

GYM@HOME



**THE BEST SPACE.
THE BEST EQUIPMENT.
YOUR BEST SHAPE!**

2019/2020



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EXPLANATION OF SYMBOLS

**DRIVE TECHNIQUES**

Our training equipment has four different drive techniques: On the drive system M (manual control), continuous magnets apply resistance to the flywheel mass. The brake can be adjusted by turning the knob on the machine. On the drive system P (program controlled), resistance is also applied to the flywheel mass through continuous magnets. In contrast to the M drive, the magnets are adjusted by a motor that is conveniently controlled via the display. On the E drive system (electromagnetic control) – the benchmark developed for professional athletes and therapeutic applications – an intelligently controlled electromagnet applies resistance to the flywheel mass. This technology enables precise power adjustment in 5-watt steps.



On the H₂O drive system, rotors power a stream of water. The resistance adjusts naturally – just like on water.

**HIT**

Short but fierce, high-intensity training (HIT) significantly reduces the risk of cardiovascular and metabolic diseases with only two sessions a week. Simply activate the session on the premium display and you are ready to go!

**IPN COACHING**

IPN Coaching, developed by the Institut für Prävention und Nachsorge (Institute for Prevention and Aftercare or IPN) in Cologne, offers 24 highly individualised training programmes that are calculated based on endurance tests completed by you on your training device.

**HEART RATE ZONE TRAINING**

Heart rate zone training will keep you on the right track from the word go, so you can achieve your training goal with maximum efficiency. Either at a moderate heart rate range for focused fat burning, or at a higher heart rate range for carb burning. Simply select one of five heart rate zones via the advanced/premium display.

**PERFECT ADJUSTMENT**

Instant individual seat adjustment and exchangeable seat tops (BASIC FOAM, FLEXIBLE FOAM and 3D GEL).

**PEDALLING QUALITY**

The professional selection of high-quality components and perfectly coordinated parts guarantees quiet, joint-friendly operating and makes even high-intensity training feel smooth and comfortable. The KETTLER pedalling quality index (PQI*) shows you how smoothly your training equipment runs – the higher the PQI, the smoother the run.

**Bluetooth**

All training equipment with Bluetooth modules can be paired with various heart rate, performance and step frequency monitors.

**ALU TEC**

The underside of the table tennis tables is made of an aluminium honeycomb panel in outstanding outdoor quality.



KETTLER SPORTS Facebook
www.facebook.de/kettlersports



KETTLER SPORTS Instagram
www.instagram.de/kettlersports



KETTLER SPORTS YouTube
<https://www.youtube.com/user/KETTLERChannel>



* KETTLER pedalling quality index, KETTLER laboratory test results.

KETT MAPS

KETTMAPS

Have you ever wanted to ride in the “Hammer Series”, row across Lake Constance or run through Central Park? With KETTMaps, you can – all from the comfort of your home!

Simply connect your cardio machine to our virtual training app, KETTMaps, and be transported to exciting training locations. Whether you are training on an exercise bike, indoor trainer, treadmill, rowing machine or cross trainer, there are many different routes available at different levels of difficulty.

The system is interactive and intelligent. If your virtual route leads uphill, the resistance will also increase on your device. The interaction between the device and the app will deliver a realistic training experience straight to your living room.

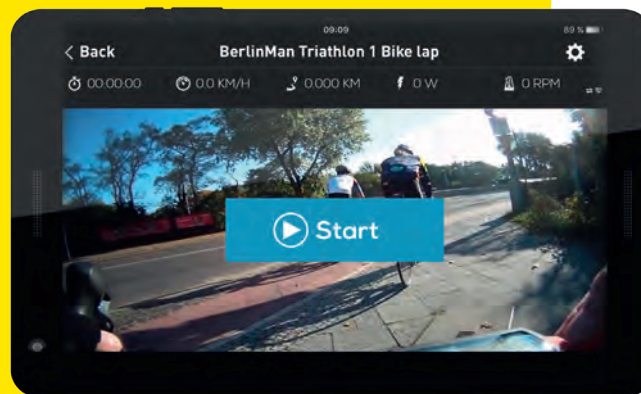
Whether you train during the day or at night, in the rain, heat or thunderstorms, with KETTMaps you can now train in your favourite locations 24/7. It goes without saying that you can also track all your training data and share your success with friends on social media.

Does competition get your adrenaline flowing? Then compete virtually against other users! Set a challenge and push each other to top form.

And if the available routes are no longer enough for you, you can simply grab your camera, film your outdoor workout and share it with the community. Then not only can you relive your training session, but other users can experience it too.

In the free version, there are 15 videos available. The paid version includes countless virtual scenarios, over 70,000 km of routes and a whole lot of challenges. KETTMaps is available from the Google Play Store or the App Store.

What are you waiting for? Download KETTMaps today and travel the world in virtual training routines!



YOUR. BEST. RUNNING TRAINING.


Walking, jogging or marathon running – all have one thing in common: All you have to do is put one foot in front of the other. To make that process as safe, joint-friendly and sustainable as possible, our treadmills have the right equipment for every level of performance. Our most prominent feature is the KETTLER ENERGY DECK – the treadmill deck shock absorption system with rebound effect. Ideal for everyone who prefers gentle running with 30 to 40 percent less pressure on the joints.

KETTLER TRACK S10

07886-900

- 4.0 hp AC motor with studio approval in accordance with German DIN EN standard 20957 for running speeds from 0.5 to 22 km/h.
- Running speed adjustable in 0.1 km/h steps
- Adjustable incline in 1% steps – up to a maximum of 12%
- 153 x 55 cm running surface
- Maximum load bearing capacity of 175 kg and dimensions 208.2 x 93.5 x 145.5 cm (L x W x H) when set up



Find out more
on the next page 



KETTLER ENERGY DECK

The innovative KETTLER ENERGY DECK features joint-friendly and low-noise running deck cushioning, plus an amazing rebound effect that returns the impact energy with every step you take. This means: more speed, better performance and an unbeatably agile running style.

