

A photograph of a modern gym interior. In the foreground, a Star Trac treadmill is visible, with its digital display showing a workout interface. Behind it, several other Star Trac exercise machines, including ellipticals and a recumbent bike, are arranged in a row. The gym has large windows with black frames, offering a view of a city street with brick buildings. The floor is covered in a dark, patterned carpet. A water cooler is visible in the background on the right.

# CORE

## HEALTH & FITNESS

### INTRODUCTION TO HOSPITALITY

# CORE

## HEALTH & FITNESS

### WE ARE HERE TO SUPPORT YOU!

We have a wide array of resources and content available for you to take advantage of including an intuitive and comprehensive website that features all four brands, a technical support website and a service hotline. We also have a wide variety of social media accounts where you can connect with other fitness enthusiasts, watch relevant videos and stay up-to-date on your favorite brands and industry news.

### FOLLOW US ON SOCIAL MEDIA

Core Health & Fitness



Star Trac



StairMaster



Nautilus



Schwinn



## CORE VALUES

At Core we believe that culture is the foundation for success and our Core Values are the mortar that holds it all together.

### PLAY TO WIN

**WE COMPETE AS A TEAM.**  
**WE HAVE A BIAS TOWARDS POSITIVE ACTION.**

### KEEP SCORE

**TO KNOW HOW TO WIN, WE NEED TO KNOW WHERE WE STAND.**

### OWN IT

**WE ARE ACCOUNTABLE, END TO END.**

### CHANGE IT UP

**PLAN AND PREPARE TO BE NIMBLE.**

### ALL IN

**WE ACT AS ONE TEAM.**

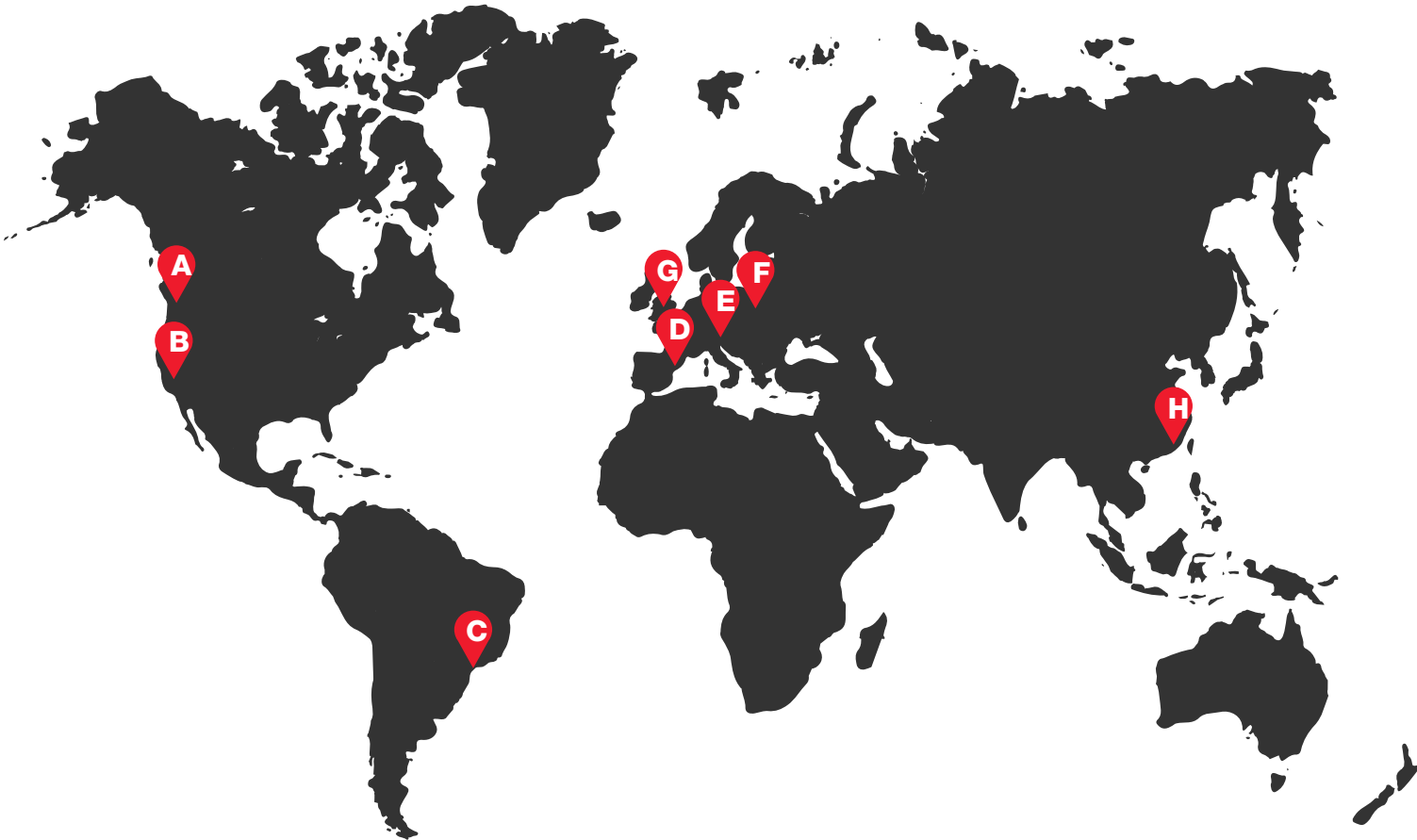
### FIND A WAY

**DO WHAT IT TAKES. THINK BIG FOR CORE.**  
**NO EXCUSES.**

### SPEAK UP

**LET'S HEAR IT. PRACTICE RESPECTFUL, UNFILTERED DIALOGUE.**

## YOUR GLOBAL FITNESS PROVIDER



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Tel: (360) 326-4090 • (888) 678-2476

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# CORE HEALTH & FITNESS

Core Health & Fitness is the world’s 5th largest marketer and distributor of commercial fitness products to health clubs, community recreational centers, hotels, government, educational facilities and more. Core Health & Fitness markets its products under the following brands:



