

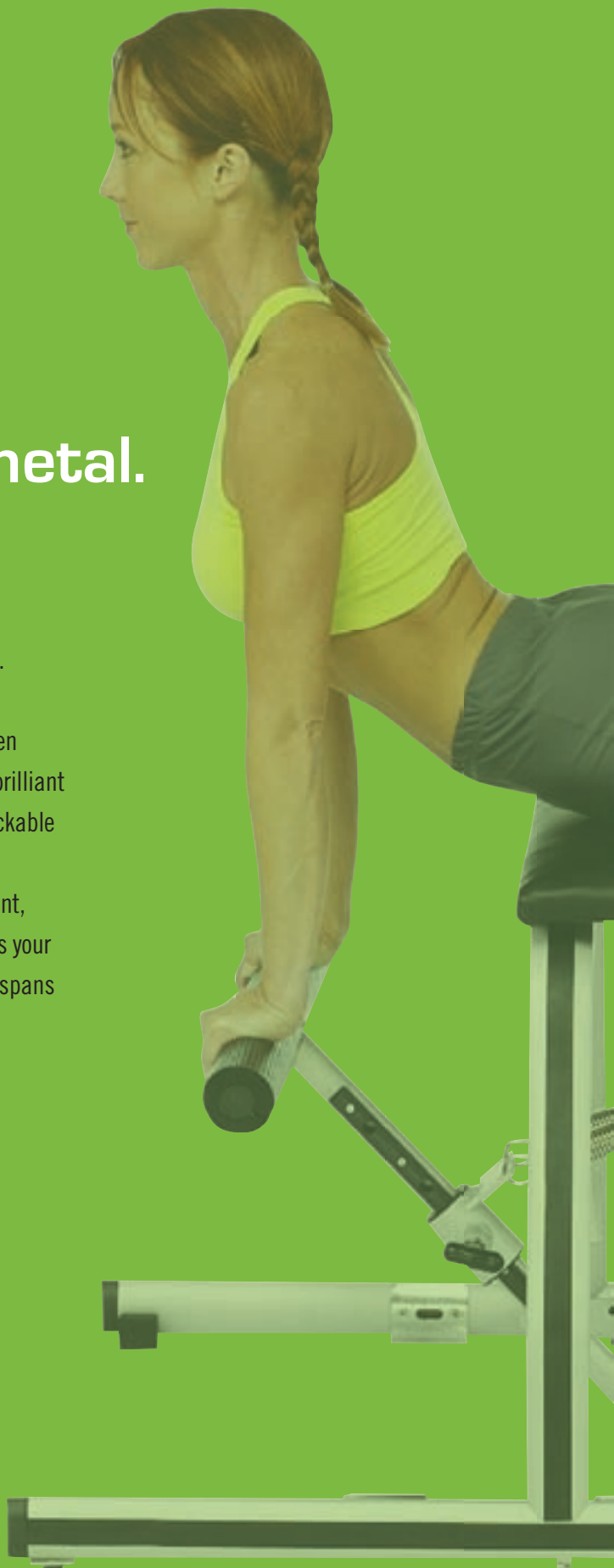
MV^e™



PeakPilates®

Pedal to the metal.

This is how you will accelerate participation. A reimagined breed of Pilates equipment synergized with heart-pumping, music-driven fusion workouts. The **MVe Fitness Chair**, a brilliant integration of multilevel resistance and stackable design that fuels more than 100 exercises. At an agile 30 pounds with a modest footprint, the **MVe Fitness Chair** easily accommodates your busiest group exercise schedule. Its appeal spans demographics, skill levels and abilities, giving you the power to boost class size, rev up retention and ignite new memberships.



MVe



“The MVe gives us the opportunity to introduce core training and the Pilates philosophy in a format that satisfies the fitness enthusiasts.”

*June Kahn
Pilates Director
Lakeshore Athletic Club*

“The MVe program bridges the gap between the Pilates studio and the group exercise room. The chair is athletic and strong, allowing us to recruit a diverse group of men and women to participate.”

*Shannon Griffiths Fable
Group Fitness Director
Lakeshore Athletic Club*



Fuel: efficiency.

MVe gets maximum mileage from your group exercise and your equipment investment. Efficiency is, of course, built right into the lean design of our **MVe Fitness Chair** — and at Peak Pilates, we don't just sell you equipment and let you figure out the rest. **MVe** is a total solution that targets your facility's top priority opportunities.

Surprising energy, mass appeal. The **MVe Complete Workout System** incorporates many of the accessories your facility already uses. Rhythmic music drives the **MVe** fusion. With all this flexibility, plus four levels of resistance built right into the fitness chair, **MVe** opens up a new way to move that motivates, challenges, and accommodates all fitness levels, ages and genders.

Maximum Versatility exercise. The **MVe Fitness Chair's** lightweight frame lets your classes go seamlessly from **MVe** into floorwork, step, indoor cycling and yoga. In fact, you'll find more options than you think right in the mix of our total-body **MVe** workout programs.

No dedicated space required. **MVe** gets classes up off the mat and onto an exciting new plane. The remarkably agile fitness chair goes with the flow, stacking unobtrusively out of the way until it's time to **MVe**.