The secret to its success is in the material: thermoplastic polyurethane. The shock absorption system, made of TPU foam, is installed in the core of the treadmill to ensure optimum shock absorption and outstanding energy rebound on contact with the feet.



EFFECTIVE WORKOUT. EFFICIENT STORAGE.

Our treadmills are just as strong, sturdy and comfortable when walking, jogging or running as they are quick, easy and practical to stow away. Thanks to their castor wheels and 30 percent shorter length when folded up, they are easy to handle and provide space for all the other things you need in daily life.



KETTLER TRACK S8

07886-800

- 3.0 hp DC motor for a top speed of 20 km/h
- Running speed adjustable in 0.1 km/h steps
- Adjustable incline in 1% steps – up to a maximum of 12%
- 153 x 55 cm running surface for safety at every speed
- Maximum load bearing capacity of 150 kg and dimensions of 208.2 x 93.5 x 145.5 cm (L x W x H) when set up





KETTLER TRACK S6

07886-600

- 3.0 hp DC motor for a top speed of 20 km/h
- Running speed adjustable in 0.1 km/h steps
- Adjustable incline in 1% steps – up to a maximum of 12%
- 140 x 50 cm running surface for safety at every speed
- Maximum load bearing capacity of 140 kg and dimensions of 189.5 x 87 x 143.5 cm (L x W x H) when set up



KETTLER TRACK S4

07886-400

- 2.5 hp DC motor for a top speed of 18 km/h
- Running speed adjustable in 0.1 km/h steps
- Adjustable incline in 1% steps – up to a maximum of 12%
- 135 x 47 cm running surface for safety at every speed
- Maximum load bearing capacity of 130 kg and dimensions of 182 x 85.5 x 143.5 cm (L x W x H) when set up



YOUR. BEST. ROWING TRAINING.

COACH H₂O

07975-500

Rowing uses 85 percent of the muscles that are responsible for active movement. When doing so, it's important to use powerful motions that flow smoothly and harmoniously from one to the next. Our COACH rowing machines offer the best conditions to make that possible – even if you are two metres tall:

- Robust frame (Duo Rail) with ball-bearing-mounted roller seat on extra long aluminium rails
- Optimised ergonomics with a raised seat position, adjustable display and adjustable foot plates, developed in collaboration with boat manufacturer Empacher
- Bluetooth technology for sport apps (such as KETTMaps), fitness watches or heart rate monitors



- Ergonomically shaped basic foam seat at a comfortable seat height for easy mounting and dismounting
- Training programme with continuous display of 8 training values
- 6-12 l Water tank volume for a realistic rowing experience, like on water
- Variable filling height to adjust the basic resistance
- Multi Move handles

Bluetooth KETT MAPS H₂O



A table with all technical specifications can be found on pages 26-27

ROWING MACHINES



COACH 10

07975-450

- Ergonomically shaped 3D gel seat with pressure reduction; comfortable seat height for easy mounting and dismounting
- Tablet holder and Multi Move handles
- 13 training programmes including Advanced Brake Mode
- 6 kg flywheel mass for exceptionally smooth pulling action
- Induction brake with 25-600 watts, adjustable in 10 brake levels



COACH 6

07975-400

- Ergonomically shaped basic foam seat at a comfortable seat height for easy mounting and dismounting
- 12 training programmes with continuous display of 9 training values
- 6 kg flywheel mass for exceptionally smooth pulling action
- Induction brake with 25-400 watts, adjustable in 10 brake levels



COACH 2

07975-300

- Ergonomically shaped basic foam seat at a comfortable seat height for easy mounting and dismounting
- Training programme with continuous display of 8 training values
- 6 kg flywheel mass for exceptionally smooth pulling action
- 5-level magnet resistance for performance-based training



EFFECTIVE ROWING. EFFICIENT STORAGE.

As well as being strong and robust, our Coach rowing machines are simple and easy to stow away, thanks to their dynamic loop design. The castor wheels in particular make this possible: They ensure that the equipment with the sturdy dimensions of 219 x 57 x 94 cm (L x W x H) are easy to transport.

YOUR. BEST. CROSSTRAINING.

Take one part cross-country skiing, plus two parts walking, jogging or running, and add a burst of stair climbers to finish – and burn up to 700 calories an hour with a sustainable cardiovascular cross training routine. Our cross trainers offer optimal training conditions – both in the front drive design and the space-saving rear drive design.



SKYLON 10

07691-800

- Cross trainer with the option to select between the target watt value or brake level
- Equipped with the KETTLER Premium Display, including Bluetooth interface
- rpm-independent induction brake with 25 to 400 watts
- 22 kg flywheel mass for exceptionally smooth running
- 10 cm foot plate spacing with 50 cm stride length and 15 cm maximum pedal height
- Foot plate with soft inlets for an exceptionally comfortable feeling
- Extraordinary variety of training options, thanks to effective cardiovascular workout and full body workout in one machine
- Convenient fold-up system for space-saving storage
- Easy to transport via castor wheel system
- Maximum load bearing capacity of 150 kg and dimensions of 214 x 93 x 170 cm (L x W x H) when set up



SKYLON 4

07691-400

- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- Equipped with the KETTLER Advanced Display
- Convenient fold-up system for space-saving storage
- 20 kg flywheel mass for exceptionally smooth running
- 10 cm foot plate spacing with 50 cm stride length and 15 cm maximum pedal height
- Maximum load bearing capacity of 150 kg and dimensions of 214 x 68 x 170 cm (L x W x H) when set up



