at in more detail and the refining process begins. The design is controlled using various standardisation techniques, such as:

- BS EN standards;
- Anthropometric evaluation;
- Inclusive evaluation (IFI);
- Biomechanical consulting (BIMAL).



MODELLING/PROTOTYPING

During the design process the product needs to be evaluated and adjusted, thus models and prototypes are used to explore what the product will look, feel and act like in real life.

Prototypes are tested and assessed by consultants from BiMal and IFI, leading to the prototype approval.



DETAIL DESIGN

The refining process continues into the detail design phase, whereby the GA's are finalised including all the agreed detailing.

Data is transferred to suppliers and any modifications are made to the design to suit production needs or requirements.



COLOUR & GRAPHICS

Once concept generation and presentations have been completed, concepts are developed for the livery of the range, in order to keep the products looking fresh and contemporary. Decals are designed and artworks produced to complete the overall scheme.



FIRST ARTICLE

Once a product has been designed and manufactured a significant amount of work is carried out to ensure that effective and efficient tooling and assembly is in place.

In order to check this, inspections take place on:

- Sample parts – to ensure their integrity;
- Off-tool assemblies – to ensure that construction is of the highest quality;
- Three completed 'articles' – which are thoroughly tested and evaluated against the design criteria and required working tolerances.



TESTING

The product is subject to rigorous testing to ensure that it is fit for purpose and function as intended.



MASS PRODUCTION

This is still not the end of the development process as the product has to undergo a final inspection/sign-off in the pilot-production stage.

It is then introduced to Pulse's customers at an official product launch event (such as IHRSA, FIBO or LIW). Once in mass production products then receive on-going support in order to further improve performance or reduce production costs.

SUPPORTING DOCUMENTATION

Supporting documentation needs to be prepared once the design is finalised, such as:

- Product user manuals (its 2D graphic design);
- Technical service documentation;
- General service guides;
- Exploded parts diagrams.



SERVICES/REGULATORY SUPPORT

Pulse seeks to comply, not just with its mandatory legal obligations, but also with criteria from additional organisations, to ensure the highest industry standards for all clients

Approval and certification from the following bodies is sought:

- Regulatory Submissions (BS ENs);
- Product Certification (TUV, IFI);
- Approvals (CE, UL & FCC);
- Application For Patent Protection.

Pulse also completes technical construction files for reference and future development, archives all documentation and even seeks medical certification in Germany.



ELECTRONICS & TECHNOLOGY

Pulse's in-house Product Design Team imagined a world where fitness equipment was connected...

Within the last decade Pulse has used 'design' to transform itself, from being a commercial fitness equipment supplier into a technology solutions provider. Utilising in-house designed electronics, systems and software; has paved the way for a globally based digital network solution that empowers our clients and users alike.

ELECTRONIC/ ELECTROMECHANICAL ENGINEERING
As well as designing the product shell, all the electronics and hardware need developing before integrating them with the finished article.

FIRMWARE (Embedded)
Another technological aspect requiring design is the embedded firmware, this includes the graphic user interface (it's 2D graphic design).

TESTING
As with the main product, all electronic developments need rigorous testing to ensure that they are fit for purpose and function as intended.

SOFTWARE (PC)
All software development occurs in-house and is supported in-house. Pulse is currently developing software for cloud based future solutions.



CONNECTIVITY

Intelligent, intuitive software solutions designed to prompt interaction, improve retention and build meaningful relationships for greater efficiency and profitability.



SMART, INTUITIVE SOFTWARE

Maximise trainer efficiency, measure facility performance and help members achieve their goals with SmartCentre® – Pulse's advanced connectivity solution.

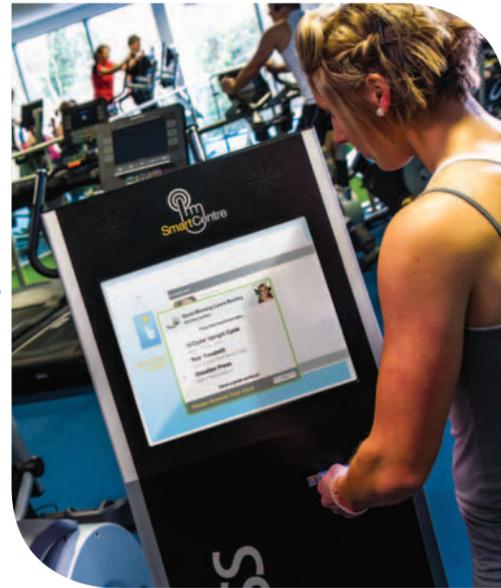


ACCESS CONTROL



Simple, robust and cost-effective; one smart card does it all from access control to member management.

PERSONALISED WORKOUTS



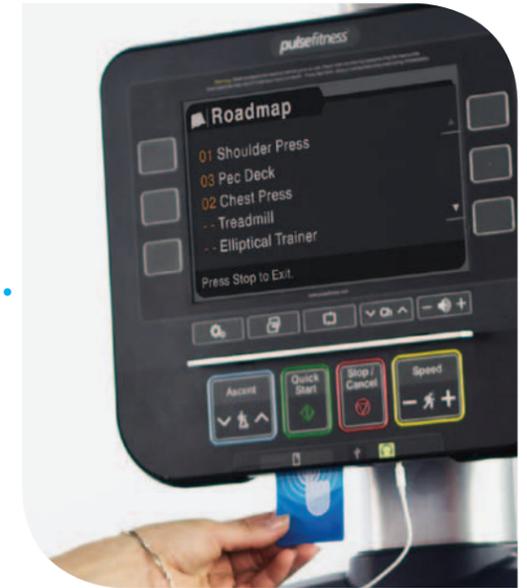
Personalised or free train workouts are started from the SmartPoint when entering the gym.

VIRTUAL TRAINER



Virtual trainer technology helps members to set up machines properly, train at the correct speed and develop their workouts.

MEMBER GUIDANCE



SmartCentre® guides members around the gym while collecting workout data from each piece of equipment used.

SMARTCENTRE.COM



Add exercises performed outside the gym and track your daily activities to measure progress towards your fitness goals – available soon at smartcentre.com.

PERFORMANCE MANAGEMENT



Managers are able to measure and improve staff and facility performance with KPI reports delivered automatically by email.

COMPREHENSIVE REPORTS



Comprehensive reports which include Retention Magnet as standard help to monitor and track the member journey.

MEMBER RETENTION



Workout data is used to improve member retention by helping members progress towards their goals and by aiding trainers in delivering meaningful reviews.

SMARTCENTRE® MEMBER BENEFITS



ONE CARD DOES IT ALL

Compact, flexible and cost effective; the smart card also doubles as a membership card and fits easily into members' wallets and purses. Access to workouts along with access control, locker and vending integration create a seamless member experience.



PERSONALISED WORKOUT PLANS

Members have the choice and flexibility of choosing different personalised workout plans set by their trainer or a free train workout which allows them to exercise at their own pace. Members can have multiple workout plans assigned to their profile allowing for a different workout each time they visit the gym.



VIRTUAL TRAINER GUIDANCE

Along with guiding members around the gym, based on a personalised workout plan, SmartCentre® also helps members to set up strength and cable machines properly, train at the correct speed and perform the optimum range of motion.

SmartCentre® automatically sets up Pulse Fusion cardiovascular equipment including resistance level, profile and workout time while still allowing the member the option to adjust their workout settings to achieve their goal faster.



TRACK, RECORD & REVIEW RESULTS

Helping members achieve their goals is at the core of the SmartCentre® experience. Workout summaries and key performance information are given throughout the workout with more detailed information displayed on SmartPoint and delivered directly and automatically to members via email.

Activities completed outside the gym can also be logged with statistics counting towards members' goals.

SMARTCENTRE® TRAINER BENEFITS



INTERACTION & COMMUNICATION

SmartCentre® enhances trainer professionalism and improves member relations by providing tools for customer service continuity. Along with in-gym interaction prompts, SmartCentre® also features internal and external messaging with group filters, a mail merge facility and more. Messaging can be automated based on trigger points including non-attendance, the need for a workout review and new members joining.

WORKOUT PLANS & GOAL SETTING

SmartCentre® has been designed with ease of use in mind. Intuitive controls enable trainers to simply set up, review and manage members individually with personalised plans or part of a specific group.

Detailed data collection and monitoring of workouts allows trainers to understand, motivate and deliver meaningful workout reviews – helping members achieve their goals.

RETENTION MAGNET

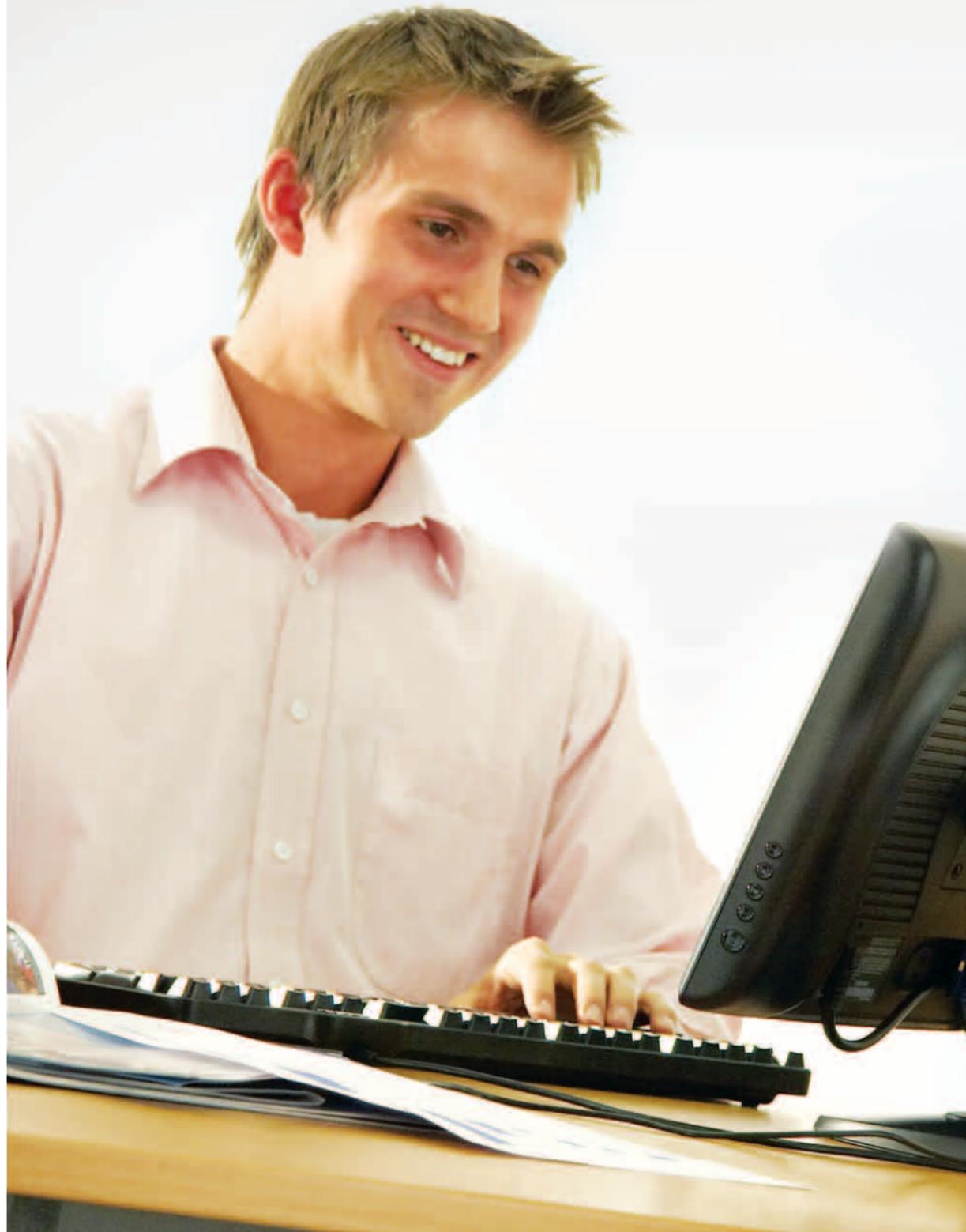
In-gym member photos are displayed along with a simple, colour-coded system to help trainers prioritise interactions. Interactions can be logged, tracked and reported on, which can then be used alongside workout data to track member performance, set goals and manage the relationship between member and trainer.



MOTIVATIONAL INITIATIVES

Trainers are able to utilise key workout data to engage, motivate and retain members. Distance, calorie and weight challenges can be monitored then displayed in the gym or shared via social networking sites to encourage competition and build community awareness.

SMARTCENTRE® MANAGER BENEFITS



ONE CARD DOES IT ALL

Compact, robust, cost-effective and fully customisable; Pulse smart cards are easily integrated with other technologies in the club including contactless technology, magnetic strips and barcodes plus offer access to vending, lockers, access control systems and more.

Fully customised smart card branding increases professionalism, builds brand awareness and creates opportunities for advertising revenue.



KPI REPORTING SUITE

Measure club and staff performance with a comprehensive range of reports delivered automatically to your inbox. Customise reports at a click of a button to view and export information relevant and specific to your club, plus add club-specific data to help secure additional revenue streams (e.g. GP referral schemes).



IMPROVED RETENTION & ATTRITION

Track absence, attendance, workout performance, staff interactions and more to help manage the member journey, prevent membership loss and improve attrition. SmartCentre's easy to use graphical interface helps to identify, interact with and retain members quickly and easily.



MONITOR STAFF & GYM PRODUCTIVITY

Oversee staff performance, ensure workout reviews are managed and track gym usage. View peak and off-peak periods to ensure staffing levels are appropriate, improve efficiencies and identify new trends in member activity.

SMARTCENTRE® OPTIONS



KIOSK OPTIONS

Stylish, sleek and available in free-standing or wall-mounted form; SmartPoint is at the heart of the member experience. Quickly access workouts, reports and input activities completed outside the gym through the friendly, touch screen interface.



TANITA SCALES

Validate training and workout results with SmartCentre's integrated body composition analysis report. Powered by Tanita scales, measurements include weight, body fat, body water, BMI, BMR, fat-free mass and visceral fat level.



SOFTWARE & SET UP

Windows-based and with a range of hosting options available; SmartCentre® can be configured for use as a standalone system or as part of a corporate network. Multiple users are allowed access to the system with full training and support provided bespoke to your needs.

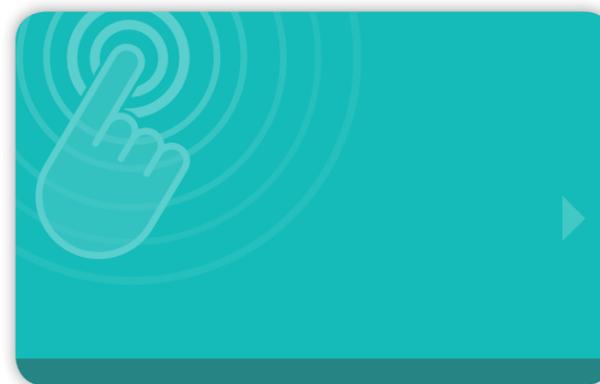


CONNECTIVITY & INTEGRATION

Multi-site operators can easily link clubs ensuring members' smart cards work smoothly across the chain. Links with leading club management systems such as eXerp, Gladstone, Flex, XN Leisure and Legend allow for easy data transfer and database management while existing IT hardware can be utilised to keep set-up costs to a minimum.

SMARTCENTRE® BESPOKE CARD DESIGN

At no extra cost, Pulse will design a smart card bespoke to your requirements including your logo, branding and personalised details.



eXerp FRONT-OF-HOUSE MANAGEMENT SOFTWARE

An integrated single site or multi-site, safe, secure and reliable software solution that improves efficiency, profitability and processes by managing staff and members activity within a leisure facility. All touch screen front-of-house monitors with multi-functional touch apps.



TOTAL ACCESS CONTROL

Total access control management, including cashless and micropayment options within the club. Multiple access methods available including swipe card, chip card, wrist band or wrist band with finger print recognition.



FACILITY MANAGEMENT

Seamless facility management with complete transparency; all EPOS and cash handling capabilities you would expect from a leading software solution including cash, cheque, debit card, credit card and external till (invoicing).



MEMBERS' KIOSK TERMINAL

Standalone self-sufficient kiosks for those busy times enable members to book classes, collect class tickets and receive internal messages.



DIRECT DEBIT



A fully integrated Direct Debit solution providing paperless direct debit service at no hassle or additional cost to the facility. Includes Experian, Bank Wizard, Bank Absolute and address look up.

Alternatively Pulse is a BACS Approved Bureau and can offer this service to all its clients at additional cost.



CRM SOFTWARE

A comprehensive CRM member management system to include sales prospecting, KPI reporting, targets and staff management. Plus marketing e-shot templates, direct mail and sms services all integrated.



REPORTING SUITE

Dashboard KPI reporting screen plus a suite of operational reports including targets, budgets, demographic profiling and financial. A Reporting App featuring reports for sales, new leads, active memberships, cancellations, customer site visits, classes and many more.



