

EVOLVE™
S T R E N G T H

 pulsefitness®



AN EVOLUTION OF STYLE, PERFORMANCE AND COMFORT

Simplicity engineered with user comfort has evolved a world-class strength product range from Pulse. Combining the biomechanical expertise of the body's natural movement, with ergonomic posture support and integrated inclusive characteristics, the range expertly creates an accessible design

for superior comfort and optimal workout performance for users of all ability levels.

Stylish curves, a range of choice and colour options with unmatched durability guarantees the evolve strength line is an attractive option for all.

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ORGANIC IN DESIGN AND MOTION

More than 30 years British based design expertise strengthened by guidance from leading fitness industry professionals has developed a suite of elegant, ergonomic and inclusive machines. Boasting organic design features such as converging and diverging 3 dimensional plains of movement to accurately follow the body in a smooth natural exercise motion, variable resistance cams to regulate the load throughout the exercise and contour seat supports for comfort and stability.

INCLUSIVE BY NATURE

Intelligent precision engineering fused with quality, durable components and exemplary manufacturing standards ensure optimum product safety and longevity. Subject to stringent testing and surpassing all industry certification requirements, the Evolve range guarantees a lifetime of reliable performance.



Natalie Waddon, Para-Olympian Swimmer



EASE OF USE FOR ALL

Inspiring, enlightening and simple to operate, members of all ability levels will have the confidence to correctly perform each exercise across the Evolve range. Visually enhanced set-up adjustments, comprehensive instruction placards and



continuity of seat positions all accessible from the workout position make the range less intimidating and reduce induction time. The Pulse Evolve range is designed to make strength training more available, enjoyable and effective for everyone.

A SMART WAY TO TRAIN

Smartly connecting the Evolve range, Pulse' gym management software expertly guides members through their personalised workout, advising on equipment settings, load to be set, number of repetitions, range of motion, speed and resting time all via



a simple, interactive user interface. Aiding retention with education, communication and motivation SmartCentre cohesively connects the entire fitness suite to achieve positive results for members and managers alike.





CHEST PRESS

- 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

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



PEC DECK

- Independent arms ensure a muscle balanced 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

- Swing-away counterbalanced knee pad for added comfort
- 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





SEATED LAT PULLDOWN

- 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



LATERAL DELTOID

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



ARM CURL

- 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



SEATED ROW

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

TRICEP PRESS

- 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



ROTARY TORSO

- 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





LEG EXTENSION

- Counter balanced 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

- 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 enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum



ABDUCTOR

- 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

- Counter balanced 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 accommodating different user heights





SEATED CALF

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



SEATED LEG PRESS

- Variable resistance cam design to regulate the up to 200kg load throughout the exercise 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 ever-lasting durability



SEATED LEG CURL

- 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



ABDOMINAL

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

GLUTE

- 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, easy grip adjustments and neoprene handles for added comfort and inclusivity



LOWER BACK EXTENSION

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





EVOLVE - PULLEY MACHINES



DUAL MULTI-PULLEY

- Dual angled pulley system offers 17 easy to adjust positions per column, plus the choice to move limbs independently promoting a wider workout variety
- Multi-position chinning bar included
- Colour-coded, easy grip adjustments and neoprene handles for added comfort and inclusivity



MULTI-PULLEY

- 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

LAT PULLDOWN

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



CROSSOVER

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





FEATURES OVERVIEW

LONG PULL

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



FOUR-STATION

- Totally unique in 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



Converging and diverging axis

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



Durable long lasting performance

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



100kg weight stack

A unique to Pulse feature, the large weight scale offers a broader training range for all users.



2.5kg incremental weight stack

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression.



Gas assisted contour seat

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



Range of movement adjusters

Flexible workout positions are achieved through intelligent ergonomic design for the optimum workout.



Unique incorporated IFI designs

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



Universal belt driven design

For optimum durability and reliability, a reinforced steel belt is universally fitted across the range.



