
IVE
iGreenMill
CHAMPIONS
LADDER
QUINCY



TRAINING

Full Body Workout - the only cardio device in the world on which you can perform a multifunctional workout involving all the muscles of your body.

66 Exercises - a huge number of training options with varying degrees of difficulty - you can choose from a range of 66 exercises or be creative and come up with new ones.

Amazing Cardio Session - the most effective calorie burning from all cardio devices - you burn 250% more calories than on a treadmill.

Strength & Conditioning - you will not only improve muscle strength, but also agility, plyometrics, speed, power and endurance.

HIIT (High Intensity Interval Training) - HIIT involves fat loss, reducing weight and waist circumference, and your metabolic rate will be higher for many hours after the workout.

Warm-Up - you can effectively warm up your muscles and joints to safely prepare your body for the rest of your training.





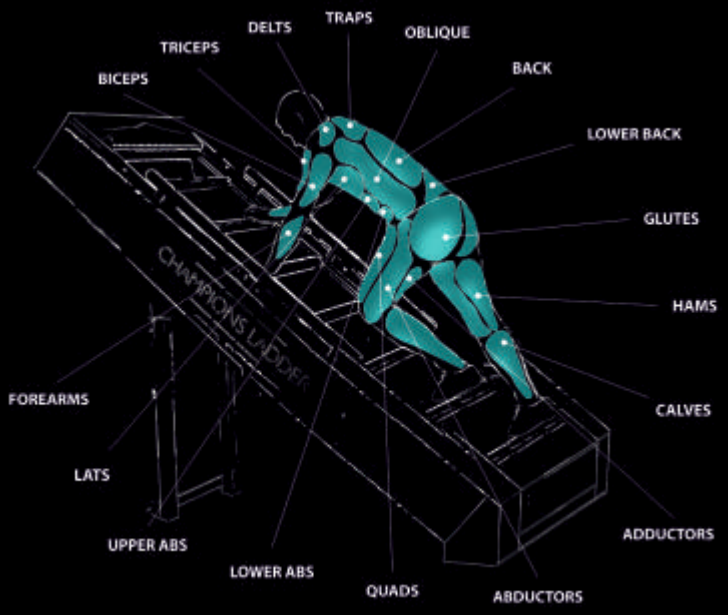
CHAMPIONS LADDER

The Champions Ladder is a multifunctional treadmill, which is the most effective cardio device, taking into account burning calories and building aerobic and anaerobic endurance.

Champions Ladder is designed for all those who love sports, climbing and leading a healthy lifestyle – regardless of whether you are a professional athlete or an amateur.

During the training, users can choose training goals such as mountains, volcanoes, buildings or join group training in the gym or via the iChampion platform using 3D Live Streaming and 3D VOD.

The advantage of the Champions Ladder training is the ease of use that has been achieved through the use of artificial intelligence and machine learning, which is unique among all cardio devices.



TECHNOLOGY & SOLUTIONS

iChampion – a unique training platform with comprehensive solutions for your physical activity. The iChampion platform is the only 3D system in the world in which, in addition to image and sound, there is also the third dimension – speed adjustment and real-time control performed by the trainer. This is a real revolution!

Live Streaming – live training at specific times and conducted from several different locations around the world.

VOD – a collection of recorded workouts that you can join at any time – from home, work, your hotel or a fitness club.

Mountains & Volcanoes & Buildings & Popular – climb mountains, volcanoes and buildings of varying difficulty – from Leaning Tower of Pisa with a height of 183 feet to Mount Everest with a height of 29035 feet