SKYLON 6

07691-600

- Cross trainer with the option to select between the target watt value or brake level
- Equipped with the KETTLER Advanced Display
- rpm-independent induction brake with 25 to 400 watts
- 22 kg flywheel mass for exceptionally smooth running
- 10 cm foot plate spacing with 50 cm stride length and 15 cm maximum pedal height
- Maximum load bearing capacity of 150 kg and dimensions of 214 x 68 x 170 cm (L x W x H) when set up



SKYLON 2

07691-210

- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- Equipped with the KETTLER Advanced Display
- 18 kg flywheel mass for exceptionally smooth running
- 14 cm foot plate spacing with 50 cm stride length and 15 cm maximum pedal height
- Maximum load bearing capacity of 130 kg and dimensions of 185 x 68 x 164 cm (L x W x H) when set up



STANDARD TABLET HOLDER

Good news for anyone who wants to be entertained while training: All cross trainers feature a tablet holder.



UNIX 10 EXT

07692-600

- Equipped with the KETTLER Premium Display
- Cross trainer with the option to select between the target watt value or brake level
- rpm-independent induction brake with 25 to 400 watts
- 22 kg flywheel mass for exceptionally smooth running
- 19 cm foot plate spacing with 48 cm stride length and 15 cm maximum pedal height
- EXT Technology (Extended Motion) for a range of movement that is extremely effective and gentle on joints
- Foot plate with soft inlets for an exceptionally comfortable feeling
- Maximum load bearing capacity of 150 kg and dimensions of 144 x 56 x 162 cm (L x W x H) when set up



UNIX 10

07692-500

- Equipped with the KETTLER Premium Display
- Cross trainer with the option to select between the target watt value or brake level
- rpm-independent induction brake with 25 to 400 watts
- 22 kg flywheel mass for exceptionally smooth running
- 19 cm foot plate spacing with 39 cm stride length and 20 cm maximum pedal height
- Maximum load bearing capacity of 150 kg and dimensions of 144 x 56 x 152 cm (L x W x H) when set up



UNIX 4

07692-400

- Display of current performance during training
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 20 kg flywheel mass for smooth running
- 19 cm foot plate spacing with 39 cm stride length and 20 cm maximum pedal height
- Maximum weight load of 150 kg and dimensions of 144 x 56 x 152 cm (L x W x H) when set up



MADE IN GERMANY





RIVO 4

07692-160

- Equipped with the KETTLER Advanced Display
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- 14 kg flywheel mass system for exceptionally smooth running
- 23 cm foot plate spacing with 39 cm stride length and 23 cm maximum pedal height
- Maximum load bearing capacity of 130 kg and dimensions of 132 x 62 x 169 cm (L x W x H) when set up



Bluetooth®



RIVO 2

07692-100

- Equipped with the KETTLER Basic Display
- Manually-adjustable magnetic brake system with 8 resistance levels
- 12 kg flywheel mass system for exceptionally smooth running
- 23 cm foot plate spacing with 32 cm stride length and 18 cm maximum pedal height
- Maximum load bearing capacity of 110 kg and dimensions of 115 x 62 x 160 cm (L x W x H) when set up



SILENT TRAINING SESSION

Rubber mat to protect the floor and dampen noise when using workout equipment.

07929-650 140 x 80 cm

07929-600 220 x 100 cm

YOUR. BEST. ERGOMETER TRAINING.

Climb on – cycle – train. The internalised motion sequence of cycling will put you on the direct path to your personal training goals: From highly effective cardiovascular training to weight loss and even triathlon endurance. Our versatile indoor trainers and ergometers provide the exact equipment that you need to achieve your goals.



ERGO C12

07689-900

- Equipped with the KETTLER Premium Display
- Ergometer with option to select target watt value/brake level
- Height-adjustable 3D gel saddle with a maximum load bearing capacity of 150 kg
- Induction brake system with 400 watts top performance
- Smooth running drive with a KETTLER pedalling quality index (PQI) of 9.0 and 10 kg flywheel mass
- Robust frame with dimensions of 119 x 55 x 137 cm (L x W x H) when set up



ERGO C10

07689-880

- Equipped with the KETTLER Premium Display
- Ergometer with option to select target watt value/brake level
- Height-adjustable flexible foam seat with a maximum load bearing capacity of 150 kg
- Induction brake system with 400 watts top performance
- Smooth running drive with a KETTLER pedalling quality index (PQI) of 9.0 and 10 kg flywheel mass
- Robust frame with dimensions of 119 x 55 x 137 cm (L x W x H) when set up



ACCESSORY TIP!

KETTLER Bluetooth chest belt

07930-610



ERGO C8

07689-800

- Equipped with the KETTLER Advanced Display
- Ergometer with option to select target watt value/brake level
- Height-adjustable flexible foam seat with a maximum load bearing capacity of 150 kg
- Induction brake system with 400 watts top performance
- Smooth running drive with a KETTLER pedalling quality index (PQI) of 8.8 and 8 kg flywheel mass
- Robust frame with dimensions of 119 x 55 x 137 cm (L x W x H) when set up



ERGO C6

07689-600

- Equipped with the KETTLER Advanced Display
- Ergometer with option to select target watt value/brake level
- Height-adjustable basic foam seat with a maximum load bearing capacity of 130 kg
- Induction brake system with 250 watts top performance
- Smooth running drive with a KETTLER pedalling quality index (PQI) of 7.9 and 8 kg flywheel mass
- Robust frame with dimensions of 119 x 55 x 137 cm (L x W x H) when set up



NEW!

ERGO C4

07689-500

- Equipped with the KETTLER Advanced Display
- Tilt angle and horizontally adjustable, comfortable fitness seat with a maximum load bearing capacity of 130 kg
- rpm-dependent magnetic brake system with 15 resistance levels and 250 watts top performance
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 6.2 and 8 kg flywheel mass
- Robust frame with dimensions of 105 x 60 x 136 cm (L x W x H) when set up



* KETTLER pedalling quality index, KETTLER laboratory test results.