INTEGRATED WEBSITE

Creative, dynamic and integrated micro website uniquely branded with a full content managed system enabling you to upload text, imagery etc.



JOIN ONLINE, BOOK CLASSES ONLINE

E-commerce self-service website providing join online, book online and Direct Debit management. Integrated within an existing website or we can help build a whole new website.

POWER, PERFORMANCE & CHOICE

FUSIONTM
CARDIOVASCULAR

Sustainable, self-powered, wire-free and with unrivalled entertainment and education capabilities, Fusion combines revolutionary concepts with advanced features and ergonomics to reduce your carbon footprint and set new performance standards across the fitness industry.



FUSION CV FEATURES



ENERGY EFFICIENT

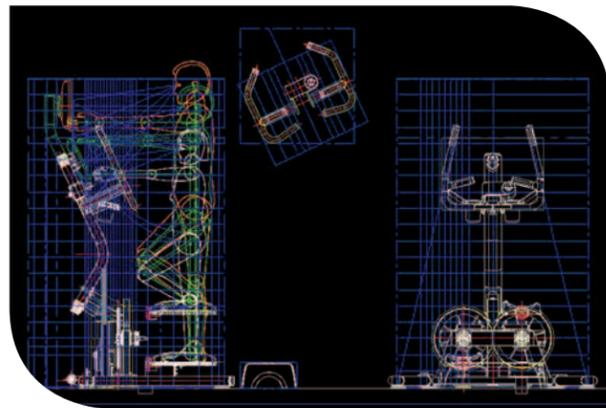
Featuring self-powered, wire-free technology, the user generates all the power and once powered the product receives wireless television (no cables).

Alternatively with the user still generating the power the product can be coaxed offering digital television. Fusion products eliminate power offering you, the operator, significant savings on energy and infrastructure costs, giving the lowest carbon footprint of any multimedia entertainment cardiovascular product available on the market today.



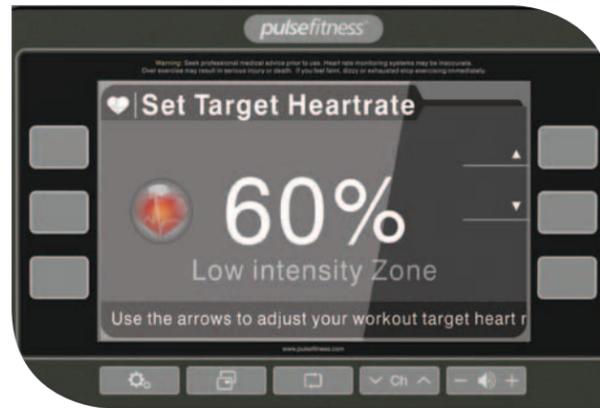
QUICK CONTROLS

Quick controls provide users with simple to use plus/minus keys to change speed, elevation and resistance without changing their grip position whilst exercising.



ANTHROPOMETRIC DESIGN

Created using anthropological and biometric intelligence, Fusion products are designed and constructed to mirror the body's natural movement to offer a comfortable and safe workout for a broad range of users.



HEART RATE TRAINING

Strategically placed Hand-Pulse sensors are fitted as standard across the Fusion range interacting with all programmes when used. If the member is using a Smart Polar chest strap this will take priority and be more accurate than the Hand-Pulse sensors. The Smart Polar chest strap is available at extra cost.



ADVANCED MULTIMEDIA

High contrast 15" console featuring integrated self-powered Freeview television, iPod® connectivity and headphone socket all contribute to the ultimate multimedia platform to keep the user entertained, engaged and motivated during exercise.

Every piece of equipment from the Fusion range also has the option of Pulse's virtual trainer technology - SmartCentre®.



COLOUR CODED ADJUSTMENTS

Everything coloured yellow across the Fusion range means that it is adjustable. Either to alter the position of your seat, tighten the foot straps around your feet or to simply adjust the resistance using the plus/minus keys at the hand grip position.



ONE UNIFORM CONSOLE DESIGN

Each Fusion machine has the same console design, allowing one console to fit all products in the range. The benefits include the user only having to learn one console and easier training for staff and members. One console ensures easier maintenance and repairs.



BUILT FOR DURABILITY

Stylish, contemporary design that is built to last. The zinc pre-treated, epoxy powder coated steel frame structure gives the machines maximum corrosion resistance and with minimum cleaning, thus providing unbeatable durability and reliability.



ENERGY EFFICIENT FITNESS SOLUTIONS — POWERED BY YOU!

Pulse cardiovascular equipment features self-powered wire-free technology and a unique 'no activity no consumption' design, thus eliminating power and reducing air conditioning costs.



Simple Tactile Navigation
 Simple Engaging Icons
 High Contrast Display



Display Settings
 Split Screen Mode
 Smart Card Slot
 USB Input
 Headphone Input
 Channel Change
 Volume Control

CV CONSOLE FEATURES

Engaging users with multiple entertaining and workout options the integrated high contrast, easy-to-use console offers users personalised entertainment choice for complete motivation.



FULL SCREEN WORKOUT

Full screen workout statistics viewing mode. Ideal for the results focused exerciser, this screen option clearly displays key workout statistics and performance. All the essential call outs are displayed including time, distance, RPM, level and performance to help the user reach their fitness goal.

SCREEN IN SCREEN

Split screen TV viewing mode. Users can choose from more than 100+ TV channels whilst simultaneously monitoring their workout statistics and performance. The console split screen mode is designed to clearly show both viewing options easily and comfortably for the user.

FULL SCREEN / AV TV

Full screen TV viewing mode. Enhancing the workout experience with the option to view a TV channel or pre-loaded digital entertainment from a personal device such as USB, iPod or iPhone. Users can control their personal screen integrated on the equipment to view a full screen picture whilst exercising.

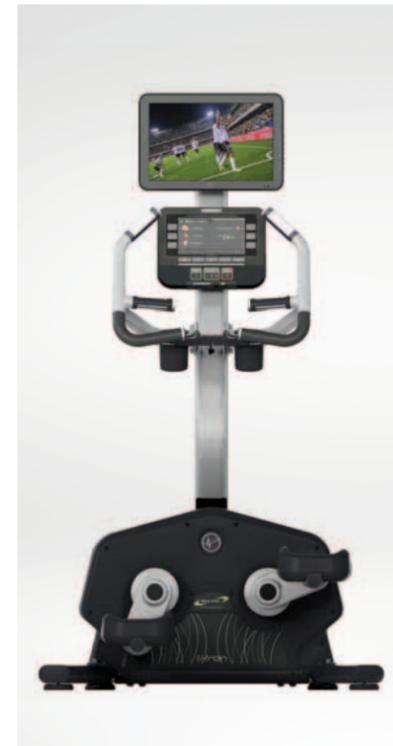




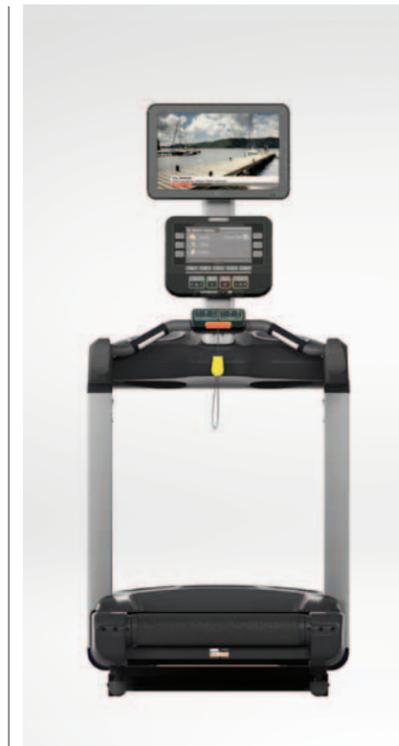
SERIES 3



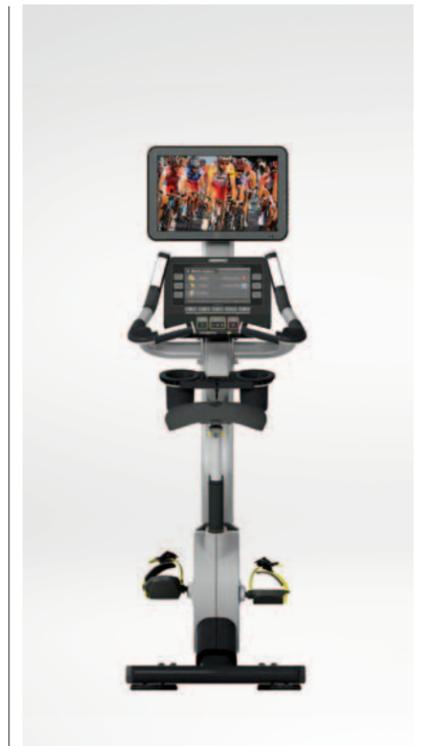
Designed from the outset to motivate, entertain and increase user engagement, the Series 3 comes complete with an additional 18.5" Android tablet touch screen. Features include digital TV, internet browser, games, apps as well as wireless media streaming, allowing your fitness suite to become a powerful media centre, delivering unlimited entertainment throughout the user's entire workout.



L-Train 270G



Run 260G



U-Cycle 240G



R-Cycle 250G



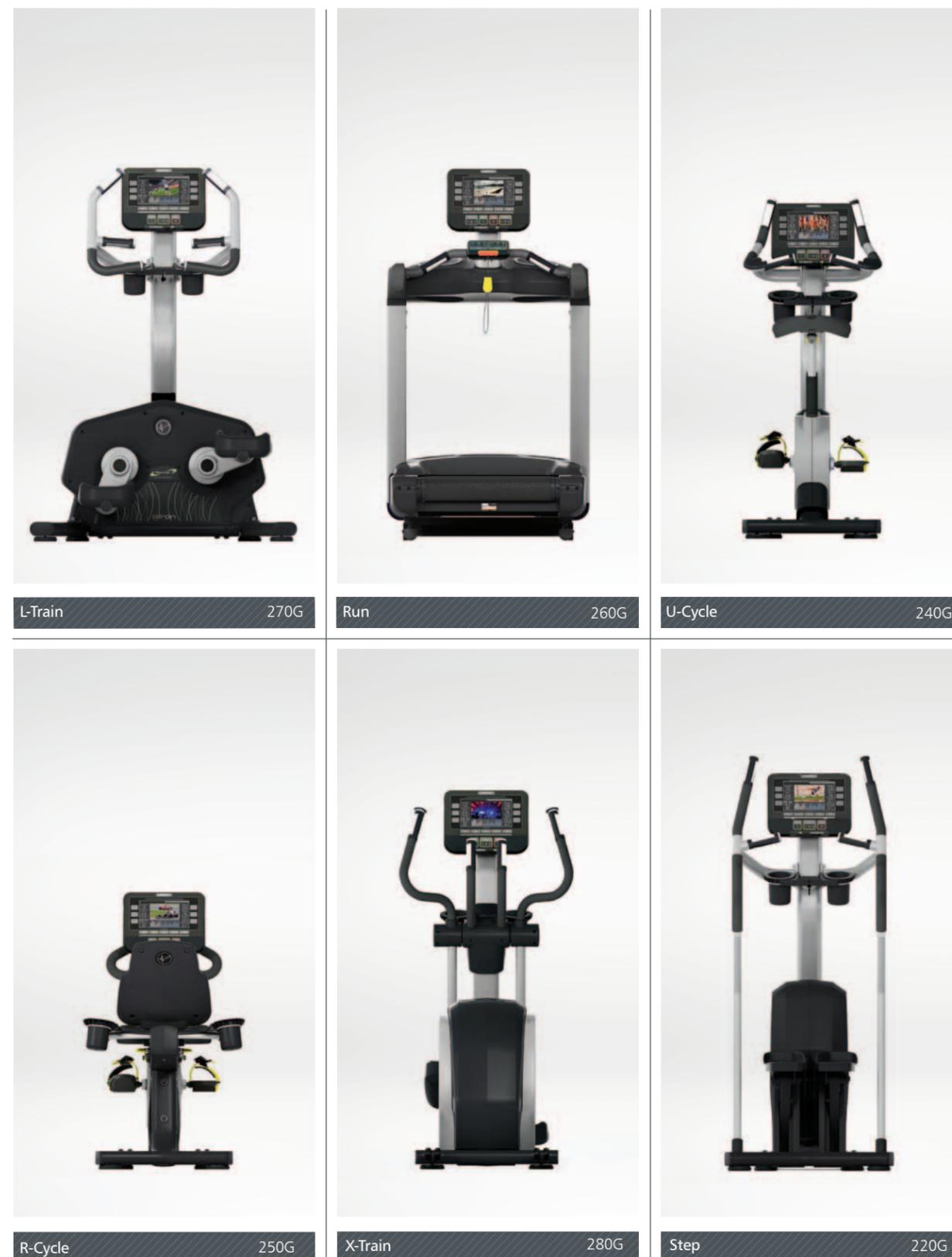
X-Train 280G



Step 220G

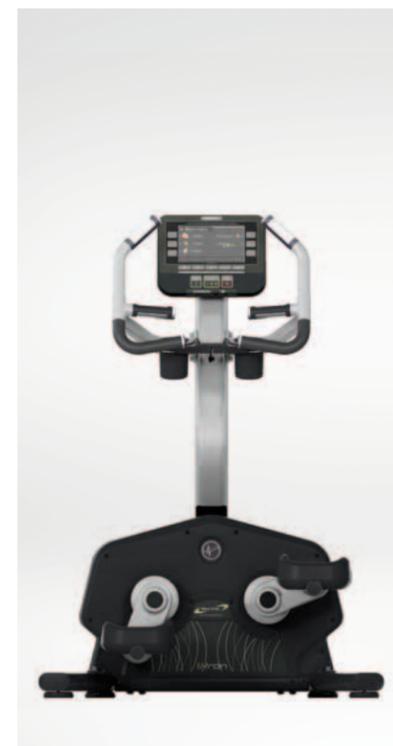
SERIES 2

Offering all the high levels of performance associated with Pulse, the Series 2 comes complete with self-powered Freeview or wireless TV, the ideal choice for professional leisure operators.



SERIES 1

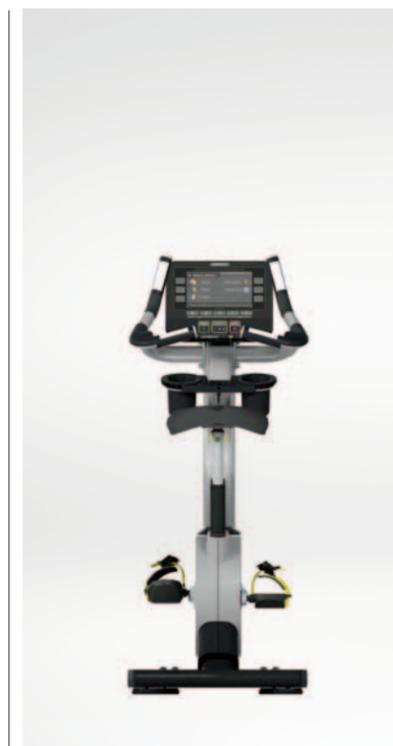
Featuring easy-to-use controls with an integrated 10.1" motivational display screen, this high quality, entry-level range wears its Pulse badge with pride.



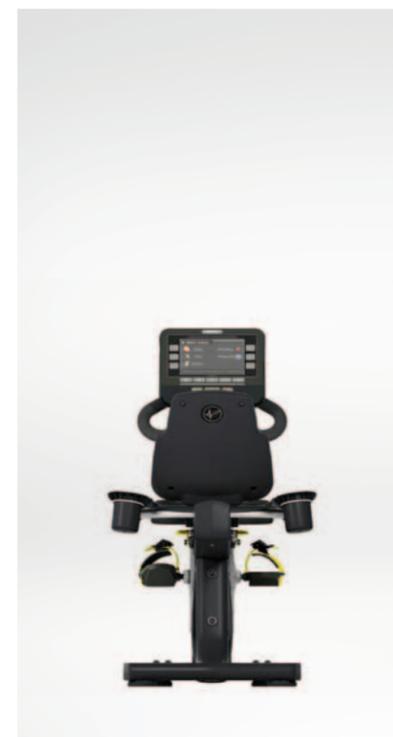
L-Train 270G



Run 260G



U-Cycle 240G



R-Cycle 250G



X-Train 280G



Step 220G

RUN

POWERED TO PERFORM



ERGONOMIC DESIGN

The IFI Accredited Run features ideally placed handle bars and extended side hand grips. The low step-up height of just 280mm makes it easily accessible, while the console position is situated to provide optimum comfort when viewed during the workout.



QUICK CONTROLS

Ergonomically positioned for correct posture during workout, the Run features a 'quick control zone' so you can make speed and elevation adjustments without interrupting your workout.

These controls also feature a highly visible and centrally positioned magnetic kill cord emergency stop.



SPEED, PERFORMANCE & DURABILITY

Benefiting from a smooth but powerful 4hp (peak) motor and running speeds of up to 15mph it will provide unsurpassed workout performance timelessly.

Made from highly durable materials the Fusion Run is an ergonomically robust, reliable and low maintenance solution for all gym environments.