With **Star Trac®**, we’re with you and your members at every step. And it goes beyond providing cardio products. It’s about solutions designed around users to help mold lifelong habits for health and fitness. For facility operators, it’s about **relationships that are just as strong and enduring as the equipment that bears our name.**



Decades after pioneering the **toughest workout in the gym**, our machines are still the ones members choose to push themselves to the limit. Today, we add new innovations to StairMaster’s portfolio that make hearts pound, lungs burn and **keep members coming back to the workouts they love to hate.**



Nautilus® invented the **entire modern strength training category more than 40 years ago**, and we’ve been reinventing it ever since. And we never innovate for the sake of fads, bells or whistles, but to provide a fitness experience that naturally fits human movements. **We wouldn’t settle for anything less, and neither should you.**



For **Schwinn®**, the ride started more than a century ago with outdoor cycling. When we moved to the indoor cycling studio, **we brought the feel of the road with us.** Today, we bring the industry more than great bikes, we bring expertise and education that drive it forward. **The best part is, we don’t plan on slowing down anytime soon.**



# DO YOU HAVE WHAT THEY WANT?



## YOUR GUESTS EXPECT THE BEST

Today’s travelers know what they desire in a hotel, spa or resort fitness facility and have the luxury of researching and making their travel decisions based on the amenities that are important to them. Fitness-savvy travelers look specifically for the same health club-quality equipment they know and love when researching lodging options.

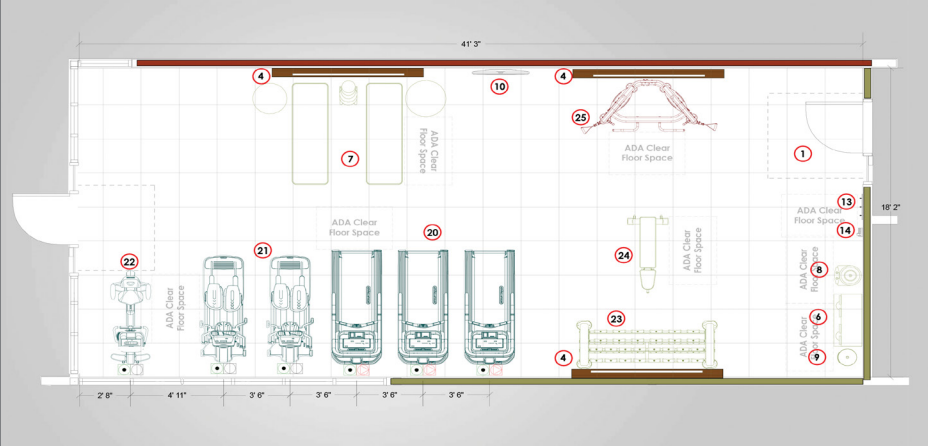
We believe that our portfolio of instantly recognizable brands - Star Trac®, StairMaster®, Nautilus® and Schwinn® - provides your guests with confidence and comfort that their experience will be safe, effective, easy to use and enjoyable. From our space-efficient designs to our sleek aesthetics, we’ve designed our products with your customers’ needs in mind.