STANDARD TABLET HOLDER

Good news for anyone who doesn't want to leave their tablet or smartphone behind: All ergometers and indoor trainers feature a tablet holder.

NEW!



AXIOM

07690-680

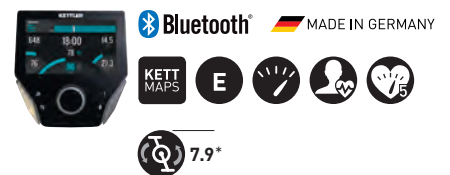
- Equipped with the KETTLER Premium Display
- Horizontally and vertically adjustable gel saddle with a maximum load of 180 kg
- rpm-independent induction brake system with 25 to 600 watts top performance
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 9.2 and 10 kg flywheel mass
- Robust frame with dimensions of 119 x 54 x 120 cm (L x W x H) when set up
- Height-adjustable multi-position handlebars



ERGO R10

07688-200

- Equipped with the KETTLER Premium Display
- Adjustable, ergonomic seat with a maximum load of 150 kg and textile backrest with adjustable tilt angle
- rpm-independent induction brake with 25 to 400 watts
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 7.9 and 10 kg flywheel mass
- Robust frame with dimensions of 171 x 56 x 123 cm (L x W x H) when set up



SEAT UPGRADE

Seat top "FLEXIBLE Foam"

07929-800

Seat top "3D GEL"

07929-900



GIRO R3

07689-370

- Equipped with the KETTLER Advanced Display
- Comfortably low seat height and adjustable seat with a fixed backrest and a maximum load of 130 kg
- Motor-controlled adjustment of the magnetic brake system with 15 resistance levels
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 6.2 and 8 kg flywheel mass
- Robust frame with dimensions of 163 x 63 x 119 cm (L x W x H) when set up



GOLF C2

07689-200

- Equipped with the KETTLER Basic Display
- Height-adjustable basic foam seat with a maximum load of 130 kg
- Manually-adjustable magnetic brake system with 8 resistance levels
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 7.9 and 6 kg flywheel mass
- Robust frame with dimensions of 119 x 55 x 137 cm (L x W x H) when set up



GIRO C1 CLASSIC

07689-110

- Equipped with a training computer with an extra large LCD display
- Tilt angle and horizontally adjustable comfort seat with a maximum load of 130 kg
- Manually-adjustable magnetic brake system with 8 resistance levels
- Smooth running drive system with a KETTLER pedalling quality index (PQI) of 5.8 and 6 kg flywheel mass
- Robust frame with dimensions of 90 x 54 x 136 cm (L x W x H) when set up



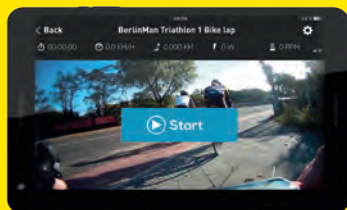
YOUR. BEST. BIKE TRAINING.

Individual setting options, high flywheel mass and maximum stability form the basis for fun, performance-orientated training. Our Speed and Racer exercise bikes, with an 18 kg flywheel mass and a maximum load bearing capacity of 130 kg, offer the perfect solution for every training level – with a wide variety of further specifications.

**KETT
MAPS**

KETTMAPS

KETTMaps brings the world's most beautiful routes to your training device – whether you are running, cycling or rowing. The app detects your speed, step frequency, number of steps or rowing strokes, and your performance/heart rate. KETTMaps also adjusts the resistance according to the incline in the virtual landscape. The Kino-map sharing platform provides a constantly growing number of routes.



NEW!

RACER S10

07988-710

- Illuminated LC display with 15 training programmes
- Racing bike handlebars with Campagnolo Chorus EPS Ergopower shift grips
- 18 kg flywheel mass for exceptionally smooth running
- Silent induction brake system with belt drive
- 1,000 watt power range for high-performance training
- Including KETTLER WORLD TOURS software for hyper-realistic training and world tours with other users
- Conventional aerobars can be mounted on the handlebars
- Maximum load bearing capacity of 130 kg and dimensions of 131 x 53 x 126 cm (L x W x H) when set up





RACER 3

07639-600

- Training computer with 12 programmes and a continuous display with 5 functions
- Generator-driven magnetic brake with 32 resistance levels
- 18 kg flywheel mass for exceptionally smooth running
- Horizontally/vertically adjustable racing seat and vertically adjustable handles
- Maximum load bearing capacity of 130 kg and dimensions of 102 x 53 x 113 cm (L x W x H) when set up