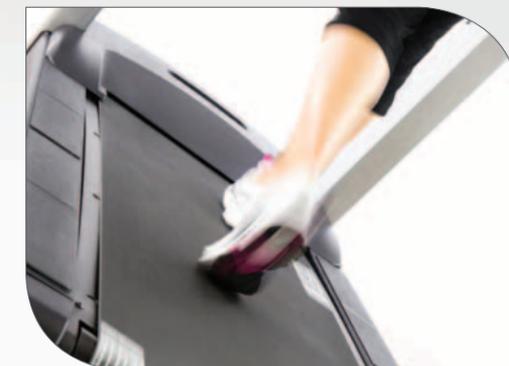


LOW IMPACT RUNNING DECK

The Fusion Run boasts a low impact sprung reversible running surface which helps to eliminate the risk of injury by reducing stress on the user's back, legs, knees and ankles. The low deck height complements accessibility for all ability levels.

Running deck and belt:

- A** Flexible sprung deck helps reduce knee and joint stress.
- B** Self-lubricating belt glides over the deck with ease, significantly reducing wear on the motor.



OPTIONAL



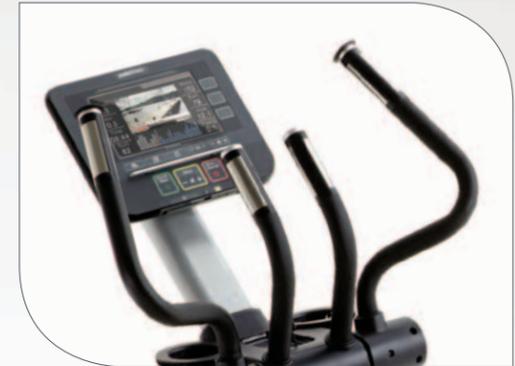
X-TRAIN

PERFORMANCE BY DESIGN



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



OVERSIZED PEDALS

The anti-slip oversized pedals accommodate users of all sizes, biomechanically designed for the comfort of the user for a non-impact workout on joints. The pedals are 100% synchronised to the motion of the upper body handlebars providing an in-sync total body workout.



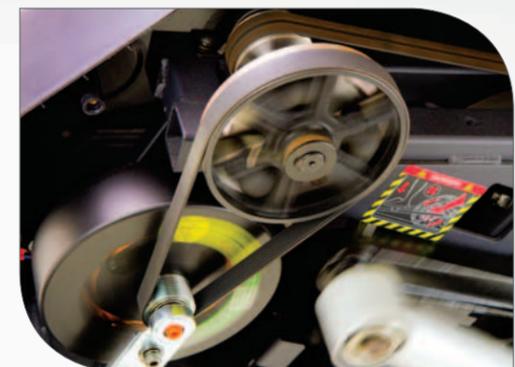
NATURAL STRIDING MOTION

Specifically engineered to replicate a natural striding motion the closeness of the pedal spacing design maximises hip rotation, whilst eliminating joint stress enabling the user to stride naturally according to workout rate.



REAR DRIVE SYSTEM

The rear drive belted mechanism of the X-train is uniquely designed to deliver a smooth, quiet and fluid elliptical path of motion for the user's comfort.



OPTIONAL



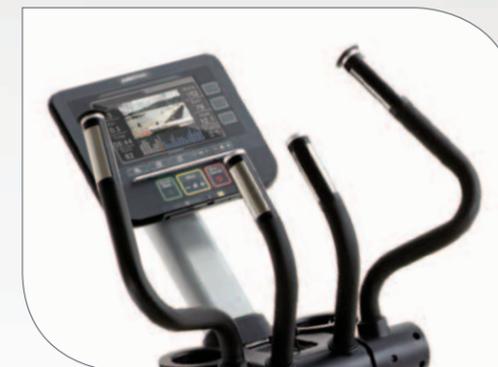
X-TRAIN – VS

SEAMLESS IN MOTION



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



OVERSIZED PEDALS

The anti-slip oversized pedals accommodate users of all sizes, biomechanically designed for the comfort of the user for a non-impact workout on joints. The pedals are 100% synchronized to the motion of the upper body handlebars providing an in-sync total body workout.



VARIABLE STRIDING MOTION

The X-train – VS model offers the unique benefit of articulated foot plates that provide the user with a variable stride workout. The Pulse VS design combines natural movement with scientific research, for an unsurpassed whole body performance that gives users a seamless, ultra low-impact workout.



REAR DRIVE SYSTEM

The rear drive belted mechanism of the X-train – VS is uniquely designed to deliver a smooth, quiet and fluid elliptical path of motion for the user's comfort.



OPTIONAL



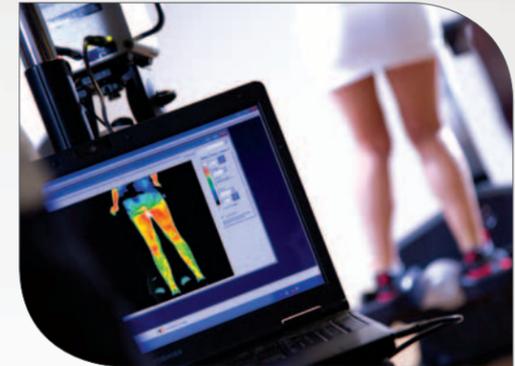
L-TRAIN

EFFICIENT IN MOVEMENT



EXERCISE INTENSITY

Scientifically proven via thermal imaging technology the L-train progressively and extensively provides a total body workout in a unique and challenging way. Engaging more muscles than any other cardiovascular piece coupled with the multiple training programs the L-train delivers an intense workout, delivering users better results in a shorter period of time.



UNIQUE LATERAL MOVEMENT

Traditional cardiovascular machines perform a front-to-back exercise movement but the innovative L-train performs a 360° lateral motion which engages all lower body muscles in particular the abdominals, glutes, inner/outer thighs and core. The powerful multi-directional movement which the L-train provides simultaneously conditions the body whilst delivering a peak performance cardiovascular workout.



MULTIPLE WORKOUT POSITIONS

Used independently or as part of an instructor driven class, users will be shown how to perform key exercise positions and movements to isolate and target key muscles and for increased heart rate training. Used in a figure of eight motion the L-train will target and condition the lower body, in a clockwise motion it will isolate the outer thighs and glutes whilst a counter clockwise motion will isolate the inner thighs and glutes. Other exercise movements will include leg pumps, squats, grinding and surfing.



SPACE EFFICIENT DESIGN

The space efficient L-train features a small footprint which allows you to utilise any unused space you may have on the gym floor.

The L-train typically takes up 20% less space than conventional cross trainers when designing new gyms.



OPTIONAL



U-CYCLE

GEARED FOR ACTION



ERGONOMIC RIDING POSITION

The U-cycle accommodates natural upright or racing riding positions. Ergonomically designed with extensive features, the U-cycle ensures perfect body posture and leg/pedal alignment/movement to optimise the effectiveness of the workout.



ERGONOMIC HANDLEBARS

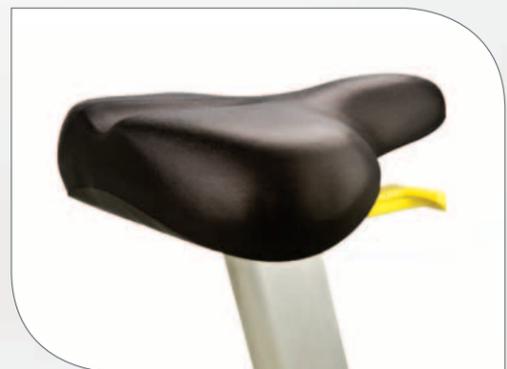
Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.

The U-cycle also features elbow support pads to ensure correct posture is used during the exercise.



CONTOURED SEAT DESIGN

Made from durable polyurethane, the U-cycle cycle seat is designed with biomechanical correct contours to relieve pressure on the lower spine promoting maximum comfort, support and reliability. Smooth seat adjustment is achieved by the gas assisted colour coded adjustment mechanism, while riders stay in the exercise position.



UNIQUE PEDAL DESIGN

Weighted in design and featuring a highly visible adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



OPTIONAL



R-CYCLE

INCLUSIVE BY NATURE



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant they encourage correct posture and technique together with offering the user a wide range of hand grip options.



CONTOURED SEAT & ANGLED BACKREST

Made from durable polyurethane, the R-cycle ergonomic backrest provides greater support to the spinal column and active comfort. The backrest mirrors the spine's natural curve by providing the user with multiple seat positions. This promotes correct posture for movement, comfort and support.



SKI-BOOT PEDALS

Weighted in design and featuring a highly visible adjustable strap the ski boot pedals ensure all abilities and a wide variety of trainer shoes and sizes can easily and quickly set-up pedal position for a prompt and comfortable workout experience.



ACCESSIBILITY – STEP THROUGH DESIGN

Perfect accessibility for users of all abilities and disabilities, the R-cycle's unique design simply allows the user to step through the product and sit immediately in the correct workout position.



OPTIONAL



STEP

EFFICIENCY BY DESIGN



SPACE EFFICIENT DESIGN

Boasting the smallest footprint in the entire Pulse Fusion range the Step is compact, making it an ideal machine for any sized gym floor.



ERGONOMIC HANDLEBARS

Ergonomic in design, non-slip and sweat resistant the handlebars encourage correct posture and technique. They also offer the user a wide range of hand grip options and feature contact heart rate sensors.



PEDAL GEOMETRY

The extensive smooth and independent pedal movement range is ideal for even the tallest user to achieve and improve maximum balance and co-ordination during exercise.



SHOCK ABSORBING

The oversized pedals have a shock absorbing design that reduces impact on the user's hips, knees, ankles and the lower back whilst eliminating numbness in the feet all contributing to safe and comfortable exercise movement.



OPTIONAL



FUSION CV FEATURES & SPEC

The Fusion three-tier solution offers a range for all gym environments, providing the same high quality product in a way that allows the operator to choose the level of entertainment and technology to suit their needs.

1 Series

Featuring easy-to-use controls with an integrated 10.1" motivational display screen, this high quality, entry-level range wears its Pulse badge with pride.

2 Series

Offering all the high levels of performance associated with Pulse, the 2 Series comes complete with self-powered Freeview or wireless TV, the ideal choice for professional leisure operators.

3 Series

Designed from the outset to motivate, entertain and increase user engagement, the 3 Series comes complete with an additional 18.5" Android touch-screen and up to 100 Freeview channels.



Product Features

Run			X-Train			X-Train – VS			L-Train			U-Cycle			R-Cycle			Step					
Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3	Series 1	Series 2	Series 3			
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Workouts

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Workout Displays

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Heart Rate Monitoring

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Entertainment

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Warranty

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Dimensions

Length (cm)	214	214	214	227	227	227	227	227	227	109	109	109	168	168	168	124	124	124	114	114	114
Width (cm)	88	88	88	75	75	75	75	75	75	124	124	124	69	69	69	61	61	61	73	73	73
Height (cm)	160	160	195	161	161	197	161	161	197	159	159	159	121	121	157	147	147	183	176	176	212
Weight (kg)	240	240	249	160	160	169	162	162	171	TBC	TBC	TBC	101	101	110	86	86	95	100	100	109
Max User Weight (kg)	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195	195

■ Standard ○ Optional
 * Available at an additional cost
 ** 15mph optional

iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.
 Polar® is a registered trademark of Polar Electro Inc.
 Freeview is a trademark of DTV Services Limited.

PULSE STRENGTH COLLECTION

Combining the biomechanical expertise of the body's natural movement with ergonomic posture support, the Pulse strength collection expertly creates an accessible, inclusive design for superior comfort and optimal workout performance for users of all ability levels.

origin
FREEWEIGHTS



EVOLVE™
STRENGTH



CORE
PLATE LOADED





STYLE, PERFORMANCE & COMFORT

Simplicity, engineered with user comfort, has evolved into a world-class strength product range from Pulse.

STRENGTH FEATURES



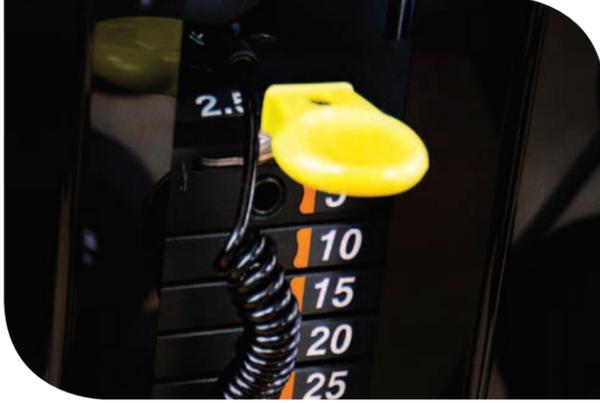
CONVERGING/DIVERGING AXIS

Designed to replicate the body's natural motion, effectively engaging all muscles involved in the exercise.



RANGE LIMITING MOVEMENT ADJUSTERS

Flexible workout positions are achieved through an intelligent ergonomic design for the optimum workout whilst accommodating rehabilitation movements.



2.5KG INCREMENTAL 100KG STACK*

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression. The large weight scale offers a broader training range for all users.

*Alternative weight stacks are available upon request.



SIDE LOADING WEIGHT STACK

The side loading weight stack enables users to adjust their weight from their exercise position. The adjustment pin features an eyelet handle allowing for any user to move the pin with the use of just one finger.



GAS ASSISTED CONTOURED SEAT

Simple and easy to adjust from the workout position, providing added comfort, stability and safety.



UNIVERSAL BELT DRIVEN DESIGN

For optimum durability and reliability, a reinforced steel belt is universally fitted across the range ensuring that one belt will fit all products.



ERGONOMIC HANDLES

Ergonomic neoprene handles designed for maximum control, comfort and efficiency during the exercise.



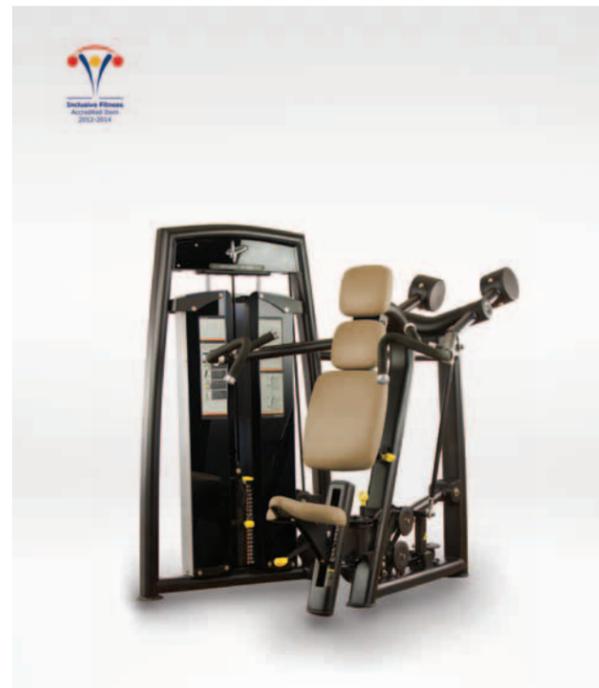
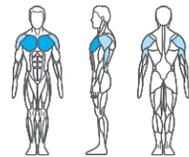
UNIQUE INCORPORATED IFI DESIGNS

Varying textures, single-handed coloured adjustments and swing-away seats all contribute to a fully inclusive solution.