We are committed to your business long after the purchase process is complete. Our engineering, quality and service teams are a distinctive feature of our business. We understand the rigors of the hospitality arena and the critical role “equipment up time” plays in shaping your customers perception in your business. We continue to invest in improving our products durability, dependability and our customer service. We have been recognized with two Vendor of the Year awards from leading fitness chains -- Gold’s Gym and Canada’s Good Life Fitness.

From the very beginning, we’ve been driven by innovation and doing things differently. Our first treadmill was the result of us looking at existing technology and seeing a better way. And every step since then has been toward finding solutions to people’s needs, instead of just another product. The result has been many of our innovations becoming industry standards with more than a dozen unique patents.

### ADA Compliant Layouts

Professionally scaled layouts reflect artistic views of equipment and represent the true vision of your facility before it’s complete.







GLOBAL  
HOSPITALITY  
INSTALLS











With Star Trac®, we're with you and your members at every step. It goes beyond providing cardio products. It's about solutions designed around users to help mold lifelong habits for health and fitness. For facility operators, it's about relationships that are just as strong and enduring as the equipment that bears our name.



FreeRunner™ 10TRx

- Revolutionary new patented HexDeck technology features an aluminum running deck, supported by a proprietary, hexagonal polymer suspension system that creates a treadmill with unprecedented cushion and responsiveness
- 20% max incline | 15 mph (24 kmh) max speed
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 500 lb (227 kg)
- Contact and telemetry heart rate
- 10" (25.4 cm) step-up height



19"

LCD

PVS

Overall Weight

500 lb (227 kg)

Width

34.8" (88 cm)

Length

81.5" (207 cm)

Height




60" (152 cm)

Running Surface

61" x 22"  
(155 x 55 cm)

OPENHUB™ CARDIO CONSOLES

Our design philosophy for OpenHub was simple: provide a flexible platform that connects expert partners to provide solutions for every customer for today and into the future. OpenHub is a smart, affordable, configurable solution. Available on Star Trac® and StairMaster® cardio equipment, OpenHub comes packed with entertainment, fitness tracking, group display and asset management solutions. Whether you are looking for embedded TV, streaming video, 800/900mhz receivers or an add-on PVS, it's all possible. The best part is, you add (and pay for) only what you want, when you want. New 15" & 19" embedded consoles have been enhanced with beautiful new HD touch screen displays, Wi-Fi and Ethernet internet connectivity, exciting new fitness training programs and integrated streaming, news and social apps. All OpenHub consoles can connect with leading technology and third-party apps to deliver connectivity solutions for users to easily track, save and share their workout results. The future of club connectivity is OpenHub.

CONSOLE OPTIONS		  		
		15"/19" TOUCH SCREEN	10" TOUCH SCREEN	LCD SCREEN
FEATURES	BLUETOOTH	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	ANT+	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	USB CHARGING PORT	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	HDMI PORT	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	PERSONAL FAN	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	TV TUNER (GLOBAL)	<input checked="" type="radio"/>		
	INTEGRATED SERVICE INDICATOR	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
	800/900MHZ RECEIVER		<input type="radio"/>	<input type="radio"/>
	IPTV / SET TOP BOX CONTROL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	ADD-ON PERSONAL VIEWING SCREEN		<input type="radio"/>	<input type="radio"/>
	ECOFIT ASSET MANAGEMENT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	WI-FI / ETHERNET	<input checked="" type="radio"/>		
	APPLE GYMKIT / NFC	<input checked="" type="radio"/>		<input checked="" type="radio"/>
	RFID	<input type="radio"/>		
OUR EXPERT PARTNERS:		<input checked="" type="radio"/>	INCLUDED	<input type="radio"/> OPTIONAL



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# 4 SERIES CARDIO

The 4 Series cardio line from Star Trac is the perfect solution for the hospitality and multi-family housing markets. With premium full color flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4 Series provides smaller facilities with the look and performance of a full commercial product.