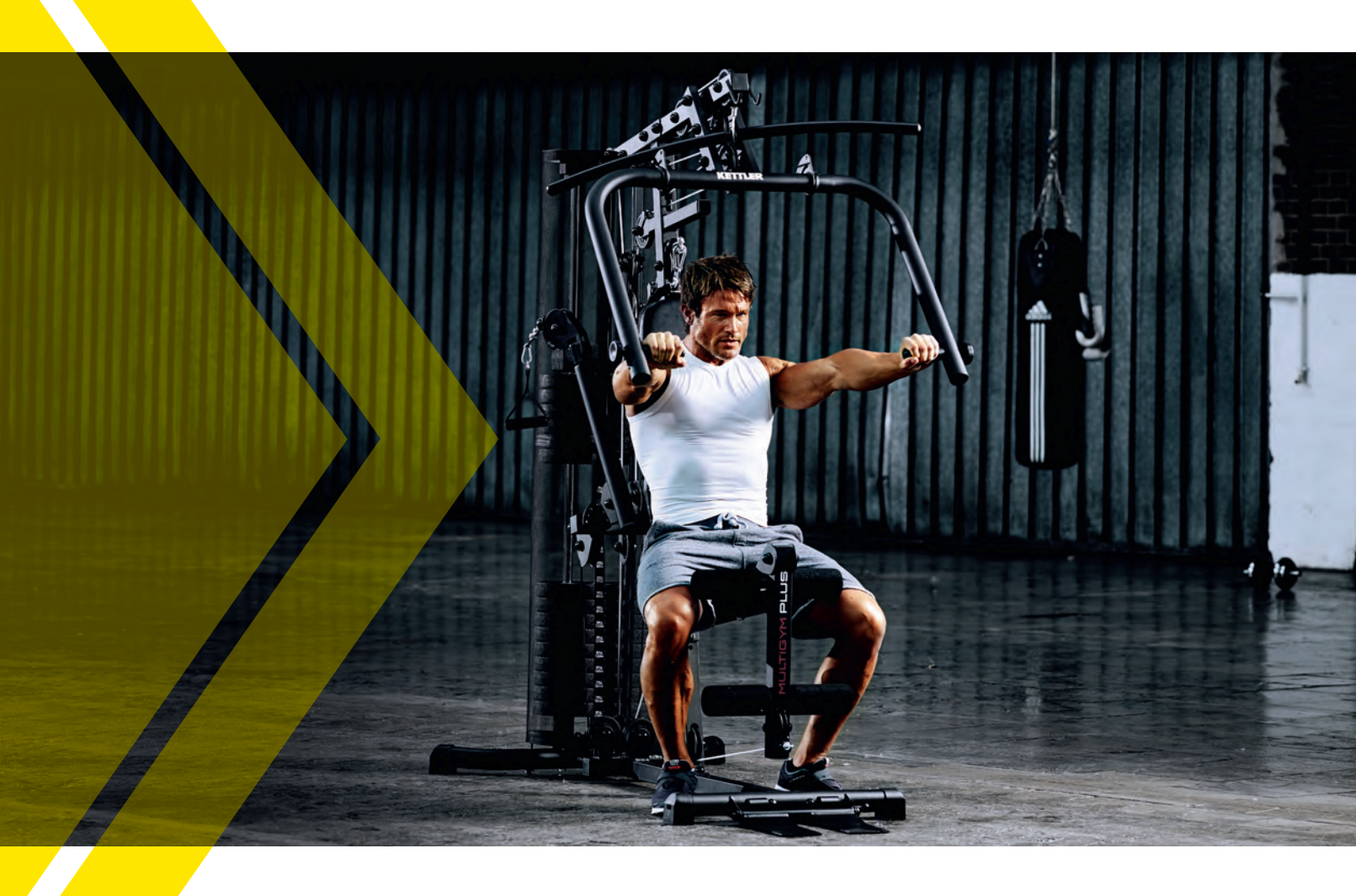
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SPEED 5

07639-200

- Horizontally/vertically adjustable racing seat and vertically adjustable handlebars
- Infinitely adjustable power control
- Brake shoes with emergency brake
- Studio Bike certification
- Self-righting pedals with combi click function
- Maximum load bearing capacity of 130 kg and dimensions of 105 x 60 x 110 cm (L x W x H) when set up



YOUR. BEST. WEIGHTLIFTING.

Weightlifting is a versatile training method that gets your entire body into shape. The weight station – also known as the multigym – is your personal trainer, so you can work out in your own four walls. Use it alongside cardiovascular training for weight loss, for tightening and toning, for rehabilitation or to prevent age-related complaints. Our multigyms are ready for anything.



MULTIGYM PLUS

07752-870

- Wide variety of training options for lat pulldowns, bench press, butterfly, rowing and leg extensions
- 3D Flex Motion system for varied rope pulley training with e.g. flies, crunches, arm curls, leg adductions and abductions
- 80 kg weight block (16 x 5 kg)
- Maximum load bearing capacity of 130 kg and dimensions of 181 x 156 x 200 cm (L x W x H) when set up

PRIMUS

07403-900

- Flat/tilted bench press for training with dumbbells/barbells and leg curls/extensions
- Height-adjustable barbell rest
- Maximum load bearing capacity of 130 kg and dimensions of 203 x 101 x 96-111 cm (L x W x H) when set up
- Fold-up exercise bench for compact storage

 MADE IN GERMANY



TIP!

Barbells and weight disks available as accessories!

MODULAR WALL BARS

07708-200

- Comprehensive training options for an effective full body workout
- Innovative fast click system for quick expansion with modules like the dip station or pull-up bar
- High “made in Germany” quality that supports a natural, sustainable training principle
- Can be integrated in any living space with dimensions of 80 x 220 x 15 cm (W x H x D)

CHIN-UP BAR

07708-210

not pictured

- Various grip variations for effective and versatile training

DIP STATION

07708-220

- High-quality forearm supports
- Rubberised handles for optimal performance of dips and leg raises

EXERCISE BENCH

07708-230

- Adjustable incline
- For use as a weight bench as well as a tilted bench for comprehensive ab training

 MADE IN GERMANY

HERK

07707-760

- Space-saving training station for weight and body weight training
- High-quality, padded, foldable bench and height-adjustable barbell rest
- Chin-up station for the wide and narrow grip variation
- Maximum load bearing capacity of 130 kg and dimensions of 138/190 x 106 x 204 cm (bench folded up/down, L x W x H) when set up

 MADE IN GERMANY



Weights not included

ALPHA PRO MULTI-FUNCTION BENCH

07708-110

- Sturdy exercising bench for safe and intensive free weight training
- Variably adjustable seating surface and backrest
- Negative bench press possible
- Can be optimally combined with the VECTOR barbell rest
- Can be extended with the leg curl and curl pad