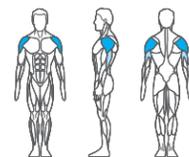
Chest Press 310G

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



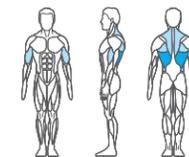
Shoulder Press 305G

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



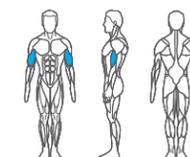
Seated Lat Pulldown 382G

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



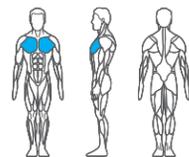
Arm Curl 365G

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Ergonomic contour seat and padded arm support provides comfort and stability to exercise safely
- Adjustable hand grips for workout variety



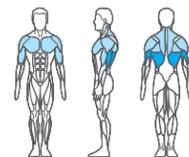
Pec Deck 314G

- Independent arms ensure a balanced muscle workout
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Gas assisted seat with 10 height positions



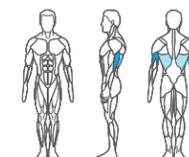
Assisted Chin & Dip 325G

- Multiple start positions to ensure correct posture and workout variety
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Swing-away counterbalanced knee pad for added comfort



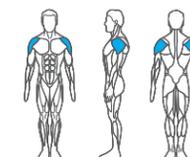
Tricep Press 370G

- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market
- Gas assisted seat with 10 height positions
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted



Lateral Deltoid 335G

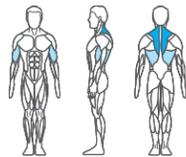
- Independent arms ensure a balanced muscle workout
- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Ergonomic contour seat provides comfort and stability to exercise safely





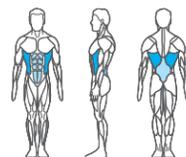
Seated Row 447G

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



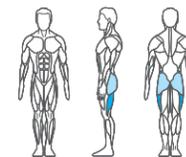
Rotary Torso 615G

- Fully adjustable rotating arm provides a dynamic oblique abdominal workout
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Ergonomic contour seat provides comfort and stability to exercise safely



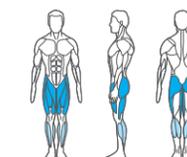
Abductor 505G

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- Multiple start positions available from a single hand start position adjustment lever



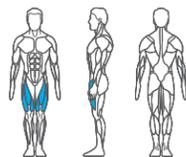
Multi-Hip 515G

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Adjustable pivot point for a safe, smooth and efficient workout
- Sturdy adjustable platform for different user heights



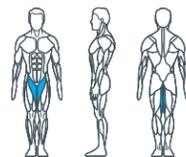
Leg Extension 560G

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Durable, smooth running cam system gives a safe, efficient workout
- Multiple start positions available from a single hand start position adjustment lever



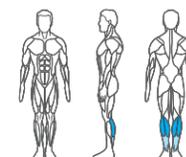
Adductor 500G

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



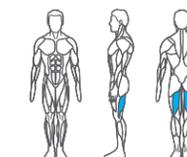
Seated Calf 530G

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum
- Durable, smooth running, steel reinforced pulley system for safe efficient workouts



Seated Leg Curl 562G

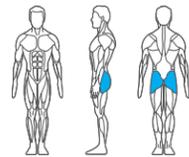
- Durable, smooth running cam system gives a safe, efficient workout.
- Multiple start positions available from a single hand start position adjustment lever
- Gas assisted seat adjustment and double pivoting pads promote perfect exercise posture and comfort during exercise





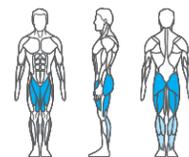
Glute 571G

- Fully adjustable chest pad provides maximum support and comfort
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity



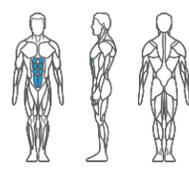
Seated Leg Press 576G

- Variable resistance cam design to regulate up to 200kg load to ensure the correct muscles are targeted
- Biomechanically efficient back support with seat shock absorption system
- Large, sturdy footplate and steel reinforced belt and pulley system for durability



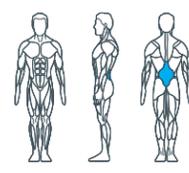
Abdominal 600G

- Multiple start positions available from a single hand position adjustment lever
- Sturdy footrail with dual positions and double pivoting pads provide maximum user comfort during exercise
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum



Lower Back Extension 605G

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Colour-coded, grip adjustments and neoprene handles for comfort and inclusivity
- Ergonomic positioning of the ankle supports allows for optimum results



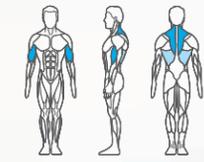
Lat Pulldown 380G

- Overhead pulley system and multi-grip pull bar allows users to customise their exercise in single axis motion
- Biomechanically efficient user position and padded rollers provide comfort and safety
- Anti-slip belt clamps and floor fixing points for additional safety



Long Pull 385G

- Ergonomic Pullbar offers an efficient workout position
- Sturdy footrail with dual positions provide maximum comfort and stability to the lower limbs
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum



STRENGTH COLOUR OPTIONS

MIDNIGHT GREY
(Standard)



ALUMINIUM SILVER
(Optional*)



CRYSTAL WHITE
(Optional*)



Pulse crafts the perfect machine whilst you design the style and finish; choose from a selection of modern, vibrant upholstery colours and contemporary stylish frame finishes to create a sophisticated premium appearance in all gym environments.

Rest assured Pulse hand-picks and rigorously tests all vinyl upholstery colours to ensure robustness in your busy gym environment.

All Pulse upholstery is puncture and wear resistant and offers high resistance to

abrasion, ageing, bacteria, disinfectant, mildew, oil and stains.

Pulse's frame finishes are guaranteed to last, utilising quality components for structural integrity, coupled with an intricate three-step frame finish process for maximum surface resistance. Emotive colours, sinuous curving profiles and striking aesthetics bring together a coordinated elegant look across the entire product range.

*Optional frame finishes and upholstery colours are subject to extended lead times.

Upholstery

MIDNIGHT
(Standard)

COCO
(Standard)

LIME
(Standard)

JAFFA
(Standard)

Optional Colours*

SKY

REEF

LEAF

ROSSO

STRENGTH COLOUR COMBINATIONS



Midnight Grey / Midnight



Midnight Grey / Coco



Midnight Grey / Lime



Midnight Grey / Jaffa



Midnight Grey / Sky



Midnight Grey / Reef



Midnight Grey / Leaf



Midnight Grey / Rosso



Aluminium Silver / Midnight



Aluminium Silver / Coco



Aluminium Silver / Lime



Aluminium Silver / Jaffa



Aluminium Silver / Sky



Aluminium Silver / Reef



Aluminium Silver / Leaf



Aluminium Silver / Rosso



Crystal White / Midnight



Crystal White / Coco



Crystal White / Lime



Crystal White / Jaffa



Crystal White / Sky



Crystal White / Reef



Crystal White / Leaf



Crystal White / Rosso

PULLEYS

The Evolve Pulley range from Pulse is recognised as leading the way in strength training equipment, renowned for elegant design, biomechanical efficiency and inclusive fitness.



PULLEY FEATURES



UNIQUE INCORPORATED IFI DESIGNS

Varying textures, single-handed colour-coded adjustment, neoprene handles and 100% wheel chair accessibility all contribute to a fully inclusive solution.



COMFORTABLE & SAFE USER POSITION

Biomechanically efficient user position, adjustable hand grips, anti-slip belt clamps and floor fixing points all contribute to user safety and comfort during exercise.



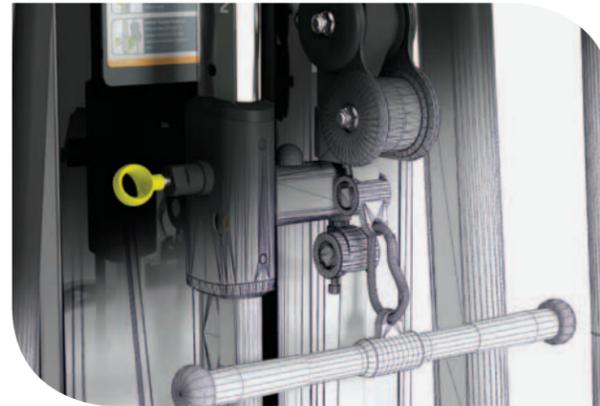
NATURAL MOVEMENT

Biomechanically designed to replicate the body's natural motion, effectively engaging all muscles involved in the exercise.



MULTI-POSITION & VARIABLE HEIGHT

The pulley range has 17 different height settings and offers numerous exercise positions to cater for a variety of users.



DURABLE LONG LASTING PERFORMANCE

Extensive research and development, premium materials and precision engineering provide uncompromised durability.



2.5KG INCREMENTAL 100KG STACK

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression whilst the large weight scale offers a broader training range for all users.



CONNECTIVITY

Integrated with Pulse SmartCentre®, users can access personal training information and safe exercise guidance along with personalised user settings and weight repetitions. All Pulse pulley machines can be recorded and tracked on Pulse SmartCentre® for a total user solution.



ACCESSORIES

The extraordinary versatility of Pulse Fitness Pulley accessories allows users to rotate seamlessly through multiple exercises without changing the attachment or their grip. The unique and efficient design which incorporates advanced rotational elements offers unrivalled ergonomics that provide a total strength training program for a range of users.



Multi-Pulley

342G

- Variable height pivotal pulley allows the user to use the upper and lower limbs as well as the trunk musculature
- Adjustable hand grips for workout variety
- Easy-read instruction placards and optional accessory pack provide a total strength training program for a range of users



Crossover

345G

- Dual angled pulley system features 17 easy to adjust positions per column offering a total body workout for a variety of users
- Adjustable hand grips and multi-position dual chin bar for exercise choice
- Colour-coded, grip adjustments and neoprene handles for comfort, durability and inclusivity



Dual Multi-Pulley

346G

- Dual angled pulley system features 17 easy to adjust positions per column, plus the choice to move limbs independently promoting a wider workout variety
- Adjustable hand grips and multi-position dual chin bar for exercise choice
- Colour-coded, grip adjustments and neoprene handles for comfort, durability and inclusivity

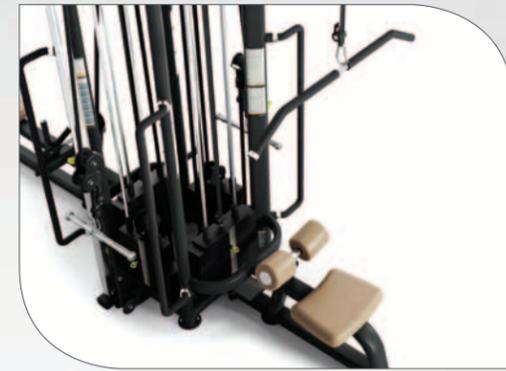


Four Station 904G

- Combining four strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training program for a range of users



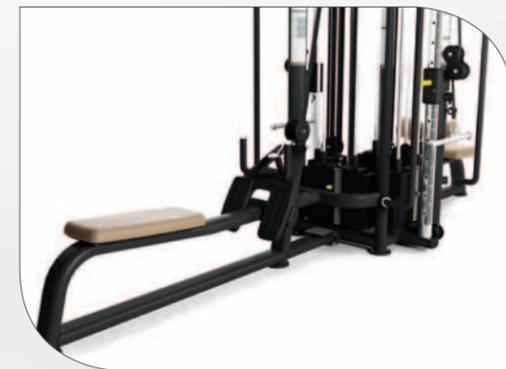
SEATED LAT PULL DOWN



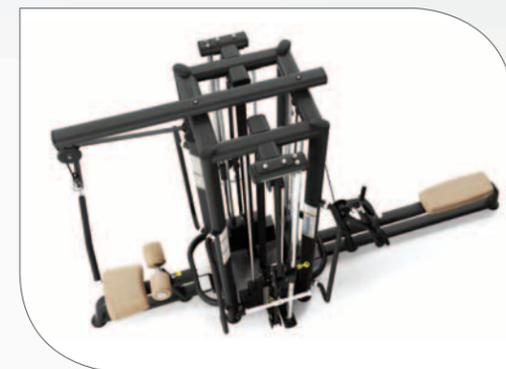
TWO MULTI-PULLEY MACHINES



SEATED ROW



COMPACT FOOTPRINT





Eight Station 904G

- Combining eight strength machines it makes the most efficient use of space for smaller gyms
- Easy-read instruction placards and optional accessory pack provide a total strength training program for a range of users



PULLEY ACCESSORIES

Pulse offers an extensive collection of accessories and accompaniments to aid comfort, workout performance and to provide a spectrum of exercises.



Trak Handle Pro

The Trak Handle Pro incorporates three axes of rotation that provide unprecedented mobility and range of motion for the user's hands, wrists, arms, and shoulders.



Trak Handle Sport

The Trak Handle Sport offers users an escape from the restrictions imposed by traditional handles to perform natural, fluid, functional movements.



Trak Row

Combine two Trak Handle Pro's to make the Trak Row, a versatile 9" cable pull bar.



Trak Bar 24

The Trak Bar 24 is adjustable to 12", 18", and 24" spreads, which allows users of all sizes to target a wide range of muscle groups from a variety of angles when combined with two Trak Handle Pro's.



Trak Bar 42

The Trak Bar 42 is adjustable to 30", 36", and 42" spreads, which allows users of all sizes to target a wide range of muscle groups from a variety of angles when combined with two Trak Handle Pro's.



Curl Bar

Stainless steel curl bar with grip points.



Ankle Strap

Adjustable ankle strap lined with shock absorbent padding for enhanced stability and outstanding comfort.



Stirrup Handle

A durable stirrup handle featuring a grip designed for comfort and control.

EVOLVE STRENGTH FEATURES & SPEC

	310G	305G	314G	325G	382G	365G	370G	335G	447G	615G	560G	500G	505G	515G	530G	562G	571G	576G	600G	605G	380G	385G	342G	345G	346G	904G	
	Chest Press	Shoulder Press	Pec Deck	Assisted Chin & Dip	Seated Lat Pulldown	Arm Curl	Tricep Press	Lateral Deltoid	Seated Row	Rotary Torso	Leg Extension	Adductor	Abductor	Multi-Hip	Seated Calf	Seated Leg Curl	Glute	Seated Leg Press	Abdominal	Lower Back Extension	Lat Pulldown	Long Pull	Multi-Pulley	Crossover	Dual Multi-Pulley	Four Station	
Product Features																											
Converging axis	■	■	-	-	■	-	-	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Adjustable hand grips	-	-	-	-	-	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	-	-
Multiple grip positions	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Multiple start positions	■	-	■	-	-	-	-	-	-	-	■	■	■	■	-	■	■	-	■	■	-	-	-	-	-	-	-
Single hand start position adjustment lever	-	-	-	-	-	-	-	-	-	-	■	■	■	-	-	■	■	-	■	■	-	-	-	-	-	-	-
Counterbalance weight	-	■	-	-	-	■	-	■	-	-	■	-	-	■	■	■	■	-	■	■	-	-	-	-	-	-	-
Variable resistance cam	-	-	■	-	-	■	■	-	-	■	■	■	■	-	■	■	■	■	■	■	-	-	-	-	-	-	-
Seat with modular back supports	■	■	■	-	■	-	■	-	-	■	■	■	■	-	■	■	■	■	■	■	-	-	-	-	-	-	-
Comfort contour seat	■	■	■	-	■	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Adjustable back support	■	■	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Single hand swing-away seat	■	■	■	-	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gas-assisted seat position adjustment	■	■	■	-	■	■	■	■	■	■	■	-	-	-	■	■	■	■	-	-	-	-	-	-	-	-	-
Dual footrests	-	-	-	-	-	-	-	-	-	-	-	■	■	-	-	-	-	-	■	■	-	■	-	-	-	-	■
Variable height pivotal pulley	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	■	■
100kg weight stack*	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	-	■	■	■	■	■	■	■	■	■
200kg weight stack*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	-	-	-	-	-	-	-	-	-
2.5kg weight increments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
5kg weight increments	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Raised iconography on key adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Colour-coded adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Large, easy-grip weight selector pin	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Easy-read instruction placards	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Neoprene handles with aluminium rings	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Low profile design	■	■	■	■	■	■	■	■	-	-	■	■	■	■	■	■	■	-	■	■	-	■	-	-	-	-	-
Fully enclosed weight stack	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Steel-reinforced belt and pulley system	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Anti-slip belt clamp(s)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Floor fixing points	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
IFI Stage 2 accredited	○	○	○	○	-	-	○	-	○	-	○	○	○	-	-	○	-	○	-	-	-	-	○	○	○	○	-
Options																											
SmartCentre® compatible	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
7" High contrast colour display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Optimal workout tempo monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Range of motion monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Rep. counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Set counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Automatic weight display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Weight target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Adjustable rest period	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	-
Dimensions																											
Length (cm)	159	154.5	144.5	126	159	136	140	126.5	166	133	126.5	155	155	116	129	109	130	210	123.7	123.7	145	214	65	375	246	377	
Width (cm)	142.5	142	140	136	142.5	99	155	103	119	148	103	94.2	94.2	117	107	96	98	105	103.8	97	97	97	116	97	235	127	
Height (cm)	182	150	181.5	211	182	150	150	150	172	208	150	150	150	166	150	150	158	180	150	150	230	192	242	242	242	226	
Weight (kg)	300	306	300	291	300	246	286	250	296	266	286	251	251	320	280	295	260	486	266	266	295	307	289	602	598	600	

■ Standard ○ Option *Alternative weight stacks are available upon request

core
PLATE LOADED



EXCEPTIONAL PERFORMANCE IN A STYLISH DESIGN

A simple design, built to maximum integrity, the Pulse plate loaded range is packed with features for exceptional strength training.

PLATE LOADED FEATURES



WEIGHT LOADING UP TO 500KG

To accommodate all users including advanced and sports specific training the Core plate loaded range can accommodate a maximum 500kg weight plate load.



SAFETY & COMFORT

Biomechanically efficient user position, anti-slip footplate, support pads and floor fixing points all contribute to user safety and comfort during exercise.



DURABILITY

Premium materials, electrostatic powder coating, precision engineering and electro welding provide uncompromised durability and maximum design integrity.



MULTIPLE SEAT ADJUSTMENTS

Simple and easy to adjust from the workout position, providing added comfort, stability and safety.



MULTIPLE ERGONOMIC GRIP POSITIONS

Oversized ergonomic steel handles, in multiple key positions designed for maximum control and movement efficiency during the exercise.



