



## Fitness Catalog

# 2011 CATALOG



Made In The U.S.A.



## Set your abdominals on fire with the Variable Stability System!

We at KoreExtreme want to make your exercise experience safe, fun and incredibly effective.

The KoreFit's unique design enables it to be used by a wide range of people.

The KoreFit™ is unique because of

the Variable Stability System.

The Variable Stability System enables the user to vary the intensity of any workout. It helps the user rebalance their core and thereby increase overall abdominal muscle firing with each

motion. Combine the Variable Stability System and our philosophy of Pure Balance™ and you have the recipe for a perfect workout. Experience this sensation for yourself with the KoreFit™!

- Developed by a Physiotherapist
- Variable Stability System - You Control the Air Flow
- Unique Shape - Large Base of Support
- Ballast Ridges - Increase Challenge

**Variable Stability System**

With an easy turn of the dial, you can adjust the intensity of any workout on the KoreFit™.



## The KoreFit™ is completely portable

The KoreFit™ is completely portable. You can set it up in seconds, have an incredible workout, and then you can easily fold it up and put it away. This is one of the features that propelled KoreFit™ into the Physical Therapy Products 2010 Buyers Guide. The KoreFit™ is great for the person with little space for a workout machine, time or motivation. Try out the KoreFit™ now!



**KoreFit™**

Dynamic Functional Training in one piece of equipment

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**Storage Rack**

Holds 14 KoreFits™, KoreBands and up to 6 Swissballs

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**KoreFit™ Gear**

Performance Gear that performs as well as you

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# KoreFit™

## Total Body Workout in 30 Minutes

The KoreFit™ Dynamic System consists of: 1 KoreFit™, 3 Sets of KoreBands (Light, Medium, Heavy), 1 Air Pump, KoreFit Dynamic System DVD

### A. Open KoreFit™

The KoreFit™ opens up easily for use.

### B. Folding KoreFit™

The KoreFit™ easily folds up by pulling up on the handle located in the middle of the unit.

### C. Easily Portable

The KoreFit™ weighs 30 lbs. and is easily portable

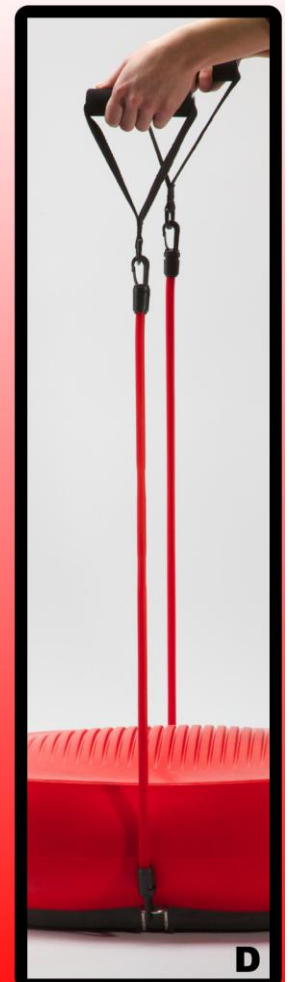
### D. KoreBands

The KoreBands comes in 3 different strengths (Light, Medium, and Heavy)

### E. Power Gauge



Bottom View



## KoreFit™ Standard Rack System

This rack system holds all of your KoreFits™ along with up to 6 Swissballs. It folds up for easy shipping and storage.



Each Rack is made of solid welded steel construction. The Rack is easily portable due to 4 caster wheels that can be used on any indoor surface.

Dimensions: 96" L x 26" W x 78" H (with Swissball extension)

Three tier levels to store KoreFits™.

### A. Three Tier Storage

The Rack holds KoreFits™ on three tiers to reduce overall storage area. Dimensions: 96" L x 26" W x 78" H

### C. Storage Rack

Storage Racks can be placed side by side or back to back.

### B. Portability

Each Rack has 4 caster wheels for easy portability. These wheels can be used on hardwood, carpet and tile flooring.

### D. Swissball Extension

The Swissball Extension attaches to the top of the Rack and can hold up to 6 Swissballs.





## KoreFit™: Back to Basics

KoreFit™: Back to Basics DVD combines body weight training, balance, sports movements and functional dynamics into one complete workout.

Back to Basics incorporates many easy to follow exercises and adds the intensity of the KoreFit™.



### A. UA Heatgear Sleeveless

KoreFit™ logo on the front. Tight fitting.

### B. UA Performance Team Gear

Loose fitting. KoreFit™ logo on the front and KoreFit.com logo on the back.

### C. UA Fitted Heatgear

KoreFit™ logo on the front. Tight fitting.



## The KoreFit™ Facts:

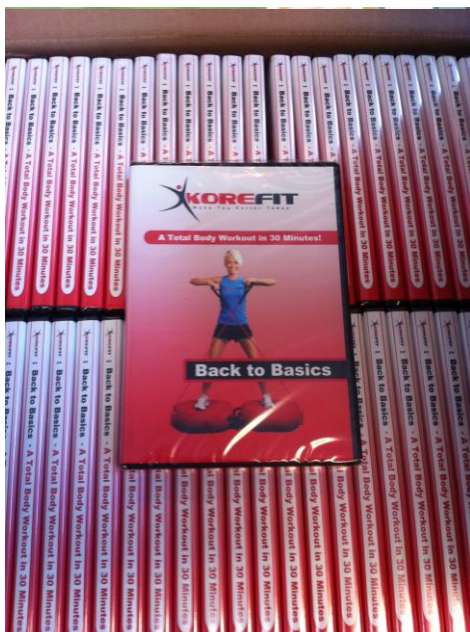
- Developed by a Physiotherapist for rehabilitation and fitness programs.
- Variable Stability System:
  - o An easy turn of the control knob increase the intensity of your workout
  - o Level 1 – 0% Air transfer between both halves
  - o Level 2 – 33% Air transfer between both halves
  - o Level 3 – 66% Air transfer between both halves
  - o Level 4 – 100% Air transfer between both halves
  - o The goal is to keep the user balanced between the two Kore Ballasts
  - o Maximize multi-planer exercises for a total body workout
- 6 Different KoreBand Attachment Points
  - o The exercise possibilities are endless – band exercises intensify your KoreFit™ workout
  - o KoreBands – 3 feet in length, rotation technology, dual carabineers to minimize sheer force
    - Light, Medium, Heavy
- Full Inflation:
  - o 8 inches tall – same height as a step (great for functional rehabilitation and/or training)
  - o The ballasts are prorated to 300 lbs. of the user's weight
  - o The KoreFit™ gives the user enough “bounce” while still inflated
  - o Max inflation height is 10 inches
- Ridges
  - o The ballast ridges secure the user in a neutral body position throughout a workout
  - o Provide flexibility to increase or decrease balance intensity
  - o Ridges relay proprioceptive feedback and engage the core throughout a workout
- Unique Shape
  - o The body is not round and neither is the KoreFit™ – the next generation of dynamic balance equipment
  - o Elongated shape enhances body's imbalances to provide better body awareness
  - o Total Body Workout in approximately 30-Minutes
  - o Find Pure Balance™



KoreFit™  
Total Body Workout in 30  
Minutes

"I was so sore after the new DVD Back to Basics on level three with blue bands. I jumped back on the KoreFit today and had another great workout. A great total body workout from the second you step on!"

- Julie K. (Take Your Body Back 2011 Challenger)



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