 MADE IN GERMANY



DUMBBELL, DISC AND BAR RACK

07499-300

- Barbells and weight disks available as accessories
- Secure and tidy storage rack for barbells, dumbbells and discs (weights not included in the scope of delivery)

 MADE IN GERMANY

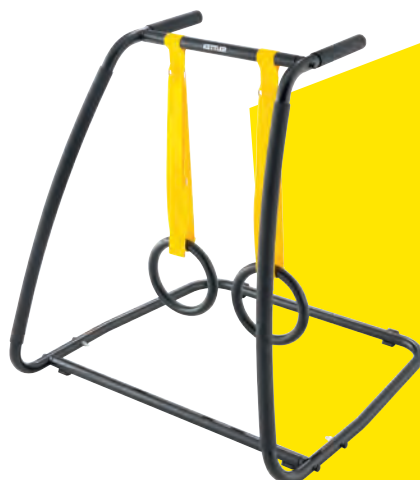


CROSSRACK

anthracite/black/yellow

07707-770

- Can be used in three positions for more than 20 exercises
- Dimensions of 90 x 88 x 75 cm (L x W x H) when set up
- Maximum weight load of 110 kg
- Additional accessories (slackline, flying rings) provide increased training variations



LEG CURL

07465-250

- The perfect add-on for leg curls and leg extensions with the Alpha Pro

 MADE IN GERMANY



BARBELL BAR

07371-780

- Weight disks available as accessories



CAST-IRON WEIGHT DISKS

- Supports building of the upper body, arm and back muscles

15 kg

07371-860

10 kg

07371-850

5 kg

07371-840

2.5 kg

07371-830





YOUR. BEST. TABLE TENNIS TRAINING.

To keep a game of table tennis going smoothly, the table and supporting structure must be sound. Our tables guarantee stability with a series of quality features: anti-glare table surfaces, soft touch edge protectors and four steerable off-road double wheels with two diagonal brakes and a secure grip on every floor. Let the game begin!

OUTDOOR 10

07178-900 grey/blue
07178-950 umbra/green

- 5 cm profile frame
- Folding mechanism with single-hand locking system
- Easily adjustable net tension
- Ball box including dispenser on each table half
- Storage dimensions of 68 x 183 x 165 cm (L x W x H)



grey/blue



umbra/green

ALU TEC®  MADE IN GERMANY



Further KETTLER
TT tables at
www.kettler.de



INDOOR 10

07138-900 grey/blue

- 2.2 cm special wood table (not weatherproof)
- 5 cm profile frame
- Folding mechanism with single-hand locking system
- Easily adjustable net tension
- Ball box including dispenser on each table half
- Storage dimensions of 68 x 183 x 165 cm (L x W x H)

INDOOR  MADE IN GERMANY



PROTECTIVE COVER

07032-600

- Durable synthetic fabric to protect the table tennis table against moisture, dust and dirt

OUTDOOR PADDLE SET

07091-100

- Two weatherproof paddles
- Including premium outdoor 3-star ball set (three pieces)



CHAMP PADDLE SET

07091-700

- Two tournament TT paddles with high-performance surfaces
- Including premium outdoor 3-star ball set (three pieces)



OUTDOOR 3-STAR BALL SET

07222-550



OUTDOOR 4

07172-700 grey/blue

- 2.5 cm profile frame
- Folding mechanism with double button lock
- Easily adjustable net tension
- Ball box including dispenser on each table half
- Storage dimensions of 68 x 183 x 165 cm (L x W x H)



ALU TEC®



MADE IN GERMANY

#SKETCHPONG

07172-750 grey/blue

- Chalkboard coating for marking with chalk
- 2.5 cm profile frame
- Folding mechanism with double button lock
- Easily adjustable net tension
- Ball box including dispenser on each table half
- Storage dimensions of 68 x 183 x 165 cm (L x W x H)



ALU TEC®



MADE IN GERMANY

TABLES

	CROSS TRAINERS	SKYLON 10 07691-800	SKYLON 6 07691-600	SKYLON 4 07691-400	SKYLON 2 07691-210	UNIX 10 EXT 07692-600	UNIX 10 07692-500	UNIX 4 07692-400	RIVO 4 07692-160	RIVO 2 07692-100
TRAINING COMPUTER	Training time	•	•	•	•	•	•	•	•	•
	Speed/distance	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•
	Pedal rotations per minute	•	•	•	•	•	•	•	•	•
	Heart rate/energy consumption	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•
	Pulse measurement	Hand pulse/ BLE* chest belt (included)	Hand pulse/ chest belt T34 (optional)	Hand pulse/ chest belt T34 (optional)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/ BLE* chest belt (included)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/ chest belt T34 (optional)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/ chest belt T34 (optional)
	Available menu languages	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT
	Data that can be saved by individual users	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data	Pers. data, various training data
	Manual training (MANU) – rpm-dependent: User selects a brake level	•	•	•	•	•	•	•	•	•
	Automatic training (AUTO) – rpm-independent: User selects a target watt value	•	•	•	•	•	•	•	•	•
	Display of current performance	Yes, in watts	Yes, in watts	Yes	Yes	Yes, in watts	Yes, in watts	Yes	Yes	No
Display of average values	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes [after end of training]	
User memory	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	
TECHNICAL DETAILS	Brake system/ power control	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Magnetic brake system (motor- driven)/ 15 brake levels (gears) controlled via display	Magnetic brake system (motor- driven)/ 15 brake levels (gears) controlled via display	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Induction/ in AUTO mode: 25 – 400 watts / In MANU mode: 20 brake levels	Magnetic brake system (motor- driven)/ 15 brake levels (gears) controlled via display	Magnetic brake system (motor- driven)/ 15 brake levels (gears) controlled via display	Magnetic brake system / 8 brake levels (gears) selectable via turning knob
	Flywheel mass system	22 kg	22 kg	20 kg	18 kg	22 kg	22 kg	20 kg	14 kg	12 kg
	Convenient folding system	•	•	•	•	•	•	•	•	•
	Safety lock	•	•	•	•	•	•	•	•	•
	Maximum weight load	150 kg	150 kg	150 kg	130 kg	150 kg	150 kg	150 kg	130 kg	110 kg
	Dimensions when set up L x W x H in cm	214 / 93 / 170	214 / 68 / 170	214 / 68 / 170	185 / 68 / 164	144 / 56 / 162	144 / 56 / 152	144 / 56 / 152	132 / 62 / 169	115 / 62 / 160
	Colour	white / silver	white / silver	black	black	white / silver	white / silver	black	black	black