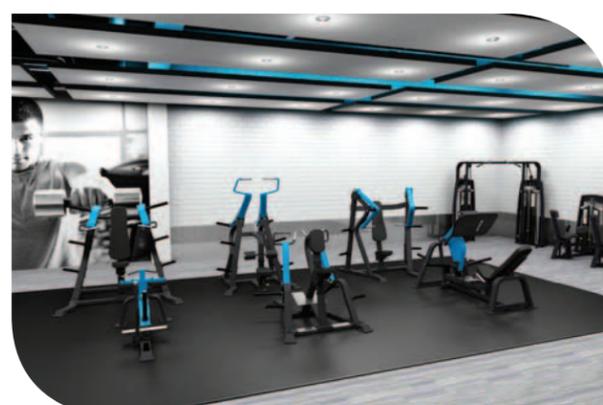
CONVERGING & DIVERGING MOVEMENT

Each machine is designed to replicate the body's natural plane of movement with converging and diverging control.



UNILATERAL EXERCISE CAPABILITIES

Independent movement arms allow for unilateral exercises for users to focus on key training requirements and specific muscle groups.



AESTHETICS

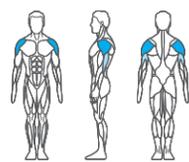
Slip brushed steel, vivid colours and a harmonious product range design, the Core Plate loaded range will aesthetically appeal to all gym environments.



Olympic Plates sold separately

Shoulder Press 302

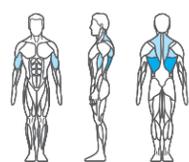
- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

Lat Pulldown 377

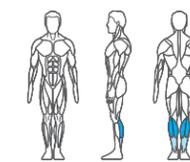
- Diverging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Conterbalanced arms with low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

Seated Calf 527

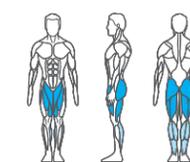
- Angled handle for user exercise stability
- Adjustable knee pad to fit different users
- Comfortable angled footplate support.



Olympic Plates sold separately

Seated Leg Press 573

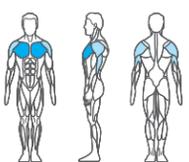
- Footplate handle provides easy access on and off the machine
- Large footplate to accomodate of variety of exercise positions
- Linkage system design to reduce knee shear



Olympic Plates sold separately

Chest Press 307

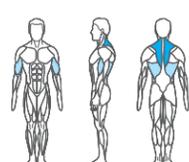
- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

Seated Row 444

- Diverging axis to replicate the body's natural movement
- Multiple oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

Olympic Storage Station 186G



Olympic Plates sold separately

Olympic Plate Set 184F

CORE PLATE LOADED FEATURES & SPEC

Product Features

Compact space efficient design

Multiple seat adjustments

Multiple hand grip positions

Adjustable workout position

Converging and diverging movement

Oversized ergonomic handle bars for comfort

Weight loading upto 500kg

Integrated weight storage

Support pads and/or rollers for additional comfort and safety

Large sturdy anti-slip footplate

Floor fix option for optimum safety

Slip brushed steel

Electro welded to maximum integrity

Electrostatic powder coated for superior durability

Weight plates included

2 year warranty (parts and labour)

Dimensions

Length (cm)

Width (cm)

Height (cm)

Weight (kg)

	Shoulder Press	Lat Pulldown	Chest Press	Seated Row	Seated Calf	Seated Leg Press
Compact space efficient design	■	■	■	■	■	■
Multiple seat adjustments	■	■	■	■	-	-
Multiple hand grip positions	-	-	-	■	-	-
Adjustable workout position	-	-	-	-	-	■
Converging and diverging movement	■	■	■	-	-	-
Oversized ergonomic handle bars for comfort	■	■	■	■	-	■
Weight loading upto 500kg	■	■	■	■	■	■
Integrated weight storage	■	■	■	■	-	■
Support pads and/or rollers for additional comfort and safety	■	-	■	■	-	■
Large sturdy anti-slip footplate	-	-	-	-	■	■
Floor fix option for optimum safety	■	■	■	■	■	■
Slip brushed steel	■	■	■	■	■	■
Electro welded to maximum integrity	■	■	■	■	■	■
Electrostatic powder coated for superior durability	■	■	■	■	■	■
Weight plates included	-	-	-	-	-	-
2 year warranty (parts and labour)	■	■	■	■	■	■
Length (cm)	181.5	193.7	148.2	155.8	146.9	222.6
Width (cm)	150	137	148.9	181.8	76	142.1
Height (cm)	133.4	171.1	196.7	148.7	89	141.9
Weight (kg)	162	173	151	170	54.7	189



origin

F R E E W E I G H T S



FREWEIGHTS

Covering the entire spectrum of biomechanical and exercise requirements, the Origin freeweights range meets all needs from absolute beginner to professional weight trainer, and is ideal for every use from dance studios to gym applications.

FREWEIGHTS FEATURES



SIMPLE SET UP

Single handed, visible adjustments and one seat position setting for the entire range ensure simplicity and minimal set-up time for the user.



INTEGRATED STORAGE

Multiple integrated steel bars allow for easy weight plate storage on the equipment itself.



HARDWEARING UPHOLSTERY

Durable, puncture and wear resistant polyurethane upholstery to ensure robustness in your busy gym environment. All Pulse upholstery offers high resistance to abrasion, ageing, bacteria, disinfectant, mildew, oil and stain and is available in a great range of colours to complement any gym environment.



MULTIPLE WORKOUT POSITION

Regardless of the size of user or the exercise position Pulse's Origin Freeweight range features multi position weight bar rests.



ERGONOMIC DESIGN

All Pulse Origin freeweight equipment has been ergonomically designed to position the user in a safe, comfortable and optimised position to achieve maximum workout results.



MOBILITY

Pulse Origin Freeweight benches feature integrated hand grip and castor wheels for enhanced mobility around the gym floor whether moved by the user or gym staff.



DURABILITY

Precision engineering coupled with the finest materials, Pulse Origin equipment has been designed to last a lifetime. An easy to maintain product range boasting its intricate 3-step frame finish process for maximum surface resistance.



COMFORT & STABILITY

The ergonomic positioning of seat pads and support pads allows for enhanced stability and comfort during exercise, plus most Origin machines feature anchor points to attach the machine to the floor safely and securely.



Olympic Horizontal Bench Press (with disc storage)

820G

The classic bench press redefined. Ergonomically designed with both the user and the spotter in mind the 820G Olympic Horizontal Bench Press is one of the safest and most effective on the market.

Olympic Plates sold separately



Olympic Vertical Bench Press (with disc storage)

850G

A perfect machine for a user and a spotter, the 850G ensures a safe and effective workout. Complete with elevated spotter's foot plates and safety drop out bars the user can be confident in their workout and achieving results.

Olympic Plates sold separately



Olympic Incline Bench Press (with disc storage)

830G

As a variation on the standard bench press Pulse has developed the 830G Olympic Incline Bench Press allowing the user to focus on a variety of muscles with the confidence of stability and safety as standard.

Olympic Plates sold separately



Olympic Decline Bench Press (with disc storage)

860G

Used with the Pulse Olympic Weights and by encompassing the decline position with the intensity of the bench press, the 860G Olympic Decline Bench Press will guarantee a workout to remember.

Olympic Plates sold separately



Olympic Multi Squat Rack (with disc storage) 863G

The 863G provides one multi-use weight lifting centre. Combined with the 750G bench, this rack can be used to replicate any workout and the adjustable safety drop-outs ensure safety is paramount.

Olympic Plates sold separately



Counterbalanced Smith Machine (Including Bench) 875G

The 875G comes as standard with a 750G Adjustable Incline Bench, to enable the user to perform a wide range of exercises. The Olympic weight plates are mounted on sleeves, to ensure an exceptionally smooth gliding action (even under heavy loading) and the powerlifting bar is counterbalanced to accommodate deconditioned users.

Olympic Plates sold separately



Adjustable Abdominal Decline Bench 650G

For an intense workout for the abdominal area the 650G is perfect. Used in conjunction with the Pulse range of Freeweights, the weight training targets of any user can be reached quickly and safely.



Lower Back Extension Bench 665G

Targeting the lower back has always been a tricky exercise but Pulse's 665G Lower Back Extension Bench has been anthropometrically and ergonomically designed to provide a position to really target the muscles concerned.



Horizontal Bench 730G

The Horizontal bench is ergonomically engineered to provide the optimal height and width to accommodate all sizes of user and all forms of bench based exercises.



Adjustable Incline Bench 750G

The 750G is perfectly adaptable to any exercise using the whole range of Freeweight options and equipment. Adjustability and inclusiveness is key with this bench using a gas assisted, one-handed adjustment system.



Preacher Curl Bench 785G

The 785G Preacher Curl Bench is ergonomically designed with an adjustable 'inclusive' seat, providing comfort and stability.

Olympic Plates sold separately



Vertical Bench 800G

The 800G Vertical Bench has been designed to accommodate all sizes and weights of user whilst providing a stable and safe bench, capable of withstanding the rigours of everyday use.

DUMBBELL & BARBELL SETS



Horizontal Dumbbell Rack 136G

Horizontal dumbbell rack to fit 10 pairs



Black Rubber Coated Dumbbell Set (2.5 - 25kg) 135G

Sturdy rubber coated cast steel weights combined with an identification system and rack designed in partnership with the IFI. Includes a range of 20 weights from 2.5kg to 25kg.



Black Rubber Coated Dumbbells Set (27.5 - 40kg) 140G

Black Rubber coated dumbbells with conical handgrips complete with 136G rack comprising of the following: 27.5kg, 30kg, 32.5kg, 35kg, 37.5kg, 40kg (Also available as a 27.5kg - 50kg set)



Rubber Covered Hexagonal Dumbbells 145F

Rubber covered Hexagonal Dumbbells with ergo handles complete with rack comprising : 12.5kg, 15kg, 17.5kg, 20kg, 22.5kg, 25kg



Chrome Plated Dumbbell Set (1 - 10kg) 100F

Includes one pair of each of the following weights: 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg. Vertical dumbbell rack / 2 sided - 10 pairs. Features ergo-designed handles.



Black Rubber Covered Dumbbell Set (1 - 10kg) 115F

Includes one pair of each of the following weights: 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg. Vertical dumbbell rack / 2 sided – 10 pairs. Features ergo-designed handles.



Vertical tower dumbbell rack only (100F) 38-308

Vertical tower dumbbell rack to fit 10 pairs.



Disc Pack for Smith Machine 184F

Includes the following weight plates: 1.25kg x 2pcs, 2.5kg x 2pcs, 5kg x 4pcs, 10kg x 2pcs, 15kg x 2pcs, 20kg x 2pcs.



Horizontal Barbell Rack 161G

Horizontal Barbell Rack to fit 6 bars.



Olympic Weight Set 185F

Includes the following weight plates: 1.25kg x 2pcs, 2.5kg x 2pcs, 5kg x 4pcs, 10kg x 2pcs, 15kg x 2pcs, 20kg x 2pcs. Plus a 20kg power lifting bar and two 1.25kg training collars.



Olympic Storage Station 186G

Olympic Storage Station.



Black Rubber Covered Barbells 160G

Black Rubber Covered Barbells with Conical End Plates comprising 1 bar each 10kg, 15kg, 20kg, 25kg, 30kg, 35kg (includes 161G rack).



Rubber Covered Hexagonal EZ Curl Barbells 165F

Black Rubber Covered EZ Curl Barbells with Hexagonal End Plates comprising 1 bar each 10kg, 15kg, 20kg, 25kg, 30kg, 35kg (includes 161G rack).

STRENGTH ACCESSORIES



Chrome Plated Olympic Bar with 2 x Ring Collars 38-267



Olympic EZ Curl Bar with 2 x Ring Collars 38-270



Olympic Spring Collars



Olympic Ring Collars 38-269



Chrome Plated Tricep V Bar with Rubber Handgrips 38-294



Chrome Plated D Bar with Rubber Handgrips 38-288



Chrome Plated Row Bar with Rubber Handgrips 38-286



Individual Rubber Hexagonal Dumbbells (1kg – 25kg)



Chrome Plated Curl Bar with Rubber Handgrips 38-291



Tricep Rope 38-295



Individual Rubber Coated Dumbbells (2.5kg – 50kg)



Individual Chrome Plated Dumbbells (1kg – 10kg)



FUNCTIONAL TRAINING

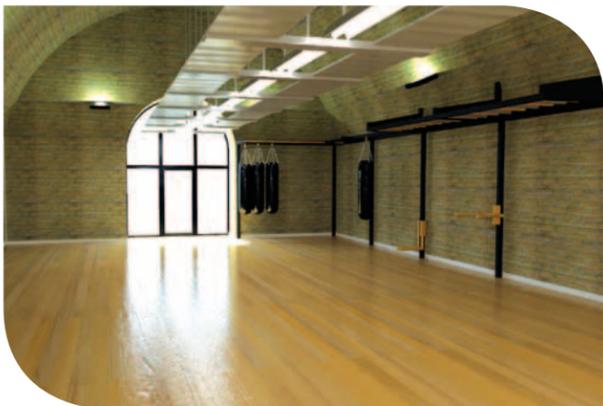
A functional training station provides more than 40 natural, safe and high performance exercises in one space! An ideal accompaniment to any gym environment to keep members of all ages and abilities interested and engaged in one to one or group training sessions.

FUNCTIONAL TRAINING FEATURES



LIMITLESS WORKOUTS

A functional training station is simply one piece of fitness equipment that provides limitless workouts for both groups and individuals. It offers choice and diversity for beginners through to athletes looking for sports specific training to total body workouts.



BESPOKE FUNCTIONAL DESIGN

Choose a standard model or work with our CAD designer and structural engineer to create a bespoke functional design that maximises the space available and complements your members' workout demands.



COLOUR OPTIONS

The frame colour can be customised to any Pantone reference allowing you to customise your training station to complement your brand.



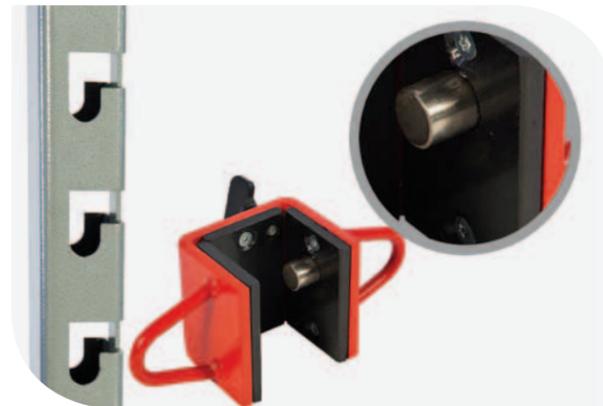
MULTIPLE ATTACHMENTS

More than 18 attachment options are available to ensure a challenging, fun and total body workout is achieved. Attachments include monkey bars, battling ropes, vertical resistance slide system, snake legs, farmers pull and Bosu rebounder.



MULTI-POSITION LEGS

Change height, position, location and structure of your functional training circuit with multi-position flexible legs.



EASY-TO-USE & SECURE ATTACHMENTS

Members, Personal Trainers and gym staff will easily be able to swap and change the many attachments with the quick release feature. The 'locked-in' design feature reassures members the attachment is secure and safe to use for training.



RETURN ON INVESTMENT

Functional training apparatus is a great way to engage new and existing members, singularly or as a new group class, plus it is ideal for personal training sessions all offering you the operator an additional revenue source.

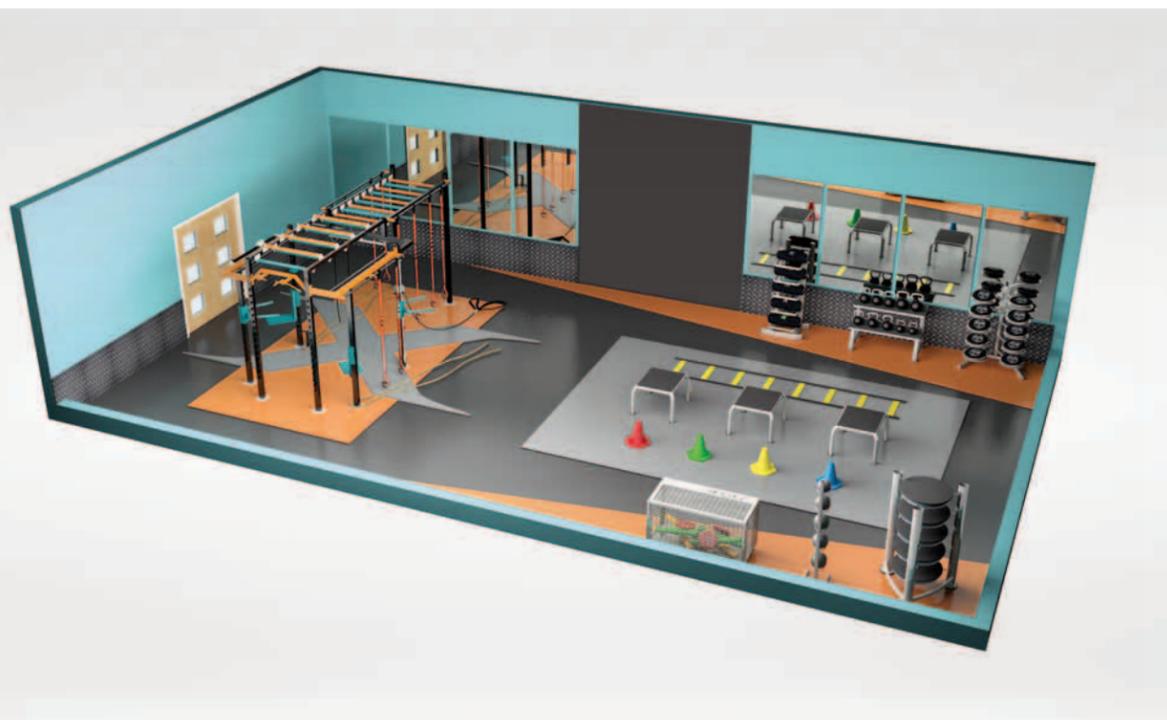


SAFE & SECURE ANCHOR POINTS

Dependent on the model chosen, anchor points will be positioned to attach to the floor, wall or ceiling. Regardless of their position they will withstand the daily rigours of a busy gym environment to ensure optimum user safety.