## Treadmill 4TR

- 15% max incline | 12.5 mph (20 kmh) max speed
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for speed and incline allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity of 450 lb (205 kg)
- Contact and telemetry heart rate
- 7" (17.7 cm) step-up height



**Overall Weight**  
366 lb (166 kg)

**Width**  
32 in (81 cm)

**Length**  
81" (206 cm)

**Height**  
60 in (152 cm)

**Running Surface**  
60" x 22"  
(152 cm x 55 cm)



## Cross Trainer 4CT

- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- 20" (51 cm) stride length
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



**Overall Weight**  
483 lb (219 kg)

**Width**  
30 in (76 cm)

**Length**  
76 in (193 cm)

**Height**  
72 in (183 cm)



## Recumbent Bike 4RB

- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



**Overall Weight**  
212 lb (96 kg)

**Width**  
26" (66 cm)

**Length**  
66" (168 cm)

**Height**  
53" (135 cm)



## Upright Bike 4UB

- Full color flat panel LCD display creates a premium user experience
- Quick Key selects for level allow for one-touch changes on the fly
- Star Trac's popular personal fan for comfort
- Integrated USB port provides charging capability for user devices
- User weight capacity 350 lb (159 kg)
- Contact and telemetry heart rate



**Overall Weight**  
157 lb (71 kg)

**Width**  
23" (58 cm)

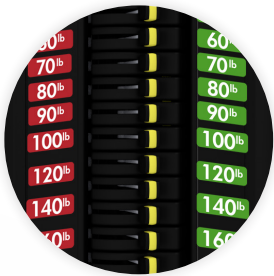
**Length**  
46" (117 cm)

**Height**  
57" (145 cm)





**NAUTILUS**  
**INSPIRATION™**



Lock N Load®  
weight selection system



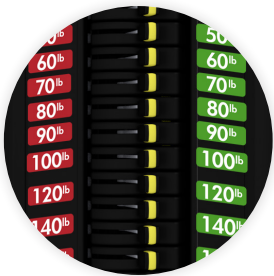
Modern tower design  
with customizable shrouds



Custom frames &  
upholstery available



**NAUTILUS**  
**INSTINCT™**



Lock N Load®  
weight selection system



Increased visibility through  
transparent weight towers



Kevlar transmission belt for  
extended life and easy replacement



## A STRONGER FIRST IMPRESSION

Proudly designed in the USA, the Nautilus Inspiration Strength® line delivers a series of must-have updates to an outstanding strength circuit. Redesigned with beautiful, modern aesthetics and uniform towers, Nautilus Inspiration makes a powerful first impression.

Each machine captures the essence of natural movement. Members will appreciate the many easy to use and easy to see features like our patented Lock N Load® weight selection system, the wrap-around assisted seat adjustment, lenticular image placards, pre-stretch and range of motion controls designed to enhance each user's experience.