← 37 1/2" L →



← 31" W →



23 1/2" H

The drivers seat: MVe starts here.



The **MVe Fitness Chair** is at the heart of the systems ground breaking versatility.

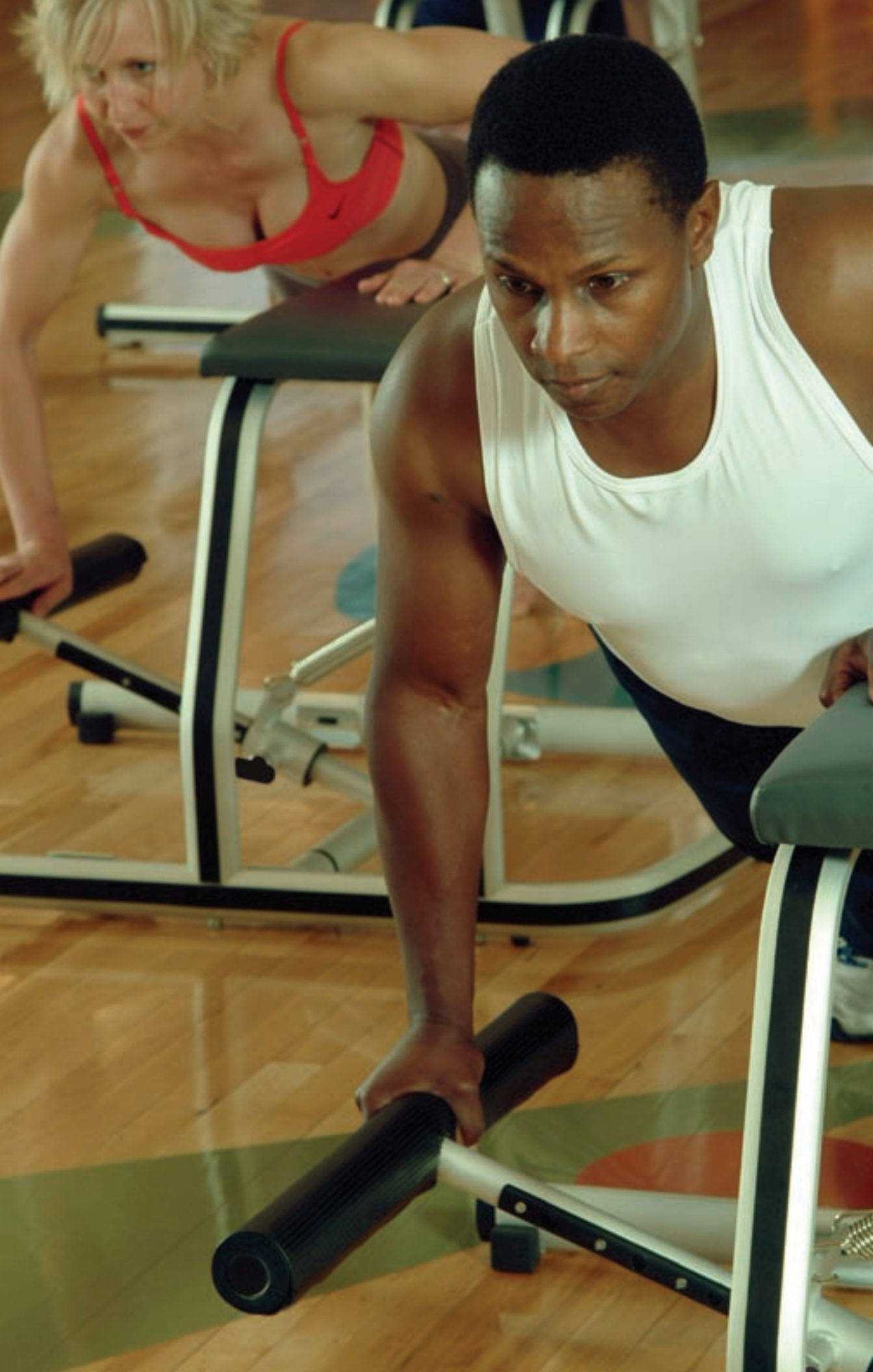
- Stack as many as 5 high in the same footprint
- Weighing in at just over 30 pounds, it is easy to move and stack
- Spring-resistance pedal works both upper and lower body
- 4 resistance levels challenge all abilities and enable you to shift intensity to modify or advance exercises
- Patented spring changing system makes changing exercises or resistance fast and fluid
- Open frame expands range of motion and enables innovative movements
- Strong 100% anodized aluminum construction supports all body types



Turnkey training: You're halfway there.

The MVe Complete Workout System is a cost-effective instructor training tool designed to complement the MVe Fitness Chair.

- Visually rich, comprehensive manual detailing more than 75 exercises
- Over 2 hours of DVD instruction breaking down the set up, execution and flow of each exercise
- Virtual audio trainer designed to assist the instructor when teaching classes
- Pre-programmed music CDs
- Cue Cards detailing pre-programmed classes
- Follow along workout DVDs
- Optional: Inspiring, focused on-site and off-site one-day workshops



Rev Up Participation Now with MVe



Call 800.925.3674 or visit peakperformance.com



pilates.com for more information.



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