A FUNCTIONAL SOLUTION FOR ANY GYM SPACE

Pulse can supply a bespoke functional training solution to fit into the biggest or smallest of spaces, making it a cost effective way of getting the most from your training area.



FUNCTIONAL TRAINING ACCESSORIES



Hyperwear SandBell® & SteelBell®

A cross between a sandbag, a dumbbell, a barbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell.



Battle Ropes



Medicine Balls



Plyometric Platforms



BOSU Balance Trainer



Alpha Bags



Kettlebells

Products subject to change

WORKING WITH THE IFI

Inclusivity is at the heart of the Pulse design process, that is why Pulse has more IFI accredited commercial fitness products than any other UK fitness supplier.

Many Pulse machines are accredited by the Inclusive Fitness Initiative whilst the range encompasses inclusive features such as swing-away seats and multi-position handgrips for wheelchair users and large raised iconography on weight stacks for visually impaired users.

Our intuitive biomechanical design approach means our inclusive fitness accredited strength machines fully accommodate able-bodied

users as well, thus keeping costs minimal to the operator as one machine delivers maximum performance for all ability and disability levels.

We are an active Inclusive Fitness Initiative research associate and continually work with many industry partners to deliver a peak performing, safe and reliable suite of machines for all.



INCLUSIVITY PRODUCT DEVELOPMENT

Pulse has been designing inclusive fitness products for many years. The development and investment we follow in the design process means we do not retrofit our machines to become inclusive; they simply are inclusive from the off-set. This means that operators only need to purchase one machine as it performs perfectly for those with or without a disability.



DESIGNED IN CONJUNCTION WITH THE IFI

Our localised design team enables us to work closely with the IFI to create products suitable for a wide range of abilities and disabilities. From the initial sketch drawing through to prototype and product testing, Pulse works in partnership with the IFI and their user groups at every stage of the product development process.



PRODUCT TESTING

Pulse equipment is stringently tested for product safety and performance, but with our inclusive range we take product testing to another level. Not only do the IFI team rigorously test each machine but we will also run sessions with user groups such as those in wheelchairs, limited mobility or visual impairment to ensure they can safely and enjoyably use our equipment solutions prior to going to market.



A TOTALLY INCLUSIVE PARTNERSHIP

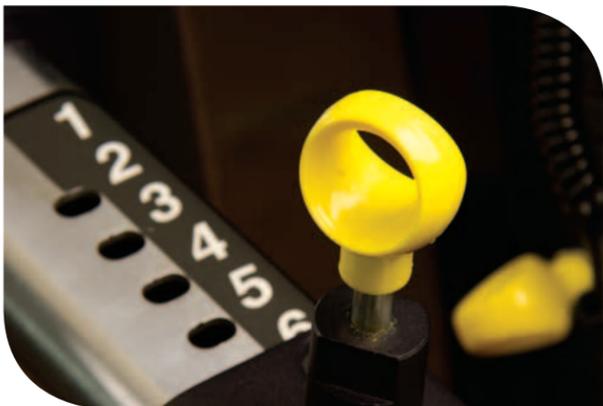
Pulse is an active associate of the IFI Research and Development programme which is a steering group that discusses the fitness equipment requirements and leisure facility needs to meet and appeal to an inclusive member. We also assist leisure partners in becoming an IFI accredited facility by supporting across areas such as marketing, training and building adaptations like access, changing facilities etc. We are committed to delivering a 'Totally Inclusive Leisure Solution'.

INCLUSIVE FEATURES



SINGLE HANDED SWING-AWAY SEAT

The highly visible twist and lock plunger easily controls the seat to swing-away allowing for wheelchair access. Operated using a single finger or full hand grip.



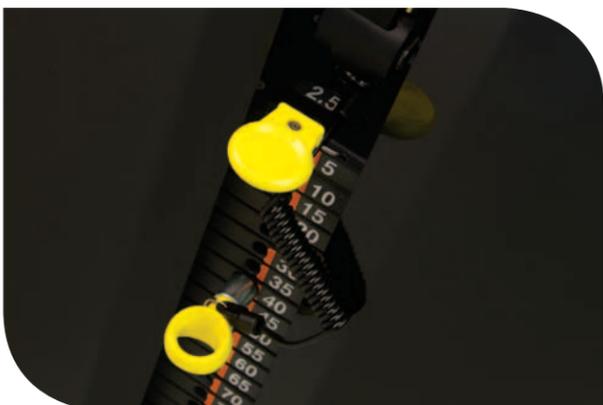
HIGH VISIBILITY & EASY ADJUSTMENTS

All adjustments across the Pulse range are in the bright and contrasting colour of yellow, perfect for all to see including those with a visual impairment. From single finger operated adjustments to gas operated seats, all adjustments are exceptionally easy to operate.



AUDIO FEEDBACK & TRAINING PLACARDS

One of the latest product developments is the ability for the Pulse cardio range to audibly advise users when the product will commence movement i.e. the treadmill. This coupled with the informative training placards that feature illustrations as well as text, ensure an inclusive member can confidently operate the machine without supervision.



LOW STARTING WEIGHTS

To appeal to a wide range of users the Pulse strength range features a unique low starting weight of just 2.5kg, rising in 2.5kg increments.



RAISED & TACTILE ICONOGRAPHY

Each console button, weight stack amount, seat height and instructional placard all feature raised and tactile iconography to enable those users with visual impairments to confidently use the equipment safely and independently.



REMOVABLE & COMPACT STEP UP BOX

Small in footprint but efficient in use, the Pulse step up box is cleverly manufactured to complement the equipment, to be stable and lightweight so the user or gym staff can easily move and relocate it on the busy gym floor.



MULTIPLE LOCKABLE PEDAL POSITIONS

Featured upon the new L-train and popular X-train is a simple and visible twist and lock plunger which securely stabilises the pedals to allow a user with limited mobility and stability to easily and safely access the machine.



EXTENSIVE RANGE OF SAFETY FEATURES

The safety features across our entire fitness equipment portfolio include contoured seat pads and back rests, neoprene handles, multi-position hand grips and centrally located multi-height and position seat adjustments to name but a few.



L-Train 270G-I

A unique cardiovascular accredited piece of fitness equipment offers user workout variety in the gym environment.



Run 260G-I

Features include audio feedback, kill cord emergency stop, step up box for easy access and reflective edging on the running belt for simple identification when the machine has been started.



Leg Extension 560G-I

As with all Pulse strength equipment the Leg Extension features training text and illustrations which are clear, uncluttered and easy to understand.



Leg Curl 562G-I

For visually impaired users the Leg Curl and many other Pulse strength products feature aluminium rings to allow users to feel where handgrips are located.



R-Cycle 250G-I

The most prominent design feature is the simple step through design for those users with limited lower body mobility.



U-Cycle 240G-I

A centralised, single-hand operation seat adjustment and easy to adjust pedal straps ensure maximum usability for all.



Abductor 500G-I

Features include a sturdy footrail with dual positions and a smooth central pivot action for a safe, efficient workout.



Adductor 500G-I

As per the Abductor the Adductor features include a sturdy footrail with dual positions and a smooth central pivot action for a safe, efficient workout.



X-Train 280G-I

Boasting many accessible features including locking pedal positions, low profile pedals and colour contrast foot plates.



Seated Leg Press 576G-I

A large footplate, seat and side handles offer user stability whilst the biomechanically efficient back support provides maximum comfort and safety.



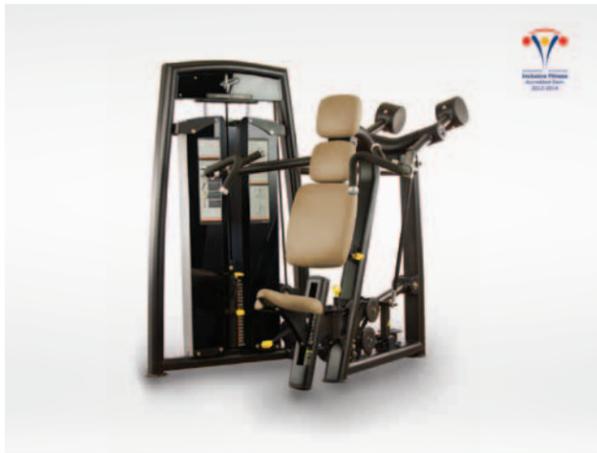
Chest Press 310G-I

The dependant converging axis of the Chest Press closely replicates the body's natural movement, enabling users to obtain maximum results through a safer, easier and more enjoyable workout.



Pec Deck 310G-I

The Pec Deck boasts a large, single-hand operated swing-away seat for easy wheelchair access and those with limited mobility.



Shoulder Press 305G-I

As with all Pulse strength equipment the Shoulder Press features 2.5kg weight increments and large, clear, easily accessible selector pins.



Seated Row 447G-I

The highly visible twist & lock adjustment plunger allows easy operation for users of the Pulse Seated Row.



Tricep Press 370G-I

Pulse proudly boasts the only Tricep Press in the fitness industry to be accredited by the Inclusive Fitness Initiative.



Multi-Pulley 342G-I

The Multi-Pulley offers many workout positions, exercises and training methods for users with various disabilities.



Crossover 345G-I

The Pulse Crossover features a large, visible, lightweight karabiner for easy workout adjustment.



Dual Multi-Pulley 346G-I

The Dual Multi-Pulley features a variable height pivotal pulley offering multiple adjustment for a more broad range of users including those users in a wheelchair.



INCLUSIVE

PULSE GROUP ACTIVITIES

Our range of commercial group exercise equipment includes stylish group cycles, our time-saving circuit range plus our interactive fitness solutions – Dance Machine and Active Floor; there is truly something to engage all ages and abilities and in that perfect motivating and sociable group exercise environment.



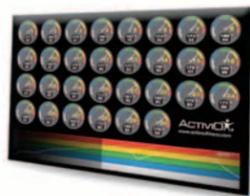


STUDIO ENHANCEMENTS

Pulse can supply an install and array of products to create an exciting and dynamic experience during group classes.

ACTIVIO

Designed specifically for group training environments Activio's groundbreaking systems give users instant feedback and detailed progress reports – removing the guesswork from training and inserting hard, measurable results. By wearing a uniquely numbered chestbelt during group workout, heart rate data is measured and transmitted wirelessly to a widescreen display, where each user can monitor their heart rate in real time.



VR BIKING

VR Biking is a new dynamic concept for indoor cycling utilising a large projector, plasma or LCD screen displays. No longer is indoor cycling constrained by the 4 walls around you. VR Biking enables you to cycle New York, London, San Francisco, the Welsh Mountains or the French Alps. Enjoy the beautiful scenery and suddenly 30 minutes of exercise feels like 15 minutes, not only that but the interval based training delivers 45 minutes of calorie burn.



MYZONE

MYZONE Software is used to display live feed data during physical activity. Using the 5 colours of MYZONE, user data is displayed on a group TV screen, showing heart rate, % of maximum heart rate, calorific spend, MEPs, and user name. Data is used for coaching and motivation. A class function enables small groups to train together and to achieve group targets. Group reports are then available for instructors at the conclusion of the class.



AV SOLUTIONS

Lighting can be used to further enhance the studio experience. Static RGB lighting uses TriLED technology to combine Red, Green and Blue light to produce a unit capable of mixing any palate of available colour.



In the aerobic environment, the lights are programmed to work on a 'sound-to-light' mode which means that the colours of the lights change in time with the music.

Energy and interest can be added with the use of moving head lighting which produce exciting, fast-moving effects, also in time to the music.

GROUP CYCLE

The Pulse Group Cycle looks and performs magnificently. Built to give an effective workout and tough enough to cope with multiple classes, it is comfortable, durable and easy to maintain and adjust.



ZM6 GYM BIKE POWER CONSOLE

View workout statistics such as RPM, heart rate and calories burnt during your group cycle exercise for added motivation.



COLOUR CODED ADJUSTERS

To enable the rider to alter workout position for optimum safety, comfort and performance, users can easily and clearly adjust the Group Cycle handlebars, seat, pedal straps and resistance brake system. The Group Cycle also features adjustable feet for uneven gym floors.



SMOOTH FLY WHEEL

Uniquely designed to deliver a smooth, quiet and fluid motion for ultimate rider's comfort whilst providing operators a low maintenance solution.



INTEGRATED SWEAT GUARDS

Injection moulded sweat guards help protect key components of the Group Cycle from corrosion and rust ensuring the cycle is easy to maintain and stays cleaner for longer.

L-TRAIN CLASS

Take your member's workout in a new direction with the innovative lateral trainer from Pulse! Its unique ergonomic design provides an intense cardiovascular aerobic exercise whilst simultaneously conditioning the body - burning more calories faster than any other fitness product, it is guaranteed to be an instant hit in your group class program.



PULSE CIRCUIT RANGE

Practical, safe and comfortable physical resistance training. As a standalone training zone or programmed as instruction led training, the Pulse Circuit can deliver results in short periods of time such as 30 minute sessions, ideal for key user groups and a busy operators profit line.



CIRCUIT FEATURES



OPTIONAL ACCESSORIES

Group sessions can be made even more enjoyable with the use of our optional accessories such as a light column and step up box.



OPTIONAL CHILDREN'S RANGE

Pulse Circuit is an ideal product range to introduce resistance training to children. Available in our fully customised children's brand 'Vibe', Pulse customers use this product range to create a dedicated workout space to appeal to this expanding market sector.



2-WAY RESISTANCE TRAINING

Using hydraulic resistance as opposed to plate weights enables the user to benefit from 2-way resistance training for peak performance. This means the pressure a user exerts is maximised from the start to the finish of the exercise.



ZERO STARTING RESISTANCE

The unique design of the Circuit range means there is no starting weight as the user is merely exercising (pushing) against their own strength capabilities when set at zero.



6 SECTION ADJUSTABLE RESISTANCE

Six levels of smooth resistance are available across the entire Circuit range to maximise user workout results. Easily and clearly adjusted by the conveniently located dial.



HYDRAULIC CYLINDER DESIGN

Controlling the motion, smoothness and range of resistance during exercise is the durable hydraulic cylinder piston. Stringently tested to cope with the daily rigours of a busy commercial gym environment.



ERGONOMIC DESIGN

Designed to replicate natural movement of the human body the Pulse Circuit range performs a motion which complements users of all sizes and ability levels.



EXCEPTIONAL COMFORT & SAFETY

Cushion filled seat pads, padded rollers and ergonomic oversized handgrips ensure the user maintains correct posture comfortably and safely at all times during the exercise.

A FUN AND ENGAGING INTRODUCTION TO STRENGTH TRAINING FOR CHILDREN

Enabling everyone to participate, Pulse Circuit training is an ideal introductory exercise method to increase physical strength and cardiovascular fitness amongst children and younger adults. Using hydraulic resistance as opposed to plate weights ensures users exercise safely within group led sessions, made enjoyable with the use of lights, music and an instructor to guide them from machine to machine.



PEAK RESULTS IN A SHORTER TIME FOR THE LADIES

Pulse Circuit's ability to specifically target key muscle groups with two-way hydraulic resistance provides an optimum and safe workout in minimum time. Not only increasing muscle strength the Circuit range also conditions and shapes muscles for an appealing look. A less intimidating look and feel than traditional weight stack equipment, plus the shorter workout time will appeal to more members and aid retention.



MINIMAL IMPACT AND STRAIN FOR THE SENIORS AND THOSE IN REHABILITATION

Easy to use and understand, the strength training benefits Pulse Circuit provides are a less intimidating and safe training solution for the older generation. Users can participate in as little or as much as they like, to strengthen key muscle groups or assist with their ongoing active participation towards health and fitness.

The resistance of a hydraulic cylinder provides a softer and smoother workout, reducing stress on joints and connective tissue. Ergonomically designed for natural movement and easily accessible in Pulse Circuit will complement most orthopaedic rehabilitation workouts.

ACTIVE PRODUCTS

Active Wall & Active Floor from Pulse are totally unique interactive entertainment and recreational products featuring revolutionary technology that delivers limitless fitness via educational and motivational games and activities.