	ROWING MACHINES	COACH H20 07975-500	COACH 10 07975-450	COACH 6 07975-400	COACH 2 07975-300
TRAINING COMPUTER	Output in watts / timer + 500 m	•/•	•/•	•/•	-/•
	Distance covered per session / speed	•/-	•/-	•/-	•/-
	Stroke speed / energy consumption	-/•	-/•	-/•	-/•
	Rowing strokes	•	•	•	•
	Pulse measurement	BLE* chest belt (optional)	BLE* chest belt (optional)	BLE* chest belt (optional)	BLE* chest belt (optional)
	Brake levels	•	•	•	•
	Upper pulse-rate limit (display in %, optical + acoustic warning signal)	-	Detection of heart rate zones, acoustic warning signal	Detection of heart rate zones, acoustic warning signal	-
	Total no. of training programmes	1	13	12	1
	Count-up / count-down	•/-	•/•	•/•	•/-
	Manual workout control	•	•	•	•
TECHNICAL DETAILS	Interface	BLE* 4.2 standard	BLE* 4.2 standard	BLE* 4.2 standard	BLE* 4.2 standard
	Display	LCD	negative LCD	negative LCD	LCD
	APP mode	Automatic shift	Adjustable or auto- matic shift	Adjustable or auto- matic shift	Automatic shift
	Brake system/power control	Water / infinitely adjustable (intensity- dependent)	Induction / manual mode up to 600 watts (10 brake levels)	Induction / manual mode up to 400 watts (10 brake levels)	Magnet / 5 brake levels
	Flywheel mass system	6-12 litres	6 kg	6 kg	6 kg
	Rowing seat	Basic Foam Seat	3D Gel Seat	Basic Foam Seat	Basic Foam Seat
	Rowing handle	Ergo rowing handles + Multi Move handles	Ergo rowing handles	Ergo rowing handles	Ergo rowing handles
	Caster wheels	•	•	•	•
	For set up	•	•	•	•
	Dimensions when set up L x W x H in cm	217 / 57 / 94	217 / 57 / 94	217 / 57 / 94	217 / 57 / 94
Maximum weight load	150 kg	150 kg	130 kg	130 kg	
Colour	anthracite / black	anthracite / black	anthracite / black	anthracite / black	

	MULTIGYMS	MULTIGYM PLUS 07752-870	HERK 07707-760	PRIMUS 07403-900
EXERCISE STATIONS	Butterfly	via 3D Flex Motion System		
	Bench press	•	Flat bench	•
	Crunches, seated	•		
	Lat pulldown	•		
	Rowing	•		
	Rope pulley	•		
	Versatile pull exercises using the double rope pulley			
	Leg extensions	•		•
	Leg curls			•
	Squats			•
Leg presses			•	
Leg lifts			•	
Chin-ups / grip versions			•	
Dips			•	
Press-ups			•	
Biceps curl bench				Accessories
TECHNICAL DETAILS	Weight block	5-80 kg (16 x 5 kg)		
	Maximum weight load	80 kg 3D Flex Motion: 2 x 40 kg	Barbell rest 100 kg	Barbell rest 100 kg, Leg curl 40 kg
	Maximum body weight	130 kg	130 kg	130 kg
	Dimensions when set up L x W x H in cm	181 / 156 / 200	190 / 106 / 204	203 / 101 / 96-111
	Upright L x W x H in cm		138 / 106 / 204	203 / 101 / 163
Colour	black	black	black	black

INDOOR TRAINERS ERGOMETERS		ERGO C12 07689-900	ERGO C10 07689-880	ERGO C8 07689-800	ERGO C6 07689-600	ERGO C4 07689-500	AXIOM 07690-680	ERGO R10 07688-200	GIRO R3 07689-370	GOLF C2 07689-200	GIRO C1 CLAS- SIC 07689-110
TRAINING COMPUTER	Training time	•	•	•	•	•	•	•	•	•	•
	Speed/distance	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•
	Pedal rotations per minute	•	•	•	•	•	•	•	•	•	•
	Heart rate/energy consumption	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•	•/•
	Pulse measurement	Hand pulse/ BLE* chest belt (included)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/ chest belt T34 (optional)	Hand pulse/ chest belt T34 (optional)	Hand pulse/ BLE* chest belt (optional)	BLE* chest belt (included)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/ BLE* chest belt (optional)	Hand pulse/chest belt T34 (optional)	Hand pulse/ chest belt T34 (optional)
	Available menu languages	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT	DE / GB / FR / NL / PL / RU / IT
	Data that can be saved by individual users	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	Pers. data, vari- ous training data	
	Manual training [MANU] – rpm-dependent: User selects a brake level	•	•	•	•	•	•	•	•	•	•
	Automatic training [AUTO] – rpm-independent: User selects a target watt value	•	•	•	•	•	•	•	•	•	•
	Display of current performance	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	Yes, in watts	No
Display of average values	Yes	Yes	Yes	Yes	Yes	Yes	Yes, also during training	Yes	Yes	Yes (after end of training)	Yes (after end of training)
User memory	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest	4 + guest		
TECHNICAL DETAILS	Brake system / Exercise control	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Induction/ in AUTO mode: 25-400 watts / In MANU mode: 20 brake levels	Induction/ in AUTO mode: 25-250 watts / In MANU mode: 20 brake levels	Magnetic brake system / (motor-driven) / 15 brake levels (gears) can be selected on the display	Induction / rpm- independent / 25-600 watts (in 5-watt steps)	Induction/ in AUTO mode: 25-400 watts / 16 brake levels (gears) can be selected on the display	Magnetic brake system / (motor-driven) / 8 brake levels (gears) can be selected on the display	Magnetic brake system / 8 brake levels (gears) select- able via turning knob	Magnetic brake system / 8 brake levels (gears) select- able via turning knob
	Flywheel mass system	10 kg	10 kg	8 kg	6 kg	8 kg	10 kg	10 kg	8 kg	6 kg	6 kg
	KETTLER pedalling quality index**	9.0	9.0	8.8	7.9	6.2	9.2	9.0	6.2	7.9	5.8
	Innovative seat concept	•	•	•	•					•	
	Maximum weight load	150 kg	150 kg	150 kg	130 kg	130 kg	180 kg	150 kg	130 kg	130 kg	130 kg
	Dimensions when set up L x W x H in cm	119 / 55 / 137	119 / 55 / 137	119 / 55 / 137	119 / 55 / 137	105 / 60 / 136	119 / 54 / 120	171 / 56 / 123	163 / 63 / 119	119 / 55 / 137	90 / 54 / 136
	Colour	white/ silver	white/ silver	white/ silver	white/ silver	white/ silver	black	white/ silver	black/ anthracite	black	black/ anthracite