Ergonomic handles

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



A FLAWLESS COMBINATION OF ELEGANCE AND DURABILITY

Pulse craft 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 to all gym environments.

Rest assured Pulse hand-pick and rigorously test 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' frame finishes are guaranteed to endure, 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 suite.



BLACK FINISH



SILVER FINISH



WHITE FINISH





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. Making the best use of available space and incorporating natural features, branding and equipment selection, these are visualised in 2D and 3D format with full 3D-rendered animations also available.

A COMPLETE SOLUTION

With more than 30 years experience of running our own suite of gyms plus unrivalled business planning, operational and management experience, Pulse has the know-how to plan, budget and fund your project along with the hands-on management, qualified expertise and staffing resources to partner you every step of the way towards your ultimate success.

BE INSPIRED

Helping you to create a premier fitness facility on either an existing or a new build location, Pulse can inspire you with a complete design, build, fund, equip and operate turnkey solution; taking your business objectives to the next level.



SUPPORTING YOU & THE FUTURE

OUR PROMISE

Pulse promise to constantly deliver unrivalled on-going business support and dedicated after-sales care including comprehensive

product warranties, with preventative maintenance and service packages and a matchless fix-or-replace policy.



A TOTAL PACKAGE

To ensure that your business benefits from enhanced productivity and profitability at all times, we also offer certified training courses, creative marketing solutions, sales and operational management services, flexible cost-effective finance and lease packages and leading-edge SmartCentre gym management software to maximise gym performance.



ADDED VALUE

Every Pulse customer benefits from a dedicated account manager to oversee and project-manage a smooth transition from order to installation, completion and opening. In addition, we offer a technical help line, web support, an online parts ordering facility, detailed product manuals, free maintenance training, an image bank and marketing support.



SUPPORTING YOUR BUSINESS

Our fully-trained teams of in-house specialist service engineers give you the tools and training that will empower your staff to handle everyday maintenance and repairs.