ACTIVE
wall & floor

ACTIVE PRODUCT FEATURES



UNIQUE & INTERACTIVE TECHNOLOGY

Using revolutionary interactive technology with software controlled content, the system gives users moving targets which are visually and mentally more stimulating than fixed lights. Made up of LED lit pressure sensitive tiles which, during game play, are able to detect the location and force of participants or objects so creating a realistic gaming experience.



EXERTAINMENT FOR ALL

Ideal for fitness clubs, schools, leisure centres, sports clubs, soft play and youth centres. Catering for a vast mix of user groups including pre-school children, the critical 11-15 year old youth market and those users with neurological disabilities such as autism, dyspraxia and dyslexia.



LIMITLESS GAME PLAY

A choice of games, activities and visually enhancing lightshows set to music are available. Played as a group, individually or part of a class, the instructor uses our accessories pack and their fitness experience to create limitless game play to engage and stimulate users. Regular updates with new games are available upon request.



EASY-TO-USE

Easy, clear and quick navigation via the touch screen, gaming technology users can select a game, ability level, amend number of players, read a game play explanation, view remaining game play and scores and record personal details within the motivational leader board.



PARTICIPATION BENEFITS

Both products provide a full body workout with the wall specifically targeting the upper body and the floor the lower body. In addition to the many benefits associated with being active the products can also improve coordination and agility, listening skills, spatial awareness, visual and auditory sense, cardiovascular stamina, vestibular sense, concentration focus and flexibility.



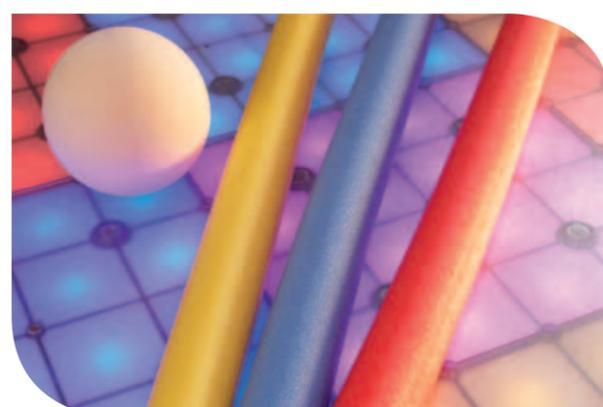
SPORTS SPECIFIC TRAINING

Professional sports clubs like Manchester City Football Club have installed our Active product range to deliver sports specific training. Using the Active wall to test goal keeper reaction times and to help players to kick and aim a ball at a moving target. Withstanding up to 3,000lbs of pressure they could even be used for improving golfing and cricketing game play techniques.



SECONDARY INCOME GENERATOR

Coin operated, pay per play or private hire for parties or school groups the Active range is a unique recreational and educational exertainment solution to engage with key user groups to provide operators with a secondary income.



OPTIONAL ACCESSORY PACK

For additional fun and interaction many additional games can be created from the pre-programmed games. Including team games, relay games or gym staff can introduce props such as woggles, bean bags or balls from our optional accessory pack.

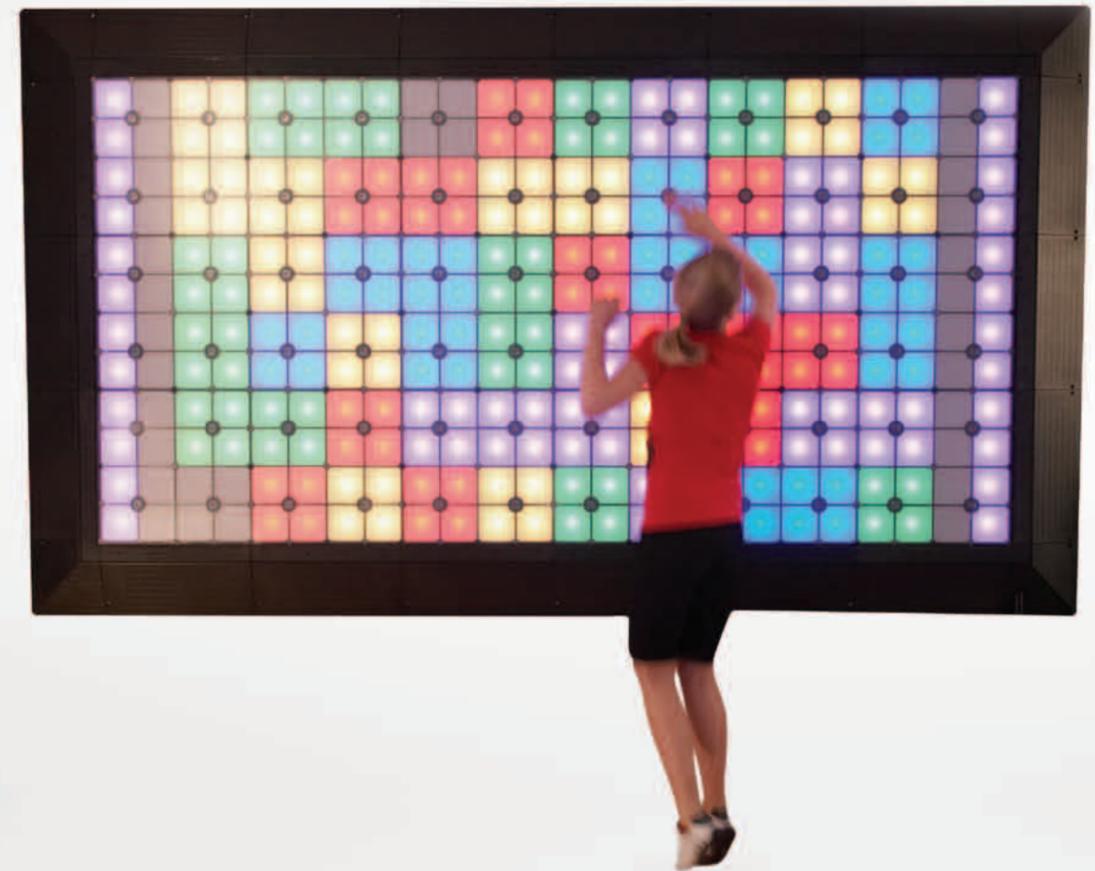
ACTIVE FLOOR



ACTIVE FLOOR SPECIFICATION

Active Floor dimensions: 2865mm x 2865mm
Number of tiles: 36 tiles and 48 LED's per tile
Weight capacity: 3,000lbs
Power requirement: single 13amp socket
Durability: designed to take heavy traffic and ongoing game play
Optional coin operated kiosk

ACTIVE WALL



ACTIVE WALL SPECIFICATION

Active Wall dimensions: 2865mm x 1646mm
Number of tiles: 18 tiles and 48 LED's per tile
Weight capacity: 3,000lbs
Power requirement: single 13amp socket
Durability: designed to take heavy traffic and ongoing game play
Props package consisting of 4 woggles,
2 sets of 6 bean bags and 2 soft footballs
Optional coin operated kiosk

DANCE MACHINE

Putting the fun back into physical activity, Dance Machine is the ultimate in competitive exertainment. An exciting interactive gaming technology that increases fitness participation, it improves health and helps combat obesity levels in children and adults alike.



DANCE machine

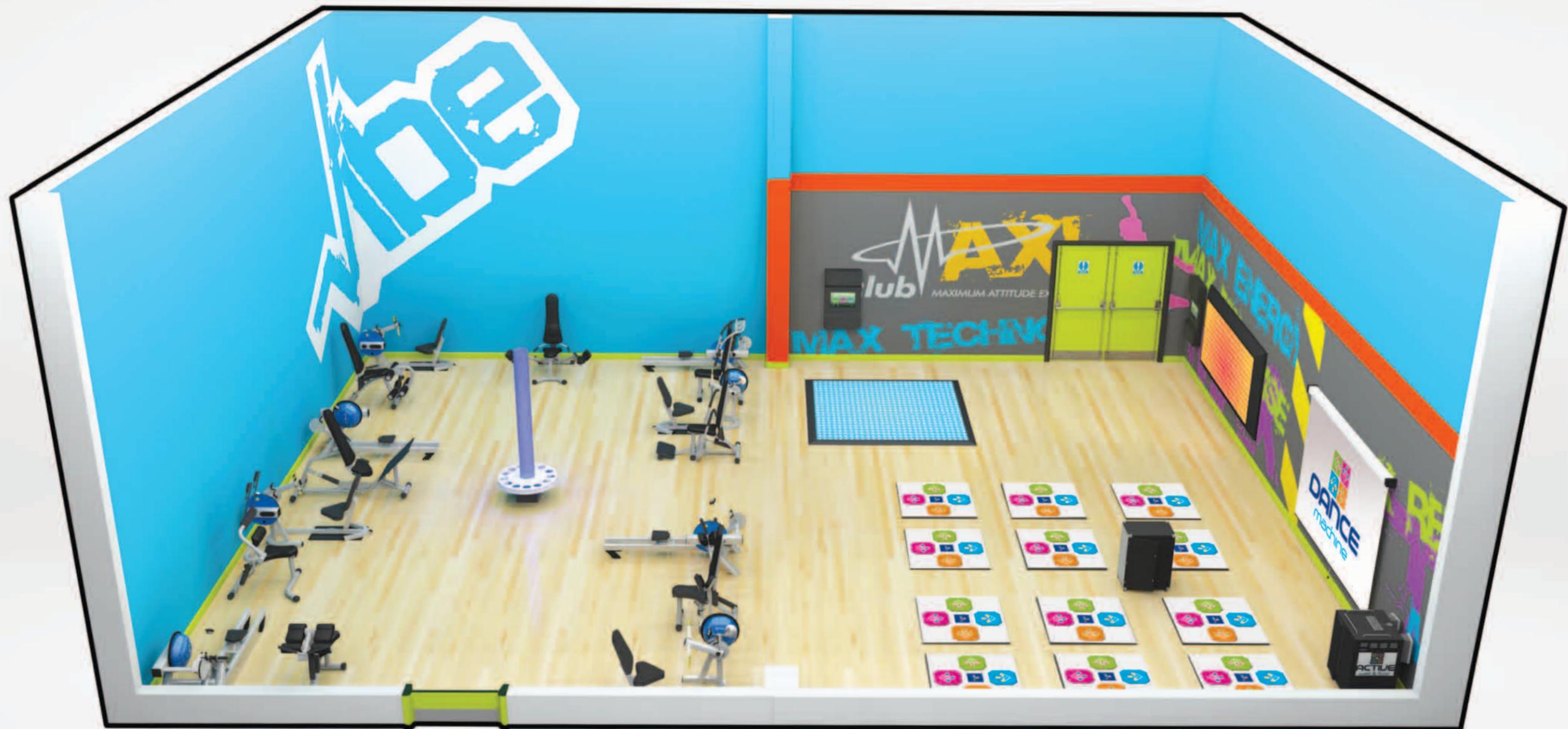


SQUASH COURT CONVERSION

Helping you to increase leisure income within your existing leisure facility, Pulse could convert a typical squash court into a modern vibrant interactive fitness suite, fully equipped with an Active wall, floor and 8 mat dance system.



Before and after of a single squash court conversion into interactive kids fitness suite.



Example of a double squash court conversion into interactive and kids fitness suite.

SUPPLEMENTARY FITNESS SOLUTIONS

Committed to providing our customers with a total fitness solution we work in partnership with other leading fitness equipment suppliers to provide some of the ancillary products found within a fitness suite environment.



VIBRATING PLATFORM

The new Pulse vibration platform offers users of all abilities including those in rehabilitation a more efficient and effective way to train. The 100% vertical motion ensures the body is not exposed to excessive G-Force and makes it the most efficient vertical platform.



Various models available.



1060mm x 590mm x 290mm



690mm x 590mm x 250mm



575mm x 575mm x 230mm



USER BENEFITS

The vibrating platform improves cardiovascular health and promotes healthy blood flow through the body. It is a great low-impact workout that is easy on the joints and muscles, using the body's stretch reflex to provide results in less time.



VARIABLE SPEED OPTIONS

The platform features seven settings of frequency along with three auto programming options to allow for a range of workout options as well as accommodating users of all abilities.



COMPACT DESIGN

Uniquely designed to deliver a smooth, quiet and fluid motion for ultimate rider's comfort whilst providing operators a low maintenance solution. Small, compact and lightweight for ease of portability.

Dimension: 575 X 575 X 230 mm
 Net Weight: about 40 kgs.
 Carry Capacity: 150 kgs



ERGONOMIC DESIGN

The platform features a stylish functional design without any poles or handles providing 360° access. This full accessibility allows for a more complete workout.

ABCOASTER

The AbCoaster is guaranteed to get your members off the floor and talking about the most incredible ab workout in years. Its unique design delivers an intense abdominal workout that is as effective as the hanging leg lift but easier and more comfortable than any other ab exercise.



EFFECTIVE MOVEMENT

The AbCoaster promotes core stabilisation while exercising the abdominals through a full range of motion. The multi-angle adjustable seat glides along the track to allow targeting of the transversus abdominus, obliques and the rectus abdominus.



ENHANCED COMFORT & SAFETY

A contoured seat, elbow support pads and easy grip handlebars enhance the user's position for a safe and effective workout.



INTEGRATED PLATE LOADING BARS

Users have the option to add up to an additional weight to the plate loading bars located either side of the seat.



DURABILITY

Expertly engineered for superior durability on the gym floor, the heavy duty AbCoaster is all steel construction and can withstand up to 300lbs of weight.

FLUID PRODUCTS

Created using Fluid Technology these unique fluid products offer both cardio and resistance workouts for everyone to enjoy. Both the rower and upper body ergometer blend the essence of indoor and outdoor exercise using the sight, sound and feel of water at their core. Close your eyes and be captivated by the experience



Fluid Rower

The Pulse Fitness Fluid Rower Machine is the first and only indoor rowing machine to offer twenty levels of resistance and dozens of other advanced features. This is an indoor rower ahead of its time. Pulse's unique Fluid resistance system will become an important part in helping you improve your cardiovascular fitness and endurance.



Fluid Recumbent Cycle

Finally there is an exercise apparatus that effectively engages almost every muscle in the human body. With its unique combination of Recumbent Cycle with seated and standing Upper Body Ergometer, the 251F Fluid Recumbent Cycle can isolate and work virtually every muscle and joint, in both forward and reverse direction.



Fluid Upper Body Ergometer

Our design engineers were asked to create an Upper Body Ergometer (UBE) that would allow for seated and standing use, while providing full wheelchair access. With our rotating crank arm and removable seat, the Fluid UBE offers the greatest variation of application.

ABSOLO

Combining crunches with targeted medicine ball throws, Absolo training strengthens and conditions the abdominal, oblique and lower back muscles, tones the entire upper body and provides a fat burning cardiovascular workout.



CHALLENGING, UNIQUE & INTERACTIVE

Exercisers are challenged by the retrieve and repeat motion, used individually with the aid of the repetition counter or as part of a group fitness based workout.



DURABLE IN DESIGN

Engineered with premium materials including optional target board ensures durable long lasting performance even in the busiest gym environment.



APPEALS TO DIFFERENT USER GROUPS

Used by adults and children alike the unique but competitive machine provides exceptional cardiovascular and toning benefits for all ages and abilities.



MEDICINE BALL

Heavy duty leather medicine ball, triple hand stitched with added grip control for stability. Supplied as standard, one 6lb weight and one 8lb weight, additional medicine balls can be purchased if requested.

CONCEPT 2 ROWERS

The Concept 2 indoor rower is the bestselling rowing machine, designed for maximum performance and superior durability. Rowing on an indoor rower is an impact-free full body workout which allows users to train as hard or as slow as they wish, an ideal accompanying product to any gym environment.



Concept 2 Model D



Concept 2 Model E



PERFORMANCE MONITOR

The Performance Monitor is your digital training partner, it is an easy-to-use display with clear menu navigation to choose your workout program and training settings then clearly monitor your performance during exercise.

- Standard features include; instant feedback and accurate performance tracking, multiple display options, preset or advanced workouts and games.

- The PM4 comes with additional features such as heart rate chest belt compatibility, wireless connectivity to up to eight rowers to support racing along with additional games.



A TOTAL BODY WORKOUT

- Designed with an aluminium rail, capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke to provide a true, full body workout.



ERGONOMIC DESIGN

- The ergonomic handle allows for a natural arm and hand position while rowing, whilst the rubber enforced grip handles and contour seat provide the user extra comfort and enhanced safety.



THE NATURAL FEEL OF ROWING

- So the user can feel the experience, the integrated fan has been engineered to keep noise to a minimum as the spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy boat.

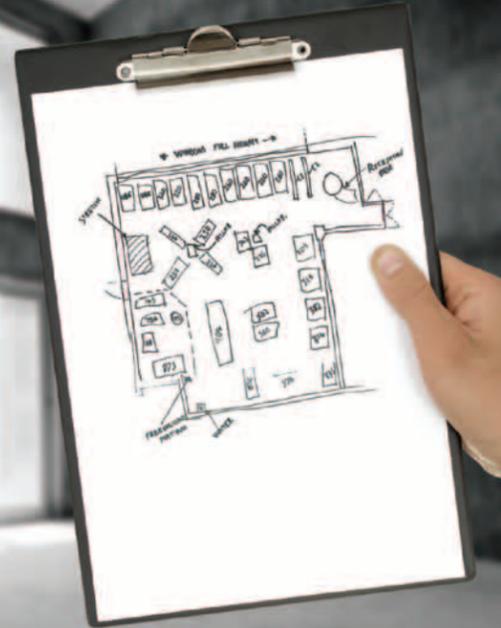
ADDED VALUE

We promised to deliver unrivalled on-going business support and dedicated after sales care. Every Pulse customer benefits from a dedicated account manager to oversee and project manage a smooth transition from order to installation, completion and opening.