CLASSES

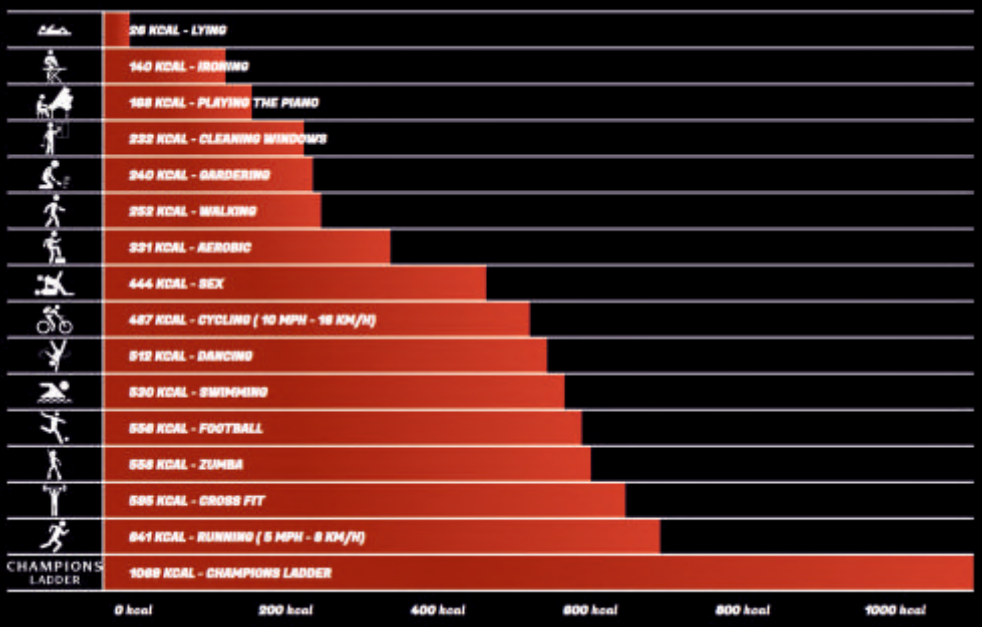
Champions Ladder presents a diverse range of ten dynamic class formats, each designed to cater to different fitness levels and goals. From beginners to advanced climbers, our classes offer something for everyone. Whether you're looking to enhance cardio fitness, build strength, or rapid calorie burning, our tailored classes ensure you progress at your own pace. Each class presents unique workouts, ensuring a fresh and engaging experience every time. With Champions Ladder, you're not just exercising; you're ascending to new heights in your fitness journey, constantly challenged and consistently evolving.

CALORIE BURNING

Training on the Champions Ladder is recommended by personal trainers and dieticians around the world. Several studies and tests have shown that Champions Ladder exercises accelerate the burning of calories and body fat.

Thanks to training on the Champions Ladder, you'll burn fat and reduce your weight, and your metabolic rate will be higher even for a few hours after your workout.