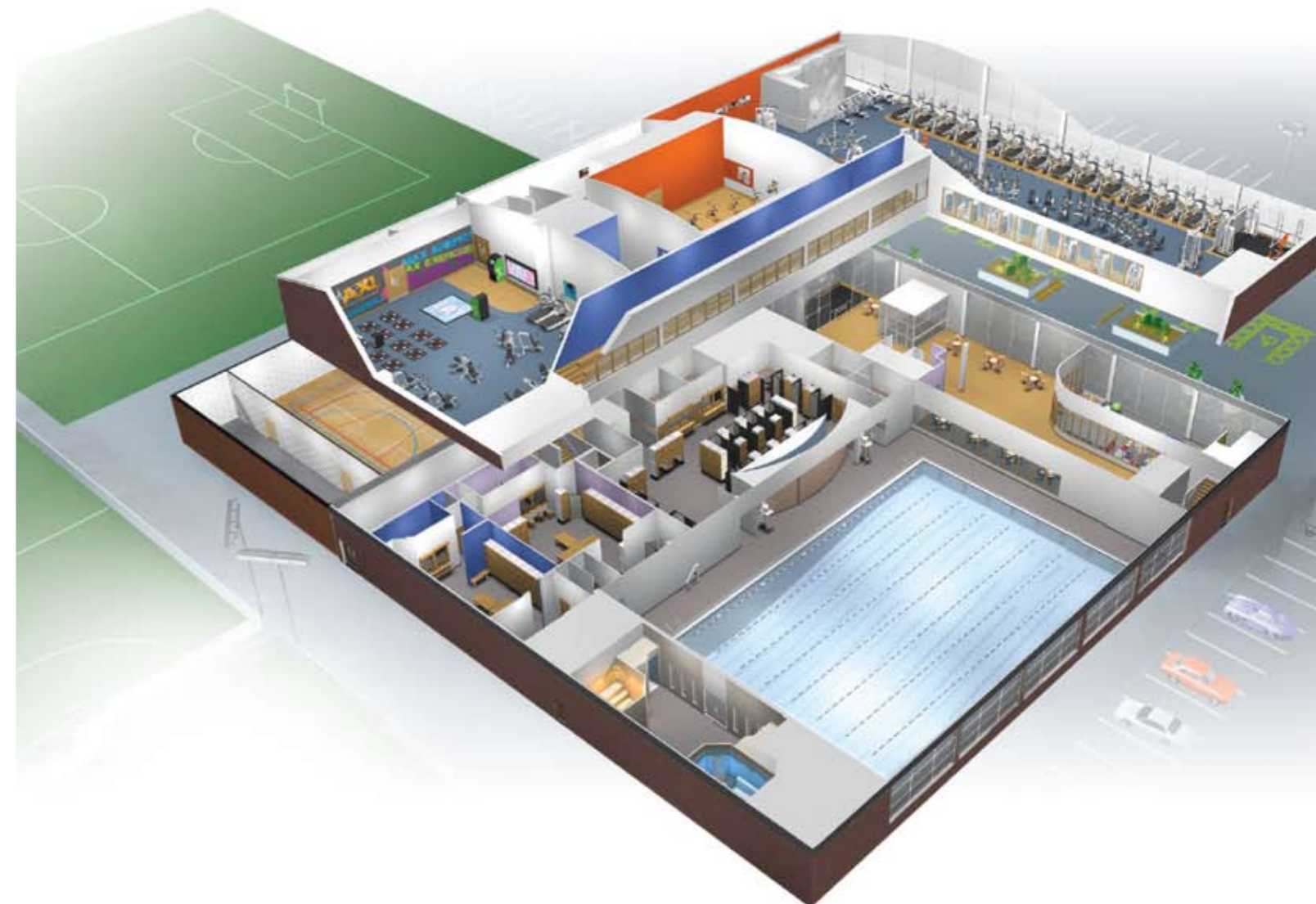
At the same time, we provide educational and performance technology software that gives you information at your fingertips to grow and maintain your business.



YOUR IDEAL INVESTMENT

Pulse is committed to being at the heart of fitness and we pro-actively utilise our in-house technology, personnel, infrastructure and expertise to ensure that all our customers exceed their business objectives and maximise their return on investment.

We are justifiably proud of our exceptional and growing portfolio of existing customers across a broad spectrum of market sectors which underlines the excellence of our products and services.





FEATURES & OPTIONS

	SHOULDER PRESS	CHEST PRESS	PEC DECK	ASSISTED CHIN & DIP	LATERAL DELTOID	MULTI-PULLEY	CROSSOVER	DUAL MULTI-PULLEY	ARM CURL	TRICEP PRESS	LAT PULLDOWN	SEATED LAT PULLDOWN	LONG PULL	SEATED ROW	ADDUCTOR	ABDUCTOR	MULTI-HIP	SEATED CALF	LEG EXTENSION	SEATED LEG CURL	GLUTE	SEATED LEG PRESS	ABDOMINAL	LOWER BACK EXTENSION	ROTARY TORSO	FOUR-STATION
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 clamps	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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)	154.5	159	144.5	126	126.5	65	375	246	136	140	145	155	214	166	155	155	116	129	126.5	109	130	210	123.7	123.7	133	377
Width (cm)	142	142.5	140	136	103	116	97	235	99	155	97	119.5	97	119	94.2	94.2	117	107	103	96	98	105	103.8	97	148	127
Height (cm)	150	182	181.5	211	150	242	242	242	150	150	230	184.5	192	172	150	150	166	150	150	150	158	180	150	150	208	226
Weight (kg)	306	300	300	291	250	289	602	598	246	286	295	301	307	296	251	251	320	280	286	295	260	486	266	266	266	600

■ Standard ○ Optional - Not available

pulsefitness.com

pulseselect.com

pulsesoccer.com

club-pulse.com

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