GYM DESIGN

Our in-house professional design team create gym layouts and propose interior schemes to maximise your investment potential in terms of user demand and diversity.



INITIAL PLAN From a basic hand drawn sketch our designers will plan and position your equipment selection incorporating natural features to create the perfect exercise environment.



2D DESIGN Using Auto-CAD (Computer Aided Design) each piece of Pulse equipment is perfectly modelled to true size giving you the operator the peace of mind that the equipment will fit perfectly in the allocated space whilst meeting industry regulations.



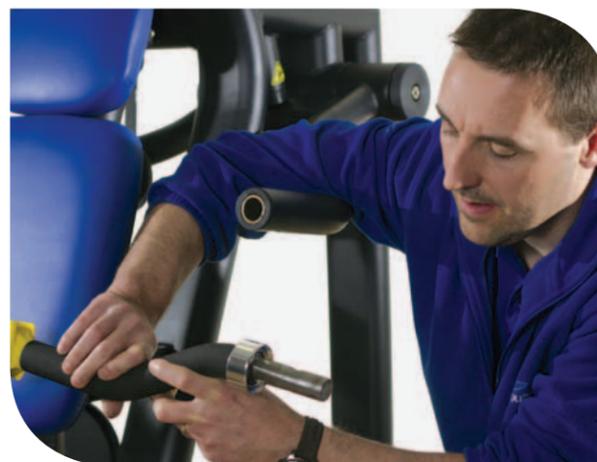
ANIMATION As per the 3D design our in house conceptualist can then create a full 3D rendered animation of the fitness suite or entire leisure centre, visualising all aspects and every minute detail of the refurbished or new fitness facility.



3D DESIGN Using our revolutionary software we can then take your 2D plan and visualise it as real-life replica in 3D, complete with proposed colour schemes, branding and interior furnishings. 3D examples are perfect to retain and gain new members through pro-active marketing initiatives.

SERVICE

We are committed to providing dedicated aftercare and support to all our customers, we believe this is shown via our outstanding service achievement of 98% first time fix rate.



UNRIVALLED SERVICE PROMISE

All Pulse products include comprehensive warranties, with preventative maintenance and service packages and a matchless fix or replace policy. Our routine and preventative maintenance programmes include parts and labour, emergency call-outs and scheduled servicing whilst our fix or replace policy, guarantees to supply parts in 24hrs or less and fix on-site in 48hrs or less. We can also provide loan machines if required.



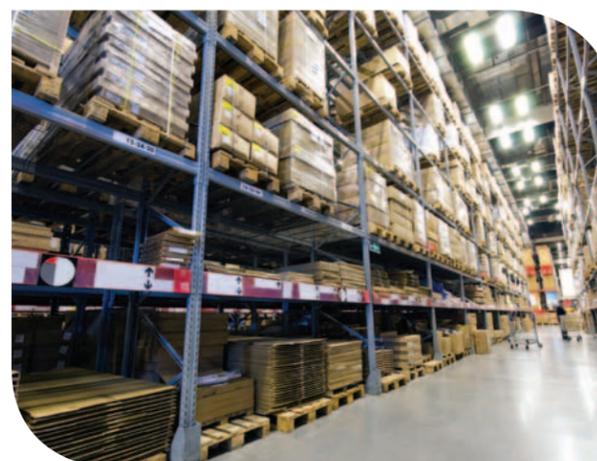
PULSE EMPLOYS UK WIDE ENGINEERS

Pulse is the only fitness company that solely employs its own team of service engineers, who cover the whole of the UK in our fleet of 'quick response' and well-stocked 'tracked' vehicles, ensuring minimum downtime for our customers. Available 364 days a year bringing you expert advice, knowledge and understanding to fix, repair or replace your equipment promptly.



24/7 ASSISTANCE

To assist you in keeping your gym running smoothly we also offer a technical helpline, web support, online parts ordering facility, detailed product manuals and explanatory diagrams, interactive training aids and free preventative maintenance training. All customers receive a comprehensive toolkit and if required a small stock of consumable items to allow them to facilitate routine maintenance and simple on-site repairs.



DEDICATED SUPPORT

We support you every step of the way with everything from free maintenance training to comprehensive warranties and extended warranties to ensure your fitness equipment is always working to your customer's satisfaction. We have a spare parts inventory of in excess of 2,500 items ranging over 3 decades of product development, so rest assured regardless of the age of the Pulse fitness equipment we can confidently and easily repair the item.

Our product credibility and durability is truly unsurpassed with operators still using our products 25 years on!



MARKETING & SALES SUPPORT

Pulse has a dedicated, experienced and creative in-house marketing team that supports Pulse partners by creating revolutionary innovative and fresh marketing solutions that establish a brand, complement the member journey and prompt a call to action activity to achieve membership sales and sustainable income growth.

MARKETING SERVICES

A snapshot of the marketing support we have provided to more than 2,000 UK customers includes; new site launches and fitness suite refurbishments, impact sales and marketing initiatives, membership management retention and communication strategies, the supply of promotional incentives such as branded t-shirts or water bottles and point of sale materials such as banners and pop-ups to support and advise your membership base of your recent equipment purchase.

Our comprehensive list of marketing services where we can support, add value and impact on the success of your leisure facility include;

- Geographical Market Research
- Market Segmentation
- Public Relations
- Marketing Training
- Sales Training
- Impact Sales Staff
- Sales Coaching and Mentoring
- Marketing Analysis
- Brand Management
- Marketing Strategy
- Creative Design
- Internal Branding
- Print Material
- Pre-sales Marketing Activity
- Referral Campaigns
- Media Placement
- New Media
- Digital Media
- Direct Marketing
- Launch Support
- Marketing Consultancy

MCLUB SPA AND FITNESS



mclub
SPA AND FITNESS



KILLAMARSH SPORTS CENTRE



GREENVALE LEISURE CENTRE



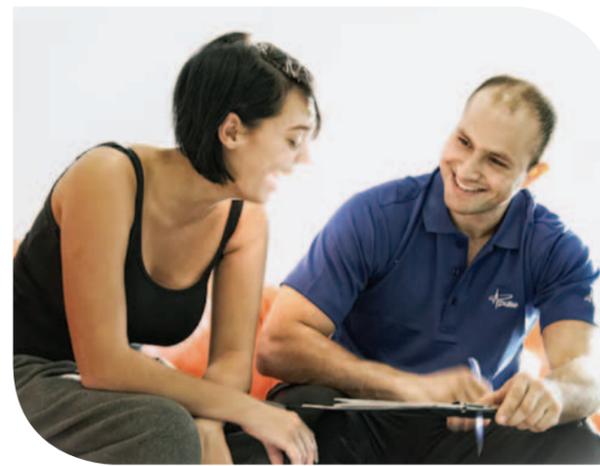
MECURE HOTELS





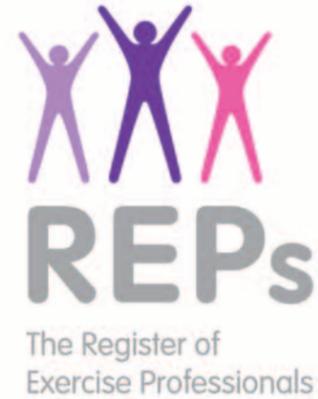
TRAINING & SUPPORT

To ensure your business benefits from enhanced productivity and profitability at all times, we offer an extensive range of certified training courses to help develop your team and share industry best practices and experiences.



SPECIALIST TRAINING

From sales, marketing and membership management training to preventive maintenance of the fitness equipment, Pulse's large professional workforce means we can provide you with a range of specialist training courses. Delivered via a mixture of techniques including site visits, conference calls, videos and webinars, Pulse can continually keep in touch offering an on-going coaching and mentoring scheme to you and your staff.



REPS ACCREDITED FITNESS TRAINING

Pulse works in partnership with leading training suppliers to offer REPS accredited training courses, giving you the assurance of a high standard course structure and knowledgeable course content for optimum delivery of a professional service on the gym floor or studio. Reps courses are also highly motivational for your staff, showing commitment to their continued professional development.



INTERACTIVE TRAINING TECHNIQUES

All Pulse training is delivered by qualified personnel and is a mixture of individual coaching or workshop sessions on and off site. We also have many training aids we can share with customers including videos, interactive e-learning tools, product manuals and webinars that are aimed to increase staff's knowledge and confidence on Pulse Fitness equipment and help to improve customer/staff interaction on the gym floor.



TRAINING FOR ALL

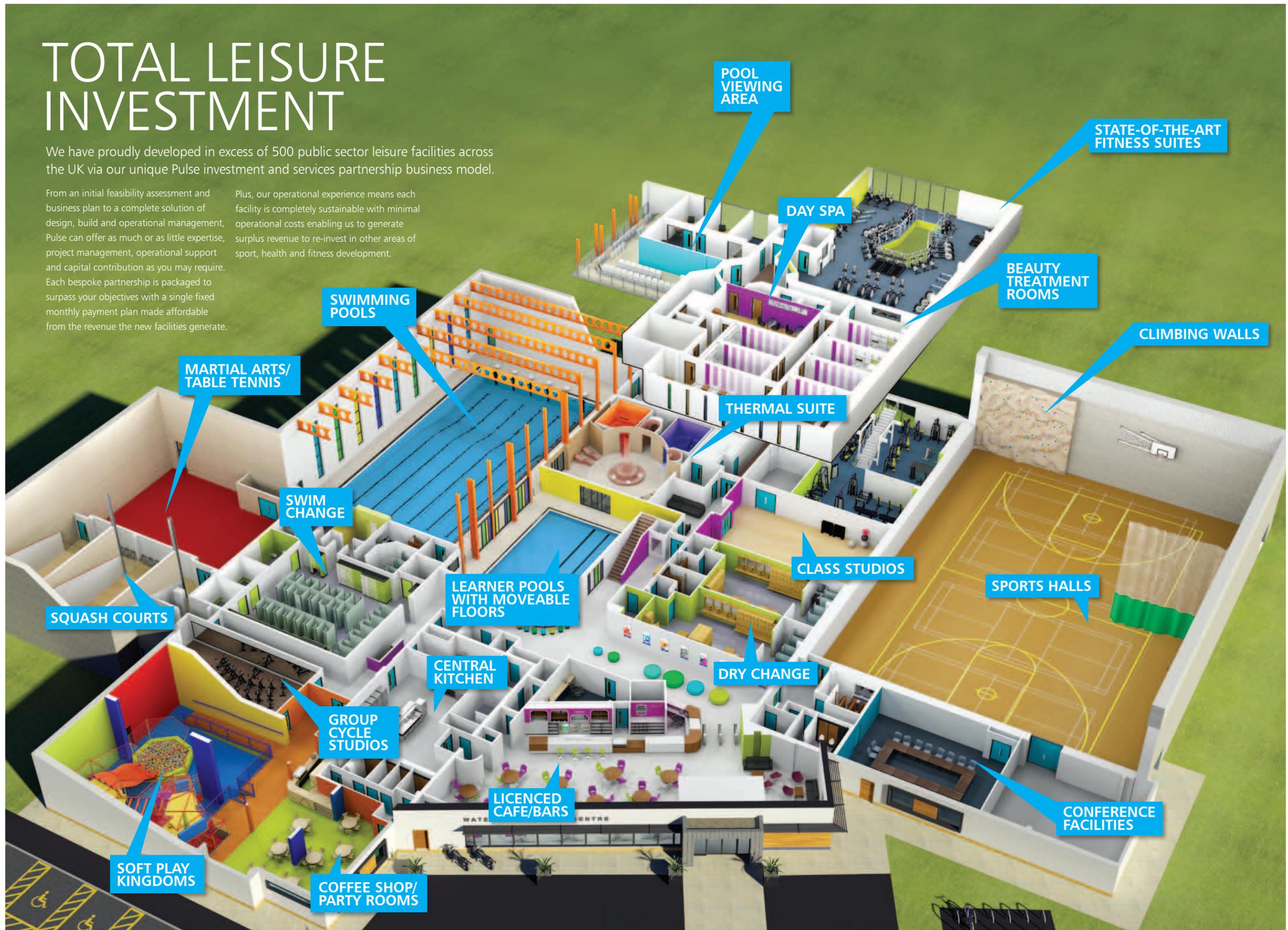
It is imperative for all personnel to understand the importance of the customer and potential customer, thus our Essential Sales Training course is suitable for reception staff through to dedicated sales personnel. It is an interactive session covering topics such as managing and retaining membership, creating the right first impression, professional setting and rapport building, delivering customer service, converting enquiries to sales, handling and overcoming objections and developing an effective referral scheme.

TOTAL LEISURE INVESTMENT

We have proudly developed in excess of 500 public sector leisure facilities across the UK via our unique Pulse investment and services partnership business model.

From an initial feasibility assessment and business plan to a complete solution of design, build and operational management, Pulse can offer as much or as little expertise, project management, operational support and capital contribution as you may require. Each bespoke partnership is packaged to surpass your objectives with a single fixed monthly payment plan made affordable from the revenue the new facilities generate.

Plus, our operational experience means each facility is completely sustainable with minimal operational costs enabling us to generate surplus revenue to re-invest in other areas of sport, health and fitness development.



PULSE LEISURE DEVELOPMENT PROJECTS

Pulse lead the way in leisure facility development for the local authority, trust and educational markets, providing new or renovating existing facilities, take a look at some of our most recent transformations.

PULSE SPORTS & FITNESS, BRADFORD



PULSE SPORTS & FITNESS, CARSHALTON



PULSE SOCCER & FITNESS, WEDNESBURY



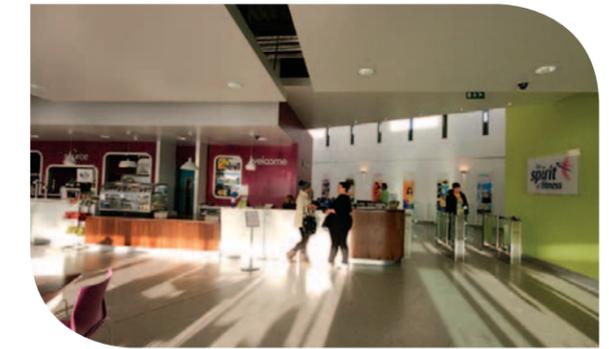
WATERLANE LEISURE CENTRE



BEFORE



AFTER





FINANCE & BUSINESS SUPPORT

Our 33 years' experience coupled with our own portfolio of operational health clubs provides you with the assurance that we understand the leisure and fitness industry. In complete partnership we will advise and support you with flexible finance, business, operational and sales support solutions to maximise a return on your investment.



BUSINESS PLANNING SOLUTIONS

Whether it is a new venture or you are looking to improve an existing facility our in-house professional and knowledgeable staff can assess, advise and recommend rationale and proven business advice. To achieve this we will undertake a comprehensive site survey covering a review of the member journey, club experience, an appraisal of the existing fitness equipment solutions, an evaluation of the membership base and finally a valuation of income and expenditure, using this detail we will then help you to create that bespoke business plan proposal.



FINANCE & LEASE PACKAGE DEALS

We have developed a range of affordable in-house finance packages to suit all budgets. Choose from hire purchase, finance lease or operating lease all providing attractive and flexible terms which cover all aspects of your purchase including equipment procurement, installation, service and maintenance contracts. Our finance packages can also include refurbishment building works, sales support, marketing contracts and training solutions. Plus, they are simple to set-up and hassle free for you as we arrange all aspects on your behalf.



INVESTMENT & SERVICES AGREEMENT

For minimal or zero capital investment and the assurance of a fixed monthly repayment let the UK's leading leisure solutions provider share the financial responsibility and operational demands with you. In complete partnership we will support you on operational best practices and give sales and marketing advice to ensure membership growth and improved income to guarantee that we both see a return on your investment.



TOTAL SUPPORT PACKAGE

Our wider business portfolio means we can offer a complete suite of operational resources from total operational management to simply help and support in key areas such as membership management and direct debit collection whilst all still presented into a flexible finance package! We are a BACS Bureau Certified direct debit collection service with credit, debit and debt management experienced teams, we can provide you with all the IT infrastructure, software and hardware, monthly key performance reports, comprehensive staff training and most importantly a healthy bank balance each month.

INFORMATION

Pulse Fitness

Innovative commercial fitness solutions.
www.pulsefitness.com

Pulse Select

Sustainable turnkey leisure developments.
www.pulseselect.com

Pulse Soccer

Self-financing soccer centres.
www.pulsesoccer.com

Club Pulse

Creative business management support.
www.club-pulse.com

pulsefitness.com

pulseselect.com

pulsesoccer.com

club-pulse.com

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