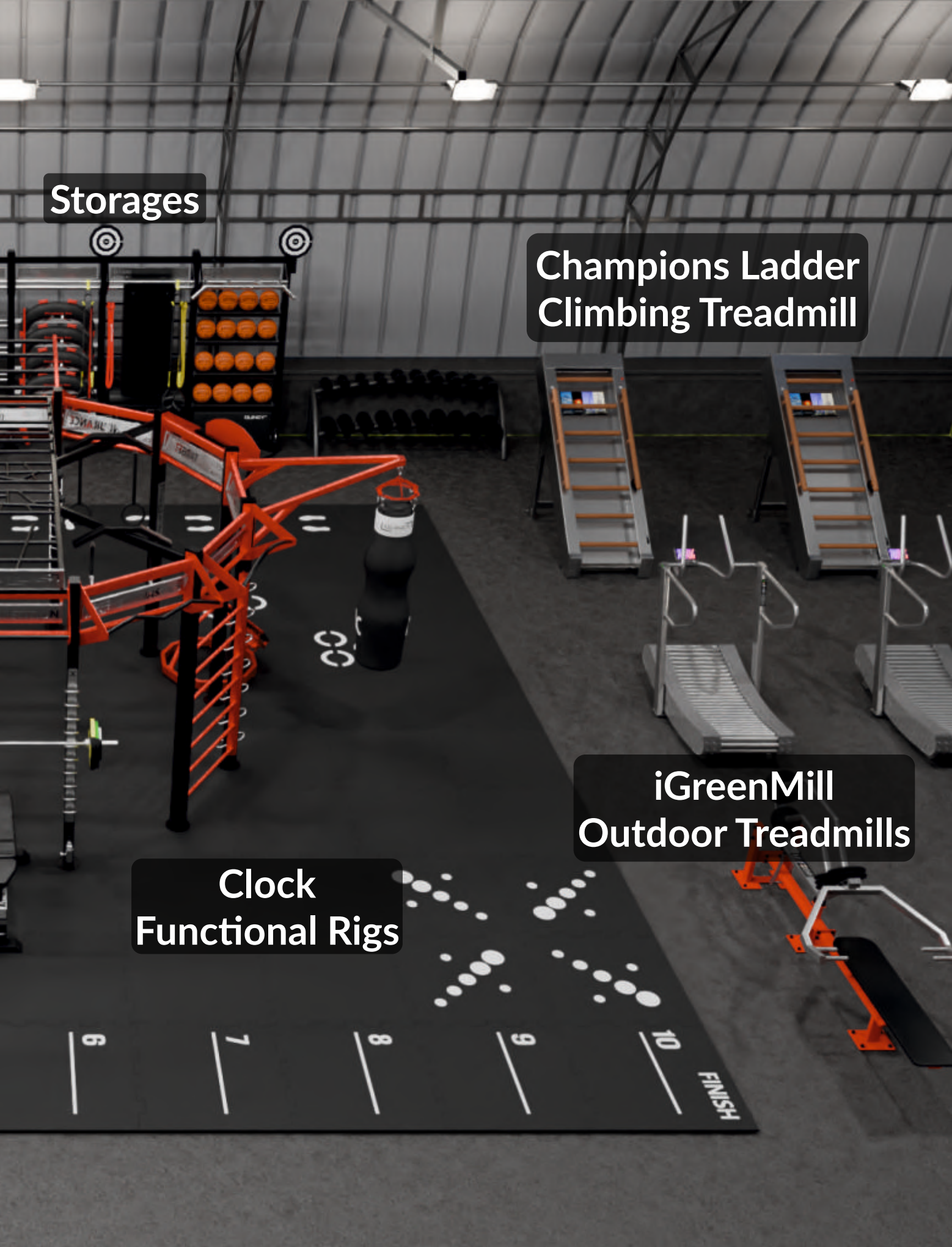
The chart below compares the burning of calories on the Champions Ladder with various activities and exercises.



COMMUNITY




Power Racks
Urethane Dumbbells
Weightlifting
Urethane Discs
Ive Outdoor
Outdoor Devices
Benches
Puzzling
Flooring
START
N
NW
NE
W
E
SW
SE
S
1
2
3
4
5


Storages
Champions Ladder
Climbing Treadmill
iGreenMill
Outdoor Treadmills
Clock
Functional Rigs
6
7
8
9
10
FINISH

WHAT IS IVE?

IVE is a recreational device for outdoor training for every age group and every user level – from teenagers, through adults and seniors, to professionals. IVE devices have an innovative solution of load regulation, thanks to which adjusting the weight to your training capabilities is extremely simple, fast and safe.



Abdominal Muscle



Squat



Shoulder Press



Bench Press



Incline Bench Press



Decline Bench Press



Biceps



Triceps



Low Row



Lat Pulldown



Triceps Standing



Leg Press



Leg Extension



Chin Up - Dip - Flying Pull-Up



Multi Functional Rack









iGreenMill - Outdoor Treadmill

iGreenMill is the world's first and only outdoor curved treadmill. **iGreenMill** has a revolutionary roller system that provides an amazing running experience for people of all ages – from children to adults and seniors.

The principle of the treadmill is simple:
You want to go faster – go faster. You want to slow down – slow down. You want to stop – stop.

Just like in life – you are the powerhouse of the **iGreenMill** treadmill. You can freely control your pace thanks to the unique 32 rollers made of Italian stainless steel that work together with you to provide a professional sports experience. The perfectly curved running surface is designed so that the user can walk, run or perform more than 30 other exercises.

Introduce running training into your life on the **iGreenMill** external treadmill. Training on **iGreenMill** guarantees an unforgettable training experience, and in addition, according to research, training on curved treadmills burns 40% more calories than training on standard straight treadmills powered by an electric motor.

OUR BRANDS

IVE iGreenMill QUINCY CHAMPIONS LADDER

TRUST US

LOS ANGELES LAKERS MANCHESTER UNITED S04 GOLD'S GYM

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