EXERCISE BIKES		RACER S10 07988-710	RACER 3 07639-600	SPEED 5 07639-200
TRAINING COMPUTER	Timer, distance covered per session, speed, energy consumption	•	•	
	Pulse measurement	BLE* chest belt (included)	Hand pulse sensors incl. / ear clip and cardio pulse set optional	
	Upper pulse-rate limit	Detection of heart rate zones, acoustic warning signal	Percentage display as well as visual and acoustic warning signal	
	Average values at the end of the training session	•		
	Total no. of training pro- grammes	13	12	
	Target zone training [FAT/FIT/MANUAL]	•	•	
	Pulse-controlled training programmes	•	•	
	Manual workout control	•	•	
TECHNICAL DETAILS	Brake system/ power control	Induction / rpm-dependent – rpm-independent	Magnet (motor-controlled) / rpm-dependent	Brake shoe with emergency function / infinitely adjustable
	Flywheel mass system	18 kg	18 kg	18 kg
	Workout range	25-1000 watts (rpm-independent up to 600 watts)	1-32 (motor-controlled)	infinitely adjustable
	Horizontal seat adjustment	•	•	•
	Dimensions when set up L x W x H in cm	131 / 53 / 126	102 / 53 / 113	105 / 60 / 110
	Power supply	power connection (230 V)	Generator	
	Maximum weight load	130 kg	130 kg	130 kg
Colour	anthracite	light grey / black	black	

TREADMILLS		TRACK S10 07886-900	TRACK S8 07886-800	TRACK S6 07886-600	TRACK S4 07886-400	
TRAINING COMPUTER	Housing and display	• LCD display 19 x 11 cm • perspiration-resistant plastic housing with acrylic-glass surface • orange text on a black background			• LC display 13.2 x 8.5 cm • perspiration-resistant plastic hous- ing with acrylic-glass surface • black text on an orange background	
	Values shown during training	The individual user can set up their personal training screen. Available options: • current incline in %; distance in km or mi • current speed in km/h or mph • current pace in min/km or min/mi, pace or speed can be displayed • current heart rate in bpm • current training duration in min:sec or h:min • energy consumption in kcal or kJoule • current heart rate zone (energy consumption or heart rate zone can be displayed) • training profile (matrix) and running animation				
	Pulse measurement	• Hand pulse sensors / BLE* chest belt (optional) • Furthermore, many sports watches, chest belts and heart rate monitors can be connected via BLE* (optional)				
	User memory	• Storage space for up to 4 individual users and one guest. • Each individual user has their own training area with personal settings options				
	Personal settings options for individual users	• Personal training intensity and workout configurations, display preferences during training, personal heart rate zones and personal data				
	Menu navigation languages	10 languages are supported				
	Training programs integrated in the treadmill	• Free workout (quick start) • Trail running • Uphill runs • Interval training • Routine breaker • Specials – (3 programs)				
	Interface / connectivity options for apps	BLUETOOTH / interactive training, such as KETTMaps, available. The treadmill supports the BLUETOOTH standards for transmitting workout data to sports apps and wearables.				
	Motor power	4.0 hp AC motor	3.0 hp DC motor	3.0 hp DC motor	2.5 hp DC motor	
	Energy feedback and cushioning	The running surface rests on energy elements for increased agility, thanks to energy feedback. Dual honeycomb structure with energy core for optimised cushioning in the step area			Dual honeycomb structure with energy core for optimised cushioning in the step area	
Adjustable speed in increments of...	0.5 - 22 km/h 0.1 km/h	1 - 20 km/h 0.1 km/h	1 - 20 km/h 0.1 km/h	1 - 18 km/h 0.1 km/h		
Dimensions when set up L x W x H in cm	208 / 93.5 / 145.5	208 / 93.5 / 145.5	189.5 / 87 / 143.5	182 / 85.5 / 143.5		
Maximum weight load	175 kg	150 kg	140 kg	130 kg		

** KETTLER pedalling quality index, KETTLER laboratory test results.



ENERGY DECK

CHARGE YOUR RUN

KETTLER TRACK

Further information on KETTLER can be found here:

Subject to changes, errors and colour variations in printing.

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