



COMMERCIAL SOLUTIONS



www.thehumantrainer.com

COMMERCIAL FACILITY SOLUTIONS

Suspension training is one of the hottest training methods to hit the industry in recent years, and continues to grow in demand and number of participants around the globe. Suspension training offers a super efficient, effective, and “functional” workout that provides all around fitness and results not offered by other equipment and training styles-Simple yet effective, accessible to all fitness levels, completely portable with minimal space requirements, and perfect for small group training, one on one, and specialty populations.

The Human Trainer Suspension Trainer offers a truly versatile and complete functional training system that will take any underutilized gym space from idle to IDEAL in minutes. True bodyweight training at its best... **the Human Trainer** is easy to install, completely portable, and the most flexible and adaptable suspension trainer on the market. Quick, simple, and easy transitions with our patented clip system will take any user regardless of fitness level or experience, through unlimited exercise options in record time and on their way to

**Better fitness, improved function,
and a fantastic physique.**

Get it all with the Human Trainer.





WHAT MAKES THE HUMAN TRAINER DIFFERENT?

The Human Trainer is the first and only commercially rated suspension trainer to offer the advantages of a single and dual anchor system all in one.

Single anchor mode offers a greater core challenge to the basic foundational movements, while dual anchor mode provides the ability to focus on better form, proper mastery of technique and the advancement to full bodyweight exercises like chin-ups and dips that a single anchor device can't provide. **The Human Trainer** can instantly go from Single to Dual Anchor with 1 quick clip using the patented D ring System. The quick-clip system makes adjusting **The Human Trainer** as simple as clipping in the handles or accessories, allowing for easy transitions between exercises.



The Human Trainer offers a variety of different accessories including Olympic Rings, Ab Straps, Tricep Rope and the Rotational Pulley that can be attached to the dual anchor straps to expand the number and variety of exercises available, making exercise change-ups fast and easy and circuit training a breeze.

The Human Trainer can also accommodate up to 2 users on one system, as each strap can be used independently, ideal in a small group training environment for maximum time and equipment usage.

THE HUMAN TRAINER ACCESSORIES



Olympic Rings



Pulley



Rubber Handles



Ab Straps



Dual Tricep Ropes



Integrated Foot Cradle Handle



Ceiling Mounts



Long Versatility Anchor



Short Versatility Anchor



Travel Bag



Posters



The Human Trainer Workout E Books



X-50 Digital Workouts

KEY PRODUCT FEATURES

Design

- Quick- Clip D-Ring System for fast and easy exercise changes
- Multiple Handle/Attachment Positions to accommodate every exercise and user height
- Multiple Attachment Options including Ab Straps, Gym Rings, and Tricep Rope
- Detachable Foot Cradles
- Tactile heavy gauge rubber handles for ultimate durability and safety
- Straps are made from industrial grade Polyamide fibre nylon for maximum durability, less prone to fraying, and softer, eliminating chafing and cutting in to the arms, neck and shoulders often experienced with other suspension trainers

Exercise Versatility

- Dual Anchor & Single Anchor Capabilities
- Adjustable Anchor Point Distance in Dual Anchor Mode
- Full Body Weight Exercise Capable
 - Dips
 - Wide & Close Grip Pull -Up
 - Wide & Close Grip Chin- Up
 - Leg Raises
 - Planks
 - Inverted exercises

Warranty

- Standard 2-year Commercial Warranty



FACILITY BENEFITS

- Create financial sustainability with an ongoing additional revenue stream from **The Human Trainer** small group training and personal training services
- Does not require a dedicated training area or apparatus and can easily adapt to any existing space
- Completely portable and can be easily set up and removed when not in use
- No maintenance requirements
- Multi-user option offers greater revenue potential with less equipment requirement
- Offer a point of difference in suspension training options from competing facilities

LET US SHOW YOU
 HOW THE HUMAN TRAINER CAN
 GENERATE ADDITIONAL REVENUE
 AND PROFIT FOR YOUR FACILITY
 IN 6 WEEKS OR LESS!



PROFESSIONAL EDUCATION

We are here to ensure your staff and trainers are well equipped to deliver all the features, options and versatility **The Human Trainer** has to offer.

The HT professional education platform offers a variety of professional education options to suit your staff and facility needs, including Professional Instructor Certification with CEC's, Club Intro Package, and a Live 3 Hour Specialty Workshop series. Your team will learn how to maximize the benefits of **The Human Trainer** in private one-on-one settings, small boot camps, and in large group training environments.

8 HOUR PROFESSIONAL CERTIFICATION with CEC's -Live or On Line Format



3 HOUR SPECIALTY WORKSHOPS - Live Format

- CoreSynergies
- Rotational Strength
- Advanced 3D Training
- Suspension Yoga & Flexibility

CLUB TRAINING PACKAGE

Includes 10 HT Essential Kit Pro's and 3 Hour LIVE Intro Workshop for up to 10 Trainers



CALL NOW
 To Speak to
 an Education Professional
 for more Details!
 Toll Free
 1-866-497-9012

www.astonefitness.com

www.thehumantrainer.com

www.thehumantrainerx50.com



Unit 185 - 13988 Maycrest Way,
Richmond BC, Canada. V6V 3C3

Telephone : 1.866.497.9012
contact@thehumantrainer.com