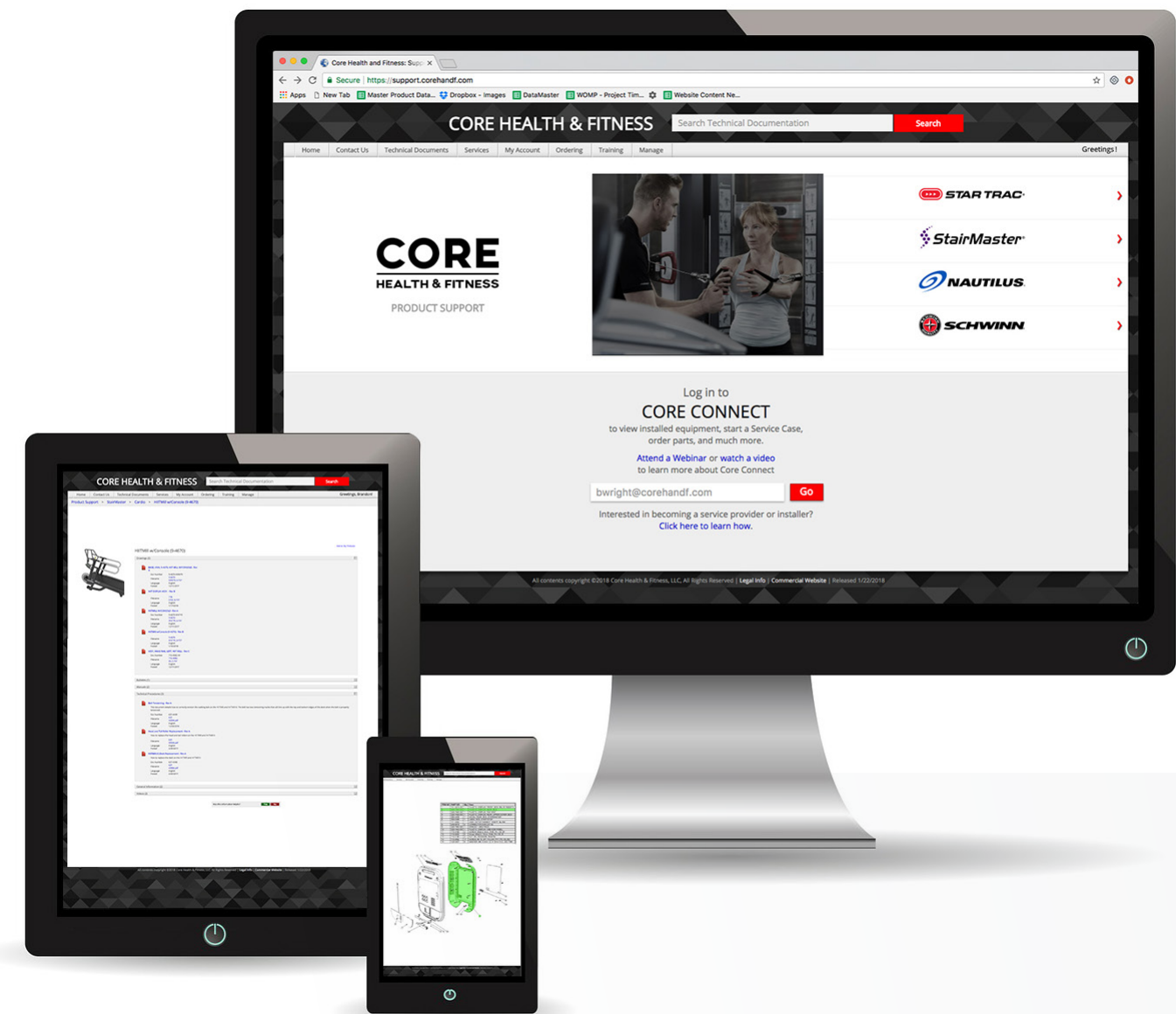
## EASY TO USE. EASY ON SPACE.

Welcoming to users of all levels, Instinct Strength® is a full line of intuitive machines with easy adjustments, offering users a quick and complete workout. Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Users can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct Strength offers both single and dual function units to meet the needs of any space or facility. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



# CORE CONNECT

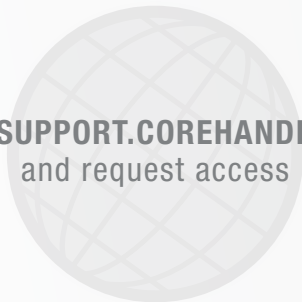
Get world class support for all four brands with our new support portal called Core Connect. Get help with your general inquiries, warranty registration, preventative maintenance, service requests and parts orders. You can also make seamless requests, get real time updates, manage your assets and intuitively order parts for all four brands direct from the site.



## CORE CONNECT PORTAL FEATURES:

- 24 hour self service access
- Real time communication
- Seamless order experience
- Intuitive user experience
- Mobile friendly technology
- Asset management
- Automated partner payment
- Seamless access to technical library
- Transparency on service performance
- Fast, reliable, quality service every time

Visit **SUPPORT.COREHANDF.COM**  
and request access





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